



August 2025

A newsletter from the City of Dubuque's Office of Human Rights

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Holidays & Observances

August 1: Lammas Day (Pagan)

August 2: Tisha B'Av (Jewish)

August 9: International Day of the World's Indigenous People

August 16: Janmashtami (Hindu)

August 28: March on Washington

August 27: Ganesh Chaturthi (Hindu)

August 26: Women's Equality Day

International Peace Month

Peace is more than the absence of war or conflict; it is a state of harmony where individuals and communities coexist with respect, empathy, and justice. In our rapidly changing world—marked by political instability, environmental crises, and growing divisions—the importance of peace cannot be overstated. It is the foundation upon which societies can thrive, individuals can grow, and nations can progress. Peace, both internal and external, enables the flourishing of human potential and lays the groundwork for long-term prosperity.

Peace is essential for the stability of any society. When a nation is at peace, its citizens are more likely to enjoy safety, freedom, and opportunities for development. Peaceful societies are able to focus on education, healthcare, infrastructure, and economic growth. Resources are not drained by conflict but are instead used to uplift and empower people. In contrast, societies plagued by violence often face instability, displacement, and poverty. War destroys lives, displaces families, and breaks the social fabric that holds communities together.

Peace also plays a vital role in strengthening democratic institutions. In peaceful environments, there is more space for dialogue, dissent, and the expression of diverse views. Citizens can participate freely in governance and hold leaders accountable. When peace prevails, human rights are more likely to be protected, and Laws are more likely to be applied justly. This fosters trust in institutions and enhances civic engagement, which are crucial for a functioning democracy.

Beyond societal benefits, peace profoundly affects individuals on a personal level. Inner peace—the sense of calm and clarity within a person—is linked to better mental health, emotional resilience, and well-being. People living in peaceful environments are less likely to experience chronic stress, anxiety, or trauma. They are more likely to form healthy relationships, pursue personal goals, and live fulfilling lives.

In contrast, those living in areas affected by violence or social unrest often suffer from long-term psychological damage. Children exposed to violence

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may struggle with emotional regulation, learning difficulties, or developmental delays. Adults in conflict zones may experience post-traumatic stress disorder (PTSD), depression, and hopelessness. Peace, therefore, is not just a societal need but a personal one—essential for the mental and emotional stability of individuals.

Peace contributes significantly to economic prosperity. Stable and peaceful nations attract investment, tourism, and innovation. Businesses thrive in safe environments where rule of law is respected, and infrastructure is reliable. Peace allows for long-term planning and sustainable development, reducing the risk of economic shocks caused by instability or war.

Furthermore, peace fosters cooperation between countries. International peace enables trade agreements, cultural exchanges, and joint action on global challenges like climate change and pandemics. When countries choose diplomacy over conflict, they open the door to shared growth and collective security.

Peace is also key to addressing the world's most pressing issues. Climate change, poverty, migration, and pandemics all require global cooperation and shared commitment. Conflict hinders collective action, while peace enables collaboration across borders. For example, international climate agreements can only succeed when nations prioritize diplomacy and trust. Similarly, global health efforts, such as distributing vaccines or preventing disease outbreaks, depend on stable international relations.

Moreover, peace contributes to sustainability. Armed conflicts often lead to environmental destruction, including deforestation, water contamination, and wildlife loss. Peaceful societies are more likely to engage in environmental conservation and responsible resource management.

Achieving peace is not a passive process. It requires intentional actions, inclusive leadership, and sustained efforts. Peacebuilding involves addressing root causes of conflict such as inequality and injustice. It demands open dialogue, reconciliation, and accountability. Education plays a central role in cultivating a culture of peace by teaching empathy, critical thinking, and nonviolent conflict resolution.

Individuals also have a role to play in promoting peace. Practicing kindness, engaging in community service, and advocating for justice are all acts that contribute to a more peaceful world.

Peace is not simply a lofty ideal—it is a practical necessity for human survival and flourishing. It brings safety, stability, and opportunity. It nurtures the human spirit and strengthens societies. From the global stage to the individual heart, peace lays the foundation for a just, prosperous, and hopeful future. In a world facing increasing divisions and challenges, committing to peace—in words, actions, and policies—is perhaps the most powerful and necessary choice we can make.

This article was written with the assistance of artificial intelligence.

The [Global Peace Index \(GPI\) 2025](#) found that the world became less peaceful for the 13th time in the last 17 years. The GPI is calculated based on many different factors including internal and external conflicts, violent crime, terrorism, incarceration rate, access to small arms, homicide rate, and nuclear weapons held by that country.

Rank	Country	Score	<i>The Global Peace Index is developed by the Institute for Economics & Peace. They are an independent, non-partisan, non-profit think tank dedicated to shifting the world's focus to peace.</i>
1	Iceland	1.095	
2	Ireland	1.26	
3	New Zealand	1.282	
128	United States	2.443	
161	Sudan	3.323	
162	Ukraine	3.434	
163	Russia	3.441	

<https://www.visionofhumanity.org>

A Note from the Office of Human Rights

August is not only International Peace Month, it is also National Civility Month. It's a fitting combination, don't you think?

Civility is the practice of showing respect, courtesy, and consideration toward others, even in the face of disagreement or frustration. In a world increasingly marked by division and tension, civility is essential for maintaining trust, cooperation, and social cohesion. It doesn't mean avoiding difficult conversations or pretending to agree—it means engaging with others in a way that recognizes their dignity and humanity.

