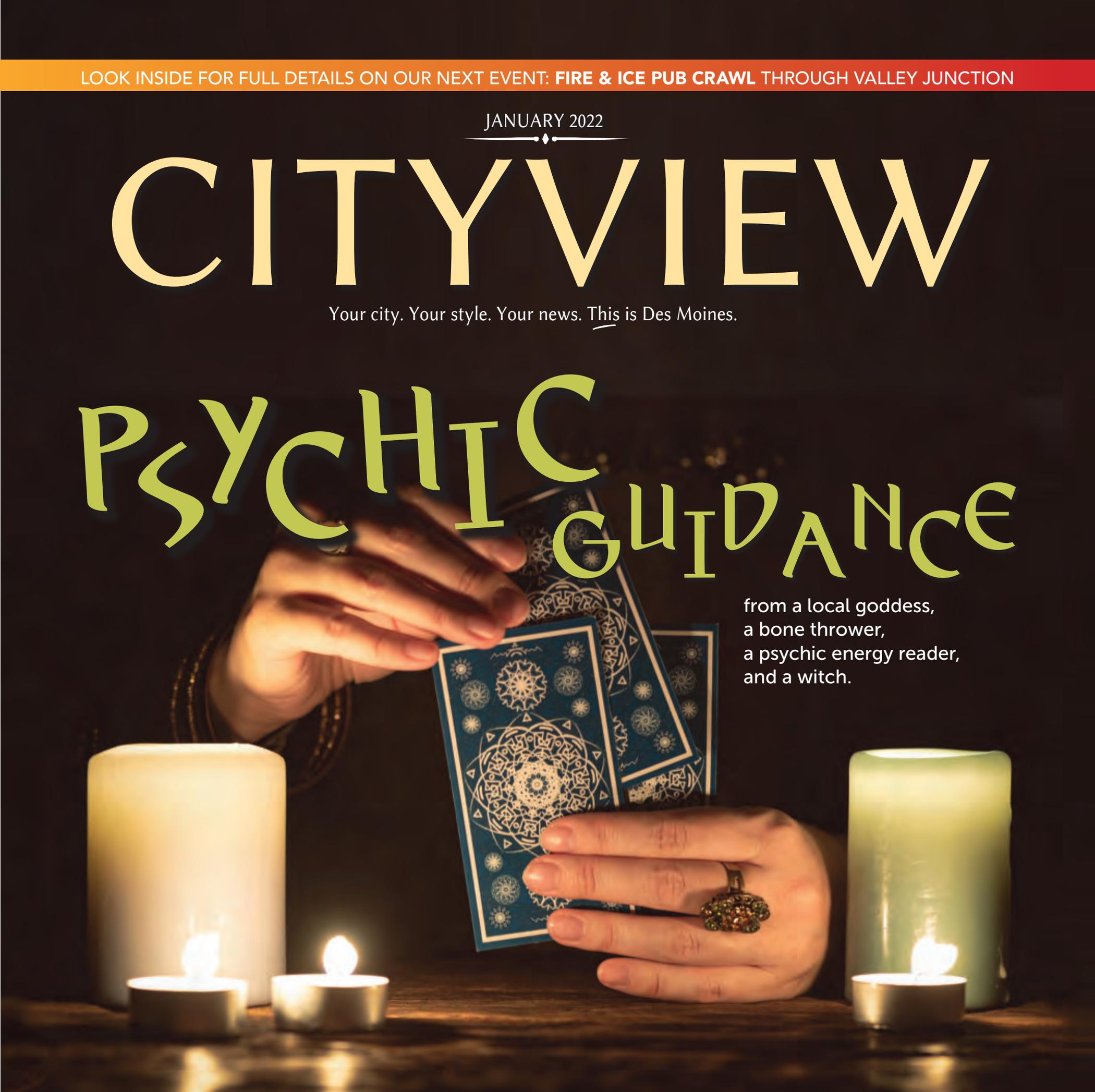


JANUARY 2022

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from a local goddess, a bone thrower, a psychic energy reader, and a witch.

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ASK CITYVIEW

By CITYVIEW staff

Top books to check out?

No new post office in Waukee?

How young is too young for theater?

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q.

What were the Top 5 most requested book titles in 2021 at the Des Moines Public Library (DMPL)?

According to a library representative, the Top 5 most requested book titles in 2021 at the DMPL are as follows.

A.

1. "The Four Winds" by Kristin Hannah
2. "The Last Thing He Told Me" by Laura Dave
3. "The Midnight Library" by Matt Haig
4. "The Invisible Life of Addie LaRue" by V.E. Schwab
5. "Apples Never Fall" by Liane Moriarty

Q.

What's up with the Waukee Post Office, asks Roger in Waukee?

"Having lived in Waukee for 1.5 years now, one of the most inadequate facilities, and inconvenient, is the post office — 500 W. Hickman Road in Waukee. Are there plans to build a facility to meet the needs of this growing community? P.S. No drive-thru box to deposit mail, small often-congested parking lot, not the greatest access and egress. Counter service is very good, but the physical facility is "small town" in a strip center.

A.

"Currently there are no immediate plans for this facility," writes Mark Inglett, a U.S.P.S. strategic communications representative. "However, if modifications do take place in the future, we'll continue to ensure the Waukee Post Office provides excellent customer service to the community."

Q.

How young is too young for live children's theater? I have a 3-year-old, and part of me thinks she'd love it. But another part of me feels like, "Oh boy," she might love it for 5 minutes and then it'd be a free-for-all. What's the average ballpark age for theater attendees? Any tips/guidance for parents to know when a kid is ready? — Jeffrey in Johnston

A.

"Good question on ages," says Lee Ann Bakros of the Des Moines Community Playhouse. "We typically recommend ages 5 and up for children's theatre shows. 'Don't Let the Pigeon Drive the Bus! The Musical!' (Jan. 7-23) will be appropriate for slightly younger audiences." It all comes down to attention span.

"I took my niece when she was 4 1/2," writes Bakros. "I didn't take my nephew until he was 7, as I knew he wouldn't sit through it."

Most children's theater shows are 60-90 minutes, and that includes an intermission.

"Unlike movies at home, you can't pause and come back," she continues. "Unlike movies in a theater, there are typically full houses, and the actors are live on stage, so we do ask disruptive guests of any age to go out to the lobby."

Bakros informs that The Playhouse also has a program called "Friday Funday" that is aimed at ages 4-6. At this 45-minute introduction to theater, the lights stay on in the house the entire time.

"You'd be surprised how many young kids freak when the lights go down."

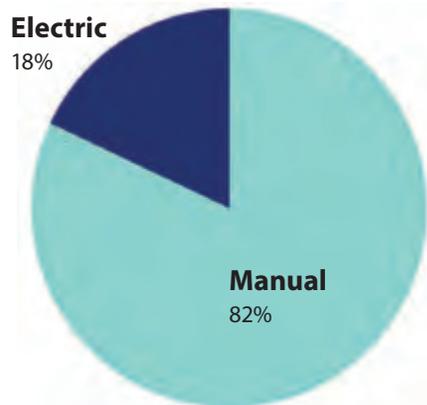
Unfortunately, "Friday Funday" is not on The Playhouse docket this season due to the pandemic. ■

YOUR VIEW

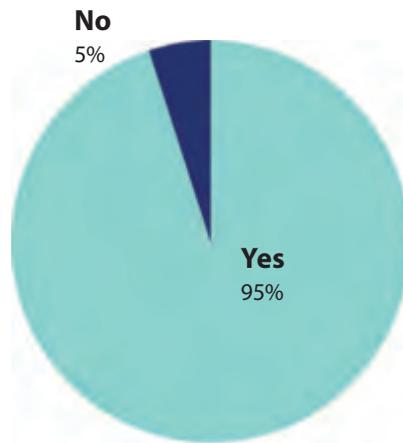
POLL POSITION

Results from last month's polls at www.dmcityview.com

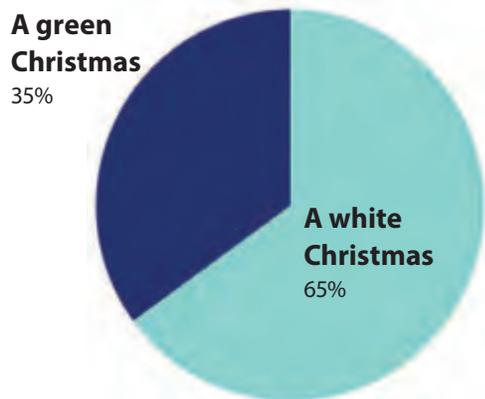
Which type of can opener do you have?



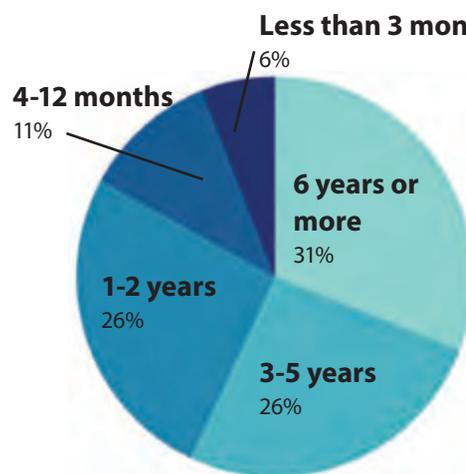
Have you ever taken a photo with a Polaroid camera?



Which would you prefer?



How long have you had the pillow you sleep with?



RETWEETS (comments unedited)

@fightgeek

I made my dad a beetloaf and he tried to run me over with his van.

@karanbirtinna

Got kicked off from Instagram for eating my food before posting a pic of it.

@GraniteDhuine

If whisky can damage your short term memory, just think what whisky can do.

@math_teacher_bf

Girls are like strawberries. Sometimes they're at the grocery store.

@Shade510

Suddenly all I own are skinny jeans.

@CARmanthegirl

Captain Crunch is basically an exfoliator for your mouth.

@OrdinaryAlso

pharmacist: are you getting a booster? me: high chair please.

@olivebeerthanks

A Kids thought.....I found a whip, a mask and handcuffs in my mum's bedroom. I can't believe it... she's a superhero.

@thatdentaldude

My landlord told me he needed to talk to me about how high my heating bill is. I was like, come on over, my door's always open.

facebook

cityview magazine
(comments unedited)

Cityview Magazine: What makes you laugh out loud?

Lemon Smith: Tough year, can't right now. But Mencia used to do the trick.

Cheryl Fogle: Right now nothing.

Anthony Garza: Spaghetti on tile flooring.

Dennis Long: Today's GOP.

Cityview Magazine: What was your favorite children's book?

Michael H. Hamilton: Charlotte's Web. Our teacher read it to us when I was in 2nd grade in 1972.

Teri Flores: PD Eastman's Snow

Anthony Garza: Playboy

Cityview Magazine: What song do you have stuck in your head?

Scott Tilton: Tiptoe through the tulips

Andy Hall: ELO, "Can't Get It Out of My Head"

Jon Mohning: Silver Stallion by The Highwaymen (Willie Nelson, Waylon Jennings, Kris Kristofferson, Johnny Cash).

Lemon Smith: Pompeii by Bastille

Charlene Wheeling Ryan: Pink, Just Like Fire.

Thanks HyVee

Michael H. Hamilton: Right now I'm safe from any, but when something get's stuck, it's something like "Barbie Girl" or "Baby Shark".

Lori Anderson: Rolling in the Deep from Adele last night

Randy Little: House of the rising sun

Paddie La Bruyere: In Between Jobs - Todd Snider

Julie Visser: Tedeshi Trucks, "Bound for Glory"

Cityview Magazine: Do you put up holiday lights outside your house?

Michael H Hamilton: Alas! I do not. I've always wanted to, but I've never had the disposable cash.

Lemon Smith: Yes, but we had such a terrible loss this year that no lights will go up.

Michele Hukill Combs: Yep. Sure do.

Peter Spaulding: tHEiR cALLED cHRiStmAS LiGHTS!!!!!!!

Josh Yelland: Well not right now! Storms a comin!

Julie Luepke: No. I don't .

STRAY THOUGHTS

BY RANDY EVANS

School officials haven't learned important lesson

The cost for records is one of the biggest obstacles standing between the public and the records they seek from state and local governments.

The past couple of years have been challenging for Iowa's 327 public school districts.

Parents have become very engaged with their schools — and enraged, too, at times. This has revolved around masks and vaccines, what is being taught or not taught, the content of library books, and an assortment of other concerns.

