

THE DUBUQUE AREA LIFESTYLE MAGAZINE, SEPTEMBER 2024

FREE

JULIEN'S JOURNAL



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OPENS IN DUBUQUE**

**NATIONAL SUICIDE PREVENTION
AWARENESS MONTH – YES, HELP
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PUBLISHER'S NOTE

September might be the nicest month of the year in Iowa. The days are warm, but they lose the humidity and intense heat that the summer months bring, and the nights become cool yet still comfortable. September also means that students are back in school, so slow down when you're driving by one of our local schools or universities. This issue also contains the debut of a new feature called "Photo of the Month" that will feature a unique image of Dubuque or the surrounding area. Many of the photos will be provided by our friends at Elevated Images, or will be taken by our staff, but feel free to submit a photo(s) that you take for possible use in a future issue. They can be emailed to me at Robin@JuliensJourn.com.

Inside this issue

Bluff Strokes Art Center, a new nonprofit located in the former St. Mark Youth Enrichment building at 1201 Locust St. in Dubuque, is excited to offer residents of the tri-state area a wide variety of art programming, expanding the city's lineup of art-related activities. Learn more about them on page 20. Also look for our Premier Event for the Bluff Strokes Paint Out on page 12.

September is National Suicide Prevention Awareness Month, so designated to heighten recognition that resources are available for those with brain health needs as well as for those who wish to help them. Learn more about these resources on page 22.

If you stand to inherit a property, such as a family home or vacation condo, the gift presents a critical financial decision: whether to sell, rent or keep it. While the inheritance itself may be a blessing, often it's the result of losing a loved one who's passed away, which could complicate matters from an emotional and practical standpoint. Read more on page 27.

Have you ever found yourself wandering aimlessly, searching for something delicious to eat, nearing a state of anger because you simply can't find the right food to satisfy this intense hunger? If so, perhaps you missed one of Dubuque's newer food crazes: The Hangry Hobo Food Truck. Learn more about this giant greenhouse kitchen on wheels on page 33.

TeamWine tasted two wines, both from the same Oregon winery whose winemakers are driven by the styles and methodologies of Germany. Teutonic Wine Company only grows and produces cooler weather varietals, which work well in Oregon's climate. The end result is a nice selection of very refreshing wine. Read about them on page 36.





UPCOMING

—Events—

Email StackStoneWealth@ampf.com for more information.

25
SEPT

Time TBD

Seven Principles for Generating Retirement Cash Flow

Webinar presented by Janus Henderson

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

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JULIEN'S JOURNAL

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Photo of the Month: This aerial image of Main Street in downtown Dubuque 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

August 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

September 1-30

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

This month's Storywalk features the book, *I Love Insects!* by Lizzie Rockwell. Visit DubuqueArboretum.net.

Buenie Family Picnic

Sunday, September 1

11 AM-3 PM @ Immaculate Conception
Catholic Church (North Buena Vista, IA)

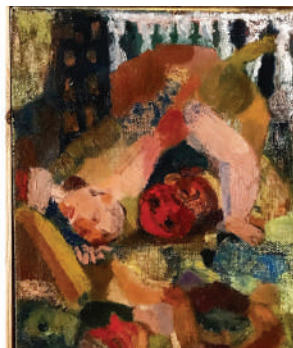
Country Store opens at 9 AM. Chicken and ham dinner, inflatables, kids' games, silent auction, and handmade quilt auction. Visit Facebook.com/BuenieFamilyPicnic.

Blueberry Jam Music Festival

Monday, September 2

2 PM @ Sandy Hook Tavern (Hazel
Green, WI)

The annual Sandy Hook party welcomes The Brews Brothers and the Tiger Kings for a fundraiser for the Garrett Wade Stephens Memorial Fund and other local charities. Visit Facebook.com/SandyHookTavern.



Under the Same Sun and A Life Lived in Bright Light Through Saturday, September 28 @ Voices Studios, 1585 Central Ave.

Prepare to witness a confluence of talent and vision as renowned artists Leslie Bell and Lee White join forces for an extraordinary art exhibition. Also enjoy original works by artist Andrew Raeside in his series of abstract paintings that celebrate the shared emotional experiences and connections between individuals. These displays showcase a diverse array of artworks that reflect the profound journeys and creative mastery of both artists. For more information email VoicesDbq@gmail.com.

Oil Painting Workshop

Tuesdays: September 3-24, 10 AM-
Noon @ Galena ARC (Galena, IL)

This 4-week workshop by local artist Pam Hiatt is designed for all levels of painters. If you are a beginner, this workshop will cover the basic skills and techniques you need to begin. Pam will help you to put aside your fears and experience the joy of creating. \$85. Call 815-777-2248 or visit GalenaArc.org/painting-workshop.

Early Explorers

Tuesday, September 3

10-11 AM @ National Mississippi River
Museum & Aquarium

The "H" is for Hands Program includes a variety of hands-on and active activities, including a craft and a game. Ages 2-5, with parent/caregiver. Advanced registration is encouraged as space is limited. Those registering for a full year of programming will save. Visit RiverMuseum.org.

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Hunter Education Field Day

Tuesday, September 3 @ 5 PM

Swiss Valley Nature Center (Peosta, IA)

This mandatory program is designed to introduce students to several lifelong skills that are important to outdoor recreational opportunities. The course teaches students basic survival and first aid skills, water safety, wildlife identification, the basics of wildlife management, hunting laws and firearm/archery safety. Hunter education also stresses the importance of individual responsibility and outdoor ethics. Iowa law requires that anyone born after January 1, 1972 must be certified in hunter education before they are eligible to purchase an Iowa hunting license. This class will include a laws talk, gun handling, and other conservation and hunting-related education. There will not be live firing at this class. This class is structured through the Iowa DNR. RSVP required. 13606 Swiss Valley Rd, Peosta, IA. 563-556-6745. license.gooutdoorsiowa.com. Visit License.GoOutdoorsIowa.com. **Early Explorers.**

Trivia Night at Riverboat Lounge

Tuesdays, September 3-24

7 PM @ Hotel Julien

Gather a group of 3-5 of your smartest friends (the ones who are best known for their wealth of seemingly useless, random knowledge) for trivia night. Prizes will be awarded to members of the winning team. Visit HotelJulienDubuque.com.

Distinctively Dubuque

Wednesdays, September 4-18

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

This five-night course hosted by high-energy presenters offers in-depth knowledge of the Greater Dubuque region and 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, September 4-25

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.

Tree Problems & Maintenance

Thursday, September 5

6-7 PM @ Heinemann Visitor Center, Dubuque Arboretum & Botanical Gardens

Educational session presented by Ray Kruse. Visit DubuqueArboretum.net.

Gary's Graffiti Nights

Thursdays, September 5-12

5-9:30 PM @ Kennedy Mall

Celebrating their 42nd year, cars 1979 and older gather for a 1950s-1960s car show based on *American Graffiti* with music and door prizes. Visit Facebook.com/GarysGraffitiNights.

East Dubuque Cruisin' Thursdays

Thursdays, September 5-26

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

Open to all years, makes, and models of classic, muscle, and unique cars, trucks, and motorcycles. Great food, closed street, open containers, and live music. Visit Facebook.com/EastDubuqueCarShow.

Food Festival Fridays

Friday, September 6

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

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



Dubuque Dragon Boat Festival

Friday through Sunday, September 6-8

8 AM-5 PM @ Miller Riverview Park

The Dubuque Dragon Boat Association will be hosting the 36th Annual Dubuque Dragon Boat Races. Teams from multiple states and Canada compete in 40-foot-long boats shaped like dragons. This year's theme is Miniature Golf Course. Each team is encouraged to create a putting green at their campsite. Races are free to watch. Shuttle service provided. Visit DubuqueDragonBoat.org.

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First Fridays**1st Friday: September 6****Various Locations in Dubuque**

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

First Friday/Sequel Saturday**Friday, September 6, 4:30-7:30 PM****Saturday, September 7, 9:30 AM-12 PM****@ Outside the Lines Art Gallery, 1101 Main St.**

Outside the Lines is excited to feature Sun Prairie, WI, artist John McGee on Friday and Saturday. McGee will be demonstrating his oil painting technique throughout the evening and again the following morning. For more information, contact 563-583-9343.

**Platteville Dairy Days****Friday through Sunday, September 6-8, 8 AM****@ Legion Park (Platteville, WI)**

Amusement rides, live music, parade, flea market, cattle show, talent show, tractor pulls, food, and more. NEW this year is the 1st annual Mac & Cheese Fest. Enter your favorite Mac & Cheese Recipe for prizes. Visit PlattevilleDairyDays.com.

Cows, Beers & Cheese Curds**Saturday, September 6****6-8 PM @ Berning Acres (East Dubuque, IL)**

A VIP event hosted by Matt and Natalie Berning. Begin in the farm shop with beverages and farm intro. Then, head out and about to tour the farm and interact with the animals. Finally, wrap it up back in the shop for a view of the sunset over the farm with your own complimentary basket of a variety of locally sourced cheese curds and a beverage. Visit Berningacres.com/Visit.

Cows, Kids & Curds**Saturday, September 7****2-4 PM @ Berning Acres (East Dubuque, IL)**

Begin in the farm shop with beverages and cheese curds while learning about the farm history and background. Then, head out and about to tour the farm and interact with the animals. Finally, wrap it up back in the shop if you choose, sampling a variety of locally sourced cheeses curds and ice cream. Visit Berningacres.com/Visit.

Grandparents' Day**Sunday, September 8****9 AM-5 PM @ National Mississippi River Museum & Aquarium**

Happy Grandparents' Day! All day, grandparents receive \$10 off admission. No youth admission is required. Just let the box office know that you are a grandparent. Visit RiverMuseum.org.

JA Golf Classic**Monday, September 9****11 AM-6 PM @ Meadows Golf Club**

Proceeds from the JA Golf Classic will help fund JA's financial literacy, work readiness, and entrepreneurship learning experiences benefiting more than 6,000 students locally. 18 Holes Scramble Format \$500 per foursome, \$125 per golfer. Registration: 11 AM. Shotgun Start: 12 PM. Includes green fees, cart, lunch, on-course games, player gift, dinner. Visit Heartland.JA.org/Events/2024-Golf-Classic-Dubuque.

Mid-Century Modern Architecture in Dubuque County**Tuesday September 10****6 PM @ Dubuque County Library (Peosta, IA)**

This presentation distinctive architecture of the 1940s to the 1960s gives an overview of the types of mid-century buildings that can be found in Dubuque County, and the characteristics to look for in identifying them. For more information, email Stew0220@umn.edu.

City Life for Marshallese Residents**Tuesday, September 10****@ Various Locations in Dubuque**

Learn more about city operations and services that make Dubuque a great place to live. Through presentations, tours, and conversations with neighbors you'll see taxpayer investments at work and be able to share your thoughts. This edition will be in Marshallese for the Marshallese residents. RSVP. Visit CityOfDubuque.org/CityLife.

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CALENDAR OF EVENTS

Workshop: Decorate a Pumpkin

Thursday, September 12

6-8 PM @ Heinemann Visitor Center,
Dubuque Arboretum & Botanical
Gardens

Decorate a real pumpkin with dried flowers.

Visit DubuqueArboretum.net.

