

THE DUBUQUE AREA LIFESTYLE MAGAZINE, JULY 2026

FREE

JULIEN'S JOURNAL



**INJECTING CONFIDENCE:
WHAT YOU SHOULD KNOW ABOUT BOTOX
AND LASER TREATMENTS**

**WOMEN'S GIVING CIRCLE CELEBRATES 20 YEARS
OF EMPOWERING WOMEN**

**FIVE FLAGS CENTER CELEBRATES 250 YEARS
OF AMERICA WITH "ROCK & ROOTS SERIES"**

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PUBLISHER'S NOTE

Happy 250th Birthday to the United States of America! To celebrate, I'd like to share a few fun facts about our nation's first 250 years. Abraham Lincoln was a tough dude. Long before he was the 16th president, a young Abraham Lincoln was a powerhouse wrestler. Out of around 300 matches, the 6'4" future president was only defeated once. A foul-mouthed parrot nearly ruined a president's funeral. President Andrew Jackson owned an African Grey parrot named Poll. When Jackson passed away in 1845, Poll attended the funeral, only to be swiftly kicked out because it wouldn't stop screaming explicit curse words it had learned from the former president. Independence Day isn't a great day for past presidents. Three of the first five U.S. presidents passed away on Independence Day. Thomas Jefferson and John Adams both died on July 4, 1826, exactly 50 years after the signing of the Declaration of Independence. Five years later, James Monroe died on July 4, 1831. A 17-year-old designed our current flag. In 1958, high school student Bob Heft designed the current 50-star flag as a history class project. His teacher gave him a B-minus for the effort.

Inside this issue

There are many popular aesthetic treatments available right here in the Dubuque area. Learn about them on page 16.

During the second half of the 19th century, it would not have been uncommon to see Col. Delos E. Lyon walking the streets of old Dubuque. Read about this iconic Dubuque figure on page 19.

The Women's Giving Circle began when a small group of women gathered with a simple but courageous belief: Women should have a visible, collective voice in philanthropy. Learn more on page 20.

Many people enter retirement with a clear picture of what they have saved, but a much less clear picture of what they will get to keep. Learn how taxes can affect your retirement income on page 22.

Five Flags Center is proud to announce the Rock & Roots Series, a three-show concert lineup celebrating the rich sounds of Americana, folk-rock, bluegrass, and roots music. Read more on page 23.

Mario's Offers a Taste of Italy. Read our review on page 28.

TeamWine reviews two wines that are perfect for a summer picnic. Read about them on page 30.

ON THE COVER:

Nicole Artioli, BSN, RN, administering an injectable treatment to a patient. Photo contributed by Medical Associates.



It's Not Just What You Save. It's What You Keep.



Many people focus on how much they've saved for retirement. Fewer think carefully about how much of those savings may be lost to unnecessary taxes over time.

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

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JULIEN'S JOURNAL

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Photo of the Month



*Flags celebrating our nation's 250th birthday line the street in Asbury Plaza.
Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.*

July Events

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



Mamma Mia

Friday through Sunday, June 19-July 5
@ The Grand Opera House

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+. See website for show times. Visit TheGrandOperaHouse.com.

Wild West Wednesdays

Wednesday, July 1, 8, 15, 22 & 29
7-11 PM @ Dubuque County
Fairgrounds

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



Music by the River

Thursday, July 2, 16 & 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.



Fireworks & Air Show on the River

Friday, July 3

4 PM @ A.Y. McDonald Park

This year's celebration honors the 250th anniversary of America. Bring blankets, chairs, and coolers, and sit back for an amazing air show in the early evening, followed by a stunning fireworks display set to music. Food and beverages start at 4 PM.

SCHEDULE OF EVENTS:

12:00 PM - Parking Lots Open

4:00 PM - Food + Beverage Vendors Open in AY McDonald Park

6:00 PM - Air Show

9:00 PM - All Veteran Group Parachute night jump

9:45 PM/dusk - Fireworks

First Fridays is a free downtown monthly community arts event with open galleries, artists' studios, and live entertainment, fostering community and celebrating arts in Dubuque.

First Fridays

Friday, July 3

@ Various Locations in Dubuque

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

The First Fridays - Trolley Edition offers free rides between participating venues from 5-9 PM. Hop aboard to explore new exhibitions, and support local artists. Enjoy Dubuque's dynamic downtown arts scene while leaving your transportation worries to us!

Visit FirstFridaysDubuque.org.

Dubuque Farmers' Market

Saturdays through October 31

7 AM-12 PM @ Iowa Street from 11th to 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.

4th of July Ice Cream Social

Saturday, July 4 @ Mathias Ham House

The Dubuque County Historical Society celebrates Independence Day just below Eagle Point Park. The afternoon event features music, food, tours of the mansion, and historic kids' games. Visit RiverMuseum.com.

CALENDAR OF EVENTS



COLTS DRUM & BUGLE CORPS
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Colts
Blue Knights
Madison Scouts
Blue Stars
Genesis
River City Rhythm
Colt Cadets
& more!

Music *on the* March

Fri., July 10 • 7:00 pm • Dalzell Field • Tickets: colts.org
Tickets start at \$25 • Online through July 7 then at the gate



Rock & Roots

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Appalachian Road Show
with The Andereggs Family
July 10



Music of Laurel Canyon
featuring
Buffalo Rome
September 19



John McEuen
Co-founding member of
Nitty Gritty Dirt Band
& The Circle Band
November 21

OVG **www.fiveflagscenter.com**
OAK VIEW GROUP



Whiskey Myers, Taylor Hunnicutt

Saturday, July 4

6:30 PM @ Back Waters Amp

Back Waters Amp opens for its first concert ever. Visit BackWatersAmp.com.

Music at the Star- Switchback

Sundays through July 26

6:30 PM @ Alliant Amphitheater

This popular summer concert series offers six free live performances for the whole community. Featuring Hunter Fuerste, Dubuque Symphony Orchestra, Switchback, Jason Petty, The Moonlighters, and the Kids from Wisconsin. See the website for specific performance information. Visit DubuqueArtsCouncil.com/Music-At-The-Star.

Art Camp: Rising Middle Schoolers

Monday through Friday, July 6-10

9 AM-12 PM @ Bluff Strokes Art Center

Rising Middle Schoolers (for those in or going into Middle School). Visit Bluffstrokes.org.

Explorers of the Driftless

Tuesday through Thursday, July 7-9

8 AM-4 PM @ National Mississippi

River Museum & Aquarium

Experience different forms of nature like rocks, bluffs, hills, and riverbanks while learning how the land was shaped long ago. Through games, crafts, and hands-on activities, campers learn that rocks and land can tell stories. Grades 1-5. Visit RiverMuseum.org.



Millwork Night Market

Thursday, July 9

5-8 PM @ Jackson Street from 7th to 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.



City of Presidents Celebration: Mac & Cheese Fest

Thursday, July 9 @ 11 AM–6 PM

Cuba City, Wisconsin

Cuba City will host a community-wide celebration, honoring three major milestones: America's 250th birthday; the 50th Anniversary of Cuba City's "City of Presidents" Presidential Shields Project; and a Cuba City High School Alumni Reunion weekend. The multi-day celebration will bring together alumni, residents, families, and visitors for patriotic festivities, food, entertainment, and community traditions. For full event details and updates, visit the community calendar. Cuba City, WI. or visit CubaCity.org.

Food Festival Fridays

Second & Fourth Fridays,
July 10–September 26

11 AM–1 PM @ Washington Park on
2nd Fridays @ Pocket Park on 4th
Fridays.

More food. More music. More reasons to head downtown. Food Festival Fridays is expanding by bringing you two chances every month through September to step away for lunch, gather with friends, and enjoy the best local food trucks and musicians. Visit DubuqueMainStreet.org.