But in some communities, school leaders have greatly misjudged the angst of parents, grandparents and other taxpayers.

Look at the aggressive campaigns for school board seats and the ouster of some incumbent board members. Remember the heated school board meetings around Iowa punctuated with shouting, threats and arguments. Take note of the sudden decisions by a handful of administrators and teachers to retire immediately or seek jobs elsewhere.

The experience last week of Jacob Hall, a prominent blogger from Sioux Center, suggests that some school officials are failing to recognize their culpability in the crossroads Iowa schools now face.

Don't be surprised if Hall's experience with the Linn-Mar School District becomes the motivation for lawmakers to make an important, and needed, change in the public records law when the Iowa Legislature convenes in January.

Lawmakers should act — because the Linn-Mar district's response to Hall's request for records is outrageous. And he is not the first Iowan to be chased away from obtaining government records by breath-taking costs quoted by government officials who completely miss the intent of the Legislature when it wrote the public records law.

Here is what is afoot in the Linn-Mar district:

Hall owns and edits the Iowa Standard. The online publication caters to conservative readers with its news

coverage and commentary on public affairs and politics.

Using the public records law, Hall asked for emails and text messages exchanged by Linn-Mar administrators, teachers and other employees about a "Transgender Week" observance at Linn-Mar High School in Marion.

The public records law makes such communications available to anyone who asks, although certain confidential information is protected from disclosure, such as details about specific students.

The law speaks of the importance of free and open examination of records. The statute allows — but does not require — government officials to charge reasonable fees for retrieving and copying documents and for reviewing them for confidential information that needs to be blacked out.

You can imagine Hall's surprise when the Linn-Mar communications coordinator informed him he would have to pay \$504 to receive the records he sought.

The official explained it would take two hours of a computer technology employee's time to retrieve the emails and text messages and an hour and a half for an attorney to examine those communications for confidential details.

The IT worker's time would be charged to Hall at the rate of \$57 per hour — meaning the worker makes \$118,000 annually. The attorney's time would be charged at \$260 per hour.

At \$500, the Linn-Mar records would be out of reach financially for most people in Iowa. But Hall and the Iowa Standard were willing to pay the cost, and he asked the communications official how to make the payment. He also asked how many pages of emails and text messages he would receive.

Hall was not expecting what he heard next:

"In reviewing the information that I provided to you, the amount quoted is the rate to access each employee

record," the official wrote. "The total amount for staff time to retrieve the records and attorney time to review/redact confidential information for the entire district would come to approximately \$604,000."

Read that again; it's not a typo. \$604,000.

The costs Linn-Mar quoted to Hall mean, in effect, it would take 2,400 hours to retrieve the emails and text messages containing the keywords "Trans Week." That is 60 weeks of full-time work by the school's information technology employee. And it would require 45 weeks of a \$260-an-hour attorney working full-time looking for confidential information in those emails and text messages.

The Iowa Freedom of Information Council, the nonprofit organization I lead, believes the cost for records is one of the biggest obstacles standing between the public and the records they seek from state and local governments.

It is obvious the Linn-Mar district does not want to share its internal communications about "Trans Week" — potentially a source of criticism from Iowans at a time when there already is intense scrutiny of public schools.

It is immaterial whether Jacob Hall's publication is liberal, conservative or somewhere in between. It is immaterial whether school officials or students or anyone else thinks his request was unimportant. It doesn't matter what motive the Iowa Standard has for writing about Transgender Week and the discord that occurred at the school.

The Legislature needs to make it a priority to place a cap on the amount government can charge for its records. \$600,000 does not meet most people's definition of reasonable. ■

Randy Evans can be reached at DMREvans2810@gmail.com.



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CIVIC SKINNY

BY CITYVIEW STAFF

Sign of change at The Boat House. Iowa booze sales soar. LHF snubs longtime mud run race directors.

The Johnston City Council started hearing complaints in July regarding a sign posted at The Boat House, a bar located across from Hyperion Field Club at 7695 N.W. Beaver Drive in northern Johnston: “Trump 2024 National Headquarters,” the banner read, along with a message against defunding police and a reference to President Joe Biden and Vice President Kamala Harris, reading “Joe and the ho gotta go.”

Despite the harsh and arguably profane words, some Council members felt the sign may be considered protected speech and asked the city’s legal staff to look into what could be done.

This wasn’t the first go-around with controversial signage at The Boat House. An earlier sign — more tame, but still controversial — was reported in January of 2021: “We stand with law enforcement and President Trump. If you don’t like it, take your business elsewhere.”

Some apparently didn’t like it, as a sign was posted in late December at The Boat House stating “under new management.”

TBJ LLC bought the parcel for \$250,000 on Nov. 23, 2021, according to Polk County Assessor records. **Tom Baldwin Jr.** is listed as a member of TBJ. In addition to The Boat House property, TBJ LLC is listed as having interests in Polk County real estate that host businesses linked to **Tom and Annie Baldwin**, the couple best known for owning and operating Wellman’s Pub and Rooftop and other popular establishments around the metro. Representatives of TBJ and/or the new management at The Boat House had not returned CITYVIEW’s queries regarding what’s in store for the bar, or if central Iowans can expect any change in signage. ...

Liquor sales in Iowa hit record highs for the second straight fiscal year in 2021, according to the Iowa Alcoholic Beverages Division Annual Report. Iowa reported more than \$415 million in sales from July 2020 through June 2021. This is a 13% increase. Other notes of interest from the report:

- Almost 97 million gallons of beer were sold in the Hawkeye state, a 93% increase from 2020. Likewise, wine sales were nearly 6.5 million gallons in Iowa, a 93% increase.
- Liquor sales were up, too, as 6.5 million gallons of distilled spirits sold. The bulk of that number, 4.1 million gallons, was whiskey or vodka.
- Speaking of whiskey, Black Velvet Canadian Whiskey sold more gallons of product than any other

brand, topping out at 380,492 gallons. Tito’s Handmade Vodka came in a close second with 357,075, followed by Captain Morgan Original Spiced Rum with 264,920, Fireball Cinnamon Whiskey with 259,628, and Hawkeye Vodka with 204,644.

- The top 50 native-Iowa liquor brands, as ranked by gallons sold: (1) Blue Ox Vodka 70,726, (2) Cedar Ridge Bourbon 16,049, (3) Gotcha Vodka 9,955, (4) Swell Vodka 7,822, and (5) Prairie Fire 5,354.

- Polk County drinkers downed 1.3 million gallons of alcohol. That’s the most of any county in Iowa and 77,194 gallons more than the previous year.

- Iowans bought more alcohol during December than in any other month of the year.

“Fiscal Year 2021 can be accurately described as the year of ‘managing a sales surge in a time of crisis,’ ” stated **Herbert H. Sutton Jr.**, Chief Operations Officer, in the report. ...

The pre-Thanksgiving off-road race known as Road-O-Cross at Living History Farms (LHF) — a four-decade tradition operated by Steve and Nancy Bobenhouse — is kaput. A similar-sounding off-road mud run is on Living History’s events docket and will be operated by its own team.

Road-O-Cross donated more than \$1.3 million to the historical museum through the years, according to its former race directors, while attaining the label of being the “largest off-road race in North America.” But it was a “no go” for the second straight year in 2021 due to COVID-19 concerns.

Until their recent retirement, the Bobenhouses were the longtime owners of Fitness Sports and were embedded in the running community. That involvement, coupled with “a love of Living History Farms,” led Steve to take the helm as race director in the early 1980s.

In the race’s early years, according to Steve, LHF allowed the event to use the grounds for free.

Then, with the running boom of the early 1990s, Road-O-Cross began to grow. By the early 2000s, it was generating significant cash and incorporated as a nonprofit entity — the Bobenhouse-Lavender Foundation. The event’s revenues soared, including a \$50,000 Adidas sponsorship.

“All of a sudden, we were giving them (Living History Farms) \$100,000 a year,” says Steve.

At the high-water mark, the race had more than 8,000 participants and donated more than \$180,000 to LHF, says Steve.

Organizing the event was a lot of work, but the Bobenhouses say they love the Farms.

“I served on the board for three terms starting in 2011,” says Nancy. Steve’s passion stems from the similarity between LHF’s 1900s farm and a farm where he spent a large chunk of time as a child. Plus, according to the Bobenhouses, they made this a family-and-friends affair, as the race was manned by volunteers. That made it fun for everyone, Steve says, and it also saved money.

Steve says the bulk of the proceeds went to LHF, although a portion — less than 20% — was doled out to various youth athletic programs, other fitness events, and to local nonprofits. The foundation also retained funds for seed-money for the next year’s race.

Giving \$1.3 million dollars to a good cause and helping an organization you love made it fun, but several years ago, according to Steve, the fun began to ebb.

“I walked into the development director after the race and handed him a check for \$100,000. The previous year’s check had been \$150,000,” Steve says. “He looked at me and said, ‘Oh, I had planned on more than that. We may have to let someone go.’ ”

Successive years of bad weather and increased competition from similar events, combined with Adidas’ decision to cut back on race sponsorships across the nation, hurt the Road-O-Cross’ bottom line.

The amount of the check to LHF went down again the next year, and, according to Steve, that’s when LHF asked the foundation to rent the space for \$25,000 annually instead of making a donation. The Bobenhouses agreed.

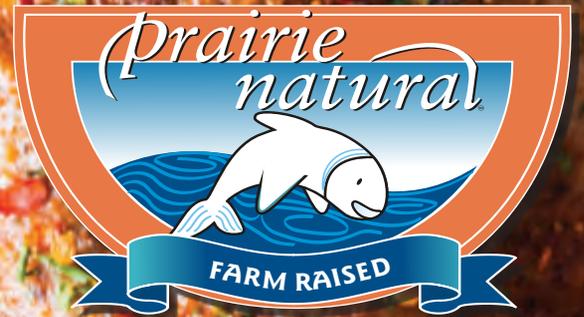
After 2020’s cancellation, Steve and Nancy were planning a race for 2021 until September’s COVID surge threw a wrench in the works. The couple maintains that they hoped to get the event back on its feet for 2022. But LHF wanted to go a different direction, and a cease-and-desist letter arrived on Dec. 2. It asked them to refrain from using the Living History Farms name.

“Our leadership decided it was time to bring it in house,” explains a spokesperson for Living History Farms, regarding the reason for the change in the mud run’s management.

Steve and Nancy say there are no sour grapes on their part.

“If they want to put on an event of their own, they have that right,” Steve says. “I don’t want anything bad for the Farms. I hope their race goes well.”