Friday Lights Poetry Night

Friday, September 13

6-7 PM @ River Lights Bookstore

Bring your work to share and read a favorite poem. Listen, laugh, and learn in a quiet space of time. Participate in the poetry book swap—bring one, swap one. Visit River-Lights.com.

Bushwood Golf Classic (Rescheduled)

Friday, September 13

12:30 PM @ Bunker Hill Golf Course

The third annual *Caddyshack*-themed JDIFB Bushwood Classic is an 18-hole scramble featuring a raffle, silent auction, and dinner plus fun surprises throughout the course. Best of all, it supports the Julien Dubuque International Film Festival. Dress in your *Caddyshack* best, as prizes will be given for best attire. Visit JulienFilmFest.com.

Friday Lights Poetry Night

Friday, September 13

6-7 PM @ River Lights Bookstore

Bring your work to share and read a favorite poem. Listen, laugh, and learn in a quiet space of time. Participate in the poetry book swap—bring one, swap one. Visit River-Lights.com.

The Great Draw Street Art Competition

Saturday, September 14

9 AM-4 PM @ 11th and Main

The public is invited to watch artists of all ages create large scale, pastel street paintings. Vote for your favorite and support the Great Draw Visual Arts Scholarship Fund. Live local music and food trucks on site. Visit TheGreatDraw.com.

Fishtival

Saturday, September 14, 9 AM-3 PM

@ Downtown (Bellevue, IA)

Celebrate art, fish, and the Mississippi River with activities for everyone including art show and sale, and kids' projects. Visit Facebook.com/BellevueArtsCouncil.



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Dubuque Oktoberfest

Saturday, September 14

11 AM-6 PM @ Q Casino & Resort's
Back Waters Stage

Dubuque Oktoberfest celebrates its 15th year. Music, food, drinks, entertainment, games, including the wiener dog races and stein holding contest. Donations accepted for Camp Albrecht Acres. Rain or shine. Visit DbqOktoberfest.org.

Bloktoberfest

Saturday, September 14

12-5 PM @ Millwork District

With a lineup of BMX, skateboarding, kids' events, art, yoga, and an array of local food and beverages available for purchase, the free festival promises to be a sensational celebration of community, creativity, lifestyle, and recreation. Visit [BloktoberfestDubuque.com](https://www.bloktoberfestdubuque.com).

The Price is Right Live™

Saturday, September 14

7 PM @ Five Flags Arena

Get ready to "Come on Down" and join the excitement the legendary television game show, The Price Is Right™, comes to life in an unforgettable live event. This is your chance to be a part of the action and win incredible prizes. Visit [FiveFlagsCenter.com](https://www.fiveflagscenter.com).

Reba, Dolly, and Friends

Saturday, September 14

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

A hilarious country revue show filled with classic hits and surprise guests. Don't miss Brooke Byam, Dustin Weiss, and Eli Traum as they bring these beloved tunes to life, backed by an incredible live band. Visit [OhnwardFineArtsCenter.com](https://www.ohnwardfineartscenter.com).

Dr. Bonn Scott: Serial Killers

Saturday, September 14

7:30 PM @ Five Flags Theater

Spend a deliciously chilling evening with renowned criminologist and serial killer expert, Dr. Scott Bonn, as he takes you inside the minds of the world's most savage and prolific murderers. Adults only. Visit [FiveFlagsCenter.com](https://www.fiveflagscenter.com).

Dubuque Cars and Coffee

3rd Sundays, through 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](https://www.facebook.com/DubuqueCarsAndCoffee).

What Style Is It?

Sunday, September 15

1 PM @ James Kennedy Library
(Dyersville, IA)

Homes, downtowns, churches, and schools boast a wide range of historic and modern architectural styles. Learn how and why specific styles are used and where they can be found throughout Dubuque County. For more information, email Stew0220@umn.edu.

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CALENDAR OF EVENTS

Murder at the Fish Fry Club

Sunday, September 15

5-7 PM @ Stone Cliff Winery

A night of mystery and intrigue in the wild and romantic era of the roaring '20s. Buzz Nessman, the owner of Dubuque's most popular speakeasy—the Fish Fly Club—has just been murdered. Was it the prohibitionist NA O'Doul or Buzz's jealous business partner Bootleg Willie? Maybe it was the jazz singer Bea Sharpe or perhaps Betty Jane—Buzz's sweet-but-not-so-innocent mistress. Four “corpse” meal and a show. Visit StoneCliffWinery.com.

Student Oceans Conference

Wednesday & Thursday, September 18-19

8 AM-5 PM @ National Mississippi River Museum & Aquarium

The Student Oceans Conference is an intensive two-day watershed workshop held at the National Mississippi River Museum & Aquarium (NMRMA), throughout Dubuque County, and on the Mississippi River. This workshop is designed to inspire a watershed stewardship ethic in students and build upon their confidence and individual environmental literacies. Visit RiverMuseum.org.

She Unites

Wednesday, September 18

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.



Senior Expo 2024

Thursday, September 19

9 AM-12 PM @ Dubuque County Fairgrounds Ballroom

Visit with over 30 vendors to learn more about what our community has to offer for senior living, health care, therapy, insurance, in-home care, selling your home, hospice, and more. Free admission, beverages, and door prizes. For more information, contact 563-582-0646.



Cooper Allen

Thursday, September 19

8 PM @ Five Flags Arena

A rising star with the spirit of a true entertainer, a penchant for outside-the-box thinking and a growing, self-built audience, Cooper Alan is an artist willing to take country music where others have never dreamed. Visit FiveFlagsCenter.com.

Guttenberg Germanfest

Friday and Saturday, September 20-21

Friday, 3 PM; Saturday, 8:30 AM @ 600 S River Park Dr. (Guttenberg, IA)

Yeah, it's a bit out of town, but it's well worth the drive. Open-air festival market, festival tent, biergarten, dinners, dances, stein contests, German music, wiener dog races, and more. Visit GuttenbergIowa.net/Germanfest.



A Grand Night for Singing

Friday & Saturday, September 20–21 and 27–28, 7:30 PM

Sundays, September 22 and 29, 2 PM @ The Grand Opera House

Be transported by the wit, charm, and melodies that put Rodgers & Hammerstein in a class of their own. *A Grand Night For Singing* celebrates over 30 hit songs from all their musical treasures like *Oklahoma!*, *South Pacific*, *The Sound of Music*, *Carousel*, *The King and I*, *Cinderella*, and more. Visit TheGrandOperaHouse.com.

Becoming an Outdoor Woman

Saturday, September 21

9 AM-1 PM @ Mines of Spain Road

Connect with like-minded women and discover the opportunities that are available in the outdoors. Learn outdoor skills from knowledgeable women instructors during this day of fun-filled sessions provided by Dubuque County Conservation. Visit Facebook.com/DubuqueCountyConservation.

BOURBON, BOWTIES & BOAS

OCTOBER 11, 2024
6PM SOCIAL HOUR | 7PM TASTING
DUBUQUE SHOOTING SOCIETY
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FEATURING

- Specialty Bourbons
- Specialty Wines
- Limited edition Glen Cairn glass
- Door prizes
- Swag Bag to take your experience home

ONLINE REGISTRATION:
WWW.SCOUTSIOWA.ORG/BOURBON





West Dubuque Wingfest

Saturday, September 21, 10 AM-4 PM
@ Farley City Park (Farley, IA)

Get ready for the 10th Annual Wingfest. Competitors cook up approximately 10,000 wings with live entertainment, volleyball, baggo, human foosball, and a wing eating contest. Plus, kids' entertainment, a dunk tank, and more, all to support West Dubuque High School. Visit [Facebook.com/Western.Dubuque](https://www.facebook.com/Western.Dubuque).



Trilogy: The Ultimate Tribute Show

Saturday, September 21

8 PM @ Five Flags Theater

Experience the sights and sounds of three epic bands all in one memorable night. Trilogy is made up of professional musicians from all over the nation. The show begins with The Doors Tribute, continues with The Led Zepelin Tribute, and finish with The Pink Floyd Tribute. Visit [FiveFlagsCenter.com](https://www.fiveflagscenter.com).

Pumpkin & Gourd Wagon

Sunday, September 22

10 AM-3 PM @ Heinemann Visitor Center Parking Lot, Dubuque Arboretum & Botanical Gardens

Growing the most unique varieties of pumpkins and gourds, come get your Fall decorations. Food by OS on the Go. Visit [DubuqueArboretum.net](https://www.dubuquearboretum.net).

Garden Tea Blending Lab

Sunday, September 22, 1-3 PM

@ Heinemann Visitor Center, Dubuque Arboretum & Botanical Gardens

Rose and lavender tea blending lab by Grace Deane, master herbalist and tea blender at ByzanTEAum. Visit [DubuqueArboretum.net](https://www.dubuquearboretum.net).



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

www.ohnwardfineartscenter.com

From Reba to Dolly, this comedic extravaganza is guaranteed to make you laugh, reminisce, and fall in love with the timeless songs of our past.

Don't miss Brooke Byam, Dustin Weiss, and Eli Traum as they bring these beloved tunes to life, backed by an incredible live band!"

CLASSIC COUNTRY REVUE

Featuring Brooke Byam and Friends
September 14 @ 7 PM

DOLLY, REBA AND FRIENDS...

Reba, Dolly, and Friends...
a hilarious country revue show filled with classic hits and surprise guests.

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

The **GRAND** Opera House

2024-2025 SEASON

Subscriptions On-Sale Now!

Rodgers & Hammerstein's
A GRAND Night for Singing
September 20 - 29, 2024
Adults \$25 | Under 18 \$15

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

PREMIER EVENT

BLUFF Strokes

PLEIN AIR PAINT OUT

See Dubuque Through Artists' Eyes!

SEPTEMBER 29 - OCTOBER 5

Fifty-five artists from around the country will paint scenes around Dubuque at the 7th annual Bluff Strokes Paint Out from Sunday, September 29 – Saturday, October 5. At the end of the week, over 500 paintings will be hung in Steeple Square.

Last year was my first time participating in Bluff Strokes Paint Out, and to my surprise it was a successful event for me! It was an amazing opportunity to paint alongside award-winning artists! I can't say how gratifying it was to see my artwork being enjoyed by others and flying off the walls to go to their new homes. Not only is the Paint Out a great event, but Bluff Strokes Workshops are wonderful and encouraging for artists to get out and try something new! There is so much joy that comes from painting outdoors and I am looking forward to participating in the Bluff Strokes Paint Out again this fall!

– Mercedes Pfab, Dubuque artist

Competition

Bluff Strokes Paint Out is a competitive event for artists. Prior to Friday evening's Patron Party, \$15,000 in prize money will be awarded for top paintings. A key goal at Bluff Strokes' founding was to attract artists to Dubuque with its wealth and variety of painting opportunities. Specialty Award categories were selected to highlight various aspects of Dubuque: Mississippi Overlook, Riverfront, Historic Dubuque, Industrial, Arboretum/Garden, Rural Scene, and Street Scene.

"In 2014, I scouted Dubuque with Wes Heitzman to determine its suitability for painting workshops. Dubuque is blessed with a wide variety of paintable subject matter: architecture, rural, urban and industrial scenery, river views and a charming Arboretum and I suggested Dubuque would be a great location for a paint out. In 2016 Wes, Jillayne Pinchuk, and the Bluff Strokes Committee organized what is now Bluff Strokes Paint Out.