Hairball, The Pork Tornadoes, The Dealbreakers

Friday, July 10

6:30 PM @ Back Waters Amp

A triple bill of touring tribute and cover bands. Rain or shine. All ages. Visit BackWatersAmp.com.

Colts Music on the March

Friday, July 10

7 PM @ Senior High School, Dalzell
Field

The Colts show has been a highlight on Dubuque's summer calendar since 1963. Eight groups are scheduled to compete in this Drum Corps International summer tour event. Visit Colts.org.



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

The Legendary Ladies of Country Music Featuring the Talented Molly Brown

Saturday July 18 @ 2 PM

Join Molly as she brings to the stage the music of Shania Twain, Tanya Tucker, Jo Dee Messina, Martina McBride and more. The second half of the show Molly will sing the beautiful songs of Patsy Cline. The Ohnward Fine Arts Center will come to life with Patsy's biggest hits, including "Crazy," "Walkin' After Midnight," "I Fall to Pieces," and more!

Tickets - In Advance:
Adults \$25 Students \$15

At door: Adults \$28
Students \$18



The Wizard of Oz Youth Edition

Performances dates – July 25 @ 7 PM and July 26 @ 2 PM

This classic tale, in which a Kansas farm girl travels over the rainbow to discover the magical power of home. As Dorothy and Toto head down the Yellow Brick Road to find the Wizard and their way back home to Kansas, they meet new friends, each with a wish that they hope The Great Oz can grant for them. Click your heels three times and follow the yellow brick road to the Ohnward Fine Arts Center!

TICKETS – In Advance: Adults \$15 Students \$10 AT THE DOOR – Adults \$18 Students \$13



Art on the River

Stillness in the Driftless

Opening Reception

Friday, August 7 | 5-7 p.m.

GRAND RIVER CENTER PATIO / MISSISSIPPI RIVERWALK

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CALENDAR OF EVENTS




MAMMA MIA!

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2026 Youth Production



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Appalachian Road Show

Friday, July 10

7:30 PM @ Five Flags Center

Appalachian Road Show is a visionary acoustic ensemble, bringing new-generation interpretations of traditional Americana, bluegrass, and folk songs, as well as offering innovative original music, all presented with a common thread tied directly to the heart of the Appalachian regions of the United States. Visit FiveFlagsCenter.com.

Asbury Music in the Park

Saturday, July 11

12-10 PM @ Asbury Park (Asbury, IA)

This is a free family event with a variety of music, entertainment, food, children's games, inflatables, family activities, and a free live music headliner at 7 PM. Shuttle service available. Visit CityOfAsbury.com.



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Music in the Gardens

Sunday, July 12

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.

She Unites

Wednesday, July 15

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.



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CALENDAR OF EVENTS



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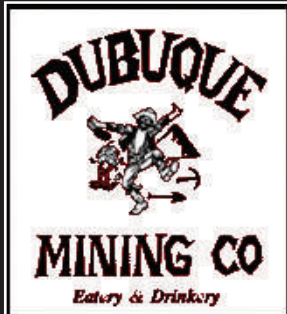
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Tri-State Drone Extravaganza

Friday, July 17

5 PM @ Dubuque County Fairgrounds
Come one, come all, and watch as the sky comes to life. Enjoy music, food and beverages, a fun zone, and a drone show at dusk. Visit TelegraphHerald.com/Drone.

Art Camp: Rising 3rd-5th Graders

Monday through Friday, July 20-24

9 AM-12 PM @ Bluff Strokes Art Center
Rising 3rd-5th Graders (for those in or going into 3rd, 4th, or 5th grades). Visit Bluffstrokes.org.

River Rats

Tuesday through Thursday, July 21-23

8 AM-4 PM @ National Mississippi River Museum & Aquarium
This is a hands-on adventure in river and animal science. Explore the wetland area and the Port of Dubuque and understand how to respect and care for the river while having a fun and adventurous experience. Grades 1-5. Visit RiverMuseum.org.



Jennifer Lyn & the Groove Revival

Thursday, July 23

7:30 PM @ Five Flags Center
Remember when live music felt like an event; a night you planned around? The lights drop, the room locks in, and the music takes over. Electric Eden brings that feeling back with a focused, shared experience where being in the room truly matters. Visit FiveFlagsCenter.com.

The Wizard of Oz – Youth Edition

Saturday and Sunday, July 25-26

Saturday, 7 PM; Sunday, 2 PM @ The Ohnward Fine Arts Center (Maquoketa, IA)

Click your heels three times and follow the yellow brick road with Dorothy, Toto, and friends, in their quest to find the Emerald City. Visit Ohnward-FineArtsCenter.com.



RAGBRAI LIII Last Stop

Saturday, July 25 @ Downtown Dubuque

The *Register's* Annual Great Bicycle Ride Across Iowa (RAGBRAI) is an annual seven-day bicycle ride across the state. The week will end in Dubuque with a dip in the Mississippi River and a party with details to be announced. Visit Ragbrai.com.

Dubuque County Fair

Tuesday through Sunday, July 28-August 2

@ Dubuque County Fairgrounds
The 73rd Annual Dubuque County Fair runs from July 28 to August 2. General admission tickets are generally \$13.20 for adults, and children are free. Visit DbqFair.com.

Survival Camp

Tuesday through Thursday, July 28-30
9 AM-4 PM @ National Mississippi River Museum & Aquarium

An outdoor adventure where campers learn the basics of staying safe and confident in the wilderness. Kids practice survival skills through games, hands-on activities, and challenges. Grades 1-5. Visit RiverMuseum.org.



The SpongeBob Musical

Thursday through Sunday, July 30-August 9

@ The Grand Opera House
When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world. The annual youth production features area students. See website for show times. Visit TheGrandOperaHouse.com.

32nd Tri-State Wind Symphony: Favorite Selections of the Season w/ All Conductors

Thursday, July 30 @ 6 PM

@Alliant Energy Amphitheater

The outdoor concerts with Dubuque's community band begin with the Accordion Divas at 6 PM followed by TSWS concerts with guest conductors at 7 PM. Bring a chair or blanket. Rain site: Bread of Life Presbyterian Church (2115 University Dr.) Free. 600 Star Brewery Dr. 563-599-4497. tsws.org.

Forest Therapy for Adults

Friday, July 31

10 AM @ Dubuque Arboretum & Botanical Gardens

Enjoy a wellness practice using guided immersion in nature to improve physical and mental health by reducing stress, boosting immunity, and enhancing mood. Visit DubuqueArboretum.net.



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ART ON THE RIVER OPENING RECEPTION - FRIDAY, AUGUST 7 @ 5PM



Everyone is welcome to the 2026-27 Art on the River opening reception on Friday, Aug. 7, from 5 to 7PM at the Grand River Center. This free, family-friendly event features appetizers, a cash bar, and entertainment. This year's theme, *Stillness in the Driftless*, explores the quiet strength and reflective beauty of the Driftless Region. Inspired by the unique character of this landscape, it celebrates moments of pause, presence, and contemplation, revealing how stillness can foster connection, renewal, and a deeper sense of belonging within Dubuque's riverfront environment.

Artists were invited to submit proposals for existing or newly created three-dimensional public artworks that embody this theme through form, texture, light, movement, and material. Interpretations of stillness and driftless may be spiritual, natural, emotional, or communal, reflecting the many ways individuals experience place and connection.

"Through these works, the exhibition encourages visitors to slow down, engage more deeply with the surrounding landscape, and discover meaningful connections with one another and the environment", states Bonnie Spurling, Arts & Cultural Affairs Manager. "*Stillness in the Driftless* invites reflection on the power of quiet moments and the relationships between people, place, and community."