Details for the new race are on the Living History Farms’ online events page. ■



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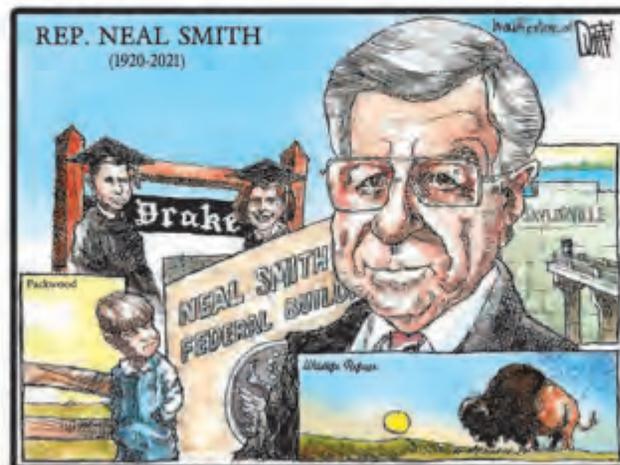
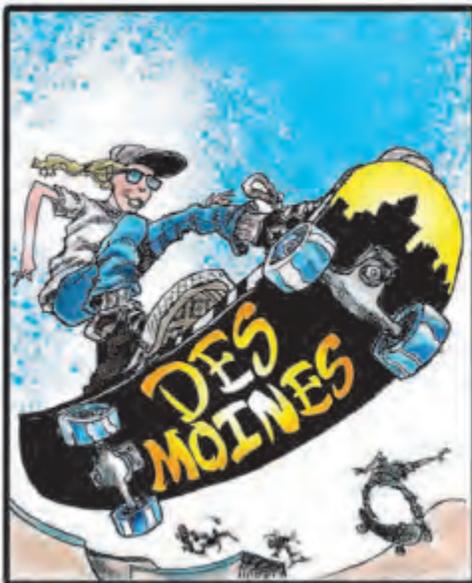
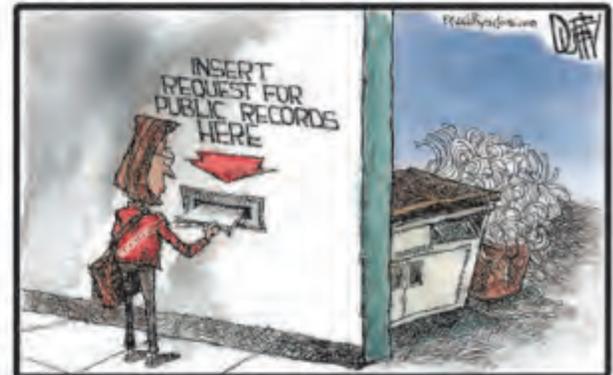
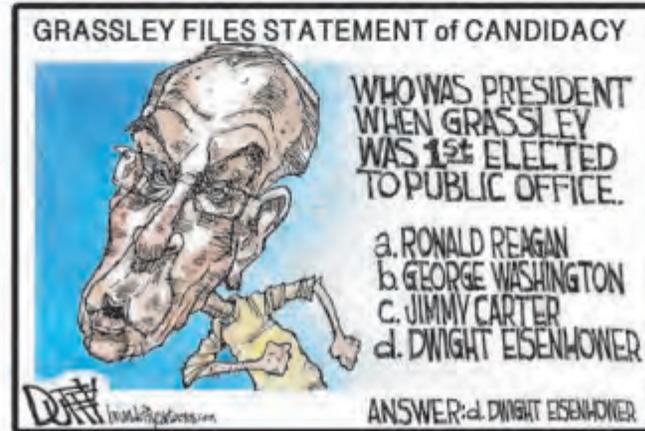
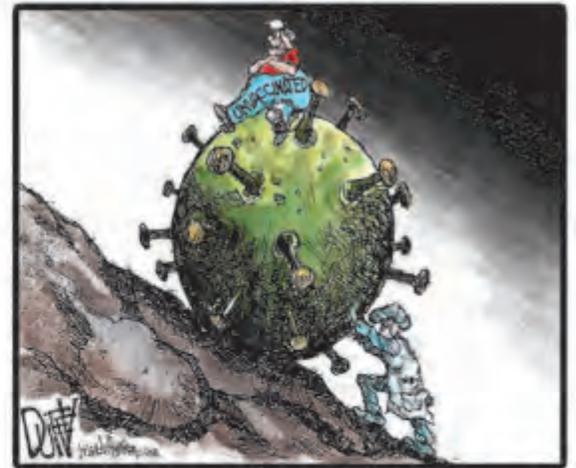
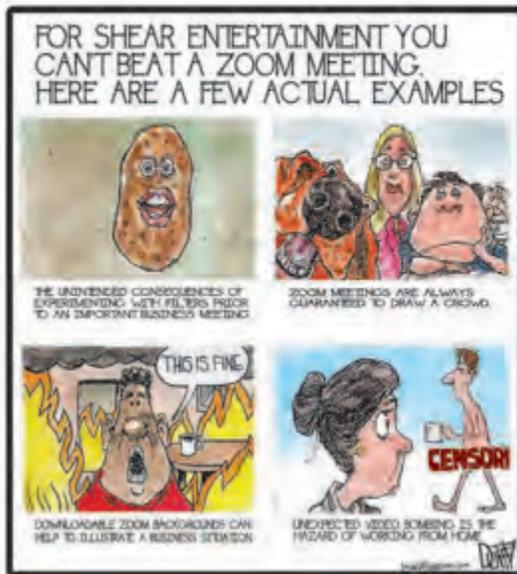
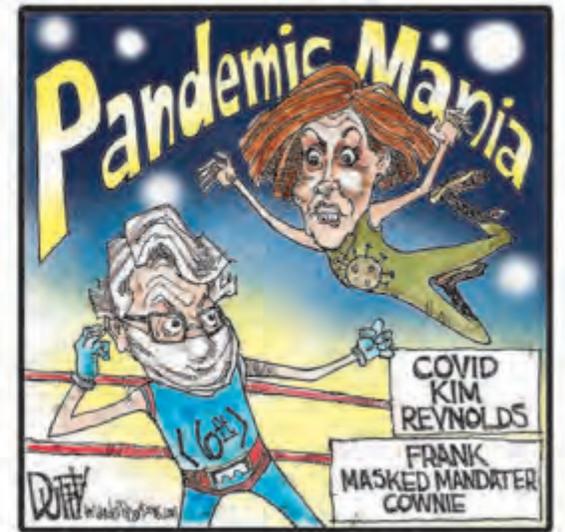
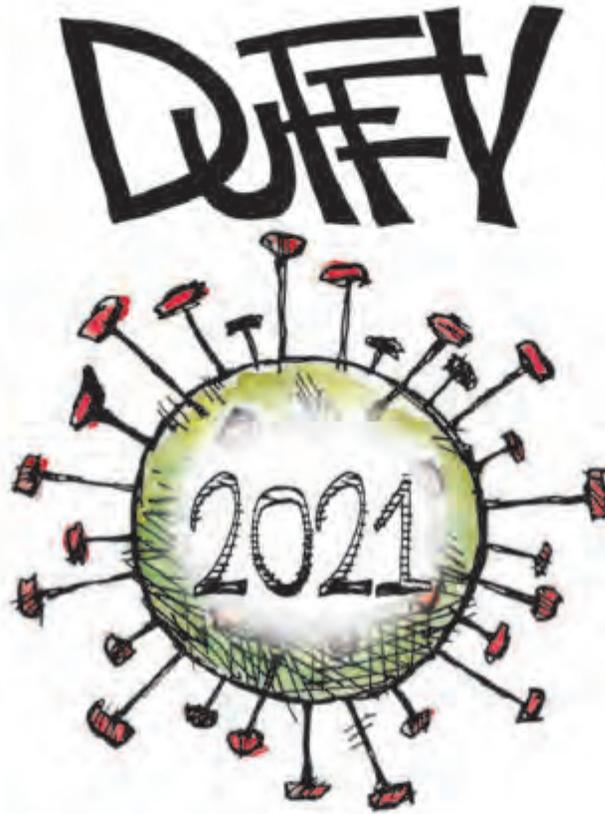
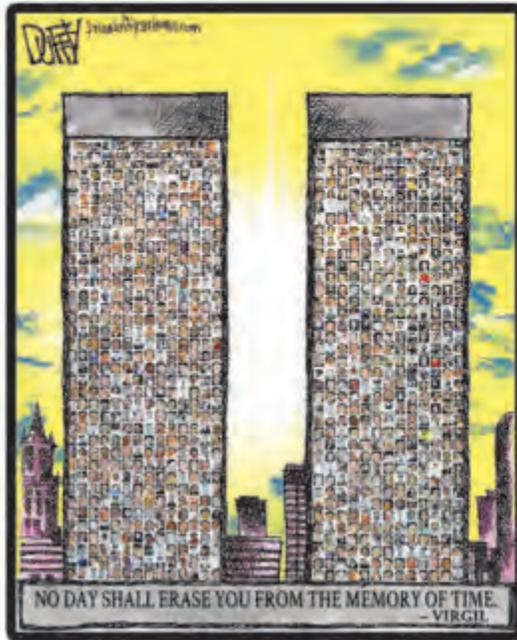
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DUFFY'S VIEW

BY BRIAN DUFFY



'If not me, who?' former admiral asks in Senate campaign

Mike Franken sees himself as an independent-minded Democrat who can challenge Chuck Grassley.

As a western Iowan who worked in two packing plants, grew up the son of a teacher and machinist and served decades in the Navy, Ret. Adm. Mike Franken sees himself as the sort of independent-minded — and branded — Democrat who can cut through GOP-leaning tribalism in a statewide race.

Franken, 64, a product of Sioux Center who now lives in Sioux City after decades of globetrotting in the military, is the latest Democratic candidate to announce for the U.S. Senate seat the long-time Republican Sen. Charles Grassley is defending in 2022.

"If not me, who? So I offer myself to the Iowa voter," Franken said in a recent phone interview.

The challenge for Democrats in Iowa is enormous, acknowledged Franken, who says a path to victory largely runs through independent voters and a limited number of Republican crossovers in addition to maintaining the Democratic base.

Most Republicans in the era of Trump aren't reachable to any candidate with a "D" after their names on ballots, he said. Franken said 80% of the GOP has locked itself in with Trump.

"I perhaps will not get an audience with them, certainly not that traction I would desire," Franken said. "Now, they wouldn't disagree with what I had to say. They wouldn't disagree with what brought me here today. They wouldn't disagree with my rural upbringing, how I made my way in this world, my qualifications for office, the sacrifices we've made to get here. But they are almost tribal to their sworn allegiance to this person with whom they have nothing in common. Let's be honest about that. Zero in common. I will get an audience with the independents of this state."

Independents who have voted for Grassley will be likely to see Franken as a "reasonable substitute" for the sitting senator, albeit one with a fresh perspective, Franken said.

"Like many Americans, I feel the political dysfunction is rather stark, and I think we need people who are not so entrenched in the past and sided with where they are amongst the party politics that they can't do what's best for their citizenry," Franken said.

Franken said he doesn't have a 60-year legacy of votes as Grassley does. Grassley has served in elective office in Iowa since 1959, having been elected to the Iowa House during the Eisenhower administration.

"He's rather strayed from his principles," Franken said. "I pride myself being a person of principle. I think ultimately that's a central

Iowa value. I think that would be the thing that sets us apart the most."

Franken, who commanded 24 ships during his time in the Navy and lists policy and Capitol Hill experience on his resume, said he can confront Republicans with a "high level of morality and sensibility."

"I think what's not spoken enough is leadership," Franken said. "You've got to have a commanding influence on individuals."

Under former Republican Defense Secretary Chuck Hagel, Franken put together an organization to assist with finding POW/MIAs.

"It's humming along now," he said.

Franken said he can help bridge the rural and urban divide in Iowa. He also wants to elevate actions to eliminate malnourishment, improve child care and boost education.

"I'm a product of public education," Franken said. "I don't understand why teachers don't have that same level of respect in society that they had when I grew up. You define your value by what you pay people. Their pay has remained stagnant."

Then there is his agriculture background.

Franken worked for packing plants in Sioux City and Sioux Center in his school years. He was a 19-year-old foreman at the Supreme hog-kill plant near his hometown.

"When I was in college, I didn't go to South Padre Island for holiday; I went to the chitlins table," Franken said. ■

Douglas Burns is a fourth-generation Iowa newspaperman. He and his family own and publish newspapers in Carroll, Jefferson and other neighboring communities.



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

NOTE: The following events and attractions are subject to cancellation or last-minute changes. Before attending, be sure to check with each event individually to verify its status, start times, offerings and other details.

THINGS TO DO



Photo credit: Shane Abbitt/Iowa

IOWA WILD - PRO HOCKEY

This month's home schedule

At: Wells Fargo Arena, 730 Third St., Des Moines

The Iowa Wild ice hockey team plays in the American Hockey League, just a step below hockey's highest level, the NHL. The franchise supports the Minnesota Wild organization. For more information, visit www.iowawild.com.

- Friday, Jan. 14 vs. Chicago Wolves, 6 p.m.
- Saturday, Jan. 15 vs. Chicago Wolves, 6 p.m.
- Monday, Jan. 17 vs. Milwaukee Admirals, 2 p.m.
- Friday, Jan. 28 vs. San Diego Gulls, 7 p.m.
- Saturday, Jan. 29 vs. San Diego Gulls, 6 p.m.

IOWA WOLVES - PRO BASKETBALL - NBA G LEAGUE

This month's home schedule

At: Wells Fargo Arena, 730 Third St., Des Moines

The Iowa Wolves basketball team is affiliated with the Minnesota Timberwolves of the NBA and plays in the NBA Gatorade League, which is the NBA's official minor league. Did you know that 45% of the NBA players on start-of-season rosters for 2020-21 had NBA G League experience? For more information, visit www.iawolves.com.

- Saturday, Jan. 1 vs. Rio Grande Valley Vipers/Rockets, 7 p.m.
- Monday, Jan. 3 vs. Rio Grande Valley Vipers/Rockets, 7 p.m.
- Thursday, Jan. 13 vs. Memphis Hustle/Grizzlies
- Sunday, Jan. 23 vs. Texas Legends/Mavericks, 4 p.m.
- Tuesday, Jan. 25 vs. Texas Legends/Mavericks, 7 p.m.



