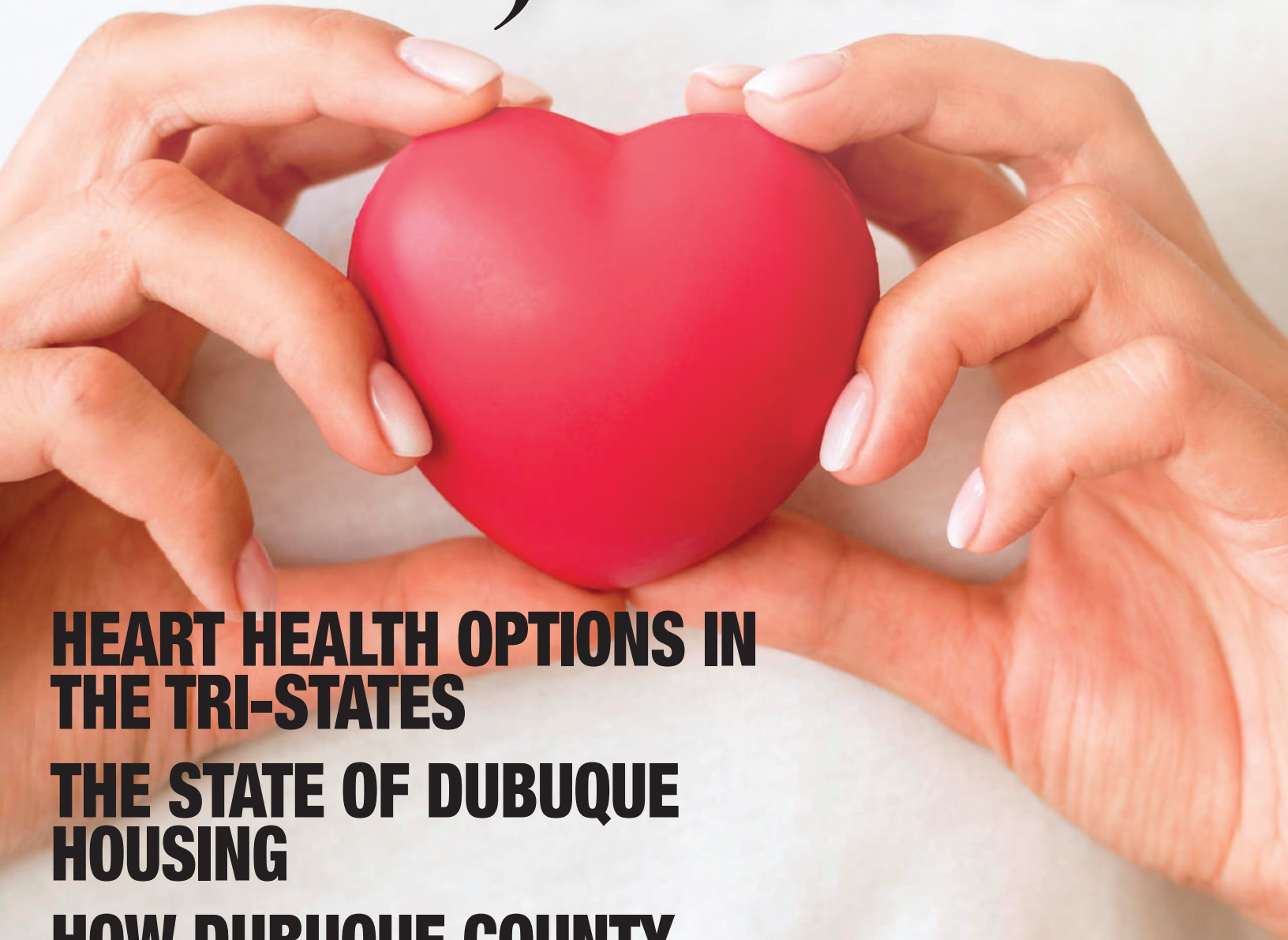


THE DUBUQUE AREA LIFESTYLE MAGAZINE, MARCH 2026

FREE

JULIEN'S JOURNAL



**HEART HEALTH OPTIONS IN
THE TRI-STATES**

**THE STATE OF DUBUQUE
HOUSING**

**HOW DUBUQUE COUNTY
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“ PATIENT TESTIMONIAL

I am very thankful for Amy. I had several questions for her and she was very patient and thorough. Some of my questions were not within her department, but she was very helpful in steering me in the right direction. She was so kind and not once made me feel self-conscious for asking so many questions. After my appointment I felt at ease and grateful to have her help.

★★★★★ (5 out of 5 star review)



Scott Brock, MD



Amy McDermott, ARNP



Christina McNamara, ARNP

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JULIEN'S JOURNAL

**Volume 50, Number 3
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PUBLISHER'S NOTE

I received several reader emails concerning the accuracy of the photo on page 18 of the *Julien's Journal* February issue. It was a photo of Dubuque in 1976 with the Julien Dubuque Bridge in the background. As several readers pointed out, the photo was not accurate. We couldn't find a photo from 1976 that met our needs, so like many publishers and businesses, we decided to experiment with an AI generated photo. My intent was to include a caption that read, "A simulated photo of Dubuque in 1976" or a similar caption, but the caption was accidentally left out when the magazine was submitted to our printer. I'm the last one to review the magazine before it is submitted to the printer, so that one falls on me. We have used very few AI generated photos in *Julien's Journal* and our other publications and websites, but for the most part they've worked out well when we have. That was obviously not the case with this photo. I apologize for the oversight, but it makes me feel good that *Julien's Journal* has such a strong and engaged readership.

INSIDE THIS ISSUE

The housing market in the Dubuque area is "very stable," according to Steve Davis, East Central Iowa Association of Realtors president. Read our article about the state of Dubuque housing on page 14.

Heart disease causes more than 1 in 4 deaths and remains the #1 killer in the United States. The good news is that the Tri-state area has several facilities and departments dedicated to improving heart health. Learn about them on page 17.

Nonprofits, businesses and charitable individuals in the Dubuque area have worked together to create more affordable child care options. Read about them on page 20.

For many households, investment management happens in one lane, while retirement decisions quietly unfold in another. Learn about solutions to this problem on page 22.

If you find yourself driving through Epworth, be careful not to blink, or you may miss the small strip that runs through the center of town. Nestled among the few small buildings is a hidden gem that is worth the visit. Rosie's Coffee House is a place where customers are friends, and friends are family. Read our review on page 27.

TeamWine reviews two wines that help bridge the seasonal changes from winter to spring. Read about them on page 29.





An Investment Strategy Is Only One-Fifth of a Retirement Plan.

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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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Photo of the Month



This photo was taken in Dubuque County in December 2025 while the sun was setting and the moon was rising. It was submitted by Gary Fagan of Fagan Photography. Visit Garyfaganphoto.smugmug.com or email faganphoto@aol.com. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

March Events

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

DSO: Musical Musings

Sunday, March 1

1 PM @ Five Flags Theater

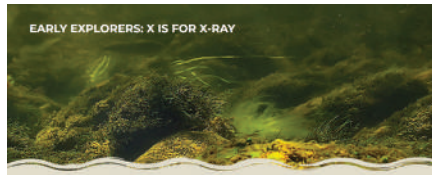
Dubuque Symphony Orchestra's Musical Musings is a pre-concert lecture held prior to each Sunday Classics concert. Visit DubuqueSymphony.org.

101 Sourdough Bread Making Class

Sunday, March 1

2-4 PM @ Peosta Community Centre (Peosta, IA)

Those new to sourdough are invited to a hands-on workshop to learn the fundamentals of sourdough from feeding starter to fermenting, shaping, and baking your own bread. Visit TheTangyLoaf.com.



Early Explorers: "X" is for X-Ray

Saturday and Tuesday, March 3 & 7

10-11 AM @ National Mississippi River Museum & Aquarium

Programs include a variety of hands-on activities, including a craft and a game. Ages 2-5 with a parent/caregiver. Visit RiverMuseum.org.

River & Roots Expo

Wednesday, March 4

5:30-7 PM @ National Mississippi River Museum & Aquarium

The whole family is invited to an evening exploring their relationship to the land, water, and environment. With booths featuring interactive and informative exhibits by River Museum staff and local organizations, guests will explore nature, culture, science, and more. Visit RiverMuseum.org.

