

THE DUBUQUE AREA LIFESTYLE MAGAZINE, SEPTEMBER 2025

FREE

JULIEN'S JOURNAL

**2025
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ON THE COVER: A plein air painter painting a scene at the Bluff Strokes Paint Out. Photo contributed by the Bluff Strokes Art Center.

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Photo of the Month



This photo of the Mississippi River was taken at Pikes Peak State Park near McGregor, Iowa. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

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PUBLISHER'S NOTE

One of the topics that this issue highlights is pain management. In 2021, about 20.9% of U.S. adults (51.6 million people) experienced chronic pain, according to a study from the U.S. Centers for Disease Control. And According to the National Institute of Health, chronic pain is highly persistent, with almost two-thirds (61.4%) of those who reported chronic pain in 2019 still reporting chronic pain a year later. The non-profit U.S. Pain Foundation reports that 17.1 million Americans live with high-impact chronic pain, or pain that frequently limits life or work activities. Fortunately, many of the Dubuque area health care providers offer solutions to this problem and they're covered in this issue.

Inside this issue

Acupuncture is one of the oldest practices of Chinese medicine, but it plays an important role for many people today. In Dubuque alone, there are six licensed acupuncturists, and people seek treatment to treat pain as well as to manage or prevent a wide range of other conditions. Learn about them on page 18.

If you've ever experienced acute or chronic pain, you know that it can be life altering. Fortunately, there are several agencies in the Tri-State Area that are ready to help with various dimensions of pain management. Learn about available solutions on page 20.

Coming out of a summer during which it granted \$25,000 to local non-profits, the Community Foundation of Greater Dubuque's Women's Giving Circle is gearing up for a fall event and a 20th anniversary year in 2026. Learn about them and how to get involved on page 22.

X Marks the Spot of the trendy and thriving nutrition go to store, The Spot Nutrition, located in downtown Dubuque at 356 Main Street. Read our review on page 27.

TeamWine reviews wines that help close out summer and open the door to fall. Learn about them on page 29..



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

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



September Events

Events are subject to change. Please visit listing sites for the most up-to-date information. Submissions may also be edited and are printed at the discretion of the publisher.

Live Music & Events Featuring Various Artists

September 1-30 @ O So Good Winery, 2093 20th Ave., SE (Dyersville, IA)

Come for live music, food, and events throughout the month. Gather with friends and have a fun evening with a favorite glass of wine or try something new. Visit them at the Dubuque Farmer's Market on Saturdays. Checkout the website for all upcoming events. Visit OSoGoodWinery.com.

Early Explorers: R is for Raptors Tuesday & Saturday, September 2 & 6 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.

Wild West Wednesdays

Wednesday, September 3, 10, 17 & 24

7-11 PM @ Dubuque County Fairgrounds

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



Drinks & Dinos

Thursday, September 4

@ National Mississippi River Museum & Aquarium

Gather with friends and coworkers for an evening of cocktails and mocktails. Help us give the summer exhibit, "Ice Dinosaurs: The Lost World of the Alaskan Arctic," a BONE voyage send-off. Ages 18+. Visit RiverMuseum.org.

East Dubuque Cruisin' Thursdays

Thursdays, through September 25

5-9 PM @ Sinsinawa Ave. (East Dubuque, IL)

Open to all years of classic, muscle, and unique cars, trucks, and motorcycles.

Great food, closed street, open containers, and live music. Visit [Facebook.com/EastDubuqueCarShow](https://www.facebook.com/EastDubuqueCarShow).



Medicinal Uses of Herbs

Thursday, September 4

6-7 PM @ Dubuque Arboretum & Botanical Gardens

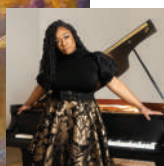
Educational session. Presenter: Briana Cushman, clinical herbalist. Visit DubuqueArboretum.net.



DUBUQUE SYMPHONY ORCHESTRA 2025 | 2026 SEASON

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Compose *your* artistic adventure - create a season package by Sept 30



Michelle Cann



Eleanor Bartsch



Zuill Bailey



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DBOOKTOBERFEST.ORG

CALENDAR OF EVENTS

First Fridays

Friday, September 5

@ Various Locations in Dubuque

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



Expressions of the Soul

Friday, September 5

8 PM @ Voices Studios

Voices Studios presents *Expressions of the Soul: Art, Voice, and Vision* (through 9/20/25), featuring Steve Parlato's anchor exhibit, *They Are Not Disposable*, a 16-portrait series honoring Black Americans lost to racial violence. Other artists will be showcased as well throughout the month. Enjoy film screenings, panels, spoken word, and live music. Visit VoicesStudios.org.

Dubuque Farmers Market

Saturdays, through October 25

7 AM-12 PM @ Iowa Street at 11th through 13th Streets

Rain or shine, the market stretches over three city blocks. October operating hours will be 8 AM-12 PM. Visit DubuqueFarmersMarket.org.

Dubuque Dragon Boat Festival

Saturday & Sunday, September 6-7

8 AM-5 PM @ Miller Riverview Park

Teams from multiple states and Canada compete in 40-foot-long boats, shaped like dragons and holding 21 people of all ages, racing on the mighty Mississippi. Visit DubuqueDragonBoat.org.

Bloktoberfest

Saturday, September 6

Noon-5 PM @ Bloktoberfest

Bloktoberfest returns to the Millwork District. Enjoy live music, local beer, street food, art, and makers—all in celebration of creativity, movement, and Dubuque culture. All proceeds from sponsorships and events support local nonprofits. Visit BloktoberfestDubuque.com.

Reed Timmer: Dominate the Storm

Saturday, September 6

7:30 PM @ Five Flags Theater

Dr. Reed Timmer is an extreme meteorologist and storm chaser specializing in intercepting the planet's most powerful storms to collect valuable scientific data. Visit FiveFlagsCenter.com.

Bush

Saturday, September 6,

8 PM @ Q Casino + Resort Back Waters Stage

After three decades, over 24 million records sold, a Grammy Award nomination, one billion streams, and a procession of No. 1 hits, Bush stand tall as rock outliers. Visit BackWatersStage.com.

River Museum: Grandparent Day

Sunday, September 7

@ National Mississippi River Museum & Aquarium

Grandparents receive \$10 off admission at the box office. Just let the box office staff know that you are a grandparent. Visit RiverMuseum.org.

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Concert Featuring Faye the Pianist Sunday, September 7

3-5 PM @ Dubuque Arboretum &
Botanical Gardens

A genre-bending musician and artist, Faye's eclectic sound blends classical and blues influences. Visit DubuqueArboretum.net.



Red Hot Chili Pipers

Monday, September 8

7:30 PM @ University of Dubuque,
Heritage Center

Where rock anthems sit comfortably alongside the great tunes from the mountains of Scotland. It's bagpipers, guitarists, keyboards, and drummers who have been rocking the world. Visit DBQ.edu/HeritageCenter.

Millwork Night Market

Thursday, September 11- October 9

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

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

Iowa's Prairies: Remnants, Relics & Restoration

Thursday, September 11

7 PM @ EB Lyons, Mines of Spain

Join natural resources ecologist Tony Vorwald as he discusses the natural history and restoration of remnant prairies, oak savannas, and oak woodlands in Jackson and Dubuque Counties. Visit Audubon-Dubuque.org.

Windsor Park Open House & Music on the Lawn

Tuesday, September 9

1-6 PM @ Windsor Park, 801 Davis St.

Tour Windsor Park between 1-3:30 PM, then stay for live music on the lawn with Ron Lubbers from 4-6 PM. Personal lawn chairs recommended. For more information, email CTatro@StoneHillDbq.com.



Steeple Square Event Center | 15th & White

PATRON PARTY & SALE | Friday, October 3, 6-9 pm

ART SALE | Saturday, October 4, 9 am - 4 pm

Visit www.bluffstrokes.org for full week details!

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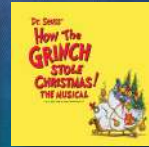
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JA Golf Classic

Friday, September 12

8 AM-2:30 PM @ The Meadows Golf Club

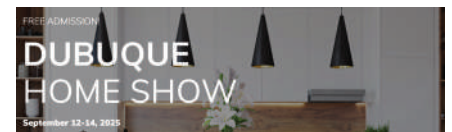
The JA Golf Classic is an annual 18-hole scramble tournament that raises funds to support Junior Achievement's programs focused on financial literacy, work readiness, and entrepreneurship. Visit **Heartland.JA.org**.

