

THE DUBUQUE AREA LIFESTYLE MAGAZINE, JUNE 2026

**FREE**

# JULIEN'S JOURNAL

**HOW TO CARE FOR YOUR DOG**  
**ALTERNATIVE CARE OPTIONS FOR PETS**  
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Shawn Brandenburg, DO



Kyle Korth, MD

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# JULIEN'S JOURNAL

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## PUBLISHER'S NOTE

Pets are part of the family, so this issue includes two articles on pet care. While researching her article for this issue, Julien's Journal feature writer Beth Triplet learned of some odd pets living in the Dubuque area, including a kangaroo. That isn't a typo, someone in the Dubuque area reportedly owns a kangaroo. So, just for fun I did a web search on people who were foolish enough to own an illegal pet and got caught. While the legal consequences can and should be steep, the stories of how these two illicit companions were discovered borders on absurd. In the first case, a resident's neighbors reported a "very large, silent dog" that only appeared at night in a backyard enclosure. When animal control arrived to investigate, they found a Clouded Leopard. The owner had reportedly been trying to train it to sit and stay like a dog. The ruse fell apart when the "dog" was spotted effortlessly leaping onto a twelve-foot roof to sunbathe. The second case involves the literal weight of the evidence. An apartment dweller in a major city once found themselves in hot water—quite literally—when their ceiling began to sag and leak. Expecting a burst pipe, the maintenance crew was horrified to find a 14-foot Burmese Python had escaped its enclosure and curled up around the warm water pipes in the crawlspace. The sheer mass of the snake caused the floorboards to groan, leading to an immediate eviction for both the owner and the reptile. These tales should remind us that if your pet requires a specialized permit or a reinforced floor, it's probably best to stick to a hamster or a goldfish.

### Inside this issue

Dogs require consistent care. Learn what experts and pet owners have to say about how to care for them on page 16.

People's deep affinity for their animals has given rise to advanced and alternative treatment options for the four-legged family members. Read about them on page 18.

There are over 20 interpreters in the Dubuque region who work with medical providers and organizations, to communicate with people whose first language is not English. Learn more on page 20.

Healthcare can become one of the biggest expenses in retirement and one of the fastest ways to put pressure on the assets you worked hard to build. Learn why on page 25.

The West Dubuque Tap Offers the Comfort of Home. Read our review on page 27.

The Frosted Glass visits Dimensional Brewing Company. Read our review on page 29.

TeamWine reviews some great backyard and picnic wines. Read about them on page 30.

**ON THE COVER:** Lilly with pet Ozzie. Photo contributed by Val Loewenberg.



## Healthcare Costs May Depend on More Than Healthcare.



Healthcare costs in retirement do not exist in a vacuum. The way income is structured can affect Medicare premiums, Social Security taxation, cash flow, and long-term flexibility.

That is why a thoughtful retirement plan looks at income, taxes, investments, healthcare, and legacy together.



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Upcoming Events Should be Emailed to [Juli@JuliensJournal.com](mailto:Juli@JuliensJournal.com).

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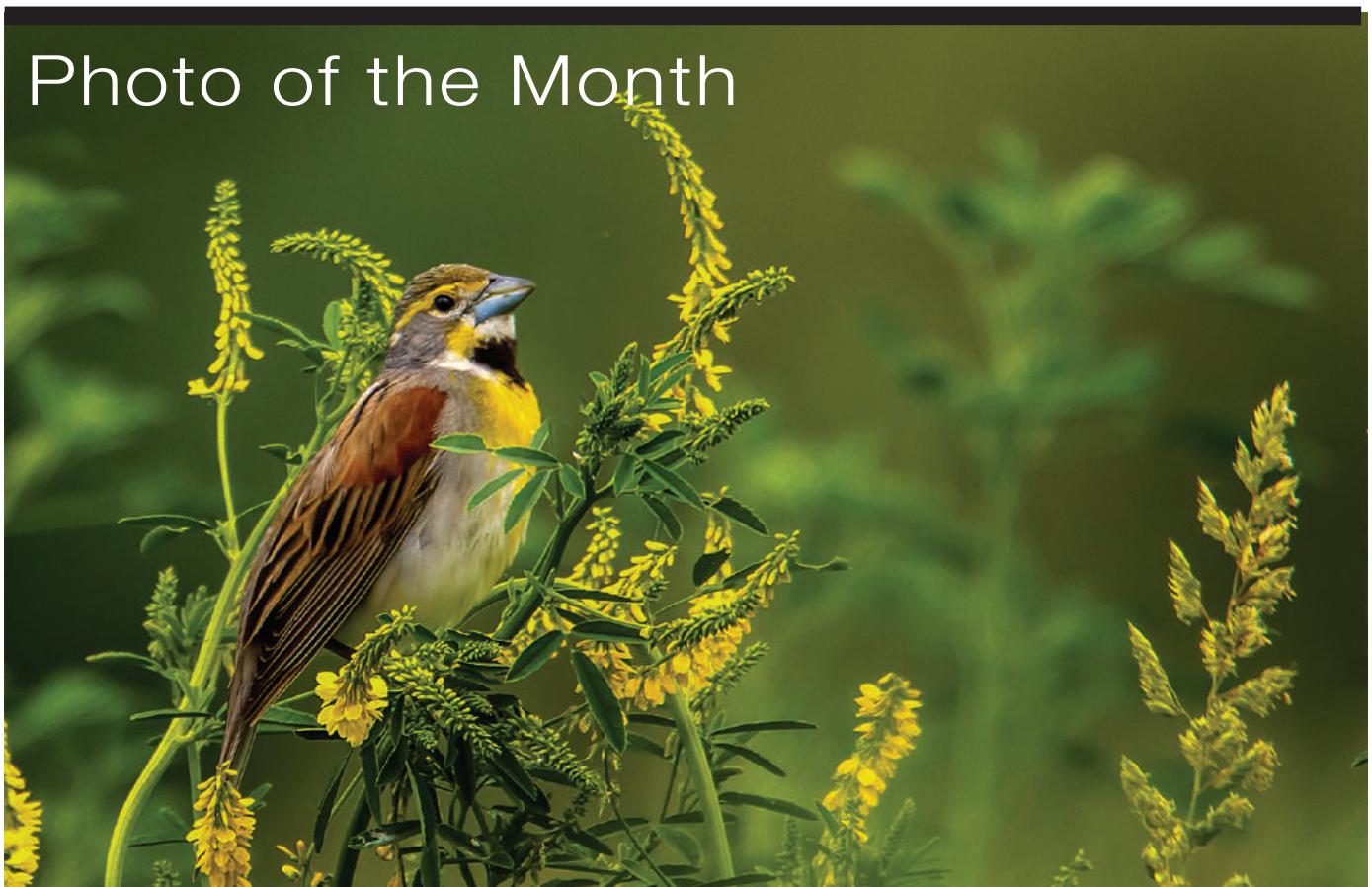
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## Photo of the Month



*This photo of a Dickcissel Bird was submitted by Gary Fagan of Fagan Photography. Visit [Garyfaganphoto.smugmug.com](http://Garyfaganphoto.smugmug.com) or email [faganphoto@aol.com](mailto:faganphoto@aol.com). Comments and photos for possible use in a future issue can be sent to [Robin@JuliensJournal.com](mailto:Robin@JuliensJournal.com).*

# June Events



## The Crocus Foundation Gala

Thursday, June 4, 5 PM

@ 7 Hills Ballroom & Event Center

Join the Crocus Foundation for their 3rd Annual Gala, "A Night of Inspiration." This special evening brings the community together to celebrate hope, resilience, and the power of support for individuals and families navigating cancer. Visit [CrocusFoundation.com](http://CrocusFoundation.com).

## Music by the River

Every other Thursday, June 4 through

July 30, 6:15 PM @ Alliant Energy

Amphitheater/Star Brewery

Come and enjoy music from Accordion Divas and Dubuque's Community Band Concerts every other Thursday evening starting June 4. The audience may bring chairs and blankets. Rain site at Bread of Life Church. Visit [TSWS.org](http://TSWS.org).

## First Fridays

Friday, June 5

@ 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](http://FirstFridaysDubuque.org).

## Quiet Intersections: Opening Reception

Friday, June 5

5:30-9 PM @ Voices Studios

As part of a First Fridays event, four Chicago-based artists present concurrent solo exhibitions across the galleries of Voices Studios – together forming *Quiet Intersections*. Exhibition runs through July 31. For more information, email [Mulgrew1962@gmail.com](mailto:Mulgrew1962@gmail.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.*

## Wild West Wednesdays

Wednesday, June 3, 10, 17 & 24, 7-11 PM

@ Dubuque County Fairgrounds

Come for country dance music and fun. All ages. Visit [DBQFair.com](http://DBQFair.com).



