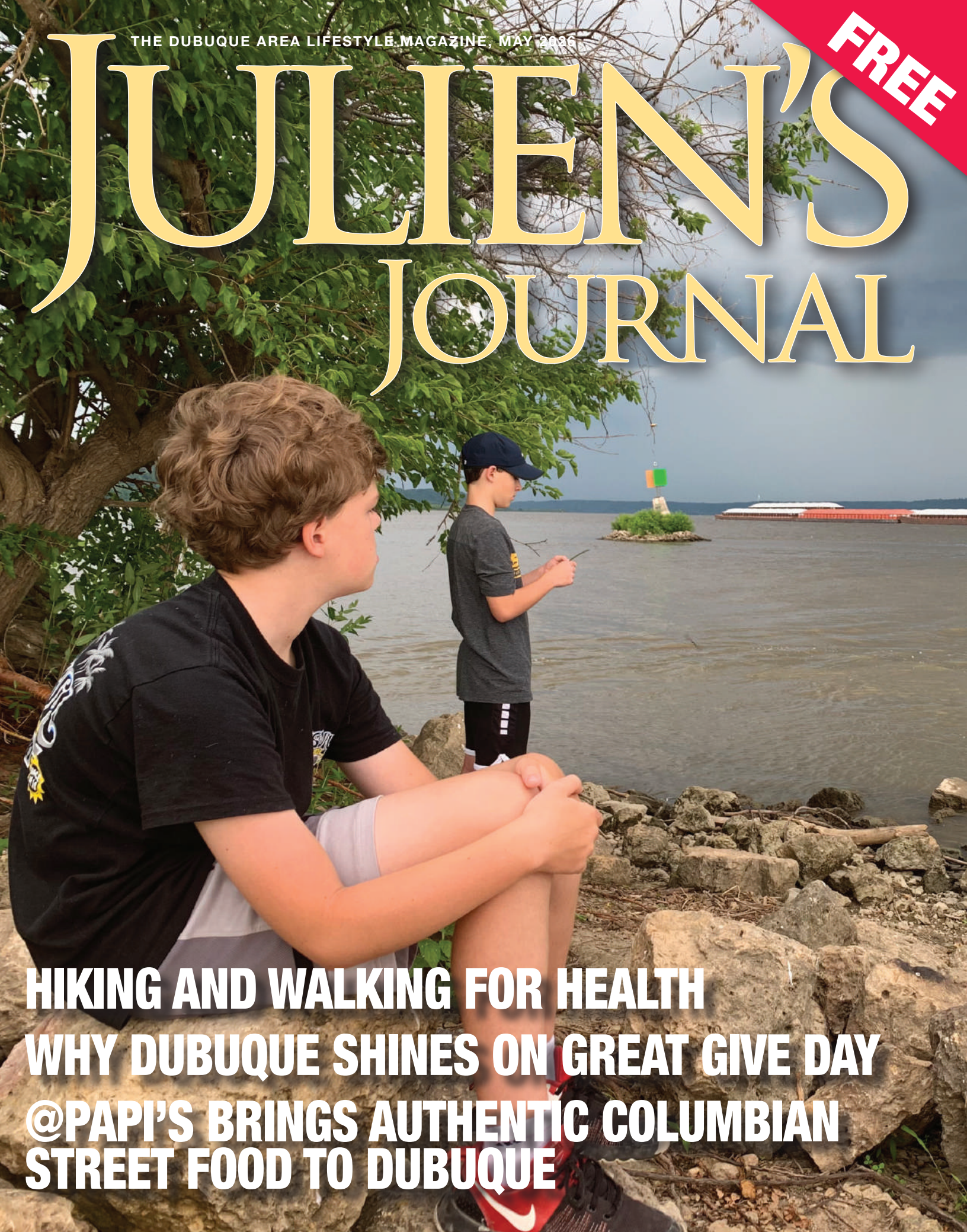


THE DUBUQUE AREA LIFESTYLE MAGAZINE, MAY 2026

FREE

JULIEN'S JOURNAL



HIKING AND WALKING FOR HEALTH
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“ PATIENT TESTIMONIAL

Meeting Dr. Kunz for the first time, I was impressed by his note taking, his feedback remarks, and his sense of building a case toward my future therapy. Dr. Kunz is AMAZING and a wonderful addition to MAC!

★★★★★ (5 out of 5 star review)

BEHAVIORAL & MENTAL HEALTH DEPARTMENT | 563.584.3500

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PUBLISHER'S NOTE

I've always felt that high-quality barbecue was hard to find in the Dubuque area. To confirm this, I did an Internet search and found the usual suspects of several restaurants that offered barbecue wings (probably taken out of a freezer bag) or barbecue sauce (probably out of a can) on a sandwich that was like something I could make at home. I even found a place that offered pork ribs with a barbecue peach sauce. Seriously? Peach sauce? Peach sauce and barbecue in the same sentence is not for a barbecue traditionalist like me. As a young man just out of college, my travels took me through Kansas City on a regular basis, and since Kansas City is barbecue's version of being in heaven, I admit that I'm picky. The good news is that Dubuque's barbecue problem has been solved. I recently enjoyed a fun lunch with my son at Goerd's Brewhaus, located on North Main Street in Galena. This lunch was made even better because I enjoyed the best barbecue I've had since my days of dining in Kansas City. In addition to great barbecue, Goerd's also offers tasty craft brews, and both are made by the owner himself on site. For the barbecue deprived, it's well worth the short trip to Galena. Please let me know if there are any other Dubuque area barbecue establishments that I'm not aware of at Robin@JuliensJournal.com.

Inside this issue

Dubuque and Dubuque County have numerous outdoor walking and hiking trails ranging from simple to challenging. Read about our twelve favorites on page 16.

It has earned the nickname "the silent killer" for good reason. High blood pressure rarely announces itself with obvious warning signs. Learn about its dangers and how prevent them on page 19.

The Community Foundation of Greater Dubuque's annual day of giving returns. On May 20, make your gift to support participating nonprofits across the region. Learn more on page 21.

Choosing when to start Social Security is a little like deciding when to lock in a paycheck for the next phase of life. Learn why on page 23.

Chicago's first railroad was conceived to connect Lake Michigan with the Galena/Dubuque lead mines in the 1830s. Read about it on page 25.

@Papi's brings authentic Columbian street food to Dubuque. Read our review on page 30.

TeamWine introduces two new members and reviews two wines to celebrate the beginning of Summer. Read about them on page 33.



One Social Security Decision. Long-Term Consequences.



Choosing when to claim Social Security is about more than age. It can affect monthly income, taxes, survivor protection, and how much pressure it places on your other retirement assets over time.

A thoughtful retirement plan coordinates Social Security with the rest of your financial picture.



Schedule a Purpose Meeting

www.TheLifeGroupLLC.com
or call 563-587-7840



THE FINE PRINT

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

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JULIEN'S JOURNAL

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- 19** THE SILENT THREAT: HOW TO IDENTIFY AND REDUCE YOUR RISK OF HIGH BLOOD PRESSURE
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Photo of the Month



This photo of a tugboat casting a wake on the Mississippi River was taken from Eagle Point Park by Julien's Journal read Casey Klein. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

May Events



Vintage Torque Fest

Friday and Saturday, May 1-2 @ Dubuque County Fairgrounds

This vintage lifestyle event is a weekend of vintage hot rods, motorcycles, rockabilly music, swap meet, hot laps and races, hot rod-themed art and a contest for pinup girls. Join us for THE kick off event of the season with dirt drag racing, demo derby action, vendors from around the country, camping, good food, and good times. This is a fundraiser for kids with congenital heart defects. Visit VintageTorqueFest.com.

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.

First Fridays

Friday, May 1

@ 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.



Are You Ready For It: A Taylor Experience

Friday, May 1

7:30 PM @ Five Flags Theater

This event recreates the magic of the Eras Tour in a spectacular, unforgettable show starring Traci Marie as Taylor. Visit FiveFlagsCenter.com.



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CALENDAR OF EVENTS



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

REAL LOVE
KENNY & DOLLY TRIBUTE

SATURDAY MAY 16 @ 7 PM



Experience an evening with America's favorite country duo! The Real Love: Kenny Rogers & Dolly Parton Tribute features Alan Turner and Laurie Lynn, who will take you on a musical journey through five decades of hits, just the way Kenny and Dolly did it. The magic of country music comes alive with two award-winning tribute artists who embody the charm, vocals and onstage chemistry of the original duo.

