

From the first checkup to every milestone, our Pediatric team provides expert, compassionate care. Beginning at birth, we focus on keeping your little one healthy and supporting their development at every stage. With specialized knowledge and a commitment to lifelong wellness, we partner with parents to build strong, healthy futures—one child at a time.



Well-baby and well-child exams



Treatment of infectious disease and chronic illness



Care for learning disorders



Growth and developmental counseling

You have us for every question, every milestone, and every step forward.

66 PATIENT TESTIMONIAL

Both of my kids have had their fair share of medical attention, of which Dr. Edwards has been very helpful, understanding and thorough with making sure my husband and myself had all of our questions answered. He truly cares about his patients and wants what is best for the patient and their health!

** * * * (5 out of 5 star review)

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DUBUQUE, IA

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PUBLISHER'S NOTE

July marks the beginning of a new partnership between *Julien's Journal* and the Community Foundation of Greater Dubuque (CFGD). Beginning this month CFGD will be contributing an article for each *Julien's Journal*. The goal of this partnership is to help make the readers of *Julien's Journal* aware of Dubuque area resources they may need and/or charitable causes that they may want to donate to or become involved with. Founded in 2003 CFGD has encouraged Dubuque area residents to give back to their community and helped turn that generosity into lasting change that has improved Dubuque and the surrounding area. I also need to give a personal shoutout to Jeff Dana at CFGD, who was an integral part of making this happen. This month's article discusses dyslexia, a condition that affects up to 20,000 children and adults in Dubuque County.

Inside this issue

Whether you enjoy county fairs because of the food, the entertainment, or the carnival rides, the area has several ways to enjoy the quintessential summer activity. Learn what three local county fairs have to offer on page 16.

The Mathias Ham House on the corner of Lincoln Avenue and Shiras Boulevard ranks as one of Dubuque's historic treasures, with its origin dating back to 1839. Read the entire history on page 18.

For many children, reading comes easily and learning how to read is exciting and fun. But for others, reading can be a challenge that casts a shadow over their experience in school. Learn how the Community Foundation of Dubuque is helping people overcome the challenge of dyslexia on page 20.

When you think good barbeque, most people think Kansas City or Memphis. But if you are looking for authentic, fresh, good old barbeque, you don't have to travel far. Read our review of Moski's BBQ in Cascade on page 25.

TeamWine reviews a white and a red wine that are perfect for summer on page 27.









THE FINE PRINT

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

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Julien's Journal is published monthly and mailed by the 28th of the month proceeding issue date. Subscriptions will start one month after payment is received. We hope that all magazines will be received in good condition. If you receive a magazine that is damaged, return it by first class mail, along with mailing label. We do not refund the return shipping costs. E-mail requests for returns should be made to: Robin@JuliensJournal.com.

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

July 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.

Ice Dinosaurs Discovery Middle School Overnight

Tuesday through Wednesday, July 1-2 9 AM Tuesday through 4 PM Wednesday @ Mississippi River Museum & Aquarium

Travel back to the icy world of the Late Cretaceous and uncover the secrets of the dinosaurs that once roamed the Arctic Circle. Explore how these ancient creatures adapted to survive extreme cold, heavy snowfall, and long winters. Grades 6-8. Visit **RiverMuseum.org.**

Wild West Wednesdays

Wednesday, July 2, 9, 16, 23, & 30 7-11 PM @ Dubuque County Fairgrounds Come for country dance music and fun. All ages. Visit **DBQFair.com**.

Millwork Night Market

Second Thursday, July 10 through October 9, 5-8 PM @ Jackson Street between 7th and 9th

Shop the Millwork Night Market the 2nd Thursday of every month to find the Driftless Region's best local food, art, and entertainment. Visit **MillworkNightMarket.** com.



Dubuque Fireworks & Air Show

Thursday, July 3

@ A.Y. McDonald Park

Come out to AY McDonald Park & Boat Ramp to see a variety of aircraft and enjoy fun aviation activities.

Air show begins at 5:30 PM. Fireworks at dusk. Visit Facebook/DubuqueJaycees.

East Dubuque Cruisin' Thursdays

Thursdays, through September 25 5-9 PM @ Sinsinawa Ave. (East Dubuque, IL)

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

Fourth of July Ice Cream Social

Friday, July 4

11 AM-4 PM @ Mathias Ham Historic Site

Enjoy live music by The Americana Band, purchase picnic food, refreshments, cake, and ice cream. Victorian games and crafts will take place throughout the day. Visit **RiverMuseum.org.**



First Fridays

Friday, July 4

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

Dubuque Farmers Market

Saturdays, through October 25 7 AM-12 PM @ Iowa Street at 11th through 13th Streets

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

Footloose

Saturday & Sunday, July 5-6 Saturday, 2 PM & 7:30 PM; Sunday, 2 PM @ The Grand Opera House

Based on the explosive rock 'n' roll musical movie, this Broadway hit tells the story of Ren McCormack, a big-city teen who finds himself out of place in a rural town. He is not prepared for the rigorous local edicts, including a ban on dancing instituted by the preacher. Visit The Grand Opera House.com.

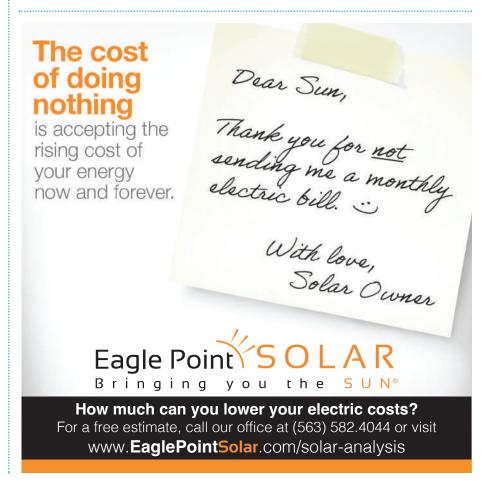
Saturday, July 5, 7 PM @ Back Waters Stage at Q Casino + Resort

Originally from Omaha, Nebraska, and with 13 albums to their credit, 311 has sold over 10 million albums, achieved over 1.5 billion streams globally, and landed 10 consecutive Top 10 charting albums. Visit QCasinoAndResort.com.

Live Music & Events Featuring Various Artists

July 6-27 @ O So Good Winery, 2093 20th Ave., SE (Dyersville, IA)

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





CALENDAR OF EVENTS

Summer Day Camp

Tuesday, July 8

9 AM - 4 PM @ Mississippi River Museum & Aquarium

Dive into the fascinating world of plants.

From learning how roots grow to discovering how plants blossom and

bear fruit, explore what makes a plant thrive. Grades 1st and 2nd, and 3rd through 5th. Visit RiverMuseum.org.



Thursdays, July 10-31

4 -8 PM @ National Mississippi River Museum & Aquarium

The Museum is offering extended hours on Thursdays through July 31. Food and beverages will be available for purchase. Visit **RiverMuseum.org.**

Tri-State Wind Symphony "Music by the River Concerts"

6-7:30 PM @ Dubuque Arboretum &

Educational Session. Discover the history

and mechanics of making tussie mussies.

Registration required. Visit DubuqueAr-

Thursday, July 10 & 24

Tussie Mussies

Thursday, July 10

Botanical Gardens

boretum.net.

6:15 PM @ Alliant Amphitheater/Star Brewery

Free outdoor performances. Bring chairs or blankets. Goodwill donations accepted. If raining, concert is indoors at Westminster Presbyterian Church. Visit **TSWS.org.**

Disney Descendants

Thursday through Saturday, July 10-19 7 PM: July 10, 11, 12, 16, 17, 18 & 19; 2 PM: July 12, 13 & 19; 10:30 AM: July 11 @ Bell Tower Theater

Based on popular Disney movies, *Descendants* is packed with comedy, adventure, and hit songs from the films. When kids of Disney villains attend prep school with kids of Disney heroes, they have a choice to make: be wicked or learn to be good? Performed by kids ages 7-18. Visit **Bell-TowerTheater.net.**

Duke Otherwise

Friday, July 11

10-11 AM @ Dubuque Arboretum & Botanical Gardens

The Duke's zany show features his clever and thoughtfully composed original songs, wild dancing, and storytelling. Duke captivates audiences with his witty songs and unique showmanship. Bring lawn chairs or blankets. Visit **DubuqueArboretum.net.**



Music On The March

Friday, July 11

7 PM @ Dalzell Field, Dubuque Senior High School

Music On The March has been a Dubuque summer tradition for over 60 years and is hosted by the Colts Drum & Bugle Corps. Visit Colts.org/Music-On-The-March.