## Family Nature Night for English Language/Mixed Language Learners

Thursday, June 4, 4-5:30 PM

@ E.B. Lyons Interpretive Center

English Language Learners (ELL) and Mixed Language Learners (MLL) are invited to attend with their family for a special Nature Night. Join staff from Dubuque County Conservation and Dubuque Community School District for a guided hike, live animal presentation, and a nature craft. For more information, email [Jason.Denlinger@DubuqueCountyIowa.gov](mailto:Jason.Denlinger@DubuqueCountyIowa.gov).



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### JULY 10 & 11



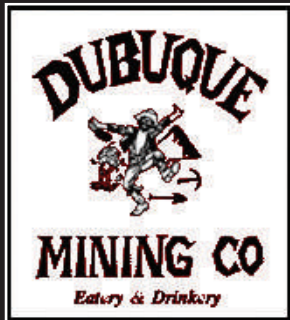
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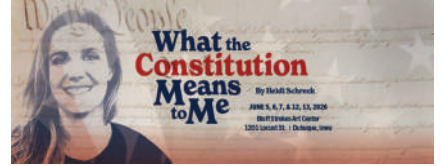


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### What the Constitution Means to Me

Friday through Sunday, June 5-13  
Friday & Saturday, 7:30 PM; Sunday,  
June 7, 2 PM @ Bluff Strokes Art  
Center

This play one-woman tour de force is based on teenage Heidi Schreck's personal experience participating in high school American Legion US Constitution contest debates and then revisiting with the audience her questions and thoughts in her adult age. Visit [FlyBy-NightDubuque.com](http://FlyBy-NightDubuque.com).



### Dubuque Farmers' Market

Saturdays through October 31  
7 AM-12 PM @ Iowa Street from 11<sup>th</sup> to 13<sup>th</sup> 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](http://DubuqueFarmersMarket.org).

### Millwork Night Market

Thursday, June 11, 5-8 PM  
@ Jackson Street from 7<sup>th</sup> to 9<sup>th</sup> 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](http://MillworkNightMarket.com).

### Pollinators

Thursday, June 11  
6-7:30 PM @ Dubuque Arboretum & Botanical Gardens  
Explore the amazing world of native bees, flies, beetles, moths, and dragonflies. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).

**Family Concert**

Friday, June 12, 10-11 AM @ Dubuque Arboretum & Botanical Gardens

Featuring performing songwriter, author, and teaching artist Jennifer Daniels. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).



**DBQ Dog Expo**

Saturday, June 13

11 AM-2 PM @ 3rd and Bell Streets

Bring your four-legged friends for a tail-wagging good time along the Mississippi River. Discover new products and services for your pup, shop for unique handmade goods, grab a bite to eat from local vendors (plus free pup cups), and win prizes. Visit [DBQDogExpo.com](http://DBQDogExpo.com).



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

**THE WICHITA LINEMAN**  
 A TRIBUTE TO GLEN CAMPBELL



**FEATURING CARL ACUFF, JR.**  
**SATURDAY, JUNE 20 @ 7PM**

**GLEN CAMPBELL** spent 5 decades entertaining audiences all over the world, including hit songs like "The Wichita Lineman", "Rhinstone Cowboy", and "Southern Nights".

During his 50 years in the music business, Campbell released more than 70 albums. He sold 45 million records and accumulated 12 gold albums, four platinum albums, and one double-platinum album.

After Glen's death in 2017 fellow musician and entertainer, Carl Acuff, Jr. along with a notable group of musicians decided to create a tribute show to this entertainment legend that featured his music and The Wichita Lineman show was born. This show comes to life with full instrumentation, great vocals and musical ability highlighting the music that made Glen Campbell so popular.

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



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## CALENDAR OF EVENTS

### Summer Exhibition Opening Reception

Saturday, June 13

5-8 PM @ Dubuque Museum of Art

Attend the opening reception of *What Now? A Reunion of Artists from the First Voices from the Warehouse District*. The original artists reunite for an evening that channels the spirit, grit, and revelry of the first Voices exhibition. Visit [DbqArt.org](http://DbqArt.org).



### Adaptive Outdoor Adventure Day

Saturday, June 13, 11 AM @ Rupp Hollow Road

Join Dubuque County Conservation for a free, inclusive adaptive Adventure day for individuals with physical or neurological challenges and their families. Try track chairs, adaptive fishing, petal boats, and biking, plus guided hikes, art, and birding. Connect with local organizations supporting accessibility, recreation, and outdoor experiences for all abilities. For more information, email [Kaytlan.Moeller@DubuqueCounty.us](mailto:Kaytlan.Moeller@DubuqueCounty.us).



### A Taste of Ireland

Saturday, June 13

7:30 PM @ Five Flags Center

Bringing the spirit and energy of modern Ireland to life with a pint of Irish wit. Watch world-class performers blend melodic folk mashups, live jaw-dropping acapella tap battles, and heartfelt storytelling in a live celebration of Irish music and dance. Visit [FiveFlagsCenter.com](http://FiveFlagsCenter.com).



# HUNTER FUERSTE

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### GALENA FOUNDATION CONCERT

### TURNER HALL

115 S. Bench St, Galena, IL  
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Concert time @ 6 - 8 PM

### MUSIC AT THE STAR

Star Brewery, Alliant Amphitheater  
Sunday, June 21 @ 6:30 PM

DONATIONS APPRECIATED



## A TASTE OF IRELAND

THE IRISH MUSIC & DANCE SENSATION

FIVE FLAGS CENTER, DUBUQUE | SATURDAY JUNE 13 | 7:30PM

Tickets available at the box office or at [www.fiveflagscenter.com](http://www.fiveflagscenter.com)

**Music in the Gardens**

Sunday, June 14, 6-8 PM @ Dubuque Arboretum & Botanical Gardens

The Arboretum has filled the grounds with free, family music every summer since 1991. Bring a chair or a blanket. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).

**KinderKamp: Animal Heroes**

Monday through Friday, June 15-19 9 AM-12 PM @ the National Mississippi River Museum & Aquarium

Animal Heroes is an exciting adventure camp for kids entering Kindergarten, inspired by the puppy heroes of PAW Patrol™. Visit [RiverMuseum.org](http://RiverMuseum.org).

**Drawing Exercises**

Wednesday, June 17 & 24, July 1 1:30-3:30 PM @ Bluff Strokes Art Center

Take your beginning drawing skills to the next level by exploring different methods of drawing from observation that will result in drawings that are expressive and energetic. Some prior drawing experience will be helpful. Ages 14+. Visit [BluffStrokes.org](http://BluffStrokes.org).

**The Great Museum Race**

Wednesday, June 17 5:45-9 PM @ the National Mississippi River Museum & Aquarium

Gather a team of 4 to 6 members and race against the clock to conquer games, challenges, brainteasers, and much more. Ages 21+. Visit [RiverMuseum.org](http://RiverMuseum.org).

**She Unites**

Wednesday, June 17 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](http://SheUnitesIowa.com/Events).

**Mamma Mia**

June 19-2, Jun, 19 - 21, 24 - 28 & July, 1 - 2 & 5 - @ The Grand Opera House, Dubuque

A mother, a daughter, three possible dads, and a trip down the aisle you'll never forget. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. Features ABBA's timeless songs. Ages 12+. Visit [TheGrandOperaHouse.com](http://TheGrandOperaHouse.com).



# MAMMA MIA!

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2026 Youth Production



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**CALENDAR OF EVENTS**

*See your event listed in our issue. Submit your event to  
Juli Hoppensteadt, Events Editor, Julien's Journal,  
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**From Stone to Color: Making Pigment from Place**

Saturday and Sunday, June 20-21  
9 AM-12 PM @ Bluff Strokes Art Center  
This two-day workshop introduces students to the origins of pigment by transforming locally collected stone into usable watercolor paint. Ages 14+. Visit [BluffStrokes.org](http://BluffStrokes.org).

**Hunter Fuerste & His American Vintage Orchestra**

Saturday, June 20  
6 PM @ Turner Hall (Galena, IL)  
Free round-trip transportation will be provided by Jo Daviess County Transit from Galena Rec Park, 1721 Field Street. Park at the Northern Lights Pavilion (first parking lot on the west side). Visit [GalenaFoundation.org](http://GalenaFoundation.org).

**Rhythms & Flavors of the Summer Solstice**

Saturday, June 20, 6-8 PM @ Finley's Landing Park (Sherrill, IA)  
Celebrate the longest day of the year at Finley's Landing Park with a family-friendly sensory experience. Enjoy a guided hike exploring wild edibles, forage ingredients for herbal mocktails, craft drinks at a mixing station, then gather at beach for an interactive drum circle and bonfire honoring the start of summer. For more information, email [Kaytlan.Moeller@DubuqueCounty.us](mailto:Kaytlan.Moeller@DubuqueCounty.us).