Food Festival Fridays

Friday, September 12

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

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



Dubuque Home Show

Friday through Sunday, September 12-14

Friday, Noon-6 PM; Saturday, Noon-6 PM; Sunday, 11 AM-4 PM @ Grand River Center

Meet with local and national vendors face-to-face, offering valuable insights and guidance to help turn your vision into reality. Visit **DubuqueHomeShow.com**.

The 25th Annual Putnam County Spelling Bee

Friday & Saturday, September 12, 13, 19 & 20, 7:30 PM; Sunday, September 14 & 21, 2 PM @ The Grand Opera House

An eclectic group vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, "ding" of the bell that signals a spelling mistake. Visit **TheGrandOperaHouse.com**.

Piano Man: A Tribute to Billy Joel & Other Great Artists

Friday, September 12

7:30 PM @ Bell Tower Theater

This four-piece band performs with high energy and musical expertise, Fronted by one of the best pianists in the Midwest and supported by a stellar rhythm section. Visit **BellTowerTheater.net**.

The Great Draw: A Street Art Competition

Saturday, September 13

8 AM-4 PM @ 11th Street between Main & Locust Streets

Create a chalk pastel work of art among other artists and compete for prizes. This is an opportunity to see street paintings by local artists of all ages. The public is invited to view the street painters in action. Visit TheGreatDraw.com.



Dubuque Oktoberfest

Saturday, September 13

11 AM-5 PM @ Q Casino + Resort's Back Waters Stage

Music, food, drinks, entertainment, and games, including the Wiener Dog Races and Stein Holding Contest. Donations accepted for Camp Albrecht Acres. Visit DbqOktoberfest.org.

Rick Lindy & the Jukebox Legends

Saturday, September 13

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

Rick Lindy is a versatile vocalist while the band has a great theater act that tells historical back stories of the songs and artists such as Johnny Cash, Elvis, Roy Orbison, Chuck Berry, Jerry Lee Lewis, Buddy Holly, The Beatles, and more. Visit OhnwardFineArtsCenter.com.



Art Show & Sale

Sunday, September 14

1-5 PM @ Dubuque Arboretum & Botanical Gardens

Visit DubuqueArboretum.net.

Music in the Gardens

Sunday, September 14

5-7 PM @ Packard Pavilion, Dubuque Arboretum & Botanical Gardens

Enjoy live music from SecondHand News. Visit DubuqueArboretum.net.



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A photograph of pianist Michelle Cann leaning against a black grand piano. She has long, dark, curly hair and is wearing a black top with puffed sleeves and a skirt with a gold leaf pattern. The piano is open, and its interior is visible. The background is a plain, light-colored wall.

an American Playlist

The Dubuque Symphony Orchestra's 2025-2026 season opener promises to be more than just a concert - it's a joyful, heartfelt tribute to the creative voices that have shaped this nation's musical identity.

The concert begins with Leonard Bernstein's Overture to *Candide*, a brilliant and high-spirited piece filled with quick wit and vibrant orchestral color. Its lively character provides an energetic opening, immediately showcasing the orchestra's dynamic range.

The program continues with Duke Ellington's 1951 tone poem *Harlem*, a richly textured musical portrait of one of New York City's most iconic neighborhoods. Ellington's composition captures the energy, complexity, and cultural depth of Harlem through bold rhythms and colorful instrumentation.

Making her debut with the DSO is Grammy Award-winning pianist Michelle Cann, who will perform Florence Price's Piano Concerto in One Movement.

A pioneering figure in American classical music, Price was the first African American woman to achieve national recognition as a symphonic composer. Her concerto blends lyrical beauty with bold, expressive themes. Cann, known for her passionate advocacy of Price's work, is expected to deliver a performance of emotional depth and historical resonance.

The program concludes with George Gershwin's *Rhapsody in Blue*, a landmark piece that blends jazz and classical traditions into a uniquely American sound. With its unmistakable opening clarinet glissando and sweeping piano passages, *Rhapsody* remains a favorite among audiences. Cann returns to the piano to lead this spirited finale, bringing the weekend's concerts to an exhilarating close.

Performances will be held
7:30pm Saturday, Oct. 4 and 2:00pm Sunday, Oct. 5
at Five Flags Theater, downtown Dubuque.

This concert is made possible by the support of concert and guest artist sponsor: Cottingham & Butler

*With works by
Bernstein, Ellington,
Price and Gershwin,
the Dubuque
Symphony Orchestra's
season opener offers a
vibrant celebration of
American artistry—
past and present.*

TICKETS start at \$20 and are available through Five Flags Box Office, or dubuquesymphony.org. Purchase direct at the Box Office to avoid Ticketmaster online fees. Open Thursdays and Fridays 10am-5pm (entrance at 4th and Locust Streets) and one hour prior to performance in theater lobby.

\$10 STUDENT TICKETS available at the theater lobby ticket counter one hour prior to each performance, based on availability. Be prepared to show student ID.

CONCERT SUPPLEMENTAL EVENTS

Sound Bites Luncheon:

11:30am-1pm Friday, October 3 at Dubuque Golf & Country Club, 1800 Randall Place. Lunch buffet followed by commentary by William Intriligator and pianist Michelle Cann. \$22. Reservations due by noon Wednesday, October 1 and can be made by calling 563-557-1677.

Encore Reception:

Held following Saturday Evening's performance, offers opportunity to visit with musicians and guest artists. Complementary refreshments, cash bar.

Sponsored by Poppy Conlon and Jason Bensen.

Musical Musings:

Maestro Intriligator presents a free pre-concert lecture in Five Flags Theater on Sunday, October 5 at 1pm.

25/26 *Soundscapes*

Art: Stephen Wysocki, Bluff Strokes 2024

From soaring heights of orchestral splendor to delicate moments of reflection, experience the expressive power of the DSO as we paint vivid soundscapes that stir the spirit and ignite your imagination.

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OCT 4-5 2025 *An American Playlist*

Celebrate great American composers Leonard Bernstein, Duke Ellington, Florence Price and George Gershwin. We welcome Grammy award-winning American pianist Michelle Cann in *Price's Piano Concerto in One Movement* and *Gershwin's Rhapsody in Blue!*

NOV 1-2 2025 *DSO Center Stage*

We spotlight the exceptional talent of our DSO musicians, as many of our strings, brass, and woodwinds take center stage. Immerse yourself in the brilliant orchestration, virtuosity, and emotional depth of *Rachmaninoff's Symphonic Dances*, which showcases the full power of the orchestra.

FEB 28- MAR 1 2026 *Symphonic Landscapes*

Embrace the expansive, nature-inspired power of *Sibelius' Finlandia* (side-by-side with the Youth Orchestra) and his *Symphony No. 1*. We welcome back former DSO Concertmaster Eleanor Bartsch "as soloist in *Samuel Barber's* profoundly moving *Violin Concerto*."

MAR 28-29 2026 *The Spirit of Innovation*

Presenting the world premiere of Dubuque-raised and Pulitzer Prize nominated *Michael Gilbertson's Cello Concerto*, featuring cellist and DSO Artist-in-Residence Zuill Bailey as soloist. Experience *Mozart's* celebrated *Symphony No. 40*.

OCT 16 2025 *An Evening of Chamber Music*

DEC 6-7 2025 *Holidays* JAN 15, 16, 17 2026 *DSO Rocks!*

APR 18-19 2026 *Beethoven Symphony No. 9 "Choral"*

The DSO joins with the Dubuque Chorale, local college choirs, and an amazing lineup of soloists at the University of Dubuque Heritage Center!

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DUBUQUESYMPHONY.ORG

classics series - Five Flags Theater

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CALENDAR OF EVENTS



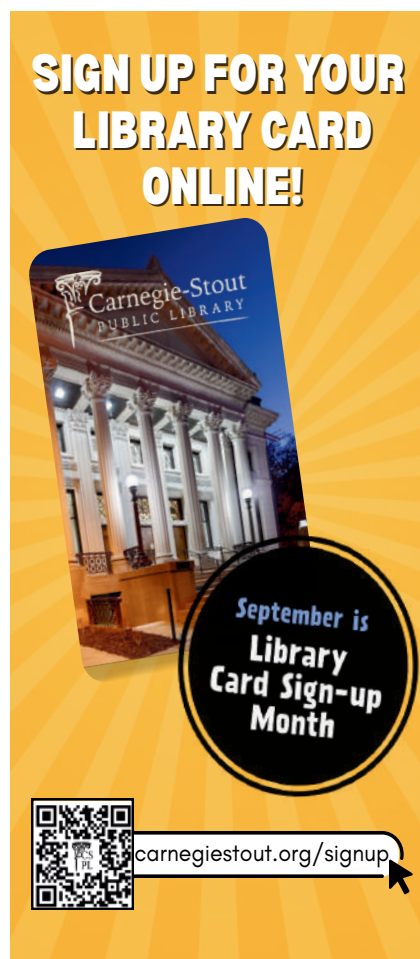
All events are subject to change. Visit the online calendar at CarnegieStout.org/ Events for the most up-to-date information.