Food Festival Fridays

Friday, July 11

11:30 AM-1:30 PM @ Washington Park
Join area food vendors the 2nd Fridays
through September 12 for a lunchtime food
fest. 365ink brings the perfect side dish to
your chicken sandwich, pizza, or coffee: local, live music. Visit DubuqueMainStreet.
com.

Dino-Mite Overnight

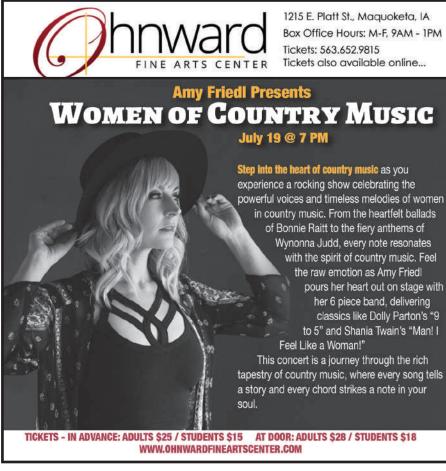
Saturday through Sunday, July 12-13 Saturday, 5 PM through Sunday, 10 AM @ Mississippi River Museum & Aquarium

Explore Ice Dinosaurs: The Lost World of the Alaskan Arctic after dark, kick back with a movie on the big screen, and sleep among the aquariums. This experience is open to families with children ages 6 and older. Adults may not attend the overnight without a child between the ages of 6-12. Visit **RiverMuseum.org.**











Music at the Star features Sail On: **Beach Boys Tribute**

Sunday, July 13

6:30-8 PM @ Dubuque Star Brewery

The Dubuque Arts Council brings direct from Nashville, the Beach Boys. Enjoy their songs just the way they would have done it. Visit DubuqueArtsCouncil.com/ music-at-the-star.

Summer Day Camp

Tuesday, July 15

9 AM - 4 PM @ Mississippi River Museum & Aquarium

Set in a mysterious museum filled with ancient relics, hidden treasures, and forgotten stories, this immersive camp invites young explorers to join a thrilling scavenger hunt for lost artifacts. Grades 1st and 2nd, and 3rd through 5th. Visit RiverMuseum.org.

The Magic of Native Plants

Thursday, July 17

6-7 PM @ Dubuque Arboretum & **Botanical Gardens**

Educational Session. Presenter: Laurana Snyder, Dubuque Trees Forever. Visit DubuqueArboretum.net.

UPA Iron Battle on the Mississippi

Saturday and Sunday, July 19-20

9 AM @ Grand River Center

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

Amy Friedl: Women of Country Music

Saturday, July 19, 7 PM @ Ohnward Fine Arts Center (Maquoketa, IA)

Step into the heart of country music and experience a rocking show celebrating the powerful voices and timeless melodies of women in country music. Visit Ohnward-FineArtsCenter.com.

Music in the Gardens

Sunday, July 20

6-8 PM @ Packard Pavilion, Dubuque **Arboretum & Botanical Gardens** Enjoy live music from Renegade Wildflower. Visit DubuqueArboretum.net.

Music at the Star features Secrets

Sunday, July 20

6:30-8 PM @ Dubuque Star Brewery

Enjoy popular hits with Secrets, performing music from the 60s, 70s, and 80s in rock, country, and rhythm and blues. Grab some bites while you listen to the beats at food trucks from Hy-Vee, Delaney's Ice Cream Shoppe, Freddie's Popcorn Visit DubuqueArtsCouncil.com/ music-at-the-star.

Student Film Camp

Monday through Sunday, July 21-27 8 AM daily @ Loras Collage

Campers will gain hands-on experience from industry professionals in all aspects of film production. Campers will participate in creating a short film that will screen at JDIFF 2026. Ages 15-19. Visit JulienFilm-Fest.com.

Summer Day Camp

Tuesday, July 22

9 AM-4 PM @ Mississippi River Museum & Aquarium

Explore the wetland area as we collect water samples, search for frogs, and uncover tiny aquatic insects with magnifying glasses. Grades 1st and 2nd, and 3rd through 5th. Visit RiverMuseum.org.



Dubuque County Fair

Tuesday through Sunday, July 22-27

@ Dubuque County Fairgrounds

The Dubuque County Fair is a celebration for all of Dubuque County with a midway, free live music, stock car races, a tractor pull, a demolition derby, livestock, numerous contests, and loads of food and fun for everyone. Visit DBQfair.com.

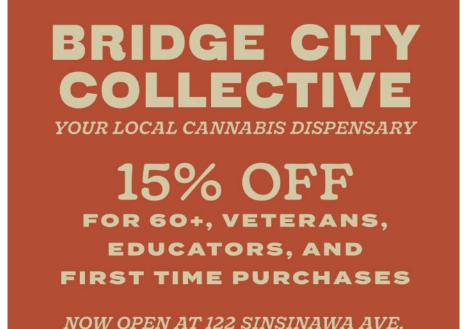
Great Museum Race

Wednesday, July 23

5:45-9 PM @ Mississippi River Museum & Aquarium

The River Museum campus will be transformed into a thrilling adventure racecourse with lots of laughs, excitement, activities, and games. Teams of four to six registrants will race against the clock to win games, challenges, brainteasers, and other activities. Visit RiverMuseum.org.





EAST DUBUQUE, ILLINOIS

CALENDAR OF EVENTS



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

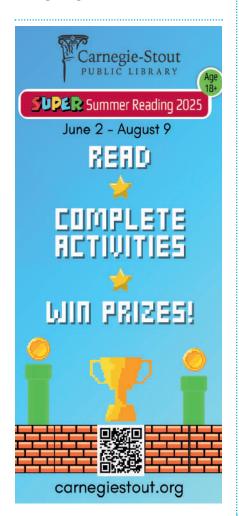
StoryWalk®

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

Grab & Go Activity Bags

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

Adult Reading Challenge Through August 9



Join the adult Super Summer Reading challenge and track your reading for a chance to win prizes. Ages 18+. Registration required.

Preschool Storytime

Wednesdays, through August 13 @ 9:30 AM & 10:30 AM

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

Teen Activity Table Drop-in Program July 1-31

Stop by the activity table in the Teen Zone for an ongoing project, craft, or activity. Ages 12+.

Pokémon Scavenger Hunt July 1-31

Help catch all the escaped Pokémon.

Baby Rhyme Time

Tuesdays, through August 12 @ 9:30 AM $\&10:30\,\mathrm{AM}$

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

Bubbles Palette Party Tuesday, July 1 @ 4 PM

Enjoy a delicious refreshment as you follow along with a step-by-step video to create a masterpiece. Ages 10-18. Registration required.

Rocket Launchers Wednesday, July 2 @ 4 PM

Create and decorate little rockets that blast off using solo cups and rubber bands. Ages 7-11. Registration required.

Pokémon Club Wednesday, July 2 @ 5:30 PM

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

Toddler Time

Mondays, July 7 through August 11 @ 9:15 AM, 10 AM & 10:45 AM

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

Self Defense for People with Mobility Issues

Tuesday, July 8 & 22 @ 12 PM & 9:30 AM, respectively

Ages 18+. Registration required.

The Gummy Bear Dare Tuesday, July 8 @ 4 PM

Engineer a catapult out of everyday items. Ages 8-12. Registration required.

Paper Sculpture Art Workshop Wednesday, July 9 @ 10:30 AM

Learn about artist Alexander Calder and create a vibrant paper sculpture. Ages 6-9. Registration required.

Minecraft Mania Wednesday, July 9 @ 5:30-6:45 PM

Ages 7-14. Registration required.

B.O.L.T. Team

Thursday, July 10, 17, 24 & 31 @ 11 AM-1

The B.O.L.T. Team is your chance to help with library and community service projects. Ages 13-18. Registration required.

Beyond the Book Club Thursday, July 10 @ 4 PM

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

Movie Night Thursday, July 10 @ 6 PM

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

Duke Otherwise Friday, July 11 @ 10 AM

The Duke's zany show features his clever and thoughtfully composed original songs, wild dancing, and storytelling. All ages.

Movin' Groovin' Mornings Saturday, July 12 @ 10 AM

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

Reading with Rover Saturday, July 12 @ 10:30-11:15 AM

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

Reading Roundtable Book Club Monday, July 14@6-7 PM

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

Cross Stitch Tetris Art Tuesday, July 15 @ 5:30-7 PM

Create cool art, eat snacks, and learn how to make Tetris-inspired cross stitch art. Ages 10+. Registration required.