From classics like "Islands in the Stream" and "The Gambler" to "Jolene" and "9 to 5," this show precisely captures the music that made Kenny and Dolly legends. Perfect for fans of all ages, it's a night of music, memories and pure country gold. This show has wowed audiences across North America, so whether you're a long-time fan or discovering these classic hits for the first time, the Real Love tribute show is sure to be a heartwarming experience, filled with songs that speak to love, life and memories that last forever.

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



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Dubuque Farmers' Market

Saturdays through October 31

7 AM-12 PM @ Iowa Street from 11th and 13th Streets

Come for a variety of locally grown produce, meats, cheeses, baked goods, hand-crafted items, on-site prepared food, and more. Over 125 farmers, bakers, artisans, and makers from within 100 miles. Visit DubuqueFarmersMarket.org.

Echo & Reflections Art Show Gallery Showing

Saturday, May 2

1-4 PM @ Bluff Strokes Art Center

Two Men with One Vision is an upcoming art show presented by Mike Doland and Dave Eischeid. Media exhibits will include oil, acrylic, and watercolor. Visit BluffStrokes.org.



Steven Ho: Not Your Hero Tour

Saturday, May 2

7 PM @ Five Flags Theater

Steven Ho is a former ER Technician turned stand-up comedian and content creator whose comedy brings the wild world of healthcare to the stage and screen. Visit FiveFlagsCenter.com.

Open Studio

Mondays, through May 18

1-4 PM @ Bluff Strokes Art Center

Drop-in only, open studio with no instruction. Bring your own materials. Adults must accompany children who need guidance. Visit BluffStrokes.org/Programming.

Wild West Wednesdays

Wednesday, May 6, 13, 20 & 27

7-11 PM @ Dubuque County Fairgrounds

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

Teen Art Club

Tuesdays, through May 19, 3:15-5:15 PM @ Bluff Strokes Art Center

Teens are welcome to hang out, make art, and make friends. Students can sketch quietly on their own with others, draw or paint, collaborate, and/or plan special projects together. No instruction provided, but staff offer guidance. Visit BluffStrokes.org/Programming.



Eco-Friendly Urban Landscapes

Thursday, May 7, 6-7:30 PM @ Dubuque Arboretum & Botanical Gardens

Discover sustainable, beautiful alternatives to traditional lawns and learn how eco-friendly landscaping can support wildlife, conserve water, and enhance urban spaces. Visit DubuqueArboretum.net.

Music AT THE STAR

FREE LIVE MUSIC

Starting June 21 | 6:30 p.m.

See the full concert lineup at DubuqueArtsCouncil.com

DUBUQUE ARTS COUNCIL



Behavioral Health Services

Emily Friederick, LPC
Outpatient Counseling

Brittney Stelpflug, MSW, LCSW
Outpatient Counseling

Patti Heer, PhD, LPC
Outpatient Counseling

Kayte McQuillan, PMHNP-BC
Medication Management

Our goal is to help patients reduce the stress and conflict within their lives and improve upon essential coping skills while strengthening decision making abilities. We assist in improving one's concentration and communication skills and create healthier self-care techniques. Patti, Emily, and Kayte see patients ages 12+ and Brittney sees ages 18+.

Areas of focus include but are not limited to:

- Anger
- Anxiety
- Disabilities
- Depression
- Trauma
- Grief and loss
- Bipolar & mood disorders
- Family/relationships
- Adjustment/stress
- Low self-worth/esteem
- Coping with life stressors
- Chronic health conditions



Appointments
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CALENDAR OF EVENTS

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[HOSPICEOFDUBUQUE.ORG](https://www.hospiceofdubuque.org)

Low Sensory Morning

Saturday, May 9

8:30-10 AM @ National Mississippi River Museum & Aquarium

Across campus at both the Mississippi River Center and the National River Center, the Museum will have limited extra and ambient sounds, no distracting exhibit motions, and KultureCity sensory bags available for checkout at the box offices. Visit [RiverMuseum.org](https://www.RiverMuseum.org).

Millwork Night Market

Thursday, May 14, 5-8 PM @ Jackson Street between 7th and 9th Streets

The Millwork Night Market is an independent farmers' market featuring local food, art, and other unique goods, while also providing a unique nightlife experience. Second Thursdays through October 8. Visit [MillworkNightMarket.com](https://www.MillworkNightMarket.com).

Dubuque Audubon Monthly Program

Thursday, May 14, 7-8 PM @ EB Lyons Interpretive Center, Mines of Spain

Jon Stravers, director of Driftless Area Bird Conservation, will present summaries of Red-Shouldered Hawk monitoring conducted each year since 1982, as well as summaries of Cerulean Warbler surveys conducted each year since 2009 in the Effigy Mounds/Yellow River Forest Bird Conservation Area of Northeast Iowa. Visit [AudubonDubuque.org](https://www.AudubonDubuque.org).

She Unites Annual Pickleball Tournament

Saturday, May 16

9 AM-3 PM @ Veterans Memorial Park

Grab a partner or register solo and be matched with someone. There's a competitive division for those who like to play to win, and a recreational division for those who want to play, laugh, and enjoy the day. Spots are limited. Visit [SheUnitesIowa.com/Events](https://www.SheUnitesIowa.com/Events).

Painting the Iowa Landscape in Pastel

Saturday and Sunday, May 16-17

9 AM-4 PM @ Bluff Strokes Art Center

Each class day begins with a complete pastel painting demonstration. Attending artists will produce a pastel painting using award-winning techniques for textured underpainting in acrylics. During this painting period, the instructor will meet with each student independently to offer critiques and suggestions. Ages 16+. Visit [BluffStrokes.org](https://www.BluffStrokes.org).



Kenny & Dolly Tribute

Saturday, May 16
7 PM @ Ohnward Fine Arts Center
(Maquoketa, IA)

Come see award-winning country artists, Alan Turner and Laurie Lynn, perform a musical journey through decades of hits - just the way Kenny and Dolly did it. Visit OhnwardFineArtsCenter.com.

The Witch Market

Saturday and Sunday, May 16-17
12-5 PM @ Grand River Center

Inspired by all things witchy, metaphysical, nature, herbalism, gardening, sustainability, and healing, this traditional market and exhibition work to bring together various aspects of witchy works, green healing, nature and supplies, psychic energy, renaissance, couture, and bodyworks. Visit TarotGoddessEvents.com.

She Unites

Wednesday, May 20
6:30-7:30 PM @ The Innovation Lab

Come together for an evening of socialization and education. She Unites features rotating speakers talking about anything and everything pertaining to women in a chill environment. Visit SheUnitesIowa.com/Events.

Honey Tasting & Cookie Decorating

Thursday, May 21
6-8 PM @ Dubuque Arboretum & Botanical Gardens

Workshop. Registration required. Visit DubuqueArboretum.net.

Figure Drawing Open Studio

Thursday, May 21
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.

Who in your community has changed the world with a giving heart?



CHANGE THE WORLD WITH A GIVING HEART

Nominate them by July 3 to be recognized at the **National Philanthropy Day Luncheon** Thursday, November 12, 2026!



- Nomination categories include:
- Outstanding Individual Philanthropist
 - Outstanding Volunteer Fundraiser
 - Outstanding Philanthropic Organization
 - Outstanding Youth in Philanthropy
 - Outstanding Professional Fundraiser
 - Judges Award

Nominate at www.tinyurl.com/npdnominate

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Music AT THE ★ STAR ★

2026 Concert Schedule

Sundays at 6:30 p.m.

Dubuque Star Brewery, Alliant Energy Amphitheater



JUNE 21

Hunter Fuerste & His American Vintage Orchestra

Dust off your dancing shoes and travel back to the golden age of swing with a powerhouse 14-piece big band, dazzling soloists, and lush vocal harmonies celebrating the legends who defined an era.



JUNE 28

Dubuque Symphony Orchestra

Celebrate Americana and the 250th anniversary of the United States with an evening of music under the summer sky. PLUS, enjoy these extra features:

- Arrive at 4:45 p.m. for the final performance by the **DSO Youth String Camp!**
- Exclusive preview of the upcoming season
- As an extra special treat, courtesy of the Dubuque Arts Council, local favorite **River Glen & Band** will join us to share their poignant folk-music.