StoryWalk®

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

Grab & Go Activity Bags

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



Famous Iowans Scavenger Hunt

September 1-30

Hunt around the children's area to find pictures of famous Iowans with library cards. Find them all to win a small prize. All ages.

Infinity Scarf

Tuesday, September 2 @ 4 PM

An excellent project for beginner sewers. Materials will be provided. Ages 10-17. Registration required.

Magic Color Scratch Postcards

Wednesday, September 3 @ 4 PM

Scratch away the black surface on these Magic Color Scratch Postcards to reveal the beautiful colors underneath. Ages 6-10. Registration required.

Pokémon Club

Wednesday, September 3 @ 5:30 PM

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

Virtual Author Talks

Wednesday, September 3 @ 6-7 PM

On Writing Darkly Charming Villainous Love with author Hannah Nicole Maehrer. Registration required.

Music @ your library

Friday, September 5 @ 6 PM

The DZ Combo is a jazz quartet based out of Dubuque. All ages.

Recycled Glass Wind Chimes

Saturday, September 6 @ 2 PM

Learn how to make recycled glass into beautiful wind chimes. Ages 18+. Registration required.

Toddler Time

Mondays, September 8 through December 8 @ 9:30 AM & 10:30 AM

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

Reading Roundtable Book Club

Monday, September 8 @ 6-7 PM

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

Baby Rhyme Time

Tuesdays, September 9 through December 9 @ 10:30 AM

Hear stories, rhymes, and songs during this interactive program. Ages birth-18 mos. Adult participation required. The session on September 23 will be held at the Multicultural Family Center.

DIY Keychains

Tuesday, September 9 @ 4 PM

Create a mini teddy bear keychain with yarn. Ages 12-18. Registration required.

Ukulele Time!

Tuesday, September 9 & 23 @ 6-7 PM

Adult ukulele lessons. Registration required.

Preschool Storytime

Wednesdays, September 10 through December 10 @ 10:30 AM

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

Virtual Author Talks

Wednesday, September 10 @ 1-2 PM

Argue Less and Talk More with communication expert Jefferson Fisher. Registration required.

Beginning Chapters Book Club

Wednesday, September 10 @ 4 PM

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

Minecraft Mania

Wednesday, September 10 @ 5:30 PM

Ages 7-14. Registration required.

Beyond the Book Club

Thursday, September 11 @ 4 PM

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

Movie Night

Thursday, September 11 @ 6 PM

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

Reading with Rover

Saturday, September 13 @ 10:30 AM

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

Line Dancing

Monday, September 15 @ 5 PM

Classes take place at Adam's Dance Connection at 900 Jackson St., Suite 108A. Ages 18+. Registration required.

Beaded Plant Decor

Tuesday, September 16 @ 5:30 PM

Learn how to make a beaded plant decoration. Ages 10+. Registration required.

Virtual Author Talks

Wednesday, September 17 @ 1-2 PM

Our Failed Attempts to Make English Easier to Spell with author Gabe Henry. Registration required.

American Girl Time Travelers

Wednesday, September 17 @ 4 PM

This monthly event brings history to life through the stories of the American Girl historical characters. Ages 7-12. Registration required.

Become a Dementia Friend!

Tuesday, September 23 @ 10 AM

Become a Dementia Friend by attending this one-hour informational session. Ages 18+.

Melted Crayon Gems

Tuesday, September 23 @ 4 PM

Turn melted crayons into beautiful gems. Ages 8-12. Registration required.

Pokémon Paint Lab

Wednesday, September 24 @ 4 PM

Put your own spin on the world of Pokémon in this creative art lab. Ages 6-14. Registration required.

Make Your Own Quesadillas

Thursday, September 25 @ 4 PM

Explore the science of heat, melting points, and flavor while building quesadillas. Ages 12-18. Registration required.

Pickle Plushies

Monday, September 29 @ 4 PM

Learn to hand-sew a pickle plushie. Ages 8-12. Registration required.

Sun SHINE Squad

Tuesday, September 30 @ 4 PM

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

Introduction to Self Defense

Tuesday, September 30 @ 5:30 PM

Adults of all ability levels are invited to join in on this participant-lead introduction to self-defense. Ages 18+. Registration required.



Whether you're at home, in the car or on the go - TumbleBooks has you covered for educational games, puzzles and read-alongs - no waiting, no downloads and no due dates! Read more about The TumbleBook Library on our blog : <https://bit.ly/44T3s7a>



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Box Office Hours: M-F, 9AM - 1PM
Tickets: 563.652.9815
Tickets also available online...



Rick Lindy and the Jukebox Legends
Saturday September 13 @ 7PM

They has toured all over USA, Europe and Canada for over 20 years. **Rick Lindy & The Jukebox Legends** show performs hits of the from the 50's and 60's such as Johnny Cash, Elvis, Roy Orbison, Chuck Berry, Jerry Lee Lewis, Buddy Holly, The Beatles and many more. Rick Lindy is a dynamic, versatile vocalist. The Band has a great theater act that tells historical back stories of the songs and artists and performs all the hits.

Comedian Andy Beningo – Saturday September 27 @ 7PM

Hailed for his clean and "every man" style, Andy has been named one of the 40 Best Up and Coming Comedians in the country, as well as "Best Comedian" by the *Detroit Metro Times* and *Detroit Hour* magazine. Andy has appeared on multiple TV shows, syndicated radio and Sirius XM radio. His ability to find humor in subjects like growing up the middle child, his short-lived career as a middle school teacher and our society's obsession with technology has made him a crowd favorite in audiences worldwide.

With opening act Des Mulrooney
Des Mulrooney is a 23-year-old standup comedian and actor from Chicago. He recently co-starred as "David" in the new movie *The Road Dog* which is available on Amazon and Apple TV. He is a regular at the world-famous Zanies Comedy Club, and travels the country performing family friendly material.



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She Unites

Wednesday, September 17

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. Visit SheUnitesIowa.com/events.

Team Stonehill Alzheimer's Social

Friday, September 19

6-9 PM @ Backpocket, 333 E. 10th St.

Join Team Stonehill for a silent auction and social to raise funds for the Dubuque Walk to End Alzheimer's. Food and drink will be available for individual purchase from Backpocket. For more information, email CTatro@StoneHillDbq.com.



George Janko

Saturday, September 20

7 PM @ Five Flags Theater

A stand-up comedian, social media influencer, and host of *The George Janko Show*, Chicago native George Janko has made waves in comedy, acting, and music. Visit FiveFlagsCenter.com.

Open Mic Night

Saturday, September 20

7 PM @ Historic District Coffee House,
1699 Iowa St.

It's an open mic event, featuring mostly music, but also storytelling and poetry. Visit UUDbq.org/Connection/CoffeeHouse.

Organist Colin Andrews

Sunday, September 21

3 PM @ University of Dubuque,
Heritage Center

Colin Andrews has been recognized as a musician of great versatility, power, and artistry as well as the recipient of many awards as he tours worldwide as a solo recitalist. Visit DBQ.edu/HeritageCenter.

Student Oceans Conference

Wednesday & Thursday, September 24-25

@ National Mississippi River Museum & Aquarium

This is an intensive two-day watershed workshop hosted by the River Museum's conservation and education departments. The conference offers hands-on learning, real-world applications, and collaboration with peers and professionals in environmental science, agriculture, and conservation. Visit RiverMuseum.org.

BRITBEAT

Saturday, September 27

7:30 PM @ University of Dubuque, Heritage Center

BritBeat celebrates the music of the Beatles with the world's #1 award-winning immersive multimedia Beatles-themed concert backdrop. Visit DBQ.edu/HeritageCenter.

Comedian Andy Beningo

Saturday, September 27

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

Come for a night of comedy and laughs. With opening act Des Mulrooney. Visit Ohnward-FineArtsCenter.com.



Pressed Flower Pumpkin

Monday, September 28

1-3 PM @ Dubuque Arboretum & Botanical Gardens, Hafeman Veranda

Come for a blooming good time and craft beautiful pressed flower pumpkins to celebrate the beginning of the Fall season! Cost is \$48. RSVP at DubuqueArboretum.net/events-calendar



See our Facebook Event!