Wild West Wednesdays

Wednesday, March 4, 11, 18 & 25

7-11 PM @ Dubuque County Fairgrounds

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

DSO: Classics 3: Symphonic Landscapes

Sunday, March 1

2 PM @ Five Flags Theater

Former DSO Concertmaster and current Chicago Lyric Opera violinist Eleanor Bartsch makes a highly anticipated return to perform Samuel Barber's Violin Concerto.

Praised for her "clarion tone and technical aplomb" (Chicago Classical Review), Eleanor returns after serving as Concertmaster of the Dubuque Symphony (2016–2023), where she was a frequent soloist and a beloved presence both onstage and in the community through the DSO's Adopt a Musician program.

Now a full-time member of the Chicago Lyric Opera Orchestra and first violinist of the acclaimed Kontras Quartet, Eleanor is a regular guest with many of the nation's top orchestras, chamber music series and festivals. She is also Professor of Violin and Head of Strings at Elmhurst University and a passionate educator and advocate for music. Concert dates are from February 28, - March 1. Visit DubuqueSymphony.org.





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CALENDAR OF EVENTS

2025-2026 FLY-BY-NIGHT PRODUCTIONS presents



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Tickets also available online...




Featuring Laura McDonald
Saturday March 21 @ 7 PM

Take a walk back into time and "The summer of love" as Onward Theater presents "Peace of my heart" The songs of Janis Joplin! Fronted by the powerful vocals of Laura McDonald! She joins the stage with Award Winning Billboard Artist Bobby Messano and his band! Playing all of Janis's greatest hits! Laura embodies Janis like no other while doing her most iconic songs. Piece of my heart... Summertime... Bobby Magee. Cry Baby... Ball n chain...to name a few. Leaving her audience to feel as though Janis was in the room. Take a trip to her glory days of "Monterey Pop" and Woodstock when Janis shined and became one of the most iconic female vocalists of all time! You will not want to miss this show!!

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



FABULOUS FRIDAYS
2026 CONCERT SERIES

Fabulous Fridays Community Artist Series

Fridays, March 6 through March 27
12-12:30 PM @ St. Luke's United Methodist Church

Free performances. Donations support People in Need and St. Luke's Food Ministries. Desserts follow. Visit StLukesDbq.org.

First Fridays

Friday, March 6

@ Various Locations in Dubuque

First Fridays is a free downtown monthly community arts event with open galleries, artists' studios, and live entertainment. Visit FirstFridaysDubuque.org.



THE MUSICAL COMEDY MURDERS OF 1940

The Musical Comedy Murders of 1940

Friday through Sunday, March 6-15
Friday and Saturday, 7:30 PM; Sunday, 2 PM @ The Grand Opera House

When a group of eccentric theater professionals gather at a producer's mansion for an audition, they soon find themselves entangled in a web of mystery and murder. As the bodies pile up, secrets are revealed, and everyone becomes a suspect. Visit TheGrandOperaHouse.com.

Distinctively Dubuque

Wednesdays: March 11 through April 8
5:30-8:30 PM @ Various Locations in Dubuque

Distinctively Dubuque is a free, five-night interactive course designed to connect newcomers with one another and their new hometown. Each night takes place at a different venue, covering topics including local government, arts, recreation, volunteerism, and more. Includes dinner each night. Limited to 30 participants. Visit bit.ly/dd_registration.

Kiss the Ground

Wednesday, March 11 & 25

6:30 PM @ Sinsinawa Mound Center
(Sinsinawa, WI)

Join Fields of Sinsinawa and the Mound Center for inspiring documentaries about farming, food, soil, and the creative ways people are strengthening community. Visit FieldsOfSinsinawa.org.

School's Out Day Camp

Thursday and Friday, March 12-13

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

Camps are held on weekdays when the Dubuque Community School District is not in session. These full-day camps are for students in K-5th grade. Visit RiverMuseum.org.

Learn to Screen Print

Thursday, March 12 & 26

6-8 PM @ J&J Printing

Learn fundamentals of screen printing from design through process with instructor Rich Rossignol in this two-day workshop. Day one is instruction. Create a design for homework. Day two is for creating the screen and printing. Ages 16+. Visit BluffStrokes.org.

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PREMIER EVENT SPONSORED BY THE DUBUQUE SYMPHONY ORCHESTRA



Ode to Unity:
Beethoven
Symphony No. 9

The Dubuque Symphony Orchestra will perform one of the most monumental works in the classical repertoire at the University of Dubuque's Heritage Center for the first time since its sold-out performances in April 2008. Beethoven's Ninth Symphony, widely regarded as one of the crowning achievements of Western music, is more than a concert. It is a powerful artistic declaration, affirming music's enduring ability to unite, uplift, and speak directly to the human spirit.

"Beethoven's Ninth Symphony changed the world," shares Music Director and Conductor William Intriligator. "And it continues to change the world with each new performance of this amazing, inspiring music." For Intriligator, the work holds deep meaning. "Beethoven is my personal hero, and with this last symphony he completely changed the idea of what a symphony was - and what a symphony could do."

Composed while Beethoven was confronting near-total deafness, the Ninth Symphony stands as a remarkable triumph of imagination over adversity. At a moment when the composer could scarcely hear the world around him, he conceived a work of extraordinary scale and emotional reach. "It is a testament to the power of the human spirit that a deaf, anti-social, lonely, misanthropic composer could overcome all his hardships and write this completely original new work, as a gift to humanity," Intriligator reflects.

Its revolutionary final movement forever altered the symphonic tradition by introducing vocal soloists and chorus into what had been a purely instrumental form. From this bold vision emerged the iconic "Ode to Joy," which Intriligator describes as "a testament to faith, joy, and brotherhood. A vision for a world united as one which manages to find joy and peace despite chaos and hardships."

This concert is made possible by the support of concert sponsor: MidWestOne Bank and guest artist sponsor: Tim & Christine Conlon

For this landmark return, the DSO will be joined by an expansive, community-wide chorus that reflects the very spirit of unity at the heart of the work. The Dubuque Chorale will be joined by singers from Clarke University, the University of Dubuque, Loras College, the University of Wisconsin-Platteville, Emmaus Bible University, and Divine Word College.

Also joining the orchestra are four acclaimed vocal soloists: soprano Megan Gloss, mezzo-soprano Amanda Hauta, tenor Iris Carr, and bass Alvaro Ramirez, all of whom have appeared with the DSO previously.

While the chorus and soloists often draw special attention for their role in the “Ode to Joy,” Intriligator emphasizes the orchestra’s central role in the symphony’s vast journey. From the mysterious opening that “seems to emulate creation itself,” through the driving intensity of the Scherzo, and into the transcendent slow movement that “captures so many aspects of love and memory,” the orchestra carries the listener across all four movements of this monumental work.

“This symphony will take us on a journey,” Intriligator says. “We will be changed by the end. We will join the millions who have heard this music and been inspired to live and love more fully afterward.”

