

THE DUBUQUE AREA LIFESTYLE MAGAZINE, AUGUST 2026

FREE

JULIEN'S JOURNAL



AI IN THE CLASSROOM

**DUBUQUE SCHOLASTIC
MOUNTAIN BIKE TEAM:
JOY ON THE TRAILS**

**CLOSING THE DYSLEXIA GAP:
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SHOW BIG GAINS**

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disorders**



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counseling**

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“ PATIENT TESTIMONIAL

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

★★★★★ (5 out of 5 star review)

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PUBLISHER'S NOTE

For last few months I've helped with the St. Vincent de Paul Back2Work program. One of the goals of the program, which is led by Cindy Kohlmann, is to help participants secure employment that offers them a livable wage. Back2Work targets improving specific skills for employment preparation, healthy relationships at home and work, financial literacy, and career readiness that leads to employment. My part is a small one, in that I spend one morning every few weeks giving practice interviews to candidates, so they can be better prepared to interview for potential jobs. I have been impressed with many of the candidates that I encountered and was happy to learn that one person I recently interviewed had started a job which has led to them having the resources to move into an apartment. If you are looking to enter (or re-enter) the workforce or if you would like to experience the nice feeling of helping someone accomplish that, visit Svdpdubuqueiowa.org/back2work. Cindy does a terrific job with this local program that helps people improve themselves. And when that happens everyone in the Dubuque area wins.

Inside this issue

Nearly 150 area youth accept the endurance challenge of cross-country racing to participate in the Dubuque Scholastic Mountain Bike Team. Learn about them on page 19.

Recently, the integration of Artificial Intelligence (AI), particularly generative AI models like ChatGPT, has brought about a major shift in education. Learn how it is changing classrooms on page 23.

Aspire Academy and the Community Foundation of Greater Dubuque are celebrating two years of reading and dyslexia screening services in the Dubuque region. Learn more on page 26.

Most people spend decades preparing for retirement. But once retirement begins, the challenge changes. Learn why on page 28.

Lock 11 Offers Great Food and an Even Better View. Read our review on page 29.

The Frosted Glass reviews Cali Squeeze Blood Orange. Read about it on page 31.

TeamWine reviews two wines that are perfect for late summer. Read about them on page 32.

ON THE COVER:

Imaginary of an AI robot teaching a classroom. An image downloaded from an online photo service.



Saving Was One Job Creating Income is Another.



Most people spend decades preparing for retirement. Far fewer spend time learning how to turn savings into reliable income.

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

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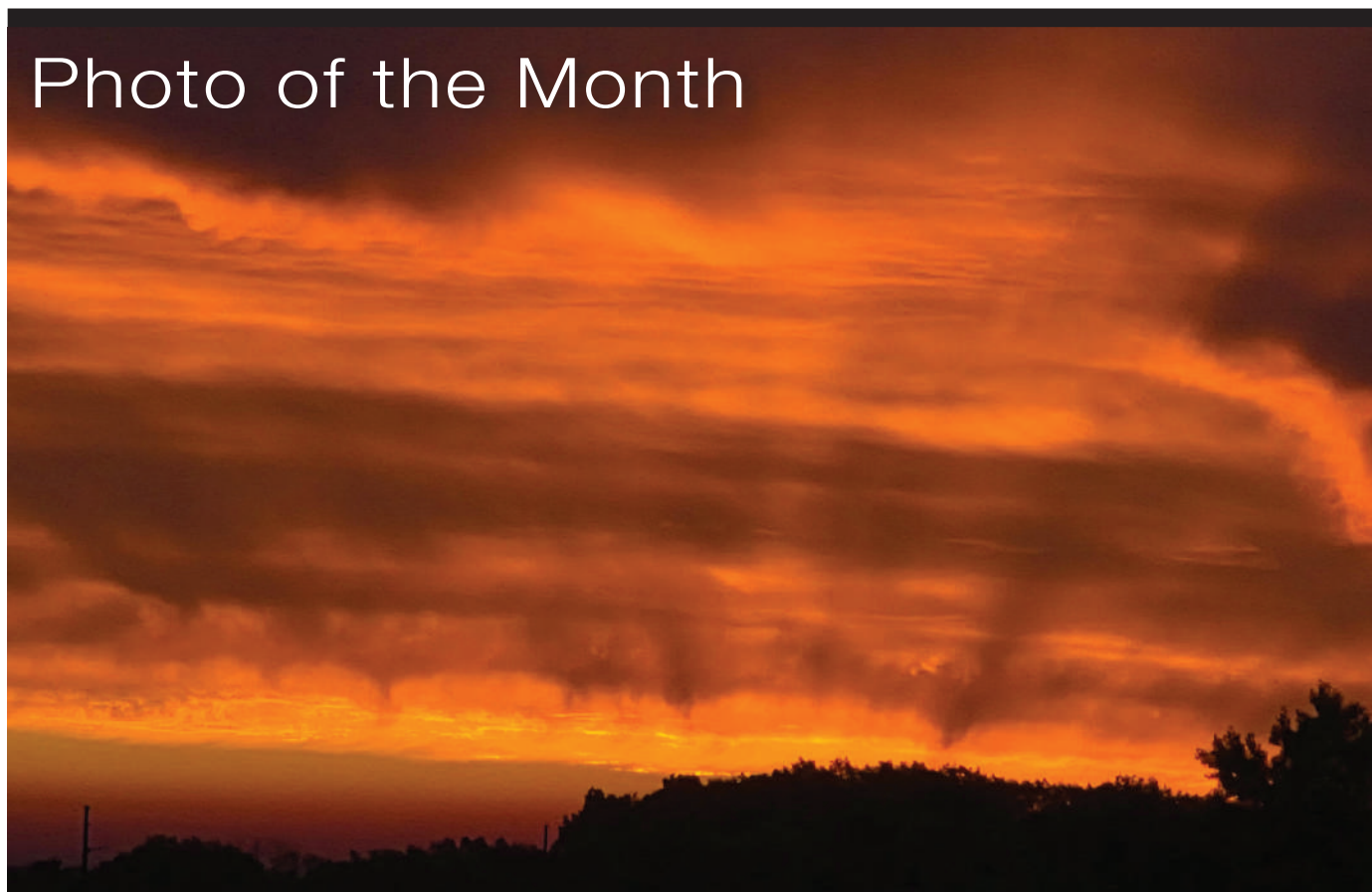
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Photo of the Month



This photo of a Dubuque sunrise near Hempstead High School was taken by Julien's Journal reader Kelsey Kamm. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

August Events



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.

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.

Dubuque County Fair

Tuesday through Sunday, July 28-Aug 2

@ Dubuque County Fairgrounds

Visit DbqFair.com.

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.



Whimsical Stitching: Prairie Blooms

Sunday, August 2

1-4 PM @ Bluff Strokes Art Center

Learn and practice a straight stitch, stem stitch, cross stitch, lazy daisy, and French knots with an instructor-designed prairie bloom sampler. Ages middle school+. Visit Bluffstrokes.org.

Open Studio

Mondays and Tuesdays, August 3 through December 28

Mondays, 1-4 PM; Tuesdays, 5:30-8:30 PM @ Bluff Strokes Art Center

Open studio, drop-in only; no instruction. Bring your own materials. Adults must accompany children who need guidance. Visit Bluffstrokes.org.

Summer Camp: Living History

Thursday through Saturday, August 4-6

8 AM-4 PM @ Mathias Ham House

Through hands-on activities and simulations, campers will live the history of Westward Expansion, the Victorian era, the Driftless Area, early settlers of Dubuque, and life along the Mississippi River. Grades 1 to 5. Registration required. Visit RiverMuseum.org/summer-camps.



Rock & Roots

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featuring

Buffalo Rome



September 19

John McEuen

Co-founding member of
Nitty Gritty Dirt Band
& The Circle Band



November 21



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CALENDAR OF EVENTS



MEGA EVENTS

THE
ROCK ORCHESTRA
BY CANDLELIGHT

9/2/26

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The **GRAND** Opera House

2026 Youth Production

nickelodeon
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JULY 30 – AUGUST 9, 2026

**26/27
SEASON**

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Wild West Wednesdays

Wednesday, August 5, 12, 19 & 26

7-11 PM @ Dubuque County
Fairgrounds

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

Taste of Summer

Thursday, August 6

4:30-10 PM @ National Mississippi
River Museum & Aquarium

The family-favorite summer food and
music festival returns. Come on down to
the boatyard after hours to enjoy music
along with local and regional food op-
tions. All ages. Visit RiverMuseum.org.

First Fridays

Friday, August 7

@ Various Locations in Dubuque

First Fridays is a free downtown monthly
community arts event with open galler-
ies, artists' studios, and live entertain-
ment. Visit FirstFridaysDubuque.org.



**Art on the
River**

Stillness in the Driftless

Art on the River Grand Opening Reception

Friday, August 7

5-7 PM @ Grand River Center Patio

Enjoy music, a short program, and the
opportunity to explore new sculptures
spanning the length of the Mississippi
Riverwalk. Light hors d'oeuvres will be
served with a cash bar available. Visit
CityofDubuque.org/AOTR.

Steppin' It Up

Saturday, August 8, 8:30 AM

@ Crescent Community Health Center

5k /one mile walk/run. Registration
opens at 7:30 AM. Proceeds benefit the
Crescent Community Health Clinic. No
dogs allowed. Visit CrescentCHC.org.

DBQFest Arts Festival

Saturday and Sunday, August 8-9

Saturday, 10 AM–7 PM; Sunday, 10 AM
–4 PM @ Washington Park

The free two-day event welcomes visi-
tors to experience a juried art fair, live
music and performances, food vendors,
and interactive arts activities for all ages.
Visit DbqFest.com.