1. "Solitude" by Mark and Hannah Ricke

This sculpture will celebrate movement and rest, inspiring imagination through sight and sound. The canoe is woven with overlapping white oak stringers and ribs, illustrating the intersection of lives that enriches the area. When the viewer approaches the sculpture a mirror, like the pupil is surrounded by metal cutouts of flora native to the Driftless Region. The wind will play music through an aeolian harp in this piece. The sculpture will celebrate movement and rest, evoking viewer's memories and inspiring imagination through sight and sound.

Purchase Price: \$10,000

2. "Action Reaction" by Chris Wubbena

Inspired by a figurative sculpture with geologic and Neolithic rock formations, take a closer look at the individual, the person, and the weight they assume. A series of action and reaction drifts through its steel body as it twists under the large, painted, rock-like mass.

Price: \$18,000

3. "Topography of Stillness" by Lucas Delaney

This sculpture explores stillness as a sensory, emotional, and environmental experience within the Driftless landscape. Small crescents of textured pillars represent a different imprint of the region: the shifting depth lines of the Mississippi River, the soft movement



1



2

of prairie grasses and wildflowers and more that encourage close viewing and touch.

Price: \$20,000

4. "Lumenfly" by Kirk Seese

This design is inspired by the dragonfly, which hovers over the still waters, perfectly still besides its imperceptible flapping wings. As it lands on a nearby reed, it also remains perfectly still, taking in the world around it.

Price: \$9,000

5. "Unci Maka" (Lakota for Grandmother Earth) by Timothy Sprengelmeyer

Many indigenous cultures used turtle shells as a calendar. All turtles have 13 main segments or scutes of their shell and 28 around the perimeter. This correlates to the 13 moon cycles and the 28 days within each moon cycle. It is the root of the name Unci Maka because, as Grandmother Earth. Unci Maka represents healing, wisdom, spirituality, health, safety, longevity, protection, and fertility.

Price: \$12,345

6. "The Key to Dubuque" by Danielle Jelinek

View the theme of stillness in the Driftless, while honoring the culture and history of Dubuque and experience the beauty of the Mississippi River. This Corten steel sculpture allows the external layers to rust, giving it an older feel, a nod to Dubuque the oldest city in Iowa. Look through the bit of the key (the key city) towards the Mississippi River as it drifts along with a sense of stillness.



6



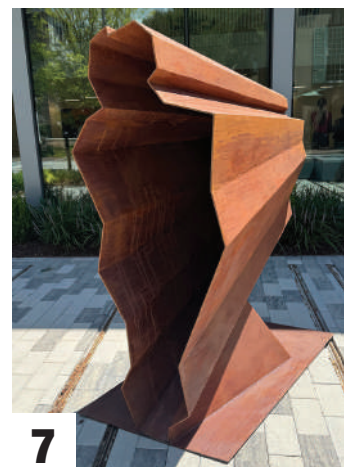
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The key bit is in the design of a "D" (Dubuque), and the bow of the key is based off the Fleur-de-Lis.

Price: \$7,000

7. "Extruded Life" by Jarod Charzewski

The sculpture suggests a figure caught between movement and rest, as if time has been stretched and slowed rather than frozen. This moment of suspension mirrors the Driftless landscape itself, a region shaped not by abrupt rupture but by gradual forces, patient erosion, and long-term continuity. The extruded figure reads as both human and elemental. Its verticality echoes the river bluffs and geological strata that define Dubuque's riverfront, while its softened contours reflect the steady presence of water and wind acting over time.

Price: \$ 12,400

8. "Avenue Dreamcatcher" by Mark Hall

This sculpture connects outdoor yearnings with today's busy world with metal and glass. Looking back in our country's past reveals how Native Americans lived for thousands of years in communion with Nature and fellow man. I'm inspired by their reverence and how they honor communal practices. This sculpture suggests a new approach for many of us, inspired by age-old ideals.

Price: \$11,000

9. "Cohesive Narrative" by Kristin Garnant

Rising from the river's edge like a held breath, this sculpture embodies Stillness in the Driftless through restraint, reflection, and quiet presence. Its vertical form—tall, pared down, and symmetrical—echoes the bluffs that cradle the Mississippi, while its silvery surface gathers and returns light with subtle variation. Marks and textures ripple across the metal, recalling wind on water, ice fracture, or the slow weathering of stone. Anchored in the landscape yet open to the sky, the work creates a pause between movement and rest. It stands as a threshold: between river and shore, sound and silence, past and possibility.

Price: \$9,500

10. "Air Garden II" by Steve Buduo

Curving upward in a continuous gesture, this sculpture defines negative space not as emptiness but as something shaped, present, and perceptible. Like the carved valleys and rolling hills of the Driftless area, Air Garden II creates a gesture that feels geological: slow, patient, shaped by time. The curve of the sculpture mirrors the way

water shapes land and holds space the way the valleys hold the river.

Price: \$6,500

11. "Spiritcycle" by Nathan Pierce

Against the current of the Mississippi and the layered calm of the Driftless landscape, this work becomes a marker of balance; energy held in suspension. Within the context of Stillness in the Driftless, Spiritcycle reflects how motion can settle into reflection. The wheel no longer turns, yet its presence carries memory—of travel and shared paths. Here the sculpture invites viewers to slow down, notice their surroundings, and recognize how belonging emerges from moments when we pause long enough to feel connected to place, history, and one another.

Price: \$12,000

CALENDAR OF EVENTS



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

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.

Teen Zone Pop-In

Monthly activity when teen staff is present. Make small, hand-made magazines.



Dementia Simulation Experience Programs

This educational lecture and interactive workshop is designed to help individuals better understand the complex effects of dementia.



Wednesday, July 22 | 2-4 p.m.
Wednesday, August 5 | 2-4 p.m.

Carnegie-Stout Public Library
Third Floor Auditorium
360 W 11th St, Dubuque, IA 52001

Free - Registration is Required.

Questions: Call 563-589-4225



Preschool Storytime

Wednesdays, July 1 through August 12 @ 9:30 AM & 10:30 AM

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

Beginning Chapters Book Club

Wednesday, July 1 @ 4 PM

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

Drop-in Craft Table

Thursdays, Jul 2, 16 & 30 @ 12-2 PM

Stop by the Children's Department and create a simple yet fun craft. Ages 2-5. Registration preferred.

Sew a Piranha Softie

Thursday, July 2 @ 3 PM

After reading Aaron Blabey's book *Piranhas Don't Eat Bananas*, sew a softie of Brian the piranha to take home. Ages 6-10. Registration required.

Toddler Time

Mondays, July 6 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.

Evening Storytime

Every other Monday, July 6 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, July 7 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.

American Agamographs

Wednesday, July 8 @ 4 PM

Come to color and fold these unique art pieces and hear a patriotic story. Ages 8-12. Registration required.

Pokémon Club

Wednesday, July 8 @ 5:30 PM

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

Forensics: The Truth vs TV

Thursday, July 9 @ 3-4:30 PM

Author E.G. Weiss pulls back the curtain on forensic investigation, separating facts from fiction that is both educational and unforgettable. Ages 12+. Registration required.

Mr. Fun Presents Global Games

Friday, July 10 @ 10 AM

Mr. Fun blends history, laughter, and interactive fun into one unforgettable program. All ages.

Plant a Seed Bead

Friday, July 10 @ 3 PM

Discover the vibrant world of glass seed beads and create a simple piece of jewelry. Ages 12-17. Registration required.

Paper Bead Jewelry Workshop

Saturday, July 11 @ 2 PM

Make colorful paper beads from recycled paper; turn them into wearable art. Ages 10-16. Registration required.

Dungeons & Dragons for Teens

Sundays, July 12 @ 1 PM

Join a Dungeons & Dragons one-shot to complete a quest through collaborative storytelling. Ages 14-18. Registration required.