featured soloists



Megan Gloss
soprano



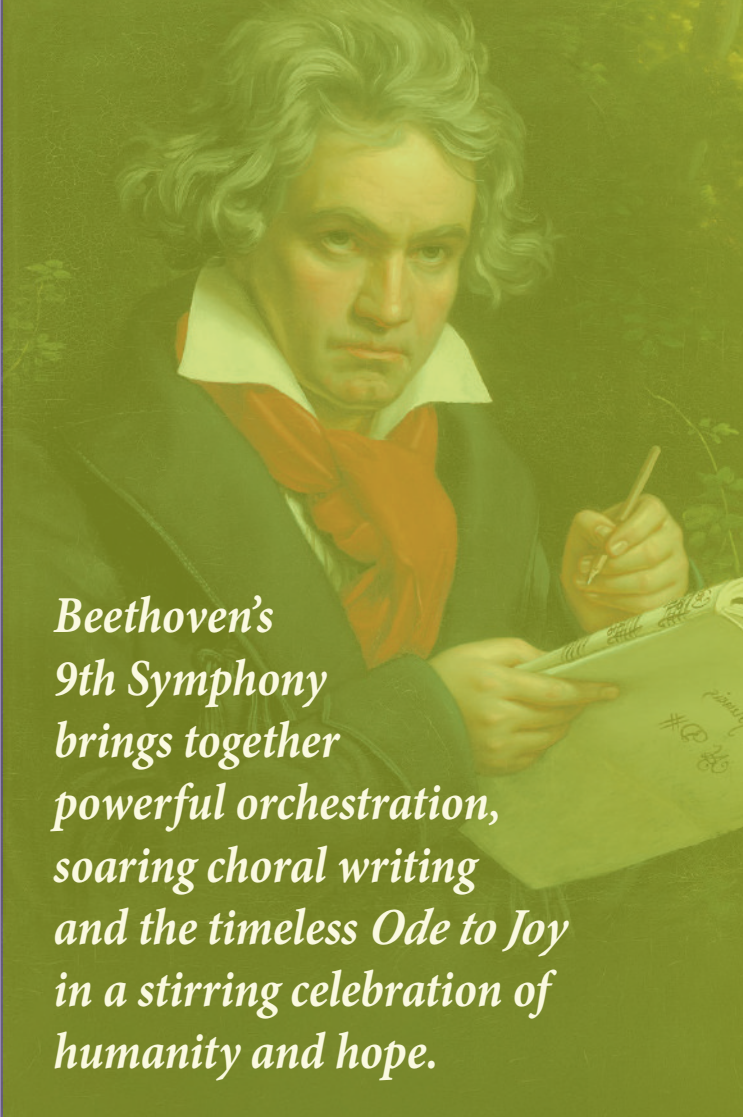
Amanda Hauta
mezzo



Iris Allen
tenor



Álvaro Ramirez
bass



*Beethoven's
9th Symphony
brings together
powerful orchestration,
soaring choral writing
and the timeless Ode to Joy
in a stirring celebration of
humanity and hope.*

Saturday, April 18 7:30pm
Sunday, April 19 2:00pm

**University of Dubuque
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John & Alice Butler Hall**

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at dubuquesymphony.org or
Farber Box Office 2255 Bennett Street, Dubuque.
Open Monday-Friday 11am - 2pm.

SUPPLEMENTAL EVENTS

Sound Bites Luncheon:

11:30am-1pm Friday, April 17 at Dubuque Golf & Country Club, 1800 Randall Place, Dubuque.

Lunch buffet followed by commentary with William Intriligator and guest soloists. \$22. Reservations due by noon Wednesday, April 15 and can be made by calling the Dubuque Symphony Orchestra office at 563-557-1677.

CALENDAR OF EVENTS



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

Toddler Time

Mondays, March 2 through May 4 @ 9:30 AM & 10:30 AM

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

Shamrock Shenanigans

Monday, March 2 @ 4 PM

Come create a shamrock decoration with tissue paper. Ages 6-10. Registration required.

Dementia Simulation Experience

Tuesday, March 3 @ 9:30 AM

Learn more about dementia, how it affects

the brain, and what you can do to help the people in your life living with dementia. Ages 18+. Registration required.

Baby Rhyme Time

Tuesdays, March 3 through May 5 @ 10:30 AM

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

BeeBot Fairytales

Tuesday, March 3 @ 4 PM

Kids problem-solve, plan, and explore storytelling through technology. Ages 6-8. Registration required.

Preschool Storytime

Wednesdays, March 4 through May 6 @ 10:30 AM

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

Virtual Author Talks

Wednesday, March 4 @ 1 PM

Engage in conversation with bestselling author and humorist Michael Perry. Ages 16+.

Pokémon Club

Wednesday, March 4 @ 5:30 PM

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

Dubuque County Reads

Wednesday, March 4 @ 5:30 PM

The whole family is invited to the River Museum for an evening exploring our relationship to the land, water, and environment. All ages.

Birdie Snack Shack

Thursday, March 5 @ 4 PM

Build a simple bird feeder using everyday supplies. Ages 10-15 years, Registration required.

Music @ Your Library

Friday, March 6 @ 6 PM

This is a First Fridays concert series that

features local and regional musicians. Doors open at 5:30 PM.

Storytime Symphony - Kids Concert

Saturday, March 7 @ 12 PM

Join the DSO on a musical adventure. Storytime Symphony takes young listeners on a journey down the mighty Mississippi River.

Dubuque County Reads

Monday, March 9 @ 6 PM

The Seed Keeper by Diane Wilson. Ages 18+.

Book Cover Art

Tuesday, March 10 @ 4 PM

Create a brand-new cover for a favorite book using art supplies and imagination. Ages 8-12 years, Registration required.

Ukulele Time!

Tuesday, March 10 & 24 @ 6 PM

Adult ukulele lessons. Registration required.

Minecraft Mania

Wednesday, March 11 @ 5:30 PM

Ages 7-14. Registration required.

Virtual Author Talks

Thursday, March 12 @ 6 PM

Attend a virtual conversation with acclaimed author Kate Quinn about her latest work, *The Astral Library*. Ages 16+.

Dubuque County Reads

Thursday, March 12 @ 6 PM

Watch *Women of the White Buffalo*, a free documentary film featuring interviews with nine Lakota women living on South Dakota reservations. Ages 18+.

Pig Party

Friday, March 13 @ 10:30 AM

Celebrate National Pig Day with a morning of stories, hands-on activities, and playtime. Ages 6 and under.

How It's Done Done Done @ the Library

Friday, March 13 @ 2-3:30 PM

Step into the world of K-Pop Demon Hunters with an event full of themed crafts and activities. Ages 10-18 years, Registration required.

Lollipops & Music

Saturday, March 14 @ 10 AM

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

The book cover for 'The Seed Keeper' by Diane Wilson features a vibrant, colorful illustration of various seeds and plants. The title 'THE SEED KEEPER' is written in large, bold, blue letters. Below the title, it says 'a novel' and 'DIANE WILSON'. At the top right, there is a logo for 'DUBUQUE COUNTY READS 2026' with an open book icon.

let's read TOGETHER.

JOIN A DISCUSSION

ATTEND AN EVENT

VISIT DBQREADS.ORG

Reading with Rover

Saturday, March 14 @ 10:30 AM

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

Being with Bunnies

Wednesday, March 18 @ 4 PM

Meet rabbit expert Bobbi Jo Bellmann, who will tell us all about her rabbitry. Ages 5-11. Registration required.

Pout-Pout Fish Family Storytime

Friday, March 20 @ 10 AM

The Pout-Pout Fish is getting his big screen debut. Celebrate with a read aloud, games, and activities in honor of our favorite sullen sea creature. Ages 3-6.

Virtual Author Talks

Tuesday, March 24 @ 1 PM

Engage in conversation between journalist Shoshana Walter and author Barbara Kingsolver as they chat about Walter's book *Rehab: An American Scandal*. Ages 16+.

Faux Stained Glass

Tuesday, March 24, 5:30 PM

Head to the library to make cool art and eat snacks. Ages 10+. Registration required.

Dubuque County Reads

Tuesday, March 24 @ 6:30 PM

Held at Steeple Square featuring Diane Wilson, author of *The Seed Keeper*. Ages 18+.

Time for Turtles

Wednesday, March 25 @ 4 PM

A Dubuque County Conservation naturalist will tell us all about turtles. Ages 5-12. Registration required.

Reel Reads Cinema

Saturday, March 28 @ 2 PM

How to Train Your Dragon. Ages 6-12. Registration required.

Sun SHINE Squad

Tuesday, March 31 @ 4 PM

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



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CALENDAR OF EVENTS

Dubuque Audubon Monthly Program

Thursday, March 12

7-8 PM @ EB Lyons Interpretive Center, Mines of Spain

This month's speaker is Ty Smedes, who will share his experience exploring the Falkland Islands and sub-Antarctic islands while on the expedition ship *Ortelius*. Come for this educational and visually stunning presentation on this beautiful and wildlife-rich area. Visit AudubonDubuque.org.



JDIFF Winter Film Series

Thursday, March 12

7 PM @ Hotel Julien Dubuque

The Julien Dubuque International Film Festival (JDIFF) showcases a cause-related film once a month leading up to their big festival in April. Visit JulienFilmFest.com.



The Diary of Anne Frank

Friday through Sunday, March 13-

15 and 20-21; Fridays, 7:30 PM;

Saturdays, 7:30 PM; Sunday, 2 PM, @

Five Flags Bijou Room

Fly-By-Night Productions (FBNP) presents the story of the Jewish Frank family, the Van Daan family, and Mr. Dussel, who hid from the Nazis in an annex above Otto Frank's business in Amsterdam, Holland from 1942 to 1944. Visit FlyByNightDubuque.com.