Millwork Night Market

Thursday, August 13, 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.

Food Festival Fridays

Second & Fourth Fridays, August

14-September 26, 11 AM-1 PM

@ Washington Park and 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.

Rick Lindy: Salute to Roy Orbison

Saturday, August 15, 7 PM

@ Ohnward Fine Arts (Makoqueta, IA)

Versatile vocalist Rick Lindy from Chicago and his dynamic band perform the hits of the legendary Roy Orbison. Lindy sings using his four-octave vocal range backed by some of the nation's best musicians. Visit OhnwardFineArtsCenter.com.

Illuminate – A Spotlight on our Future

Saturday, August 15

7:30 @ The Grand Opera House

This event brings together local talent for a one-night-only concert featuring unforgettable songs, show-stopping voices, and inspiring stories that highlight the impact of The Grand in the community. From Broadway favorites to beloved classics, this event will showcase the artistry, creativity, and passion that have made The Grand a cultural cornerstone for generations. Visit TheGrandOperaHouse.com.

Music in the Gardens

Sunday, August 16

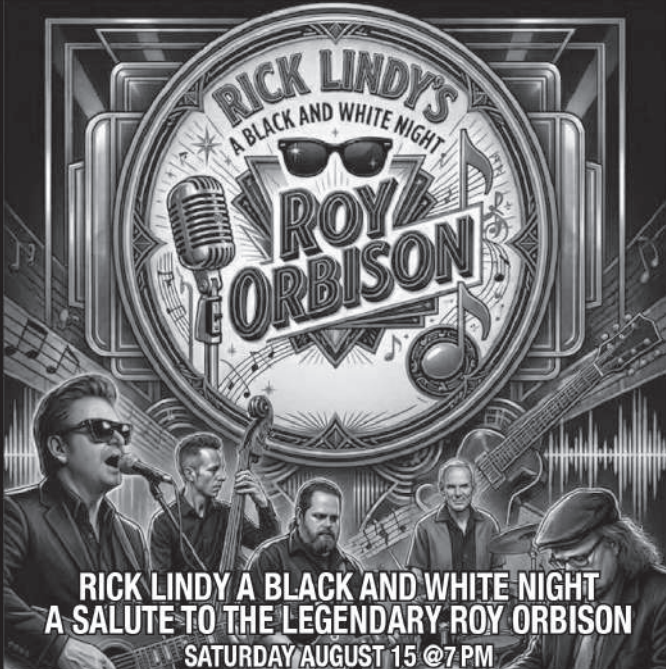
6-8 PM @ Dubuque Arboretum & Botanical Gardens

The Arboretum has filled the grounds with free, family music every summer since 1991. Bring a chair or a blanket. Visit DubuqueArboretum.net.



Ohnward
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Tickets: 563.652.9815
Tickets also available online...



RICK LINDY'S BLACK AND WHITE NIGHT
A SALUTE TO THE LEGENDARY ROY ORBISON
SATURDAY AUGUST 15 @ 7 PM

Rick Lindy's black and white night is a salute to the career of Roy Orbison. Telling interesting stories of one of Rock and Roll vocal legends. From his early days in Texas to his rockabilly days, his mega hits like Pretty Woman recorded at Monument Records and his comeback with The Traveling Willburys and his last award-winning solo album with hits like You Got It. Lindy sings the songs using his 4-octave vocal range backed by some of the nation's best musicians. This event will delight audiences of all ages and get you dancing in your seats.

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



DUBUQUE
ARTS
COUNCIL

CELEBRATING

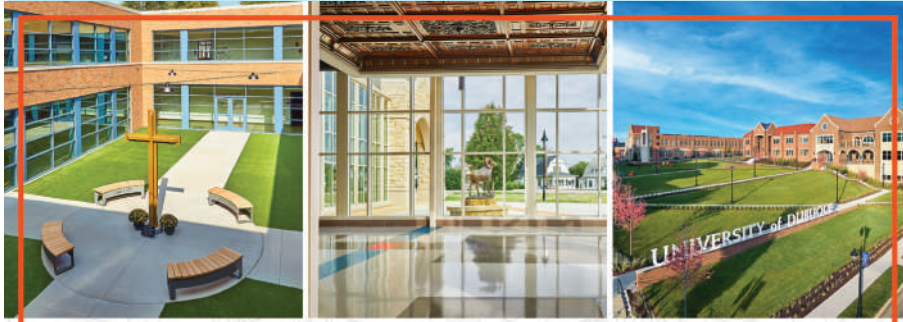
Sinatra

BROADWAY LIGHTS
AND
HOLLYWOOD NIGHTS

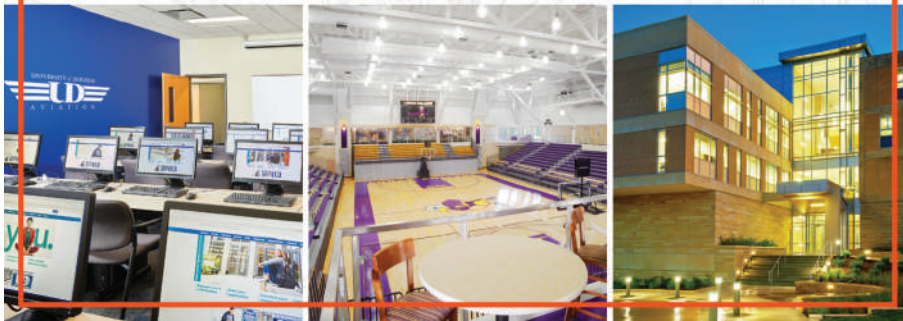
NEW YEAR'S EVE | 8 p.m.
The Grand Opera House

Tickets on sale now at DubuqueArtsCouncil.com

CALENDAR OF EVENTS



CONLON proudly building DUBUQUE SCHOOLS



Distinctively Dubuque

Wednesdays, August 19 through September 16

5:30-8:30 PM @ Various Dubuque Locations

This is a free, five-night interactive course designed to connect newcomers with one another and their new home-town. Visit [Bit.Ly/DD_Registration](https://bit.ly/DD_Registration), or call (563) 557-9049.



4th Annual Alzheimer's Social

Friday, August 21

5-9 PM @ Happy's Place

Join Team Stonehill in a fundraiser for the Dubuque Walk to End Alzheimer's. This is a social night out with a silent auction, raffle drawings, and music. Food and drinks will be available for purchase. For more information, call Halle Nichols at (563) 690-9643.



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On the Job with PAW Patrol

Saturday, August 22

10 AM–2 PM @ National Mississippi
River Museum & Aquarium

Held alongside the summer exhibit, *PAW Patrol: Adventure Play!*, this highlights real-life community heroes who inspire the beloved PAW Patrol characters. Enjoy hands-on activities and interactive experiences, explore a variety of career paths, and build a stronger sense of community. Visit RiverMuseum.org.

Summer's Last Blast

Friday and Saturday, August 28-29

@ Back Waters AMP

Check out the website for additional information to come. Visit BackWatersAMP.com.

Old 20 Market: Fall Edition

Sunday, August 30, 10 AM–3 PM

@ Dubuque County Fairgrounds

Shop curated handmade and upcycled items from some of the best makers, artisans, crafters, upcyclers, bakers, and antiques from across the Tri-State area. Visit FB.com/JodiAndKT.



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Learn more about how we're expanding
reading support in this issue!





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It Was Christmas in July at Five Flags

In July, Five Flags Center announced the 2026 holiday show line-up for its historic theater, plus a bonus “Echoes of Broadway” mini-series kicking off with Christmas and continuing into 2027. All performances are on sale now.

Nov 25 - Vienna Boys Choir: Christmas in Vienna

Nov 28 - The Prophecy Show: America's Premier Tribute to the Trans-Siberian Orchestra

Nov 30 - Glenn Miller Orchestra: In the Christmas Mood

Dec 5-6 - Dubuque Symphony Orchestra Holiday Pops (3 concerts)

Dec 12 - Charles Dickens' *A Christmas Carol* (2 performances)

Dec 18 - Anthony Shore & His All-Star Band present “Christmas with Elvis”

PLUS the new “Echoes of Broadway” mini-series...

Dec 19 - Neil Berg's 'Broadway Holiday' featuring Dubuque native Rita Harvey

Feb 19 - Don't Stop Me Now! A Celebration of Broadway's Rock Musicals

April 11 - One Night in Memphis: The Number 1 Tribute to Elvis Presley, Carl Perkins, Jerry Lee Lewis, & Johnny Cash

“Echoes of Broadway” series ticket packages allow fans to experience all three performances while saving 25% on ticket prices. Packages start at just \$90 with a purchase in person at the box office. Individual tickets are also on sale now for all three concerts. Tickets and series packages are available online at Fiveflagscenter.com and in person at the Five Flags Center box office, open Thursdays and Fridays from 10 AM to 5 PM.



Cool Off with Free Family Baseball Comedy Movie Marathon at Five Flags

As a lead-up to a week of MiLB and MLB games at the Field of Dreams, Five Flags Center in Dubuque will host a baseball movie marathon in the historic Five Flags Theater on Sunday, August 9. In honor of 50 years of Five Flags Theater, admission is free for all. Doors open 1 hour prior to screenings. Refreshments available for purchase.

1:00 PM The Bad News Bears (1976 - 50th anniversary) stars Walter Matthau and Tatum O'Neal. An ex-minor leaguer takes on an undisciplined, inept sandlot team, and has to bring in a couple ringers to get them out of a slump. Rated

PG. (Related note: This movie debuted the same year as Five Flags Theater re-opened following a full renovation and with a new name - formerly The Orpheum.)