DES MOINES BUCCANEERS - USHL TIER 1 HOCKEY

This month's home schedule

At: Buccaneer Arena in Urbandale, 7201 Hickman Road

For more information, visit www.bucshockey.com.

- Friday, Jan. 7 vs. Tri-City Storm, 7 p.m.
- Saturday, Jan. 8 vs. Omaha Lancers, 6 p.m.
- Friday, Jan. 14 vs. Waterloo Black Hawks, 7 p.m.
- Saturday, Jan. 15 vs. Lincoln Stars, 6 p.m.

GYMNASTICS: CHOW'S WINTER CLASSIC

Jan. 13-16

At: Hy-Vee Hall in downtown Des Moines

The balance beam, vault, floor, uneven bars... Witness the excellence of 1,500 gymnasts from around the country this month, as Chow's Gymnastics hosts the 19th Annual Chow's Winter Classic, a 2022 Nastia Liukin Cup qualifier event. The four-day Winter Classic features gymnasts competing in USAG Levels 3-10 and Xcel. A junior and senior level-10 competitor will qualify for the prestigious Nastia Liukin Cup. This year, the Winter Classic will also showcase some collegiate gymnastics during its Spieth America Winter Classic Cup presented by HyVee, featuring a dual meet between the Iowa State Cyclones and the Temple Owls. For more information, visit www.ChowsGymMeets.com.



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



TEDESCHI TRUCKS BAND

Wednesday, Jan. 19

At: Civic Center

Led by Derek Trucks' stinging fretwork and the naturally stunning vocals of Susan Tedeschi, the 12-member collective continues to push musical boundaries. From uplifting soulful anthems to bittersweet ballads and driving rock and roll, Tedeschi Trucks Band delivers an impactful sound and message with its genre-defying collection that is all its own. The Des Moines Civic Center is located downtown at 221 Walnut St. For more information, visit DMPA.org.



WINTER JAM - 'ALL TOGETHER NOW' TOUR

Saturday, Jan. 22

At: Wells Fargo Arena

Winter Jam, Christian music's biggest multi-artist tour, returns this year, and the 2022 lineup is loaded featuring Skillet, Tauren Wells, KB, Colton Dixon, I Am They, NewSong and pre-jam artists Abby Robertson and Bayside Worship along with speaker Shane Prutt. General admission is a flat \$10 donation at the door starting at 4 p.m., pre-show at 5 p.m. and the show starts at 6 p.m. Wells Fargo Arena is located in Des Moines at 233 Center St. For more information, visit www.jamtour.com.

THINGS TO DO

SAMANTHA FISH

Wednesday, Jan. 19

At: Woolly's

Revealing her affinity for North Mississippi blues heroes like R.L. Burnside and inventive iconoclasts like Prince, Samantha Fish's sixth album, "Faster," embodies unbridled energy true to its emotional core. Samantha's live performance is an explosive brand of blues/rock-and-roll. Woolly's is located in downtown Des Moines' Historic East Village. For more information, visit www.woolysdm.com.



Photo by Kaelan Barowsky Pictures



'THAT GOLDEN GIRLS SHOW! A PUPPET PARODY'

Jan. 25-30

At: The Temple Theater

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. Ready? Get set for an "evening of cheesecake, laughter, jazzercise, shoulder pads, sex, and the elegant art of the quick-witted put down." This new show uses puppets to parody the TV classic, "Golden Girls." Can't wait. The Temple Theater is located in downtown Des Moines at 1011 Locust St. For more information, visit www.desmoinesperformingarts.org.

'IMMORTAL BELOVED' BY THE DES MOINES SYMPHONY

Saturday-Sunday, Jan. 29-30

At: Des Moines Civic Center

"Ever thine. Ever mine. Ever ours," wrote Beethoven in a July 1812 letter to his "immortal beloved," a woman whose identity has remained one of the great mysteries of classical music. Now the Des Moines Symphony's Masterworks 4 features the concert "Immortal Beloved" with Natasha Paremski playing Rachmaninoff's thrilling, grand Third Piano Concerto. "Immortal Beloved" Des Moines Symphony Masterworks concert starts at 7:30 p.m. on Saturday and at 2:30 p.m. on Sunday at the Des Moines Civic Center, 221 Walnut St. in Des Moines. For more information, visit www.dmsymphony.org.

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WINTER arts & entertainment GUIDE

Art, stage, comedy, live music,
sports and more.

By Jeff Pitts

Are you bouncing off the walls? Or are you under the weather with cabin fever? Are you irritated by an annoying itch that only some good old-fashioned fun can scratch? Well, get ready to rid yourself of those ants in your pants and say “See ya later!” to boredom. The New Year is here, and 2022 can be a fun-filled extravaganza, but only if you breathe deep and attack this winter with an

enthusiasm previously unknown to mankind.

Within the following pages, CITYVIEW compiled as many local events as possible. The list is not comprehensive, of course, but it is loaded with top-notch offerings spread across the next several months. So after your first flip through, tuck this issue somewhere safe so you can refer back to it as needed. It’s time to seize the snow.

EDITOR’S NOTE: *The following events and attractions are subject to sudden changes and/or the risk of cancellation. Before attending, be sure to check with each one individually to verify its current status, start times, offerings and other details, including what safety protocols are in place.*

art

The following local brain-food hotspots offer top-notch upcoming exhibits.

DES MOINES ART CENTER

4700 Grand Ave., Des Moines
www.desmoinesartcenter.org

Through March 20: "Fantasy Figures: Surrealist Works on Paper." Art from the Art Center's Collection are on display, including work by Salvador Dali, Joan Miro, Louise Bourgeois, Dorothea Tanning and many others.

Through Jan. 23: "Justin Favela: Central American." Work created on site by the artist includes a large-scale installation, wall and floor sculptures and a paper chandelier.

Through Jan. 16: "Claes Oldenburg: Giants, Miniatures, and Desserts." Prints, drawings, cardboard sculpture work and a model for downtown Des Moines' Crusoe's Umbrella, this exhibition contains all of Oldenburg's artwork that is at the Art Center — with the exception of the massive "Threeway Plug, Scale A (Soft), Prototype in Blue," which will be on view in the lower level of the Meier building.

March 12 - June 5: "Immersive." Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound.

ANDERSON GALLERY AT DRAKE UNIVERSITY

Harmon Fine Arts Center - open to the public with free parking on 25th Street.
1310 25th St., Des Moines
www.theandersongallery.wordpress.com

Feb. 3 - March 9: "Sean Downey - Two-Hundred Percent of Life." Explore the sometimes beautiful, sometimes manic, myriad ways that our various double existences overlap and become convoluted. Sean Downey builds digital worlds in virtual reality sourced from the physical realm and then spins these digital environments into visual sources for handmade paintings and sculptures.

March 27 - April 15: "51st Annual Juried Student Exhibition."

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines
www.hoytsherman.org

On permanent display: "Apollo and Venus." While looking in a little-used storeroom for something completely unrelated back in 2016, Hoyt Sherman's executive director found a 400-year-old early Baroque



FEATURE STORY

The Anderson Gallery at Drake University features "Sean Downey - Two-Hundred Percent of Life," Feb. 3 - March 9. Photo courtesy of Main Points, Sean Downey, 2021 Oil on canvas, 60 x 48 inches.

panel painting. This masterpiece depicts the figures of Apollo and Venus accompanied by her son Cupid. You can see Otto van Veen's "Apollo and Venus," as well as other fine art, at Hoyt Sherman Place.

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Jackie Schmillen, Disney's *The Little Mermaid*, 2017-18 Season

Jackie Schmillen, Morning Anchor on Good Morning Iowa, We Are Iowa Local 5 News

UPCOMING SHOWS

Don't Let the Pigeon Drive the Bus! The Musical!
JAN. 7-23, 2022

AGATHA CHRISTIE'S
Murder on the Orient Express
FEB. 4-20, 2022

Charlotte's Web
MAR. 4-20, 2022

Singin' in the Rain
MAR. 25-APR. 10, 2022

Pippi Longstocking
APR. 22-MAY 8, 2022

AUDITIONS

Charlotte's Web
JAN. 10, 2022 | 6:00 PM

Singin' in the Rain
JAN. 24, 2022 | 6:00 PM

Pippi Longstocking
FEB. 21, 2022 | 6:00 PM

Calendar Girls
APR. 4, 2022 | 6:00 PM

CLASSES

Spring Break camp
MAR. 14-18, 2022

Tickets & Registration at
DMPlayhouse.com

art continued...

MAINFRAME STUDIOS

900 Keosauqua Way, Des Moines
www.mainframestudios.org

Every first Friday of the month, Mainframe Studios offers **First Fridays** — a free opportunity to see themed open studio events while enjoying special exhibitions, food and live music.

POLK COUNTY HERITAGE GALLERY

111 Court Ave., Des Moines
www.polkcountyheritagegallery.org

Jan. 17 - Feb. 25: "Double Exposure." This year's photo show features still photography shot exclusively with film cameras and with camera phones. The awards show is scheduled for Thursday, Jan. 20, from 6:30-8 p.m.

ANKENY ART CENTER

1520 S.W. Ordinance Road, Ankeny
www.ankenyartcenter.com

Through Jan. 19: Members Show.

on stage
Can't-miss local performing arts...

DES MOINES COMMUNITY PLAYHOUSE

831 42nd St., Des Moines
www.dmplayhouse.com

Jan. 7-23: "Don't Let the Pigeon Drive the Bus! The Musical!" - Children's Theatre.

Feb. 4-20: "Agatha Christie's Murder on the Orient Express." It's winter 1934, and, when the Orient Express luxury train is stopped in the snow, a passenger is found dead in his locked compartment. Fortunately, the famous detective, Hercule Poirot, is also onboard to solve the case before the killer strikes again.

March 4-20: "Charlotte's Web" - Children's Theatre.

March 25 - April 10: "Singin' in the Rain." Hollywood, California, 1927. Silent movies are becoming a thing of the past and "talkies" are all the rage. Leading ladies now must have voices as endearing as their physical form, but the vocals of Monumental Studios' biggest star, Lina Lamont, are found lacking, so something must be done.

DES MOINES METRO OPERA

The 50th Anniversary Season
www.desmoinesmetroopera.org

March 5-6: Des Moines Metro Opera's 50th Season begins with a family-friendly production of "The Magic Flute" by Wolfgang Amadeus Mozart at the Des Moines Civic Center.

on stage continued...

DES MOINES PERFORMING ARTS

Des Moines Civic Center/Cowles Commons/Stoner Theater - 221 Walnut St.; Temple Theater - 1011 Locust St.
www.desmoinesperformingarts.org

Wednesday, Jan. 19: Tedeschi Trucks Band at the Des Moines Civic Center.

Friday, Jan. 21: "Terry Virts, NASA Astronaut, View From Above," National Geographic Live at the Des Moines Civic Center.

Jan. 25-30: "That Golden Girls Show! A Puppet Parody" at the Temple Theater.

Tuesday, Feb. 1: "National Geographic Live: Wild Hope" with Ami Vitale, photographer and filmmaker, at the Des Moines Civic Center.

Saturday, Feb. 5: "Step Afrika!" at the Des Moines Civic Center - Wellmark Family Series.

Feb. 8-13: "Tootsie" at the Des Moines Civic Center - Willis Broadway Series.

Friday-Saturday, Feb. 25-26: Comedy XPeriment at the Stoner Theater.

March 4-13: "Anon(ymous)" at the Stoner Theater.

Wednesday, March 9: "The Price is Right Live!" at the Des Moines Civic Center.

Thursday, March 10:

"National Geographic Live: Spinosaurus - Lost Giant of the Cretaceous" with Paleontologist Nizar Ibrahim at the Des Moines Civic Center.

Thursday-Friday, March 11-12: "Rent" at the Des Moines Civic Center - Willis Broadway Series.

Saturday, March 12: "Baby Boomer Comedy Show" at the Temple Theater.

Tuesday, March 15: "Disney Princess - The Concert" at the Des Moines Civic Center.

Friday-Saturday, March 18-19: Comedy XPeriment at the Stoner Theater.

March 22-27: "Hadestown" at the Des Moines Civic Center - Willis Broadway Series.