JULY 5

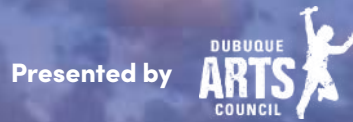
Switchback

Award-winning duo Brian FitzGerald and Martin McCormack blend Celtic tribal rhythms with the raw energy of the American plains. This international touring sensation and PBS favorite delivers beautifully crafted songs that move the feet and sway the heart—"American Roots with Celtic Soul" at its finest.

BREW CO[®]

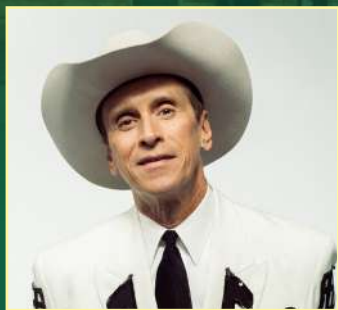
Your favorite summer concert series is back — in the heart of Dubuque!

Nestled between the Mighty Mississippi and historic Star Brewery, Music at the Star will transform your Sunday evenings with soul-lifting music, scenic views, and mouthwatering treats.



Beats & Bites

Grab some tasty bites from our food vendors while you enjoy the concert!



JULY 12

Jason Petty: 100 Years of Hank Williams

Jason Petty's Obie Award-winning portrayal of Hank Williams is a nostalgic, energetic tribute that brings Hank's legendary music back to life, honoring those who shaped him and those he inspired. A must-see for every country music fan.



JULY 19

The Moonlighters

Two seasoned vocalists, one unstoppable duo! The Moonlighters deliver a powerhouse five-piece sound with an impressive repertoire spanning country, pop, Motown and rock from the 50s through today. Brian and Jo know how to read a crowd and keep every generation on their feet all night long.



JULY 26

Kids From Wisconsin

Celebrating America's 250th anniversary in their 58th season, Wisconsin's finest young performers bring the nation's musical soul to life—from rhythm and blues, jazz, and rock and roll to soul, pop, folk, country, and Broadway—honoring the composers and songwriters who shaped a nation.



CALENDAR OF EVENTS

Thin Crust: We cook our pizza on old-fashioned deck ovens. That's why the crust & the cheese is golden brown.

Deep Dish: (Pan Style) This is our specialty. Slow cooked pizza in a 2" dish filled to the rim with mozzarella cheese and loaded with toppings.

Stuffed: Not your usual Chicago style stuffed pizza, nearly 2" thick loaded with cheese & slow cooked in our special oven. You've never had pizza like this!



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Hydrangea 101
 Thursday, May 21
 6-7 PM @ Dubuque Arboretum & Botanical Gardens
 The Dubuque County Master Gardeners will share expert tips on growing, pruning, and caring for beautiful hydrangeas. Registration required. Visit DubuqueArboretum.net.



Honeybees & Beekeeping
 Thursday, May 28
 6-7:30 PM @ Dubuque Arboretum & Botanical Gardens
 Come for a sweet and educational evening. Visit DubuqueArboretum.net.

Native Plant Sale
 Thursday, May 28
 5-7 PM @ National Mississippi River Museum & Aquarium
 Attend the Annual Native Plant Sale hosted by their conservation programs department. This event will take place in the plaza. Visit RiverMuseum.org.



Billy Currington
 Friday, May 29
 8 PM @ Five Flags Arena
 Billy Currington, with special guest Marlon Funaki, has spent nearly two decades topping the music charts, parlaying his rich, emotion-laden tenor and unerring song sense into some of the format's most memorable hits. Visit FiveFlagsCenter.com.

Music in the Gardens
 Sunday, May 31
 5-7 PM @ Dubuque Arboretum & Botanical Gardens
 Relive the soulful sounds of Motown and R&B with The Moods. Bring a chair or a blanket. Visit DubuqueArboretum.net.



All events/activities 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.

Music @ your library: Enemies of Confusion

Friday, May 1 @ 6 PM

This is a First Fridays concert series that features original music by local and regional musicians.

Toddler Time

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

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

Baby Rhyme Time

Tuesdays, through May 5 @ 10:30 AM

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

Preschool Storytime

Wednesdays, through May 6 @ 10:30 AM

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

Beginning Chapters Book Club

Wednesday, May 6 @ 4 PM

Read a new title each month and meet up for a book discussion and activity. Registration required.

Pokémon Club

Wednesday, May 6 @ 5:30 PM

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

Felt Flowers

Thursday, May 7 @ 4 PM

Make a fun felt flower hair clip. Ages 10-14. Registration required.

Self Defense for Younger Adults

Thursday, May 7 @ 5:30 PM

Instructor Eryka Cook of Empowerment will guide participants ages 17+ through a mix of basic and advanced moves. Registration required.

Ukulele Time!

Tuesday, May 7 @ 6 PM

Adult ukulele lessons. Registration required.

Frame The Love: Handmade Memories for Mom

Friday, May 8 @ 4 PM

Children and families are invited to the library to create a personalized, heartfelt picture frame for Mother's Day. Ages 6-10. Registration required.

Reading with Rover

Saturday, May 9 @ 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.

Dungeons & Dragons for Teens

Sunday, May 10 @ 1 PM

Join an epic Dungeons & Dragons one shot where you and others complete a quest through collaborative storytelling. Ages 14-18. Registration required.

Line Dancing with Carnegie-Stout

Monday, May 11 @ 5 PM

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

Reading Roundtable Book Discussion Group

Monday, May 11 @ 6 PM

Attend monthly through November for a book discussion for adult readers. Ages 18+.

Self Defense for People with Mobility Issues

Thursday, May 12 @ 9:30 AM

This is a hands-on, participant lead, fun class. Ages 18+. Registration required.

Bike Maintenance with the Dubuque Bike Coop

Tuesday, May 12 @ 6 PM

Ages 13+. Registration required.

Pony Bead Keychains & Tote Bag Charms

Tuesday, May 12 @ 5:30 PM

Learn how to make beaded accessories for our favorite bags. Ages 10+. Registration required.

An advertisement for the Carnegie-Stout Public Library's digital magazine service. It features a smartphone displaying a grid of various magazine covers such as 'Prevention', 'Country Living', 'Food', 'Women's World', and 'Oake'. Above the phone, a laptop screen shows the library's website interface with the text 'Digital magazines at your fingertips'. A blue banner at the top says 'One card' with an arrow pointing to the phone. A blue banner at the bottom says 'Hundreds of magazines' with arrows pointing to the phone. At the bottom of the ad, there is the Carnegie-Stout Public Library logo, the website 'carnegiestout.org', and a QR code.

CALENDAR OF EVENTS

Sidewalk Chalk in Washington Park

Wednesday, May 13 @ 4 PM

Come to Washington Park to have fun with sidewalk chalk. Ages 5-12. Registration required.

Beyond the Book Club

Thursdays, May 14 @ 4 PM

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

Movie Night

Thursday, May 14 @ 6 PM

Seating is first come, first served. Ages 16+.

Pollinator Party

Saturday, May 16 @ 10:30 AM

celebrate the power of pollinators with a short storytime and hands-on activity. Ages: 2-6 with an adult.

Survivor Squad Book Club

Mondays, May 18 @ 4 PM

Join the Survivor Squad to explore the action-packed "I Survived" series by Lauren Tarshis. Ages 8-11. Registration required.

Popsicle Stick Harmonica

Wednesday, May 20 @ 4 PM

Create a craft stick harmonica and experiment with sound science. Ages 7-12. Registration required.

Snap Circuits

Thursday, May 21 @ 4 PM

Explore and build safe electronic components. Ages 8-12. Registration required.

Recycled Glass Wind Chimes

Thursday, May 21 @ 5:30 PM

Join Zoë Zein from Dubuque Glass Recycling to learn how to make recycled glass into beautiful wind chimes. Ages: 18+. Registration required.

Sun SHINE Squad

Tuesday, May 26 @ 4 PM

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

Inspire Your Shelf

Wednesday, May 27 @ 5:30 PM

Come and brag about how you're smashing your reading goals. Feel free to bring a book or two for the book exchange. Ages 18+.