Beginning Chapters Book Club Wednesday, July 16 @ 4 PM

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

DIY Card Keeper Box Thursday, July 17@3 PM

Make your own card keeper box. Ages 10-17. Registration required.

Virtual Author Talk Thursday, July 17@3-4PM

Discerning the Truth with Ya author, Marie Lu. Registration required.

Kids Puzzle Swap Friday, July 18@1PM

From July 1-17, bring in a children's puzzle (up to 100 pieces) in good condition with all its pieces and get a coupon. Come back on July 18 and use the coupon to pick out a new-to-you puzzle to take home. All ages.

LEGO® Challenge Saturday, July 19@10AM

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

Family Book Bingo Saturday, July 19@2 PM

Ages 4-12.

Ice Cream Cone Sculptures Monday, July 21 @ 4 PM

Celebrate National Ice Cream Day with a sweet treat, a hands-on art project, and a read-aloud of the picture. Ages 6-10. Registration required.

Line Dancing Monday, July 21 @ 5 PM

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

D20 Dice Necklace Tuesday, July 22 @ 3 PM

Proudly proclaim your gamer status with this necklace that also serves as a holder for your favorite die. Ages 12-17. Registration required.

Celebrate Rainbows Wednesday, July 23 @ 4 PM

Celebrate love and rainbows with a story and a rainbow heart craft. Ages 7-12. Registration required.

The Jolly Pops Friday, July 25 @ 10 AM

Enjoy a blast of high energy music, movement, fun, learning, and puppet friends. All ages.

Sun SHINE Squad

Tuesday, July 29 @ 4 PM

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

Self Defense for Younger Adults Tuesday, July 29 @ 5:30 PM

Participants are guided through a mix of basic and advanced moves. Ages 17+. Registration required.

Virtual Author Talk Thursday, July 31 @ 1-2 PM

On the Strangeness and Wonder of Our Brains with Pria Anand. Registration required.





Our Event Room Isn't Just For Weddings!

Let us host your holiday parties, business meetings, engagements, birthday parties, and any other special occasion you have.

Call Jodi Bryson, Event Coordinator, at 563-583-6100 to plan and reserve your event today!



PREMIER EVENT - SPONSORED BY THE ARTS & CULTUTAL AFFAIRS COMMISSION / CITY OF DUBUQUE



Eleven new sculptures have been selected for the City of Dubuque's 19th annual temporary public art exhibition, Art on the River. The 2025-26 theme "Flow of Wellness", invites visitors to explore the transformative power of art on personal and communal well-being centered around themes of health, healing, and wellness. Featured works will reflect how art nurtures the body, mind, and spirit, celebrates nature's restorative forces, the healing power of movement, and the soothing effects of light, sound, and color.

The opening reception will be held on Friday, August 1st, from 5-7pm at the Grand River Center, 500 Bell Street. Early evening will commence with live music, light hors d'oeurves, and a cash bar on the patio of the Grand River Center. The reception is free to attend, family-friendly, and open to the public.

1-Social Fabric (\$14,500) Matt Miller, Cape Girardeau, MO

It seems like we all think we know what makes us "tick", but if we sit back and listen, we begin to realize that the daily clicks of our rhythmic relationships are who we really are in this life.

Matt Miller loved the building process ,teaching now for several years, Matt enjoys the constant connection with art. He continues to educate beyond the walls of his room, in other classes and the community

2-Verdi's Path (\$6,500) James Cole, East Dubuque, IL

This sculpture embodies the "Flow of Wellness" through its organic, dynamic form, symbolizing the journey of individual growth and collective harmony.

Standing six feet tall in vibrant green, it evokes the serenity of nature while inviting the viewer into a meditative space. The crescent plaque at the top represents a gateway to reflection, a symbol of transition toward well-being.

James Cole is a skilled welder and self-taught metal artist, driven by a passion for transforming salvaged materials into thought-provoking sculptures. James brings a deep appreciation for the craftsmanship found in vintage automobiles and modern design to his artwork.

3-Flow of Wellness III (\$9,500) Gail Chavenelle, Dubuque, IA

In this sculpture, an individual figure stands tall and strong—a form that could be interpreted as human or a growing plant- symbolizing the interconnectedness of life. Its long, curved strip form initiates a visual flow of strength and vitality.

Through its textured, powder-coated blue finish, the sculpture mirrors the sky and river, under-scoring the deep connection between land, water, and the human experience.

For more than 25 years, **Gail Chavenelle** has worked from 22-gauge sheet steel. Her public sculptures are part of city exhibits and permanent collections. In 2021-22 Art on the River, her sculpture Resilient Generations was awarded Best of Show.

4-Stainless River (\$4,700) Skip Willits, Camanche, IA

This sculpture is of recycled steel which has a history, a story. In this case, the steel came from the factory where his father worked for 40 years as a shop welder. Stories give people the recognition of interconnectedness.

Skip Willits uses a welding technique, learned from his father at age 10, to create most of his work. He participates in numerous outdoor public sculpture shows and produces commissioned work across the United States, Canada and Europe.

5-Sounds of the Seed (\$11,000) Molly Spain, Des Moines, IA

This sculpture represents the potential at the core of a seed, the center of life and provides endless resources for our ability to live on this planet. By suspending the center cluster of wooden spheres from the steel 'hull-like' armature they can move and softly chime if provoked

by the wind or a viewer.

Molly Spain studied at Slade School of Fine Art - University College London and at Iowa State University before receiving her BAFA. During her time at UNM, she studied under John Wenger, recipient of a two year Rome Prize Fellowship to the American Academy. Her art is in public and private collections throughout the U.S., including featured installations at Des Moines Metro Opera, Hubbell Realty Des Moines, Home State Bank, and Surety Hotel.

6-Oscill8 (\$15,000) Nicole Beck, Chicago, IL

Oscill8 refers to the infinite wave of light that oscillates between spectrums in equilibrium. It also refers to the phenomenon of many continuous systems naturally occur and spotlights the interconnectedness of all living things on Earth. The sculpture represents a vital integration with nature.

Nicole Beck has worked for many years with young apprentice artists on collaborative public art projects as a Lead Artist. Beck has installed site-specific public art commissions nationwide.

7-The Pollinator (\$12,000) Kirk Seese, Lutherville-Timonium, MD

The two main elements in the proposed work are a kayak and a butterfly. The green kayak represents a giant blade of grass that the 3' butterfly lands on. Both these elements speak to the appreciation for nature, and outdoor physical activities, which are both hallmarks to the search for wellness and inner peace.

Kirk Seese after 20 years' operating a mural business in the MD/DC/VA metro area, he was selected for, designed and installed of public sculpture and murals in 36 states.

8-Lupine (\$11,500) Tim Adams, Webster City, IA

Lupine, like most of nature, teaches us that we all play a role in the beauty and diversity of our communities and the bigger world. We often forget that we are part of a whole and that we have a purpose. The natural world has a way of evening the playing field. No matter our age, income, or background, we all can gather in nature and benefit from the beauty and calm.

Tim Adams is a 1985 Landscape Architecture graduate of Iowa State University and is a Registered Professional Landscape Architect. Tim owned Stony Creek Landscapes, Inc., Webster City, Iowa, and is a lifelong student of the arts. His career has been built around creating and installing "One Off" sculptures and designs

for gardens, entry features, parks, churches, municipalities, and schools.

9-Homage to L'Homme Qui Marche (\$14,500) John Merigan, Newton, KS

This sculpture is of a human in the most basic act of walking: being engaged in simple movement, intent on going and arriving. To make a journey was a significant undertaking. We take that for granted in the first world, as we do our very freedom. The very act of walking anywhere is a statement of freedom.

John Merigian grew up in Detroit, MI. and was awarded a scholarship to attend Cranbrook High School, in Bloomfield Hills, Michigan. He earned a BFA at the University of Michigan and holds a Master's degree in sculpture from Wayne State University in Detroit. Merigian's work has been exhibited extensively in national and regional shows, is represented in galleries, and is in private and public collections around the nation.

10-FINDICATOR SPECIES (\$19,500) Will Turnbull, Madison, WI

(Not pictured) This wind-actuated toggling sculpture will sit still until, like a weather-vane, it turns into the wind. When the wind speed exceeds a set threshold, the upper and lower jaws will open, elongating an aircraft cable linkage inside the fuselage which lengthens the top of the series of hinges to separate making the top and bottom limits of travel uneven, and like a flag in the wind, a curve will travel down the body until the tailfin toggles in the other direction from the increasingly less vertical.