Saturday, March 26: "Doodle POP" at the Temple Theater - Wellmark Family Series.

Tuesday, March 29: "Madagascar The Musical Live!" at the Des Moines Civic Center.

DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des Moines
www.dmsymphony.org

Saturday-Sunday, Jan. 29-30: "Immortal Beloved" Des Moines Symphony Masterworks concert.

Saturday-Sunday, March 19-20: "Beethoven & Shostakovich" Des Moines Symphony Masterworks concert.



"The Price is Right Live!" at the Des Moines Civic Center on Wednesday, March 9. Photo submitted

BILL'S HOBBIES:
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WATCHING COLLEGE
FOOTBALL AND
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on stage continued...

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines
www.hoytsherman.org

Feb. 5: "Brooklyn Rider: Healing Modes" at 7:30 p.m.

Feb. 11: "Chris Janson: Halfway To Crazy Tour" at 7:30 p.m.

Feb. 15: "Des Moines Storytellers Project: Love" at 7 p.m.

Feb. 16: "An Evening With Bruce Dickinson" at 7:30 p.m.

Feb. 18: "The Mavericks: 'En Español' World Tour" at 7:30 p.m.

Feb. 19: "Yola: Stand For Myself Tour" at 8 p.m.

Feb. 24: "Ashley McBryde - This Town Talks Tour" at 8 p.m.

March 8: "Little Feat - Waiting For Columbus Tour" at 7:30 p.m.

March 20: "Steve Vai: Inviolable Tour" at 8 p.m.

March 22: "Dr. Jordan B. Peterson: Beyond Order" at 7:30 p.m.

March 25: "Zach Williams" at 7 p.m.

IOWA STAGE THEATRE COMPANY

Stoner Theater - 221 Walnut St., Des Moines
www.iowastage.org

Feb. 11-20: "Long Day's Journey into Night." A play about addiction and the resulting family dysfunction.

March 25 - April 3: "Sweat." A look at the tensions of factory workers as they struggle with labor strife, race and the boiling frustrations.

TALLGRASS THEATRE COMPANY

1401 Vine St., West Des Moines
www.tallgrasstheater.org

Feb. 4-20: "The Revolutionists." Four beautiful, badass women lose their heads in this irreverent, girl-powered comedy.

THEATRE MIDWEST

Locations and times TBA
www.theatremidwest.org

Saturday-Sunday, Feb. 12-13: "Burst." Sarah built her business by way of willpower and fortitude. Now she's on the brink of saving the planet from plastics, but can she endure the objections of mentors, colleagues, and journalists as they question her methods? A "Fresh Produce" concert reading.

comedy

Bust a gut in central Iowa.

Saturday, Jan. 8: "No Sleep: Stand Up Comedy" at Wooly's, 504 E. Locust St. in Des Moines; www.woolysdm.com.

Friday, Jan. 14: "Sal Vulcano" at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org.

Wednesday, Jan. 19: Mike Baldwin at Funny Bone, 560 S. Prairie View Drive, Suite 100, Des Moines; www.desmoines.funnybone.com.

Friday-Saturday, Jan. 21-22: Adam Hunter at Funny Bone, 560 S. Prairie View Drive, Suite 100, Des Moines; www.desmoines.funnybone.com.

Saturday, Jan. 29: "Tits Up!" at Teehee's Comedy Club, 1433 Walnut St. Des Moines; www.teeheescomedy.com.

Saturday, Jan. 29: "Jim Jefferies: The Moist Tour" at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org. at 7 p.m.

Sunday, Jan. 30: "Fortune Feimster: 2 Sweet 2 Salty" at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org. at 6 p.m.

Thursday, Feb. 10: "Lewis Black: Off The

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MARCH 5-6 DES MOINES CIVIC CENTER

The musical brilliance of Mozart becomes a stunning 1920's silent film-style visual spectacle that the *Los Angeles Times* described as "a dazzling and adorable live cartoon." This family-friendly fable will feature the first-ever collaboration between Des Moines Metro Opera and the Des Moines Symphony Orchestra.

TICKETS START AT \$25: **515-246-2300** OR **DMMO.ORG**

comedy continued...

live music

A few upcoming live concerts to look forward to.

FEATURE STORY



Comedian Darci Lynne brings the funny to Stephens Auditorium on Saturday March 5. Photo submitted
“Rails” at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org. at 8 p.m.

Thursday, March 3: “Brian Regan” at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org. at 7:30 p.m.

Saturday, March 5: Singer/Ventriloquist Darci Lynne at Stephens Auditorium in Ames; www.center.iastate.edu/events.

Thursday, March 10: Mick Foley at Funny Bone, 560 S. Prairie View Drive, Suite 100, Des Moines; www.desmoines.funnybone.com.

Metalcore... Friday, Jan. 28: “I, The Breather - 10 Year Reunion Tour” at Lefty’s Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com. Show starts at 5 p.m. Celebrating the band’s 2010 release “These Are My Sins” and 2012’s “Truth and Purpose,” the tour also features Sleep Waker, Curses, Execution Day, From This Day Forward and The Emblem Faction.

Country... Friday, Feb. 4: Hailey Whitters will be performing at Wooly’s, 504 E. Locust St., Des Moines; www.woolysdm.com. Show starts at 7 p.m. After more than a decade in Nashville, this country singer broke through in 2020. Whitters has added five new songs, and, as the title of her album implies, she is “Living The Dream.”

Swampy blues... Friday, Feb. 11: Chad Elliott at xBk, 1159 24th St., Des Moines; www.xbklive.com. Show starts at 8 p.m. Singer-songwriter Chad Elliott brings his folk roots blended with swampy blues and soulful writing to produce one-of-a-kind live performances. With 17 full-length albums to his credit, Elliott has been lauded as “Iowa’s Renaissance man” by Culture Buzz Magazine.

Chicago rap artist... Saturday, Feb. 5: Lil Durk at Horizon Events Center, 2100 N.W. 100th St. in Clive; www.horizoneventscenter.com. Show starts at 6 p.m. Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his Signed to the Streets mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, “Remember My Name” and “Lil Durk 2X.”

Unbridled guitar virtuosity... March 20: “Steve Vai: Inviolable Tour” at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org. Show starts at 8 p.m. Why did Stevie Vai leave Whitesnake? “For the Love of God,” does it matter? The legendary guitarist plays in Des Moines to promote his new record “Inviolable.”

Live jazz... Saturday nights at NOCE, 1326 Walnut St., Des Moines; www.nocedsdm.com. Show starts at 9:30 p.m. Jonesing for jazz? Featuring local, regional and national musicians, Noce is dedicated exclusively to jazz. The upscale bar offers plush seating for 100, and vocalist/pianist Max Wellman reprises his Last Call series on Saturday nights, playing standards from the end of the evening’s primetime show until at least midnight.

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www.iowawild.com

Home schedule:

- **Friday, Jan. 14** vs. Chicago Wolves at 6 p.m.
- **Saturday, Jan. 15** vs. Chicago Wolves at 6 p.m.
- **Monday, Jan. 17** vs. Milwaukee Admirals, 2 p.m.
- **Friday, Jan. 28** vs. San Diego Gulls at 7 p.m.
- **Saturday, Jan. 29** vs. San Diego Gulls at 6 p.m.

- **Friday, Feb. 4** vs. Rockford Icehogs at 7 p.m.
- **Thursday, Feb. 10** vs. Grand Rapids Griffins at 7 p.m.
- **Friday, Feb. 11** vs. Grand Rapids Griffins at 7 p.m.
- **Tuesday, Feb. 22** vs. Texas Stars at 7 p.m.
- **Thursday, Feb. 24** vs. Texas Stars at 7 p.m.
- **Friday, Feb. 25** vs. Rockford Icehogs at 7 p.m.
- **Saturday, March 12** vs. Henderson Silver Knights at 6 p.m.
- **Sunday, March 13** vs. Henderson Silver Knights, 3 p.m.
- **Saturday, March 19** vs. Manitoba Moose at 6 p.m.
- **Monday, March 21** vs. Manitoba Moose at 7 p.m.
- **Friday, March 25** vs. Rockford Icehogs at 7 p.m.
- **Sunday, March 27** vs. Chicago Wolves, 3 p.m.
- **Wednesday, April 13** vs. Milwaukee Admirals at 7 p.m.
- **Tuesday, April 19** vs. Grand Rapids Griffins at 7 p.m.
- **Friday, April 22** vs. Texas Stars at 7 p.m.
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- **Saturday, Jan. 8** vs. Omaha Lancers at 6 p.m.
- **Friday, Jan. 14** vs. Waterloo Black Hawks at 7 p.m.
- **Saturday, Jan. 15** vs. Lincoln Stars at 6 p.m.
- **Thursday, Feb. 3** vs. Fargo Force at 6:30 p.m.
- **Friday, Feb. 4** vs. Dubuque Fighting Saints at 7 p.m.
- **Friday, Feb. 11** vs. Sioux Falls Stampede at 7 p.m.
- **Friday, Feb. 18** vs. Lincoln Stars at 7 p.m.
- **Saturday, Feb. 19** vs. Lincoln Stars at 6 p.m.
- **Friday, Feb. 25** vs. Sioux City Musketeers at 7 p.m.
- **Friday, March 4** vs. Tri-City Storm at 7 p.m.
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12 wedding tricks add ease to planning and fun

Brides and grooms understandably feel a little stress when planning their weddings. Adding to the pressure is the fact that, according to a WeddingWire.com report, the average couple in their 30s spends \$32,000 on their wedding. That is a lot of money

1. Fake the cake.

Save some money by asking the bakery cake artist to decorate a foam-tiered “mock” cake for pictures and display and serve guests from an inexpensive sheet cake in the kitchen.

2. Use labels.

Once the guest list is finalized, create a database of guests’ addresses. Print out two sets of labels: one for addressing the invitations and the other to address the thank-you cards.

3. RSVP tricks.

Number the back of RSVP cards and correspond the numbers to the guest

list. If one or more responses is illegible, refer to the number to figure it out.

4. Embrace inexpensive decor.

Dollar stores and craft stores are great places to find inexpensive decorative items. Empty wine bottles can be painted or glazed to serve as vases. Candle lanterns can be picked up at low cost at many retailers.

5. Create an email address.

To have all of the wedding-related details in one place, create a separate email address exclusively for wedding correspondence.

riding on one day.

But planning a wedding can be even more fun than it is stressful, especially for those couples who employ a few tricks of the wedding planning trade.

6. Use veil weights.

These weights can be sewn into veils to prevent fly-aways during outdoor ceremonies or photoshoots.

7. Keep bugs at bay.

Spray chair and reception table legs with insect repellent. Dryer sheets also can be tucked into inconspicuous spots to keep bugs away.

8. Save money on favors.

Unless the favor is something to eat or something especially practical, you may consider skipping the favors altogether, as many guests tend to forget to take them home anyway.

9. Use page markers for seating.

Use multicolored, self-sticking page markers to create easy seating arrangements. Each color can represent a category: His, Hers, Friends, Work.

10. Make a photo clothesline.

A clever and inexpensive idea is to pin photos of the couple to a string, cataloguing how they met and their time together leading up to the wedding.



11. Use loose flower centerpieces.

Loose flowers in a vase are easier to sort and transport home for guests who want a memento. Make precut butcher’s paper or cellophane available to make bouquets.

12. Stock up on string lights.

Lights can be wrapped around trees outdoors, strung indoors around windows or draped along buffet tables to create a romantic ambiance.

Weddings can be expensive and stressful; therefore, couples can use all the tips they can to corral their expenses and tame their nerves. ■

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What every couple planning a wedding *needs to know*

(StatePoint) Planning a wedding involves dozens of decisions made under tight deadlines, as well as agreements made with multiple vendors, including caterers, entertainers and florists.

Yet as we saw during the pandemic, plans can quickly go awry. Following are some tips on how to protect your big day from many unforeseen circumstances, based on Travelers claims data from recent years:

Do your research

It's a sad reality that not all vendors keep their vows. Indeed, 19% of Travelers' wedding insurance claims from August 2020 through July 2021 related to losses associated with vendors. For instance, florists went out of business, photographers never showed and bands broke up before the big day. Make sure you research vendors before signing contracts and making any deposits. Check with the Better Business Bureau, read online reviews, seek references and consider asking friends and family for personal recommendations.