Pocket Chickens

Thursday, May 28 @ 4 PM

Create a felt Emotional Support Chicken. Ages 12-18. Registration required.



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Bergfeld Pond Railroad Bridge Span. Photo contributed by Connie Cherba.



John Deere Proving Grounds Upland Prairie Trail. Photo contributed by Connie Cherba.

John Deere Marsh Trail End at Mississippi River.
Photo contributed by Mary Ashkar.



Hiking and Walking for Health

by Connie Cherba

Experts agree that regular exercise is essential for maintaining a healthy weight, strengthening the cardiovascular system, and reducing the risk of chronic diseases like type 2 diabetes, stroke, and even certain cancers. Exercise can boost mental health by reducing stress and anxiety, improving sleep quality, increasing energy, and enhancing cognitive function.

Dubuque and Dubuque County have numerous outdoor walking and hiking trails ranging from simple to challenging, from riverside to bluff top, and from short jaunts to a committed day hike – and all are available, awaiting those who want to exercise in the natural beauty of the Driftless Area. Let's look at 12 of the many trails the Dubuque Area has to offer.

BERGFELD RECREATION AREA - 7600 CHAVENELLE RD.

Bergfeld Recreation Area features a 30-acre park with an easy, paved 0.8 mile walking trail that winds around a fishing pond and a 1.9-mile walking trail leading from Bergfeld to Middle Road. The park also offers a picnic shelter, playground equipment, two fishing piers, and restroom facilities. Check out the 1872 bridge approach span that once crossed Dubuque's marsh land leading to the Mississippi River railroad bridge.

John Deere Marsh - 18882 Riverside Rd.

The John Deere Marsh Trail is located between the back of the John Deere Factory and the Mississippi River. The easy, 1.5-mile crushed limestone trail heads straight to the river, past a beaver dam, an eagle nest, and brightly colored wildflowers. The end of the trail offers up-close views of the main river channel. A small, one lane boat ramp is available for kayaks and canoes to access the Mississippi River.

LITTLE MAQUOKETA RIVER MOUNDS -18062 WALKING WAY

The Little Maquoketa River Mounds is a 41-acre preserve, featuring 32 ancient burial mounds. Located south of Sageville and two miles north of Dubuque, in Dubuque County, the preserve was dedicated as an archaeological and geological state preserve in 1981. The preserve contains a stepped, .25-mile trail that climbs a 200-foot steep bluff to the burial and ceremonial mounds overlooking the Little Maquoketa River. The trail is short, but challenging.

TROLLEY LINE TRAIL/EAGLE POINT PARK - 2601 SHIRAS AVE.

This 0.57-mile asphalt and concrete trail is built on the same route that a streetcar once travelled carrying passengers to the park. The trail connects 164-acre Eagle Point Park and the Mathias Ham House and runs through densely wooded landscape as it climbs up toward the limestone bluffs above Lock and Dam No. 11 and Mississippi River.

JAYCEES TRAIL - 1600 KERPER BLVD.

The 1.28-mile Jaycees Trail runs from PyatigorskPark/Sister City International Park on Kerper Blvd. to the 8-acre A.Y. McDonald Park along the Mississippi River. The trail

is level and paved, following the curve of the Peosta Channel as it winds around behind a series of shops and businesses in Dubuque's northern, industrial area.

**ALLIANT POWERLINE TRAIL -
1745 S. GRANDVIEW AVE.**

This .7-mile, tree-lined path begins across the road from the entrance to Louis Murphy Park, a popular 80-acre park. The paved trail heads downhill along a fully wooded, shady corridor to its southern end at the water treatment facility and the Mines of Spain Recreation Area. Remember, while it's all downhill on the way down from Murphy Park, it's all uphill on the return.

**BEE BRANCH CREEK GREENWAY -
533 LINCOLN AVE.**

This easy, paved trail boasts an upper and lower loop over 0.82 miles with an additional 0.37-mile attached trail. The trail is lighted down to dusk. The Greenway offers a linear park with an outdoor amphitheater, benches, rest areas, gardens, and a board walk. Check out the families of ducks that make the Bee Branch their home.

**SWISS VALLEY NATURE PRESERVE
- 13606 SWISS VALLEY RD.**

This 476-acre preserve offers several opportunities for easy hiking in the woodlands, prairies, or along Catfish Creek. The on-site Nature Center houses interpretive

displays focusing on wildlife, ecology, and natural history. If you're hiking with kids, take along a net and bucket for craw daddy catching – it's a very popular "sport" at Swiss Valley.

**PROVING GROUNDS RECREATION
AREA - 10616 W JOHN DEERE RD.**

This 137-acre recreation area was once used by John Deere to test and prove the quality of their machines. In 2018, Deere donated the property to the Dubuque County Conservation Board. The recreation area offers hiking trails along with professionally built mountain biking trails. If Frisbee golf is your favorite form of exercise, the Proving Grounds has a course.

**MINES OF SPAIN -
899 BELLEVUE HTS.**

This 1437-acre State Park offers 21 miles of maintained hiking trails along with an interpretive center – E.B. Lyons. Trails follow old, winding logging roads and meander among limestone bluffs, forests, and prairie. Some trails can be steep and challenging. Other trails have been designed to be accessible to all. The .25-mile, paved trail from a nearby parking lot to Julien Dubuque's Monument is handicap accessible and features a scenic river overlook, benches, and picnic tables. The half-mile John and Alice Butler Trail is an ADA paved trail near the E.B. Lyons Interpretive Center. The trail takes visitors through restored prairie with native birds

and prairie plants.

**Heritage Trail - multiple access points
in Dyersville, Farley, Durango, Epworth,
and 11330 Rupp Hollow Rd. in Dubuque**

This 26-mile, crushed limestone trail follows the former right-of-way of the Chicago and Great Western Railroad, winding through woodlands, limestone outcroppings, and grassland. The all-season trail follows a 450-foot-deep valley past old mining and mill towns. This is the only trail that requires payment – day passes for \$2 along with yearly passes help maintain the trail and its more than 30 bridges.

**MISSISSIPPI RIVER WALK TRAIL -
600 BELL ST.**

This just under one mile long, concrete trail runs on top the flood wall, adjacent to the Mississippi River from the historic Railroad Bridge to the National Mississippi River Museum & Aquarium. The trail is handicap accessible with benches, ramps, and handrails. Check out the River Walk's *Art on the River*, a public art project that offers year-round sculptures that change each summer.

There you have my 12 favorite trails – but there are many more. Check them out at Dubuquecountyia.gov/179/Parks-Trails. ♦

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The Silent Threat: How to Identify and Reduce Your Risk of High Blood Pressure

by Beth Triplett

It has earned the nickname “the silent killer” for good reason. High blood pressure — or hypertension, as physicians call it — rarely announces itself with obvious warning signs. You can feel perfectly fine while it quietly strains your heart, damages your kidneys, and increases your risk of stroke. For the millions of Americans living with the condition — many of them unaware — that silence can be deadly.

“High blood pressure often develops without symptoms, which is why many people don’t realize the damage it can cause over time. In cardiac rehabilitation, we see firsthand how controlling blood pressure through regular exercise, medication when needed, and heart-healthy habits can dramatically reduce the risk of heart attack, stroke, and other complications,” said Jen Wagner, Rehab Supervisor at Grant Regional Health Center. “Prevention and monitoring are just as important as treatment.”



Jen Wagner, Certified Cardiac Rehab Specialist, works one-on-one with patients during each session. Contributed by Grant Regional Health Center.

WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force your blood exerts against the walls of your arteries. “High blood pressure (hypertension) means your blood is pushing against your artery walls too forcefully,” said Brooke Shannon, Cardiology, PA-C at Southwest Health.

Pressure is measured in two numbers: systolic pressure (the top number, when your heart beats) and diastolic pressure



Dr. Kyle Leubka taking a blood pressure reading. Photo contributed by Medical Associates.

(the bottom number, when your heart rests). A reading below 120/80 mmHg is considered normal, 120-129 systolic and under 80 diastolic is elevated pressure, and readings consistently at or above 130/80 are classified as hypertension.

Many people assume high blood pressure is something that happens to older adults. Dr. Kyle Leubka, family medicine physician at Medical Associates Clinic, says that’s no longer the reality. “It used to be considered more of a disease of later life, but not so much today. I have folks in my practice in their 20s and 30s with hypertension.”