3:30 PM The Sandlot (1993) An iconic coming-of-age comedy about a summer of friendship and adventure during which one boy becomes part of a team. Nine boys become best friends, and their leader becomes a legend by confronting the terrifying mystery beyond the left field fence. Rated PG.

6:00 PM The Benchwarmers (2006 - 20th anniversary) stars Rob Schneider, David Spade, and John Heder. Underdog comedy about a trio of nerdy grown-ups with minimal athletic ability who form a three-man baseball team to challenge bullying Little Leaguers. Rated PG-13. (Related note: Jon Heder will appear in person later this year at Five Flags along with a screening of his other movie, 'Napoleon Dynamite', with 2 of his co-stars also present. Tickets on sale for Napoleon Dynamite Live! at Fiveflagscenter.com.)

The Rock Orchestra by Candlelight Tour Coming to Five Flags

The Rock Orchestra, a collective of classical musicians breathing beautifully dark energy into legendary Rock & Metal covers, will bring its 2026 Tour to the Five Flags Center in Dubuque on September 2, 2026, at 8:00 PM. Tickets are on sale now at the Five Flags Center Box Office and Ticketmaster.com. Box Office hours are Thursdays and Fridays, 10 AM – 5 PM.

After entertaining 700,000+ guests around the world, The Rock Orchestra by Candlelight is back in the USA with a brand-new show. Prepare for a spellbinding 90-minute spectacle that infuses iconic Rock & Metal anthems with a hauntingly beautiful energy.

In ethereal candlelit settings, this band of 14 classical musicians unleash effortlessly enchanting melodies alongside powerful walls of distortion. Witness the unexpected union of Classical music and Metal. The Rock Orchestra is a rotating collective of classical musicians, featuring some of the world's greatest instrumentalists and vocalists.

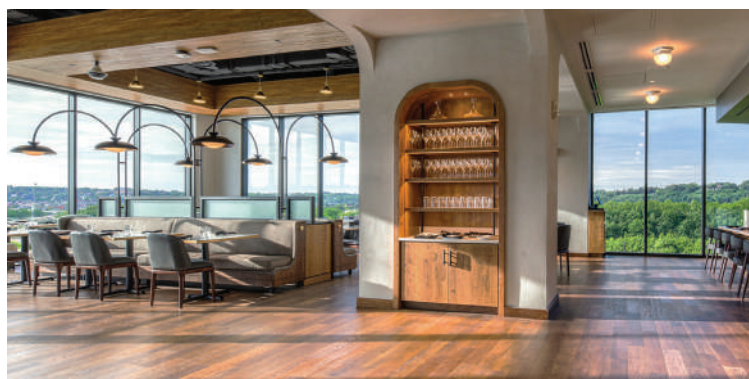
Performing the music of iconic bands including:

Metallica, AC/DC, Rage Against The Machine, My Chemical Romance, Linkin' Park, SOAD, Guns N Roses, Evanescence, Aerosmith, The Cranberries & MORE!

Disclaimer:

The Rock Orchestra and its events are not affiliated with the artists and composers listed. All trademarks are the property of their respective owners.

The live show may feature strobe lighting effects. If you are sensitive to flashing lights or have a medical condition such as epilepsy, please take necessary precautions.



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26/27
*Spirit
luminous*
DUBUQUE SYMPHONY ORCHESTRA

Dr. William Intriligator
Music Director & Conductor

The Dubuque Symphony Orchestra (DSO)'s 2026-27 concert season *Spirit, Luminous* invites audiences to experience music's power to inspire and connect. Throughout the season, the orchestra explores themes of resilience, love, hope, community and the enduring power of the human spirit through a vibrant collection of orchestral masterworks, celebrated guest artists and unforgettable musical storytelling.

"The music we share with you this season is sure to inspire, uplift and illuminate your spirit!" shares Music Director and Conductor, William Intriligator. "Music has the incredible ability to move our souls, to bring us great joy, and to help us feel more alive. This season the orchestra and guest artists will bring you great masterpieces of music that have stood the test of time, as well as some fresh newer voices."

Highlights of the season include beloved masterpieces such as Tchaikovsky's Piano Concerto No. 1, Brahms' Symphony 1, Beethoven's Symphony 7, Gershwin's *An American in Paris* and Bernstein's *Symphonic Dances* from *West Side Story*.

The upcoming season also welcomes an exceptional roster of guest artists. Pianist Ilya Yakushev returns to Dubuque for October's season opener, while guitarist Marcus DeJesus takes center stage in November. In February's Valentine's weekend concert, audiences will enjoy performances by DSO Principal cellist Philip Bergman and acclaimed tenor Eric Ferring. DSO Principal Oboe Chanmi Kim will be featured as soloist in March.

In addition to the Classics Series, audiences can look forward to the DSO's annual Holiday Concerts, DSOrocks! and Season Finale, featuring iconic space-themed music from film & television alongside selections from Holst's *The Planets*.

Season ticket packages are now on sale to the public. Call or visit the DSO office at 563-557-1677 to order.

The 2026-2027 season is made possible by Endowed Season Sponsors John & Alice Butler

The Classics

at FIVE FLAGS THEATER, Downtown Dubuque

CLASSICS 1 OCT 3-4, 2026

The Fire Within: follow your inner spark



Fueled by passion and intensity, the season opens with an exhilarating overture, the return of Ilya Yakushev in Tchaikovsky's iconic Piano Concerto No. 1, and Brahms' monumental 1st Symphony - a powerful journey from embers to full orchestral blaze.

CLASSICS 2 NOV 7-8, 2026

Connection: a symphony of us



Music becomes a bridge between people, places and emotions in a program that weaves together contemporary orchestral textures, the expressive voice of Brazilian guitar, the transcendent beauty of Jennifer Higdon's *Blue Cathedral*, and the exuberant pulse of Bernstein's *Symphonic Dances from West Side Story*.

CLASSICS 3 FEB 13-14, 2027

Hearts in Harmony: a DSO love letter



Cellist Philip Bergman and tenor Eric Ferring join the DSO for a heartfelt Valentine's program of expressive works for cello, Italian art song, opera and Broadway. The

program features Jessie Montgomery's *Divided* with Bergman as soloist, the beloved "Bring Him Home" from *Les Misérables* performed by Ferring, and George Gershwin's vibrant orchestral classic *An American in Paris* among other favorites.

CLASSICS 4 MAR 20-21, 2027

Full Spectrum: journey through heroism, reflection and joy



Music becomes a voyage through powerful emotions and contrasting landscapes. Beethoven's dramatic *Egmont Overture*, Vaughan Williams' reflective *Oboe Concerto* with Principal Oboe Chanmi Kim and Beethoven's jubilant *Symphony No. 7* together create a compelling celebration of resilience, beauty and exuberance.

Season ticket packages offer priority access to an exciting lineup of inspiring guest artists, beloved masterworks and unforgettable musical moments, all brought to life by the artistic excellence of *your* DSO.

SECURE GREAT SEATS TO ALL CONCERTS BEFORE SINGLE TICKETS GO ON SALE TO THE PUBLIC

Choose a package of 3 or all 4 Classics concerts and unlock the best value of the season: save on tickets, avoid box office and online fees, and secure preferred seating to both Classics and Casual concerts, before single-concert tickets go on sale to the public Aug. 27. This includes the DSO's popular Holiday, DSOrocks!, and an out-of-this-world space themed Season Finale, featuring Holst's *Mars and Jupiter* from *The Planets*, Hans Zimmer's *Interstellar Suite*, music from *Star Trek*, *Star Wars*, *Dr. Who* and more.

New subscribers get 30% off the 4 Classics package



CALL OR VISIT THE
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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

Enjoy a monthly activity when teen staff are present.

Silly Scavenger Hunt, August 1-31

Find all the hidden jokes and earn a small prize.

Mystery at the Farm

Saturday, August 1 @ 1-4 PM

Follow clues to solve the mystery of the missing golden egg. Ages 8-12. Registration required.

Toddler Time

Mondays, 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.

Summerween Ghost Tassels

Monday, August 3 @ 4 PM

Create a colorful, ghostly craft for Hal-

loween lovers. Ages 7-12. Registration required.

Evening Storytime

Monday, August 3 & 17 @ 6 PM

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

Baby Rhyme Time

Tuesdays, 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.

Preschool Storytime

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

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

Dementia Simulation Experience

Wednesday, August 5 @ 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.

Tiny Art Show Closing Reception

Friday, August 7 @ 5:30-7 PM

Enjoy tiny art and tiny snacks. All ages.

Art @ your library Opening Reception

Friday, August 7 @ 5:30-7:30 PM
Jacob Robertson (acrylic painting/mixed media), Cher Ruden (acrylic paintings), and Tiny Art Show (annual reception).

End of Summer Reading Teen Lock-In Party, Friday, August 7 @ 5:30-7:30 PM

By invitation only. Earn an invitation by completing the Teen Summer Reading Program.

Reading with Rover

Saturday, August 8 @ 10:30-11:15 AM

Do not bring your own pet; kid-friendly dogs will be provided. All ages.

Unicorn Planters

Monday, August 10 @ 1:30 PM

Design and decorate a unicorn planter from simple materials. Ages 8-12. Registration required.

Line Dancing

Monday, August 10 @ 5 PM

Learn the basics of line dancing. Held at Adam's Dance Connection, 900 Jackson St., Suite 108A. Ages 18+. Registration required.

Reading Roundtable Book Discussion Group, Monday, August 10 @ 6 PM

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

Garden Stone Painting

Tuesday, August 11 @ 5:30 PM

Paint rocks to beautify outdoor spaces. Ages 10+. Registration required.