Narwhal Exhibit Opening

Saturday, March 14 @ Mississippi River Museum & Aquarium

The new Smithsonian traveling exhibit, the narwhals, shows it's magnificent spiral tooth, with inspired art, legend, and cultural practices for centuries. Visit RiverMuseum.org.

She Unites

Wednesday, March 18

6:30-7:30 PM @ The Innovation Lab, 210 Jones St.

She Unites features rotating speakers talking about anything and everything pertaining to women in a chill environment. Visit SheUnitesIowa.com/events.

Figure Drawing

Thursday, March 19

6-8 PM @ Bluff Strokes Art Center

Experienced figure models, a great space, and a wonderful community. Nude models. No instruction provided. Ages 18+. Visit BluffStrokes.org/Calendar.

Lighting the Lantern

Thursday, March 19

5:30-8:30 PM @ Hotel Julien Ballroom

Attend an evening celebrating community, belonging, and the power of welcome, and explore how relationships, opportunity, and belonging strengthen the community for everyone. Visit TheLanternCenter.org.

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Janis Joplin Tribute

Saturday March 21, 7 PM @ Ohnward Fine Arts Center (Maquoketa, IA)

Enjoy the music of Janis Joplin fronted by the powerful vocals of Laura McDonald. She joins the stage with award winning *Billboard* artist Bobby Messano and his band. Visit OhnwardFineArtsCenter.com.

The Heartland Ballet Presents Coppélia

Saturday and Sunday, March 21-22 & 28-29, Saturdays, 7:30 PM; Sundays, 2 PM @ The Grand Opera House

Dr. Coppélius creates his “daughter” Coppélia, a mechanical doll so lifelike that Franz, becomes infatuated with her and sets aside his heart’s true desire, his fiancé Swanhilda. Visit TheGrandOperaHouse.com.

Camp Albrecht Acres Celebrating All Abilities Gala

Wednesday, March 25
6-9 PM @ Hotel Julien Dubuque

Enjoy live music from Tapestry, hors d’oeuvres, carving stations, cocktails, a short program, awards, live and silent auctions. All proceeds help Camp Albrecht Acres provide an enjoyable summer camp experience for individuals with special needs. RSVP by March 20. Visit AlbrechtAcres.org or CAAGala2026.GiveSmart.com.

BestFest

Thursday, March 26, 5-7:30 PM
@ Dubuque County Fairgrounds

A benefit to support Hospice of Dubuque celebrates the best Dubuque has to offer, as voted on by reader ballots in *The Dubuque Advertiser*. Winners gather and give samples of their best products. RSVP. Visit HospiceOfDubuque.org.

DSO: Sound Bites Luncheon

Friday, March 27, 11:30 AM-1 PM @ Dubuque Golf & Country Club

The Friday before each Classics concert, the Dubuque Symphony Orchestra (DSO) League hosts a luncheon. Visit DubuqueSymphony.org.

DSO: Classics 4

Saturday and Sunday, March 28-29
Saturday, 7:30 PM; Sunday, 2 PM @ Five Flags Theater

Following the extraordinary success of last season’s premiere of Michael Gilbertson’s Symphony, the Dubuque Symphony Orchestra has again commissioned the composer to create a new cello concerto written especially for the orchestra and cellist, Zuill Bailey. Visit DubuqueSymphony.org.



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PHOTOS FROM THE SWITCH HOMES DEVELOPMENT



South Pointe Neighborhood in Key West

The State of Dubuque Housing

by Beth Triplett

With the coming of spring, the housing market tends to bloom as well. Many buyers and sellers see the advent of the new season as the perfect opportunity to find a new place to call home.

The housing market in the Dubuque area is “very stable,” according to Steve Davis, East Central Iowa Association of Realtors president and Equity Real Estate Group co-owner and managing broker. “Home values have steadily climbed since the Great Financial Crisis.”



Steve Davis

Davis believes the market for home sales in Dubuque is very balanced, meaning there is an even distribution between buyers and sellers. “I think a

balanced market is a very good thing,” said Davis. “A balanced market is a fair market for both buyers and sellers. It allows new homeowners to find their home. It allows people to upgrade when they want. It allows more movement within the market, and people don’t feel stuck. So, they have the opportunity to buy if they want to and to sell if they want to without the challenges of a lopsided market.”

In recent years, the excess of buyers over sellers saw bidding wars with multiple offers on a single property. Now, Davis reports, there is an average of about 28 days on the market. Post-COVID, Davis has seen increases in

values over and above inflation in many cases. In 2025, there was a 9 percent increase over median sale price compared to 2024. “We’re not seeing the decreases in home values that many people expected; rather, modest increases are forecasted going forward throughout 2026,” he said.

Most of the housing volume comes in the \$200,000 to \$300,000 range; however, the activity in the \$300,000 to \$450,000 range is increasing, largely because of the home value increases and new construction.

“The market has been very steady across the board though,” said Davis. “We’re seeing a little bit more of a slowdown on some of the upper-end homes at \$500,000 plus. It’s a little bit slower there, but still good activity all the way across the board.”

Many of the new home sales in Dubuque are to people entering the housing market for

the first time. “The natural flow in Dubuque is people entering the city and first renting, getting stabilized in that job, and then they take their time to find the right property,” Davis said.

In addition to a balanced housing market, interest rates are also stabilizing. Rates in recent years have fluctuated from the 3 percent range during COVID to about 7 percent in the years following. “Rates are stabilizing quite a bit, even over the past several months,” said Davis.

“The rates have come back down to where now in the Dubuque area, local lenders are advertising rates at 6 percent or just under, like 5.75 or 5.85 percent.”

“With stabilization in the 10-year Treasury rate, I think it really suggests that rates are now settling,” Davis continued. “Going forward, I don’t know if we’re going to see a lot more relief in that interest rate. What feels like a very long-term trend of these types of rates should produce a very predictable market for buyers and sellers going forward, especially coming into spring.”

The Washington Post reported that there are now more Americans with mortgage rates higher than 6 percent than below 3 percent, tightening the home inventory as sellers with low mortgage rates had been reluctant to forfeit those rates with a move. With a higher average rate, it negates the “lock-in effect” and could create more housing inventory.

New construction is also adding to the number of available homes in the area.

According to the Greater Dubuque Development Corporation (GDGC), more than 2,100 new homes were in development in the area.

This is good news as projections from a GDGC study show that 2,500 new housing units will be needed in the next decade to accommodate workforce and population growth.

Several major housing projects, such as Switch Homes off the Northwest Arterial and South Pointe in the Key West area, have added new single family home inventory to the market. Several apartment complexes



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Switch-Homes_Aerials-Prairie-Heights

such as those on Cedar Cross Road, Radford Road, and Century Drive, have also added new housing options to the city. Outer municipalities such as Peosta, Dyersville, and Epworth have also seen new construction.

Even though the market is stable, inventory does change constantly. The goal of a realtor is to assist in the transaction to maximize proceeds for a seller and protect buyers. Licensed realtors provide full service to home sellers, including walking them through what the market is doing, what buyers are demanding, and how to prepare a home to sell.

The East Central Iowa Association of REALTORS® has over 300 members, including

agents, associate members, and professionals in the industry, such as inspectors and photographers. There is a wide variety of resources to help people with their real estate transactions – sometimes an overwhelming number.

How do you choose an agent? The advice Davis would give to both buyers and sellers: “Interview multiple people. Make sure you work with a realtor who is aligned with your goals and understands your needs. Look to your network and people you know and trust and see what agents they have worked with in the past. Find a personality fit.”

“For buyers, it’s important that you have an

agent who is going to be responsive and understands that you might not find the perfect thing right away, Davis said. “It might take a little bit of work to do that, but the right realtor is going to stand by your side and work through that process to help you get there eventually.”

For those interested in selling their home, Davis says that it is never too soon to begin discussions with a realtor.

“If there’s a thought or a plan to sell at some point in the future, it’s never too early to start having those conversations. Preparation is key to creating that amazing first impression when the house first hits the market.”

Government, contractors, and realtors are all working to ensure Dubuque can provide adequate housing. Take advantage of the professionals available to help you find your home sweet home. ❖

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



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“ It is with sincere thanks and appreciation that my interior decorator, Anne Powell, needs to be recognized. Anne’s expertise and dedication was above all expectations. She has a keen eye for what looks good together. After several visits to the FloorShow, Anne offered creative suggestions that aligned with my style. From start to finish, Anne found furniture, lighting and accessories that look absolutely beautiful in our home! Anne’s creativity, attention to detail and commitment on this big project was truly inspiring.