Senior EXPO

THURSDAY, SEPTEMBER 18, 2025

9:00AM-NOON

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2025 BLUFF STROKES PAINT OUT

by Connie Cherba

It's time for Dubuque's amazing 8th annual 2025 Bluff Strokes Paint Out. The artists have been selected, the schedule of events has been finalized, Steeple Square has been reserved, and Dubuquers are eagerly waiting to welcome plein air painters to the city from Sunday, September 28 through Saturday, October 4, 2025.

Fifty-one artists from across the United States, from California to North Carolina, will call Dubuque home for a week as they capture area scenes on canvas. At the end of the week, more than 500 paintings will be available for sale at Steeple Square, the event headquarters located at 15th and White Streets. Event proceeds support year-round programming at Bluff Strokes Art Center

Dubuque's Alda Kaufman has participated in the Bluff Strokes Paint Out for six years, missing only 2016. "It has been very enjoyable even though completing so many paintings in a week can be a challenge," she said. "Meeting and painting with so many talented artists is both a learning and social experience. The event is well run and the final sales and display in the beautiful Steeple Square are wonderful."

David Becker is a Chicago artist, illustrator, and instructor who started plein air painting during COVID. He won the 2024 Bluff Strokes Grand Prize. "Now I am hooked and want to do as many plein air events as possible and also want to meet as many of these talented artists as I can," he said. "This year I have six plein air events scheduled. These events teach me so much, and I keep on hoping to improve my skill as a plein air painter and one day come up with a style all my own."

Competition

The Paint Out is not only an exercise in plein air (out of doors) painting, it's also a competition with cash prizes totaling \$15,050.00 awarded to top paintings in a variety of categories including Mississippi Overlook, Riverfront Scene, Historic Dubuque, Industrial, Arboretum/Park/Garden, Rural Scene, Street Scene, and an interesting category called "Unexpected" that invites the artists to surprise the judge. Up to five paintings may be submitted for judging awards – three Main Event, one Nocturne, and one Quick Paint. Media may include oil, acrylic, watercolor, pastel, or gouache. Paintings must be framed and ready to hang.

Painting boundaries extend across Dubuque County and also encompass the area across the Mississippi River from Dubuque, including East Dubuque, Illinois, the Fretress Lake area, Sandy Hook, and O'Leary's Lake. 95% of each painting must be created on site, in the spirit of plein air. Painting from photographs or from images on mobile devices, even on location, is not allowed.

Bluff Strokes Paint Out Events

Main Event – Sunday, September 28 – Thursday, October 2. Artists are invited to submit three Main Event paintings for judging along with up to five Main Event replacement paintings which will not be judged but will be hung to replace sold paintings. Of the three Main Event paintings, only one may be from an interior location. Dubuquers will certainly recognize local landmarks along with intriguing views of Dubuqueland as seen through the artists' eyes.

Sunday, September 28 – Wednesday, October 1 (Evenings). Nocturne Paint. Look for artists painting scenes around the city and riverfront, taking advantage of evening and nighttime lighting. Nocturne artwork will be turned in at Steeple Square by 10:00 AM Thursday to be considered for awards.

Tuesday, September 30, 8:30-11:00 AM. Quick Paint Tuesday. Artists have just two and a half hours to create and frame a painting. Canvases





viewing, but not for sale.

Friday, October 3, 6-9 PM. Paint Out Party and Art Sale at Steeple Square. The public is invited to purchase a Paint Out Pass to enjoy an evening of complimentary food, drink, music, and the opportunity for a first look at the week's painting. The art sale is a festive event with artists available to show their work and meet the public. Paint Out Passes can be purchased online at BluffStrokes.org or at all Premier Bank locations, River Lights Bookstore, and Bluff Strokes Art Center located at 1201 Locust St. The \$200 Paint Out Pass admits two to the event and includes a \$100 voucher applicable to a painting purchase. The \$150 Paint Out Pass admits one to the event and includes a \$100 voucher applicable to a painting purchase.

Saturday, October 4, 9 AM-4 PM. 2025 Bluff Strokes Paint Out Art Sale at Steeple Square. This free event at Steeple Square is open to the public. Paintings from the week will be available for purchase. Many artists will paint at the Farmer's Market the morning of the sale, and those paintings will also be available for purchase. Live music will be presented by a variety of local artists. Food

from the Hangry Hobo food truck, along with coffee, breakfast items, and other beverages from Devour Cafe will be available.

Both locals and those from afar attend the Bluff Strokes Art Sale and purchase paintings. Ron and Chris Puszynski are art collectors from the Chicago area. They travelled to Dubuque for the 2024 Bluff Strokes Art Sale. "We met Hector Acuna in Door Co., Wisconsin, the first year he was involved with the plein air," recalled Chris. "We came to Dubuque in 2024 because Hector told us about the event and said he thought we would enjoy it. We were very impressed with the venue. We purchased four paintings for our Door County home where we enjoy our many plein air purchases. The reason I love to purchase art is it creates a lasting memory. Plein air events are so special because you have an opportunity to get to know an artist. Seeing them at the site of the composition gives you a glimpse into their approach and interpretation." Ron added, "We actually located the industrial site north of the River Museum where Lyudmila painted one of the paintings we purchased and we took a picture."



Hector Acuna – 2025 Paint Out Judge

Hector Acuna is an educator and professional artist focusing on both studio and plein air practice. He holds a BFA from UW Stevens Point (2015) and an MFA from Michigan State (2020). Working primarily in oil, Hector's outdoor work is very organic, allowing shapes, colors, and textures of time to inspire his paintings. In the studio, his images drift toward surreal and imaginative compositions. Hector's paintings have received national recognition with 30 awards from 22 juried and invitational plein air events since 2021. He won Best of Show at the 2022 Door County Plein Air Festival and was named the M. Stephen Doherty Breakthrough Artist of the Year at the 2023 Plein Air Convention & Expo (PACE23). He was also featured in the 2023 Oct/Nov issue of Plein Air Magazine and was on the faculty for PACE24.



will be stamped from 8:20 to 8:30 AM at Steeple Square. Stamped and framed artwork must be submitted to Steeple Square by 11:00 AM to be considered for awards.

Thursday, October 2, 12-1 PM and 5-6:30 PM. Steeple Square will be open for public viewing and purchase of "Prior Work" paintings. Quick Paint Paintings and Nocturne Paintings will be hung at Steeple Square for

Acupuncture: An Option for Pain Relief and Holistic Healing



Ashley Straka performs fire cupping.

by Beth Triplett

Acupuncture is one of the oldest practices of Chinese medicine, but it plays an important role for many people today. In Dubuque alone, there are six licensed acupuncturists, and people seek treatment to treat pain as well as to manage or prevent a wide range of other conditions.

“Western medicine focuses on treating symptoms,” said Joel Thielen, licensed acupuncturist and owner of Elements Acupuncture. “Acupuncture is holistic, functional medicine that focuses on the causes of the problems and integrates traditional medicine with the principles of Chinese medicine.”

Acupuncture is designed to promote healing and activate energy flow. People utilize acupuncture treatments for a variety of reasons, often for pain relief in all parts of the body. Sessions can address arthritis, back pain, carpal tunnel syndrome, muscle pain, and acute/chronic pain issues.

“I credit acupuncture with saving me from back surgery,” said Meg Franck. “I had the MRI and was ready to set a date, then I did acupuncture and ‘viola.’ It was amazing.”

Pain is not the only condition that acupuncture addresses. Treatments are designed to help anxiety or depression, insomnia, digestive issues, fertility challenges, weight loss, stress management, menopause, PTSD, allergies, and autoimmune diseases.

Patients may start with acupuncture to relieve a certain ailment, then continue with it as a preventative measure.

“Fifteen years ago, I had night sweats and was not sleeping. I was not into Western medicine with its drugs, so I went to check out acupuncture,” said Angie Sigwarth. “Now I go every month or two to help move stagnant energy now that I’m well. Plus, I get to sit 15-20 minutes and Zen-out and relax!”

Nancy Ferry also goes regularly to “keep everything in tune.” She reports that she was a schoolteacher and had “continual sinus infections or ear infections from August until April.” Since she started acupuncture, she has not had one. “Oh, it has been life-changing,” she exclaimed.

Statera Integrated Health’s licensed acupuncturist, Ashley Straka, sees about half of her patients for pain and the other half who use it as a gentle alternative to healing.