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<p><b>Appalachian Road Show</b></p> <p><b>July 10</b></p>	<p><b>Music of Laurel Canyon</b> featuring <b>Buffalo Rome</b></p> <p><b>September 19</b></p>	<p><b>John McEuen &amp; The Circle Band</b></p> <p><b>November 21</b></p>
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[www.fiveflagscenter.com](http://www.fiveflagscenter.com)

**Individual event tickets on sale NOW!**

# A TASTE OF IRELAND - THE IRISH MUSIC & DANCE SENSATION

Direct from London's West End to Dubuque, *A Taste of Ireland - The Irish Music & Dance Sensation* comes to Five Flags Theater for one night only on Saturday, June 13 at 7:30pm.

Showcasing an acclaimed cast of World Champion Irish dancers, dazzling musicians and a contemporary vocalist, *A Taste of Ireland* combines Irish charm with sensational talent for an unforgettable night of entertainment.

Featuring reimagined classics including Danny Boy and Wild Rover, the show's contemporary score blossoms alongside the infectious spirit of the live cast, transporting audiences through Ireland's tumultuous history with jaw-dropping acapella tap battles, heartwarming storytelling and more than a pint of Irish wit.

And every tap you hear on that stage is performed live - an exciting feat of excellence, every single night.

Said producer and director Brent Pace: "This show offers audiences an adventure through the heart and soul of Ireland, where every beat of music and every step of Irish dance shares a captivating journey. Each narrative is interwoven with performances that express the depth of these stories, so that audiences can appreciate Ireland's rich history through movement, music, and dance."

Directed and produced by Brent Pace and co-directed and produced by Ceili Pace, with musical direction by Charlie Galloway (*Talisk*), *A Taste of Ireland* unites a powerhouse creative team driving a bold reimagining of Irish theatrical performance. A Pace Live production – the international touring company behind the acclaimed West End production *ÉIREANN* at Sadler's Wells, London, and seasons across the United States, Australia, New Zealand, Canada and the United Kingdom.

Tickets available at the Box Office or visit [FiveFlagsCenter.com](http://FiveFlagsCenter.com)



Praised by *Time Out Sydney* as "world-class Irish dancing, melodic folk music mashups and craic galore," this is a show that has played to audiences across four continents. With hundreds of five-star reviews, *A Taste of Ireland* is exactly what it promises - a taste of everything you love about Ireland, with a generous helping of more.



CALENDAR OF EVENTS

**Music AT THE STAR**

PRESENTED BY DUBUQUE ARTS COUNCIL

**2026 Concert Schedule** Sundays | 6:30 p.m. Dubuque Star Brewery

**June 21**

**Hunter Fuerste & His American Vintage Orchestra**  
 Travel back to the golden age of swing with a 14-piece big band celebrating the legends who defined an era.  
 Sponsored by A.Y. McDonald Mfg. Co., Capra Bank, Conlon Construction, Steve & Dianna Moore, Steele Financial

**June 28**

**Dubuque Symphony Orchestra**  
 Celebrate Americana and the 250th anniversary of the U.S. with an evening of music. PLUS, special features.  
 Sponsored by DRA, Dubuque Arts Council, Friday Financial, Home & FloorShow, Wahlert Foundation

**July 5**

**Switchback**  
 This award-winning duo blends Celtic tribal rhythms with the raw energy of the American plains delivering beautifully crafted songs that move the feet and sway the heart.  
 Sponsored by Dupaco Community Credit Union, Home & FloorShow, University of Dubuque Heritage Center

**July 12**

**Jason Petty: 100 Years of Hank Williams**  
 Jason Petty's award-winning portrayal of Hank Williams is a nostalgic, energetic tribute that brings Hank's legendary music back to life.  
 Sponsored by Jack & Mantea Schmid

**July 19**

**The Moonlighters**  
 With a repertoire spanning country, pop, Motown, and rock from the 50s through today, you'll be dancing all night long.  
 Sponsored by Anderson Weber, DuTrac Community Credit Union, Eagle Point Solar, Medical Associates Department of Psychiatry

**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.  
 Sponsored by Fuerste Eye Clinic, Premier Bank

Premier Sponsor | Mark & Cheryl Falb and Falb Family Foundation  
 Venue Sponsor | Rick & Rae Ann Dickinson

**Tribute to Glen Campbell**

Saturday, June 20, 7 PM  
 @ Ohnward Fine Arts Center  
 (Maquoketa, IA)  
 Featuring Carl Acuff, Jr. Visit [Ohnward-FineArtsCenter.com](http://Ohnward-FineArtsCenter.com).

**Kathy Mattea**

Saturday, June 20  
 7:30 PM @ Five Flags Center  
 Kathy Mattea has enjoyed much success and acclaim during her 35-year career in Country, Bluegrass, and Folk music. Visit [FiveFlagsCenter.com](http://FiveFlagsCenter.com).

**HUNTER FUERSTE**  
 AND HIS AMERICAN VINTAGE ORCHESTRA  
**GALENA FOUNDATION CONCERT**  
**TURNER HALL**  
 115 S. Bench St. Galena, IL  
 Saturday, June 20  
 Concert time @ 6 - 8 PM  
**MUSIC AT THE STAR**  
 Star Brewery, Alliant Amphitheater  
 Sunday, June 21 @ 6:30 PM

**Music at the Star**

Sundays, June 21-July 26  
 6:30 PM @ Alliant Amphitheater  
 This popular summer concert series offers six free live performances for the whole community. Featuring Hunter Fuerste and the Dubuque Symphony Orchestra to kick off the season. See the website for specific performance information. Visit [DubuqueArtsCouncil.com/Music-At-The-Star](http://DubuqueArtsCouncil.com/Music-At-The-Star).



**Art Camp: Rising Middle Schoolers**

Monday through Friday, June 22-26  
 9 AM-12 PM @ Bluff Strokes Art Center  
 Rising Middle Schoolers (for those in or going into Middle School). This is week one; register for one or both weeks with instructor Jess Ochoa. Visit [Bluff-Strokes.org](http://Bluff-Strokes.org).



All events/activities are subject to change. Visit the online calendar at [CarnegieStout.org/Events](http://CarnegieStout.org/Events) for the most up-to-date information.

**StoryWalk®**

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

**Grab & Go Activity Bags**

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

**Plant a Seed – Read! Scavenger Hunt  
June 1-30**

Celebrate the start of the annual Summer Reading program. Find all 10 hidden images and earn a small prize.

**Tiny Art Show**

**June 1-21**

Show off your artistic talents. Artworks will be displayed during the month of July.

**Ukulele Time! Adult Ukulele Lessons  
Tuesday, June 2 @ 6 PM**

Work on chords, exercises, and songs geared toward beginners. Ages 18+. Registration required.

**Beginning Chapters Book Club  
Wednesday, June 3 @ 4 PM**

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

**250 Years of Debating Liberty  
Thursday, June 4 @ 7 PM**

Hosted by Loras College Professor of History, Kristin Anderson-Bricker, Ph.D. Ages 18+.

**Art @ your library Opening Reception  
Friday, June 5 @ 5:30-7:30 PM**

**Toddler Time**

**Mondays, June 8 through August 10 @**

**9:15 AM, 10 AM & 10:45 AM**

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

**Salsa Dancing**

**Monday, June 8 @ 5 PM**

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

**Reading Roundtable Book Discussion Group**

**Monday, June 8 @ 6 PM**

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

**Evening Storytime**

**Every other Monday, June 8 through August 17 @ 6 PM**

Attend every other week for a lively mix of stories, music, and dance. Ages 3-7. Adult participation is a must.

**Baby Rhyme Time**

**Tuesdays, June 9 through August 11 @ 9:30 AM & 10:30 AM**

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

**Worm Bins**

**Tuesday, June 9 @ 2 PM**

Learn how to compost year-round inside your home and become a worm farmer. Ages 8-12. Registration required.

**Preschool Storytime**

**Wednesdays, June 10 through August 12 @ 9:30 AM & 10:30 AM**

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

**Shabby Chic Book Boxes**

**Wednesday, June 10 @ 4 PM**

Protect your chapter books with a book box decorated to your individual style. Ages 7-12. Registration required.