Thanks, also, to the Floor Show team: Ben, Molly, and Nate were all actively involved in making this project fall into place. Their dedication and hard work is truly appreciated!

- Jack and Maureen





Molly Deusch
Kitchen + Bath Designer



Anne Powell
Interior Designer

Design Services

- 01 Make an appointment
- 02 Set goals + budget
- 03 Gather inspiration + choose your color palette
- 04 We'll create the design
- 05 Finalize design + shop

Heart Health Options in the Tri-States



ALL PHOTOS CONTRIBUTED

Cardiac Rehab at Grant Regional Health Center.

by Connie Cherba

Heart disease causes more than 1 in 4 deaths and remains the #1 killer in the United States. Heart disease is driven by high blood pressure, cholesterol, obesity, diabetes, tobacco use, inactivity, and poor diet. Although heart related deaths decreased slightly in 2022 after pandemic spikes, risk factors including high blood pressure and obesity are on the rise.

The Tri-state area has several facilities and departments dedicated to improving heart health. Let's look at what's available:

SOUTHWEST HEALTH – PLATTEVILLE AND KIELER, WISCONSIN

“Southwest Health is proud to keep local access to high-quality, specialty care close,” said Abbey Droessler, Director of Marketing and Communications. “Our team is committed to helping our community stay healthy through prevention, education, and personalized care.” Southwest Health offers a variety of heart related services and wants you to be aware of “five significant biometric numbers can help you and your primary care physician determine if you are at risk for heart disease.” The numbers include:

Total Cholesterol or the total amount of the waxy, fat-like substance in the blood, include



Southwest Health – Platteville

low-density lipoprotein (LDL or “bad”) cholesterol and high-density lipoprotein (HDL “good”) cholesterol. A high level of LDL can raise your risk of heart disease and stroke.

Blood Pressure or the amount of pressure of blood pushing against the walls of your arteries which carry blood from the heart to other parts of the body is also an indicator of possible heart problems. High blood pressure can lead to heart disease.

Blood Sugar or blood glucose if allowed to remain high can seriously damage your heart.

Body Mass Index or BMI measures a person’s weight-to-height ratio and determines if a person is obese. Obesity is one of the risk factors for developing heart disease.

Minutes of Exercise measures the amount of time a person spends with an elevated heart rate and directly correlates with the numbers listed above. Regular physical activity lowers the risk of obesity, high blood pressure, high cholesterol, and diabetes. The CDC recommends 150 minutes of activity per week.

UNITY POINT HEALTH FINLEY HOSPITAL – DUBUQUE, IOWA



Unity Point Health Finley Hospital

“Whether you’re coming to Finley for emergency heart care, visiting our cardiology or pacemaker clinic, or recovering in our cardiopulmonary rehab program, our team is committed to providing an exceptional experience - helping you heal, recover, and get back to living well,” said Jennifer Havens, President, Unity Point Health – Dubuque.

Unity Point/Finley offers heart health services including:

CARDIAC OUTPATIENT CENTER

Outpatient heart procedures that are not an emergency can be carried out in one of four private rooms and a shared recovery room. Following the procedure, patients recover, receive education, and are discharged directly from the center.

CARDIAC CATH LAB

Blockage of the arteries can be diagnosed

during cardiac catheterization. In the cath lab, a catheter is inserted in the wrist or groin and threaded through the artery to the heart. A contrast material injected into the coronary arteries can determine the presence of a blockage. The blockage can be removed, and stents can be placed to keep the artery open. Finley Hospital’s average door-to-balloon angioplasty time to open blocked or narrowed arteries is just 49 minutes, which is well ahead of the American Heart Association’s 90-minute benchmark.

DIAGNOSTIC PROCEDURES

Finley’s Heart and Vascular Center can diagnose several heart conditions through a stress test, electrocardiogram, ECHO, cardiac CT scan, or cardiac nuclear medicine testing. Finley’s Pacemaker Clinic helps with follow up care for those with a pacemaker. Finley’s Heart Scan, known as calcium scoring, is also available as a diagnostic procedure.

GRANT REGIONAL HEALTH CENTER – LANCASTER, WISCONSIN

The Grant Regional Health Center offers a wide array of cardiac services from prevention of heart disease to early detection to ongoing management of the disease. Services also include cardiac rehabilitation.

“Grant Regional Health Center proudly offers a nationally certified cardiac rehabilitation program, accredited by the American



Grant Regional Health Center Cardiac Rehab Team Feb 2025

Association of Cardiovascular and Pulmonary Rehabilitation since 2003,” said Rochelle Williams, Marketing Director. “The program supports individuals recovering from a heart attack, heart surgery, or other cardiac conditions through structured exercise, education, and lifestyle guidance. Our dedicated team focuses on improving heart health, reducing risk factors, and empowering participants to achieve a better quality of life.”



CONTRIBUTED PHOTOS

**MEDICAL ASSOCIATES
– DUBUQUE, IOWA**

Dubuque’s Medical Associates physicians and staff consistently meet or exceed nationally published standards. All the cardiologists are board-certified, bringing years of experience of cardiac care to the Tri-state area.

Some heart care services include:

- Treadmill and pharmacological stress testing to evaluate the heart’s response to exercise
- Monitoring to assess cardiac rhythms
- Echocardiography to study blood flow and heart valves
- Nuclear imaging to assess cardiac blood flow at rest and during exertion
- Management of both diastolic and systolic heart failure



Medical Associates – Dubuque

- Cardiac catheterization to record imaging of heart function, coronary arteries, pressure measurements, and cardiac output measurements
- Coronary angioplasty, atherectomy, and stenting, all methods for relieving obstructions in coronary arteries
- Carotid Artery Stenting (CAS) to treat narrowed carotid arteries, improving blood flow and reducing the risk of stroke
- Evaluation and treatment for peripheral arterial problems (outside the heart)
- Implantation of pacemakers and follow-up services for pacemaker patients and implanted defibrillator patients
- Monitoring of rehabilitation activities for cardiac surgical patients
- Evaluation of severe aortic stenosis and treatment plans including TAVR or Transcatheter Aortic Valve Replacement

**MERCYONE MEDICAL CENTER –
DUBUQUE, IOWA**

The team of experts at MercyOne uses the latest techniques and advancements to improve heart health. One of the important services available at Mercy One is called

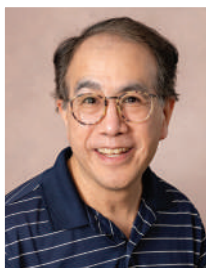


MercyOne Medical Center – Dubuque

interventional cardiology. This procedure allows physicians to diagnose and treat heart conditions using catheters or small, flexible tubes, to access blood vessels without surgery. Interventional cardiology is performed in state-of-the-art catheterization laboratories and gives physicians a very clear view of the patient’s cardiovascular system. The diagnostic procedure lets physicians work through minimally invasive incisions that lead to shorter hospital stays, less pain, and faster recovery time. Interventional cardiology allows for accurate diagnosis necessary to treat heart disease. MercyOne offers an online heart disease risk survey. ❖

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

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Eugene Kaji, MD

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CONTRIBUTED PHOTOS

HOW DUBUQUE COUNTY IS CREATING CHILD CARE SOLUTIONS

Nonprofits, businesses and charitable individuals work together to address availability of a crucial community resource.

In the small town of Cascade, Aquin Little Angels Early Childhood Education and Preschool Center is an essential community resource. Many working parents depend on it to provide the care and stability that enables them to hold jobs.

Like child care centers nationwide, Little Angels has faced staffing challenges that limit services for families. Without an adequate number of workers to meet community needs, families end up on a waiting list. Last year, though, the center received funding that has alleviated some of the chal-

lenges. Little Angels was one of 20 child care centers in Dubuque County to receive a grant from the Dubuque County Child Care Solutions Fund to support employee retention and recruitment.

“This grant has been invaluable, allowing us to advertise on Access Dubuque and promote our new-hire incentive program — expenses beyond our regular budget,” says center Director Joann O’Connell. “This support has helped us maintain consistent staffing levels and attract qualified candidates, making a meaningful difference for our program and the families we serve in a field where recruitment and retention remain significant challenges.”