That reality makes awareness and early screening more important for Dubuque residents of every generation.

KNOW YOUR RISK FACTORS

Understanding what puts you at risk is the first step toward protecting yourself. There are several key contributors to watch for. “Risk factors can include tobacco use, diet high in sodium, excessive alcohol intake, and family history, just to list a few,” said Shannon. A family history of hypertension raises your risk, making it even more

important to stay informed about your numbers. Physical inactivity, and other chronic diseases like kidney disease and diabetes also contribute, as do stress, sleep quality, and certain medications. Many of these factors are lifestyle-related, which means your daily habits carry real consequences, but it also means real change is possible.



Brooke Shannon. Photo contributed by Southwest Health.

THE DANGER OF NO SYMPTOMS

One of the most dangerous aspects of hypertension is that most people feel nothing. No headaches, no dizziness, no warning. The damage accumulates in the background, sometimes for years, and high blood pressure can creep up unnoticed.

“There’s not always a symptom associated with high blood pressure. People may have high blood pressure but not know it for years. And so, if they don’t see a provider or at least get their blood pressure checked on

a semi-regular basis, they're at risk of letting that go undiagnosed," said Dr. Leubka. The list of organs and systems that can be harmed by prolonged, uncontrolled high blood pressure is long. This is why routine checkups matter so much. In a primary care setting, blood pressure is taken at every single visit — making those regular appointments a key line of defense.

Dr. Leubka puts it plainly: "Anything that has a blood supply is affected, and that includes the brain, heart, kidneys, and eyes. Left untreated over time, hypertension is linked to stroke, heart attack, kidney disease, vision loss, and even cognitive decline."

WHAT YOU CAN DO

The good news is that high blood pressure is both identifiable and manageable. Lifestyle changes can have a meaningful impact, and in many cases, they're enough to get blood pressure under control without medication.

Physical activity tops the list. Aim for at least 150 minutes per week (30 minutes each day) of moderate aerobic activity such as brisk walking or biking. Diet is equally powerful: cut back on sodium by flavoring

foods with herbs, garlic or lemon instead of salt, limit processed and packaged foods, and fill your plate with fresh fruits, vegetables, lean proteins, and whole grains.

Physical activity can also help in maintaining a healthy weight. Even modest weight loss can produce a measurable drop in blood pressure. Other lifestyle changes include reducing alcohol, eliminating tobacco, prioritizing sleep, and moderating caffeine.

Dr. Leubka has seen these changes work firsthand, and he says few things are more gratifying as a physician: "There's no bigger satisfaction as a provider when you get to take away medications. We really like taking away pills. And so, when we can do that — when patients can make those changes and we can remove their medication — that's probably best for the patient generally."

Lifestyle changes aren't always sufficient on their own. The degree of elevation and the presence of other health conditions both factor in whether medication is necessary to supplement healthy habits.

TAKE ACTION: GET CHECKED

High blood pressure is common, but it's

not inevitable. Perhaps the most important message to take away is simple: you can't manage what you don't measure. By knowing your numbers, recognizing risk factors, and making steady lifestyle improvements, you can dramatically reduce your chances of heart disease and stroke.

"You can't treat something you don't know," said Dr. Leubka. "We can't make recommendations if we don't know people have high blood pressure. So, it's important just to get in and get seen. Above all, don't wait until something goes wrong to get it checked."

Blood pressure screenings are quick, painless, and available at virtually every primary care visit. Many pharmacies and community health fairs offer free screenings as well. If you haven't had your blood pressure checked recently — especially if you're over 30, have a family history of heart disease, or carry any of the known risk factors — make that appointment. Early detection gives you options. And with high blood pressure, having options can make all the difference. ❖

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The Boys and Girls Club of Greater Dubuque is one of many nonprofits that benefits on Great Give Day.

Why Dubuque Shines on Great Give Day

The Community Foundation of Greater Dubuque's annual day of giving returns. On May 20, make your gift at GreatGiveDay.org to support participating nonprofits across the region.

Last year, nonprofits across the Dubuque region did something incredible: They shattered a fundraising record, bringing in over \$630,000 on Great Give Day to support their work in the community. This year, with Community Foundation of Greater Dubuque once again supporting them, they aim to exceed that amount and set another record.

Over 200 nonprofits are participating

in this year's Great Give Day, which is Wednesday, May 20. Hosted by the Community Foundation, Great Give Day is a 24-hour, online giving event with a simple goal: Inspire people to come together and give as much as possible to support local nonprofits. It is an opportunity for organizations to reach new supporters and compete for bonus prizes from local business sponsors that increase their total gifts. "Our community shines on Great Give Day," says Peter Supple, the Foundation's

director of nonprofit relations. "We appreciate everyone who contributes. Every gift makes a difference."

On May 20, everyone can make gifts at GreatGiveDay.org from midnight through 11:59 PM. As in years past, participating nonprofits direct gifts to their endowment funds or toward specific programs and projects. Throughout the day, organizations compete for \$30,000 in bonus prizes sponsored by local businesses. Prizes are awarded for social media participation as well as accomplishments like "most gifts in an hour."

The Community Foundation established Great Give Day 13 years ago as part of its work to strengthen nonprofits in the

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<p>SECONDHAND NEWS</p> <p>FLEETWOOD MAC TRIBUTE SUNDAY, AUGUST 16 6-8 PM</p>	<p>ANTHEM</p> <p>CLASSIC ROCK AND BEYOND SUNDAY, SEPTEMBER 13 5-7 PM</p>	<p>HEART TO HEARTBREAKER</p> <p>HEART & PAT BENATAR MUSIC SUNDAY, OCTOBER 4 4-6 PM</p>

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Dubuque region. Since then, it has raised more than \$4.2 million for local organizations. Last year's fundraising total of over \$630,000 raised was a 40% increase over the \$450,000 raised in 2024, and it even exceeded the Community Foundation's own goal of raising \$500,000.

Nonprofits of all sizes rally supporters to make Great Give Day a success. Last year, the Boys & Girls Club of Greater Dubuque, for example, raised nearly \$53,000, a 403% increase over 2024, while the Dubuque Regional Humane Society counted 33 new donors, with 94 people giving in 2025.

Behind the final tallies are additional outcomes that build strong nonprofits. Many organizations start endowment funds with the Foundation so people can give to them on Great Give Day. These funds are invested, continue to grow, and pay out each year to sustain nonprofits' work.

For donors, Great Give Day is an opportunity to simplify their giving and make their dollars go further. Dubuque residents Ernest and Peggy Jackson are among the thousands of people who give each year.

"We really try to contribute to make our community better, and Great Give Day makes it a lot easier," says Ernest. "When you see that something you've done has helped improve our community, it's pretty powerful."

For more information about Great Give Day, and to make your gifts to participating nonprofits on May 20, visit GreatGiveDay.org.