Coloring for Little Ones & Their Adults

Wednesday, August 12 @ 4 PM

Ages 4-9. Registration required.

Pokémon Club

Wednesday, August 12 @ 5:30 PM

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

Movie Night

Thursday, August 13 @ 6 PM

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

Rustic Chicken Farm Petting Zoo

Friday, August 14 @ every half-hour from 10 AM-2 PM

Enjoy different pet-able animals, such as rabbits, goats, and more. All ages. Registration required.

Blossoming Embroidery

Monday, August 14 @ 3-4:30 PM

Embroider a flower at this learning



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workshop. Ages 12-18. Registration required.

LEGO® Challenge

Saturday, August 15 @ 10 AM

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

Family Book Bingo

Saturday, August 15 @ 2 PM

Ages 4-6.

Dungeons & Dragons for Teens

Sundays, August 16 @ 1 PM

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

The Seeds We Eat

Tuesday, August 18 @ 4 PM

Read a book and taste some of the many different seeds we eat. Ages 8-12. Registration required.

Introduction to Self Defense

Tuesday, August 18 @ 12-1:30 PM

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

Art with Beans

Wednesday, August 19 @ 4 PM

Create images using black beans. Ages 7-12. Registration required.

Minecraft Mania

Wednesday, August 19 @ 5:30-6:45 PM

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

7-13. Registration required.

Golden Hour Candle Studio

Thursday, August 20 @ 4-5:30 PM

Creative candle design workshop. Ages 12-18. Registration required.



Carnegie-Stout
PUBLIC LIBRARY

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



Sun SHINE Squad

Tuesday, August 25 @ 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.

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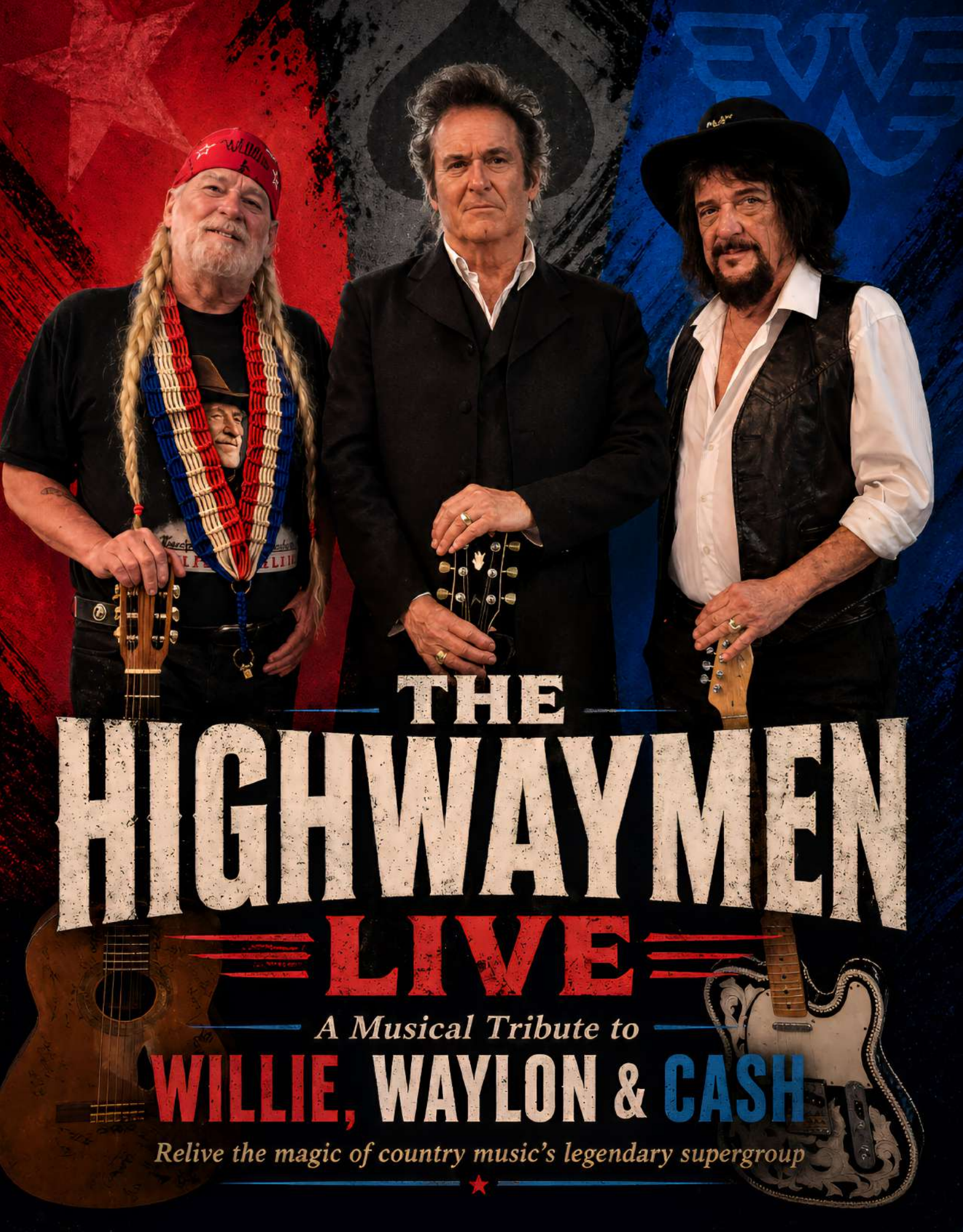
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WILLIE, WAYLON & CASH

Relive the magic of country music's legendary supergroup



Get ready, Dubuque—the **outlaws** are coming to town.

On Saturday, September 19, 2026, at 7:30 p.m., the Dubuque Arts Council welcomes *The Highwaymen Live: A Tribute to Willie Nelson, Waylon Jennings, and Johnny Cash* to the University of Dubuque's Heritage Center for one unforgettable night of honky-tonk magic.

The Highwaymen weren't just a band—they were a country music phenomenon, four legends whose combined talent and grit made them the greatest supergroup the genre has ever known. This 90-minute tribute brings that magic roaring back to life, note for note and story for story, with an all-star cast of tribute artists who have spent their careers perfecting the sound, style, and spirit of these icons.

Michael Moore channels Willie Nelson with a voice and phrasing so true to the original that fans often do a double take. Raised in McKinney, Texas, Moore fell in love with Willie's music as a boy, listening through his grandmother's old AM radio. He's since performed his tribute across the country—guitar licks and all—earning a reputation as one of the best Willie tributes in the world.

August Manley brings the rowdy, road-worn heart of Waylon Jennings to the stage. A Pacific Northwest native raised on classic

country, Manley has spent nearly two decades keeping Waylon's music alive for longtime fans and newcomers alike, delivering the outlaw sound in its purest, liveliest form.

“

Absolutely incredible!

The best tribute show I've ever seen.

Mark Gagnon rounds out the trio as Johnny Cash, bringing the Man in Black's haunting baritone and unmistakable stage presence to life. With more than 750 performances as Cash, including a run in the Tony Award-winning Million Dollar Quartet in Branson, Missouri,

Gagnon has traveled the world paying tribute to Cash's legacy, guitar in hand and swagger intact.

Together, these three performers don't just sing the hits—they recreate the experience of watching Willie, Waylon, and Cash perform live. Expect a set list packed with the songs that made these men legends: "Ring of Fire," "On the Road Again," "Mama Don't Let Your Babies Grow Up to Be Cowboys," and more upbeat, foot-stomping favorites that had audiences singing along the first time around and will again this September.

Audiences who've seen the show describe it as the closest thing to seeing the real Highwaymen perform, praising the uncanny vocal resemblance and electric energy the trio brings to every song.

Whether you grew up on outlaw country or are discovering these legends for the first time, this is a night of nostalgia, celebration, and pure musical joy you won't want to miss.

Tickets are expected to go fast—mark your calendar and get ready to relive the magic of the greatest country music supergroup of all time.



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Micah Stoner & Lily Rayo-Reynolds racing.

Dubuque Scholastic Mountain Bike Team: Joy on the Trails

by Beth Triplett



JV riders ready to race in Des Moines.

PHOTOS CONTRIBUTED BY JENNIFER RICHARDSON

There are two primary disciplines of mountain bike racing: extreme and cross-country. Nearly 150 area youth accept the endurance challenge of cross-country racing to participate in the Dubuque Scholastic Mountain Bike Team, a group of students from elementary grades through high school that competes on weekends in the summer.

Scholastic Mountain Bike Racing provides the riders with benefits far beyond a medal on race day. Members form friendships and gain the personal skills that come from being a member of a team, just as they do if playing traditional organized sports.

“What my kids get out of this is resiliency,” said Jennifer Richardson, parent of two riders. “They love it, and they have so much joy. They gain friends, and they’re learning how to be independent. They’re learning that even though they really want to quit,

they’re going to drive on and give it their all to cross the finish line.”

Races include four divisions: elementary, middle school, junior varsity, and varsity riders who race between 2.4 to 10 miles on the trails. Practices begin in March, and riders learn technical skills from volunteer coaches, with tips such as when to down-shift, how to handle being crowded by other riders, or how to navigate mudslides.

Race season is from Memorial Day through June, with races around the state every

weekend against teams from Decorah, the Quad Cities, Des Moines, Mason City, and Muscatine. The Dubuque team is not just part of the Iowa Scholastic Mountain Bike League; they are the reigning champions of it. Although the team was not formed until 2022, the riders have won the state title every year they have entered.

“It’s not just about the top riders. Every racer that crosses that finish line gains points, and teams win based off the overall points. So, every kid that finishes matters,” said Richardson. “And that’s what’s really cool because it’s not just about getting the first place or second place or third place trophy. Every team member counts, and they support each other as a team.”