Keep calm and party on

When dozens, if not hundreds, of partygoers are dancing, eating and drinking, it can sometimes be a recipe for disaster. In fact, 11% of Travelers' wedding insurance claims from last year were due to accidents and the damage that occurred. Encourage your guests to have fun — and be responsible — while they celebrate your special day.

Consult the calendar

Mother Nature can be fickle and nothing is ever certain, but you can reduce your chances of bad weather ruining your nuptials by consulting the calendar. According to Travelers, 6% of last year's wedding insurance claims were due to severe weather. If you are planning your wedding during a stormy season, create a contingency plan, especially if the area is known for extreme conditions. And if you're planning an outdoor wedding, make sure you know how to pull it off if you have to move it indoors.



(c) mofles / iStock via Getty Images Plus

Protect your investment

Whether it's a tropical destination wedding or a party in your backyard, insurance is a smart way to protect what can be a significant financial investment. And while COVID-19 is excluded, insurance can help with unexpected situations like severe weather, illness or injury, and even military deployment.

Wedding insurance is offered by insurance carriers like Travelers, a company with a long history of helping their customers when they need it the most. And with the average cost of a wedding in 2020 — heavily skewed due to the

pandemic — amounting to about \$19,000, according to The Knot.com, a Wedding Protector Plan can help provide peace of mind.

“Insurance is smart for weddings of all sizes, including events that span across an entire weekend, with a welcome reception, rehearsal dinner, the wedding and even a celebratory send-off brunch,” says Kassy Westervelt, senior product analyst at Travelers. “We recommend couples choose a coverage level at least equal to the amount they might lose if their event had to be rescheduled at the last minute, considering purchases and deposits for things like the venue, gown, rings, caterers, entertainment, transportation, flowers, cake, invitations and more.”

“Couples who are new to the wedding planning process may not be aware that their wedding can actually be insured, so we recommend you contact an insurance agent or visit our website to understand what it covers and how it can help,” says Westervelt. “We also like to make sure couples understand that change of heart is not covered.”

Your insurance agent can work with you to determine the coverages and policy limits that best fit your needs and budget. To learn more about Travelers' no-deductible wedding insurance policies, visit protectmywedding.com.

For greater peace of mind around one of the most important days of your life, take steps to avoid and prepare for common wedding day mishaps. ■

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How couples can benefit from hiring

local wedding vendors

Local vendors are often a go-to choice when couples are planning their wedding ceremonies and receptions. As the “shop local” movement grows in popularity, weddings present a prime opportunity to embrace this movement. Couples may have different ideas regarding where to tie the knot, but local vendors can be hired regardless of geography. Brides magazine says the biggest factor influencing wedding location is the size of the guest list and the number of people who wouldn't be able to attend if the wedding was in a particular locale. Hometowns might be the traditional choice regarding wedding location, but the XO Group says one in four couples now host destination weddings. Once couples choose a town or city to host their weddings, they can begin exploring the benefits of working with locally-based vendors.

Familiarity

Local vendors will be familiar with the area and possibly even the location where the wedding will be held. That can help couples avoid having to give directions, discuss venue protocols, and handle other tasks that must be worked out with non-local vendors. For example, local photographers familiar with a particular venue will know all of the best places to get shots, and some vendors may have preexisting relationships with venue representatives that could ensure wedding day operations go smoothly.

Proximity

Local vendors can meet with brides and grooms more readily throughout the planning process, making things less stressful on the happy couple. This also makes it easier to drop off deposits, attend meetings, make fitting appointments, or attend styling sessions.

Savings

Couples who travel for their weddings and employ local vendors will not have to pack as much. Using local vendors eliminates the need to bring along bulky dresses, decorative items, flowers, and much more. Plus, couples needn't pay to transport and house vendors brought along from back home.

Environment

Individuals who take great strides to conserve resources by reducing their energy consumption and protecting the environment often find that shopping local is beneficial. Local vendors are more likely to source their materials from other local businesses, reducing their carbon footprints along the way. For example, local caterers may rely on local farmers for their foods, affording couples the chance to host eco-friendly or even farm-to-table weddings.

Customization

Working with local vendors often translates into getting more personalized service and attention than mass retailers or merchants can provide. Going local when choosing wedding vendors is an increasingly popular choice among couples about to tie the knot. ■



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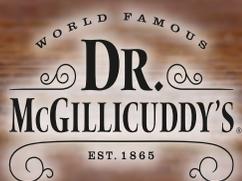
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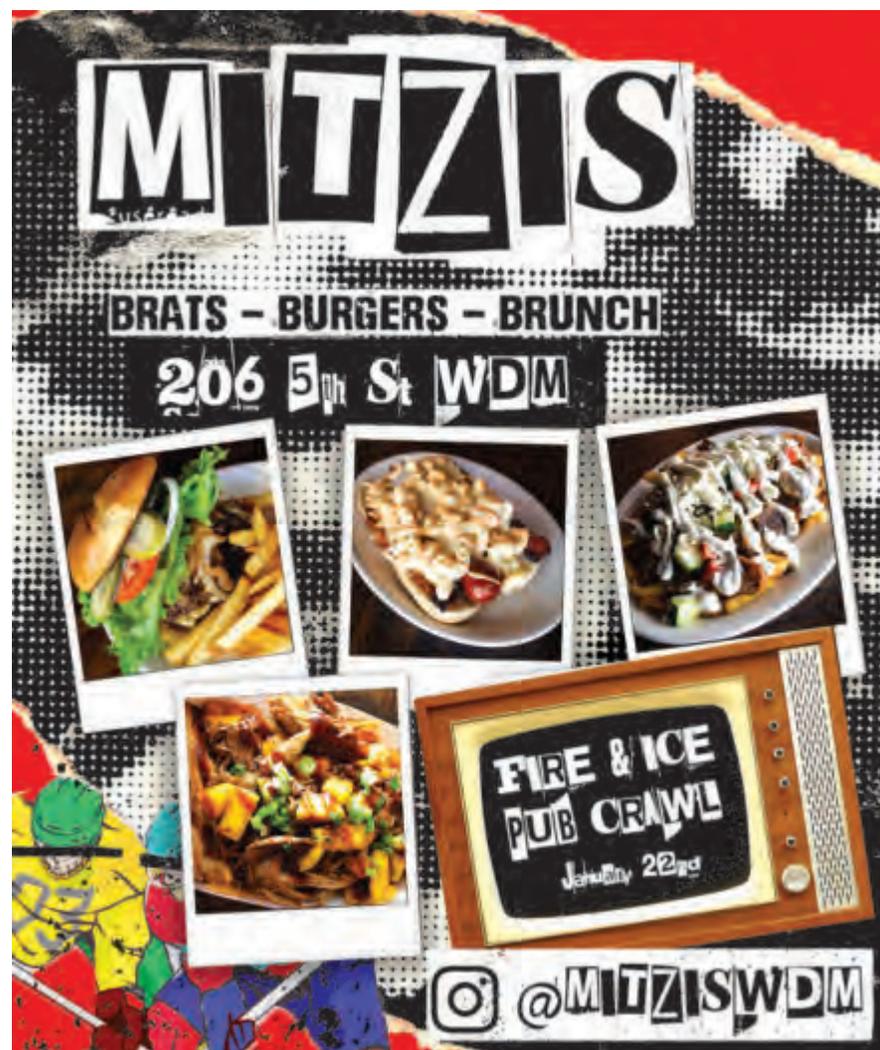
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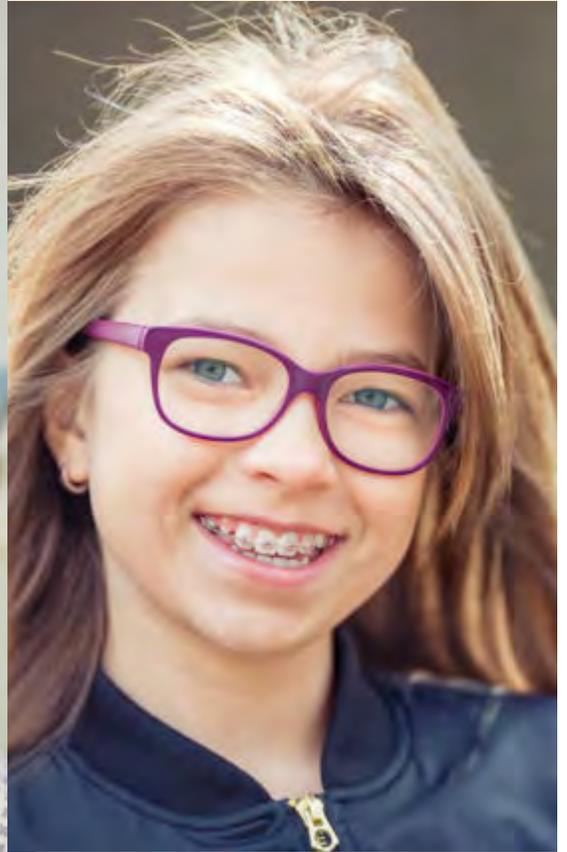
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Are you 1 of the 25 million Americans who have asthma?

Asthma is a chronic, or long-term condition, affecting the lungs. Asthma causes airways to become inflamed, narrow and produce mucus; thus, a person affected by asthma may experience chest tightness, coughing, shortness of breath and wheezing. These symptoms can vary throughout the day and range from mild to severe. Uncontrolled asthma causes symptoms that can be life-threatening.

Asthma usually develops during childhood, but people of all ages are affected. There are known risk factors for asthma. The risk for developing asthma increases with a family history, certain viral infections as a child, history of eczema, exposure to irritants and history of allergies.

Asthma has many triggers. Triggers can be caused by a single irritant or multiple aggravating factors. One way to help patients with asthma is to identify their unique trigger(s). Causes of asthma flares are allergies, viral and bacterial infections, cold dry air, exercise, stress, airborne pollutants and acid reflux. By avoiding and treating triggers, asthma can be better controlled. One of the major triggers for asthma is allergies. Eighty percent of children and 60% of adults have allergies that will trigger asthma attacks. Identifying and managing a person's allergies can drastically reduce asthma attacks.

OUTDOOR ALLERGENS

If your asthma is worse outdoors, seasonal allergens such as grass, tree, and weed pollen can be responsible. Iowa has many pollenating plants outside during the spring, summer and fall. Pollen is lightweight and can travel on the wind up to hundreds of miles and cause problems even if you live in the city.

INDOOR ALLERGENS

If asthma gets worse first thing in the morning or flares happen year-round, indoor allergens are likely one of your triggers. They do not change with the weather. Iowa winters force us to stay indoors for longer periods of time, increasing allergen exposure. Common indoor allergens are cockroaches, dust mites, molds and pets.

Cockroaches can be found living anywhere with food and a water source. To reduce cockroaches in the house, stop water leaks, cover garbage cans, wash dishes after a meal and sweep floors regularly. If necessary, call an exterminator.

Dust mites are microscopic organisms that like to live in bedding, carpeting and the fabric of furniture. To help manage dust mites, wash bedding weekly in hot water. Dust mites also thrive in high humidity, so using a dehumidifier can help.

Indoor molds are usually found in areas with water damage. Reducing water leaks, using a dehumidifier and cleaning moldy surfaces will reduce exposure. If you find mold covering a large area, hire a professional.

Having a pet allergy does not mean you have to get rid of your furry friend. Pet allergies can be managed by keeping the pet out of the bedroom, vacuuming, sweeping, and bathing and brushing pets regularly. Unfortunately, there is no "hypoallergenic" dog or cat. The allergy is to the animal's dander (dead skin), urine, or saliva, not hair. Guinea pigs, hamsters, mice and rabbits can also trigger allergies.

ASTHMA MANAGEMENT

Asthma treatment involves a multidisciplinary approach. Skin testing should be done to identify allergic triggers, and allergy shots are used to change the immune system to significantly reduce asthma flares. Avoidance of other triggers can help reduce asthma attacks. Finally, there are medications like pills, inhalers, nose sprays and injectable biologics to manage asthma. If you are experiencing asthma attacks, schedule an appointment at Iowa Allergy, Asthma, and Immunology. We can help identify the things flaring your asthma and create an individualized plan to manage the asthma and allergic triggers. ■

Information provided by Dr. Vuong Nyima, D.O. Double Board Certified, 5901 Westown Parkway Suite 225, West Des Moines, (515) 410-9400, www.iowaALLERGYclinic.com



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Health promotion and illness prevention = better overall health

As 2022 arrives, it's a great time to discuss setting wellness goals for yourself. We aren't suggesting new year's resolutions, but rather attainable goals to focus on throughout the year.