Choosing civility is often hardest when emotions are high or when we feel disrespected ourselves. However, how we respond in those moments speaks volumes about our character. Practicing civility in challenging situations helps de-escalate conflict, opens the door to understanding, and models the kind of behavior that can transform relationships and communities. It creates space for progress, even when consensus isn't possible.

When you don't feel like being civil—when anger, impatience, or hurt take over—start by pausing. Take a breath. Remind yourself of your values and the outcome you want to achieve. Speak from your experience instead of attacking others. Set boundaries without being cruel. Civility doesn't require you to be silent or passive—it means choosing to respond thoughtfully instead of reacting destructively.

In the end, civility is not about being agreeable; it's about being responsible. It is a conscious decision to rise above hostility and engage with others in a way that promotes mutual respect and constructive dialogue. Even when it's difficult, it's almost always worth it.

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Cultural Events Happening in the Tri-States

[**First Friday**](#) is a free downtown monthly community arts event with open galleries, artists' studios, and live entertainment. Events are held on August 1.

Henry Matthiessen III – Stoned Art Studio, 12 – 7 PM

Various – Widdershins Artisan Gallery, 12 – 8 PM

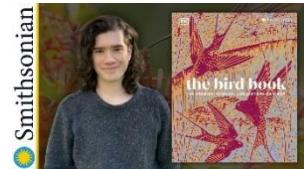
Rachel Wilson – The Good Witches Cottage, 2 – 6 PM

Jim Ehlinger – Outside the Lines Gallery, 4:30 – 7:30 PM

Flora from the Flat Files – Clarke University, 5 – 7 PM

Carnegie-Stout Library Virtual Author Talks

Each month, a selection of authors discusses their books and expert topics. These events are virtual and live; however, recordings of the talks will be archived for later viewing. [Registration on the library website is required.](#)



The Stories, Science, and History of Birds with Jay Falk

August 5 @ 1 PM



Returning to Romance Through Food and Flirty Fun in Fiction With Casey McQuiston

August 20 @ 6 PM



How to Thrive in a World of Constant Chaos with Dr. Tasha Eurich

August 28 @ 1 PM

Volunteer Opportunity of the Month

Join us for the Labor Day parade on Monday, September 1. Volunteers are needed to help make sure spectators stay out of the street and barricades stay where they are. The parade will follow the regular parade route, starting at Washington Park and running along Locust Street until about 16th Street. Visit [volunteerdbq.com](#) to sign up.

Cultural Events Happening in the Tri-States

[Art on the River Opening Reception](#)

August 1 @ 5 – 7 PM

Grand River Center

The theme for this year's public art exhibit is "Flow of Wellness." The 11 featured works reflect how art nurtures the body, mind, and spirit; celebrates nature's restorative forces; the healing power of movement; and the soothing effects of light, sound, and color.



[Distinctively Dubuque](#)

Wednesdays, August 20 – Sept 17 @ 5:30–8:30 PM

Locations Vary

Greater Dubuque Development Corporation offers this five-night interactive course designed to connect newcomers with one another and their new hometown. Each night takes place at a different venue, covering topics including local government, arts, recreation, volunteerism, and more. The event is free and includes dinner each night. RSVP required.

[DBQFest](#)

August 2 @ 10 AM – 7 PM

August 3 @ 10 AM – 4 PM

Washington Park

DBQFest, Iowa's longest-running arts fair and festival, showcases the talents of exceptional artists and makers from across the region, along with live music and theatrical performances, hands-on activities, and local food trucks.



[Expressions of the Soul: Art, Voices, and Vision](#)

Voices Studio

They are Not Disposable, (art) by Steven Parlato, August 1 @ 7PM



The Negro Artist, (film) by Nik Heftman, August 9 @ 7PM

Caleb Ralney (spoken word), August 9 @ 7 PM

[County Fairs in August](#)

County fairs showcase the culture of the Midwest. If you missed the Dubuque County Fair, it's not too late to miss out on the rides, fair food, games, 4-H and FFA, concerts, livestock, tractor pulls and much more. Check out these other nearby county fairs:

- Jo Daviess County Fair, July 31 – August 3
- Clayton County Fair, July 30 – August 4
- Grant County Fair, August 10 – 17

[Free Outdoor Concerts](#)

Experience Midwest culture by enjoying music in the park and other free outdoor concerts.

- Music in the Gardens
Dubuque Arboretum & Botanical Gardens
Jonny Lyons & the Pride, August 3 @ 6 – 8 PM
The Moods, August 17 @ 6 – 8 PM
- Maquoketa Summer Concert Series
100 S Main St (Maquoketa, IA)
50 Pound Rooster, August 14 @ 6 – 8 PM
Katie & the Honky Tonks, August 28 @ 6 – 8 PM
- Platteville Music in the Park
City Park (Platteville, WI)
Boogie Monster, August 7 @ 6 – 8 PM
Gary Beal Band, August 14 @ 6 – 8 PM
Adam Bartels Band, August 21 @ 6 – 8 PM
- Music in the Park
Stockton Township Memorial Park (Stockton, IL)
Wundo Band, August 8 @ 6 – 8 PM
- Shullsburg Music in the Park
Badger Park (Shullsburg, WI)
Moment's Notice, August 7 @ 6:30 – 8:30 PM

[Black History and Reading Challenge](#)

July 24 @ 3 PM

Carnegie-Stout Public Library

The Message by Ta-Nehisi Coates