Scrappy Scrapbooking

Monday, July 13 @ 4-5:30 PM

Bring photos and create, bind, and decorate a mini scrapbook. Ages 10-17. Registration required.

Social Dancing Basics**Monday, July 13 @ 5 PM**

Learn many tips and tricks to make your next slow dance experience a great one. Held at Adam's Dance Connection, 900 Jackson St., Suite 108A. Ages 18+. Registration required.

Reading Roundtable Book Discussion Group**Monday, July 13 @ 6 PM**

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

Emoji Canvas Creations**Tuesday, July 14 @ 2 PM**

Kids and teens will design their own canvas painting inspired by their favorite emojis. Ages 10-16. Registration required.

Introduction to Self Defense**Tuesday, July 14 @ 9:30-11 AM**

Improve your self-defense skills at this hands-on, participant-lead class. Ages 18+. Registration required.

Minecraft Mania**Wednesday, July 15 @ 5:30-6:45 PM**

Sign up for this game-playing night to test your skills and build away. Ages 7-13. Registration required.

Custom Mug Workshop**Thursday, July 16 @ 4-5:30 PM**

Create a one-of-a-kind ceramic mug using vibrant, oil-based paint pens and stencil designs. Ages 12-18. Registration required.

Movie Night**Thursday, July 16 @ 6 PM**

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

Sponge-Painted Ice Cream Craft**Friday, July 17 @ 2 PM**

Celebrate National Ice Cream Day with a sweet treat, a little read-aloud, and a hands-on activity. Ages 4-8. Registration required.

LEGO® Challenge**Saturday, July 18 @ 10 AM**

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

Family Book Bingo**Saturday, July 18 @ 2 PM**

Ages 4-12.

Survivor Squad Book Club**Mondays, July 20 @ 4 PM**

Join the Survivor Squad as we explore the action-packed, *I Survived* series by Lauren Tarshis. Ages 8-11. Registration required.

Wildflower Seed Balls**Tuesday, July 21 @ 5:30-7 PM**

Learn how to make wildflower seed balls perfect. Ages 10+. Registration required.

Dementia Simulation Experience**Wednesday, July 22 @ 2-4 PM**

Learn more about what dementia is, how it affects the brain, and what you can do to help the people in your life living with dementia. Ages 18+. Registration required.

Self Defense for Individuals with Mobility Issues**Thursday, July 23 @ 12-1:30 PM**

Learn an introductory mix of basic and advanced moves with modifications. Ages 18+. Registration required.

Music by Skippy**Friday, July 24 @ 10 AM**

Luke "Skippy" Harbur presents an interactive program. All ages.

Introduction to Dungeons & Dragons**Sundays, July 26 @ 1 PM**

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

Superhero Style Lab**Monday, July 27 @ 2 PM**

Kids will design their own superhero persona and craft a matching cape. Ages 8-12. Registration required.

Sun SHINE Squad**Tuesday, July 28 @ 4-5:30 PM**

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

Revolution at the Library**Wednesday, July 29 @ 4 PM**

Based on the game, *Would You Rather?* You decide if you'd prefer to be a Loyalist or a Patriot. Ages 8-12. Registration required.



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Injecting Confidence: What You Should Know About Botox and Laser Treatments

by Beth Triplett

You've seen the ads. You've heard the buzzwords. Maybe you've even caught yourself Googling "Botox near me" and then closing the tab before you could talk yourself into it. There are many popular aesthetic treatments available right here in the Dubuque area — Botox, Broadband Light therapy, and ablative laser treatments, and many places that offer them. What are the differences?

FIRST, A LITTLE FRAMEWORK

Before diving into specific treatments, Erin Kennedy, M.D., FACS, board-certified plastic surgeon at EK Plastic Surgery, offers a surprisingly simple way to think about facial aesthetics. "When you look at your face and you're trying to figure out what would be the best thing to address it, I always tell people it's like four branches of a tree," she says.

Those branches? Relax, refill, resurface, and redrape.

Botox falls into the "relax" category, targeting lines caused by muscle movement. Lasers and light treatments live in the "resurface" world — improving the actual quality, tone, and texture of your skin.

Understanding which branch your concern falls under is half the battle, which is exactly why it is important to undergo a proper consultation before booking any treatment.

SO, WHAT IS BOTOX, EXACTLY?

Botox is a medication that temporarily relaxes the small muscles responsible for the creases and lines that appear when you squint, smile, or furrow your brow. Think of the lines between your eyebrows when you frown, or the crow's feet that fan out when you laugh. Those happen because of muscle movement, and that's precisely

what Botox targets.

"If what you don't like is because of when you do muscle movement, then relaxing those muscles is the best way to soften those lines," says Dr. Kennedy.

It's worth knowing that "Botox" is a brand name, but there are currently other FDA-approved neuromodulators on the market. Some take effect faster, some last longer, and different patients respond differently to each. Botox results typically last several months, though many patients start to notice some muscle movement return-



Erin Kennedy, M.D., FACS

ing around the three-to-four-month mark. The more consistently you get treated, the better things tend to go over time. Downtime with Botox is essentially zero. "You can do this and go immediately back to work, go out, do anything you want," says Dr. Kennedy. Just keep in mind that it takes three to five days for decreased movement to appear, and the full effect may not be realized for up to two weeks.

Resurfacing: Two Very Different Tools

When it comes to laser and light-based



Nicole Artioli, BSN, RN, administering an injectable treatment to a patient. Photo contributed by Medical Associates.

skin treatments, not all options are created equal. There are two distinct categories, and understanding the difference helps you ask the right questions.

BROADBAND LIGHT (BBL)

BBL stands for Broadband Light — and it is technically not a laser at all. "The broadband light is intense light, but then we filter it so it's specific for pigment, it's specific for blood vessels, it's specific



Nicole Artioli, BSN, RN, CCRN

for hair follicles," explains Dr. Kennedy.

Nicole Artioli, BSN, RN, CCRN, nurse injector and manager of the Aesthetic Center by Medical Associates, describes the experience in practical terms: "BBL basically delivers controlled light and energy into the skin to help treat concerns like pigmentation, vascular lesions, and overall skin quality." This could include sunspots, rosacea, flushing, uneven



Contributed photos

tone, and even unwanted hair — on the face and body alike.

Because BBL doesn't destroy or remove any skin tissue, it's considered a non-ablative treatment. You don't have to regrow the skin, which means it's versatile enough to use beyond the face — on the neck, hands, arms, and legs.

Downtime is minimal. Artioli says patients typically see mild redness for about 24 hours and perhaps some slight swelling that may linger a day or two. You can apply makeup and sunscreen right away, but you need to stay out of direct sunlight for a week or two post-treatments, since skin will be more sensitive than usual.

How many treatments you need depends on your goals. "Some people will come in, and they'll have one treatment and say it put me back 10 years — that's good enough," Dr. Kennedy notes. Others prefer a series of two or three sessions to get where they want to be, followed by occasional maintenance visits once or twice a year to stay ahead of new pigment or blood vessel changes.



Emily May, DNP, performing a laser treatment on a patient. Photo contributed by Medical Associates.

ABLATIVE LASER TREATMENTS

If BBL is the gentle, versatile option, ablative lasers are the more intensive counterpart — and for certain skin concerns, they're the more effective tool. Where BBL targets surface-level pigment and blood vessels without disturbing the skin itself, ablative lasers target the water in skin cells, essentially resurfacing the skin by triggering the body's natural healing and regeneration process. Ablative treatments are better suited to the face than the body.

"You can really improve lower eyelid crepiness and extra skin," says Dr. Kennedy. "You can improve crow's feet; you can improve lipstick lines. It will tighten — not surgery tighten — but it will tighten." For people dealing with fine texture issues or deeper lines that BBL can't fully address, ablative laser treatments can deliver more dramatic results.