William Grant Turnbull is a 3- dimensional artist with a passion for environment. He studied at magnet-school art studios as a youth, and built a backyard foundry of his own. He uses biomimetic-design focused, alchemy of visual metallurgy and material science for the general public.

Will Turnbull is a 3- dimensional artist with a passion for environment.

11-Wind in the Waves (\$5,000) Chris Plaisted, New Milford, CT

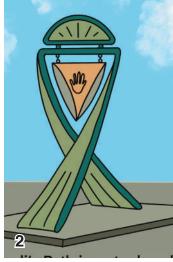
This piece is part of a series inspired by elements like fire, water, and various storms. Each piece reflects a unique personality, symbolizing the journey toward balance and well-being.

Crafted from welded steel and painted in reflective shades of blue, this artwork captures the essence of tranquility and restorative energy.

Chris Plaisted was born in a tiny NH town

surrounded by artists. His sculptures evoke emotions drawn from his experiences traveling and observing the world. The work is primarily abstract but often includes figurative elements. Christopher resides in New Milford.













3







Julien's Journal * 13

CALENDAR OF EVENTS

Nature Everywhere!

Thursday, July 24 6-7 PM @ Dubuque Arboretum & **Botanical Gardens**

Educational Session. Spending time outdoors, in nature, is essential for children's healthy development. From improving academic and social-emotional learning to supporting physical and mental health, children thrive when they have frequent access to outdoor spaces, experiences, and learning. Visit **DubuqueArboretum.net.**

The Jolly Pops

Friday, July 25

10-11 AM @ Dubuque Arboretum & **Botanical Gardens**

Bring your lawn chairs or blankets and come rock with The Jolly Pops Band. Enjoy a blast of high-energy music, movement, fun learning, and even puppet friends. Visit DubuqueArboretum.net.

Warren Zeiders

Saturday, July 26

8 PM @ Back Waters Stage at Q Casino + Resort

Warren Zeiders, an award-winning, double Platinum-charting country singer and songwriter, will bring The Relapse Tour to the stage for an evening of live music. This performance is a part of the annual summer concert series. Visit QCasinoAndResort.

Music at the Star features Kids from Wisconsin

Sunday, July 27

6:30-8 PM @ Dubuque Star Brewery Widely recognized for their versatile talents and groundbreaking performances,

the 57th troupe showcases "The Heat Is On" featuring 22 singers and 14 musicians. Visit DubuqueArtsCouncil.com/ music-at-the-star.

Summer Day Camp

Tuesday, July 29, 9 AM-4 PM @ Mississippi River Museum & Aquarium Explore four distinct periods of Earth's past. From the coldest corners of the Triassic to the frosty tundra of the Late Cretaceous, uncover how different groups of ice-adapted dinosaurs survived harsh climates and developed extraordinary traits to thrive in the face of extreme cold. Grades 1st and 2nd, and 3rd through 5th. Visit RiverMuseum.org.

Dementia Simulation Experience

Wednesday, July 30

2-4 PM @ Caregiver Resource Center, 3485 Windsor Ave.

This educational workshop will help participants understand in a small, but impactful way, what it's like to live with Alzheimer's and other related dementias through simulation experiences. RSVP required. For more information, call (563) 690-9679.



Honeybee Explorers

Thursday, July 31

5:30-7 PM @ Dubuque Arboretum & **Botanical Gardens**

Buzz on over for sweet, sticky, science-y fun: Kids ages 6-12 and their grown-ups will explore the magical world of honeybees. Learn how bees live, pollinate, and make honey. Visit DubuqueArboretum.net.









A motorcycle race at the Lancaster County Fair. Photo by Shelly Holmes Portraiture.

3 Local County Fairs Are a Summertime Tradition

by Beth Triplett

Whether you enjoy county fairs because of the food, the entertainment, or the carnival rides, the area has several ways to enjoy the quintessential summer activity. Fairs in Dubuque and Delaware (IA) Counties and Grant County (WI) provide events that appeal to the entire family.

DUBUQUE COUNTY FAIR

The Dubuque County Fair, held July 22-27, attracts approximately 50,000 people to its grounds. This year's fair, themed "Making Memories With You at Fair 72," will feature a new format for the grandstand events. Musical acts will be presented with a Tribute to the Statler Brothers: American Pride on Tuesday (July 22). Tyler Richton and the High Bank Boys will open for a Toby Keith Tribute: The American Ride on Thursday night (July 24). Instead of music on the big stage during the weekend, Friday night (July 25) will feature a Fantasy Truck & Tractor Pull, and Saturday night (July 26) will entertain with

an ECI Tractor Pull. Featured entertainment rounds out with stock car demos and races on Wednesday and Sunday nights (July 23 & 27). In addition to the grandstand music, bands will be featured in the Festival Garden with Tyler Richton and the High Bank Boys on Thursday night (July 24), Cory Farley on Friday night (July 25), and Vice Box on Saturday night (July 26). All events are general admission and included as part of the entrance fee.

"We are gearing this year more towards the family atmosphere," said John Bries, the new Dubuque County Fair Association general manager. "What we do best here is familyoriented events. It's a place the whole family can come and enjoy a day for relatively reduced fees with all the entertainment included in your ticket price. And Tuesday is Free Day, where even the general admission is free."

The Fair will also feature a selection of attractions outside the grandstand. The main event is the Tiger Encounter where people can watch real tigers in a show. The Steamers Thrill Show will entertain with acrobatic tricks and performers in action in the Wheel of Danger, hula hoops, balancing chairs, an ariel act, and performing dogs. The Amazing Bubble Factory will rove the grounds, delighting the kids with bubbles. Ground entertainment is rounded out with Special Head: The Flying Magician who will walk throughout the fair doing magic tricks, including levitation.

In addition to entertainment, the Fair will also feature traditional favorites including nonprofit food booths, food trucks, the exhibition hall, and, of course, the animals. The core of the fair is the animals, featuring various 4-H and FFA competitions in dairy, beef, poultry, swine, goat, and sheep livestock showings. Those showing at the fair are involved all week, culminating on Friday's Auction Day.

Entrance fees for the Dubuque County Fair: adults \$12; age 11 and under free. See a full schedule at Dbgfair.com.

DELAWARE COUNTY FAIR

The Delaware County Fair in Manchester, IA runs from July 7-13 and features a similar complement of activities as other fairs. What distinguishes this fair is its pricing structure, where one price covers everything on the grounds (except food), including the grandstand and carnival rides.

"I feel like we are a great value to families," said Jeannie Domeyer, fair manager. "We're a pay-one-price fair."

Animals are a highlight at this event. "Our barns are brimming with animals," said Domeyer. "Delaware County has the third highest 4-H enrollment in the state (behind Des Moines and Ames), so our participation levels are huge. Our livestock barns are full, especially in the early parts of the week when kids are exhibiting, there are animals galore."

The Fair provides activities for children to have some low-key downtime while on the grounds. "We spend a lot of time and effort working on things that the kids can interact with when mom and dad can sit and relax," said Domeyer. Examples of this include the Victory Ford Tiny Town, a little play area for



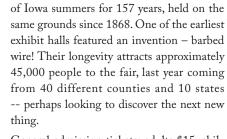
The Tiger Encounter will allow attendees to watch real tigers perform at the Dubuque County Fair.

the tiniest kids to enjoy little houses and cars, and the country-themed Stampede Square with a little roping dummy to rope a calf and a little bucking chute where kids can buck a horse. In addition, the Fair opens with a parade and free inflatables on Monday (July 7).

There are events for the adults as well. Grandstand music will feature Christian artist Colton Dixon on Wednesday (July 9), rock band Daughtry on Thursday (July 10), and country band Scott McCreery with opening act Casey Muessigman on Friday (July 11). Other main events include Motocross on Tuesday (July 8), Tractor Pull and Fantasy Truck & Tractor Pull on Saturday (July 12), and Demolition Derby on Sunday (July 13). A Draft Horse Show will also be presented on Saturday and Sunday.

Ground attractions include a Wolves of the World educational program, a hypnotist, and one of the largest machinery displays in the state.

The Delaware County Fair has been a staple



General admission tickets: adults \$15; children \$5 or discounted in advance. Party Pit or Track tickets for weekend grandstand shows are available for purchase. See the full schedule at Delawarecofair.com.

GRANT COUNTY FAIR

The Grant County Fair is another event with a storied history. Now in its 170th year, the Fair will be held August 13-17 in Lancaster (WI).