– John Preston

Bluff Strokes Paint Out Events

Sunday, September 29 – Wednesday, October 2 (Evenings) Nocturne Paint. Artists will be painting evening scenes to be turned in at Steeple Square Thursday



THIS YEAR'S JUDGE, DEBRA JOY GROESSER

Nebraska artist Debra Joy Groesser is best known for her impressionistic landscape paintings, particularly her Plein Air work.

"Painting is such a spiritual experience for me. Nothing inspires me more than being out on location, capturing the subtle nuances of color, light and atmosphere that can only be achieved by painting from nature."

She is President/CEO of the American Impressionist Society and a Signature member of Oil Painters of America. Her work has been featured in national art publications including International Artist, Art of the West, American Art Collector, Southwest Art, and Plein Air Magazine.



morning. Watch for artists in downtown, riverfront, and other locations with interesting evening and nighttime light.

Tuesday, October 1 (8:30-11:00 AM)

Quick Paint. Artists have 2 ½ hours to create a finished and framed painting. They will have their canvases time-stamped at 8:30 AM and will return a framed painting to Steeple Square at 11:00 AM. Stamping will take place this year in three locations; Steeple Square, Cable Car Square, and the steps of Sacred Heart Church. You may find artists painting near any of those locations.

Tuesday, October 1 (12:00-1:00 PM)

Steeple Square will be open for public viewing. Each artist will have two "Prior Work" paintings on display. The morning's Quick Paint paintings will be hung to view. This is a great opportunity to familiarize yourself with the artists' work! Prior work paintings will also be available for sale.

Wednesday, October 2 (6 - 8 PM) Young Artists Meet Up. Young Dubuque artists have the opportunity to interact with visiting artists in the Bluff Strokes Paint Out. This will be an opportunity for emerging artists to learn about the Plein Air world as well as pick up tips on marketing and professional practices.

Thursday, October 3 (12:00-1:00 PM). Steeple Square will again be open for public viewing. In addition to prior works, which will again be available for sale, Quick Paint and Nocturne paintings will be on display for viewing.

Friday, October 4 (6-9 PM) Patron Party & Art Sale. Purchase a Patron Pass for an opportunity for a first look at the paintings at Steeple Square. The preview and sale is a fun filled evening with complimentary wine, craft beer from Jubecks, heavy hors d'oeuvres provided by the Q Casino, and music. Patron Passes can be purchased at River Lights Bookstore and all Premier Bank locations. You can also purchase them online at BluffStrokes.com/paintout. The \$150 Patron Pass admits two to the event and includes a \$100 voucher applicable to a painting purchase.

Saturday, October 5 (9 AM - 4 PM) Bluff Strokes Plein Air Art Sale. This is a free event open to everyone at Steeple Square! Painting from the week will be on sale to the public. Many artists will paint at the Saturday Farmers' Market and adding their paintings to the sale! Live music will be provided and food, coffee, and other beverages will be available.

The Plein Air Painting Movement

Plein Air (on site) painting is a popular and growing national movement. Artists paint on site and "in the moment," directly experiencing their environment and weather through painting, which is a very different experience than studio painting. Its popularity has fostered competitive paint outs throughout the country and created a market for workshops to help develop

skill levels. Since it's beginning Bluff Stokes Paint Out has become a major event on the Midwest Plein Air Circuit, attracting artists who have won national awards and been featured in national art magazines.

Buying Local Art

Plein Air painters show us our community "through artist eyes." They teach us to look at scenes we see every day in a totally different way. A painting by a Bluff Strokes artist is a memory – of a familiar scene made fresh, a visit with an artist, a time and place to which we can return through art. Bluff Strokes has introduced many local residence to the joy of buying art for their homes and offices and living with those memories.

"Last year, 2023, Kathleen Newman was painting inside Adam's Dance Connection as I was taking a lesson. I was asked to be part of that painting to personalize it. This meant so much to me that I just had to have it! Every time I look at my painting, it brings joy to my day and a renewed enjoyment of dance."

–Susan Wahlert

This year's Bluff Strokes Paint Out is made possible by the following sponsors:

Bard Materials, Cottingham & Butler/ Andy and Debi Butler, Conlon Construction, Gronen, Hirschbach, Gigantic Design, Key City Vision Center, Lehrdahl, McCoy Group, Premier Bank, Q Casino, Steeple Square.



ART CENTER BLUFF Strokes

BLUFF STROKES ART CENTER

New this year – Bluff Strokes is now Bluff Strokes Art Center! Bluff Strokes was founded in 2014 as an Affiliate of the Dubuque County Fine Art Society to organize art workshops and a Plein Air Paint Out in Dubuque. Its mission was to attract artists to Dubuque, to help develop local artists, and to promote Dubuque as an artist community. Over ten years as an all-volunteer organization, Bluff Strokes has conducted 17 high level artist Plein Air and studio workshops featuring nationally renowned painters and attracting about 40% local artists and 60% out of town artists as participants. Plein Air Painters of Dubuque and Dubuque Urban Sketchers both emerged out of these workshops. Bluff Strokes Paint Out has grown into a premier regional paint out and attracts artists from around the country. Dubuque is "on the map" in this large and growing community of painters.

As of May 2024, Bluff Strokes Art Center, a 501(3)(C), has a permanent location at 12th and Locust Street. Bluff Strokes Art Center will continue to attract high quality artists to "paint Dubuque," and revenues will now help support their expanding offerings. Bluff Strokes Art Center plans are featured in a separate article in this issue.

CALENDAR OF EVENTS



All Carnegie-Stout Public Library programs are subject to change. For the latest information and details, please visit their website, CarnegieStout.LibraryCalendar.com/Events/Upcoming.

The public can find "@carnegioustout" on Facebook, Instagram, Twitter, and YouTube.

Scavenger Hunt

September 1-30

Come to the library to find hidden apples and learn about their varieties in the process. All ages.

Pokémon Club

Wednesday, September 4 @ 5:30 PM

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

Movie Night

Thursday, September 5 @ 6 PM

Come for a free movie. Ages 16+.

American Girl® Party

Friday, September 6 @ 4 PM

If you have an American Girl® doll, feel free to bring it. Leave with a free copy of their activity book, *Tear Up This Book!* Ages 7-13. Registration required.

Music @ Your Library

Friday, September 6 @ 6-7 PM

Denny Garcia and Dave Hummel.

Movin' Groovin' Mornings

Saturday, September 7 @ 10:30 AM

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

Toddler Time

Mondays, September 9-30 @ 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 9 @ 6-7 PM

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

Baby Rhyme Time

Tuesday, September 10-24 @ 10:30 AM

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

Piñatas Pequeñas

Tuesday, September 10 @ 4 PM

Participants will create a miniature pinata. Ages 10-15. Registration required.

Adult Ukulele Lessons

Tuesdays, September 10 & 24 @ 6-7 PM

Registration required.

Preschool Storytime

Wednesdays, September 11-25 @ 10:30 AM

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

DIY Stress Balls

Wednesday, September 11 @ 4 PM

Come to the library to make stress balls and learn other stress relieving techniques. Ages 8-12. Registration required.

Reading with Rover

Saturday, September 14 @ 10:30-11:15 AM

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

Guided Painting Workshop

Monday, September 16 @ 4-5:30 PM

Learn how to paint everyone's favorite friendly feline—a tiger. This hands-on workshop is great for all artists, amateur, or expert. Ages 6-10. Registration required.

Self Defense for Younger Adults

Monday, September 16 @ 5:30-7 PM

Registration required.

BESTIE Club

Tuesday, September 17 @ 6 PM

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



Carnegie-Stout
PUBLIC LIBRARY

Art @ your library®
September Show

Featuring Artists
Matt Giese
Gary Fagan
Rich Lammer



Purchase a unique gift and support local artists.

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

Buttons & Bobbins**Thursday, September 19 @ 4 PM**

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

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

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

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

Ages 4-12.

The Secret Life of Squirrels**Tuesday, September 24 @ 4 PM**

Learn about spatial awareness and other cool squirrel skills to increase your own squirrel powers. Ages 4-7. Registration required.

Make Your Own Ice Cream**Sundae****Wednesday, September 25 @ 4 PM**

Hear a story while enjoying a frozen treat. Ages 8-13. Registration required.

After School Story & Snack with the Girl Scouts**Thursday, September 26 @ 4-4:30 PM**

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

Marvelous Moths Collage Workshop**Monday, September 30 @ 4-5:30 PM**

Create your own marvelous moths, resulting in a lovely sun-catching window decoration. Ages 6-10. Registration required.

Line Dancing**Monday, September 30 @ 5-6 PM**

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



Steeple Square Event Center | 15th & White

PATRON PARTY & SALE | Friday, October 4, 6-9 pm

ART SALE | Saturday, October 5, 9 am - 4 pm

Visit www.bluffstrokes.org for full week details!

Social: @BluffStrokes • info@bluffstrokes.org

An advertisement for Gateway Appliance. The background is a dark, reflective surface, possibly a refrigerator door, with a young girl in a pink shirt touching it. The text 'FINGERPRINT RESISTANT STAINLESS STEEL' is at the top in white, all-caps, sans-serif font. Below that is the 'GATEWAY SALES & SERVICE APPLIANCE' logo, which is a white outline of the state of Iowa with the company name inside. At the bottom, the address '111 West Main St., Manchester, IA' and phone number 'Store: 563.927.3200' are listed. Below that is the text 'NOW DELIVERING, INSTALLING AND STILL SERVICING THE DUBUQUE AREA' and the website 'GatewayAppliance.com'. At the bottom, the hours 'HOURS: Mon.-Fri. 8 a.m.-5:30 p.m., Sat. 8 a.m.-1 p.m. (or by appointment)' are listed, along with a Facebook icon.

KitchenAid®**Whirlpool®****MAYTAG****AMANA®**



Cuba City Community Market

3rd Wednesdays, through September 18
4-7 PM @ Presidential Plaza (Cuba City)

Each market will feature family activities and other locally sponsored events, including music. It also features Vesperman's Ice Cream, baked goods, produce, meat, and arts & crafts. The June Market will also host Cuba City's Annual Car Show. Visit CubaCity.org.

Dubuque Mid-Week Market

Wednesday, September 4
5-8 PM @ 11th and Iowa Streets

Spend Wednesdays where Dubuque Farmers' Market first started with fresh local produce, a beer garden, pizza from Jubeck New World Brewing, and live music. Visit [Facebook.com/MidWeekMarketMusic](https://www.facebook.com/MidWeekMarketMusic).

Dubuque Farmers' Market

Saturdays, through September 28
7 AM-12 PM @ Iowa Street between
13th & 10th

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

Dyersville Farmers' Market

Thursdays, through October 3
3-5 PM @ Commercial Club Park
(Dyersville)

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

Dyersville Downtown Markets

Saturday, September 28
8 AM-12 PM @ Between Xavier School
and the River (Dyersville)

The Dyersville Downtown Market is a local event that was created for all ages. The Dyersville Young Professionals invite you to spend a Saturday morning shopping, check out downtown businesses, and local vendors.

Visit Dyersville.org/Events.