The Dubuque team is intentionally not affiliated with a school (as some teams are), allowing it to welcome riders from the region and create a sub-regional com-

Some parents become involved in the sport because a child shows an interest in riding, but for others, the child follows their parents' passion for riding or racing.

And so, word of mouth is responsible for much of the recruiting. Students talk to each other and bring their friends. People

Kolton Richardson was getting a new bike for his birthday, and Hartig brought him over to the team's trophy section in his store. Hartig started telling Richardson about the team, and even though Kolton had no bike experience and never owned a mountain bike, he walked out with one as his birthday gift and joined the team. Hartig also talked up the team to Kolton's sister, Kadynce, in an effort to bolster the number of girls on the team. She initially demurred, but after watching a few practices, she wanted to join in as well. Now the parents ride too, and mom Jennifer is a certified coach.

[illegible]



State Championship Photo 2025

There is no age cut-off for riders; rather, there is an “ability cut-off.”

“You’ve got to be able to go out and ride off-road dirt. There’s no jumping off and pushing your bike. You’ve got to have enough grit and handling skill that you’re prepared to go do that,” said Hartig. “And if there’s enough of that physical capability, motor skill development, and the correct

attitude, let’s get you started and see where it goes.”

The team currently rides at the John Deere Proving Grounds, Interstate Power Preserve, or the Chloe Creek Trails, but a new course designed specifically for cross-country racing is being developed at Park Farm Winery. The Cushman family, owners of the land, are also mountain bikers

and have agreed to lease land adjacent to the winery to TMBR (Tri-State Mountain Bike Riders) to develop a new, world-class woodland trail system. The course will be designed to National Interscholastic Cycling Association (NICA) standards, providing a dedicated and appropriate venue for the youth league.

“One of the main goals of this project is to support the next generation of mountain bikers,” said Briana Cushman, mother to three racers and a mountain bike rider herself. “This will be built specifically for this type of riding since youth racing has grown, and it will also be open to the public to enjoy.”

If you know someone who may be interested in becoming a racer, the team would be happy to connect. There are also scholarships available to assist those with an interest but not the financial means. Contact Dubuque Scholastic Mountain Bike Team on Facebook (DBQscholasticracing) or dbqmtb@gmail.com.

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



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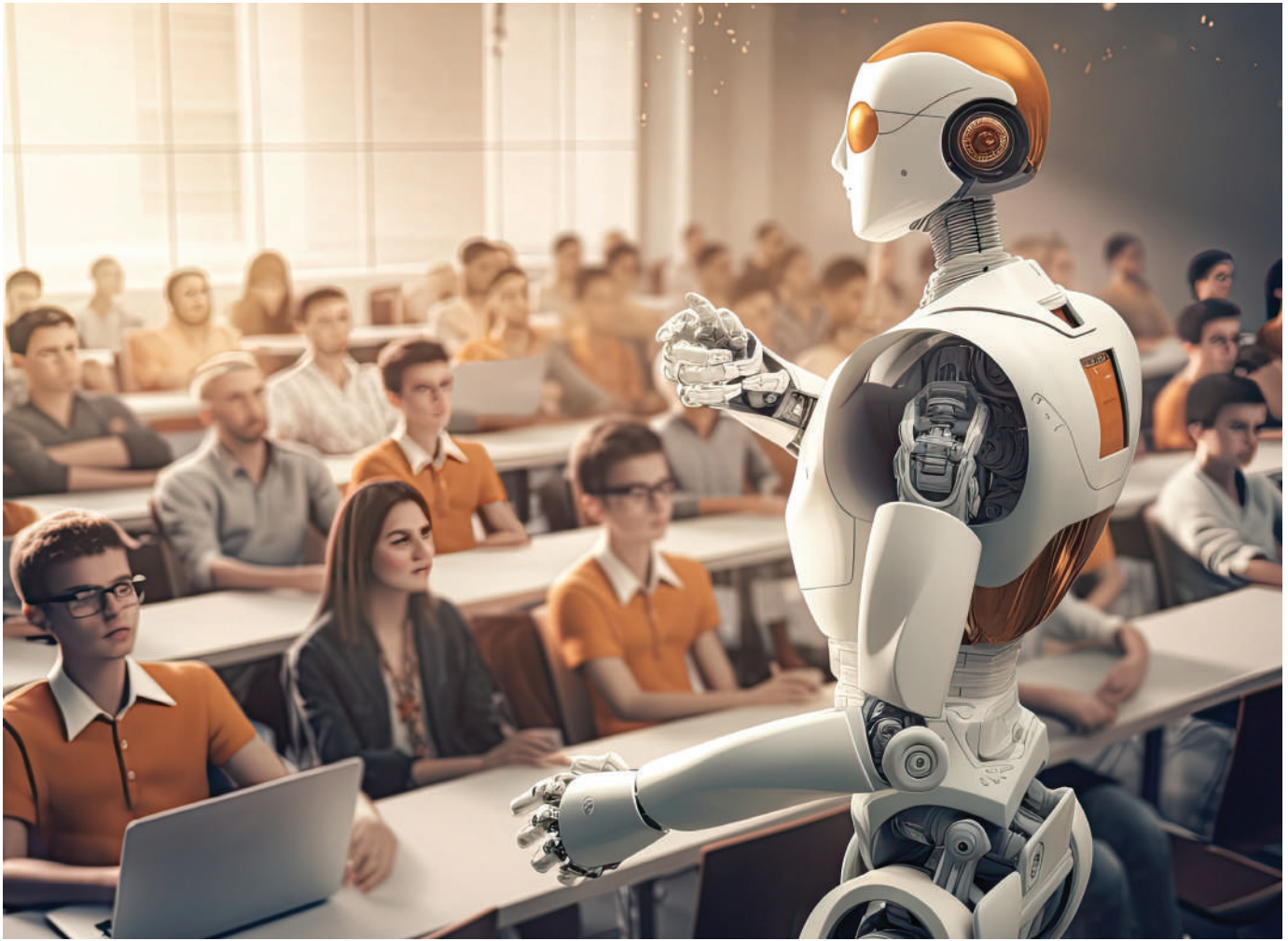
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Imaginary AI robot teaching a classroom. An image downloaded from an online photo service.

AI in the Classroom

by Connie Cherba and AI

Artificial Intelligence (AI) is based on the assumption that the process of human thought can be mechanized. It is nothing new and can be traced back as far as mechanical men and artificial beings appearing in Greek myths.

Recently, the integration of Artificial Intelligence (AI), particularly generative AI models like ChatGPT, has brought about a major shift in education. As of 2026, AI is no longer a futuristic concept but a daily reality, functioning as a powerful, but controversial, tool in classrooms across the world. While proponents highlight its potential to revolutionize learning through personalization, opponents warn of a decline in critical thinking and academic integrity.

Navigating this new environment requires a balanced approach to using AI's advantages while mitigating its risks.

Reports indicate that AI in education boosts student performance by 54% in test scores and 70% in completion rates, while saving educators nearly six hours weekly. Key benefits include personalized learning with up to 30% improved outcomes, 15% reduction in dropout rates due to early



An image created by the AI program Google Gemini of a teacher and student interaction in the classroom.

warning systems, and increased engagement including thirteen times more learner “talk time.” More than 60% of teachers now use AI to create materials and reduce administrative tasks.

Although AI has many applications in the classroom, one that is most talked about is “help” in writing assignment using ChatGPT. ChatGPT is an advanced AI chatbot developed by OpenAI that uses generative, pre-trained transformer technology to engage in conversational dialogue, answer questions, and generate text or code. It operates like a sophisticated language model, capable of understanding context, admitting mistakes, and performing tasks based on user prompts.

Let’s see how AI does when asked for an “essay on the pros and cons of AI in the classroom.”

The Pros of AI in the Classroom

One of the primary benefits of AI is personalized learning. AI-powered platforms can adapt to individual student needs, providing tailored content, pacing, and feedback that a teacher with thirty students cannot offer alone. If a student is struggling with a concept, AI can offer instant assistance—saying, “How do I solve for X?”—to help them understand

the steps.

For educators, AI acts as a sophisticated teaching assistant. It can automate routine administrative tasks like grading, lesson planning, and creating rubrics. Teachers in 2026 report that using AI tools has improved their teaching methods, allowing them to focus more on direct student interaction and mentorship rather than administrative paperwork. Furthermore, AI is a powerful tool for accessibility, translating materials instantly, and supporting students with learning disabilities.

The Cons and Risks

Conversely, the rapid adoption of AI has significant drawbacks. The most immediate concern is academic integrity, as over 25% of teachers have already caught students using chatbots to cheat. Over-reliance on AI is another critical issue; studies suggest that students who frequently use AI writing assistants may experience a decline in critical thinking and analytical reasoning skills. They tend to accept AI-generated content without questioning its logic or accuracy.

Ethical concerns regarding data privacy and security are paramount. Many AI applications collect substantial amounts of data on student performance and behavior, creating risks regarding how this information is stored

and used. Additionally, AI models can exhibit bias, perpetuating systemic, sexist, or racist stereotypes from the data they were trained on.

The 2026 Landscape

By 2026, the educational debate has moved beyond whether to allow AI to how to use it responsibly. A “one-size-fits-all” ban has proved ineffective. Instead, many schools are developing frameworks that allow for “responsible experimentation”. The role of the teacher is shifting from being the primary source of information to a mentor who guides students in critical thinking and evaluation.

A crucial trend in 2026 is teaching AI literacy. Students must learn to “fact-check” AI, as these systems can produce “hallucinations”—false information presented confidently. If used wrongly, AI can widen the existing educational gap between resource-rich and under-resourced schools.