The trade-off is downtime. Unlike BBL, ablative lasers require several days or up to two weeks of recovery depending upon the treatment as the skin needs time to heal and resurface.

QUESTIONS TO ASK BEFORE YOU BOOK

Men and women of all ages seek out treatments, and you don't need to know exactly what you want. BBL/laser treatments are not ideal for every skin type, and the number of treatments can vary significantly depending on the patient's skin concerns, goals, and the condition being treated. The process starts with a conversation.

"We actually recommend a consultation for everything," says Artioli. "Even if you kind of know what kind of service you're interested in, a good consultation helps make sure things are safe and well-suited for you."

Dr. Kennedy adds that credentials matter more than people often realize. It's fair to ask who is performing your treatment — the education, experience, and train-

ing vary widely from place to place and between degrees. With laser treatments in particular, improper settings can cause burns or even worsen pigmentation rather than improve it.

For any laser or light treatment, Artioli recommends asking about the specific technology used. "Going to a place that has the right technology is important. Having a high-quality, well-known laser in the industry matters." For Botox, ask which neuromodulator the provider uses and whether your injector has a solid understanding of facial anatomy. "For a lot of people, the goal is not to look frozen," Artioli says. "The perfect balance is when you can still have full facial movement, but you're no longer getting those wrinkles at rest."

Erin Kennedy Plastic Surgery can be reached at EKplasticsurgery.com. The Aesthetic Center by Medical Associates can be reached at Aestheticsbyma.com. ❖

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



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DUBUQUE'S COLONEL DELOS E. LYON

by Connie Cherba

During the second half of the 19th century, it would not have been uncommon to see Col. Delos E. Lyon walking the streets of old Dubuque, traveling between his law office on the southeast corner of 5th and Main and his home at 1005 Bluff. He was a “striking man with wavy gray hair, a short stubby mustache, sharp piercing eyes, and a good, humored face.” On cold days, he wore a mink overcoat that certainly made him stand out among Dubuque’s downtown pedestrians.

Delos Lyon was born into an old New England family in New York on November 14, 1832. His great-grandfather had served in the French and Indian Wars and as an officer in the Revolutionary War. His parents Jonathan and Harriet Perkins Lyon were original settlers of Franklinville, New York. Delos was educated in the New York public schools and later entered the Buffalo Academy. At the age of fifteen, he began clerking in a country store, remaining there until 1848 when he travelled west and enrolled at Oberlin College in Ohio. At Oberlin he met and later married Cecilia A. Howard, a music student enrolled at the college.

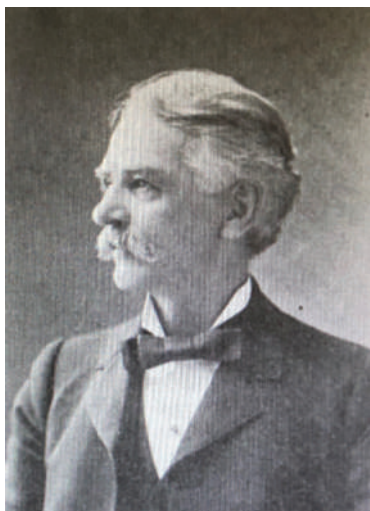
In 1851, Delos returned to New York and became a proprietor of a large store in Franklinville. He witnessed the failure of the Ohio Life and Trust Co. while visiting New York City in 1857, which had a major impact on Delos. Convinced that a financial panic was on the horizon, he sold his mercantile business and started in a new profession – the study of law.

Delos studied law in Judge Spring’s office in Franklinville along with distinguished classmates which included Grover Cleveland. On May 18, 1858, he graduated with a law degree. After passing the bar in 1859, Delos took a trip “out West” in search of the perfect location for his law practice and a place to raise his family.

A visit to Denver, Colorado, proved disappointing. The city already had an abundance

of lawyers and doctors. Delos returned to New York, taking the overland stage on a side trip to Pike’s Peak before heading home. He stopped in Dubuque, took in the business climate, and decided the city was a promising place to begin the practice of law. After the Lyon family settled in Dubuque, Delos joined the firm of Burt and Angel located in an office at 5th and Main Streets.

Delos was a radical, antislavery Republican. Representing Dubuque County, he attended the 1860 and 1864 Republican National Conventions – both nominated Abraham Lincoln for the Presidency. When the “War of the Rebellion” broke out in 1861, Delos tried to volunteer as a private in the Sixteenth Iowa Infantry and later in the Eight Iowa Cavalry. His requests were denied, and he was appointed Recruitment Officer and Aide-de-Camp to Governor Kirkwood with the official title “Colonel.”



Col. Lyon’s friends described him as easily excited, extremely nervous, and of “an active temperament.” Perhaps his “radical” personality contributed to an unfortunate incident which occurred on August 12, 1863, in Peru Township on the outskirts of Dubuque. Col. Lyon and Marshal Hungerford drove to the home of Wendelin and Adam Jacobi, brothers who were

charged with desertion. During the ensuing struggle, the unarmed brothers, immigrants with a poor comprehension of the English language, were shot. Wendelin was killed outright while Adam was severely wounded.

A coroner’s jury ruled Wendelin’s death was caused by pistol shot by unknown assailants – later identified as Col. Lyon and Hungerford. The *Dubuque Herald* was shocked at the “Horrible affair” that took the life of a young man and invalidated another. The paper reported, “No cause was given for such extraordinary proceedings and the act can only be characterized as it is by the jury, a most willful murder.” Despite the newspaper’s outrage, the

grand jury failed to “find a bill against Lyon and Hungerford for the Jacobi affair.”

The Civil War ended on April 9, 1865. Delighted with the news, Col. Lyon marched from his home, climbed the steps to the sanctuary of First Congregational Church at 10th and Locust Streets, took a firm grip on the knotted bell rope, and rang the tower bell to celebrate the Union victory. The peal of the bell rang over the city throughout the night until the strain caused the bell to crack. The church would do without a bell until 1886 when a new, 4,000-pound bell was hung in the tower.

In 1866, Col. Lyon’s wife Cecilia died shortly after the birth of their fourth child – a son who lived only a month. Cecilia had a premonition that she would die and urged her husband to marry her friend Eunice Taylor who would take good care of their children. Col. Lyon erected an obelisk in Linwood Cemetery in honor of Cecilia and married Eunice on January 8, 1868. Together they had two children, George and Abby. Abby would grow up to would marry A.Y. McDonald II.

Delos enjoyed a long career in law. When Judge Burt, his original partner, went on the bench as a judge, he formed a partnership with H.B. Fouke. After Fouke’s death, Delos practiced with D.J. Lenehan. After Delos’ son George passed the bar, he worked alongside his father in their law office. Delos practiced before county, state, and federal courts, including the Supreme Court. He served as City Attorney and in 1871, President Grant appointed him Port of Dubuque Surveyor and Collector of Customs.

At the age of 73, Delos said, “I shall never quit as long as my strength and faculties are with me. Rust consumes faster than labor wears, and to lay aside the activities of nearly fifty years of practice with its mental and physical activities, would mean quick dissolution.”

Col. Lyon died on April 10, 1913, at the age of 80. His funeral was held at his beloved First Congregational Church, and he was buried alongside Cecilia in Linwood Cemetery in the shadow of the obelisk he had erected in her memory. ♦

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

Women's Giving Circle Celebrates 20 Years of Empowering Women



Contributed photo

Moms Connect Dubuque co-founder Kristina Heinzen and Women's Giving Circle Membership Chair Amy McClure celebrate the group's 20th anniversary in March 2026 at Convivium Urban Farmstead.