“It is not just for pain,” she said. “I see so many things that people deal with on a day-to-day basis, such as stress or anxiety. I also bring a holistic approach to women’s health and do a lot of rebalancing of systems for fertility and menstrual cycle regulating, or menopausal and perimenopausal transitions.”

Treatment plans are individually crafted following a comprehensive assessment and diagnosis. Thielen blends traditional medicine and even studies animation of how cells function with Artificial Intelligence. There are many variations of acupuncture, including cupping, fire cupping, facial cupping, herbal, and electroacupuncture, each designed for specific treatment.

Once the needles are inserted, treatments can last 15-30 minutes, and patients relax in a calming environment during this time. Treatments for a specific condition may require three to four sessions.

There are many myths about acupuncture, the most prominent being that it must hurt because of the needles. But to those who benefit from it, and the practitioners who offer it, nothing could be further from the truth. The needles are “like cat whiskers,” says Thielen. “It’s a distinction that those who have not tried it do not understand, instead fearing long injections like from a vaccination or blood draw.”

The needles are so small that babies can take advantage of the benefits, and can receive treatment for constipation or colic, and older children utilize acupuncture to address coughs or treat teenage ADHD without medication.

Patients agreed that fear of needles shouldn’t keep people away. “Oh gosh, it’s not even a little prick,” said Angie Sigwarth. Nancy Ferry echoed that sentiment. “It’s very little pain,” she said. “It’s so fine; a pin, not a needle, and it’s extremely relaxing.” (I even allowed two needles to be inserted in my arm to test the theory for myself; I must say that it was painless.)

Another myth about acupuncture concerns the credentials of those who offer it. While chiropractors and other medical professionals perform acupuncture, only licensed acupuncturists have had over 1,000 hours of hands-on training, exams, licensure requirements, and continuing education.

“Those who are licensed are closer to the training of a medical doctor than a massage therapist,” said Thielen. “It’s a public relations problem about our training, and that acupuncture hurts.”

Many people come to acupuncture as a last resort or when other treatments have not produced satisfactory results for them. Thielen calls himself an “accidental acupuncturist”

who came to the field after first being a patient.

“I did it all, did everything [with traditional doctors]. It’s just that none of it worked,” said Thielen. “And in desperation, I took the advice of a friend and went to an alternative practitioner in Minneapolis. I was so hesitant to do this. I actually turned around and went home, but realized I had to do something, so I turned back. The treatment worked within a week, and so then they had my attention.” Thielen later pursued an 8-year program with a residency to become licensed. Straka also came to acupuncture by a circuitous route. She was a nursing student who had to write a major paper on alternative medicine, interviewed an acupuncturist, “and just from that point on, kind of fell in love,” she said. She left nursing school and received her four-year master’s degree in acupuncture.

Acupuncture has its share of loyalists as well as skeptics who are unsure of its clinical efficacy. The best pathway is to judge yourself by seeking an evaluation or acupuncture trial.

Straka offers an introductory “Community Acupuncture” every third Thursday at Statera Integrated Health, 3375 Lake Ridge Drive, Dubuque.

“A lot of people are very nervous about acupuncture. The needles are scary, and the whole idea around it is weird,” she said. “So, Community Acupuncture is an opportunity to come in a group setting. It’s a lot more laid back, and it’s less expensive (\$40 for a treatment). It’s usually from elbows down, knees down, so they’re not getting undressed. They’re sitting in this anti-gravity chair, kicked back, and we’ll treat an area. It’s very brief, but it’s a good introduction to acupuncture and gets them to realize that they don’t hurt; they’re not scary, and maybe this could be a helpful medicine for them.”

Another introduction is through a free screening. Both Statera and Elements Acupuncture offer a free consultation before beginning a treatment plan and diagnosis. ♦

Contact Information

Elements Acupuncture, 1880 Radford Road, Dubuque, at Elementsacupuncture.com.

Statera Integrated Health and Wellness, 3375 Lake Ridge Drive, Dubuque, at Stateraintegrated.com.

Pain Management Solutions in the Tri-States



Photo contributed by Freepik

Physical Therapy

by Connie Cherba

If you've ever experienced acute or chronic pain, you know that it can be life altering. Fortunately, there are several agencies in the Tri-State Area that are ready to help with various dimensions of pain management.

Let's look at what's available:

SOUTHWEST HEALTH – PLATTEVILLE AND KIELER, WISCONSIN

Physicians at Southwest Health bring a wide variety of experience and skills to address pain issues

"Our pain providers, Joey Burds, DNP, CRNA and Martha Levy, ARNP are versatile, tailoring their treatment plans to the specific patient," said Abbey Droessler, Southwest Health Marketing Specialist. "With Interventional Pain at Southwest Health, patients have a professional who will work with you to develop an individual treatment plan. Joey and Martha treat patients in

Platteville and Kieler, Wisconsin, meaning patients don't have to wait long for relief."

Some of the treatments offered include Botox injections to block neurotransmitters, preventing migraines; Epidural steroid injections that deliver anti-inflammatory medicine to the spine that's irritated by bulging discs, bone spurs, or other conditions; Radio-frequency ablation that uses heat to destroy nerve tissue so the nerve cannot transmit pain signals to the brain; Trigger point injections that target specific areas of muscle pain and discomfort; Ultrasound-guided steroid injections to relieve pain and inflammation; and Vyepti IV infusions to prevent migraine attacks for 12 weeks at a time after a 30-minute infusion.

UNITY POINT HEALTH FINLEY HOSPITAL PAIN CLINIC - DUBUQUE, IOWA

Patients with pain lasting six to eight weeks whether from an injury, surgery, or other health condition can benefit from treatment that leads to both pain relief and increased function. The Finley Pain Clinic offers some minimally in-



Dr. Timothy Miller,
physician at Finley Pain
Clinic

Photo contributed by Finley Pain Clinic

vasive procedures that include a variety of injections and nerve blocks, mild lumbar decompression, and kyphoplasty, a minimally invasive surgical procedure used to treat vertebral compression fractures that are often caused by osteoporosis or trauma.

"I think the most important principle for me regarding pain management is to be aware of as many treatment options as I can, including physical therapy, medications, injections, interventional treatment, chiropractic care, and surgical," said Dr. Timothy Miller from the Finley Hospital Pain Clinic.

GRANT REGIONAL HEALTH CENTER - LANCASTER, WISCONSIN

"Grant Regional Health Center provides a broad range of traditional and interventional pain management treatments aimed at improving quality of life and relieving pain caused by many health conditions," said Rochelle Williams, Grant Regional Health Center Marketing Director. "Our expert team - including Dr. Debasish Bhattacha-

ryya; Rachel Loeffelholz, APNP; and Nate Stocco, Ortho PA-C - emphasizes accurate diagnosis and personalized care plans to achieve the best possible outcomes for each patient."

"To enhance access to specialized care, we've expanded our local services to include advanced treatments such as iovera, epidural steroid injections, radiofrequency ablation, and trigger point injections for muscular pain, to name a few. We also now offer both acute and chronic migraine treatment options. Our patient-centered approach may include non-opioid medication management, therapy referrals, and lifestyle recommendations including diet and exercise. When appropriate, we also connect patients with our therapeutic health services such as massage therapy. By offering these comprehensive, local options, Grant Regional helps patients manage pain effectively without the need for long-distance travel."

UNIFIED THERAPY SERVICES - DUBUQUE, IOWA AND LANCASTER, WISCONSIN

Amanda Cyze, DPT, is a physical therapist at Unified Therapy Services. "I work in an outpatient physical therapy setting where we primarily treat patients that have just had a surgery such as after a knee replacement or rotator cuff repair or orthopedic related injuries causing pain to the neck, low back, shoulder, elbow, hip, knee, or ankle, and injuries that occurred at work," she said. "The therapy I do the most that focuses on managing pain would be manual therapy which includes soft tissue massage, cupping or using silicone cups to provide suction to the tissues to help with pain relief, muscle relaxation, and increasing the blood flow to an area to help with healing and reduce inflammation."



Amanda Cyze Therapist at
Unified Therapy Services.

Photo contributed by Unified Therapy Services

Additional therapies include hands-on active release technique (ART) to reduce tightness and provide pain control as well as dry needling or inserting a thin needle into the muscle or tendon to help with pain relief and reduce muscle tightness. Other types of physical therapy treatments that can

provide pain management include aquatic physical therapy and using treatments such as electrical stimulation, ultrasound, heat or cold, stretching, strengthening, and providing education on posture and body mechanics.