As a healthcare provider, I see many patients when illness strikes, or when chronic complaints become unbearable. However, for overall health, it is best to build a healthy lifestyle by being proactive with our bodies. Small incremental changes are more manageable and will start to add up to noticeable change as you progress.

What can I start today to decrease my risk of chronic illness?

1. Move your body daily. A walk. Yoga. Free weights. Something. Physical activity improves heart health, supports healthy bones and supports mental health.
2. Eat more plants. Add fresh or frozen vegetables, fruit and fiber to your meals. Research shows individuals eating a plant-based diet experience lower rates of obesity, high blood pressure, type 2 diabetes, heart attack, stroke, and colon cancer. Chronic diseases have lasting, irreversible complications leading to reduced quality and quantity of life, and put you at risk for acute illness.
3. Prioritize sleep. This might be the most important

habit to work on. Aim for 7-8 hours a night minimum. More on this in a bit.

4. Annual wellness appointments: See your preferred healthcare provider for general health screenings at least annually, as well as regular dental and optometry visits.

How do I start eating a plant-based diet?

Meet yourself where you are. Focus on what can be added to your meal to maximize nutrient content, rather than what you should avoid. Do you love pasta? Great. When you make spaghetti, add shaved carrots, shaved zucchini and chopped peppers to the sauce. If you feel ambitious, swap your white noodles for whole-grain, or legume-based noodles such as chickpea or lentil. If you're ready to make a bigger switch, substitute spaghetti squash for pasta.

How do I improve sleep?

Talk to your healthcare provider about your concerns. Ensure you don't have an underlying sleep disorder or other disease process contributing to insomnia, and that your medications aren't interfering with sleep.

Initiate behavioral changes. These may include: decreasing caffeine intake, avoiding alcohol, using white noise, avoiding screen use 1-2 hours before

sleeping, sticking to a sleep schedule and meditating.

A great sleep tip:

Fifteen minutes before bed, spend a few moments writing out (with pen and paper) your to-do list for the next day. Get all your concerns and worries out of your brain, so when you lay down, your mind isn't racing. If it continues to race, get out of bed and do it again. Rinse and repeat.

I am healthy. Why do I need to see a healthcare provider?

Chronic diseases start early. By the time physical complaints arise, some damage has already occurred. A healthcare provider is trained to assess what illnesses you may be at risk for and recommend additional screenings, lifestyle changes and/or medications as soon as possible for best outcomes. Basic blood tests monitor kidney and liver function, check blood counts and screen for diabetes and high cholesterol.

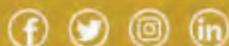
Start today. Make some changes. Add more small changes as you move forward. These will add up to big changes throughout the year. ■

Information provided by Mollie O'Brien, DNP, ARNP, UCS Healthcare. More information can be found at www.ucsonline.org.

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UCS Healthcare is part of the IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

Our staff of medical providers, nurses, counselors, psychiatrists and mental health therapists are dedicated to patient care. In addition to our offices in West Des Moines, Ankeny and Knoxville, we are partnering with certified treatment providers in locations across Iowa to provide medication assisted treatment through embedded medication units.



Preventive care in the new year

The start of a new year is an ideal time to complete a check-in on your overall well-being. With others prioritizing their health, hitting “refresh” on their eating and exercise habits, it’s easier to find support in achieving health care goals. UnityPoint Health – Des Moines, with UnityPoint Clinic, is here to help, too. Here are a few to-dos to start the new year off at your healthiest:

Schedule preventive care appointments

“Scheduling an annual physical exam is the best way for your doctor to check in on your physical and mental health. They can detect any irregularities that might cause problems down the road. Usually, an adult physical includes a chat with a provider, some bloodwork, a review of vaccines you may need and a plan for age-appropriate preventative tests,” Dr. Patricia Newland, UnityPoint Health, says.

Don’t forget to schedule appointments for your loved ones, too. Children benefit from wellness exams that check for growth, development and physical and emotional well-being.

If concerns surrounding the pandemic causes you to pause before coming in to see your doctor, rest assured UnityPoint Health is safe and ready to see you. We are still practicing wearing proper personal protective equipment, social distancing and extra cleaning measures at our facilities.

Complete recommended screenings

Preventive screenings save lives. If you missed your breast, colon or lung cancer screening due to the pandemic, we encourage you to schedule an appointment today.

For women 40 years of age or older, you can schedule your annual mammogram without a provider referral. (Although having a primary care provider to help organize your screenings makes it even easier!) Breast cancer is the most common cancer and second-leading cause of cancer death among women in the U.S. Regular mammograms save lives, as cancers detected early tend to have better treatment outcomes.

If you are older than the age of 45, ask your primary

care provider about a colon cancer screening, and contact them if you know you may be at higher risk for lung cancer due to smoking.

Consider getting a COVID-19 vaccine or booster

COVID-19 vaccines prevent hospitalization. And, since severe cases of COVID-19 are more likely in those who are pregnant, there’s a very real chance pregnant individuals who get COVID-19 could be hospitalized and require a stay in the intensive care unit, including mechanical ventilation. It usually takes up to six weeks or more to recover from a severe case of the virus. If you’re pregnant and become infected with COVID-19, studies show you’re 15 times more likely to die than someone who isn’t pregnant.

These tips are just the start to living your best, healthiest life. To learn more about how UnityPoint Health can help, check out unitypoint.org to see our primary care providers accepting new patients. ■

Information provided by Lexi Brandon, Senior Marketing Communications Specialist, UnityPoint Health. More information can be found at www.unitypoint.org.

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Your CBD wellness

Hi! Lacie here again to talk about CBD. Last time I wrote here, we talked about the importance of QUALITY in the CBD industry: things to look for, things to avoid, and to always get a lab report when purchasing. While all of this remains true, today I'd like to write on what is actually legal to sell and what is illegal to sell in Iowa.

The cannabis industry in our state is very confusing for most consumers. Key words like, CBD, THC, Hemp, Delta 8, and Medical cards, get thrown at me almost daily, so I'd like to try to break down legality the best I can to help everyone. All hemp retailers must have a license through the Iowa Department of Inspections and Appeals. This should be clearly displayed in the retail space. Even if a retailer has this license, there are still products that cannot be sold in our state. These products include all forms of animal/pet CBD. Delta 8 products are prohibited in any form, and "inhalable cannabinoids," also known as smokable hemp, pre rolls or vapes. Whether we agree or disagree with these restrictions, they still remain the way Iowa law is written for now. I know there are places that still do sell these products, but that doesn't mean they should.

I'm hoping this article reaches many, as these questions are still unanswered. I've attached the website where these laws can be viewed for your own research. I've seen so many lives changed from starting on a CBD regimen and giving the plants a shot. We're here to help.

Happy holistic health and Happy New Year! ■

Information provided by Lacie Navin, Your CBD Store, owner of locations at 125 Fifth St., West Des Moines, 515-279-0150, and at 833 E. First St., #101, Ankeny, 515-964-9862. www.legis.iowa.gov/docs/code/2021/204.pdf. www.legis.iowa.gov/docs/iac/chapter/03-11-2020.21.96.pdf.

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Approaching change in our lives

To many, a new year symbolizes a fresh start. A new year. A new you. But how many times have you made a resolution only to watch it fizzle out? You're not alone. In fact, more than half of all resolutions will be unsuccessful, often abandoned within the first six months, leaving us to question ourselves and our willpower.

Blaming ourselves feeds our inner self-critic. Telling ourselves we're weak, a failure or lacking determination increases feelings of guilt, shame or despair. Yet, research shows willpower alone isn't enough to implement lasting change.

What if we aren't the problem, but rather our goals? Many resolutions focus on changing shortcomings we see in ourselves or we think others see in us. This year, consider choosing goals for personal growth that focus positively on you. You may be surprised to find that focusing on increased self-care and self-compassion can lead you to feel happier, empowered, and gain more self-acceptance.

Remember, the past two years have been difficult. We are doing the best we can, but we can also do better. So, this year, if resolutions are your thing,

consider making them kinder to you.

Choose something short-term, specific and positive.

Whether it's starting to take a multivitamin, making sleep a priority, limiting screen time, etc. choose goals that are specific, realistic and beneficial to your overall well-being. If you slip up, remember you are human. You can always start again the next day.

Focus on the journey not the destination.

Shift gears from focusing on the outcomes to enjoying the "here and now" of working toward your goal. Set goals that align with your values so you are moving toward meaningful change and enjoying the process along the way.

Set goals that foster gratitude and self-compassion.

Self-compassion is accepting the reality that we are human and that making mistakes is OK. It is how we respond to those mistakes to move toward growth and better choices in the future that matters most. It is recognizing that we are not perfect, and we shouldn't be expected to be.

Consider trying to incorporate self-compassion daily through guided exercises and practices designed to quiet your inner self-critic and foster kindness to self. Dr. Kristin Neff, a leading researcher in the field of self-compassion, offers several great exercises on her website and in her "Mindful Self-Compassion Workbook."

Make your mental health a priority.

Mental health is about more than reducing symptoms. Therapy helps people improve their self-acceptance, improve overall functioning, navigate life better, and gain an improved quality of life.

A safe space to process daily stressors, relationships and feelings with an objective third party can be one of the best self-care commitments you can make for yourself. Psychologist Carl Rogers said, "When I accept myself just as I am, then I change." So for the new year, when we approach changing things in our lives, be kind to yourself and don't be afraid to ask for help along the way. ■

Information provided by Anna Zuidema, MA, LMHC, NCC at Good Life Therapy, LLC, 5000 Westown Parkway, Suite 104, West Des Moines, 515-679-3941.

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Anna Zuidema
MA, LMHC, NCC



Jackie Dehner
MA, LMHC, NCC



Emily Elliot
MA, tLMHC, NCC, tCADC



Meredith Stahl
MA, tLMHC, NCC



Deena Leonard
MS, LMHC

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Orthodontics. Your questions answered.

Q: Does my child really need to get braces TWICE?

A: Fortunately, in most cases, the answer is NO. Many parents come in for initial exams with this question having noticed the same thing that I have as an orthodontist. It seems like more and more children are going through two different sets of braces (or other appliances), and the age at which the “first phase” starts seems to get younger and younger. In reality, it is best to treat most patients just once, comprehensively, after all or most of the permanent teeth have erupted. Why? Total time spent in treatment, number of trips to the office, and total cost of care are almost always higher if more than one phase is involved. In cases where a “phase-1” is recommended, the objective should be clearly defined and easily explained by the orthodontist. Common legitimate reasons for initiation of phase-1 treatment are:

- Correction of an anterior crossbite (where the lower teeth bite ahead of the upper teeth)
- Correction of a posterior crossbite (where the lower back teeth bite outside the upper back teeth)
- Teeth erupting in the wrong place
- Teeth failing to erupt
- To correct flared upper front teeth at risk for trauma
- To address esthetic issues that are causing anxiety, self-consciousness, or self-esteem problems for the child

Q: Do clear aligners work as well as braces?

A: It depends on the case. Much of it has to do simply with physics. Traditional braces involve brackets and wires. Wires can move teeth by either pushing or pulling on the brackets. Aligners, on the other hand, can only move teeth by pushing on them. For this reason, either treatment modality can predictably align teeth when a significant change in tooth heights is not involved. Treating mild to moderate crowding or spacing can be done reliably with braces or aligners, whereas treatment that requires a tooth (or teeth) to be brought up or down is far more successful with braces due to the wire's ability to push and pull. In some cases, one arch can be treated with aligners even if braces are needed in the other. While relatively rare even five years ago, the braces + aligners combination treatment is becoming more and more popular. It is important to find an orthodontist who will tailor treatment to your unique situation rather than trying to make your care fit a one-size-fits-all solution.

Q: When should my child first see the orthodontist?

A: The American Association of Orthodontists recommend that a child first see an orthodontist at 7 years of age, or at the first sign of a problem. You do not need a referral from a dentist to see an orthodontist.