The Fair will honor traditional events like carnival rides, fair food, tractor pulls, demo derbies, and motorcycle supercross racing, and will include a new country line dancing event to complement the Harvest Hoedown theme. Also new this year is an 8-foot talking robot that will stroll through the grounds and interact with the kids.

Musically, the Fair fills its Royal Bank Entertainment Tent with local performers, rotating artists on Saturday from 1 PM to 12 AM. "About every 45 minutes, we have somebody fresh and new come in, with different genres. People really seem to like that," said Amy Olson, fairgrounds and operations manager.

In the Royal Bank Entertainment Tent, on Friday (August 15), singer Rachel Neal will perform, the God of Dance Academy of Performing Arts will be featured on Saturday (August 16), and the Brew City Wrestlers will entertain on Sunday (August 17).

Of course, the Fair will feature livestock and exhibits from 4-H and FFA. There is also an open class with judging on Saturday morning. "I think my favorite part of the judging is the Clover Buds," said Olson. "Our numbers have really gone up in first and second-grader Clover Buds where they meet face-to-face with Fair ambassadors and talk about their project."

General fair admission is only required on Friday, Saturday, and Sunday from 9 AM to 4 PM, and there is no charge at other times. Daytime admission: adults \$5, children under 8, free. Grandstand admission is always required. See a full schedule at Funonforty. co.grant.wi.gov. •



Brantley Gilbert performs at last year's Delaware County Fair.

MATHIAS HAM AND HIS HOUSE – A DUBUQUE TREASURE



Ham House exterior showing original farmhouse and major addition.

The Mathias Ham House on the corner of Lincoln Avenue and Shiras Boulevard ranks as one of Dubuque's historic treasures – right up there with the Shot Tower, 4th St. Elevator, and Eagle Point Park.

Mathias Ham, one of Dubuque's earliest pioneers, already had several careers under his belt by 1833 when he settled in what would become Iowa Territory. In 1822 at the age of 17, he left his Missouri home to work on the Mississippi River, boasting to his mother that he wouldn't return until he had accumulated \$20.000.

Ham worked his way upriver to Galena, Illinois, and started amassing his fortune. After soldiering in the 1832 Black Hawk War, he became a riverboat captain and was the first to deliver a boat load of dressed pork from Galena to New Orleans.

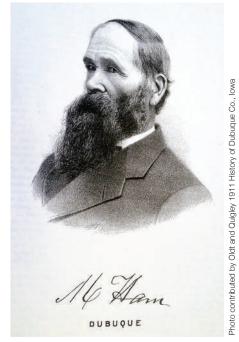
Ham then turned to lead mining and smelting. By 1836, he owned part interest in a Snake Diggings, Wisconsin smelter and operated a Mississippi River ferry between the smelter and his property in the Eagle Point district north of Dubuque. Ham soon branched out into lime kilns, brickyards, and construction - up and coming industries in the booming city of Dubuque.

In 1837, Ham travelled south to Kentucky

where he married Zerelda Marklin. Returning to Dubuque, Ham built the city's first public school with lumber he donated. To support his construction business, Ham cut wood from his acreage along the river, including land now known as Chaplain Schmitt Memorial Island. Some historians claim that as Ham cleared wood from his riverfront land, he planted cabbage to sell to Dubuque's sauerkraut-loving German population, earning him the nickname "Sauerkraut King."

Ham built a two-story, Nauvoo limestone home on a knoll overlooking the river in 1839 and began to raise a family in the six-room structure. In 1855, Zerelda died, leaving Ham with five children. The following year, Ham won the subcontract to supply limestone for the construction of the Dubuque Federal Customs House, a facility made necessary by increased steamboat traffic. The government contract allowed Ham to decide which stones were suitable for the project and let him keep those that weren't.

Ham hired architect John F. Rague to design



Mathias Ham.

his house and used the rejected limestone to build a 23-room, three-story mansion adjoining his original farmhouse. Unfortunately, a disgruntled worker burned the interior of the finished home in 1856. After rebuilding in 1857, Ham hosted gala parties, but lavish entertainment ended when he lost his fortune in the financial crash later that year. Ham never regained his wealth, but he remarried in 1860 and fathered two more children. He died at home in 1889 at the age of 84.

Ham's mansion changed hands many times in the years following his death, but a family member always remained in residence. In 1905, two Chicago doctors rented part of the mansion for their Kegler Cancer Cure Sanitarium. After two years, the venture failed, and the hospital closed.

In 1912, the City of Dubuque bought the Ham mansion for \$9,500 from Ham's daughter Sarah. The Dubuque Park Board used the house for offices and as the park superintendent's residence. Park Superintendent Richard Kramer and his family lived in the Ham mansion from 1959 to 1963.

Mary Jo Kramer Vogt was five years old in 1959 when her family moved into the Ham House where her father had his office. The



Family Parlor.

Kramers used the porch entrance to access the laundry room, kitchen, living room, and two bedrooms on the first floor. "We used the servants' stairs to get to the second-floor bathroom that had a bathtub," Mary Jo recalled. "We didn't go into the foyer, and we didn't use the main steps. Dad had a train set on the third floor. The rest of the house was decrepit, and we weren't allowed to use it. The house was full of bats and mice. Mom finally had enough when she found a dead bat in my baby sister's crib. We moved out of the Ham House the day President Kennedy was shot in November 1963."

The Dubuque County Historical Society took over operation of the Ham House in 1964 and in 1976, Ham's mansion was listed on the National Register of Historic Places. Today, the Historical Society offers summer tours of the Ham House, offering visitors a peak at what passed for luxury in the 19th century.

The rooms boast high, 14-foot ceilings ornamented with plaster rosettes and moldings. Six-inch pine was used for the flooring while the stair rails, newel posts, and spindles were built of black walnut. During the 1930s, WPA workers installed maple flooring on the first floor and closed some fireplaces. Most of the rest of the home is original. The Ham family took their furnishings with them when they moved. Now the rooms are filled with fine furniture and artifacts donated by some of Dubuque earliest and wealthiest families. Some claim the house is haunted. Over the years, Historical Society employees have reported icy winds on the third floor, odd noises, unexplained lights, and even strains of music emanating from a non-functioning

pump organ.

Speculation about a Ham House ghost points to a chilling story involving a pirate captain. The story says Ham liked to watch activity on the Mississippi from the cupola high on top of his mansion. One day Ham spotted pirates harassing boats and alerted authorities who captured the pirates. The pirates figured Ham was responsible for their capture and vowed revenge.

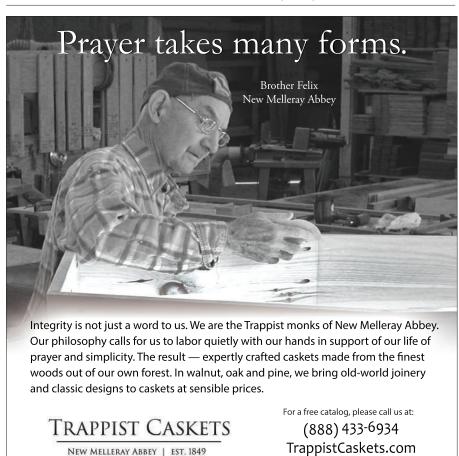
One night in the 1890s, Ham's daughter Sarah, alone in the mansion, was reading in her third-floor bedroom when she heard a prowler. The footsteps faded, but Sarah was so spooked she arranged to hang a signal lantern in her window to alert neighbors if she needed help.

The prowler showed up again the next night. Sarah called out to the intruder but received no answer. She locked her door, hung the signal lantern in the window, and readied her gun. When the intruder pounded up the stairs, Sarah fired two shots through her bedroom door.

The neighbors saw Sarah's signal lantern and rushed over. Although they didn't find the prowler, they spotted a blood trail. Blood spatters led from outside Sarah's bedroom down to the river where a pirate lay dead.

Does the murdered pirate's ghost haunt Ham's mansion today? Maybe – or maybe its Mathias Ham's ghost keeping an eye on his property. Or maybe it's just the creaks, groans, and leaky doors and windows that go along with a more than 180-year-old house.

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



Partnerships Bring Needed Dyslexia Services to Dubuque



A tutor works with a student.

Contributed photos



Sara Burley, one of the local tutors who has participated in the training that the Community Foundation of Dubuque offers.