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)

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

2nd Thursdays, through October 10
5-8 PM @ Jackson Street (7th to 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)

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

Potosi Tennyson Driftless Gate Market

Saturday, September 7 & 21
8 AM-Noon @ St. Andrew & Thomas
School (Potosi)

The Potosi-Tennyson Market vendors include small farms, artists, hobbyists, crafters, service providers, and more, who are all committed to community involvement and help promote local growth. Market is at Hickory Hill Park the week of September 7. Visit PotosiTennysonMarket.com.

NEXT DAY

Physical Therapy Appointments

Call 563-583-4003

1690 Elm St., Suite 230 & 4135 Pennsylvania Ave. clinics
www.unifiedtherapy.com



Mac & Cheese FEST

SEPT. 26TH, 2024 | FIVE FLAGS | DUBUQUE, IA

Mac & Cheese Fest

Thursday, September 26, 6–8 PM
(VIP @ 5 PM) @ Five Flags Center

Taste the area's top chefs and breweries who serve up their own unique spin on mac and cheese. Foodies and craft beer lovers unite to taste more than 20 varieties of mac and cheese paired with over 50 craft beers while raising funds for the University of Iowa Hospitals NICU and Rauwen Family Foundation. Visit MacAndCheeseFestDbq.com.

Dubuque's Largest Flea Market And Garage Sale

Saturday, September 28

8 AM–3 PM @ Tri-State Independent Blind Society

Browse more than 100 tables full of great items at the garage sale/flea market plus baked goods, direct sales, crafts, and more. Visit DSDelights-101810.Square.Site.



Dubuque Latinx Fiesta

Saturday, September 28

1-7 PM @ Smokestack, 62 E. 7th St.

Everyone is invited to celebrate the diverse cultures, art, music, and cuisine of Latin America. Shop diverse vendors and resources and enjoy performances and an art exhibit. Visit DubuqueUnidos.com.

Japanese Garden 30th Anniversary Celebration

Sunday, September 29, 11 AM–2 PM

@ Japanese Garden, Dubuque Arboretum & Botanical Gardens

Kiko Qigong yoga. Food by Hibachi Time. ByzanTEAum tea tasting. Demonstrations by Badger Bonsai Society. Music and more. Visit DubuqueArboretum.net.

Active Aging Week

Monday, September 30 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.

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Bourbon, Bowties, and Boas: A Night of Elegance and Flavor

The allure of fine spirits, the charm of bowties, and the lure of boas come together in a night of sophistication and delight at the highly anticipated Bourbon, Bowties, and Boas event, benefiting the Northeast Iowa Council, Scouting America. This exclusive gathering promises a memorable experience for connoisseurs and casual enthusiasts alike, combining the rich heritage of bourbon tasting with the flair of high fashion.

A Taste of Tradition: The Bourbon Tasting

The centerpiece of the evening is the bourbon tasting, where attendees are invited to explore a curated selection of bourbons. Under the expert guidance of master distiller, Rob Robilliard, guests will embark on a sensory journey, discovering the unique characteristics and nuanced flavors that distinguish each bourbon. From the first pour to the final sip, the master distiller will share insights into the history, craftsmanship, and intricate processes that define these exceptional spirits.

Whether you're a seasoned bourbon aficionado or a newcomer to the world of whiskey, this tasting experience offers a rare opportunity to deepen your appreciation for this storied beverage. The master distiller's passion and expertise will illuminate the artistry behind each bottle, enhancing your understanding and enjoyment of bourbon.

More Than Just Bourbon: Wine Tasting for Variety

Recognizing that not everyone shares the same palate, the event also features a wine tasting segment. For those who prefer the subtleties of the vine to the robust character of bourbon, a selection of fine wines will be available. Knowledgeable sommeliers from Bishop Winery will guide guests through the tasting, offering notes on flavor profiles, vineyard histories, and pairing suggestions. This inclusion ensures that all attendees, regardless of their beverage preference, can indulge in an evening of exquisite taste.

Exciting Door Prizes and Swag

Adding to the evening's allure are the enticing door prizes and exclusive swag boxes. Upon arrival, each guest receives a ticket for a chance to win one of several door prizes consisting of high-end liquor selections.

Additionally, exclusive swag boxes are given to each guest, brimming with premium items that capture the spirit of the event. These boxes may include limited-edition bourbons, artisanal snacks, or drink crafting accessories, providing attendees with a tangible memento of the evening.

A Night to Remember

Bourbon, Bowties, and Boas is more than just a tasting event; it is a celebration of the finer things in life. The combination of exquisite spirits, and the camaraderie of fellow enthusiasts creates an atmosphere of warmth and class. Whether you're mingling with other guests, savoring a finely crafted bourbon, or admiring the craftsmanship of a perfectly tied bowtie, this event promises an unforgettable experience.

While this is only the 3rd year of the Bourbon, Bowties & Boas fundraiser – Scouting itself has been around for more than a century, with the Northeast Iowa Council in existence since 1916.

As a 501(c)(3) non-profit organization with more than 1,250 youth (ages 5 to 20) currently participating in packs, troops, crews, and posts. The small five-person staff support the youth activities with more than 700 parents and volunteers providing the path to character, leadership, and skill building.

Whether you are a bourbon connoisseur or casual wine enthusiast, the Bourbon, Bowties, and Boas event is sure to delight. Join the Northeast Iowa Council, Scouting America on October 11 for an evening of camaraderie and charm.



Bourbon, Bowties & Boas

Friday, October 11, 2024

Dubuque Shooting Society,
Dubuque, IA

6:00pm Social Hour

7:00pm Tasting Begins

Tickets start at \$200

To register: Call
563.556.4343 or email
melissa.neuhaus@scout-
ing.org. Or register
and donate directly at
[https://givebutter.com/
bourbonbowties2024](https://givebutter.com/bourbonbowties2024).



ART
CENTER**BLUFF**
Strokes

Opens in Dubuque



PHOTOS CONTRIBUTED BY DEB OTTO

The new Bluff Strokes Art Center is located at 1201 Locust Street in Dubuque

by Connie Cherba

Bluff Strokes Art Center, a new nonprofit located in the former St. Mark Youth Enrichment building at 1201 Locust St. in Dubuque, is excited to offer residents of the tri-state area a wide variety of art programming, expanding the city's lineup of art-related activities.



If the Bluff Strokes name attached to the Art Center seems familiar, it's because it's also the name of the annual Bluff Strokes Paint Out which is now one of the Bluff Strokes Art Center events. Look for 55 artists visiting the city September 29-October 5 from all over the country as they "paint Dubuque" and exhibit and sell their art at Steeple Square on October 4 and 5.

Why does Dubuque need an art center? "We see this as adding to the cultural offerings that Dubuque already has," said Jillayne Pinchuk, president of the Bluff Strokes Art Center. "The city already does theater, music, and dance really well. There are so many opportunities with sports. The arts are represented in the schools, and yet the kids who really get into it don't have enough opportunities outside of school, so then they are doing it on their own and finding things online. We are trying to offer a space where so many different things can be explored right here in Dubuque."

Jillayne knows from firsthand experience that an art center can be inspirational to kids. "I grew up outside of Minneapolis and had access to one of the satellite locations of the Minneapolis Art Institute and always had art as part of my childhood activities. So every Saturday for about ten years I would go down to the art center. I never even touched paint. It was all drawing. It was formative in the way I grew up, in the way I thought,



(Left) Jillayne Pinchuk,
President Bluff Strokes
Art Center.

(Right) Rachel Daack,
Executive Director Bluff
Strokes Art Center.

in the people I met. Part of my confidence came from that exposure to art.”

Plans call for the Bluff Strokes Art Center to offer art instruction provided by visiting artists as well as local instructors. Look for programming that includes art history and art philosophy as well as hands-on creating. Art programming will be offered for all age groups and all income levels. Jillayne emphasized that creating art is more than just drawing or painting. “It could be fabric arts, sewing and embroidery,” she said. “We want to see all sorts of creators expressing themselves. But we are not ceramics and we are not metal working. We want to see the space used for learning whether you have a pencil or brush in your hand or not.”

The Bluff Strokes Art Center will be overseen by a board of directors that has a wide variety of community perspectives. Rachel Daack has been hired as the Art Center’s executive director. Rachel is a social scientist with a strong art background along with extensive experience working with local non-profits. “My job is making sure that other people get to do art and that’s critical to me,” she said. “I get to lead an organization that’s going to open the doors and create much more art access to either people learning how to make art from the beginning to very advanced stages and learning how to take their art to the next level and what that might mean to them.”

One of the major goals of the Art Center focuses on collaboration with other organizations like St. Mark Youth Enrichment, the Dubuque Area Arts Collective, and other organizations. “I’ve been meeting with 15 artists and art organizations in the community to find out what services and support already exist and where people are seeing gaps,” said Rachel. “I’ve been looking at about 30 other art centers to see what they are doing and how they are doing it. I don’t want to copy anybody. I want this to be about what Dubuque needs.”

Work to renovate the Art Center to welcome artists is ongoing. The landscaping and exterior lighting was refreshed within the first 24 hours of taking possession of the building. What remains to be accomplished is plaster repair and painting of the large upstairs space. “We are painting that space with a good color scheme conducive to creating art at all times of the day,” said Jillayne. “There are also 3,000 square feet of space on the lower level that still gets good natural light and has a full kitchen. We envision and are excited to be able to offer communal artist work space down there. We also envision that a part of the Art Center will be gallery space – a place where art makers can sell their work. We expect to have regular retail hours.”

The Art Center will host a soft opening with programming this fall. “People can

expect our initial instructional opportunities to include some kind of drawing class and a painting class for older youth through adults,” said Rachel. “We’re excited about the Art Center, but we feel we have to start slowly to make sure that we’re doing it right. We want to make sure that what we’re offering is super high quality and what the community needs.”