The Child Care Solutions Fund is one of

the ways the Community Foundation of Greater Dubuque, in partnership with local businesses and organizations, is supporting Dubuque County’s workforce.

Child care providers are essential to the region. They are more than just caregivers — they also serve as teachers, sources of nutritious meals, and nurturing environments for children. They play a critical role in the larger economy through the provision of care options for working families and build a foundation for school readiness and educational success.

At the same time, barriers like high costs, long waiting lists, and lack of infant care mean that many families can’t access this important resource that would enable parents

and guardians to enter the workforce.

The Child Care Solutions Fund helps centers retain high quality child care workers and grow their capacity to serve local families. The fund addresses competitive child care wages while keeping tuition affordable for working families. This program is supported by the Community Foundation of Greater Dubuque, a 501(c)3 nonprofit, through funds received from private sector employers.

BUSINESS CHAMPIONS

The Child Care Solution's Fund dates to December 2023. At that time, Dubuque Initiatives, in partnership with Greater Dubuque Development Corp., launched Business Champions for Child Care to strengthen the region's workforce and economy through strategic investment in child care. The initiative secured \$560,000 in state funding through a pilot program in 10 Iowa communities and leveraged \$819,000 in local investment.

Fifteen leading employers in the Dubuque region joined together to create this multi-year fund, reinforcing child care as a critical driver of workforce stability and long-term economic growth in Dubuque County.

In 2025, the Dubuque County Child Care Solutions Fund, as it is now known, transitioned to the Community Foundation, which has a long history of building relationships and mobilizing resources to address complex community challenges.

The Foundation's approach to child care is grounded in its role as a trusted convener, a responsible steward of donor dollars, and a credible partner to policymakers. This unique position allows the Foundation to listen to providers, align philanthropic investments with community need, and engage legislators in informed conversations that strengthen the child care system across Dubuque County.

“For every dollar invested in child care, businesses see returns through reduced employee absenteeism, improved recruitment, and workforce stability,” – Mary Jo Jean-Francois, vice president of impact at the Community Foundation

MEASURABLE IMPACT

By strengthening and stabilizing the child care workforce, the fund expands access to affordable, high-quality child care, easing a barrier to employment, and supports a stronger, more resilient workforce and economy.

Since launching, the fund has granted \$915,000 to local centers, support that has made a meaningful impact on the availability of child care. By the end of 2025, the fund had helped reduce the gap in available child care slots in Dubuque County by 47% since 2022, according to Iowa Child Care Resource & Referral. In the past two years, the fund has helped create 397 new child care slots.

Though challenges remain, Dubuque County is meeting child care demand at a higher rate than other Iowa metro areas. Here, child care centers are meeting 73% of demand, while peer counties Scott, Johnson, Black Hawk, Linn and Polk have rates ranging from 57% to 66%, according to Iowa Child Care Connect.

This increase in slots is, in part, due to an increase in the number of child care professionals. The fund has led to the hiring of 182 professionals countywide since 2024, while child care wages have increased by \$2.18 per hour in the past two years, thanks to grant support. Today, the retention rate for child care workers is 71.5%, compared to 66.5% nationally.

“Child Care Solutions grant funding has strengthened our staffing through competitive wages, onboarding programs and professional development,” says Tina Pothoff, director of Our Lady of Guadalupe Early Childhood in Dubuque. “These resources help us attract and retain quality staff, ensuring new team members feel supported and confident in their roles.

BE PART OF THE SOLUTION

As the fund enters its third year, the Community Foundation is seeking new partners, including individuals and businesses, to contribute to the fund and support the local workforce.

“For every dollar invested in child care, businesses see returns through reduced employee absenteeism, improved recruitment, and workforce stability,” says Mary Jo Jean-Francois, vice president of impact at the Community Foundation. “Investing in the Child Care Solutions Fund directly supports a business’ ability to attract and retain talent.”

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

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Program Results (2024-2025)

By the Numbers



**National retention rate 66.5%

WHY AN INVESTMENT STRATEGY IS ONLY ONE-FIFTH OF A COMPLETE RETIREMENT PLAN

by Keith Leverentz

When people think about preparing for retirement, they often assume they already have it covered. After all, many have an advisor they trust — someone who helps manage investments and keeps an eye on the markets.

That's an important role. But it's also where a common misunderstanding begins. Investments are essential — but they are only as effective as the broader plan they're part of. They help grow assets, manage risk, and pursue returns aligned with long-term goals.

But retirement introduces a different set of questions — ones that go beyond performance alone.

QUESTIONS LIKE:

- How will income be taken — and from which accounts?
- How will taxes affect cash flow year by year?
- How does Social Security fit into the picture?
- What happens when healthcare costs increase, or life circumstances change?
- How can assets be preserved not just for today, but for the people and causes you care about?

These questions don't replace investment planning. They build on it.

WHERE THE GAP OFTEN APPEARS

For many households, investment management happens in one lane, while retirement decisions quietly unfold in another. Income withdrawals, tax decisions, and timing choices are often made one at a time — sometimes out of habit, sometimes out of necessity — without a broader framework guiding how everything works together.

This isn't due to a lack of attention or effort. Most people were never taught to think about retirement as a coordinated system.



CONTRIBUTED PHOTOS

And many advisors are trained primarily to focus on portfolios, not on how income, taxes, healthcare, and legacy considerations intersect over time.

The result is that people can feel “on track” on paper yet still feel uncertain about the road ahead.

RETIREMENT IS ABOUT COORDINATION

Retirement planning shifts the focus from accumulation to alignment. It’s not just about what you earn in the market, but when income is taken, how it is taxed, how flexible your plan is when conditions change, and how well each decision supports the next.

Two households with similar investment returns can experience very different outcomes depending on how these elements are coordinated. That difference often shows up gradually — not as a crisis, but as lingering questions, missed opportunities, or unplanned tax consequences.

A BROADER VIEW CREATES CONFIDENCE

A complete retirement strategy looks at the full picture. It considers investments as one lens — alongside income planning, tax awareness, healthcare preparation, and legacy goals. When these pieces are viewed together, decisions tend to feel clearer. Not because the future is predictable, but because the plan is intentional.

If you’ve ever wondered why retirement feels more complex than you expected — or why important conversations seem to happen in fragments — it may not be that anything is wrong. It may simply be that you’ve been given part of the picture, when what you really need is the panoramic view — one that can bring greater clarity and peace as you move through retirement.

And that distinction can make all the difference.

To explore these ideas further, join us for an upcoming educational seminar at TheLifeGroupllc.com/events.

Keith Leverentz, NSSA®, is the founder of The Life Group, guiding clients since 2003 with personalized financial planning, investment counsel, and retirement strategies. Learn more by visiting TheLifeGroupllc.com. ♦

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

Praying with the Psalms During Lent
Wednesdays, through March 25 @ 7-8 PM
 (via Zoom) - Featuring Sarah Kohles, OSF.
 Registration required.

Smartphones, Doomscrolling, and Resilience in a Changing Digital Landscape
Thursday, March 5 @ 7-8 PM (via Zoom)

This presentation will describe why our brains may pull us into our phones, and how this may shape our health, mental health, and our interactions with the world around us. Registration required.

Silent Book Club

Monday, March 9 @ 6:30-8 PM
 Participants gather to share the same space

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

Lunch & Renew: Chair Yoga
Wednesday, March 11 @ 11:30 AM-12:30 PM - Registration required.

Meditation & Music
Monday, March 16 @ 6:30-7:30 PM
 Wear comfortable clothing. Feel free to bring a pillow or blanket. Registration required.

Walking the Camino: A Lenten Journey Toward Hope & Healing -Tuesday, **March 17 @ 6:30-8 PM** (in-person and via Zoom)
 Featuring Brother Brian McLaughlin, SVD.

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StateraIntergrated.com

Diabetes: Prevention & Management
Thursdays, March 5 through May 14

Thoughtfully designed to support individuals with diabetes or pre-diabetes.

No Limb-its Amputee Social & Support Gatherings

Monday, March 9 @ 4-5:30 PM
 A monthly gathering where individuals living with limb loss can meet others with similar experiences and struggles.

Community Acupuncture
Thursday, March 19 @ 5-6:30 PM

Community acupuncture allows for individualized treatment in a common treatment area.

Prenatal Yoga, 5-Week Series
Mondays, March 30 through April 27 @ 5:30-6:20 PM

Prepare for birth and motherhood while connecting with other expecting mamas.