MEDICAL ASSOCIATES - DUBUQUE, IOWA

Physiatrists, or Physical Medicine & Rehabilitation (PM&R) physicians, at Medical Associates are ready to help patients of all ages recover from injuries or conditions that affect the brain, spine, nerves, bones, joints, and muscles whether it's due to a concussion, sports injury, or chronic pain.

PM&R physicians offer a variety of services and treatments including injections, blocks and ablation procedures, nerve stimulators, dry needling, and more.

MERCY MEDICAL CENTER - DUBUQUE, IOWA

Mercy offers pain relief whether it's temporary pain due to an illness or injury or chronic cancer-related pain or end-of-life pain. Mercy's patient-centered pain treatments includes epidural steroid injections that reduce inflammations that may be causing the pain, trigger point injections to target muscle pain, lumbar facet joint injections, sacroiliac joint injections, kyphoplasty, radiofrequency lesioning that prevents the transmission of pain signals, spinal cord stimulation that uses low-voltage stimulation to block feelings of pain, and various nerve blocks. ♦

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

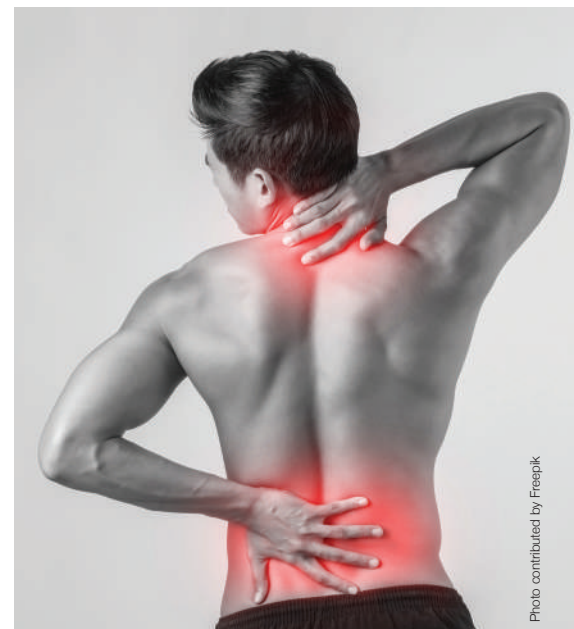


Photo contributed by Freepik



The current Women's Giving Circle leadership team, from left: Amy McClure, membership chair; Jill Hogstrom, grantmaking chair; Angela Gallogly, president; and Brittany Loeffelholz, sponsorship and events chair.

The Greater Dubuque's Women's Giving Circle Shares, Builds and Gives



Women's Giving Circle President Angela Gallogly speaks to the crowd during the Women's Giving Circle's March 2025 education event at Stone Cliff Winery.



Community Foundation of Greater Dubuque Gift Planning Officer Kaley Rigdon Burgmeier, who oversees the Women's Giving Circle, speaks to the audience during the Women's Giving Circle's June 2025 Gifts and Grants Ceremony at the Dubuque Arboretum and Botanical Gardens. Community Foundation President and CEO Nancy Van Milligen looks on.

Coming out of a summer during which it granted \$25,000 to local nonprofits, the Community Foundation of Greater Dubuque's Women's Giving Circle is gearing up for a fall event and a 20th anniversary year in 2026. Learn about this generous group of local women and how you can get involved.

When individual people are inspired to get involved in their community, they can make a big impact. When those individuals are inspired to work together, that impact can grow exponentially.

Just ask Natalie Finley, development and marketing director of Opening Doors Dubuque. In need of funding for the organization's Barrier Assistance Fund, her organization applied for and received a grant from the Community Foundation of Greater Dubuque's Women's Giving Circle, which is made possible by the generosity of hundreds of women across the Dubuque region.

"Seemingly small barriers to self-sufficiency – such as childcare, transportation, application fees and work attire – can be insurmountable for women experiencing homelessness, trauma or recovery," Finley says. "The Women's Giving Circle grant allows us to respond quickly and compassionately to those needs, ensuring our residents have the resources they need to continue their journey with dignity and determination."

That's the power of the Women's Giving Circle. Since its founding in 2006, this group has brought together women of many different ages with different life experiences who all have the same goal: Make donations and award grants that support the needs of women and children.

Each year, payouts from the Women's Giving Circle endowment fund support grants for local nonprofits. This summer, after inviting organizations to apply and reviewing the applications, the group awarded a total of \$25,000 to nine nonprofits, including Opening Doors, that help women facing issues like food insecurity, lack of clothing for work or job interviews, and access to resources for immigrants.

"The Women's Giving Circle is a wonderful way to make new friends while working together to make a positive difference for our neighbors," says Community Foundation Gift Planning Officer Kaley Rigdon Burgmeier, who oversees the Women's Giving Circle. "We all enjoy each other's company — but most importantly, we all enjoy giving back."



Jeanne Lauritsen, a founding member of the Women's Giving Circle, is recognized by attendees

What began as a handful of women coming together to do good through their collective philanthropy has grown into a network of more than 150 members living the group's mission: Improve the lives of women and children in our community, now and for future generations, and share the joy of giving by creating an ethic of living generously — together.

As the Women's Giving Circle approaches its 20th anniversary in 2026, the Community Foundation and the Circle's members are celebrating its successes. To date, the group has made 67 grants totaling more than \$160,000 to nonprofits in the Dubuque region. Its endowment – a fund that includes gifts that are invested, grow in perpetuity, and grant out a percentage every year for grantmaking – has grown to over \$500,000.

Most importantly, the group's grantmaking has helped women and children tend to their basic needs.

"This grant will allow us to have an advocate 24/7 to oversee our hotline and support survivors fleeing abuse," says Michelle Ernst, director of the Dubuque Y Crisis Services, which received a Women's Giving Circle grant this year. "This will help reduce the number of women having to hide out on the streets and gives them local access to harbor from their abusers. I appreciate what this group means and the work and effort they put into the community."

That type of impact is what inspires people to join the Women's Giving Circle, while the camaraderie, friendship and fun enhance the experience.

For members like Mimi Vaassen, being part of the Women's Giving Circle is a way to be involved in the community and make a positive difference while balancing daily responsibilities like work and family.

"As a mother of five and full-time physical therapist, life can be pretty busy," Vaassen

says. "Knowing my time is precious, I was looking for a way to make a difference in the community while also being social away from home and work. After joining the Women's Giving Circle, I immediately got involved reviewing grant requests from local organizations that help families. Reading the requests and discussing them with my peers opened my eyes to the needs in my own community."

Members can be as active and involved as they wish. The group usually hosts three events per year – a learning opportunity in the spring, a grants ceremony in the summer, and an annual meeting in the fall – and attendance is always optional. Those who do attend are encouraged to bring guests.

Members also can choose to serve in a leadership role or on a committee. The only requirement is an annual gift to the Women's Giving Circle endowment, typically \$250 or more, to help sustain and grow its grantmaking capacity.

Whether a longtime or new member, each person who gets involved with the Women's Giving Circle finds an experience that is both enjoyable and fulfilling.

"It's so much more than donating money and having social gatherings," Vaassen says. "I can actually see the impact I'm having and feel like I'm making a difference."

The Community Foundation of Greater Dubuque Envisions a vibrant and inclusive Dubuque region where everyone can thrive. Visit Dbqfoundation.org to learn about the many ways we are building a strong, thriving Greater Dubuque for all—and how you can donate your time, talents, and dollars to transform our region. ♦

This article is made possible by a partnership between the Community Foundation of Greater Dubuque and Julien's Journal.

Get involved!

The next Women's Giving Circle event is coming up! Celebrate a year of impact and get a sneak peek at what's ahead as we prepare to mark our 20th anniversary in 2026. Connect with members, build community, and reflect on all the group has accomplished together.

*Wednesday, September 17
5 to 7 PM*

*Steeple Square
101 E. 15th St., Dubuque*

Cost: \$20

Register: dbqfoundation.org/wgcmeeting2025



SHALOM SPIRITUALITY CENTER
SHALOMRETREATS.ORG

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

Walking the Path of Nonviolence

Wednesday, September 3 @ 6:30-8 PM (via Zoom)

Local pilgrimages in Iowa, Wisconsin, and Illinois will be introduced during the webinar.

The Dances of Universal Peace

Wednesday, September 10 @ 7-8 PM

The Dances of Universal Peace can variously be described as spiritual folk dance, moving meditation, or embodied prayer. Led by Morgan Rivers. RSVP.