**Pokémon Club**

**Wednesday, June 10 @ 5:30 PM**

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

**Beyond the Book Club**

**Thursday, June 11 @ 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, June 11 @ 6 PM**

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

**Jennifer Daniels Family Concert**

**Friday, June 12 @ 10 AM**

**Plant a Seed, Read!**

C-SPL'S Summer Reading Program starts June 1! Adults can sign up in person or online at [dubuque.beanstack.org](http://dubuque.beanstack.org)

## CALENDAR OF EVENTS

Join performing songwriter, author, and teaching artist Jennifer Daniels for a lively, interactive family concert.

### Star-Spangled Tulle Wreaths

**Saturday, June 13 @ 10 AM**

Craft a vibrant red, white, and blue tulle wreath. Ages 10-16. Registration required.

### Once Upon a Frame

**Monday, June 15 @ 2 PM**

Design a special photo frame made from colorful craft sticks in honor of Father's Day. Ages 6-10. Registration required.

### Canvas & Clay

**Tuesday, June 16 @ 5:30-7 PM**

Create your own tiny art piece for the library's Tiny Art Show. Ages 10+. Registration required.

### Powerful Puzzle Program

**Wednesday, June 17 @ 4 PM**

Enjoy Rubik's cube, brain teasers, wooden peg games, and jigsaws. Ages 7-12.

Registration required.

### LEGO® Challenge

**Saturday, June 20 @ 10 AM**

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

### Family Book Bingo

**Saturday, June 20 @ 2 PM**

Ages 4-12.

### Survivor Squad Book Club

**Monday, June 22 @ 4 PM**

Explore the action-packed *I Survived* series by Lauren Tarshis. Ages 8-11. Registration required.

### Movie Matinee @ Carnegie-Stout

**Wednesday, June 24 @ 2 PM**

Attend a movie matinee suitable for adult audiences. Ages 16+.

### Upcycled Card Creations

**Thursday, June 25 @ 5:30 PM**

Transform a scrap of paper and previ-

ously loved greeting cards into one-of-a-kind designs. Ages 8-14. Registration required.

### Magic of Jeff Quinn

**Friday, June 26 @ 10 AM**

Enjoy a high-energy magic show filled with humor, surprises, and audience participation.

### Introduction to Dungeons & Dragons

**Sunday, June 28 @ 1 PM**

Learn the basics of the world's most popular tabletop role-playing game. Ages 10-13. Registration required.

### Creative Collages

**Monday, June 29 @ 4:30-5:30 PM**

Leave this program with your own canvas decorated with mixed media materials. Ages 10-17. Registration required.

### Sun SHINE Squad

**Tuesday, June 30 @ 4-5:30 PM**

Work on volunteer projects while providing feedback on making the library a welcoming place for teens. Ages 10-18.

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**KinderKamp: Superpower Camp**  
Monday through Friday, June 22-26  
9 AM-12 PM @ the National Mississippi River Museum & Aquarium

Superpower Camp is an action-packed adventure where kids entering Kindergarten can discover the amazing, real-life superpowers of nature and animals. Visit [RiverMuseum.org](http://RiverMuseum.org).

**Magic Show**

Friday, June 26, 10-11 AM @ Dubuque Arboretum & Botanical Gardens  
Jeff Quinn's Farm Fresh Magic Show filled with humor, surprises, and audience participation. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).

**Steve + Randy**

Saturday, June 27  
11 AM-1 PM @ Dubuque Arboretum & Botanical Gardens  
Musical performance. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).



**HerbFest**

Sunday, June 28  
9 AM-1 PM @ Dubuque Arboretum & Botanical Gardens  
Silent auction, herb garden tours, tasty herbal treats, handcrafted items for sale, plant giveaway. Visit [DubuqueArboretum.net](http://DubuqueArboretum.net).

**Museum Xtra: A Study of the Rockdale Flood, 1876**

Tuesday, June 30  
6-8 PM @ the National Mississippi River Museum & Aquarium  
On July 4, 1876, torrential rain caused a dam on Catfish Creek to fail, unleashing a flood that destroyed Rockdale near Dubuque. It became Iowa's deadliest forgotten disaster. RSVP. Visit [RiverMuseum.org](http://RiverMuseum.org).



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# How to Care for Your Dog

by Connie Cherba



*Recent estimates say there are 87 to 94 million pet dogs in the United States. More than 40% of U.S. households own at least one dog and that number keeps going up with 10 to 12 million puppies born annually.*

**D**ogs require consistent care – food, water, exercise, regular checkups with a veterinarian, grooming, and even mental stimulation. Let’s look at each of these categories and see what experts and pet owners have to say.

## NUTRITION AND HYDRATION

Diet should be appropriate for the size, age, and activity level of the dog. Dog food manufacturers make food appropriate for active dogs that enjoy short hikes, runs, and playing outdoors; high-performing dogs that participate in sporting or working careers; dogs that tend to be overweight; and puppies. Food should be divided into two meals, morning and evening, to aid digestion. Portion control is important and should range from 2-4% of your dog’s body weight. Most experts encourage owners to limit table scraps and instead, offer healthy treats. Access to clean, fresh water should always be provided.

The Kuhle family has three large dogs – Avery Jo is a 14-year-old black lab mix. Mickey James is a 9-year-old

English mastiff. Skiba Dan is a 3-year-old English mastiff. The mastiffs weigh over 150 pounds, and Avery tips the scale at about 70 pounds. “I feed them twice a day,” said Elizabeth Kuhle. “Avery gets 1.5 cups twice a day. The mastiffs get 3 cups of kibble twice a day. They eat Iams Large Breed daily but get lots of Aldi brand dog treats and often times table scraps from the kids. They also get a ton of water.”

## EXERCISE AND TRAINING

To stay fit, dogs need regular exercise whether this is a daily walk or a play session. Dogs also need mental enrichment and training sessions.

Dogs need to be socialized so they should be introduced to new environments,

people, and other dogs. Safety commands are also important and should be part of your dog’s training. Dogs should be taught essential commands like “sit,” “down,” “stay,” and “come.” It is also important to train your dog to walk on a leash. The most crucial learning period for puppies is 6 to 16 weeks or as soon as you bring your dog or puppy home.

If you are away from home or unable to exercise your dog, the Dubuque area has several agencies that can help with dog care. Lori Kolfenbach has been offering dog-walking and pet sitting services since 2023, and she has been a temporary foster for shelter pets for more than 20 years. Today, she has five or six regular clients for dog walking and another fifteen or so that need

her while they vacation or go away for the weekend. She offers drop-in visits of half hour, hour, or custom duration.

“I will walk your furbabies, feed, and provide playtime and exercise,” she said. “I feel that exercise is important for dogs not only for the physical aspect, but for mental stimulation. I let them sniff around and explore the different scents along the way. I sometimes think of it as their social media. When a dog smells other scents from other doggies,

I think they get satisfaction and they sort of leave messages to let others know





Photo contributed by Elizabeth Kuhle

Justin holding 5-month old Skiba with Mickey looking on.

they have been there.”

Tom and Lynn Biver own two purebred Western German Shepherds. Raisa is eight and was born in Budapest, Hungary, where she lived for two years and had two litters of puppies. She was then purchased by a breeder in Minnesota, where she had two additional litters. After her owner retired her, the Bivers bought her to be a friend to their puppy Rex who is now four years old. The Bivers hire Lori to care for their dogs when they're away. Lori has been more than a pet sitter for the Bivers. "She really helped us with our dog Raisa," said Lynn. "Raisa had a chronic limp in her front leg, and the vet was treating it with narcotics for pain. Lori told us to



Photo contributed by Val Loewenberg

Lilly with June and Ozzie.

try a CBD oil that she uses all the time for pain with her animals, and it worked wonderfully. We are so grateful for her. She is just amazing.”

**ENVIRONMENT**

Dogs need a warm and safe indoor place to sleep. Pet beds come in all shapes and sizes for daytime napping or overnight. An ID tag on your pet's collar or a microchip with pertinent information is important in the event your dog becomes lost.

**GROOMING AND MAINTENANCE**

Dogs need to be brushed regularly. Some breeds do best with professional grooming, depending on the length of their coats. Ears

should be cleaned to prevent infection and nails should be trimmed. Regular baths keep your dog's coat healthy. Teeth should be brushed to prevent gum disease. Finally, to help keep your dog clean, your dog's bedding also needs to be cleaned regularly.

The Loewenberg family includes Junie, a miniature golden doodle, and Ozzie, a shipoo (shitzu poodle). "At home we brush them to keep knots and mats at bay, especially around their ears and collars," said Val Loewenberg. "We also walk the neighborhood trails, so we have to watch for burs and check for ticks after walks. We use natural products on our dogs' fur as much as possible. They also take vitamins and probiotics to help keep their fur healthy. They get professionally groomed every 6-8 weeks. It includes a shampoo and condition, teeth brushing, nail clipping, blow dry, and haircut. We go to PetSmart to Amber Capozzoli. She has weekend appointments and does a great job with our dogs. She always takes her time and gives them breaks if they get overwhelmed."