Positive relationships build healthy families. They shape children's development and enhance parents' capacity to provide care. Positive relationships also build healthy communities. When people work together to solve challenges, they can make a lasting difference.

This understanding has influenced the work of Moms Connect Dubuque, a non-profit that helps mothers access resources and feel supported, as well as the Community Foundation's Women's Giving Circle, which celebrates its 20th anniversary in 2026 and recently made a grant to Moms Connect.

The Women's Giving Circle began when a small group of women gathered with a simple but courageous belief: Women should have a visible, collective voice in philanthropy. They could learn together, decide together and invest together.

"They did something bold," says Angela Gallogly, the current Women's Giving Circle president. "They didn't just host a conversation. They created an endowment, something permanent and enduring that would outlast them."

Through the contributions of members, that endowment has surpassed \$600,000 and granted over \$225,000 to nonprofits across the Dubuque region that address the needs of women and children – needs that continue to evolve as the group evolves.

Twenty years ago, for instance, the Moms Connect founders didn't imagine that an



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organization like the one they started in 2023 would have been as important as it has proven to be. Like many nonprofits, Moms Connect formed out of personal experience. Founders Kristina Heinzen and Gina Martin were foster parents raising children while also watching the biological mothers of those children struggle to navigate a system that seemed to compound their challenges.

"We recognized that these moms are living in isolation, and any support they have is often very unhealthy," Kristina says.

"Through Moms Connect, we've had the privilege of building relationships with these moms and seeing the effect of healthy relationships in their lives."

The Women's Giving Circle gave Moms Connect a grant in 2025 to support its new Parent Advisory Council, which empowers mothers who have been part of the group to lead the relationship-building process with new parents and assist with program decision-making.

"This is philanthropy that doesn't just serve women – it trusts them," says Amy McClure, the Women's Giving Circle's membership chair.

Making a grant to Moms Connect was a perfect fit for the Women's Giving Circle. Moms Connect's approach to empowerment through relationships closely aligns with the Women's Giving Circle's approach to grantmaking.

And when moms feel supported and engaged, the positive effects ripple out. "Creating strong families helps create strong communities," Kristina says.

If you are interested in joining the Women's Giving Circle, contact Natalie Ludovissy, donor relations officer at the Community Foundation of Greater Dubuque, at 563.588.2700 or natalie@dbqfoundation.org. Learn more about the Women's Giving Circle at Dbqfoundation.org/wgc.

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.

Women's Giving Circle By the Numbers

150 Current members

\$607,000 Endowed funds

\$225,000 Granted to nonprofits to date

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Taxes in Retirement: The Silent Wealth Eroder

by Keith Leverentz



Contributed photo

Many people enter retirement with a clear picture of what they have saved, but a much less clear picture of what they will get to keep.

That is not because they have done anything wrong. It is because taxes in retirement often work differently than people expect. During your working years, taxes are simply part of life. Money comes in, taxes go out, and most people keep moving. But in retirement, the way income is created can make a meaningful difference in how much of your savings stay with you over time.

This is one reason taxes can quietly become one of the biggest drains on retirement confidence. Not because they arrive all at once, but because they affect so many decisions in the background. Withdrawals from retirement accounts, Social Security timing, required minimum distributions, investment income, and even what is ultimately left to heirs can all be influenced by the way taxable income shows up from year to year. I always tell my clients the goal is to pay your fair share of tax, and not a dime more. With thoughtful planning, there may be opportunities to reduce unnecessary tax strain in retirement.

That is where many people run into a planning gap. They may have done a good job accumulating assets, but they have not yet thought through the tax character of those assets. In other words, they know how much they have saved, but not always how those dollars will be taxed when it is time to use them. That distinction matters more than most people realize.

In retirement, one dollar is not always the same as another. Some assets may create taxable income when withdrawn. Others may be taxed differently. Some decisions may increase pressure on your tax picture sooner than expected, while others may create more flexibility later. That is why retirement planning is not simply about returns. It is also about coordination.

A good retirement plan should ask more than, "How much have you saved?" It should also ask: Where will your income come from first? How will those withdrawals affect taxes? How might Social Security timing fit into the picture? Are there opportunities to create more tax flexibility over time? And how do those tax decisions affect what is left for a spouse or family?

This is where there is no one-size-fits-all solution. One household may benefit from drawing from certain accounts earlier. Another may need to think carefully about how future required distributions could

affect taxes later. What matters is not applying a generic rule. What matters is understanding how the moving parts of the plan fit together.

At The Life Group, we call this a panoramic view of retirement. Income, taxes, investments, healthcare, and legacy are all connected.

In my experience, people feel more confident when they realize taxes in retirement are not something that simply happens to them. With thoughtful planning, they can become something that is managed with greater intention, greater efficiency, and greater peace of mind.

If you are approaching retirement or already in it, this may be a good time to look beyond account balances and consider how taxes may affect the bigger picture. A Purpose Meeting can help you better understand how the different pieces of retirement work together and where greater efficiency may be possible.

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. You can visit their website at TheLife-GroupLLC.com. ♦

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

Five Flags Center Celebrates 250 Years of America with “Rock & Roots Series”



Contributed photos

Appalachian Road Show.

Five Flags Center is proud to announce the Rock & Roots Series, a three-show concert lineup celebrating the rich sounds of Americana, folk-rock, bluegrass, and roots music. The series brings Appalachian Road Show, Music of Laurel Canyon featuring Buffalo Rome, and John McEuen and The Circle Band to the historic Five Flags Theater stage in 2026 celebrating America’s semi quincentennial through timeless songs, masterful musicianship, and unforgettable live performances.



Buffalo Rome. Photo courtesy of Allen Clark..

The series kicks off on July 10 with Appalachian Road Show. A visionary acoustic ensemble rooted in the traditions, stories, and spirit of Appalachia.

Appalachian Road Show brings together the award-winning talents of Barry Abernathy, Darrell Webb, Jim VanCleve, and Zeb Snyder. Blending bluegrass, folk, and Americana with rich harmonies and exceptional musicianship, the group honors the music, culture, and history of the Appalachian region while bringing fresh energy to the stage. The Anderegg Family opens the show. This event is made possible through support from the Backbone Bluegrass Festival held at Backbone State Park the last full weekend of every July.

On September 19, the Music of Laurel Canyon featuring Buffalo Rome takes the stage featuring Kevin Douglas (Bendorf),

a Lancaster, WI, native. Nicknamed “the Crosby, Stills, and Nashville of the digital age,” Buffalo Rome blends the earthy feel of the 1970s West Coast country-rock scene with a modern Americana sound. In *The Music of Laurel Canyon*, the group celebrates one of the most influential musical communities of the 1960s and early ’70s, paying tribute to the songs and artists that defined an era, including Joni Mitchell, Buffalo Springfield, Crosby, Stills, Nash & Young, Joni Mitchell, The Mamas and the Papas, and The Eagles.

The series concludes on November 21 with John McEuen and The Circle Band presenting “Will the Circle Be Unbroken”. A founding member of the Nitty Gritty Dirt Band, John McEuen has spent more than 50 years performing around the world with his banjo, fiddle, guitar, and mandolin. Often referred to as “the String Wizard,” McEuen helped initiate the landmark *Will the Circle Be Unbroken* album and contin-

ues to captivate audiences with an evening of beloved songs, acoustic virtuosity, and stories from one of the most influential careers in American roots music.

Five Flags is offering a 3-Show Package that allows fans to experience all three concerts while saving 25% on ticket prices. Packages start at \$72 for purchase in-person at the box office. Individual tickets are also on sale now for all three concerts.



Tickets and series packages will be available online at Fiveflags-center.com and in person at the Five Flags Center box office, open Thursdays and Fridays from 10:00 AM – 5:00 PM.