Conclusion

AI is a dual-use technology that is fundamentally transforming the classroom. While it offers unprecedented opportunities for personalized education and teacher support, it also poses risks to academic integrity and intellectual development. The future of AI in education lies not in fully embracing or rejecting it, but in blending the technology’s

efficiency with human expertise. If managed with ethical rigor and pedagogical intent, AI can be a partner, not a replacement, for the human teacher. Balancing the pros and cons of AI requires teaching students to use AI as a supplementary tool rather than a crutch.

And just like that, within seconds AI composed an essay of a little over five hundred words – polished and ready to be turned in for grading. But check out the language. Is this the work of a high school student? Phrases like *fundamentally transforming*, *perpetuating systemic*, *sexist*, or *racist stereotypes*, and *ethical rigor and pedagogical intent* are a dead give-away that AI had something to do with the verbiage of the essay. Any teacher receiving this essay from a student would have to wonder who really wrote it.

AI in the Dubuque Classrooms

In June 2025, the Dubuque Community School Board approved an updated district policy regarding information resources and academic integrity to establish clear guidelines for AI use in the classroom. This shift focuses on guiding students on the ethical use of AI as an educational tool while prohibiting unauthorized cheating.

Due to the rise of AI-enabled applications being used to generate inappropriate or deepfake images among students, the Dubuque Community School District has hosted community-wide events and safety meetings such as the “Safeguarding Students: AI, Technology, and the Fight Against Exploitation” seminar. These efforts aim to educate parents on how to monitor online activity and help children navigate the risks of social media and AI.

AI is continuing to evolve, presenting new opportunities and challenges and it is here to stay.

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



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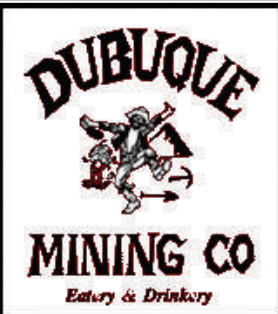
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Closing the Dyslexia Gap: Dubuque Reading Services Show Big Gains



PHOTOS CONTRIBUTED BY THE COMMUNITY FOUNDATION OF GREATER DUBUQUE

Audrey Wagner tutors a student.

When Dubuque resident Kate S. saw her daughter struggling to read, she knew support was needed. Fortunately, she learned that new reading services had recently expanded to the Dubuque region thanks to a partnership between the Community Foundation and Aspire Academy. After a quick and easy screening process, Aspire paired Kate's daughter with a local tutor for two one-hour sessions per week.

"My daughter improved her iReady reading score by 32 points after just a couple of months and now reads for fun," Kate says. "It brings us so much joy to see how she has thrived!"

Aspire Academy and the Community Foundation are celebrating two years of reading and dyslexia screening services in the Dubuque region, and Kate's daughter is just one of dozens of children who have benefited. Since the services began, 62 students have been screened for dyslexia, and 47 are receiving twice-weekly tutoring.

"We want everyone in the Dubuque region to know that these services are now available in their community," says Katie Redington, administrator for Aspire Academy Northeast. "We welcome any family with

concerns about their child's reading to contact us to set up a screening and get the support they need."

MEETING A COMMUNITY NEED

For some children, reading comes easily, and for others, it can be a challenge. In some cases, dyslexia is the cause. The Community Foundation is working to change their experiences for the better. With support from many donors, the Foundation partnered with Aspire Academy, which trains community members to be dyslexia tutors and provide services.

The Dubuque region has historically lacked resources for people with this learning disability. The closest dyslexia tutoring centers are 90 minutes away and can have waitlists of up to two years, meaning children who need services now will be at further risk of learning loss as they await availability. Plus, tutoring can be cost-prohibitive for many families.

Tutoring and screening services are now available for children in kindergarten through high school in Dubuque, Allamakee and Jones counties. Tutors are trained in the Wilson Reading System, an Orton-Gillingham method, and work one-on-one in person with students. The Community Foundation also offers scholarships for



Ruth Graper tutors a student.

students based on family income.

"We are proud to partner with Aspire Academy and grateful to the generous donors who have made these services possible in our region," says Josie Manternach, the Community Foundation program officer who oversees the partnership.

HOW IT WORKS

Tutors work to identify the root causes of each student's reading, writing, and spelling challenges and tailor lessons to their specific needs. The Orton-Gillingham philosophy, which is the basis for the training tutors receive, helps teach children to methodically break the reading code based on their individual skill set and at their

own pace.

Every one-on-one session is led by the same local tutor to create a personalized, consistent learning experience that builds confidence and competencies for success in the classroom and beyond.

Community sites serve as comfortable, familiar locations for children to receive services. The Boys and Girls Club of Greater Dubuque, Northeast Iowa Community College, local libraries, Bread of Life First Presbyterian Church and Dubuque Community School District locations currently serve as tutoring sites. Furthermore, staff at the Dubuque Dream Academy have completed the tutor training and have the capacity to serve students independently. Tutoring also has expanded into surrounding counties, including Jones and Allamakee.

REAL IMPROVEMENTS

Students receiving tutoring have made measurable progress in the first two years services have been available. Using the Word Identification and Spelling Test (WIST) as scoring tool, most students begin well below the national average, scoring in the bottom 30% of readers their age.

While typical school programs improve reading scores by just 3 to 5 points annually, students receiving services from Aspire see even greater improvement.

Average word recognition scores improved by 18.3 points, 3 to 5 times better than



Missy Holz tutors a student.

national averages for typical programs.

Average spelling scores improved by 7.1 points, meaning students moved from “struggling” to “grade-level.”

Average phonemic awareness scores improved by 21 points, which helps build a foundation for lifelong reading success.

“The data shows that, with tutoring, students go from the bottom of their class to confidently tackling grade-level material,” says Heidi Stoffel, founder and executive director of Aspire Academy. “That’s the difference between barely reading and thriving academically.”

NEXT STEPS

Families interested in services can contact Katie Redington at kredington@aspireiowa.com or 515-249-8286.

Community members interested in becoming tutors can contact Josie Manternach at josie@dbqfoundation.org or 563-588-2700.

Donors can make gifts that support scholarships by visiting Dbqfoundation.org/EndowECR.

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. ♦

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YOU SAVED FOR RETIREMENT. NOW COMES THE HARDER PART

by Keith Leverentz

Every summer in Iowa, fair season reminds us that a lot of work happens before anyone sees the finished result. Whether it is preparing livestock, getting a project ready for judging, or making sure everything is in place before the gates open, the public part is only a small piece of the story. Retirement works much the same way. Most people spend decades preparing for it. But once retirement begins, the challenge changes. Getting there was one job. Making it work is another.

During your working years, the questions we hear are fairly common. Am I saving enough? Am I invested appropriately? Am I making progress? In retirement, the questions become more practical. Where will my income come from? Which accounts should I draw from first? How will this affect taxes? How do I create income without putting unnecessary pressure on the rest of the plan? This is where a planning gap often appears. Many households have done a good

job accumulating assets, but they have not built a clear income strategy. They may have investment accounts, Social Security estimates, or even a pension, but those pieces are not the same as a coordinated retirement paycheck.

A retirement income plan is not simply about withdrawing money. It is about deciding how different income sources work together over time. Social Security, investment accounts, pensions, cash reserves, and tax treatment all play a role. A decision that seems small in one area can create ripple

effects somewhere else.

That is one of the most overlooked parts of retirement income planning. The choices you make about income can affect much more than monthly cash flow. They can also influence how much flexibility you have later, how much tax you pay along the way, and even what may ultimately be left for a spouse, children, or grandchildren. Income planning is not separate from the rest of retirement. It is deeply connected to it.

That is why there is no one-size-fits-all solution. One household may benefit from drawing income sooner from certain sources to preserve others. Another may need to delay one source of income while coordinating around taxes or survivor protection. What works well for one couple may be completely wrong for another.

The right strategy depends on health, family priorities, tax exposure, other assets, and the kind of retirement you want to support.

A good financial advisor frequently will talk about a panoramic view of retirement, one that includes income, taxes, investments, healthcare, and legacy. Retirement income is affected by all those parts of the bigger picture. When it is designed thoughtfully, it can bring structure, confidence, and peace of mind. When it is handled one decision at a time, it can create unnecessary strain.

If you have done the hard work of saving for retirement, the next step is making sure those savings are positioned to support the life you want. A Purpose Meeting can help you better understand how to turn your assets into a paycheck that works not just for today, but for the years ahead.

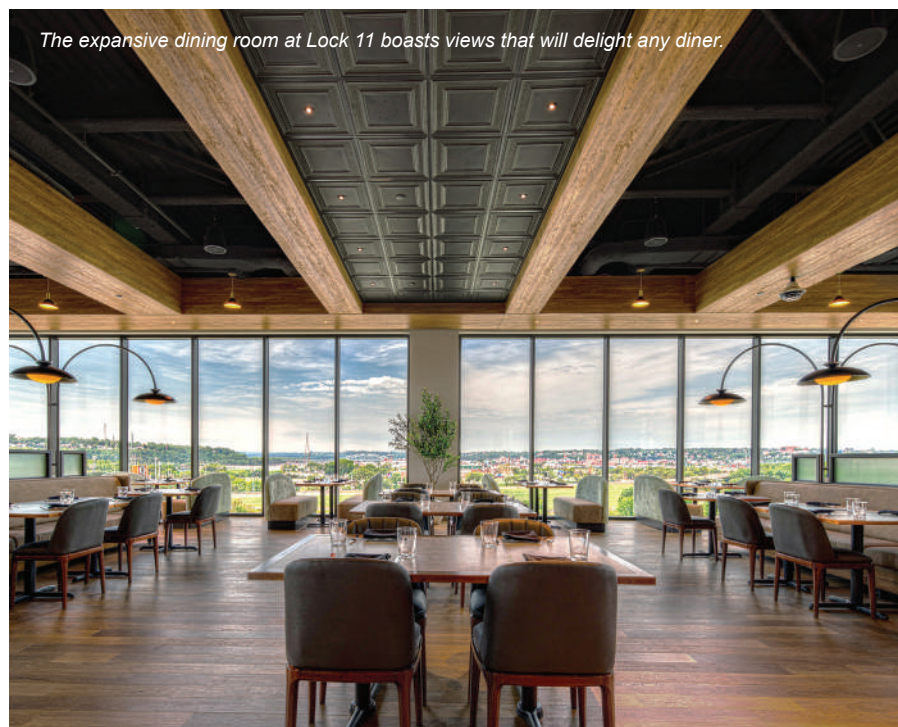
Keith Leverentz, NSSA®, is founder of The Life Group and has helped Tri-State area families and retirees since 2003 with personalized financial planning, investment guidance, and retirement strategies. You can visit their website at TheLifeGroupLLC.com.