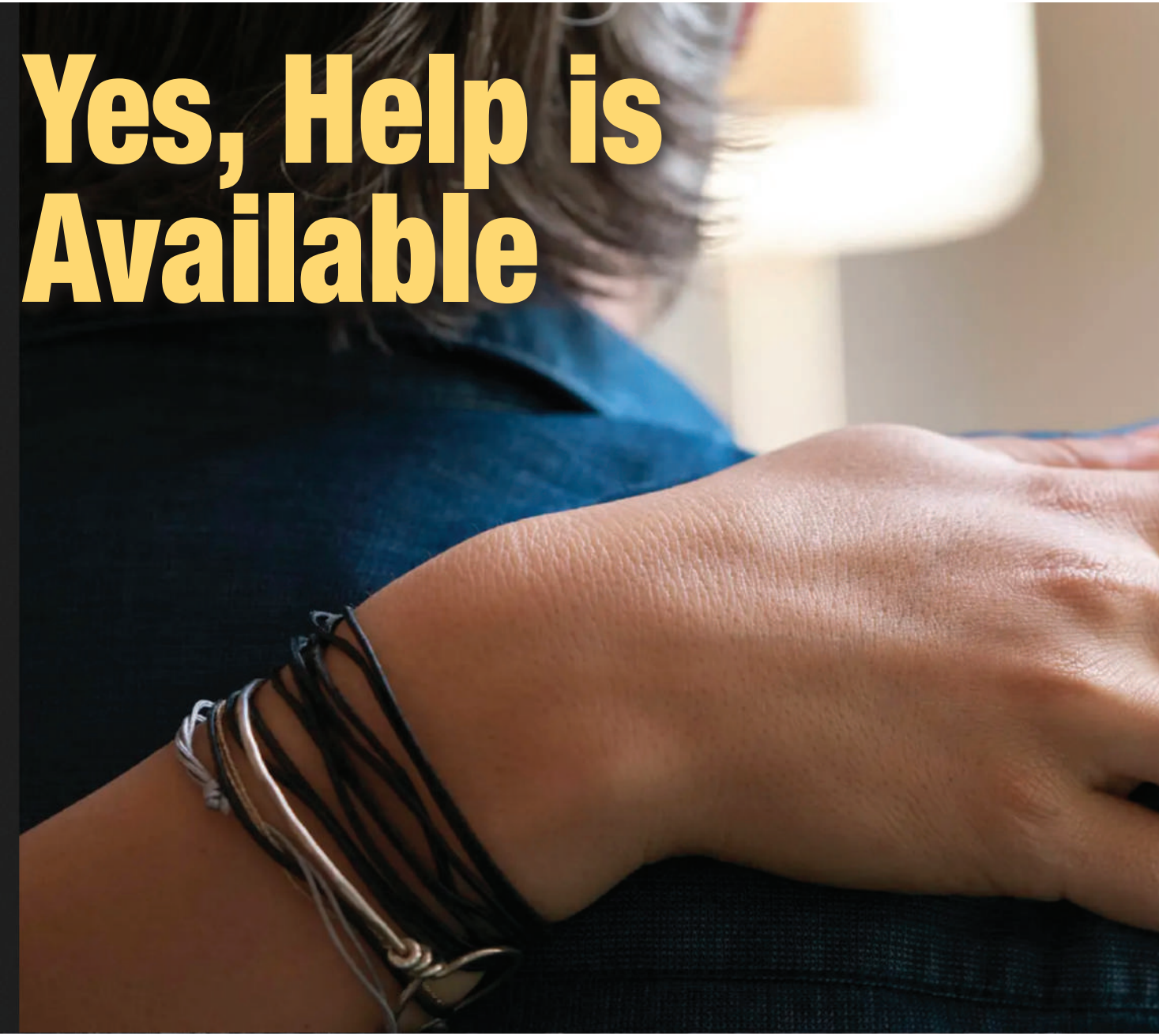
Jillayne echoed Rachel’s thoughts, “There are so many possibilities with what the Art Center could be. We’re excited to explore as well as make sure that what we do, we do very well. I truly see a thriving art scene where people can express themselves as well as appreciate art as a necessity to a thriving community. It benefits business and generational retention. We want to see the kids who grew up here see a place that’s vibrant and where they want to stay. Dubuque has natural beauty and many cultural offerings. The Art Center is something that was lacking. We are just filling in that gap.”

“People say ‘it will be great for kids to have this art opportunity,’” said Rachel. “And many adults say that they would have loved to have learned how to do art, but that they are too old to learn now. We want people to know that you can start art at any point in your life.” You can do just that at the Bluff Strokes Art Center.

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

FEATURE

National Suicide Prevention Awareness Month



Yes, Help is Available

PHOTOS CONTRIBUTED BY NAMI DUBUQUE

September is National Suicide Prevention Awareness Month, so designated to heighten recognition that resources are available for those with brain health needs as well as for those who wish to help them.

by Beth Triplett

“Suicidal ideation is trauma, caused by crisis, stress, or PTSD,” said Britni Farber, president and CEO of NAMI Dubuque. “When a person dies by suicide it is their worst-case scenario. Their emotional pain is so overwhelming that they just want it to stop – and they don’t know another way to do it. They do not have the skills, tools, or resources to get that pain out of their brain.” Death by suicide is the 11th leading cause of death in the United States, with over 48,000 people taking their own lives each year, just over 500 in Iowa alone. Those losses also affect the families, friends, colleagues, and neighbors of those who died and cause a ripple effect of sorrow throughout their community.

“It changes you when you have a person close to you with brain health experiences,” said Farber. “You internalize the pain and realize that life is so delicate and we’re not forever.”

While males, and especially white males are statistically more likely to die by suicide, brain health challenges are felt by all segments of the population. Older adults are often overlooked and underserved but face chronic issues such as loneliness and transitions. They may have recently retired, lost their jobs or spouse, or moved to new

housing. “We focus on the population we see most often, but older adults are at incredible risk,” said Farber.

The rural community is another population with a gap in brain health awareness. This month, NAMI began providing dedicated resources specifically to serve those from small towns west of Dubuque.



“Those in a small community have a large amount of pride and it is difficult to ask for help,”
– Elizabeth Marnier



NAMI DUBUQUE'S Program Center is located at 2225 W6th Street in Dubuque. Contact: nami@namidubuque.org (563) 557-6264.

FEATURE

"It's also difficult to know where to ask for help; education and awareness in small towns are lacking and it can feel isolating to think you have to do it alone," said Elizabeth Marner, NAMI friends and family facilitator.

Marner is beginning peer support groups and resources in the Epworth area, with the goal of having peer facilitators and family support specifically targeted for small communities. "There is more comfort when there are familiar faces, and you can find a village of resources. I want leaders teaching through their own lived and shared experiences," Marner said.

Another way NAMI is calling attention to brain health is by hosting its second annual Suicide Awareness Walk on September 8 at the University of Dubuque. The organization seeks to have 508 participants in its sunset event to represent the 508 lives lost in Iowa last year who were reported as died by suicide.

Farber wants the walk to help lessen the stigma around brain health and encourage people to open up if they have suicidal ideations. "Our hope is to put faces to these numbers," she said. "Having 508 people on

the track would represent mothers, fathers, friends, and bosses. The walk creates a humanistic component we lack because of the stigma."

While this month is designated for the national campaign, brain health awareness and destigmatization efforts occur all year long and encompass a variety of tools and resources for those in crisis.



"All brain health education is suicide prevention,"
—Britni Farber.



To help people learn to identify their impulses and tendencies, NAMI offers peer support groups, education, wellness planning, and crisis planning so people can function as their best selves and avoid crisis situations.

For those at immediate risk, the most accessible resource is the national 988 Suicide and Crisis Lifeline. By calling or texting that number, people can reach a trained crisis counselor to receive free, confidential support for those in mental health-related distress.

Other resources to provide support to those who are struggling are available through the NAMI help line at 563-557-6264 or the Iowa Warm Line, a 24-hour service through



NAMI Dubuque

Sunday, September 8th, 2024
National Suicide Prevention Week

NAMI Dubuque Sunset Community Walk

In 2023, 508 lives were lost to suicide in the state of Iowa. This year on September 8th, our goal is to have 508 walkers raising awareness for each life lost year. Will you walk with us and be a part of our #508?





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**Raise awareness.
Walk with us.
Sunset, September 8th, 2024.**

*University of Dubuque Track & Field
Doors open at 6PM.
Registration: namidubuque.org/events
Scholarship code: NAMIHOPE*



PHOTOS CONTRIBUTED BY NAMI DUBUQUE

Britni Farber offers a comforting hand extending help and hope.

Your Life Iowa at 844-775-9276.

“People don’t know what resources are available when they are in crisis,” said Susan Ruden, MercyOne PHP nurse coordinator. “Suicide is often an impulsive act. Talking with someone often gives them the opportunity to slow down and reflect.”

If time-sensitive, face-to-face intervention is needed, Foundation 2 Crisis Services provides a mobile outreach unit that delivers a free hotline chat and can dispatch an on-site crisis responder to arrive within one hour by calling 800-332-4224.

For those needing a higher level of assistance, MercyOne’s Partial Hospitalization Program (PHP) provides outpatient treatment for 20 hours each week over two to six weeks in a group session format. This program, the only one of its kind in Dubuque, utilizes a holistic approach to integrate education with participant engagement and peer support.



PHOTO CONTRIBUTED BY BETH TRIPLETT

“We see people going through grief and loss, trauma and abuse, anxiety disorders, or relationship issues and they become dysregulated.”
– Susan Rudan

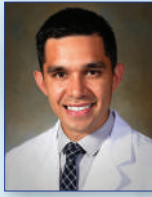
“In this program, people become really invested in one another and affirm their worth. The illness drives us to isolate or withdraw and we often burn bridges, but the program empowers people with the tools and resources to restore their perspective.”

Up to 10 participants engage in day-long sessions that build community, connect community resources, teach mindfulness, and infuse psychotherapy toward helping empower people toward brain health. The program has included sessions with occupational therapy, exercise movement, a pharmacist explaining medication side effects, and a chaplain sharing how spirituality plays a role in brain health. Community resources have introduced music therapy, nutrition, aromatherapy, art therapy, sound healing, meditation, yoga, tai chi, and volunteering.

“We help people with cognitive restructuring, instead of believing ‘I just need meds,’” said JoAnna Wolch, PHP therapist.

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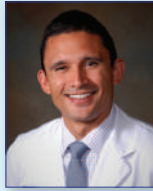
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Fuerste, MD



David B.
Auer, OD



Justin M.
Risma, MD



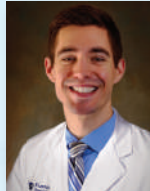
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PHOTO CONTRIBUTED BY BETH TRIPLETT



“Our brain tricks us into believing things that aren’t true or aren’t reality. People come to realize that they *can* impact their moods, thoughts, and behaviors.”
– JoAnna Wolch

One client shared: “I left the program much more hopeful and knowing that my future is bright. And I have a toolbox full of healthy coping skills that I can use for a lifetime.”

Another wrote: “The pain of losing [someone] will never go away, but now I know I can help myself and you guys have given us so many ways to do that.”

The theme from providers to participants, is that help *is* available. “There is hope and help out there. You are not alone. Don’t give up. People do care and are invested in you,” said Susan Ruden.

If you are close to someone who is struggling, Farber recommends starting with a loving and kind conversation with that person to let them know you care. “Due to the stigma or not knowing how to help, people don’t speak up and it seems as if they don’t care or are dismissive. See the individual first, not the illness. Illness is not who that person is.”

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

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A Financial Guide to Inheriting a Home



CONTRIBUTED PHOTO

If you stand to inherit a property, such as a family home or vacation condo, the gift presents a critical financial decision: whether to sell, rent or keep it. While the inheritance itself may be a blessing, often it's the result of losing a loved one who's passed away, which could complicate matters from an emotional and practical standpoint. Do you wish to hold onto the property for sentimental reasons? Is it financially possible to maintain it if you already own or rent a residence? Do you own it outright, or is it a split inheritance with other beneficiaries (e.g., siblings) whose own financial situations and priorities will need to be considered?

Sorting through these and other questions can feel overwhelming, but don't let that stop you. As with most major decisions, it helps to start with the facts. Here are some steps to consider:

Set up an appraisal to learn the property's value. Hire a professional appraiser who can determine the fair market value of the property on the date you assumed ownership. Having a solid idea of the value can not only help you decide whether to sell or keep the home today, but it can establish a cost basis should you decide to sell it in the future.

Calculate the cost to maintain the property. If you decide to keep it, the property's mortgage payments, annual property taxes and utility bills will be your responsibility – but it doesn't stop there. Make sure to factor in other regular expenses, such as yard maintenance, snow removal, and housekeeping

to get a realistic picture of what it will take financially to keep the home. Also, if in doubt, check with your attorney to ensure there are no tax liens or other assessments on the property.