**VETERINARY CARE**

Experts recommend annual checkups with a veterinarian for your dog. Senior dogs should see the vet twice a year. Your vet will make sure vaccinations are up to date and help with flea, tick, and worm prevention. Your vet will also help discuss the benefits of spaying or neutering your pet. ❖

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

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# Alternative Care Options for Pets



Beth Triplett's dog Emma after TPLO surgery.

by Beth Triplett

*Fido has come a long way from living outdoors and being “just a dog.” Today, nearly 90 million American households own a pet, and Forbes reports that 97% of pet owners consider their pets to be a part of their family. The growth in pet ownership, as well as in people’s deep affinity for their animals, has given rise to advanced and alternative treatment options for the four-legged family members.*

## SURGERIES

Going well beyond the routine spay or neutering, veterinarians today can perform advanced orthopedic surgeries to repair such injuries as torn cranial cruciate ligaments (the equivalent of a human’s ACL), by cutting the bone and repositioning it with plates and screws. I know from personal experience that this is a major surgery, requiring months of rehabilitation, but it was able to restore mobility and eliminate pain in my dog.

Surgeons can also perform other orthopedic operations, such as repairs on slipped kneecaps, procedures to stabilize knees in smaller dogs that do not require a full reconstruction, and surgery for dogs with severe hip dysplasia.

Not only are the surgeries possible, but since COVID, more general practitioners have received advanced training to perform them. This greatly increases access to care and keeps those in the Dubuque area from having to travel repeatedly to Madison or

Davenport for care.

“The amount of injuries that we can fix is constantly evolving, and there are new techniques that are becoming readily available,” said Dr. Mariah Crotty of Colonial Terrace Animal Hospital. “Before surgeries, people managed these injuries with pain medications, rest, activity restrictions, and joint supplements, but arthritis sets in a lot faster that way.”

## INTEGRATIVE SERVICES

If pets need prehabilitation or rehabilitation, GoodLife Integrative Veterinary Care offers a wide range of options, including underwater treadmills and shockwave therapy, with a planned expansion this summer.

“We are trying to set the body up for as much success as possible,” said Dr. Katie Merkes, owner of GoodLife. “Anything possible that we can do to improve longevity and quality of life is what our clients are

looking to do.”

This includes integrative oncology to bridge the gap between chemotherapy and no treatment, including supplements, infusions, acupuncture, and rehabilitation. Other holistic methods include alternatives to commercial kibble, fecal transplants, microbiome restorations, toxin testing, allergy treatments, and food therapy.

“We work to promote health rather than reacting to disease because by the time you have a problem, it feels like we’re already behind and I’m having to fix what has already been done,” said Dr. Merkes. “It’s driven by the clients’ desires to continue to do things that are different and to not always reach for medication first.”

**ACUPUNCTURE**

Several veterinarians use acupuncture to treat joint pain or anxiety and to help pets enhance their overall health.

“Western medicine is really good at things that need sudden help, such as triaging, surgery, injuries, being sick,” said Dr. Connie Niklasen at Adams Pet Hospital. “Where we struggle in Western medicine is managing those long-term chronic illnesses. And that’s really where acupuncture shines because we look at the body from a different way.”

Dr. Niklasen started with spine manipulation therapy (aka chiropractic for pets) and expanded into acupuncture, utilizing dry needles, electroacupuncture, or aqua acupuncture. She utilizes key acupuncture permission points to help calm the animal and determine the best response for the treatment.

**IN-HOME CARE AND HOSPICE**

In addition to traditional services in the home, in-home euthanasia and hospice are options for pet owners with pets reaching the end of life.

“When we’re not trying to cure a disease anymore, we work with the pet and provide quality of life and comfort,” said Dr. Mackenzie Hellert of PetMed Key West. “Oftentimes we do this via telehealth so nobody has to leave their house. And sometimes, it’s more counseling the human than treating the pet.”

In-home care also works well for people in nursing homes or with limited mobility who have difficulty getting to the vet’s office, or for people with multiple animals who would

be challenged in bringing them together.

“The other part of telehealth is that you come to the vet, and the pet doesn’t act as safe here,” said Dr. Hellert. “Even if I go to their house, the pet’s not showing me all the signs that they’re giving their owners, so they can video it, and it works great for hospice cases.”

**REIKI**

The reiki technique of channeling energy through touch can also be used on animals. This technique can assist aging animals as well as to help pets cope with loss of their humans or animal “siblings.” Reiki can help soften an animal’s demeanor and allow them to express their emotions with more positive behavior.

“Pets can’t tell us how they feel, so it comes out as aggression,” said Reiki Master Melissa Culbertson. “I try to give a voice to the voiceless through animal communication.”

**ADVICE TO PET OWNERS**

When asked what they would tell pet owners, several veterinarians answered right away with the same advice: prepare for the expense. I know my dog is much healthier after surgery, but my bank balance is not.

“I recommend getting pet insurance or at least looking into it when they are a puppy. Pet insurance is like human health insurance, and it won’t cover pre-existing condi-

tions. You have to do it when they’re young and healthy,” said Dr. Crotty. “If you don’t buy pet insurance, set a little savings account aside for issues that arise. Yes, orthopedic issues can happen, but your dog could eat a sock and need surgery or be diagnosed with allergies that need chronic management. Having the funds so that’s not as much of a decision factor is the best thing you can do.”

Veterinary medicine is expensive, and it’s just going to keep getting more expensive the more complex things you do.

“Veterinary medicine is just like human medicine. It has had huge advances, and not everybody can afford those big advances, even with the best of intentions,” said Dr. Hellert.

“It’s hard to talk about money, and it stinks that we have to talk about money, but it’s a big deciding factor for a lot of people,” said Dr. Crotty. “They’re part of the family now, and the amount people are willing to do for their dogs has increased so much, too.”

Dubuque is fortunate to have so many advanced pet treatments options without needing to travel. Utilize those resources and work with your veterinarian to determine the best course of care for your beloved pet. ❖

*Comments on this article can be sent to [comments@juliensjournal.com](mailto:comments@juliensjournal.com).*



*Dr. Mariah Crotty in surgery at Colonial Terrace Animal Hospital.*

Photo contributed by Dr. Mariah Crotty

# *Interpreters Now Available for Local Medical Providers, Businesses and Organizations*



*Medical appointments can be nerve-racking – even more so when you are worried you might not understand the language your doctor or nurse is speaking. That’s where someone like Dustin Alfred comes in.*



*Dustin Alfred*

**D**ustin is one of over 20 interpreters and translators in the Dubuque region who work with medical providers, as well as businesses and organizations, to communicate and build trusting relationships with people whose first language is not English. These interpreters are helping meet needs identified in the Community Foundation’s 2023 Immigration Community Assessment – needs that were specifically cited by members of the region’s growing foreign-born communities and the people who work to support them.

Dustin, for example, speaks the native language of Dubuque’s growing Marshal-

lese community, while other interpreters are fluent in Spanish.

“At a medical clinic, we work to build trust with the community,” says Dustin, who moved to Dubuque with his family from the Marshall Islands when he was 10.

*“People come for more than just medical care. It’s where they come if they need anything, from transportation to housing to a job.”*

People from the Marshall Islands represent one of numerous growing communities of foreign-born residents in Dubuque who have helped make the region’s population the most racially and ethnically diverse in its history. Other growing communities are made up of people from Latin American countries like Guatemala and Venezuela.

While these expanding communities have

brought much cultural and economic vibrancy to the region, they also face barriers to opportunities that would help them to thrive for generations to come.

Recognizing demographic trends, a group of local religious sisters partnered with the Community Foundation to assess the strengths and needs of immigrants in the region. The goal was to close service gaps and connect people with resources like jobs and translation services.



*“Our Immigration Community Assessment has provided insights that service providers and nonprofits previously never had,” says Alex Baum, the Foundation’s director of advocacy, data and learning, who facilitated the assessment.*

One of the most significant outcomes has been formation of the Better Together Committee, a group of about 90 leaders from nonprofits, civic agencies and immi-

grant communities working collaboratively to tackle the priorities outlined in the assessment, including the need for certified medical interpreters.

In addition to pursuing his certification, Dustin also serves on the committee. He acts as a connector with Dubuque’s Marshallese community, providing cultural context for issues like health care. For example, he explains that in the Marshall Islands, people typically don’t see a doctor for regular exams, instead going only when they are sick or hurt, and the cultural norm is for patients to only work with interpreters of their same gender.

Having leaders like Dustin working together to address community issues has meant more people can access the resources they need.

In one case, Dustin interpreted for a Marshallese patient who was diagnosed with an unforeseen condition and was able to receive critical follow-up care.