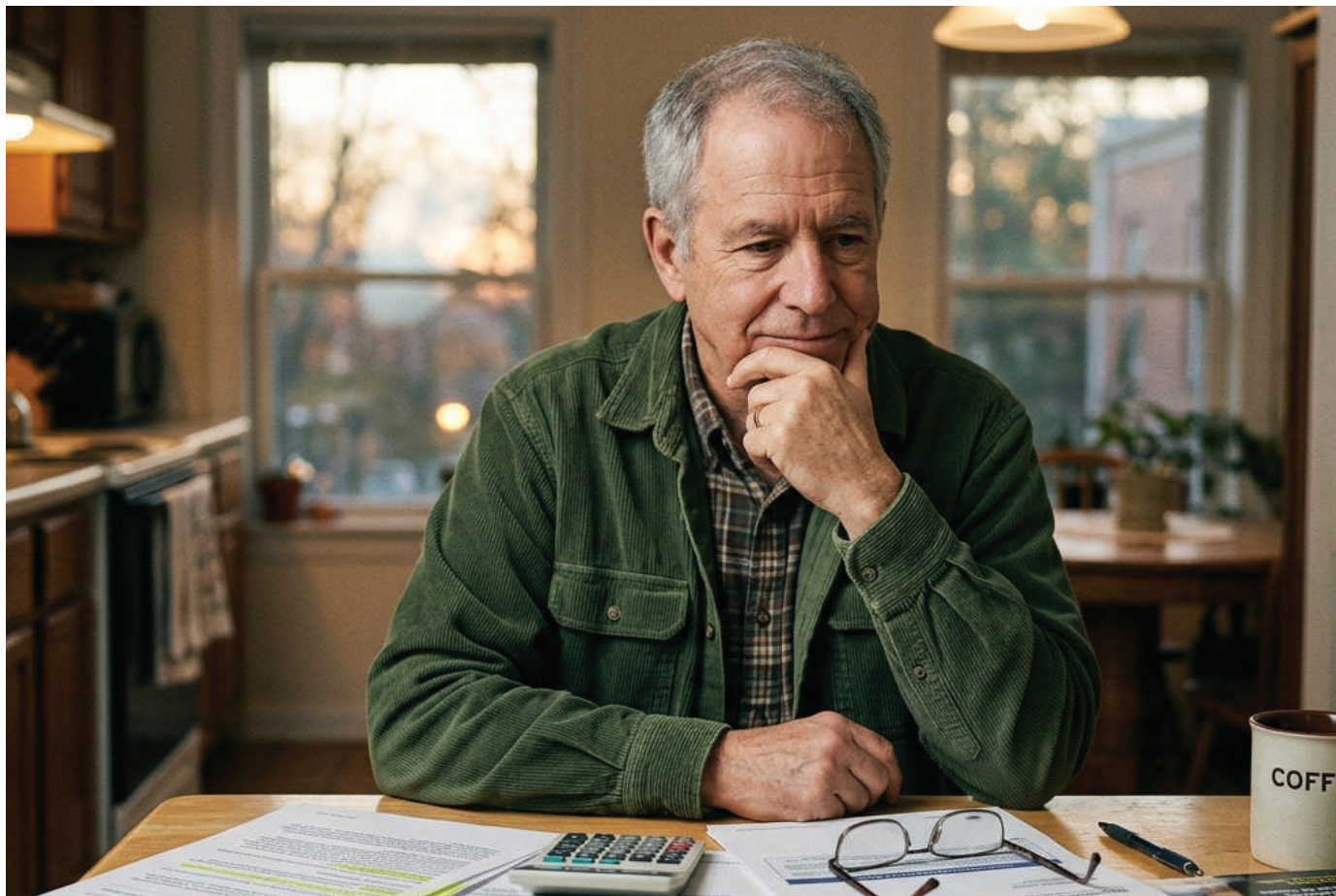
This article is made possible by a partnership between Julien's Journal and the Community Foundation of Greater Dubuque. ❖

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

\$4.2M raised to date	
More Than \$630k raised in 2025	
220 nonprofits participated in 2025	\$31k prizes awarded
	2,840 gifts in 2025

Social Security: One of the Biggest Retirement Decisions You'll Make

by Keith Leverentz



Choosing when to start Social Security is a little like deciding when to lock in a paycheck for the next phase of life. Start too early, and you may accept less income than necessary for years to come.

Wait without understanding the tradeoffs, and you may miss the chance to coordinate that decision with the rest of your retirement plan. For many married couples, the question becomes even more layered, because one filing decision can affect the other in important ways.

Most people know Social Security matters, but they often underestimate how

much this timing decision can shape the rest of retirement. Many assume the plan is simple: start benefits at 62 and move on. But once you look at the bigger picture, the conversation changes. What seems like a straightforward decision can have a lasting effect on monthly income, taxes, survivor protection, and the pressure placed on other retirement assets over time.

This is where many retirees run into a planning gap. There is no single best age

to file, because the right answer depends on several moving parts. Health, marital status, life expectancy, other income sources, whether you are still working, tax exposure, and the kind of retirement you want all matter.

What is right for one household may be completely wrong for another. A single person with a pension will face different choices than a married couple relying on savings. A decision that looks good in isolation can become less effective when you factor in taxes, withdrawals, and survivor income.

For some, claiming early may be appropriate. For others, waiting may increase



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lifetime income and provide greater protection for a surviving spouse. That matters because when one spouse passes away, the smaller Social Security check typically goes away, and that reduction can have a lasting effect on the household left behind. Once benefits begin, the monthly amount is largely set, and that choice can shape retirement in ways many people do not expect.

Social Security is not just about when to file. It is about coordinating benefits. Spousal and survivor benefits, provisional income, and the way Social Security interacts with withdrawals from other retirement assets all play an important role. Timing can influence how much pressure is placed on other assets, which may affect both long-term flexibility and what is ultimately

A decision that looks good in isolation can become less effective when you factor in taxes, withdrawals, and survivor income.

left for family.

There is no one-size-fits-all answer. The best decisions are usually made when income, taxes, investments, healthcare, and legacy planning are considered together. That broader, panoramic view of retirement leads to a more coordinated and durable plan.

As a National Social Security Advisor™, my training focuses specifically on the rules, timing, and nuances of Social Security so families can avoid leaving money on the table through preventable claiming mistakes. In retirement, small decisions can have lasting consequences.

If you are nearing retirement and have not reviewed how Social Security fits into your overall income plan, now is a good time to do so. A Retirement Readiness Review or educational seminar can help you better understand your options and make a more informed decision about one of the most important benefits you have earned. ❖

Keith Leverentz, NSSA®, is a National Social Security Advisor and the founder of The Life Group. He has guided clients since 2003 with personalized financial planning, investment counsel, and retirement strategies. Learn more by visiting TheLifeGroupllc.com.



The Chicago railroad station of the Galena and Chicago Union R.R. as it appeared circa 1850s, photo courtesy of the Chicago Historical Society

The Galena and Chicago Union Railroad

by Jeff Meyer

Chicago's first railroad was the Galena and Chicago Union R.R. It was conceived to connect Lake Michigan with the Galena/Dubuque lead mines in the 1830s. Although the rail line never reached Galena, it set into motion the realization of the eastern leg of America's first transcontinental railroad.

As early as 1826, a post office had been established at the Fever River settlement (Galena). Galena's population in 1832 was approximately 1,000. The first wagonload of lead from Galena to Chicago is believed to have arrived in 1829. The trip took 11 days via Conestoga style wagons. A railroad was clearly needed.

However, the first effort to build the railroad between Chicago and Galena failed. It wasn't until a second attempt that wheels turned on rails out of Chicago in October

1848. The Galena and Chicago R.R. resumed both construction and operation through Rockford and then abruptly stopped at Freeport. It was the Illinois Central R.R. that would make it to Galena in the 1850s.

There were several reasons why the G and CU R.R. were unsuccessful in reaching Galena. First, lead mining in the Galena area was declining and the California Gold Rush was accelerating, which influenced many Midwest miners to migrate to the west. Second, Galena businessmen wrongly

gambled that steamboats would outlast railroads. This gamble included the silting up of the Galena River, which halted steamboat trade at the juncture of the Galena and Mississippi Rivers just south of Dubuque. But the main reason that Chicago lost interest in both Dubuque and Jo Daviess counties, was the planning of the America's first transcontinental railroad. Chicago officials and investors chose the more southerly direct route from Chicago to Fulton, Illinois and Clinton, Iowa.

The G and CU R.R. became the Chicago and North Western in 1864. The first CNW R.R. bridge at the Mississippi River spanned a portion of Fulton, Illinois and then crossed the river to Clinton, IA The bridge was completed January 1865.

There was discussion of a northern tier

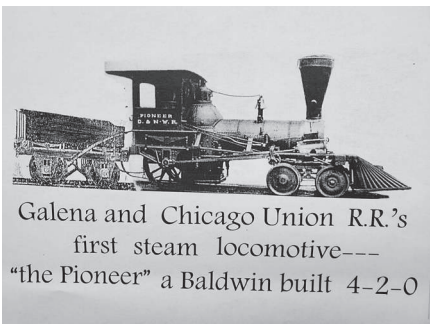


Charles S. Hempstead was Galena's first mayor. He also was an ardent supporter of the Galena and Chicago Union R.R., image courtesy of the Carnegie-Stout Public Library

of the eastern leg of the transcontinental railroad that would connect Dubuque with Sioux City, but the plans fell through. This was due in large part to an 1859 meeting between Abraham Lincoln and General Grenville Dodge in Council Bluffs, Iowa. The fateful meeting helped solidify the route between Clinton, IA and Omaha/ Council Bluffs.