Determine your ability and desire to maintain the home. Do you have the time to handle the upkeep? Additionally, think about how you'll manage the property in retirement if you're unable to perform maintenance tasks yourself.

As you work through these actions, here are some additional considerations that come with the decision to sell, rent or keep the home:

SELL

Parting ways with a family home can be emotional – even when you know doing so is the right decision. Give yourself time to prepare the home for sale. This way you can sort through your loved one's belongings and find closure at your own pace. When the time is right, a cleaning company, home staging services and a realtor can help you put the property on the market. If you make a profit on the sale, apply the money toward your financial goals. The extra sum can help make your goals of retirement, college tuition for grandkids or estate plans a reality. Selling the home has tax implications that vary by state, so talk to a tax professional for guidance.

RENT

If renting the home is appealing to you, research what the rental market is like in your area. Determine if a reasonable monthly rental price provides enough cash flow to

cover upkeep costs. Hiring a management company to clean, make minor home repairs or manage the rental process may be attractive, particularly if the property is miles away from your primary residence. Additional tax considerations may apply depending on the number of days you use the home versus renting the space to others. Consult a tax professional to understand if and how your tax situation may change. You should also determine whether the property is subject to rental restrictions related to local ordinances and homeowner's associations (HOAs).

KEEP

The ability to continue family traditions, have a future retirement space or a vacation getaway may make keeping the home the right decision for you. If you're sharing ownership with a sibling or another family member, it's critical to clearly communicate (ideally in writing) how you will split the financial and maintenance responsibilities. If you inherited the home outright, the choices are yours to make.

Consider the following financial steps as well:

1. Purchase home insurance. If the property has a pool, trampoline, boat or other recreational items, you may need additional coverage.
2. Save strategically for a remodel or upgrades if you want to adapt the home to suit your family's lifestyle.
3. Update your estate plan. If you intend to keep the home in your family for another generation or two, don't wait to prepare your legal documents. Advance planning can help pass the property smoothly to your inheritors. Have a conversation with your beneficiaries so they know what to expect.

Making decisions after the loss of a loved one can feel overwhelming. It's okay to take your time and ask for help with choices along the way. Guidance from a realtor, attorney and financial advisor may help you be thoughtful about how the inherited home fits into your lifestyle and financial plan.

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

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



SHALOM SPIRITUALITY CENTER SHALOMRETREATS.ORG

Contemplative Activism Retreat Friday through Sunday, September 6-8 @ 5 PM Friday to 11:30 AM Sunday

Tap into the "Divine Impulse" within to create a sense of grounded optimism and inspired action. Register by Friday, August 30.

Souposium Series: Tools for Repairing Life's Relationships

Sunday, September 15 @ 6-7 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 Thursday, September 12.

Meditation & Music

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

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

Fall Breakfast

Tuesday, September 17 @ 7:30-8:30 AM

Celebrate Fall by joining friends, old and new, for a seasonal breakfast. Guest presenter is local activist Eric Anglada. Registration required.

Chakradance Introductory Session

Tuesday, September 17 @ 6-7 PM

Chakradance is a movement practice, which uses spontaneous dance for the purpose of healing and retuning the mind-body-spirit

energy system. Registration required.

Lunch & RENEW: Chair Yoga with Deb May

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

September's theme is Autumn Gratitude. Registration required.

Peaceful Energy for Renewing the Earth Wednesday, September 18, 6:30-8 PM

Via Zoom and in-person at select locations. For more information or to register, visit Prai-riewoods.org.

Zentangle® Workshop

Monday, September 23 @ 9 AM-3 PM

The Zentangle® Art Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Registration required.

Fall Drum Circle

Tuesday, September 24 @ 6-7 PM

Celebrate the coming of Fall. Some drums will be provided, but feel free to bring your own. All ages; an adult should accompany children. RSVP online.

STATERA INTEGRATED HEALTH & WELLNESS

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Living Well Series

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

The focus is on the importance of integrative health, considering each person, mind, body, and spirit.

Milk Parties

Mondays, September 9 & 23

@ 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 9 @ 4-5:30 PM

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

Comfort Measures for Birth

Monday, September 9, 7-8 PM

Discover the three types of relaxation needed during labor.

Monthly Book Discuss

Wednesday, September 11 @ 5:30-6:30 PM

This month's book is *No Bad Parts: Healing Trauma and Restoring Wholeness in the Internal Family Systems Model* by Richard Schwartz Ph.D.



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Assisi Village Resident



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Healthier Me: Foundations of Health & Wellness

Thursdays, September 12 through October 17 @ 5:30-7:30 PM

This six-week program is designed for women 45+. The focus is on how you think, eat, move, and connect through an integrative health and wellness program.

Prenatal Yoga, 5-Week Series

Mondays, September 23 through October 21 @ 5:30-6:30 PM

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

HEALTH & WELLNESS NEWS

Crescent Community Health Center Announcements

Chad Wolbers has been appointed interim chief executive officer. He is well-known in the community through his consulting group and his previous roles as president and CEO of Finley Hospital and senior vice president at UnityPoint Health, where he served for nearly five years.



Accreditation Achievements. Crescent received the Patient-Centered Medical Home (PCMH) accreditation from the National Committee for Quality Assurance (NCQA). This annual recognition program honors health centers that excel in delivering high-quality, patient-centered primary care. According to the Centers for Disease Control and Prevention (CDC), the PCMH model emphasizes a patient-centered, culturally appropriate, and team-based approach to healthcare. This model ensures the coordination of patient care across the health system, effective chronic disease management, and overall improvements in quality and patient satisfaction. Additionally, PCMHs are known for their cost-saving benefits through a focus on preventive care and efficient management.

Crescent has also successfully passed a fully compliant Operational Site Visit (OSV) assessment from the Health Resources and Services Administration (HRSA) based on a site visit conducted in May. It is particularly noteworthy as it is uncommon to have no final or official findings in the final report.

The OSVs conducted by the Bureau of Primary Health Care (BPHC) are objective assessments that verify the compliance status of each Health Center Program awardee or look-alike



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Shalom Fall Breakfast



Hosted by Eric Anglada
Tuesday, September 17, 7:30-8:30 am
Shalom Spirituality Center

CONNECTING SOIL AND SOUL

Healing the land heals ourselves. Healing ourselves is healing the land. Drawing upon his 15 years of experience living on Catholic Worker farms, Eric will present several practices for being a beneficial presence within the living world, help us delve into the spirituality and practical care for the living world that is in desperate need of attention, and invite us to deepen our relationship with creation.

1001 Davis Street | Dubuque, Iowa 52001 | 563.582.3592
For more information & to register, visit us at www.shalomretreats.org



with the statutory and regulatory requirements of the Health Center Program. These visits are crucial for ensuring that health centers meet the necessary standards and provide quality care to their communities. The Site Visit Protocol (SVP) serves as the primary guide for conducting OSVs, outlining what BPHC assesses and how they evaluate compliance.

Dental Service Expansion. Crescent announced the advancement of its dental services expansion, made possible by a \$850,000 grant from the Delta Dental of Iowa Foundation, along with a \$500,000 dollar-for-dollar matching fundraising campaign. While the matching grant goal has been met, Crescent continues to raise additional funds needed for its capital campaign. This campaign is integral to a broader effort to enhance oral health services in the tri-state area.

As part of this expansion, Crescent is renovating its existing facilities to include dedicated oral surgery and pediatric dental suites, and establishing a state-of-the-art dental lab onsite, positioning it as a unique community health asset in Iowa.

NEW MIGRAINE PREVENTION SERVICE

Southwest Health's interventional pain team is offering a new service that affects adults suffering from chronic migraines.

Southwest Health's Advanced Registered Nurse Practitioner Martha Levy, DNP, works with patients suffering from migraines and other chronic pain syndromes. Levy is now offering a 30-minute Vypti I.V. infusion used for the prevention of chronic migraines in adults. Patients can feel relief as soon as the first day of their infusion with preventative treatments administered every 12 weeks in Southwest Health's outpatient Infusion Center.

Patients suffering from migraines will need to seek a referral from their primary care provider before pursuing any migraine prevention treatment.

FINLEY RECEIVES RECOGNITIONS

Stroke Care: UnityPoint Health-Finley Hospital has received the American Heart Association's Get With The Guidelines® Stroke GoldPlus quality achievement award

for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. Get With The Guidelines - Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

CMS 5-Star Rating: UnityPoint Health-Finley Hospital has received a 5-star rating from the Centers for Medicare & Medicaid Services (CMS), which is part of the U.S. Department of Health and Human Services (HHS), for the fourth year in a row. This is the highest rating from CMS.

The Overall Star Ratings are designed to assist patients, consumers, and others in comparing hospitals side-by-side. The



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Overall Star Ratings show the quality of care a hospital may provide compared to other hospitals based on the quality measures reported on CMS' Care Compare.

The hospital rating is based on data measuring five aspects of quality of care including mortality, safety of care, readmission, patient experience, and timely and effective care, as reported by CMS' Care Compare tool. Only 7 hospitals in Iowa received this rating.

MEDICAL ASSOCIATES' NEW ARRIVALS

Kyle Leubka, MD, joined the family medicine department. He received his medical degree from the University of Iowa Carver College of Medicine and Bachelor of Science from the University of Wisconsin, Green Bay, WI. Leubka also completed his residency at the Genesis Quad Cities Family Medicine Residency Program in Davenport, IA.



He is board-certified by the American Board of Family Medicine, 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.

Leubka provides immediate and routine care including diagnosis and treatment of acute and chronic illnesses for patients aged 5 and older.

The following providers joined Medical Associates' anesthesia department:

Brittany Demmer, CRNA, received her Doctor of Nurse Anesthesia Practice from the University of Iowa and Bachelor of Science in Nursing from Clarke University. Demmer



is a Dubuque native.

Justin Thornburg, CRNA, received his Doctor of Nurse Anesthesia Practice and Bachelor of Science in Nursing from the University of Iowa.



Jeff Artioli, CRNA, received his Doctor of Nurse Anesthesia Practice and Bachelor of Science in Nursing from the University of Iowa.

Melvin Gabel, CRNA, received his Doctor of Nurse



Anesthesia Practice from Mount Marty University School of Nurse Anesthesia, Sioux Falls, SD, and Bachelor of Science in Nursing from Mount Marty University, Yankton, SD.

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

LIABOE RECEIVES BOARD CERTIFICATION

Unified Therapy announced that **Maggie Liaboe, PT, DPT,** has earned the prestigious designation of Board-Certified Clinical Specialist in Pediatric Physical Therapy by the American Physical Therapy Association (APTA).

This certification is one of the highest honors in the physical therapy profession, recognizing Liaboe's commitment to advancing her clinical skills and providing the best care to her patients.

The specialist certification formally acknowledges physical therapists who have demonstrated advanced clinical knowledge and expertise in a specific area of practice.

To achieve this board certification, candidates must submit evidence of required clinical practice in one of 10 specialty areas and successfully pass a rigorous examination that tests their specialized knowledge and advanced clinical proficiency.





Healthy Steps for Older Adults

Learn how to protect yourself and live a full and active life, free from the fear of falling.

New fall
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Healthy Steps for Older Adults is a fall risk screening and education program for those over 50.

Two classes are being held in Dubuque!