Pilgrimage of Trees

Saturday, September 13

1-2 PM @ Mt. St. Francis, 3390 Windsor Ave.

Experience a nature pilgrimage on the beautiful Mt. St. Francis campus. RSVP.

Silent Book Club

Sunday, September 14 @ 2-3:30 PM

Participants gather to share the same space while reading in silence, without the traditional book club's pressure of having to finish a book on time. RSVP.

Meditation & Music

Monday, September 15 @ 6:30-7:30 PM

Wear comfortable clothing. Feel free to bring a pillow or blanket. Registration required.

Lunch & Renew: Chair Yoga

Wednesday, September 17 @ 11:30 AM-12:30 PM

September's theme is Autumn Gratitude. Registration required.

Drum Circle

Thursday, September 18 @ 6-7 PM

Celebrate the beauty of life and the power of sound with a drum circle. Some drums will be provided, but feel free to bring your own. RSVP.

Why Nonviolence? A Question for the Church in Challenging Times

Tuesday, September 23, 7- 8:30 PM (In-person and via Zoom)

Learn about the efforts of the Catholic Non-violence Initiative to move

nonviolence to the center of Catholic Church teaching and practice. RSVP.



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From Mat to Machine: A Pilates Progression

Thursdays, September 4-25 @ 6:30-7:20 PM

Discover how Pilates transforms you with this 4-week workshop.



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— Pat McCarthy
Stonehill At Home Client




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Milk Parties**Monday, September 8 & 22 @ 9:30-10:30 AM**

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

No Limb-its Amputee Social & Support Gatherings**Monday, September 8 @ 4-5:30 PM**

A monthly gathering where individuals living with limb loss can meet others with similar experiences and struggles.

Diabetes: Prevention & Management**Wednesdays, September 10 through November 19 @ 5:30-7:30 PM**

Take charge of your health with this three-month program.

Book Club: Stop Overthinking**Thursday, September 18 @ 5-6 PM**

Overcome negative thought patterns, reduce stress, and live a worry-free life.

Prenatal Breastfeeding Class**Monday, September 29 & October 6 @ 6:30-8:30 PM**

This hands-on interactive class provides the knowledge to start the breastfeeding journey.

NEWS**STONEHILL PARTNERS WITH 24-HOUR CARE**

Stonehill Communities expanded its home health services through a partnership with 24-Hour Care, a local business providing home health and certified home nursing services in the Dubuque area and northwestern Illinois.

Over the past year, Stonehill Communities and 24-Hour Care have collaborated to better align values, improve service coordination, and support integration. This partnership helps strengthen care coordination, expand non-medical home care and outpatient therapy services, and enhance patient experience through unified care teams and technology.

MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

Jessica Hanson, LMHC, joined their psychiatry & psychology department. She received her Master of Arts in Clinical Counseling and Bachelor of Arts in Psychology

from Loras College.

Most recently, Hanson worked as a licensed mental health therapist at Harbour Wellness & Counseling Center and previously Crossroads Counseling Center, both in Dubuque. She is a Dubuque native, and as a member of the psychiatry & psychology department, she provides diagnostic assessment, counseling, and therapeutic intervention for patients six years of age and older.

Nicole Brehm, LISW, also joined their psychiatry & psychology department. She received her Master of Social Work from Walden University in Minneapolis, and Bachelor of Science in Community and Public Health from Iowa State University



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in Ames. Additionally, she is certified in Dialectical Behavior Therapy.

Most recently, Brehm worked as a behavioral health therapist and social worker at Regional Medical Center in Manchester, IA. As a member of the psychiatry & psychology department she



provides diagnostic assessments, counseling, and therapeutic interventions for children and adolescents ages 3 to 18. She also incorporates play therapy into her approach to help young patients express themselves and process emotions.

UNIFIED THERAPY ANNOUNCEMENTS

Lisa Lodesky, OTR/L, has joined Unified Therapy as an occupational therapist. She graduated from the University of Illinois at

Chicago with a master's degree in occupational therapy. Previously, Lodesky worked as an occupational therapist at Helping Hand Center in Countryside, IL.



As an occupational therapist, she will treat individuals with an illness, injury, or disability through the therapeutic use of everyday activities in which patients develop, recover, improve, and maintain the skills needed for daily living and working. Lodesky will primarily treat pediatric patients at the Elm Street clinic.

Unified Expands Services to include the addition of pelvic floor physical therapy to its growing list of rehabilitation services. This expansion allows the clinic to better support individuals experiencing pelvic-related pain, dysfunction, or changes in quality of life related to pelvic health.

Jasmine Reiss, PT, DPT, ATC, clinic director and physical therapist, and **Emily Schlender, PTA**, senior physical therapy assistant and clinic coordinator, have completed training in pelvic health through the Herman & Wallace Pelvic Rehabilitation Institute. This foundational coursework allows them to evaluate and treat basic pelvic floor conditions and offer introductory care to patients needing support in this specialized area.



Pelvic floor physical therapy can help patients manage a variety of symptoms and conditions, including pelvic pain, bladder pain, urinary incontinence, pelvic region prolapse, management and recovery of pre- and post-partum changes, post-surgical pelvic and abdominal care, and more. ❖

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and be included in our monthly Health & Wellness.



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PILGRIMAGE TO JUSTICE: WALKING THE PATH OF NONVIOLENCE

Wednesday, September 3, 6:30 - 8:00 pm via Zoom



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For over 30 years, Dr. Ken Butigan has worked to build a nonviolent world through prayer, protest, and education. From the streets of Chicago to the steps of Assisi, he's walked the path of justice. On September 3, he'll guide us in exploring how sacred journeys can renew our connection to God, creation, and each other.

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Photo contributed by Proper Etiquette Photography

Owners Angela and Alex work together to create delicious, healthy drinks for their customers.

RESTAURANT REVIEW

Taste

THE SPOT NUTRITION MARKS THE SPOT FOR A HEALTHIER LIFESTYLE

by Cassie Cate

X Marks the Spot of the trendy and thriving nutrition go to store, The Spot Nutrition, located in downtown Dubuque at 356 Main Street. From delicious teas and protein coffees to protein donuts, whatever is created Hits the Spot. Plus, any order is ready On the Spot for easy pickup or delivery.

When husband and wife team Alex and Angela Lee were presented with the opportunity to take over the business founder Brittany Tyson had started, they knew this was an opportunity to put their entrepreneurial skills to the test. Tyson had owned the business for three years, befriending the Lees who were regular customers and sharing with them the business side of Herbalife and what it offered to both the entrepreneur and user. Taking over The Spot has been a family venture for the past three years, and the Lees have not had time to look back.

Both Alex and Angela are graduates of the University of Dubuque, where they acquired undergraduate degrees and master's degrees in business administration and communica-

tions respectively. Their degrees are helpful, but their commitment to the community is what really makes their business thrive. Last year they were named one of 365ink Impact Award Winners for their commitment to the community. They have also been honored with other awards, including the Dubuque Main Street Award and Young Professionals of Dubuque Award for best Business.

Alex himself is a part of nine different boards and organizations; they have participated in Dancing with the Stars for the Dubuque Chamber of Commerce and are always looking for ways to give back and connect within the community each day. Angela says, "That is what builds a strong community that works together."



Photo contributed by Proper Etiquette Photography

The Lees have made a commitment to the local community to provide a great product with a healthy alternative.

The Spot Nutrition is exactly what its name states- a nutrition club. Customers can take advantage of all the products sold under the Herbalife brand, which is what the Lees endorse and sell. This brand of products works with distributors who share their product with the public, which is how

Alex and Angela got started. Herbalife offers a variety of products helping its customers work to achieve their personal goals, whether it be weight loss, fitness goals, daily health and nutrition, or skin and body care.

Delicious and nutritious drinks are not all the couple offers at The Spot. This club also doubles as a hub for health and wellness to the community. Customers can work with the Lees to create an individualized health plan by creating a wellness profile, completing body composition evaluations with their onsite InBody Scale, and designing meal programs utilizing the Herbalife products they offer. Monthly body transformation challenges are also a highlight of the business. Personal trainer Maria Ruiz is also on site ready to offer her personal training expertise live or virtually to those looking for more individualized attention for their goals. All of these are what makes The Spot Nutrition the neighborhood "go to" for helping individuals in the community lose weight, gain muscle, or simply just create and live a healthier lifestyle.