Reading is a wonderful tool for learning about the world around us. For many children, reading comes easily and learning how to read is exciting and fun. But for others, reading can be a challenge that casts a shadow over their experience in school.

n some cases, dyslexia might be the cause of that struggle. Once thought to be uncommon, dyslexia is now estimated to affect "20 percent of the population and represent[s] 80 to 90 percent of all those with learning disabilities," according to the Yale Center for Dyslexia and Creativity. Taking this percentage into account, there could be up to 20,000 children and adults within Dubuque County who are affected.

At the same time, services have historically been limited in many U.S. communities — including Dubuque. The nearest tutoring centers to Dubuque are 1 hour and 30 minutes away in Madison and Cedar Rapids. Now, the Community Foundation of Greater Dubuque is working to change this reality. Thanks to a Community Foundation donor who is passionate about this issue, as well as the work of local partners, new services have arrived in Dubuque.

TEAMING UP TO SUPPORT CHILDREN

While the Community Foundation works to empower communities and ignite generosity across seven counties in Northeast Iowa, it does not provide direct services. It does, however, build partnerships with people and organizations that provide services. The Foundation can "incubate" initiatives that address pressing issues and hand off facilitation to an organization that can operate the program on an ongoing basis.

That's where our partner organizations come in. One of those partners is Iowa-based Aspire Academy, which trains local residents in the Orton-Gillingham method of dyslexia tutoring, enabling them to provide one-on-one services. Seventeen people have completed the tutor training, and 10 more are currently enrolled in the next cohort.

Tutors work with students at sites around the community, including the Boys & Girls Club of Greater Dubuque, the Dream Academy, local schools and Northeast Iowa Community College's new dyslexia classroom on its downtown Dubuque campus.

The Community Foundation, meanwhile, provides income-based scholarships to families in the region, helping them access services. Since the program began in 2023, 36 students have received screenings, and 21 are receiving ongoing support.

"While dyslexia can pose challenges, it doesn't have to limit children's learning," says Dr. Donna Loewen, a longtime Dubuque public school principal who now oversees the Community Foundation's dyslexia initiative. "Thanks to a generous donor, we are bringing much-needed resources — and peace of mind — to families in the Dubuque region."

BUILDING ON SUCCESS

For a decade, the Community Foundation has led Every Child Reads, a network of educators and nonprofit leaders focused on supporting third grade reading proficiency, a key predictor of high school graduation. The dyslexia initiative builds on this work to provide another type of support.

Dyslexia is not just a literacy issue, it's a community issue, says local resident and business owner J.B. Priest. Both he and his son have dyslexia.

"Our community will benefit when dyslexics are allowed to use their unique skills to contribute," says Priest. "Unleashing the dyslexic

brain to work within our society benefits everyone through creative invention and unique perspective."

The dyslexic brain functions differently from the non-dyslexic brain, making it difficult to identify and separate speech sounds within a word and learn how letters represent those sounds. Consequently, what children see and what they say may get mixed up in their processing, resulting in challenges with reading, spelling and writing. Those with dyslexia might switch similar words or need extra time to read something.

IT TAKES A COMMUNITY

Supporting children with dyslexia takes many different people and organizations, including schools, nonprofits and medical providers. Iowa schools are required to provide universal screening from kindergarten through the third grade as a way for educators to identify reading concerns. Psychologists and speech and language pathologists diagnose dyslexia after considering several factors such as specific test results and medical history. Once diagnosed, school personnel can assist students, while nonprofits and tutors provide ongoing support outside of the classroom.

The new dyslexia initiative brings these different parts together to focus on the same goal: ensuring all children have the resources they need to succeed in school and life.

Anyone interested in supporting scholarships for dyslexia services can contact the Community Foundation at 563-588-2700. Families interested in screenings, consultations or services can contact Dr. Donna Loewen at 563-253-7685 or donna@dbqfoundation.org. Since 2003 The Community Foundation of Greater Dubuque has inspired people to give back to their community, and we turn this generosity into lasting change across our region, increasing access to resources and opportunities that help all people succeed. Visit Dbqfoundation.org to learn about the ways we are building a strong, thriving Greater Dubuque for all-and how you can donate your time, talents, and dollars to transform our region.

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

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



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SHALOM SPIRITUALITY CENTER SHALOMRETREATS.ORG

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

Celebrating the Canticle with St. Bonaventure - Tuesdays, July 8, 15, & 22 @ 6:30-8 PM (via Zoom)

Listen to the ancient wisdom of St. Francis and St. Bonaventure and how their wisdom speaks to our contemporary realities of change, chaos, and uncertainty. Register by 12 PM on Thursday, July 3.

Annual Wellness Fair Saturday, July 12 @ 10 AM-2 PM

Visit with local community vendors specializing in all facets of wellness, including physical, mental, emotional, spiritual, and environmental factors.

Lunch & Renew: Chair Yoga Wednesday, July 16@ 11:30 AM-12:30 PM July's theme is Fasy Summer Days Registra

July's theme is Easy Summer Days. Registration required.

Meditation & Music Monday, July 21 @ 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.

Directed Retreat July 27 @ 5 PM through 11 AM, August 1

A directed retreat helps retreatants reflect on how they are loving God and living the Gospel in their daily lives. Register by July 11.



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

No Limb-its Amputee Social & Support Gatherings

Monday, July 7@4-5:30 PM

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

Milk Parties

Monday, July 14 & 28 @ 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.

Your Birth: Beyond the Basics Monday, July 14, 21 & 28 @ 6:30-8:30 PM

Partners will learn what to expect during the labor process and how to provide effective support.

Living Well: Finding Balance Thursday, July 17 @ 5-6:30 PM

Attend this series throughout the year, each focused on a different health and wellness topic.

Mommy & Me Fit Saturday, July 19 @ 9-9:50 AM

This unique class is designed for moms and their kids ages 12 months to 5 years.

NEWS



MMC NAMED TOP CRITICAL ACCESS HOSPITAL

Midwest Medical Center (MMC) in Galena, IL, was recently named one of the top 20 critical access hospitals (CAHs) for Best Practice in Patient Satisfaction in the country.

The top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge, and finance. This group was selected from the Chartis Center for Rural Health's

2025 top 100 CAH list, which was released earlier this year.

MEDICAL ASSOCIATES ANNOUNCEMENTS

Connor Rucks, NP, joined their hospital medicine department.

Rucks received his Master of Science in Nursing from the University of Miami in Coral Gables, FL, and Bachelor of Science in Nursing from Barry University in Miami

Shores, FL. Most recently, he worked as a hospital medicine nurse practitioner at Grand River Medical Group in Dubuque.



He is board-certified by the American Nurses Credentialing

Center, and as a member of the hospital medicine department, Rucks provides care to patients while they are in the hospital and works closely with patients, families, and physicians to deliver inpatient medical treatment.

Khawar Warraich, MD, joined their hospital medicine department.

Warraich received his medical degree from the Army Medical College in Rawalpindi, Pakistan. He also completed his residency in Internal Medicine at Mount Sinai School of Medicine in Englewood, NJ. He is fluent in Hindi, Punjabi, Urdu, and English.

Most recently, Warraich worked as a hospitalist program director at Grand River Medi-

cal Group in Dubuque, and previously as a hospitalist at Unity-Point Health – Marshalltown in Marshalltown, IA. Dr. Warraich is board-certified by the American Board of Internal Medicine, and as a member of



the hospital medicine department, Warraich will provide care to patients while they are in the hospital and work closely with patients, families, and physicians to deliver inpatient medical treatment.

Naomi VonHollen, NP, joined their pulmonology department.

VonHollen received her Master of Science in Nursing from Wichita State University in Wichita, KS, and Bachelor of Science in Nursing from St. Mary of the Plains College in Dodge City, KS.

Most recently, she worked as a nurse practi-





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tioner at Optum, and previously at Skagit Regional Clinics, Mount Vernon, WA. VonHollen is board-certified by both the American Nurses Credentialing Center and American Academy of Nurse Practitioners.



As a member of the pulmonology department, she helps treat and evaluate diseases of the chest and lungs.

SOUTHWEST HEALTH INTRODUCES AESTHETICS SERVICE

Southwest Health announced the launch of their new aesthetic services, offering patients advanced cosmetic treatments under the

care of Martha Levy, DNP, ARNP. Now available at the Platteville Clinic, these services provide nonsurgical solutions to enhance and rejuvenate skin appearance, helping patients look



and feel their best.

As an advanced practice nurse practitioner with a background in pain management, Levy has completed extensive training in both neurotoxins and fillers and is a certified provider through the American Academy of Facial Aesthetics (AAFE).