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



Diners can enjoy the breathtaking views unlike any other establishment in Dubuque.

LOCK 11 Offers Great Food and an Even Better View by Cassie Cate



The expansive dining room at Lock 11 boasts views that will delight any diner.

Dubuque has developed quite a food scene over the past decade, embracing restaurants of all genres, creating a robust number of choices for diners to expand their culinary palate and venture beyond the traditional mid-western cuisine often found at local supper clubs and other traditional restaurants. While these nostalgic places will always be revered and kept on the dining out rotation of all good Dubuquers, a new experience has recently opened, introducing a new culinary experience high in the sky.

Lock 11 is the new rooftop restaurant located on top of the Key Hotel Dubuque at the Q Casino. With its breathtaking floor-to-ceiling views of the majestic Mississippi River, diners are surrounded by the beauty of the bluffs,



Each dish is carefully crafted to create a midwestern cuisine with a global nod in mind.

buildings, and bridges that make Dubuque a beautiful city. This restaurant was just one part of the one hundred fifteen-million-dollar investment the casino made to create an even more significant experience for guests looking for topnotch amenities.

The owners of Q Casino and Resort sought to open this luxurious experience to bring a more elevated dining experience both literally and figuratively. Also, part of the Q Casino is Island Social Kitchen and Bar, serving as a Sport's Bar, and Houlihan's, a more fast-casual dining establishment. With Lock 11, dining is rounded out, serving as a higher end eating establishment. Although a more elevated experience, this restaurant is for everyone, from the casual casino player, friend group, couple on a date night, those celebrating any occasion, business groups, and hotel guests alike. Anyone who wants to enjoy delicious food and a great view is welcome.

The dining room was designed in a way that would enhance the ability to enjoy the incredible view, but also appear light and cheerful, making diners feel comfortable and complement the sensible Midwestern cuisine offered within the expansive menu. A large dining room and outdoor terrace are available to patrons, as well as a private dining room for up to twelve and the Overlook Room, which can accommodate up to seventy guests.

The cuisine at Lock 11 was carefully crafted by chefs, bringing their experience and passion to the restaurant. Executive Chef Agnes Pituscanu leads the kitchen. Her roots are in Eastern European cook-

ing, which have been refined through her years of cooking in various kitchens throughout the world, including Moscow, Chicago, New York, and Italy. Executive Sous Chef Laura Guitierrez was born and raised in Mexico, where she fell in love with food and cooking, only to drive her career across the Midwest in several kitchens. Both chefs desire to share their love of food, fresh and local ingredients, and the world in their offerings to guests.

Although the menu is what they would consider "culinary forward," the cuisine is still "approachable" for the traditional Midwestern palate. Dinner at Lock 11 begins with an array of appetizers, carefully crafted to meet anyone's expectations. From the Warm House Focaccia with whipped harissa feta, pomegranate, olive oil, and tomato confit, to the Hearth-Fired Tataki of Iowa Beef Tenderloin, with spring onion, pickled pepperoncini, crisp potato, wild garlic, and yuzu-shiso vinaigrette, there is an appetizer for every palate. Others to enjoy are Jumbo Lump Crab Cakes, Charred Peaches and Burrata, Corn and Truffle Arancini, Jumbo Shrimp Cocktail, and Oysters on the Half Sheet.

Lock 11 offers a Seafood Tower with shrimp cocktail, oysters, and lobster, along with other seafood dishes, such as Branzino with green beans, Marcona almonds, olive tapenade, charred lemon, Salmon-Cod Wellington served in puff pastry with asparagus, and lemon-caper sauce, and Lobster and Sweet Corn Risotto, fresh from Maine.

Their Driftless Pasta section of the menu allows patrons to indulge in Shrimp Linguine, Rigatoni Al Ragu with braised beef, and Creste Di Gallo complete with wild mushrooms, spinach, roasted garlic, olive oil, Marcona Almonds, and mushroom crisps.

The Land Menu is impressive with an eight-ounce Filet Mignon with wild mushrooms, pearl onions, cauliflower puree, and a peppercorn sauce. The New York Strip is a twelve-ounce cut complete with potato puree, braised leeks, crispy shallots, and a miso brown butter sauce. Not to be forgotten, the fourteen-ounce Ribeye served with Mediterranean spinach, feta, garlic, breadcrumbs, and an herb emulsion. Other entrees include a Lamb Loin, Iowa Pork Chop, Organic Half Chicken, the Lock 11 Burger, and even a Crispy Mushroom Steak for those looking for a vegetarian choice.

Each meal can be accompanied by a spectacular array of sides from Mashed Potatoes and Roasted Asparagus to Mediterranean Spinach and Corn Casserole. Dinner is never complete without dessert, and what Lock 11 calls "Grand Finales" live up to every bit of their names. Chocolate lovers can enjoy Chef's After-Hours Chocolate Mousse with a pecan praline, Toschi Nocco liqueur, Irish cream anglaise, cocoa nibs, and even gold leaf. For a lighter end, there is the Seasonal Pavlova with a crunchy meringue, seasonal fruit, and lemon cream. No dessert menu is complete without a cheesecake, and Lock 11 does not disappoint with the Sweet Corn Cheesecake. Also available is a Seasonal Crème Brule for guests to try.

There is also a full-service bar just waiting to serve craft cocktails like Clementine's Revenge and the CEO Old Fashioned and other standouts.

Plans for breakfast and brunch are in the works but Lock 11 is currently open from 4 PM to 9 PM Tuesday through Thursday and 4 PM to 10 PM Friday and Saturday. Sundays and Mondays are currently closed.

Lock 11 is the newest way to enjoy new and unique food in the Tristate area. Its one-of-a-kind views, beverages, and food will make Dubuque a destination for all. Lock 11 is another way the Dubuque community and Q Casino are working to help move the community and its food scene to another level.

For more information visit Qcasinoandresort.com/lock11-rooftop-restaurant-bar.

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



Article and photo by Joshua Nichols

WHAT WE'RE DRINKING: CALI SQUEEZE BLOOD ORANGE

ABV: 5.0%

Who Brews It: Firestone Walker Brewing Company

Where you can find it: Hy-Vee Wine & Spirits

Expected Price: \$11.99 for a 6 pack of 12 oz. cans

Modern craft beers experiment a lot with fruit flavors, especially citrus. Orange, tangerine, grapefruit, even pomelos; all these citrus fruits make frequent appearances in IPAs. Still, juicy IPAs aren't the only types of beer that emphasize fruit in their flavor profile. Mexican lagers like Corona are frequently paired with lime, and Blue Moon is a widely available wheat ale that is served alongside an orange slice.

Like Blue Moon, Cali Squeeze Blood Orange is a wheat ale that emphasizes orange flavor. However, Blue Moon is a witbier, while Cali Squeeze Blood Orange is a hefeweizen. What's the difference? Practically speaking, not too much. In terms of taste, the witbier are close cousins, if not brothers. Witbier contains orange peel and coriander in the grain bill, which gives it a more pronounced spice on tasting. The hefeweizen has a much more neutral taste,

though more traditional German brews will have a subtle banana aroma and taste.

The astute among you may have already guessed that Cali Squeeze Blood Orange does not taste of bananas; rather, it emphasizes blood oranges. What is a blood orange? It is a natural orange mutation that sports crimson flesh. Oranges that are genetically predisposed to express anthocyanins are left out to ripen over chilly nights. This causes the orange's flesh to darken and become a dark red. A blood orange differs from a standard orange by having a more

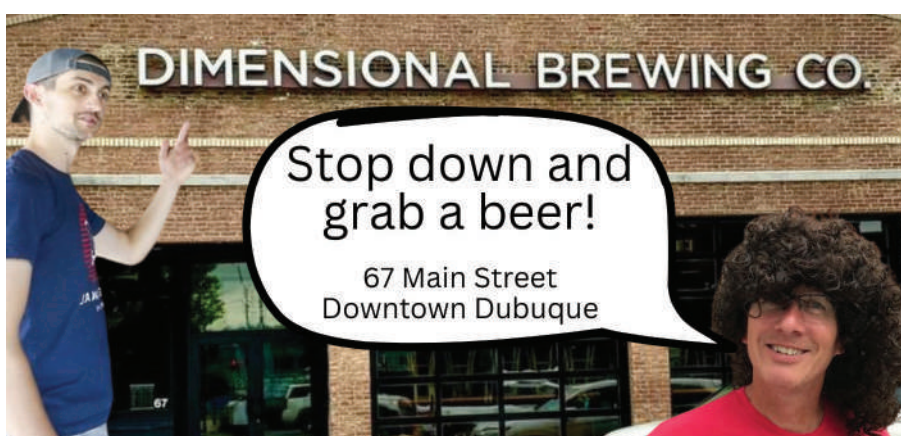
berry-esque taste and subduing the classic citrus tang. For Cali Squeeze, the blood oranges are added to a neutral hefeweizen without pronounced cloves. Firestone Walker, the brewers of Cali Squeeze Blood Orange, has committed to sourcing and squeezing each blood orange in California (where they are headquartered), and no flavor extracts are used.