September 9 & September 12

9:00 - 11:30 a.m.

The Woodlands - 3460 Starlite Dr., Dubuque

October 10

9:00 a.m. - 2:30 p.m.

Lifetime Center - 3505 Stoneman Rd., Dubuque



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Area Agency on Aging

What to expect:

- Fall risk screening
- Home fall safety
- Medication management
- Exercises to improve strength and balance
- Lunch provided
- Program handbook with exercises to reduce falls

For more information or to secure your spot contact

Colleen Lawler at 563-277-6016

FAMILY MEDICINE COMES TO DARLINGTON

Southwest Health expanded to include family medicine care at the Darlington, WI, clinic in August. Patients who live in Darlington or the surrounding area will no longer need to travel to Platteville to receive primary care. The following providers will see family medicine patients at the Platteville and the Darlington Clinics:

Michelle Hauser, PA-C, has been a family practice Physician Assistant for decades providing primary and complementary care to patients of all ages.



Kylie Leahy, APNP, has years of experience working in the family medicine clinic at Southwest Health as a registered nurse before becoming an advanced practice nurse prescriber.



Ann Lucas, MD, brings a wealth of experience in providing primary care for the whole family through her longstanding practice at Southwest Health. Lucas is board-certified in family medicine and

pregnancy and sees patients from pregnancy through newborn to geriatric age.

Family medicine providers serve as the primary point of contact for patients, meeting the needs of each individual patient. Using their expertise in preventative care, diagnosis, and treatment, family medicine providers also serve as a coordinator of care with any of Southwest Health's specialists.



CLINIC DIRECTOR ACHIEVES SOFFI® CERTIFICATION

Unified Therapy Services, Lancaster, WI, announced that their Speech-Language Pathologist and Lancaster Clinic Director, **Madison Ryan**, has completed the SOFFI® (Supporting Oral Feeding in Fragile Infants) training program. This certification marks a significant milestone for the clinic and reinforces their commitment to providing specialized care for infants with feeding difficulties.

SOFFI® is an integrated approach designed to support oral feeding in preterm infants and those struggling to eat for any reason, whether in the NICU or early intervention setting. This evidence-based program offers practitioners essential information on feeding development, assessment, and intervention strategies. The SOFFI® Algorithms provide clinical decision-making pathways to ensure consistency and critical thinking during feedings. The program is highly recommended by the National Association of Neonatal Nurses, emphasizing its alignment with the principles of infant-directed oral feeding for premature and critically ill hospitalized infants.



STONEHILL STAFF CHANGES

There are two new faces in community-focused positions at Stonehill Communities. **Director Tracy Connolly** has moved into the primary fundraising role for the



Stonehill Benevolent Foundation. **Taylor Hummer**, Community Resource Coordinator, is now the lead contact for the Caregiver Resource Center.

Connolly, director of community relations and mission advancement, will be responsible for fundraising efforts to support Stonehill's continuum of health and wellness services. She has been an employee of



Stonehill Communities for two years, and previously served as Director of Outreach, overseeing the Caregiver Resource Center, Stonehill at Home, and the Stonehill Wellness Center.

Hummer, the contact for the Caregiver Resource Center, has been with Stonehill for just over a year. With a degree in social work, she has been working with residents of Alverno Apartments with Stonehill and community resources to help them age well at home. Any questions about upcoming groups or programs can be directed to the Center.

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RESTAURANT REVIEW

Taste



A GIANT GREEN KITCHEN ON WHEELS SERVES UP SANDWICHES AND SIDES

by Cassie Cate

Have you ever found yourself wandering aimlessly, searching for something delicious to eat, nearing a state of anger because you simply can't find the right food to satisfy this intense hunger? If so, perhaps you missed one of Dubuque's newer food crazes: The Hangry Hobo Food Truck.

Photo: Nick Bries, owner and operator of the Hangry Hobo, awaits another busy night of serving up his delicious menu.



Photo contributed by Cassie Cate

The Hangry Hobo food truck offers a wide variety of street food, including gyros, smash burgers, wraps, melts, sandwiches, tacos and fries.

This giant green kitchen on wheels serves up sandwiches and sides of all kinds sporting the signature Hangry Hobo himself, complete with extra-large fork to devour anything chef and owner Nick Bries serves up. After almost a year in business, Nick confesses, “It’s the best thing I’ve ever done.”

With food trucks becoming the next big thing in the dining experience, Dubuque has seen its fair share cruising through town. In 2022, food trucks were a \$1.4 billion dollar market in the United States alone. For those looking to jump into the food scene but wanting to keep starting costs to a minimum, the food truck is a cost-effective way to jumpstart this venture. Also, with the influence of social media, food trucks can be easily located and advertised with little to no costs.

Nick didn’t begin his life as a chef. In fact, his former career as a plumber was far from the day-to-day life of a food truck owner and operator, but, as Nick asserted, “It was too much digging holes.” He knew it was time for a change, and food was something he was always excited about. Although he is very grateful to his former employer Miner

The best seller is the Ribeye Melt, which is topped with provolone, sautéed onions, and peppers. According to Nick, the deep-fried tacos are a must.

Plumbing for helping him literally get his food truck ready to roll, he continues to be confident in his decision to make a major career change.

The food scene is nothing new to Bries who regularly helped his brother, former owner of the Athenian Grill, with prep work and other various kitchen and restaurant tasks. Whether delivering food, prepping, or answering calls, he loved the business. Having a passion for food and the industry itself, Nick began typing names into the food truck database, trying to find one that suited him and that was not already on the move. After two weeks and declaring to his wife that he refused to leave the kitchen table

until he had a name for his restaurant on wheels, he got lucky keying in his name, and the Hangry Hobo was born.

Running a food truck has its ups and downs. Nick says the biggest down is the good old Iowa winter. The trailer can get incredibly cold, and the staff must don themselves in winter boots and coveralls to stay warm. Iowa summers are also a challenge, as the trailer can soar to over one hundred degrees! Bries, however, states the pros far outweigh these cons. Yes, working two shifts seven days a week can be taxing, but being your own boss has many rewards. And he is no longer digging holes.

Although Nick listed several positives, he continuously praised the team he works with for the success of the business. Without the help of his kitchen manager Adam, his son who has recently taken on more shifts, and all the other workers, he knows what he has already accomplished could not be possible. They are the best part of the whole endeavor according to Nick.

The menu offered by the Hangry Hobo is different from other trucks rolling through town. When asked how he created his menu

Photos contributed by Hangry Hobo



The Smash Burgers are part brisket, part short rib.



The Hangry Hobo's Gyros are made with a 50/50 mixture of lamb and beef.



New on the menu is the Pizza Burger Basket.

Photo contributed by Cassie Cate



The Hobo Poppers are Nick's twist on the jalapeno popper.



The bestselling Ribeye Melt is sure to please and is accompanied by seasoned waffle fries.

Photo contributed by Cassie Cate

Nick simply states, "I know what people like." The Hangry Hobo offers several sandwiches and sides to choose from. Each sandwich is served with waffle fries, which can also be ordered separately, along with mini tacos, or the Hobo Poppers, his take on the jalapeno popper. These crispy poppers are wrapped in a wonton shell for a different spin on the classic original. Since the start of the year, they have rolled over 8,000 of these, proving customers love them! Another delicious side are the Gyro Fries, which are essentially an unwrapped Gyro on top of delicious waffle fries.

One thing many people in the Dubuque area have been very excited about is the return of the classic Gyro. This Gyro is the same recipe Nick's brother served at the Athenian

Grill, and the Hungry Hobo brought it back to life. The combination of lamb and beef has been lurking in people's minds for years, and many have been thrilled it has received a second life.

The best seller is the Ribeye Melt, which is topped with provolone, sautéed onions, and peppers. According to Nick, the deep-fried tacos are a must. Of course, they also serve their take on a smash burger, grilled cheese, and patty melt as a more traditional choice. There are also turkey and chicken wraps, along with a turkey melt.

If chicken sandwiches are your thing, the possibilities are many. Diners can devour a classic fried chicken sandwich, a chicken bacon ranch, a hot honey, or a Nashville hot

fried chicken sandwich. The truck's delicious black garlic mayo tops them all and adds to the foodie experience.

If you want to treat yourself to a delicious meal from the Hangry Hobo Food Truck, all you need to do is log onto their Facebook account each Sunday night to locate the whereabouts for the upcoming week. The schedule can be accessed by searching for either The Hangry Hobo on Facebook and/or Trail the Trailer Hangry Hobo. The mobile restaurant finds its way around the greater Dubuque area daily, and, in fact, they are already booked out for a year. Many times, Bries says places will call him to park at their business/company. They also do weddings and private events for those looking for a fun alternative to the traditional wedding and party cuisine. And, if the line is long, the weather is hot or cold, or you are simply in a rush, you can order online, so you just need to pick up your food piping hot and ready to go! Whether it be lunch or dinner, the Hangry Hobo is a satisfying option to squelch anyone's hunger.

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



Hangry Hobo

Location: Posts various locations daily on Facebook

Visit: The-hangry-hobo.square.site

SIPS & TIPS Taste

Article and photo by
John B. Donovan



OREGON WINES WITH A FUNNY NAME!

The wines that one best remembers are not necessarily the finest that one has ever tasted, nor the highest quality that may fail to delight so much as some far more humble beverage drunk in more favorable surroundings.

—H. Warner Allen

TeamWine met around the winebox table at EJ's Wine Shop on a Sunday afternoon to enjoy and taste this month's wines. Our wines, both from the same Oregon winery whose winemakers are driven by the styles and methodologies of Germany, Teutonic Wine Company only grows and produces cooler weather varietals, which work well in Oregon's climate. They use natural farming practices and minimal intervention. Proprietors Olga & Barnaby Tuttle, have an interesting story of how they got into the wine business, but the end result is a nice selection of very refreshing wine.

SIPS

As is our custom, we began with the white, a 2022 Teutonic Gewürztraminer, a drinkable 12.5% abv from their Pear Blossom vineyard in Oregon. This wine was medium-bodied,

clear with a faint yellow tint. Aromas included pear, lychee fruit, candied citrus rind, white pepper and an herbal mint were all noted. Flavors on the palate were so pleasing. Sweet but not sugary, scents of poached pear, soft green apple, and lightly toasted cinnamon sticks presented themselves creating many oh's, ah's and yums amongst TeamWine members. A very pleasing acidity and soft mouthfeel made this wine a star to us all. We didn't want the bottle to end. We felt this would go well with an opening salad, almost any appetizer for a summer meal. It paired well with our fig jam and crackers and could work with a range of tastes from sweet to salty.

We then moved on to the 2021 Recorded in Stereo red wine. This wine is a blend of Syrah with a little Pinot Meunier, Pinot

Noir, and Chardonnay. The Syrah was sourced mostly from Eastern Oregon and then blended with the other grapes. The wine was made to honor a Pacific Northwest jazz drummer, Alan Jones. It had a clear, light garnet color with a hint of orange or copper color. We poured this and right away we all commented on the candy fragrance on the nose (almost Jolly Rancher red fragrance). While some cherry, cranberry and strawberry came through on the palate, it was not nearly as sweet as the nose would have indicated. Flavors yielded on the palate included rhubarb pie, candied cherry balls, hints of licorice and fennel, and freshly cracked pepper. This red paired well with our cheese plate, the candied pecans and the grilled asparagus with goat cheese. The wine had a lighter body than the white, yet the acidity was fresh and bright, and greater than the white. We felt that with the vivid color and crisp fruit flavors, that the wine likely went through a cold fermentation process, that retains those items.