The western segment of the transcontinental railroad, originating from California, would eventually meet its eastern counterpart in Utah.

Sources: [1] the railroad files at Carnegie-Stout Public Library and [2] archival material held at Loras College (Center for Dubuque History) ❖



Galena and Chicago Union R.R.'s first steam locomotive--- "the Pioneer" a Baldwin built 4-2-0

An illustration of Chicago's first steam locomotive, "The Pioneer," photo credit—illustrated by the author

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Roots of Injustice, Seeds of Change
Saturday, May 2 @ 1-3 PM

This workshop invites us to consider how we might build relationships with Indigenous peoples based on truth, respect, and justice.

Silent Book Club

Sunday, May 3 @ 2-3:30 PM

Participants gather to share the same space

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

Meditation & Music

Monday, May 18 @ 6:30-7:30 PM

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

Lunch & Renew: Chair Yoga

Wednesday, May 20 @ 11:30 AM-12:30 PM

Registration required.

Stargazing

Saturday, May 23 @ 8:30-11:30 PM

Meet at Mount Saint Francis, 3390 Windsor Ave, in the parking lot behind Francis House.

Memories: The Gift of the ICA Experience

Friday, May 29 @ 1:30-3 PM

All alumnae of Immaculate Conception Academy, as well as their descendants, relatives, and friends, are invited to afternoon tea to share memories. RSVP required.

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Community Acupuncture

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

NEWS

PHYSICIAN ASSISTANT JOINS MEDICAL ASSOCIATES CLINIC

Medical Associates Clinic announced the arrival of **Alexus Jensen, PA-C**, to their Platteville Clinic.



Jensen received her Master of Science in Physician Assistant Studies from the University of Dubuque and Bachelor of Science in Neuroscience from Loras College. Most recently, she worked as a phlebotomist at Grand River Medical Group, and previously as a certified nursing assistant at No Place Like Home, both in Dubuque.

As a member of the Platteville Clinic, Jensen provides a wide range of healthcare services for all ages, including children's exams and immunizations, sports physicals, gynecological care, cancer screenings, treatment of minor injuries, and more.



HOSPICE OF DUBUQUE EARNS 5-STAR MEDICARE RATING

Hospice of Dubuque announced it has earned a 5-star rating from Centers for Medicare & Medicaid Services (CMS) as part of Medicare's Hospice Care Compare program. With the recent star rating update in February 2026, they have maintained a 5-star rating since the program's inception in August 2022.

The CMS Hospice Star Rating is based on results from the Family Caregiver Survey, which asks family members about the patient's hospice care experience, including communication, symptom management, emotional support, and overall quality of care. A 5-star rating represents the highest level of performance.



CARE COMPASS

Stonehill Communities will be offering "Care Compass: Mapping Your Care Journey," which is an event where you can learn about the full continuum of health and wellness services for older adults available at their facility.

From caregiver support to assisted living, to hospice care, and everything in between, get helpful information to make decisions and plans as health needs change. The event will take place on Tuesday, May 19, from 11 AM to 2 PM at 3485 Windsor Avenue.

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STATERA WELCOMES NEW PROVIDERS

Sarah Mitchell, DNP, PMHNP-BC, is a board-certified psychiatric nurse practitioner joining Statera Integrated Health and Wellness's multidisciplinary team. She earned her Bachelor



of Science in Nursing from the University of Wisconsin-Madison and earned her Doctor of Nursing Practice from the University of Iowa. With nearly a decade of experience, she provides patient-centered mental health care. Mitchell integrates therapeutic approaches with thoughtful medication management to help patients navigate challenges and achieve their best quality of life.

Josh Miller, LMT, brings nearly 30 years of experience to Statera, helping clients relax, restore, and move with greater ease. A graduate of Capri College of Massage Therapy, he later



served as director of massage therapy and school director, mentoring students and leading programs across multiple campuses. Miller integrates massage with breath, mindful movement, and body awareness through his experience as a certified yoga and qi gong instructor to support pain relief, mobility, and deep relaxation.

Allie Saunders, NBC-HWC, CPT, a national board-certified health and wellness coach and certified personal trainer, brings a compassionate, client-centered approach to wellness shaped by both professional training and personal experience to her clients at Statera. Saunders



works collaboratively with clients to build self-awareness and realistic strategies that evolve with each season of life, helping individuals feel confident, informed, and supported in creating balanced, fulfilling lifestyles. ❖

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RESTAURANT REVIEW

Taste

Article & Photos by Cassie Cate



@PAPI'S BRINGS AUTHENTIC COLUMBIAN STREET FOOD TO DUBUQUE

Sometimes opportunity comes when you least expect it. Alejandra and Sam Janecke found this to be true when they stumbled upon the perfect location for introducing Ale's heritage and Colombian food to Dubuque. "We were on a date at Habits, the previous café before us. A notice next to the register announced the closure of Habits. While we were drinking our coffee and eating our donuts Ale casually mentioned this would be a great place to sell empanadas," says Sam. Little did they know what began as a simple conversation would ignite a new business bringing Colombian cuisine to downtown Dubuque.

PHOTO ABOVE: Located in the heart of downtown Dubuque, @Papi's Cafe is a tribute to Papi and his desire to connect with people through simple, authentic food.

@ Papi's Café is located at 1052 Locust Street in downtown Dubuque. This location, formerly Habits, embodied the "hole in the wall" atmosphere Ale knew would be perfect to share Colombian cuisine, as it reminded her of the places she had experienced as a child in growing up in Columbia. "As immigrants we often feel homesick and food is usually one of those things people look back on



Our team members at @Papi's are truly about community and relationships and bringing both together with good food and love.

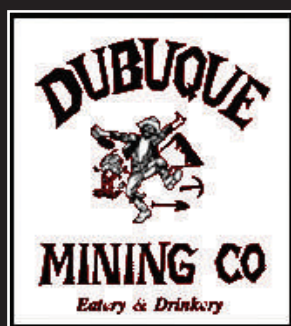
with yearning. We wanted to bring some of that to Dubuque, for other immigrants, for Americans to experience, and for ourselves, our family, and our friends. We are lucky to bring a small window of that richness to Dubuque. We wish it were more, but we are just getting started," says Sam.

@Papi's officially opened last April, but the plans had been in the works for several months, as Ale prepared for her youngest child to begin school the previous August. As the EMS Bureau Chief for the Dubuque Fire Department, Sam was working full time, but Ale knew she wanted to venture out when all her children would be in school. Although neither of them had previous experience in the restaurant business, they had lots of experience with food and culture and a strong desire to share both with their community. With the help of Ale's mother, who Sam says "holds the secret to most of the recipes," the family embarked on this journey, naming it @Papi's after Ale's beloved father. Papi, who was born in Spain and raised in Venezuela, moved to Columbia to live, where he would meet the love of his life- Pita. The rich experiences he had in these environments helped to develop his love of food and its ability to connect

people and develop relationships through dining experiences. Although Papi has passed away, his memory lives on through the café, which has become a tribute to him, as @Papi's website says, "Papi's is more than a business- it's a heartfelt tribute to Papi, a man whose love of food, family, and life was larger than words. His warmth, generosity, and passion for sharing meals brought people together, and we carry that spirit forward every day."

The menu at the café delivers a true cultural experience, delivering authentic Colombian street food only a native could

emulate. The empanadas are delicious little pockets of dough filled with a meat and potato mixture. Customers can choose from several sauces to enjoy as the perfect accompaniment to their pockets. These little treasures are a big part of the inspiration of @Papi's, a true example of authentic Colombian street food. The Arpitas are another great choice, consisting of cornmeal cakes stuffed with cheese. If you are looking for something traditional with a cultural twist, the Perros Calientes is a hotdog like Dubuque has never seen- topped with pineapple sauce, garlic



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sauce, ketchup, potato chips, cheese, and a quail egg! Yuca fries are a wonderful accompaniment to any order. Like potatoes, they are made from the Yuca root and give customers a whole new experience from the traditional French fry.

Of course there are plenty of sweets to enjoy at the café, as well. To honor the building's former tenants, Habits, the café continues to serve mini donuts to customers, coming in different flavors and counts. Voted the best bread in the world, @Papi's delivers on taste with its Pan de Bono, a warm cheese bread made with cassava flour. They also have two kinds of Pastel Gloria, a flaky pastry filled with arequipe, Colombian-style caramel, or sweet guava and cream cheese.