SINSINAWA MOUND CENTER
Sinsinawa/org/MoundCenter/Events

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

Sound Healing Yoga
Saturday, March 14, April 25, May 23 & June 13 @ 10-11:30 AM



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Caregiver Support Group
1st & 3rd Thursdays at Stonehill
2nd & 4th Thursdays at Asbury Public Library @ 2-3 PM

This support group is open to all non-professional caregivers. RSVP.

Lewy Body Dementia /FTD Caregiver Support Group

3rd Tuesday at Stonehill @ 4-5 PM

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NEWS

SOUTHWEST HEALTH WELCOMES UROLOGIST

Southwest Health, Platteville, WI, announced that **Alex Horchak, MD**, has joined its team providing comprehensive urology care.

Horchak is a board-certified urologist with more than 30 years of experience delivering comprehensive urologic care. He specializes in advanced urologic treatments and offers evaluation and treatment for conditions affecting the urinary tract and male reproductive system.



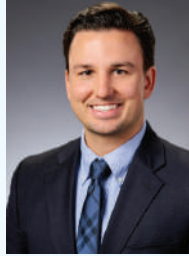
MEDICAL ASSOCIATES ANNOUNCEMENTS

Deana O’Gorman, NP, has joined their hospital medicine department. She received her Master of Science in Nursing and Bachelor of Science in Nursing with a minor in gerontology from South Dakota State University in Brookings, SD.



Most recently, O’Gorman worked as a family nurse practitioner at MercyOne in Dyersville. She is board-certified by the American Nurses Credentialing Center and provides care to patients while they are in the hospital, working closely with patients, families, and physicians.

Zach Miller has been named the new director of revenue cycle at Medical Associates. He received his Bachelor of Arts degree in Economics from the University of Iowa. Most recently, Miller served as the director of patient access & RHM financial services at MercyOne in Dubuque.



Inspire therapy is now being offered by Medical Associates. Inspire therapy is a long-term, mask-free solution for people with obstructive sleep apnea (OSA) who have tried and struggled with CPAP.

OSA is the most common type of sleep apnea and occurs when the airway becomes blocked during sleep, causing repeated pauses in breathing. Over time, untreated sleep apnea can increase the risk of serious health issues, including heart disease, stroke, diabetes, and depression.

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JULIEN'S JOURNAL ❖ 25

HOW TO HIRE A CAREGIVER FOR IN-HOME HELP

by Jim Miller

Finding a good in-home caregiver for an elderly parent is not always easy. How can you find one that's reliable and trustworthy, as well as someone your parent likes and is comfortable with? Here are some tips that can help.

KNOW THEIR NEEDS

Before you start the task of looking for an in-home caregiver, your first step is to determine the level of care your parent needs.

For example, if they only need help with daily living tasks like shopping, cooking, doing laundry, bathing or dressing, a “homemaker” or “personal care aide” will do. But if they need health care services, there are “home health aides” that may do all the things a homemaker does, plus they also have training in administering medications, changing

wound dressings and other medically related duties. Home health aides often work under a nurse's supervision.

Once you settle on a level of care, you then need to decide how many hours of assistance they will need. For example, do they need someone to come in just a few mornings a week to cook, clean, run errands or perhaps help them with a bath? Or do they need more continuous care that requires daily visits?

After you determine their needs, there are two ways in which you can go about hiring someone. Either through an agency, or you can hire someone directly on your own.

HIRING THROUGH AN AGENCY

Hiring a personal care or home health aide through an agency is the safest and easiest option, but it's more expensive. Costs typically run anywhere between \$15 and \$30 an hour depending on where you live and the

qualification of the aide.

How it works is you pay the agency, and they handle everything including an assessment of your parents' needs, assigning appropriately trained and pre-screened staff to care for them, and finding a fill-in on days their aide cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the caregiver, and the caregivers may change or alternate, which can cause a disruption.

To find a home care agency in your area use search engines like Google or Bing and type in “home health care” or “non-medical home care” followed by the city and state your parent lives in. You can also use Medicare's search tool at [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) – click on “home health services.” Most home health agencies offer some form of non-medical home care services too.

You also need to know that original Medicare does not cover in-home caregiving services unless your parent is receiving doctor ordered skilled nursing or therapy services at home too. But, if your parent is in a certain Medicare Advantage plan, or is low-income and qualifies for Medicaid, they may be eligible for some coverage.

HIRING DIRECTLY

Hiring an independent caregiver on your own is the other option, and it's less expensive. Costs typically range between \$12 and \$25 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your parent.

But be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the aide doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option, make sure you check the aide's references thoroughly and do a criminal background check at companies like [eNannySource.com](https://www.enannysource.com).

To find someone use an elder-care matching service like [Care.com](https://www.care.com) or [CareLinx.com](https://www.carelinx.com), which both provide basic background checks. ♦

Jim Miller is a syndicated columnist that offers advice for Boomers and Seniors.

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RESTAURANT REVIEW

Taste

Article and photos by Cassie Cate

Rosie's is a proud supporter of the local community. They even offer a lotus called the Bobcat, that is inspired by the local team.

Everyone is welcome at Rosie's, and the locals love coffee talk in the morning.

ROSIE'S IS A HIDDEN GEM THAT IS WORTH THE VISIT

If you find yourself driving through Epworth, be careful not to blink, or you may miss the small strip that runs through the center of town. Nestled among the few small buildings is a hidden gem that is worth the visit. Rosie's Coffee House is a place where customers are friends, and friends are family. As owner Lindsie Wessels would say, "Rosie's is a daily reminder to slow down, savor the moment, and choose joy."

When Dan and Angie Kramer purchased Local's Bar in Epworth in 2021, they offered a small space within the building to their friend Lindsie, who they knew had a dream to one day open her own coffee house. Together, they learned about the business, built relationships within

the community, and, as Lindsie would say, "laid the foundation for what Rosie's would become." After two years, the opportunity to move to her own location in the old bank across the street was realized, and with the continued support of her friends, Wessels began her solo venture. "I will forever be

grateful for the opportunity they gave me and for believing in my dream before it was fully formed. Without them, Rosie's would not be where it is today, and that is something I will never take for granted," said Lindsie.

The rebranding of her coffee shop was something Lindsie knew had to make a deep impact, and without hesitation, she named her shop Rosie's after her beloved aunt who had made a profound impact on her life. Even though she lost her battle to cancer in 2015, she lived her life as a free spirit, doing what she wanted when she wanted to, living life to the fullest. Lindsie said, "When I think



Every drink ordered at Rosie's is made special and served with a smile.

of her, I'm reminded to wear the damn fur, buy the coffee, drive the convertible, and take the vacation because life is simply too short not to be enjoyed." This fierce determination helped give Lindsie the courage to press on with her dream.

This dream was not an easy one to pursue, and luckily for Lindsie, a single mom, she had the support of her two daughters, Alexis and Adrienne. Lindsie said, "They didn't exactly get a choice in coming along on this journey, but they've shown up with grace, patience, and so much heart. Some days are long and

exhausting, others beautifully busy—but Rosie's brings them joy, and they are always willing to help when needed. Watching them grow alongside this dream has been one of my greatest blessings." Although her girls were integral in the making of Rosie's, Lindsie said, "Above all, I am deeply grateful to God. I truly believe He paved this path, placing the right people in my life at exactly the right time. Without Him, none of this would be possible."

Rosie's is truly a place for everyone. The day begins with "The Fellas," opting for black coffee in exchange for their stories and wisdom, followed by the school rush of high schoolers fueling up for a long day of learning. After that, an array of guests arrives, bringing in moms of tots to students having a Bible study or a high school sport's team getting together to laugh and strategize.

These customers have all found a home at Rosie's, creating a sense of community that can only be found in small town Iowa. The local regulars are the backbone of the business, creating "the heartbeat" of Rosie's, which is what Aunt Rosie lived out each day, creating meaningful conversations and

sharing with others. Although these regular customers are beyond appreciated, a location off the highway can be tough when trying to reach new customers. There is no drive-through, and you do have to get off the main road to reach the shop, but when customers have made that stop, Lindsie said, "Some of our most meaningful connections have been made with people just passing through. That's the beauty of life and of small towns- you never know who you're going to meet or how long their impact might last. We truly appreciate every single person who walks through our doors, whether they're a familiar face or a first-time visitor."