TeamWine enjoyed both wines by Teutonic Wine Company. These wines are available at EJ's Wine Shop and if you mention this article, you'll receive 10% off on your purchase of either or both bottles.

TIPS

It's not too early to begin to think about wines for the holidays. I know, they are still a couple months off but if you order wine from a winery, or like a special wine that may have to be ordered by your favorite retailer, then it's good to get a jump on the planning. The major holidays are Thanksgiving, Christmas and New Years. You may have a loved one's birthday or anniversary thrown in there, so there is no time like the present (get it...present) to think about what wines you wish to serve, or to surprise someone. Maybe this will mean a trip to Madison, Iowa City or Chicago for a bottle of wine or spirits. If you want some ideas, send me an email at John@JuliensJournal.com and I'll happily offer suggestions, and do my best to point you in the right direction.

Salut!

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

Business & Community News

EAGLE POINT SOLAR NAMED TOP CONTRACTOR

Eagle Point Solar, headquartered in Dubuque, was recognized for its increased effort to expand the U.S. market by taking a top spot on the 2024 Top Solar Contractors List, released this week by *Solar Power World*.

The Top Solar Contractors List is developed each year by industry magazine *Solar Power World* to honor the work of solar installers in the United States. Solar firms in the utility, commercial, and residential markets are ranked by the number of kilowatts they installed in the previous year. Eagle Point Solar is ranked at No. 162 in the nation. Additionally, Eagle Point Solar received the ranking of 184 for the *Solar Power World's* Solar + Storage Installers sub list.

Eagle Point Solar employs 100+ workers who installed 9,955.82 megawatts (MW) of solar power in 2023. Since its founding in 2010, the company has installed 74,655 (MW) of solar.

LORAS COLLEGE LULAC AWARDED



Photo is of representatives receiving the award. (L to R) Oscar Mejia, Diego Rodriguez, Jonathan Flores, Alberto Gonzalez, Sergio Perez.

Loras' student chapter of the League of United Latin American Citizens (LULAC) was awarded the National Collegiate Council of the Year at the 2024 LULAC National Convention on June 29 in Las Vegas, NV. In addition, for the second year in a row, alumnus Sergio Perez ('19), Loras' diversity officer and director of the Center for Inclusion & Advocacy, received the National Advisor of the Year award.

The theme of the LULAC National Convention in 2024, "Empowering the Next Generation," reflects a centuries-long com-

mitment to civil rights and empowerment. Rooted in the history of fighting injustice and pioneering change, this theme reflects a commitment to educating the leaders of tomorrow. From advocating for fair labor conditions to establishing educational initiatives, LULAC has always sought to support Hispanic communities.

\$175K GRANT FOR COMMUNITY NEWS

The Community Foundation of Greater Dubuque has received a \$175,000 grant from Press Forward that will help strengthen local news outlets and support fair and accurate community reporting during a challenging time for journalism. As Iowa's first

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and only Press Forward chapter, the Community Foundation serves as a philanthropic resource for people and organizations who understand the revenue challenges news outlets face and want to increase their capacity to provide quality journalism around topics that matter in local communities. With this first Press Forward grant, the Community Foundation will empower local donors to build a sustainable funding stream that supports local journalism across the Dubuque region.

Press Forward Locals, like the Community Foundation, are a network of chapters across the country where funders bring new donors and foundations together to expand resources for local news. These 21 chapters are an opportunity for funders to create place-based initiatives, driven by the specific information needs of their communities. The foundation also hosts charitable funds that support journalism in the Dubuque region.

RIVER MUSEUM RECEIVES FUNDING

The National Mississippi River Museum & Aquarium received a \$5,000 grant award from Alliant Energy to support River Discovery Center phase one gallery renovations in the River Museum's William Woodward Mississippi River Center. The funding will support five new exhibits, a refreshed interpretation grounded in environmental history, integrate living and historic collections, and introduce new species. Exhibits will include new outdoor North American River Otter habitat, an aviary, the addition of new species of concern, and interactive learning experiences, all following Association of Zoos and Aquariums (AZA) recommendations.

Phase one of the renovation project is currently underway and will be open to the public in the fall.

GRANT MATCH FOR HAM HOUSE

The Dubuque County Historical Society, which operates the Mathias Ham House, was awarded a \$270,000 Challenge Grant from the Jeffris Family Foundation after completing its fundraising efforts for the matching \$540,000 for the project through the Preserve the Wonder Capital Campaign. The \$810,000 will support the restoration, preservation, and interior improvements to the house and its mechanical system.

The Jeffris Family Foundation was established in 1979 by Bruce and Eleanor Jeffris, and their son Tom. The foundation assists the development of historic sites for non-profit organizations in small towns and cities in eight Midwestern states: Wisconsin, Minnesota, Iowa, Missouri, Illinois, Indiana, Ohio, and Michigan.

The areas of focus will be the historic windows, sash, doors, storm windows, plaster repair, painting, carpentry, bathroom remodels, plumbing, and electrical. Stickley Morton Architects and Gronen Restoration are assisting on the project. Surveying work has already begun at the site and restoration will begin over the next several months.

The Jeffris Family Foundation has also supported local Dubuque projects such as the Steeple Square renovations.

OVER 32,000 LBS. DIVERTED FROM LANDFILL

The Dubuque Metropolitan Area Solid Waste Agency (Agency) conducted a household

hazardous materials, latex paint, batteries, and electronics scrap mobile collection event on June 15 at the City of Dubuque Municipal Services Center. At the event 32,582 pounds of material was collected

and diverted from ending up in the landfill.

At the mobile event, 9,948 pounds of household hazardous materials, 11,868 pounds of electronics, and 10,766 pounds of latex paint were collected from 310 Dubuque County residents. The hazardous materials will be processed for fuel blending or incineration. Latex paint, batteries, and electronics will be recycled and processed into new materials.

The Agency offers no-cost drop off for household hazardous materials, latex paint, batteries and most electronics (TV's and monitors have a \$15 per item fee) at the regional collection center located at the Agency's Landfill for Dubuque and Delaware County residents by appointment only.

DUPACO MORTGAGE RATE RELIEF

Dupaco Credit Union is partnering with the Federal Home Loan Bank of Des Moines (FHLB Des Moines) to offer a new program, Mortgage Rate Relief. This program provides eligible members with a rate reduction on their mortgage.

The Mortgage Rate Relief program provides \$25 million in grant funds to those seeking affordable homeownership. This product is designed to make homeownership attainable for borrowers at or below 80% of the Federal Housing Finance Agency's (FHFA) Underserved Areas Data, by permanently reducing their interest rate by approximately two percentage points lower than the current market rate.

This program is available for eligible homebuyers, regardless of their location, who may be just beginning their homeownership journey or looking to reduce their existing rate.

NICC'S NEW DEGREE PROGRAMS

Northeast Iowa Community College (NICC) announced two new Associate of Arts transfer degrees, Digital Media and Journalism, designed for students to earn their degree, transfer to a four-year university education, or to advance their professional careers.

The new programs allow graduates to seamlessly transfer their credits into a Bachelor of Arts degree in journalism. Graduates of the journalism program at NICC may transfer to Drake University, Grand View University, and the University of Northern Iowa. Digital Media graduates may transfer into the University of Northern Iowa's program. The programs are flexible and can be completed on campus or online.

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Faces in Business

LORAS NAMES PRESIDENT-ELECT

The Board of Regents of Loras College announced the appointment of **Michael Doyle, J.D.** ('91) as president-elect. Doyle returns to Loras to ensure a smooth presidential transition and work with President **Jim Collins**, who has served as president for the past 20 years and who will retire in May 2025. Doyle will succeed Collins on June 1, 2025.

As a *magna cum laude* graduate of Loras, Doyle brings a wealth of experience in higher education leadership, finance, and advancement to the role. Beginning in 2007, he served in multiple roles at Loras, most recently as vice president for advancement and treasurer (CFO), where he was a principal member of the college's leadership team until 2021.

During his tenure at Loras, Doyle led the college's advancement efforts to unprecedented success. He spearheaded the "Inspiring Lives & Leadership" campaign, which surpassed its goal and marked the largest capital campaign in the college's 185-year history.

Most recently serving as president of Steele Capital Management from December 2021 to the present, Doyle's career path reflects a blend of legal expertise, financial acumen, and strong leadership in higher education. After earning his juris doctor from Marquette University Law School in 1994, he passed the Certified Financial Planner™ exam in 2002 and worked as a financial advisor at prominent firms, including Northwestern Mutual Life, Richardson Financial Group, and Ernst & Young, LLP.



The multi-phase development will feature up to 16 new homes in the Wood Street/Mount Pleasant neighborhood in Dubuque. Habitat for Humanity broke ground in August for the first phase of this build for the local affiliate. They anticipate this phase to be completed by December 2025, and the remaining phases by the end of 2026.

LAMKIN NAMED PRESIDENT OF CLARKE

Following a vote from the board of trustees, **Dr. Fletcher Lamkin** will become the 17th president of Clarke University. He has been serving as interim president for the past 18 months.

During his tenure as interim president, Lamkin oversaw the development of Clarke's new strategic plan, as well as the initiation of a capital campaign to sustain the university well into the future. His focus on clear and consistent communication has allowed him to build a positive rapport with the board of trustees and the entire Clarke community.

Prior to coming to Clarke, Lamkin most recently served as president at Westminster College, Fulton, MO, from 2017-2020. There he led a series of strategic reforms impacting fiscal management, academic programming, enrollment management, student retention, faculty and staff retention, endowment management, alumni and board relations, marketing and communications, and facilities maintenance and development.



HABITAT FOR HUMANITY NAMES EXECUTIVE DIRECTOR



Habitat for Humanity Dubuque and Jackson Counties welcomes **Hilary Dalton** as their new executive director. She brings over a decade of nonprofit management experience to the role. She

received a Master of Fine Arts in arts administration from Southern Utah University and fulfilled her graduate capstone internship at the National Endowment for the Arts.

Shortly after moving to the tri-state area, Dalton immersed herself in the nonprofit

sector by joining the Board of Directors of Crescent Community Health Center. As board vice chairman, Dalton led the 2015-2016 strategic planning process that directly led to Crescent's growth as an organization and expansion into their current home. She was then hired as the organization's first development director and set standards for industry best practices.

Dalton has served on the Housing and Community Advisory commissions, and the Neighborhood Leadership Association Board. She has served as the Washington Neighborhood Resource Coordinator since 2017, is a core volunteer with the Washington Neighborhood Community Garden, and Master Gardeners of Dubuque County.

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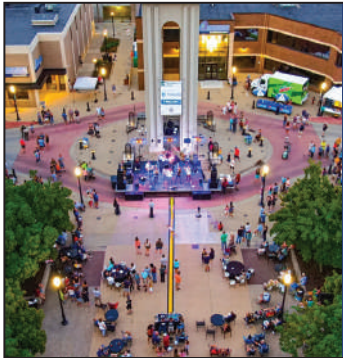
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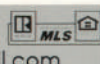
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