“He said he really loved Dubuque and his clinic for having an interpreter,” Dustin says. “It gave him peace of mind to trust us.”

If you would like to connect with a local Spanish- or Marshallese-speaking interpreter, please visit [understandingmatters-dbq.org](http://understandingmatters-dbq.org) or [dubuquecountyiowa.gov/723/](http://dubuquecountyiowa.gov/723/) interpreters. If you have questions, please contact Alex Baum at 563-588-2700 or [alex@dbqfoundation.org](mailto:alex@dbqfoundation.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](mailto:comments@juliensjournal.com).*

# Maquoketa Summer Concert Series

May 23 5:30 - Flatland Ridge & Tangle Creek

May 28 5:30 - Awful Purdies & Simon Cropp

June 11 5:30 - Dandelion Stompers & River Glen

June 25 5:30 - Dogs on Skis & Steve Kalmes

July 16 6:00 - Crooked Cactus Band

Aug 6 5:30 - The Fast Clydes & Kristina Castañeda

Aug 20 6:00 Funktastic 5

Sept 3 5:30 - The Matt Fuller Band & Ron Tegeler

Sept 17 5:30 - The Ridgerunners & Lori Schnoor

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

**River Day Blessing**

**Tuesday, June 2 @ 10 AM-2 PM**

Come to the River's Edge Plaza to celebrate the Mississippi River and to participate in blessing the river as a living, breathing, sacred being.

**A Centering Prayer Retreat**

**Friday, June 5 @ 4 PM through 1 PM,**  
**Sunday, June 7**

This is a weekend of intentional silence through prayer, rest, creativity, and reflection.

**Annual Picnic on the Hill**

**Wednesday, June 10 @ 11:30 AM-1 PM**

Come with friends, bring your family, or spend a peaceful lunch hour alone.

**Meditation & Music**

**Monday, June 15 @ 6:30-7:30 PM**

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

**Lunch & Renew: Chair Yoga**

**Wednesday, June 17 @ 11:30 AM-12:30 PM**

Registration required.

**The Yoga of St. Francis**

**Saturday, June 20 @ 6-7:30 PM**

Via Zoom. Register online.

**Rise and Bloom: A Mind & Wellness Session**

**Saturday, June 27 @ 9-11 AM**

This is a five-step program designed for individuals seeking greater inner alignment.

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

**No Limb-its Amputee Social & Support Gatherings**

**Monday, June 1 @ 4-5:30 PM**

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



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**NEWS**

**HILLCREST FAMILY SERVICES EXPANDS**

Several Hillcrest programs have either already transitioned or will transition to new locations across Dubuque. At the heart of this effort is the opening and



expansion of the Dubuque Behavioral Health Services Center at 2005 Asbury Rd.

On April 10, the Dubuque Mental Health Center and Addictions Recovery Program relocated to the new Behavioral Health Services Center. And then later in the month, a new Day Center, Behavioral Health Intervention Services, and Community Support Services joined them at the same location.

This consolidation is expected to reduce barriers for clients, streamline referrals, and enhance communication between providers. Plans are also underway for future transitions of programs such as Assertive Community Treatment and Hillcrest Supported Living.

**CRESCENT PHARMACY EXPANDS MEDICATION ACCESS**

Crescent Community Health Center Pharmacy, Dubuque, is partnering with St. Vincent de Paul to expand its efforts to improve medication access for patients in the Tri-State area.

Through a collaboration with Dispensary of Hope, a national charitable medication distributor, Crescent Community Health Center Pharmacy can provide access to a broader range of medications at no cost for eligible patients. St. Vincent de Paul is providing financial support to launch the program.

This initiative is part of Crescent's comprehensive approach to medication access, which includes financial assistance programs, care coordination, and integrated services across medical, dental, brain health, and pharmacy care.

**MEDICAL ASSOCIATES ANNOUNCED NEW EMPLOYEES**

**Sarah Arnold, PA-C**, joined their family medicine department. She received her Master of Science in Physician Assistant Studies from the University of Dubuque

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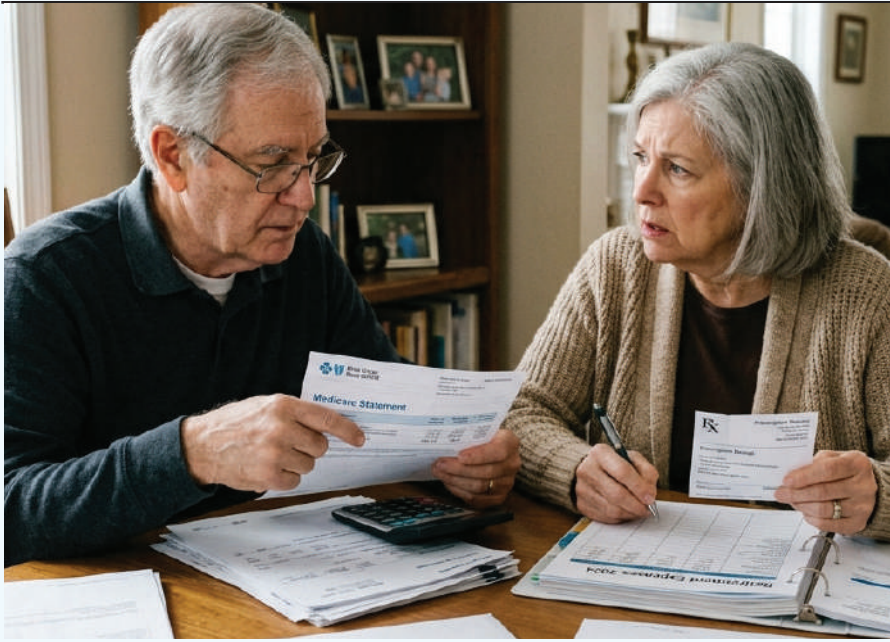
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## HEALTHCARE: THE RETIREMENT EXPENSE MANY PEOPLE UNDERESTIMATE

by Keith Leverentz

Most people heading into retirement are thinking about everyday living, travel, family, and finally having more freedom with their time. What often gets less attention is healthcare. Yet over time, healthcare can become one of the biggest expenses in retirement and one of the fastest ways to put pressure on the assets you worked hard to build.

That is not meant to be alarming. It is simply practical. During your working years, much of healthcare is handled through an employer plan, with premiums coming out of a paycheck and many of the details staying in the background. Retirement changes that. Suddenly, healthcare becomes something you have to think through much more intentionally.

That is where the planning gap often begins. Many people assume Medicare will cover everything once they turn 65. It is an important foundation, but it is not all-inclusive. Premiums, deductibles, supplemental coverage, prescription costs, dental, vision, and other out-of-pocket expenses can all become part of the picture. If you retire before Medicare age, there can be an even bigger challenge in those transition years.

Many people also do not realize that the

way income shows up in retirement can affect what they pay for Medicare, which is one more reason healthcare planning should be connected to tax and income planning. It's all connected more than many realize.

For many households, this becomes one of the most underestimated expenses in retirement. Recent estimates suggest an average retired couple may spend around \$330,000 on healthcare throughout retirement, and that figure does not include long-term care.

What makes this more important is that there is no one-size-fits-all answer. A healthy couple retiring at 67 will face a

different healthcare strategy than someone stepping away from work at 62. A widow will look at these decisions differently than a married couple. A business owner may have different options than someone leaving a large employer plan. The right answer depends on timing, health, income, assets, taxes, and the kind of retirement you want to live.

That is why healthcare should never be treated as a side issue. It affects cash flow, withdrawal strategy, and the overall flexibility a household has in retirement. It may even affect what is ultimately left for a spouse or family. In real retirement planning, these decisions are connected.

A good financial planner talks about retirement through a panoramic view that includes income, taxes, investments, healthcare, and legacy. We have found that people gain more confidence when they stop looking at these decisions one at a time and start seeing how they work together. That is especially true with healthcare, because the costs may not arrive all at once, but they can shape a retirement plan over time.

Long-term care is part of that conversation too. It is not always comfortable to think about, but it is practical to address. Ignoring it does not make the risk go away. Thinking through it ahead of time can help preserve flexibility, protect assets, and create more peace of mind.

Keith Leverentz, NSSA®, is founder of The Life Group and has helped Tri-State area families and retirees since 2003 with personalized financial planning, investment guidance, and retirement strategies designed to bring greater peace of mind. You can visit their website at [TheLife-GroupLLC.com](http://TheLife-GroupLLC.com). ❖

Comments on this article can be sent to [comments@juliensjournal.com](mailto:comments@juliensjournal.com).



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and Bachelor of Arts in Biology, Minor in Chemistry from the University of Northern Iowa in Cedar Falls, IA.