When poured, expect Cali Squeeze Blood Orange to have a striking orange color. In low lighting, it can appear closer to a ruby red, matching the color of a blood orange. The color is impressive -- I thought I had mistakenly poured a sour when I first tried this beer. A pour will net you with a decent head, as is expected with a wheat beer, and the aroma is mellow and subdued. Unlike a hop-heavy IPA, no strong citrus scents immediately jump out of the glass. The beer has a light to medium body. It's not as watery or crisp as a lager, but, due to lack of strong hop flavors, it doesn't have the fuller mouthfeel of a pale ale. To put it simply, this is a very easy drinking beer. The blood orange, citrus taste is always present, but it refuses to separate itself from the breadly taste common to wheat beer.

Blue Moon is a natural starting point for taste comparison. Cali Squeeze is more earthy and less sugary than Blue Moon, but the two share many tasting similarities. Mango Cart is another popular point of comparison, though Mango Cart emphasizes the juiciness of its flagship fruit more than Cali Squeeze.

If you're someone who likes citrus flavor in a beer but are becoming tired of the citra hop found in so many IPAs, Cali Squeeze Blood Orange is a great way to reset your palate. Give it a try!

Have a beer that you'd like to see us review? Send it to beer@juliensjournal.com and we'll do our best to feature it in a future issue. ❖



SIPS & TIPS Taste



AUGUST WINES TO ENJOY

Article & Photo by John B. Donovan

“There must be always wine and fellowship or we are truly lost.” – Ann Fairbairn

These are outside wines, and TeamWine met in Angela’s backyard to sample, savor and enjoy the conversation. You see, when we taste, we have a lot of fun. We talk about the wines, color, aromas, flavors, and of course, what we’d ideally like to have with them. I then winnow that information that’s been written on our self-made tasting mats, into a column.

We also talk about what’s going on...for instance one pair of our tasters had just returned from Scotland, and they commented on the similarity of tasting the whiskeys and bourbons of Scotland to our wine review process. We also bring our own snacks and it’s always interesting how creative we can be when an appetizer is made. Or how different something might taste that one of us finds on our trips, and

brings back for the others to try. All in all, we have a good time, doing our best to tell you about wines we’ve liked, or not so much, for you to try. We hope you find a new wine, now and again, that pleases your palate. Here are two wines we recommend!

SIPS

This month’s white was purchased locally. It was a **2023 Gorgo San Michelin** (12.5%abv, \$36) from Veneto, Italy. This wine is fully organic and vegan friendly. Grapes used are Garganega, Cortese, and Trebbiano. The wine had a crystal-clear lemon-yellow hue and a medium to full body with some mineral notes. Hints of citrus, white peach, pear and wildflower and sea salt were on the nose. Flavors that we tasted were melon, fresh pear and apri-

cot. It felt bright and crisp on the palate.

We all commented on how well this wine went with almost everything, especially the tinned fish. But it also paired nicely with the hummus, the olives/antipasto, and all the cheeses. This could be an ideal wine for summer outings with its ability to complement so many picnic foods.

Our red this month was a **Specially Selected Rioja Reserva** from Aldi’s. (13.5% abv, \$7.89). This wine was dark ruby in color. The wine is 100% Tempranillo grapes from Northern Spain. Cedar and cigar box on nose, along with dark fruit and cooking spices. Noticeable, but not overpowering tannins and medium body making for a delightful mouthfeel. Tastes of baked cherry, cranberry, a bit of green pepper (hence, still young) prunes and plum on palate. A bit of complexity gave me the feeling this wine could be even better in a couple of years. This wine would go well with nearly anything with a red sauce – pizza, pasta, meatballs, as well as grilled meats. It went well with the olives and deeper colored or aged cheese. And yes, it did go very well with the chocolate.

TIPS

I’m not crazy, but I’m going to suggest you start planning now for the fall get-togethers and gift-giving time. Make yourself a list of events you plan to attend, dinners you host or co-host, or friends you’ll want to give something to during the holidays. Wine by the case is much less expensive, so you’ll be smart to think ahead. Once you have your list, and an idea of what you want, make a trip to your favorite local winery, or wine store. It might even be best to call in advance to make an appointment. Let them know that you’ll be making a somewhat sizable purchase and want some assistance. They know when they will be getting sale prices and they will likely pass some of that saving on to you.

Depending on the vendor, they may even order and then store it for you until you need it. You’ll need to pay in advance for that, but if you do not have good storage capability, then this is worth looking into. I will even offer my assistance in where to go and what you may want to consider. Drop me a note at John@JuliensJournal.com and I’ll get back to you.

Salut!

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



HEALTH & WELLNESS

SHALOM SPIRITUALITY CENTER ShalomRetreats.org

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

Breathing for Health Wednesday, August 5 @ 6:30-7:30 PM (via Zoom)

Learn to make your breathing more effective in supporting your well-being. Registration required.

Unshackled: Breaking Free from Child Abuse & Neglect

Saturday, August 15 @ 10-11:30 AM
Come to hear Joe Potosi share stories about his difficult childhood and how he turned his life around. Copies of his books will be available for purchase. RSVP online.

Meditation & Music

Monday, August 17 @ 6:30-7:30 PM

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

Lunch & Renew: Chair Yoga Wednesday, August 19 @ 11:30 AM-12:30 PM

Registration required.

STATERA INTEGRATED HEALTH & WELLNESS: StateraIntegrated.com

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

No Limb-its Amputee Social & Support Gatherings

Monday, August 10 @ 4-5:30 PM

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

Community Acupuncture Thursday, August 20 @ 5:30-7 PM

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

NEWS

NEW PROVIDERS JOIN STATERA

Statera Integrated Health and Wellness Solutions announced the addition of two new providers to their staff.

Sydney Fox, MSN, ARNP, FNP-BC, is a board-certified family nurse practitioner specializing in holistic, whole-person healthcare. She is known for her compassionate approach, dedication to addressing root causes, and commitment to helping patients feel their best in every area of life.

Brie Tauber, PT, DPT, C-PS, is a physical therapist who aims to help and inspire individuals to achieve their functional goals through rehabilitative, proactive, preventative, or performance-based interventions. She has worked in the outpatient physical



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CRESCENT WELCOMES CHIEF DENTAL OFFICER

Crescent Community Health Center announced the appointment of **Dr. Hubble Reichert** as its new Chief Dental Officer. He brings extensive experience in dental care, clinical leadership, and a strong commitment to expanding access to high-quality oral health services. In this role, Reichert will provide strategic leadership for Crescent's dental program, supporting continued growth, enhancing patient care, and advancing innovative approaches to community-based dentistry.



NURSE ANESTHETIST JOINS MEDICAL ASSOCIATES

Medical Associates Clinic announced the arrival of **Cynthia Haas, CRNA**, to their anesthesia department. She received her Master of Science in Nurse Anesthesia from the Minneapolis School of Anesthesia, Minneapolis, and Bachelor of Science in



Nursing from the University of Minnesota, Minneapolis.

Most recently, Haas worked as a certified nurse anesthetist at the University of Iowa Hospitals & Clinics in Iowa City. At Medical Associates, she will direct anesthesia care, pain management, and critical care before, during, and after surgeries and invasive procedures. ❖

August Programs at Shalom

Aug 5 – Breathing for Health with Susan Drury via Zoom

Aug 15 – Unshackled: Breaking Free from Child Abuse & Neglect with Joe Potosi

Aug 17 – Meditation & Music: Sound Healing with Morgan Noel

Aug 19 – Lunch & Renew: Chair Yoga with Deb May, YogaCare

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For more information & to register visit us at shalomretreats.org

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Business & Community News



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MOLONY FOUNDATION ANNOUNCES SCHOLARSHIP RECIPIENTS

The Molony Foundation supports charitable, educational, and community initiatives that strengthen the communities it serves. The Foundation awarded healthcare scholarships, \$2,500 each, to: **Mariah Huenke**, Bellevue; **Isaac Jasper**, Bernard; and **Maggie Archer**, Cascade. Archer also received the Foundation's renewable Healthcare Scholarship, which may be renewed annually for up to four years for a potential total award of \$10,000.



Isaac Jasper



Justine Hager

The Foundation also awarded the Josey (Molony) & Ray Fee-ney Memorial 4-H Scholarships, \$2,500 each, to: **Justine Hager**, Bellevue; **Ryker Henderson**, Delmar; and **Lily Supple**, Cascade.



Lily Supple

4TH ANNUAL RURAL TEACHER SUMMIT

The Community Foundation of Greater Dubuque will host the fourth annual Rural Teacher Summit from 8:30 AM to 3:30 PM, Wednesday, August 5, at Camp Little Cloud, 21700 Girl Scout Road, Epworth, IA.

Small-town educators across Eastern Iowa are invited to come together for a free opportunity to enhance classroom learning, help them tend to their personal well-being, reconnect with their professional passion, and feel supported.

The summit is free to attend for educators at all grade levels. Educators can register at DbqFoundation.org/Summit26. ♦

Congratulations to these local businesses and students! Please send your upcoming business announcements to **Juli@JuliensJournal.com** and be included in our monthly Business and Community News.

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