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SHALOM SPIRITUALITY CENTER
SHALOMRETREATS.ORG

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

Annual Wellness Fair
Saturday, July 11 @ 10 AM-2 PM

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

Private Directed Retreat
Sunday, July 12 @ 1 PM through 11 AM,
Friday, July 17

Each day includes a one-on-one spiritual

direction session tailored to your journey, along with plenty of time for rest, contemplation, and solitude.

Lunch & Renew: Chair Yoga
Wednesday, July 15 @ 11:30 AM-12:30 PM

Registration required.

Birds, Wolves, Bulls, and Bears (Oh My!)
Wednesday, July 15 @ 6:30-8 PM via Zoom

This is the third in the four-part series commemorating the 800th anniversary of the passing of St. Francis.

Private Directed Retreat
Sunday, July 19 @ 1 PM through 11 AM,
Friday, July 24

Each day includes a one-on-one spiritual direction session tailored to your journey, along with plenty of time for rest, contemplation, and solitude.

Meditation & Music
Monday, July 20 @ 6:30-7:30 PM

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

Private Directed Retreat
Sunday, July 26 @ 1 PM through 11 AM,
Friday, July 31

Each day includes a one-on-one spiritual direction session tailored to your journey, along with plenty of time for rest, contemplation, and solitude.

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No Limb-its Amputee Social & Support Gatherings

Monday, July 6 @ 4-5:30 PM

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

Strong Bodies, Strong Minds Kids Camp Wednesday and Thursday, July 15-16 @ 1-4 PM

Help your child build confidence, stay active, and develop healthy habits through movement, strength-building activities, games, and teamwork.

Community Acupuncture Thursday, July 16 @ 5-6:30 PM

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

SINSINAWA MOUND
SINSINAWA.ORG/
MOUNDCENTER

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

Friday Footpaths Group Walks Friday, July 3, 10, 17, 24 & 31 @ 5:30 PM

Friday Footpath walks are free and open to the public. Each week offers a different route, pace, and experience.

Sound Healing Yoga Saturday, July 11 @ 10-11:30 AM

Held the second Saturday of each month. Enjoy guided meditation, a singing bowl sound bath, and a lavender oil massage in a final resting pose. Registration required.



NEWS

SUMMER PRE-TEEN MENTAL HEALTH SUPPORT GROUP

Southwest Health, Platteville, WI, is introducing a new support group designed specifically for pre-teens, focused on mental health, coping skills, and building resilience. The group will be led by Ashley Dixon, MSW, LCSW, and Kaitlin Klug, MSW, CAPSW, providing a supportive, engaging environment for students in grades 5 through 8.

The weekly sessions will take place at Southwest Health in Platteville, WI, from 6-7 PM on Wednesdays, July 29, August 5, 19 & 26.

WALKING THROUGH DEMENTIA TOGETHER

"Light The Way: Walking Through Dementia Together" is a free, practical, hope-filled event for families navigating Alzheimer's and dementia. The event will be held on Wednesday, July 1, at 12 PM in the Roshek Building, Suite 195.

Doors open at 11:45 AM and a light meal will be provided. RSVP. For more information, visit DementiaTownHall.com/Dubuque.

MD EARNS FOCUSED PRACTICE DESIGNATION

Medical Associates Clinic announced that **Tyler Willman, MD**, has successfully passed the national exam and earned the Focused Practice Designation (FPD) in Adult Complex Thyroid and Parathyroid Surgery, which is awarded jointly by the American Board of Otolaryngology – Head and Neck Surgery and the American Board of Surgery.

Willman joined the clinic in May 2020, where he diagnoses and treats head and

neck disorders for patients of all ages, offering both medical and surgical care. Surgical procedures include cancer surgery; ear, sinus, and throat surgery; and nasal, reconstructive, and plastic surgery.



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For more information, call 563.582.3592 or visit shalomretreats.org

Taste

RESTAURANT REVIEW



MARIO'S OFFERS A TASTE OF ITALY

Article & Photos by Cassie Cate

When you walk through the doors of Mario's, it's like walking back in time, visiting some familiar place, even if it is your first time there. The full-service bar greets you upon entry, generally with a warm welcome from whoever is working behind it. Not far beyond is the dining room where customers eagerly await the fine Italian delicacies, knowing they will not be disappointed with what they select from a menu that has withstood the test of time and food that continues to be homemade with Bertolini love and care.

Mario's continues to be a permanent fixture of Dubuque's downtown.



The Panzerotti is a Mario's icon, loved by many in the area.

Mario's was established in 1977 by husband and wife Tonio Mario and Angelina Bertolini. The Bertolinis brought the spirit of Italy and its famous cuisine, along with their love and devotion with them from Pescara, Italy. After cooking in Italy and refining his skills in restaurants throughout France and Italy, Mario brought his talent to Queens in New York and then to Dubuque. This move seemed like the perfect place to raise his two daughters and enjoy a slower pace in the middle of the country. Obviously, this decision proved wise since the family still owns and operates the restaurant nearly fifty years later, as Angelina and Lidia Bertolini continue to provide Dubuque with the same authentic cuisine patrons have always loved.

Although the namesake of Mario's has since passed on, the legacy he left behind is evident everywhere within the restaurant. Mario may not greet his customers in person, but walking over the Italian flag painted on the front stoop and seeing the quintessential charm of the intimate bar and dining room let's customers know they have entered a special place in time.

When starting off a meal at Mario's, diners can enjoy several Italian appetizers, such as the Antipasto, a collection of salami, tomatoes, pepperoncini, provolone, olives, roasted red peppers, celery, and prosciutto. Of course, the incredible Pizza Bread and Pizza Bread with Cheese makes a delicious start, especially when paired with the homemade tomato marinara or white sauce. Fried Calamari or Ravioli, as well as Stuffed Portabellas also start any meal off right.

Mario's pizza is always a hit, created with Marios's own signature dough that has remained consistent since 1977. Mario's Superb Pizza includes "Everything in Mario's kitchen except the anchovies," as the menu states. Dina's Vegetarian Pie is covered in mushrooms, onions, black olives, and green peppers, while the Original Margherita boasts the traditional colors of the Italian flag: the white- mozzarella, the green- spinach, and the red- fresh tomatoes.

The Panzerotti is a staple at Mario's and is well known in Dubuque. This delectable treat can be baked or fried and includes a Panzerotti signature dough stuffed with cheeses, and your choice of ingredients from a long list of meats and veggies. The Mario Panz! is stuffed with all the ingredients and can even include spinach and tomatoes. Similarly, the Oven-Baked Calzone includes a special cheese blend and your choice of ingredients.

Several entrees line the menu, as well including the Charbroiled Chicken and Carmela's Chicken Parmesan, a breaded chicken cutlet baked in tomato sauce and covered with sliced prosciutto and provolone. The Broiled Salmon in butter sauce makes the claim of being the best Salmon you've ever had, and judging by the other delicious food on the menu, I wouldn't doubt the claim. Other seafood dishes, such as the Shrimp Scampi, Stuffed Shrimp, and Fried Shrimp also come with your choice of potato or pasta and a salad choice, cottage cheese, Angelina's Coleslaw, or a tossed salad, just like the other entrees.

Charbroiled steaks are also available in ten- and sixteen-ounce portions. Another delicious treat is Mario's Reasonable Snacks,

tender bite-sized sirloin strips seasoned to perfection and meant to be shared. Not to be forgotten are the incredible, veal choices. The Veal Scaloppine is covered in creamy wine sauce with mushrooms and pepper, while the Veal Milanese is breaded and topped with a butter sauce and side of Mario's marinara. Veal Cutlet Parmigiana is also covered in Mario's delicious sauce and provolone cheese.