All of this can be enjoyed with the expansive drink menu, featuring coffee and tea confections from lattes to Americanos, mochas to cappuccinos, and everything in between. Refreshers of Limeade mint, coconut, and sugarcane can be enjoyed, as well.

@Papi's even has a rewards program customers can use to receive free food, exclusive perks, and special surprises. Papi's



The empanadas are delicious little pockets of dough filled with a meat and potato mixture, a true example of authentic Colombian street food.

rewards earn a point for each dollar and double on Tuesdays! Birthdays bring a free mini six-pack of donuts, and just for signing up, customers receive a free empanada. Customers can also earn Coffee Club status and chances to win special promotions.

Taking dreams to reality is not as easy as it sounds. The family had to work through the struggles of how to bring their favorite

The empanadas are delicious little pockets of dough filled with a meat and potato mixture. Customers can choose from several sauces to enjoy as the perfect accompaniment to their pockets.

Colombian food to the surrounding community in a way that would be a sustainable business, learning how to persevere through budgets, staff, and the ins and outs of operating a business. This led to their recent decision to close on Thursdays, creating more time for behind-the-scenes work. @Papi's is also closed on Sundays, but is open Monday through Friday from 7 AM to 3 PM and Saturdays from 7 AM to 1 PM. The Janeckes know fewer operating hours can be risky, but they also wish to prioritize their family and want to make sure their business is ready to operate a night shift before they expand.

These struggles have certainly not outweighed the excitement of getting to know the people in the community and hear their stories as they grow both their business and relationships with their employees and customers. As @Papi's states on their website, it "is more than a café, @Papi's is a place to gather, share, and celebrate culture through food." Bring a little of Colombia to your life and enjoy a stop @Papi's!

@Papi's is located at 1052 Locust Street in Dubuque. You can visit their website at AtPapis.com. ❖

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

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WINES TO CELEBRATE THE BEGINNING OF SUMMER

Article & Photo by John B. Donovan

*May is the perfect month to get outside, take a breath of fresh air
and enjoy a glass of wine.*

– J. Bedford

SIPS

TeamWine has two new members. Dirk & Tiffany have joined the group, giving us six palates to help guide your wine choices. We know you don't particularly feel sorry for us that we get together once a month to drink wine, but we do take our task seriously. We consider the time of year and

what you may be planning where wine may be involved, when selecting wines for tasting. We think about the holidays, events or other things that may attract your attention, and we try to fit the wine to them. Of course, season of year also comes into play, as we are not likely to recommend a big, bold red in August, or



a light, fruity white in the depth of winter. Enough about TeamWine, here's what we considered for your enjoyment in May! Both wines were purchased at vomFASS in Madison.

The white we selected was a **2024 Baskoli Txakoli Hondarrabi Zuri** (11.5% abv \$25) from the Basque region of Northern

We consider the time of year and what you may be planning where wine may be involved, when selecting wines for tasting.

Spain. Hondarrabi Zuri is the dominant white grape of Spain's Basque Country, making the region's slightly spritzzy Txacoli wines. This wine is produced by the Riboli Family Wines using grapes from their own 17-hectare vineyard. The vineyard is situated in a location that provides excellent sunshine and protection from the sea breeze, contributing to the wine's unique terroir. This wine is a crisp, 100% Hondarrabi Zuri white wine featuring pale yellow color with hints of green and a slightly noticeable effervescence. We had aromas of everything from pear, green apple, and citrus (lime) blossom to bubble gum and mandarin orange. We all remarked on the high acidity, a refreshing taste, and a long, aromatic finish. Surprisingly, the wine had a pleasant soft body. I commented on how smoothly it poured. This wine paired well with the olives, the tinned fish, especially the salmon, and the hummus. We felt this would be the perfect wine for Easter (keep in mind for next year) as we felt it would match well with ham with all the extras. If you go, buy more than one bottle though, as we think you'll really enjoy it!

Our red was another very pleasing sur-

prise. **Anne de Joyeuse 2023 Orchis Malbec** (13% abv \$12.99) from the Limoux (Languedoc-Roussillon) region of southern France. Since 1929, Anne de Joyeuse winery has been crafting wine in the shadows of the Pyrenees. Their goal is to capture the terroir of the region in their bottles. These Malbec grapes go through a cold maceration and then half the wine is matured in stainless, while the other half matures in oak barrels.

This wine is a sustainably produced, medium-to-full-bodied dark garnet colored. TeamWine picked up aromas of fig, cigar box/cedar, cherry, blackcurrant, and violet, with hints of plum, vanilla, and cassis. This wine had medium soft tannins and a nice finish. TeamWine members thought this was a very drinkable wine. It paired well with the hard cheese (sharp cheddar) and the port wine soft cheddar spread. Others thought it would be nice with pizza with a red sauce, or grilled meats. Yes, it did go well with the chocolate, but one member felt the chocolate canceled some of the flavor of the wine.

TIPS

May is a good month for Wine Days. May 5th is National Moscato Day, the 21st is National Chardonnay Day and the 25th is simply National Wine Day. I'm not sure what we do differently than we did on the 25th of February which was National Drink Wine Day. In whatever fashion you choose to celebrate these holidays, do so with flair!



May is a good time to begin to think about your summer outdoor plans. You might be a regular attendee of the "Music At The Star" summer series, or you enjoy picnics at Eagle Point Park, or possibly you drive to Spring Green, WI to attend the American Players Theater. These are all places that allow you to bring your own beverage. Most retail stores will give you a price break if you purchase wine by the case, whether it's all the same kind or you split a case. With advance planning, you'll save money and won't have to worry about last-minute buys.

Salut! ❖

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Business & Community News

COLTS NAME SUCCESSOR TO LEAD ORGANIZATION

Following a nationwide call for applicants, the Colts Youth Organization found its next executive director in its own backyard. Vicki MacFarlane, currently director of youth programs, will take over as the fourth executive director in the organization's 63-year history. Colts Executive Director Jeff MacFarlane is scheduled to retire in September after more than two decades of employment with the organization. He plans to continue in a part-time role serving as senior advisor and working on special projects.

Vicki started with the organization as a participant and played baritone for two seasons with the Colts. In 2001, she started as a full-time employee and served as director of the Colt Cadets for many years before becoming director of the Colts Drum & Bugle Corps in 2012. She has a degree in music education from Wartburg College and a master's degree in nonprofit leadership and management from Arizona State University



DIAPER DRIVE SUPPORTS LOCAL FAMILIES

DuTrac Community Credit Union announced it will host its third Annual Diaper Drive throughout the month of May, aiming to collect 15,000 diapers to help address diaper insecurity among families in need.

Donations collected at all DuTrac branch locations will directly benefit local families through partnerships with United Way of Dubuque Area Tri-States and Hiney Heroes of the Quad Cities. All contributions will remain within the communities where they are donated, ensuring support reaches families close to home.

Community members are encouraged to donate diapers of any size or make a monetary contribution to Venmo @ DuTrac-CommunityCreditUnion or at any DuTrac branch location during the month of May. For more information on how to contribute, visit DuTrac.org.

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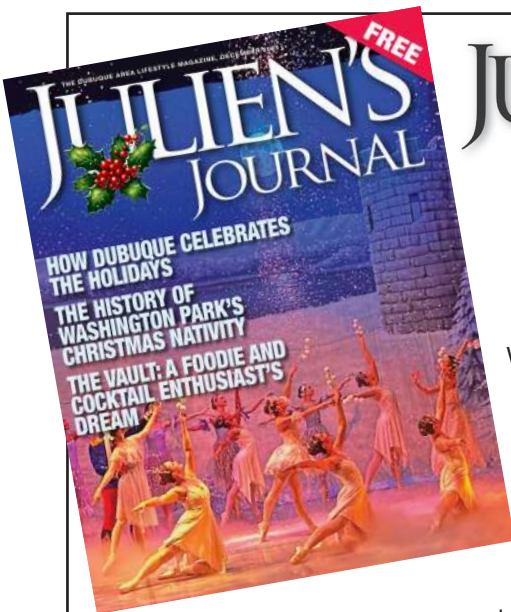
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