Most recently, Arnold worked as a family medicine physician assistant at Emplify Health in Prairie du Chien, WI. She is board-certified by the National Commission on Certification of Physician Assistants and provides immediate and routine care including diagnosis and treatment of acute and chronic illnesses for patients five years of age and older.



**Elvis Kasi, CRNA,** joined their anesthesia department. He received his Doctor of Nurse Anesthesia Practice from the University of Iowa and Bachelor of Science in Nursing from the University of North Dakota in Grand Forks, ND.



Most recently, Kasi worked as a certified registered nurse anesthetist at UnityPoint Health - Allen Hospital in Waterloo, IA. He provides anesthesia care, pain management, and critical care before, during, and after surgeries and invasive procedures.

**Erica da Silva, OD,** joined the ophthalmology department. She received her Doctor of Optometry from Pacific University College of Optometry in Forest Grove, OR, Bachelor of Science in Biology and Spanish from Carroll University in Waukesha, WI, and completed her residency in optometry at the Sierra Vista VA Medical Center in Sierra Vista, AZ.



Most recently, da Silva worked as an optometrist and assistant professor at the University of Colorado in Aurora, CO. As a member of the ophthalmology department, she provides routine and preventive care of the eyes as well as the diagnosis, treatment, and management of diseases affecting the eye and vision. ❖



# Taste

RESTAURANT REVIEW

Article & Photos by Cassie Cate

Magic Muffin.



## THE WEST DUBUQUE TAP OFFERS THE COMFORT OF HOME

Article & Photos by Cassie Cate

*The food scene in Dubuque and the surrounding areas has undergone a shift in the recent years. Fine dining and catering to the “foodie” scene have turned local, small-town restaurants and diners into a thing of the past where nostalgia and comfort food seem to have gone by the wayside. Although these establishments of finery have their place, and many customers enjoy this elevated eating experience, some simply long for a place with the feeling and comfort of home. If you find yourself yearning for a bit of nostalgia, you don’t have to go far. Located at 1701 Asbury Road sits a small slice of Dubuque history known as West Dubuque Tap. Within its walls lies a small footprint with decades of impact.*

Over seventy years ago, husband and wife Joe and Donna Ginter decided to try their hand at the bar and restaurant business. Located on Main Street, they owned and operated the Navy Club, a place their daughter Kathy Ginter says, “friends gathered, stories were shared, and the community came together.” This business set the tone for the family’s leap into local dining history, giving them the know-how and desire to start a new chapter on Main- the Silver Dollar. Just as before, this establishment was a success, turning customers into friends and gaining “a reputation for welcoming everyone who walked through the door.”

Sadly in 1972, Joe passed away, passing the torch to his wife who continued their legacy of exceptional service and business. Although she ran a thriving business, in 1981 it was time for a new chapter in the Ginter story book, and Donna purchased West Dubuque Tap. As daughter Kathy says, “It became more than a business- it

became home. For decades, she did what she loved most: serving her customers, many of whom became like family. Our mother ran the Tap proudly until her passing in 2013, leaving behind a legacy built on hard work, resilience, and genuine connection.”

Now, there’s another chapter started by Joe and Donna’s daughters Genny and Kathy, who are proudly serving the Dubuque area just like their parents, continuing the legacy of hospitality, welcoming the “regulars” back and inviting newcomers in. One thing remains the same- everyone is welcome at West Dubuque Tap.

On any given day of the week, it’s hard to find a place to park your car outside and a place to park yourself inside the quaint little bar and grill. This is no happenstance- it required a lot of hard work and determination from the Ginter family through their seventy-year run. As Kathy says, “We’ve become a staple in Dubuque by staying consistent, offering great value on our menu, and running a family-owned business that truly cares about the community.”

From 6 AM to 8 PM every day, except Wednesdays, delicious and homemade fare is lovingly prepared just like mom would make it. The day begins with several hearty breakfast options to choose from. The Magic Muffin, a West Dubuque Tap tradition, is a true magic act with the kitchen piling an English muffin high with hash browns, eggs, cheese, and your choice of meat, from sausage or bacon to ham, crispy chicken, or even pork tenderloin. If you really want to mystify it, add the homemade

sausage gravy! The 6 oz House Steak is another viable choice, served with two eggs, hash browns, and toast. Customers can also delight in a fresh omelet, French toast, or pancakes. Many other breakfast items and combinations are available, some coming with complementary coffee.

Lunch and dinner at West Dubuque Tap are always exciting, with new specials each day. Lunch provides a different special including favorites like chicken noodle soup with grilled cheese, Italian beef sandwiches and fries, or grilled pork with gravy, baked potato, and green beans. Of course, dessert is included, rounding out the meal! Although the lunch specials change, nightly specials remain consistent throughout the week. Monday starts the week with an 8 oz. Hamburger Steak, followed by Beef or Fish Taco Tuesday. West Dubuque Tap is known for their Thursday nights which boast spaghetti piled high alongside delicious garlic bread. It wouldn’t be Friday without fish, and the Cod and Catfish are certainly crowd favorites. Saturday rounds out the week with the Open Face 6 oz House Steak and a 3-piece Chicken Dinner. These dinners are served with your choice of potato, salad, and dessert. Other dinner options include tasty entrees like Butterfly Shrimp or Shrimp Tenders, Battered Chicken and Cod, or Open Face House Steak or Hamburger Steak.

West Dubuque Tap makes a good dinner, but they are truly known for their sandwiches. All their burgers are hand patted

and anything but ordinary. The WD Baconator Cheeseburger Basket is not just a mouthful to say, but also a mouthful to eat. This burger is made from ground burger and ground bacon, making it undeniably juicy. It’s also topped with more bacon, cheese, and your traditional burger toppings. Since it’s a basket, it’s served alongside another West Dubuque Tap staple- the fresh-cut, homemade fries. These fries are not your ordinary spuds and seem to come from super-sized potatoes. Another all-star is the WD Super Burger, served with lettuce, tomato, onion, mushrooms, bacon, and cheese, obviously proving it deserves the title of super. If your appetite is off the charts, the OMG WD Burger can certainly fix that with two patties, bacon, cheese, and traditional toppings. And no Iowa menu would be complete without the infamous pork tenderloin, which is yet another option patrons have come to love.

As Kathy proudly says, “We’re one of Dubuque’s last true neighborhood bars— family-owned, serving breakfast, lunch, and dinner, and proud to have been part of the community for years.” So, if you are looking for a place with real charm and history complete with delicious and well-priced food, look no further than West Dubuque Tap for breakfast, lunch, or dinner- your stomach will thank you.

The West Dubuque Tap is located at 1701 Asbury Road in Dubuque. ❖

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

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# THE FROSTED GLASS Taste

Article and photo by Joshua Nichols



From left to right are Kia Ora, Momma Cat, Purple Lemonize, Aibohphobia

## BREWER FEATURE: DIMENSIONAL BREWING COMPANY

It's helpful to remember that we're in a tremendous era for beer lovers. The explosion of microbreweries in the USA over the past couple of decades has been a momentous boom to the availability and variety of beer you now find in a Casey's or a HyVee. In 1996, 1,000 craft breweries were operating in the United States. Twenty years later in 2016, that number is now 5,000, with an additional 2,000 breweries (7,000 total) operating in the USA by 2018. Now, in 2026, we're closing in on 10,000.

This staggering growth, especially during the 5-year period of 2015 and 2020, has had two primary benefits for beer lovers. First, individuals who enjoy specific, non-lager styles of beer, such as an IPA, sour, or stout, can easily find a 6 pack wherever they shop. The second benefit is the incredible variety of beer available. Seasonal releases and small batch experiments have become the norm for microbreweries, and Dimensional Brewing Company embodies the idea that the best beer is a new beer.

Many craft breweries keep a staple lineup of four or five beers available year-round. At Dimensional, this principle is ignored.

Beers frequently rotate and the entire tap lineup can be rotated in a matter of months. Still, what's on tap isn't completely random. Though the beer names change, the ratio of available styles stays the same. On average, there will be four traditional beers (lager, pilsner, or maybe even a Hefeweizen), four New England/Hazy IPAs, two West Coast IPAs, three sours, including a gluten free option, a heavier stout option, and a few ciders to round everything out.

For this article, I ordered a flight of 4 beers. First up was Kia Ora, a dry-hopped pilsner. "Kia Ora" is a Māori greeting equivalent to "hello" in English. It's a fitting name due to the beer being crisp, crushable, and agreeable. Floral notes are consistent throughout the swallow, but they don't linger. Due to the emphasis placed on the hops during brewing, I found it closer in taste to a pale ale than a traditional pilsner. It's an excellent beer for boating or baseball games, and it has a low 5% ABV. For hop lovers, it's a great substitution for an easy drinking domestic.