But, best of all is the pasta! Mario's pastas all come with a choice of cottage cheese, Angelina's Coleslaw, or tossed salad. Traditional Italian staples, like Lasagna are available in a meat sauce or vegetarian option. Baked Mostaccioli and Baked Cavatini are covered in tomato and meat sauce, respectively, as well as cheese before baking for a delicious finish. The Stuffed Shells and Stuffed Shells Florentine are hand-filled with Ricotta and ground beef or Ricotta and spinach.

Two substantial shells are smothered in "saucy goodness" before being baked for those ordering Manicotti. Tortellini can be filled with spinach, cheese, or meat, and ravioli has an option of cheese or meat, as well. The Cavatini Supremo lives up to its name of being supreme with its pasta, meat sauce, pepperoni, mushrooms, and green peppers, all covered in cheese. And of course, the Fettucine A' La Lumberjack is not to be forgotten. This incredible dish is an Alpine family recipe featuring fettucine, prosciutto, mushrooms, and a blend of cheese that molds together to make a sauce that is undeniably delicious.

All these pastas can be enjoyed individually by choosing a pasta, sauce, and extras. Grilled chicken, chicken cutlets, shrimp, a primavera mix, or meatballs can be covered in the sauce of your choosing- tomato, marinara, garlic and oil, pesto, meat, and white. A gluten free pasta is also available to accompany these if this option is needed.

If you are looking for a place to enjoy a delicious meal, Mario's will provide so much more. Not only will the food be delicious, but the experience will create a memory for you and your family and friends. A taste of Italy can be found right here in Dubuque, Iowa ♦

Mario's is at 1298 Main Street on Tuesdays-Thursdays from 4:30-9 PM and Fridays and Saturdays from 4:30-9:30 PM. You can visit their website at Mariosdbq.com. Comments on this article can be sent to comments@juliensjournal.com.



IT'S TIME FOR PICNICS & WINE

Article & Photo by John B. Donovan

*“Strawberries, cherries and an angel’s kiss.
Summer wine should be made from all
these things.”*

TeamWine met and were greeted with a red/white checked picnic tablecloth on top of my kitchen island spread with all the good charcuterie you’ll want on your next picnic. And, as you can see from the photo, wines were included to make the picnic special. The wines were obtained at Roux & Lucia on Grandview Avenue where you’ll find an excellent selection for your next picnic, or music concert. Just be sure to check that the venue allows you to carry in.

Both wines this month were created by Sfera – Porto Vino, a collaboration of small certified-organic growers, located from the Alps to the Mediterranean in Northern Italy. The wines come in a 4-pack of 250 ml cans; each can perfect for one or two servings. TeamWine selected the white and the red, but a Rosé is also available. We found these wines to be a joy to drink...read on!

SIPS

The white, **Vino Bianco** (12.5% abv, \$29), was sourced with grapes from the Friuli Venezia Giulia region and the Colli Orientali area. Soils there are limestone and clay allowing the 100% Ribolla Gialla grapes to grow well on 30-year-old vines. The wine was clear and vibrant with a light, straw yellow color. We had aromas of Elder Flower, Honeysuckle, nectarine, green apple, a bit of Jolly Rancher apple and a hint of guava. The body was light and bright, making for an extremely refreshing mouthfeel. Flavors of creamy mascarpone, fresh cut pineapple, ripe peach, and a tinge of lemon pith at the finish. TeamWine felt this wine could be a universal charcuterie wine, in that it went well with practically everything. It paired with the hummus (not always an easy task), the chicken piccata, the mixed olives, the seafood dish we had, tinned salmon, a soft salami and all the

cheeses. This was declared an all-around fun drinking wine.

The **Vino Rosso** – Red Italian wine (12.5% abv, \$29), did not disappoint. The grapes for this wine, 100% Montepulciano, were sourced from the Abruzzo region and the Colline Pescaresi, Manoppelle growing area. The grapes are from the Tenuta Arabona family winery and a single mountain vineyard of 15-year-old vines. For those interested, the grapes were fermented in stainless steel vats then racked and aged in steel for 8 months before canning. The color of this wine was a very dark garnet. Several of us noted earthy notes on the nose and some minerality and limestone. Once it warmed (I had kept it in the refrigerator) we got essences of cherry and dark chocolate. The wine had a medium body and barely noticeable tannins. Flavors of plum and cherry were very prominent with a touch of herbs, tarragon and wet stones. One member said it tasted like the Dolomites! The wine paired well with the mushrooms and the darker cheeses, though it didn't go so well with the tinned fish and white cheeses. We felt pizza, pasta with red sauce or grilled meat would do well with this wine. Yes, it was magical with the ever-present TeamWine chocolate! We had one member who did not care for this wine, but that's why we have several tasters!

TIPS

It is now officially picnic weather. Grab your basket full of goodies and wine, blanket and bug spray and head out to any of our region's parks to enjoy an afternoon get-away, a weekend lunch or an early dinner. Or maybe you're going to head out to one of the Music at the Star concerts at the amphitheater or one of the Music in the Gardens concerts at the Arboretum. Wherever you go, keep your plan simple. Grab a baguette with some cheese of your liking and maybe some salami. Tinned fish is all the rage these days and along with crackers will be a tasty treat. Mixed nuts, and fresh green or red grapes are always refreshing. Bring plenty of water and, of course, some wine, and chocolate. Try to find some acrylic or plastic glasses to prevent glass breakage. Most of your favorite wine shops carry other food, treats and supplies you may need. Please be courteous and leave your spot cleaner than you found it. Most of all, get out and enjoy our Midwest summer! ♦

Business & Community News

"GREAT GIVE DAY" TOPS RECORD

For the first time in its 12-year history, the Community Foundations' Great Give Day raised \$820,657 for nonprofits across the Dubuque region, surpassing their goal of \$700,000 for 2026. The Community Foundation hosts Great Give Day each year as part of its work to strengthen local nonprofits and ignite generosity. Since 2014, it has raised more than \$5 million for organizations across the seven-county Dubuque region.

NEMMERS RECEIVES AWARD

Natalie Nemmers has been named the 2026 recipient of the Dubuque Rotary Community Excellence Award, one of the region's highest honors recognizing a lifetime of service and leadership. Presented by Rotary Club of Dubuque, the award celebrates individuals whose impact is felt not through a single achievement, but through years of consistent, meaningful contributions to their community.

As a school counselor since 2003, Nemmers has embedded community involvement into the lives of her students, connecting them with opportunities that range from local nonprofit support to hands-on volunteer work.



DUTRAC HOSTS 2026 ANNUAL MEETING

DuTrac Community Credit Union hosted its 79th Annual Meeting of the membership on Monday, May 18, in Dubuque.

Crenna Brumwell, Kevin Mueller, Harlan Pedretti, and Michael Ready, were each re-elected to serve one, three-year term on the DuTrac Board of Directors (the Board).

Following the annual meeting, the Board held their annual reorganizational meeting. Table officers elected by the Board are **Daniel Deutmeyer**, chair; **Teri Zuccaro**, vice chair; **Crenna Brumwell**, treasurer; and **Harlan Pedretti**, secretary.

The Board committee appointments include:

Credit Committee Chair **Kevin Mueller** with committee members **Scott Neyens, John Vail, Daniel Deutmeyer**, and **Ron Kinsella**, senior vice president of lending.

Audit Committee Chair **David Eggers**, serving alongside **Chad Kruse** and **Nicholas Specht**.

Nominating Committee Chair **John Vail**, with committee members **David Eggers** and **Harlan Pedretti**. Board member **Kevin Mueller** will serve as associate director liaison.



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DuTrac Community Credit Union
3465 Asbury Road

Fresenius Kidney Care Dialysis Center
555 John F Kennedy Road

Lock 11 Rooftop Restaurant & Bar
1855 Greyhound Park Road

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