HILLS & DALES PARTICIPATES IN NEON

Hills & Dales is excited to participate in Iowa's Health and Human Services National Expansion of Employment Opportunities Network (NEON) project awards from the US Department of Labor, Office of Disability Employment Policy.

Iowa NEON has two areas of focus: helping day habilitation providers transform services to promote community inclusion and competitive integrated employment, as well as provide benefits liaison tools to assist transitioning youth with disabilities to more easily access benefits planning services leading them into competitive integrated employment.



Kara Huss, community services director at Hills & Dales, will serve as just one of five subject matter experts advising the Iowa NEON project. Huss has worked in the field of home and community-based services for nearly 20 years and currently oversees various programs within the home and community-based services department at Hills & Dales.

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



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Moski's BBQ is located on 1st Avenue in Cascade, Iowa.



Brice Morris is enthusiastic about what he does and the great food he makes for his customers.

MOSKI'S BBQ OFFERS A 5 STAR EXPERIENCE IN A SMALL TOWN by Cassie Cate

When you think good barbeque, most people think Kansas City, Memphis, or the Carolinas. But if you are looking for authentic, fresh, good old barbeque, you don't have to travel far. Located in downtown Cascade, Iowa, lies the well-known secret of Moski's, a small town barbeque joint creating a big impact.



Smoked sliced brisket.

Scontributed photos

Brice Morris didn't initially set out to be in the barbeque business, running a brick and mortar restaurant, a food truck, and food trailer. Brice worked as a teacher for twelve years, followed by eleven years working with Pheasants Forever. Barbeque was just something he did as a hobby, until friends and family started asking him to cater their events, and he began in the barbeque competition circuit. When these ventures started becoming more than just something fun to do in his spare time, he realized he needed to get his ducks in a row and began building Moski's first food trailer.

This food trailer became the catalyst for Moski's, especially at a time when others in the retaurant industry were suffering. During COVID when other returants had to close their doors, Morris was able to take the Moski's Food Trailer around to different communities, where people wanted to get out of the house and could wait in line outside to enjoy his delicious smoked barbeque. It wasn't unusual for the trailer to pull into a town and serve two hundred people in two hours.

With the success of his food trailer, Brice built a successful customer base, including a long time customer who began "hounding" him to open a brick and mortar restaurant in his Cascade building. When presented with this opportunity, Brice and his wife Shawna saw this as a way to give Shawna a change from her job in nursing, and the the restaurant was started. After just a few weeks of Shawna doing barbeque full time and Brice still traveling for his job, their instant success made it apparent that if this was going to be a business, they had to go all in, so Brice left his job as Pheasant's Forever.

"Looking back, this was the best thing ever. We are meeting goals we have set, have more time for our kids, and I am not traveling all the time like I was," says Brice. "It was a risk and having confidence, but thank God. He



had a plan and watched over us."

The opening weekend of Moski's coincided with Cascade's Home Town Days, which can significantly increase the normally small population of the town. Initially, the plan was to serve their delicious fare Thursday through Sunday, but when all their food was sold out on Saturday, and they literally could not get more meat to smoke for Sunday, it became apparent to the couple that being closed on Sundays and allowing for that day of rest God had set aside for families, was important. Now, they are open 5-6 days a week with the food truck and trailer and Thursday- Friday at the restaurant. Of course, there is also catering in between! Even with the day off, they are still smoking 2,500-4,000 pounds of meat a week!

From the start, Moski's was well received by the community. Being named the number nine barbeque place in the country and having a 4.9 out of 5 rating on Google Reviews has shown the Morris family they have a good thing going. Brice did share that "as a business owner, you can't make everyone happy, but they can do their best." One thing people ask about is why the ribs and chicken are only an evening menu item. Cooking the meats fresh each day makes preparation a bit more intense, and because they aim to produce a quality, fresh product, they reserve these options for the evening time, so everyone gets their food fresh that day.

One compliment Moski's often receives is the speed at which customers receive a quality product. In the restaurant, customers place their order at the counter where it is gathered in front of the customer. Most orders are ready in about a minute, which is similar to the wait time of their food truck. Customers that come to the restaurant are able to dine in, take their orders to go, or enjoy the patio. Brice says all walks of life can be found enjoying the barbeque, and many love the con-



Smoked Chicken

venience of fresh, five star food at a fast food pace, especially when lunch hours are limited. While around forty percent of the business comes from the restaurant, sixty percent comes from the food truck and trailer and catering. Many companies or family events use Moski's as their go to for delicious parties and events. They have become an integral part of many Thanksgiving and Christmas celebrations, even working Christmas morning for one of their long time customers because as Brice says, "We are committed to what we do."

Brice and Shawna could not have taken on this venture without the help of others. Their daughter Shannon operates the restaurant, and their two sons Brock and Beau help with the behind the scences work, like unloading wood deliveries. Brice also says they would be lost without their long time employee Steve, who helps keep things running smoothly and allows them to take time off without worrying.

All day long Moski's serves up their pulled pork, pulled chicken, brisket, and house made sausage links. Of course they also offer a Barbeque Sundae- your choice of meat topped with two sides. After 5:00 PM customers can enjoy jumbo chicken legs, ribs, and sliced brisket. If you can't choose, sampler platters are available and inlcude, brisket, ribs, jumbo chicken legs, and sausage links.

They also offer side dishes which include barbeque beans, smoked mac and cheese, baked potato casserole, and jalepeno corn as warm side dishes. Coleslaw, potato salad, banana pudding, and cornbread are cold options for cutomers to enjoy as well.

Although I doubt you could be as passionate about barbeque as Brice, if you have a hankering for some really good, fresh, delicious barbeque, head to Moski's for a five star expereince.

For more information visit MoskisBBQ.org. �



THE PLEASURE OF DISCOVERING NEW WINES!

"Clearly, the pleasures wines afford are transitory – but so are those of the ballet, or of a musical performance. Wine is inspiring and adds greatly to the joy of living." --- Napoleon

Article and photo by John B. Donovan

eamWine assembled on the Monday early evening after the DSO/Heartland Ballet performance of Swan Lake. We gathered in Angela's backyard with the sun beginning to set and without a bug to be seen. It was a perfect evening to enjoy wine with friends. Take advantage of this pleasing weather by getting a few folks together with wine, food and fellowship!

SIPS

Our white wine was **Le Sot de l'Ange Melon 2016 LA Boutanche** (11-14% abv, \$21) and is a French wine from the Beaujolais region. The grape is Melon de Bourgogne, a white

grape grown primarily in the Loire Valley of France, but also in Oregon and Washington State in the U.S. The winery, La Boutanche, gets its name from a term that translates to "glou glou," which refers to a style of wine that is meant to be enjoyed with ease and doesn't require much thought. This wine lived up to that style by providing nuances of aromas and flavors, but little distinctiveness. It has a clear light-yellow color with a medium body. TeamWine identified a wide swath of fragrances from white rose, golden raisins and dried apricot to crisp pear, cantaloupe and watermelon rind. One person stated it smells like baled hay. Flavors were a challenge to de-

duce but melon rind and golden raisins came through, as did a tangy, sweet, spicy essence. The finish presented one with a minerally, tinny taste, and another had an olive oil feel and taste. Not unpleasant, but odd for a wine. The wine paired very well with the olives, salami and the white cheeses, but not so well with the cheddar. We felt it would go well with a chicken salad, or possibly a tuna and macaroni salad.

While we all felt it was a nice wine for just sipping on the back porch or listening to an outdoor concert at the Dubuque Arboretum or the Star Brewery Aliant Amphitheater. We did, however, feel it had a bit of a different flavor.

Our red wine, purchased at "The Cave" in Des Moines is a product of Lebanon. **2023 Red Velvet Mersel Wine** (13% abv \$28) is 100% Cinsaut grape from the Deir El Ahmar, Bekaa Valley in Lebanon - about 100km northeast of Beirut. The grapes are







2023 Red Velvet Mersel Wine - This wine is red in color, almost the hue of a cherry lifesaver, and it looked so tempting in the glass.

hand-harvested, whole-cluster maceration with no fining or filtrating. This wine is red in color, almost the hue of a cherry lifesaver, and it looked so tempting in the glass, especially since we were outside! Since the wine was not fined or filtered, it did have a slight haze. Aromas of candied fruit, very fruity rose, strawberry and raspberry welcomed our noses. There was a bit of spice on the nose, almost an effervescence feeling. Sweet (not sugary sweet), tangy and some spicy hit our palates as we sipped. We all had red fruits on the palate with nothing really standing out. The wine had a thin body, medium tannins and noticeable acid. For an afternoon in the park, this wine when chilled would be delicious. Some felt it would be nice as an after dinner treat or buy now and save for a Christmas party...maybe mixing with soda water for greater spritz. It paired well with the chocolate and the crackers and cheese.