Community is the heart of the business. The connections Lindsie has made have created a family for her. She loves to give back to this family by going to her employee's school events, donating to local schools and churches, and simply celebrating the moments others within her community circle are experiencing. Recently, the shop raised money for area women battling cancer, which was important because of the fight Aunt Rosie had with cancer. Lindsie says, "At the end of the day, Rosie's is only as strong as the community around it, and I'm endlessly grateful to be part of something so special."

Rosie's offers a variety of drinks from coffee and lattes to lotus energy drinks. She also offers protein drinks and other noncaffeinated beverages. Of course, one of the signature lattes is called The Sweet Rose, including honey, lavender, and rose syrups. Supporting the local team, the Bobcat Lotus has gold lotus, blood orange, and raspberry syrups. Several grab and go eats are available, like the Power Up Bars or Bacon Guac Toast. Rosie's also offers bowls and sandwiches, like the sausage breakfast sandwich with strawberry rhubarb jam. Lindsie says if you order it without the jam, they will be sure to convince you to get some on the side! The meat comes directly from Silker's meat counter, which Lindsie says is the secret to what makes them so delicious. Of course, every season brings new specials, so the menu is always changing!

As Lindsie said, "I believe we all have a "Rosie" in our lives- someone who reminds us how to live boldly and love deeply. And sometimes, it's okay to channel our inner Rosie, too." Find your inner Rosie and stop in for a spell. You won't be disappointed.

Rosie's is located at 106 West Main Street in Epworth. ❖

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

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SIPS & TIPS Taste

PHOTO CONTRIBUTED BY JOHN B. DONOVAN



by Angela Jones & John B. Donovan

WINES TO BRIDGE THE SEASONAL CHANGES IN MARCH

“In the company of friends and a bottle of wine, every moment becomes a celebration.” – Beverly Crandon

When March arrives, it marks the winding down of winter and the first hints of spring; the month’s weather is, according to the adage, “in like the lion and out like the lamb.” While we eagerly wait for the return of warmth, vintners in many regions are also watching for signs of vines waking up (sap!) and starting bud break.

Both wines that TeamWine tasted for this month are from regions that are now getting ready to welcome their 2026 grapes. But, of course, wine tasting is about looking—or, rather, tasting—back in time to past harvests.

TeamWine first tasted the white wine selection from California: **Grounded Sauvignon Blanc** by Josh Phelps (13% ABV; \$15).

The Grounded Sauvignon Blanc is made using 100% Sauvignon Blanc grapes, and the one we tasted is the 2024 vintage. The story for that harvest involves a late start to

the season because of winter rains and a cool spring, but the late-season weather allowed for extra ripening time. The crop load, however, was lower than usual because of those conditions.

When ready, the grapes were harvested in the early morning and were pressed immediately and cold-fermented in jacketed stainless-steel tanks. This helped the vibrancy and bright acidity of the wine. The good news for the low crop load was that they could harvest earlier and, it turns out, before a stretch of intense heat that would have diminished the vibrancy.

The bright acidity of this Sauvignon Blanc is not as heightened as it is with the same grape in New Zealand; instead, the acid is “not overwhelming,” from one member of TeamWine, but it’s still in line with the fresh (but subdued) zestiness of a typical Sauvignon Blanc which helped another member guess the varietal.

The color has a “hint of yellow,” another member wrote, and that may be a clue to the delicate balance of this wine. Likewise, the body is light and crisp, and while the taste of the wine is equally delicate it does have a surprisingly long, bright finish.

On their palates, TeamWine detected lemon, sweet apple, tropical fruit/pineapple, melon, and a touch of spice. One member said it is reminiscent of sweet tarts, so that’s something to try to detect for yourself!

Finally, TeamWine found this Sauvignon Blanc to be food friendly with options like Brie, summer salad, wood-fired pizzas, and light, flaky fish. While it didn’t “wow” everyone, it was unanimous that it’s a pleasant wine, that may offer a promise of warmer weather ahead.

For the second wine, TeamWine tasted an **Eguiluz Bodega y Viñedos Jovan** (DOCz Rioja 2022; 13.5% ABV; \$17(after discount)). This dark garnet is 85% Tempranillo, 10% Viura (a white grape often used for blending), and 5% Garnacha.

Eguiluz, established in 1982, is a father-son team in northern Spain who promote harvesting the grapes by hand and using traditional grape-treading by foot (but with



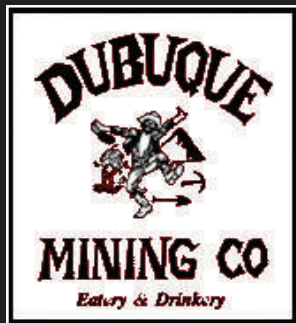
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rubber boots/wellies).

The vineyards are in Abalos and Labastida, and the vines for this wine are on high, cool, south-facing slopes on the left bank of the Ebro River, which means the grapes have warm days and cool nights in clay-and-limestone soils.

The juice for the Jovan undergoes both carbonic fermentation (in uncovered concrete lakes) and then malolactic fermentation (in concrete tanks). The former helps develop the fruit flavors and soften the tannins as the berries ferment from the inside out. The latter helps create a rounder, fuller mouthfeel and a more complex wine.

One TeamWine member was surprised to note an aroma of the wine's terroir, that the place seemed to be evident in the aroma (and she correctly guessed that it was a Tempranillo.) She picked up on the damp, musty earthiness of the wine along with other classic notes of cherry, leather, and cigar box that the others noted. There's also a hint of spice and faint rose. These are the fun complexities of this wine.

Despite the intensity of the wine's red color and the complexities on the nose, the body is surprisingly light, and the taste is a little spicy with cherry and soft strawberry. It has soft but clearly present tannins. TeamWine would pair this wine with hard cheese, white meat, light pasta, and even sweets, but one member noted that it doesn't hold up to salami.

As we turn the corner from winter to spring, both wines offer glimpses of spring with their light body and vibrant fruit while still offering comfort in a glass against the end-of-winter chill.

TIPS

If you are like me, you want to enjoy wine while outside during the warmer months. Whether it is in a park with small group, or attending an outdoor concert, it's nice to have a nice crisp Rose, a refreshing white, or maybe a light-bodied red. With that in mind, most retailers will give you a discount on case purchases, and it doesn't have to be all the same wine. Put a case order together, maybe even with a friend, and get a significant break on total cost. Then, regardless of if you're headed out on a boat, at an outdoor concert, or simply relaxing on your back porch, you'll have a bottle of wine ready to go.

Salut ❖

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

Business & Community News

RIVER MUSEUM RECEIVES GRANT

The Dubuque County Historical Society and its National Mississippi River Museum & Aquarium were awarded \$2,500 in program support from the City of Dubuque’s Sustainable Dubuque Grant Program. This funding will support a special conservation education program during the River Museum’s Party for the Planet 2026 event.

The special Wetlands Invasive Species Removal program is a newly envisioned feature for the River Museum’s 2026 Party for the Planet, a three-day conservation education event that focuses on the interconnectedness of wildlife and the ecosystems that support them. The event partners with more than a dozen conservation partners and includes demonstrations, immersive activities, live animal encounters, and greenhouse tours.

DUPACO AWARDS GRANTS

Through a partnership with Key City Creative Center (KCCC), Dupaco Credit Union is empowering four community members by providing resources to create, develop products, and connect with other local makers, artists, and entrepreneurs, potentially paving the way for small business opportunities. Those selected to receive the memberships are **Debra Hayes, Adrian Funk, Jillian Funk, and Rodrigo Marin** to develop their skills and training.

Key City Creative Center is a dynamic makerspace where members can create and collaborate on projects and ideas. The center provides equipment and classes in woodworking, welding, metalworking, 3-D printing, pottery, and sewing.

CHAMBER RIBBON CUTTINGS

Laughing Crab, The Key Hotel, Kwik Star

PREMIER WELCOMES NEW EMPLOYEE

Premier Bank, Dubuque, announced **Nate Breitsprecker**



as the newest member of its commercial banking team. Breitsprecker joined the bank as a commercial banking development officer, supporting the bank’s continued commitment to local businesses and community growth.

Previously, Breitsprecker served as director of sales & guest services at the National Mississippi River Museum & Aquarium, Dubuque, where he focused on long-term partnerships, community engagement, and strategic market development. In his new role, he will work closely with local business owners and community partners to understand their goals and connect them with financial solutions that support long-term success.

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