As part of this wellness opportunity, The Spot Nutrition works to offer the community healthy drink alternatives. The drinks they provide are clean, sugar free energy drinks, high protein shakes, protein coffee, greens drinks, and drinks that boost the immune system. Caffeine free options are available, as



Delicious doesn't have to be boring or tasteless, especially at The Spot Nutrition on Main Street in Dubuque.

Contributed photos

well as kid-friendly options, and even drinks pregnant women and those living with diabetes can love! Angela says, "There's a drink available that's a healthier choice, no matter where you are at in your health and wellness journey." The drinks on the menu are meant to give more energy throughout the day, without all the sugar and the inevitable crash at the end of the day. They also work to fit within the meal plans and diets of those looking for something that may be higher protein, low carbs, low sugar, or even sugar free.

A daily menu of drinks can be found in the store or on the business's Facebook page The Spot. The store is typically open from 5 AM to 5 PM, with curbside pickup all day and free delivery from 7 AM to 11 AM with a two-drink minimum for those within five miles or a three-drink minimum for those over five miles. Alex is the delivery driver, which Angela says makes customers feel safe, receiving their drink from the owner himself. Angela says many customers and businesses in the area take advantage of the delivery service, which has been a great way to network and meet more people in the community.

The Spot Nutrition not only offers the opportunity to come in and enjoy a drink or order one for delivery; it also has a membership program which allows customers to become preferred members and make all the drinks that are made in the store in the comfort of their own home. This membership program includes advantages like an immediate twenty percent discount on all products as well as an

opportunity to earn points and increase the discount to forty percent, free shipping on all orders over \$150, a \$20 credit on the second order, rewards program, and online ordering with no minimum purchase.

Although it was a challenge to come into an existing business and create their own path, the Lees have done just that. The two have worked together to help build relationships within the community and build up their clientele, all while working to create and maintain a balance with their family. Angela says, "There were a lot of challenges, but we stuck it through, and our customers have been with us every step of the way."

Alex and Angela are not slowing down. They have big plans to continue their mission of promoting health and wellness within the community, as well as recruiting more people to be part of their business opportunity. They are currently in the planning process of offering free workout classes and are hoping to restart their walking group, offering individuals an opportunity to be more physically active without the financial stress. Protein donuts are also going to be making a comeback alongside a new menu item of protein bites. One thing is for sure; The Spot Nutrition is leaving its mark on Main!

The Spot Nutrition is located at 356 Main Street in Dubuque. They can be contacted at 224.566.3934, thespotnutritiondbq@yahoo.com or visiting their website at TheSpot-Dubuque.com. ♦

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WINES TO CLOSE OUT SUMMER AND OPEN THE DOOR TO FALL.

Article and photo by John B. Donovan

“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

It was a stormy Monday afternoon when TeamWine, with a couple of guest tasters, met at Erin & Shane’s home to explore a couple of new wines. Jake & Kelly Kohlhaas filled in for Angela who was out of town. Jake & Kelly had recently returned from a trip to Italy, so they were in the mind-set for wine tasting. Erin had picked up both wines during an outing to Decorah, Iowa, at a little out of the way, shop called *Backwater Spirits & More*. We had fun with both wines and felt that they served as a nice transition to Fall. The white can still be enjoyed as I’m sure we’ll have a

few more warm days, yet the heartiness of the red will prepare us for the cooler nights right around the corner. We hope you get a chance to enjoy them.

SIPS

We began with a **2023 Pieropan Soave Classico** (12% abv \$20) from Veneto Italy. The wine was 100% Garganega grapes. The color was a brilliant straw yellow with hints of green. The aromas were all quite delicate, but we got a variety of fragrances. Some lemon, lemon pith, sea salt and some white flower or

almond blossoms. The body was light with high, but not unpleasant acidity. The acidity made it very refreshing as it felt zingy on the palate. Lemon curd and some green apple notes revealed themselves on the finish leaving you wanting more. This wine paired well with the olives, especially the Trader Joe’s lemon-stuffed olives. It also went well with the tinned fish, and the feta dip and crackers. A couple of fun comments were “perfect for a hot tub” and “a good wine for a person who isn’t a wine drinker.” Another comment was “it is a totally inoffensive wine”. We felt this wine would go very nicely with a perfectly chilled shrimp cocktail.

We then moved on to our red, which was a big step. We tasted a **2021 Tait Winery - The**

Ball Buster (14.9 abv \$22) from Barossa Valley, Australia. This wine is from South Australia, which is their core region for iconic red wines. The wine is comprised of Shiraz (86%), Cabernet Sauvignon (9%) and Merlot (5%) grapes. The wine was dark garnet in color. We had aromas of tar, smoky cedar, baked cherries, pipe tobacco, blackberry, black pepper, sawdust and wet leather. All that before we had our first sip. On the palate the pepper came through, as did the baked cherry and smokiness. Tar and coffee were present but mildly so. One taster felt it reminded them of a bourbon-barrel essence. Fall cooking spices, nutmeg, cinnamon and all-spice, presented themselves on the finish. Though this was a big (high alcohol) wine, it was very balanced, and we did not have any comments that it tasted big. The mouthfeel was smooth and velvety and one of our tasters did comment that it felt 'big-shouldered'. As you might guess, this wine excelled in pairing with chocolate, especially the dark. We all agreed the wine would stand up with any grilled entrée except white fish. Steak, ribs, even a juicy hamburger would pair superbly. It's bold but can be tamed with the right food.

TeamWine recommends both these wines. I didn't check to see if these are available closer to Dubuque, but a drive to Decorah for a couple nice wines is worth it.

TIPS

Fall is harvesting time for vineyards. For those who would like to experience the fun of helping bring in a harvest, now is the time. Call your local winery and ask them if they accept volunteer labor for harvesting. Even if you only have a morning to help, when it's time for grapes to come in, all hands are usually welcomed. Do call ahead for days and times for harvest. Harvest usually occurs first thing in the morning and often it is on weekends when the most volunteers are available. But, if you have time during the week, feel free to call as grapes don't pay too much heed of what day it is when they ripen. I did a bit of checking and **Galena Cellars** does welcome harvest volunteers, whereas **Park Farm** does not. Do call ahead, wear long pants and bring your own gloves, but you'll have a wonderful time!

Salut! ❖

Business & Community News



EAGLE POINT SOLAR NAMED TOP CONTRACTOR

Eagle Point Solar has been recognized as a 2025 Top Solar Contractor by *Solar Power World*. This is an annual listing of solar contractors in the United States and is compiled annually to recognize the work of solar installers to decarbonize the grid and support home-grown, local energy.

Companies on the Top Solar Contractors List are grouped and listed by specific service and state by 2024 installed capacity (in kW_{DC}). Eagle Point Solar is collectively ranked at number 152 in the nation. Companies on the Top Solar Contractors List are grouped and listed by specific service, market, and state by 2024 installed capacity. For individual categories across the nation, they are ranked 81 in Utility, 79 in Commercial, and 54 in Residential. In Iowa, where Eagle Point Solar is headquartered, they rank number one in all three categories. The U.S. installed nearly 50 GW of new solar capacity in 2024, with solar and storage accounting for 84 percent of all new electric generating capacity added to the grid.

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DUMA RECEIVES GRANT

The Dubuque Museum of Art (DuMA) has been awarded a major implementation grant through the Frankenthaler Climate Initiative (FCI) to support the reduction of carbon emissions when DuMA opens its new arts campus in 2027.

DuMA's new arts campus in downtown Dubuque will enhance cultural activity and efficiency. Backed by the Helen Frankenthaler Foundation's Climate Initiative, the campus will feature a heat recovery chiller that cuts electrical use by 30% and natural gas by 49% each year. Other upgrades include energy-efficient mechanical and lighting systems, automated controls, system commissioning, and photovoltaic readiness.

LORAS WELCOMES NEW PROVOST

Loras College announced the appointment of **Dr. Sarah K. Nytroe** as its new Provost,

effective July 21, 2025. She brings more than 15 years of experience in higher education leadership, teaching, and scholarship to her new role at Loras.

Nytroe joins Loras from DeSales University in southeastern Pennsylvania, where she held multiple leadership positions and contributed to institutional progress and student success. During her tenure, she co-led two major institutional initiatives: the university's reaccreditation process with the Middle States Commission on Higher Education and the comprehensive review, revision, and implementation of a new general education curriculum.

Her leadership experience includes serving three years as chair of a multidisciplinary department and four years as head of an academic division that encompassed both pre-professional and liberal arts programs. Most recently, Nytroe served as the Provost Fellow for Retention and Student Success at DeSales, collaborating across departments to strengthen retention strategies and enhance the overall student experience. ♦



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