TIPS

Discovering new wines can be fun. Before you head out on an end of summer road trip, check to see if there are wineries close by either your destination, or along the route. The other part of visiting wineries is the people you may encounter. At least you'll know you have the enjoyment of wine in common, so build on that and form new friendships. If you're headed to New York State, or Washington State, check with me and I can give you wineries, and contact names at several places in each location. I believe all 50 states now have registered wineries and it's fun to see what other states offer.

Of course, I'd love to hear about your winery visits so please email me at John@Juliens-Journal.com.

Be adventurous - Drink Wine!

Salut *

Business & Community News

RECORD \$47K+ RAISED FOR DSO

The Dubuque Symphony Orchestra (DSO) announced Bob Woodward is the 2025 Pursuit of the Podium winner.

From February 10 to April 16, Woodward, along with fellow contestants Kevin Dragotto and Wes Hartig, raised money on behalf of the DSO. Woodward raised the most funds and, as a result, will take Maestro Intriligator's place on the podium to conduct a selection at the orchestra's Summer Melodies Concert held at the Alliant Energy Amphitheater, Sunday, June 29.

Funds generated from Pursuit of the Podium will support the DSO's overall mission, which is to engage the tri-state community and enrich its quality of life through live musical performances and educational programs.

ARBORETUM ADDS TRAIL SIGNAGE

The Dubuque Arboretum & Botanical Gardens announced the installment of new hiking trail signage in the Legacy Trees area thanks to generous donations and support. The colorful signs feature trail names, distances, and location markers to help hikers explore with ease.



RUPERT NAMED FOUNDING DEAN

The University of Dubuque (UD) announced that, following a national search, **Jeanne L. Rupert, DO, PhD**, has been selected as the founding dean and chief academic officer for the proposed John and Alice Butler College of Osteopathic Medicine (applicant seeking accreditation) at the University of Dubuque.

Rupert brings to UD over two decades of experience in academic leadership, clinical care, and public health. Her work has focused on primary care, rural and underserved populations, and osteopathic medical education.

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PIPE & DRUM GROUP SEEKING RECRUITS

The Dubuque Fire Pipe & Drums group are recruiting volunteers to their band. This is a bagpipe band comprised of volunteers and play in parades, birthday parties, celebrations of life, funerals, and many other occasions. Formed in 2009, the band has played with headliners including The High Kings and Gaelic Storm.

They are looking for anyone who would like to learn the bagpipes or the highland drums. Knowing music or having played an instrument is a plus, but not necessary. They will teach you everything you need to know. For more information, contact Dennis Bradley, drbffemtp@aol.com or (563) 590-0196.

TEMPORARY CLOSURE OF COLLECTION CENTER

Operations at the Dubuque Metropolitan Area Solid Waste Agency's Regional Collection Center, co-located at the Agency's landfill, was suspended June 9 until further notice. This affects the residential drop-off household hazardous materials and electronics for recycling at this facility.

Residents of Dubuque and Delaware Counties are encouraged to schedule a required appointment for household hazardous materials and electronics recycling by visiting DMASWA.org/Appointments. Residents are also encouraged to contact their local collection provider about curbside pickup programs for electronics where available.

Residents may continue to drop off batteries and devices containing batteries, such as laptops and tablets, phones, cords, and cables at one of the partner locations in Dubuque County. See DMASWA.org/Batteries for details.

BLUFF STROKES ANNOUNCEMENTS

The non-profit Bluff Strokes Art Center announced Jessie Rebik as their new program director. In addition, the art center now has youth and adult programming scheduled for summer.

Rebik comes to Bluff Strokes Art Center with 18 years of art education experience,

deep community connections, and amazing art-making talent. Specializing in drawing and painting, she will coordinate programming and will be the lead instructor.



Register for youth and adult summer programming at BluffStrokes.org. Programming includes weeklong summer camps for grades 3-8. The art center continues to add offerings weekly.

CERTIFIED COMPOST NOW AVAILABLE

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) is offering United States Comporting Council (USCC) Certified Compost. The compost may be used for trees, shrubs, flowers and vegetables gardens, and lawns. Residents can self-load small quantities (less than 1 cubic yard) of compost from four bunker locations in Dubuque County. The bunkers are located at the entrance to the DMASWA Landfill, City of Dubuque Municipal Services Center, City of Epworth, and City of Cascade. There is no fee for residents self-loading small quantities at these locations.

Landscaping companies and residents looking for a large quantity of compost can schedule appointments at the Agency's compost facility for loading assistance. Customers wishing to have large quantities loaded onsite will be charged a fee.

NEW 4-H FISHING CLUB

Iowa 4-H announced the launch of a new statewide fishing club for Iowa youth in grades 4-12. Whether your child is looking to become a skilled angler or just wanting to try a new outdoor hobby, this program will enhance your child's connection to nature and foster a lifelong passion for fishing.

The child needs to be first enrolled as a 4-H member in 4-H Online in their county, then enroll in the Statewide Fishing Club. For more information, visit Extension.IAState. edu/News.

UD FACULTY ANNOUNCEMENTS

The University of Dubuque (UD) inducted Michele McKinlay, MA, and Emily Vyverberg, PharmD, into its Faculty Hall of Fame for Excellence in Teaching and Advising on Thursday, April 10, during an awards ceremony at the Dubuque Golf and Country Club.

McKinlay, assistant professor of English, received the 2025 John Knox Coit Prize, and Vyverberg, assistant professor of physician assistant studies, received the 2025 William L. Lomax Award. She earned undergraduate degrees in anthropology from the University of Iowa and in English from the University of Northern Iowa (UNI). She completed her graduate degree in English literature at UNI.





Vyverberg uses her experience as a community pharmacist to enhance her teaching in UD's MS in physician assistant studies program.

Vyverberg earned a Doctor of Pharmacy from the University of Iowa College of Pharmacy. She has practiced as a community pharmacist in the tri-state area since 2009 and is a part-time pharmacist at Hartig Drug #3 in Dubuque. Vyverberg joined UD as an adjunct instructor in 2018 and became a full-time assistant professor in the PA program in 2020.

After an extensive search, Adam Hoffman, PhD, has been named the next vice president for academic affairs at the University of Dubuque (UD). Hoffman currently serves as interim chair of the faculty and professor of

environmental chemistry at UD. He will begin the new position July 1.

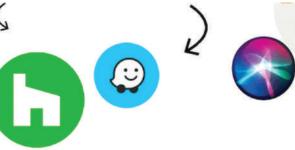
Since 2008, Hoffman has been part of UD's Department of Natural and Applied Sciences, promoting academic excellence in various



leadership roles. As interim faculty chair this year, he facilitated communication between faculty and administration. In fall 2024, he joined the advisory board for UD's Master of Science in physician assistant studies, providing feedback on the program and its participants.

Hoffman earned a PhD in environmental chemistry and technology, with a teaching certificate from the University of Wisconsin-Madison. He holds a BA in biology from the University of Minnesota-Morris and has received many professional awards and honors.

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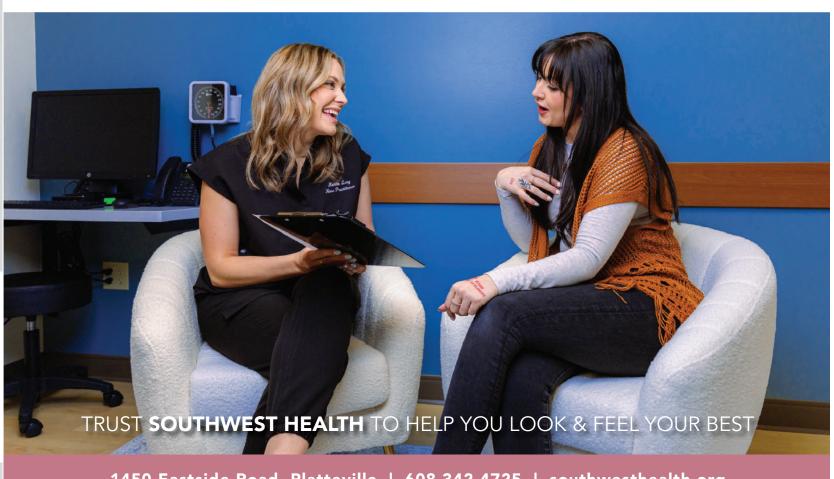
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