Second in line is Momma Cat, a hazy imperial IPA that is incredibly smooth and consistent throughout the swallow. It has an ABV of 8.3%. Barely any carbonation is present in this beer, and it has the strong, juicy profile of a good hazy IPA. Appearance wise, you have a golden honeycomb color, a frothy head, and an opaque body. I found the use of Nelson Sauvignon hops to be Momma Cat's distinguishing feature. You get notes of white wine throughout the swallow, specifically a Sauvignon Blanc. This mixes with the classic Citra-hop taste to create a slightly sweet beer that emphasizes citrus and fruity flavors.

Purple Lemonize is a kettle sour that tastes very sweet. The beer has a distinctive magenta or fuchsia color when poured, bringing orchids to mind. But even though the color brought flowers to my mind, there are no herbal or grassy notes in the taste. Instead, you're first met with lemonade, which fades to a tarter blueberry after the swallow. It's a very easy drinking beer, and if I wasn't sitting in a brewery, it would be easy to think that this is a smoothie-esque drink. Almost no alcohol taste, but it does have a 5.5% ABV.

Aibohphobia is a tongue-in-cheek word that was coined to mean “an irrational fear of palindromes.” While the word is a bit of a joke, this barrel-aged imperial stout is a very serious example of brewing and taste. It’s one of the best beers I’ve ever had. The beer first spends 32 months in Willett bourbon barrels. This aging process leaves the finished product with very distinct notes of molasses, bourbon, and oak. It’s a taste similar to maple syrup, but the beer itself doesn’t have a syrupy texture. Instead, it’s very easy to drink with negligible carbonation, and while it has a hefty ABV of 14.8%, the taste of alcohol is never dominant. Roasted peanuts is one of the dominant flavors and is consistent throughout the swallow. Coconut is also present, but it is more of a supporting flavor. As a pastry-style stout, it is a sweeter beer, but it never becomes sugary. I’ll reiterate once more that this is one of the best beers I’ve tasted.

After I finished my flight, Grant Wulf, one of the head brewers at Dimensional, offered me one of their new meltshakes. The meltshake is a canned version of a supper club classic, the after dinner ice cream cocktail. I tried the grasshopper, which shares its name with the grasshopper cocktail. The color stands out immediately -- it’s an aggressive pastel green. Taste-wise, the grasshopper meltshake is very sweet, creamy, and minty. If you like sweets more than beer, try a meltshake next time you’re at Dimensional. Make sure to take a hint from the title of this column and drink it in a frosted glass.

Dimensional Brewing Company is always tweaking and innovating their beer line up. Beers are frequently rotated, and this article only serves as a snapshot of what was on tap when this article was written. Still, no matter what is on tap, the experience of stopping by Dimensional on a bright summer day when their hangar-style windows are open is unmatched in Dubuque. Here’s to trying something new. Dimensional Brewing is located at 67 Main Street in Dubuque. You can visit their website at [DimensionalBrewing.com](http://DimensionalBrewing.com).

Have a beer that you’d like to see us review? Send it to [beer@juliensjournal.com](mailto:beer@juliensjournal.com) and we’ll do our best to feature it in a future issue. ❖



## BACKYARD & PICNIC WINES

*“A bottle of wine contains more philosophy than all the books in the world.” — Louis Pasteur*

Article & Photo by John B. Donovan

**T**eamWine met on a Sunday night in March, missing two of our regulars (Erin & Shane), but we had two guest tasters (Theresa & Hunter) to maintain our six wine tasters. Once we finished tasting the two June wines, we also discussed an extra bottle of wine that each of us had brought. We had a delightful evening of good food, fine fellowship and fun wines.

As is our custom, we tasted a white and a red wine, available locally. This month our white came from Aldi’s and the red was purchased at Roux & Lucia’s. Often the place of purchase is not listed in Sips & Tips, so if you are wondering where we obtained it, send me an email at [John@juliensjournal.com](mailto:John@juliensjournal.com) and I’ll get back to you. Or you can show your favorite local retailer my Sips & Tips column in a copy of Julien’s Journal and ask them if they carry the wine or would be willing to order it for you.

### SIPS

We began with the white, and as usual,

the wines are bagged so we don’t get a preconceived notion as to how it might taste. At the end, for the fun of it, we do make our somewhat educated guesses as to the varietal, and maybe what country produced it. We then uncover them and more often than not, someone has made the correct identification. Our white for June was a Cambalala 2025 Chenin Blanc from the western cape of South Africa, where Chenin Blanc is the leading grape by cultivation. (12.5% abv \$5.99). The wine was very clear with a light, butter yellow tint. The medium light body made for a pleasant mouthfeel and delightfully long finish. Aromas identified were cucumber, white flower blossom, fresh cut pear, lemon zest and some stone fruit. Enticing flavors included stone fruits, green apple, some citrus, fresh pineapple, pear, soft spice, and tropical fruits.

The wine had moderate to high acidity, but we all considered it a well-balanced wine. We felt the wine went well with our cranberry goat cheese, tinned tuna, crackers

with white cheese.

We felt this would be a perfect back-porch wine, so don't let the price scare you away. We all liked the wine!

Our red was the Zacharias Omikron Agiorgitko (13% abv \$25) from the Peloponnese region of Greece. This was a medium bodied wine with a dark ruby color and is made with 100% Agiorgitko grapes. The wine had medium-low acidity and velvety (but noticeable) tannins. Aromas that presented to us were blackberry, currant, black pepper, cooked strawberries, green pepper and some pomegranate.

A couple members had a dash of sweetness on first sip, then flavors of red fruit jam, a hint of spearmint, raspberry, raisin and cherry followed. This wine paired well with our darker cheeses, and the cranberry goat cheese, but not so well with the white cheese. It was ok with the hummus, and iffy with the tinned fish. And, of course, it was delightful with the chocolate!

We all felt this wine would be excellent with pasta or pizza, maybe a Caesar or Chicken salad, and one felt a grilled steak would be well paired with this one. We all felt both our wines would be perfect picnic wines or at a Music at the Star Sunday night concert! One person felt this was a perfect Christmas wine with its color and aromas.

## TIPS

Summer is book reading time. And to make it even better, why not read a book about wine, and have a glass handy to sip while reading. Here are a few books that I enjoyed while savoring a glass of wine. I hope you might enjoy one as well!

What Makes Wine Worth Drinking – Terry Theise

Vintage 1954 – Antoine Laurain (a real delightful read)

Uncorked – Paul Shore

Provence, 1970 – Luke Barr (a must read)

Shadows in the Vineyard – Maximillian Potter (a true story)

Wine & War – Don & Petie Kladstrup

A Walk Across France – Miles Morland

Drinking & Knowing Things – Michael Amon

Cork Dork – Bianca Bosker ❖

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

# Business & Community News



## NANCY VAN MILLIGEN ANNOUNCES RETIREMENT FROM THE COMMUNITY FOUNDATION

After 23 years in the role, Nancy Van Milligen announced that she will retire as president and CEO of the Community Foundation, effective January 1, 2027. Upon her retirement, she will transition into a part-time senior staff position, in which she will continue to support the Foundation and key community partnerships.

With the announcement, the Community Foundation is launching a search – locally and nationally – for its next president and CEO. Van Milligen will continue serving in the role through 2026 as the Foundation's Board conducts a search for her successor.

To date, the Community Foundation has granted over \$92 million to nonprofits addressing the region's most pressing issues. It hosts 400 endowment funds that directly benefit nonprofits across the region.

## RIVER MUSEUM LAUNCHES CANOE EXCURSIONS

The National Mississippi River Museum & Aquarium launched guided Mississippi River canoe excursions beginning May 23. Excursions depart Thursdays and Saturdays at 9 AM and 1 PM through Labor Day.

Each 14-foot cedar Voyageur canoe accommodates up to eight participants and two guides. The three-hour trips explore Mud Lake in Dubuque County, traveling down the main channel and returning through a backwater slough within the Upper Mississippi River National Wildlife and Fish Refuge. The leisurely pace allows participants time to observe wildlife, ask questions, and take part in hands-on educational activities focused on the refuge, its ecosystems and conservation efforts.



## CHAMBER OF COMMERCE RIBBON CUTTINGS

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DUBUQUE, IA.  
PERMIT NO.18

**suma** Dubuque  
Museum  
of Art  
*in the Millwork District*

***What Now?***  
Celebrate the  
artists from the first  
*Voices* exhibition

Opening June 13

Inspiring *Beyond*

Wendy S. Rolfe, *Bubble Gum Girl* (detail), 2025, oil on wood panel, 28x28 in., Courtesy of the artist.