In the majority of cases, nothing needs to be done at age 7, but it is good to get a baseline orthodontic assessment to anticipate what future needs there may be. As your child grows, his or her orthodontist may recommend returning for observation at specified intervals. Often times, they will also work with the child's dentist to ensure that baby teeth are coming out at the right times to facilitate eruption of the permanent teeth. Most orthodontists do not charge for initial exams or observation visits, so there is every reason to take advantage of their expertise. ■

Information provided by Austin P. Foster, DDS, MS; Member, American Association of Orthodontists; Diplomate, American Board of Orthodontics; Willham & Foster Orthodontics, PC, 7400 Fleur Drive, Suite 100, Des Moines, IA 50321

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LOCATION, LOCATION, LOCATION

Does it matter today?

By Colson Thayer

Location, location, location. The old adage says it is everything in real estate and business. However, sometimes business owners find what might have been a great location at one time no longer fits their needs. COVID-19 impacted how many business owners do business — and where they do business. An increase in remote work reduced space needs for some companies, and, despite the pandemic, some businesses found success in moving to locations more conducive to growth.





Cliff and Emily Wallace of Adamantine Spine Moving say businesses have moved more of their belongings into storage than out as they relocate to smaller spaces.

Factors to consider when choosing a location

Jake Fox from the Virgin Group created a list of the six most important factors to consider when choosing a location for a business. That list includes accessibility, security, competition, business rates, the area's skill base, and potential for growth. These factors cover a wide range of variables a business might need to consider in their day-to-day operations.

- **Accessibility:** For many businesses, proximity to transportation links like major roadways is vital. Not only do they need to be easily accessible for deliveries, but also for customers and employees.

- **Security:** Some locations may be more susceptible to crimes than others, which not only poses a concern but can also cost the business more in insurance premiums and additional security measures.

- **Competition:** Close proximity to the competition may be an advantage or disadvantage. Too much competition in an area can offer too many choices for the consumer; however, a unique offering may draw customers from the area's base.

- **Business rates:** Business owners must consider the cost of doing business at a location. Rent, utility, taxes, deposits — and some more obscure costs like parking — will vary by location.

- **Skill base:** Employees can be a business' greatest asset, which is why it is important to consider the area's workforce. Can the location draw the needed employees with the talent and skills needed?

- **Potential for growth:** Thought needs to be given to whether the business will stay in one place long term or need to expand and grow elsewhere.

Each business has a unique set of needs and priorities, and no one location can meet every need. A thorough evaluation of a location's pros and cons can help prevent the need for a costly move in the future. The right location will meet the needs of the customers and increase the likelihood of success and growth for the business.

The changing downtown hub

Downtown hubs used to be able to meet the needs of a slew of businesses. Large office buildings draw hundreds of employees who frequent the local coffee shops on their way to work, eateries when it is time to grab a bite during the lunch hour, gathering places for after-work socializing, and a variety of businesses for running quick errands.

But then March 2020 arrived, and the landscape of downtown business changed. The ensuing lockdown shut down many in-person businesses. Restaurants were forced to close, and some offices shut down and required employees to work remotely — for months. As businesses began to re-open and call employees back to the office, the economy began to recover. However, the way business is conducted has fallen into a new “normal.”

Many businesses have adopted a hybrid work model with some work being completed remotely.

The traditional office building with floors of cubicle spaces isn't needed as much as it once was. Many work meetings, projects and collaborations have been moved online out of convenience.

With fewer people commuting to work, some businesses — especially restaurants — are struggling to rebuild their customer base. The recent closure of Java Joes downtown is an example. In an April interview with another media outlet, Michael Larsen, the general manager of downtown Java Joes, attributed the decision to the impact of COVID on downtown businesses.

Making the move

The people at Adamantine Spine Moving, an Iowa City-based moving company with services in Des Moines, have found that people are moving out of cubicles to work wherever they like. In fact, some businesses are moving their stuff into storage.

“We have moved a lot of businesses into storage, but we haven't been moving a ton of them out yet,” said Cliff Wallace from Adamantine. In the age of COVID, offices are using the moment to downsize, move out, and spread out.

Wallace says the company has seen an increase in residential moving that reflects the current work landscape. Cliff and Emily Wallace of Adamantine say the pandemic has spurred many people to relocate. Whether it be to move closer to family or for a cheaper cost of living, people are relocating out of

FEATURE

downtown hubs to suburbs and smaller towns.

The Wallaces say the majority of businesses moving today have been office-type businesses. However, many small businesses located in Des Moines have also been moving in order to meet their needs.

In the age of COVID-19, businesses are getting great deals on new locations, according to the Wallaces. With all of the movement of individuals and businesses, property owners are trying to fill up their spaces — and offering great deals to do so. Lower rent, along with other lower business rates, can motivate a move. Moreover, a lower cost of living and commuting can motivate businesses and individuals to move.

When foot traffic matters

As advantageous as a move may seem, business relocation is not a guarantee of success. It is a risk to be carefully considered. John Bosley of Bozz Prints and Becky Pospisal of The Knotty Nail took on this risk. Both of these small business owners relocated to the Historic Valley Junction in West Des Moines.

John Bosley started working out of his basement in 2015. He was the head designer at another company before leaving to start his own business specializing in prints, posters and T-shirts. He finds inspiration in travel, architecture and the scenery of the Midwest. He was able to work his way out of his basement into his first physical location at Mainframe Studios in downtown Des Moines.



Becky Pospisal found that moving her business, The Knotty Nail, opened the doors to a new group of customers and benefitted from being near other retail shops.



John Bosley says moving his business, Bozz Prints, to Historic Valley Junction allows him to take advantage of foot traffic offered by the location.

While it was a big accomplishment for his business, Bosley says the location presented challenges for his type of business.

“We were open like once a month there, so when we were open at Mainframe we were only open for gallery nights or first Fridays,” he said. His success there led him to move elsewhere in order to grow his business.

“It was a big decision to basically take on open business hours and hire more staff... Now we have to have the doors open from a certain time to a certain time,” Bosley explained. Valley Junction presented an opportunity for Bosley to become a “retail entity,” which he couldn’t do at the studio he used to occupy. His current location has opened the door to more foot traffic. In addition to the new customer base at his new location, Bosley found some of his customers followed him after the move. Online purchases also make up a good portion of his business. Before the move, Bosley had created a strong online presence, and, when COVID hit, his online business increased.

Following closely in Bosley’s footsteps, Becky Pospisal made a similar journey. Her business, The Knotty Nail, grew out of her basement and moved into Mainframe for two years before arriving at her current location in Valley Junction. She also decided on the move to be more accessible to the public.

“Valley Junction is a really awesome historic district that gets a lot of foot traffic. There’s a lot of bars and restaurants and a lot of really established stores down here,” she said. The proximity to other businesses has proven to be a benefit. The Knotty

Nail is a do-it-yourself art studio specializing in easy-to-do crafts. They offer in-person craft classes, a direct-to-home subscription box of crafts, as well as DIY kits that can be purchased online or in-store. Prior to her Valley Junction location, all of Pospisal’s customers were online, but now she gets in-store traffic from demographics she never reached before. Overall, Pospisal says her relocation changed the way she does business. She used to consider The Knotty Nail as a “destination,” but her location today provides more opportunity.

“It switched me from a place you buy a ticket and go to a place you can just pop by anytime,” she explained.

Changing times

COVID-19 demonstrated that some businesses were able to grow despite the adversity, while exposing the weaknesses of other businesses that struggled or closed. COVID also forced many businesses to incorporate technology in ways they hadn’t before — and some of those, such as remote work and online sales, have become the “new normal.” These changes, among others, have put new twists on the old adage that success is all about “location, location, location.”

“We really understand how important, as a business, it is to be comfortable in your space, to be located in a space that’s close to where most of your business comes from, and that’s comfortable for the employees,” said Emily Wallace. ■

Tammy Pearson contributed to this story.



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SELLER: FICKES, MONA A.
BUYER: LEPLEY, BRADLEY
SQUARE FEET: 2,168
ACRES: 0.424

ADDRESS: 101 SECOND ST. N.W., MITCHELLVILLE
NOV. 1, 2021
SALE PRICE: \$310,000
SELLER: STEPHENSON, JACKIE K.
BUYER: BALDWIN, STEVEN
SQUARE FEET: 2,760
ACRES: 0.138

ADDRESS: 2515 E. EUCLID AVE., DES MOINES
NOV. 1, 2021
SALE PRICE: \$1,000,000
SELLER: DG EUCLID LLC
BUYER: CLH D M LLC
SQUARE FEET: 4,428
ACRES: 0.959

ADDRESS: 4761 N.E. 20TH LANE, DES MOINES
NOV. 2, 2021
SALE PRICE: \$312,500
SELLER: D&M PARTNERS LLC
BUYER: TANAM INROADS LLC
SQUARE FEET: 36,000
ACRES: 3.639

ADDRESS: 2300 S.W. NINTH ST., DES MOINES
NOV. 3, 2021
SALE PRICE: \$201,000
SELLER: STEIGLEDER, MAX Z.
BUYER: 2302 S.W. NINTH ST.
SQUARE FEET: 2,900
ACRES: 0.589

ADDRESS: 2801 COTTAGE GROVE AVE., DES MOINES
NOV. 3, 2021
SALE PRICE: \$235,000
SELLER: DSM MF LLC
BUYER: JC AM GROUP LLC
SQUARE FEET: 4,083
ACRES: 0.229

ADDRESS: 2820 KINGMAN BLVD., DES MOINES
NOV. 4, 2021
SALE PRICE: \$580,000
SELLER: GUZMAN, MARY
BUYER: MAK LLC
SQUARE FEET: 5,801
ACRES: 0.514

ADDRESS: WEST OF METRO NORTHWEST TRANSFER STATION, GRIMES
NOV. 4, 2021
SALE PRICE: \$2,950,000
SELLER: BAER, RONALD L.
BUYER: ATI GRIMES INDUSTRIAL HOLDINGS LLC
SQUARE FEET: 1,798
ACRES: 78.137

ADDRESS: WEST OF METRO NORTHWEST TRANSFER STATION, GRIMES
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SALE PRICE: \$2,950,000
SELLER: OBERT FAMILY TRUST
BUYER: ATI GRIMES INDUSTRIAL HOLDINGS LLC
SQUARE FEET: 1,798
ACRES: 78.137

ADDRESS: NEAR N.W. 100TH AND S.E. 37TH STREETS, GRIMES
NOV. 5, 2021
SALE PRICE: \$2,000,000
SELLER: POLK COUNTY LAND COMPANY LC

BUYER: GLENSTONE DEVELOPERS LLC
SQUARE FEET: 0
ACRES: 30.488

ADDRESS: 9300 NORTH PARK DRIVE, URBAN DALE
NOV. 5, 2021
SALE PRICE: \$5,506,140
SELLER: REACH CHURCH INC.
BUYER: K&J PROPERTIES LLC
SQUARE FEET: 0
ACRES: 25.281

ADDRESS: 1503 S. ANKENY BLVD., ANKENY
NOV. 5, 2021
SALE PRICE: \$1,725,000
SELLER: BRYAN, JAMES
BUYER: AMERCO REAL ESTATE COMPANY
SQUARE FEET: 28,720
ACRES: 3.678

ADDRESS: 200 S.E. 40TH ST., GRIMES
NOV. 8, 2021
SALE PRICE: \$23,980
SELLER: PMR REALTY GROUP LLC
BUYER: PRAIRIE BUSINESS PARK IV LLC
SQUARE FEET: 0
ACRES: 18.455

ADDRESS: 221 S.E. MAGAZINE ROAD, ANKENY
NOV. 8, 2021
SALE PRICE: \$2,800,000
SELLER: A&N PROPERTIES LLC
BUYER: AMERCO REAL ESTATE COMPANY
SQUARE FEET: 15,415
ACRES: 14.89

ADDRESS: 520 42ND ST., DES MOINES
NOV. 9, 2021
SALE PRICE: \$605,000
SELLER: WELLS, DOUGLAS A.
BUYER: PRAIRIE 1050 LLC

SQUARE FEET: 6,909
ACRES: 0.654

ADDRESS: 2423 SOUTH UNION ST., DES MOINES
NOV. 10, 2021
SALE PRICE: \$156,000
SELLER: CHURCH OF GOD OF SOUTH DES MOINES IOWA
BUYER: FIRE OF THE HOLY SPIRIT CHURCH
SQUARE FEET: 1,176
ACRES: 0.365

ADDRESS: 1427 FIFTH AVE., DES MOINES
NOV. 10, 2021
SALE PRICE: \$265,000
SELLER: BJB COMPANY INC.
BUYER: GT PORTFOLIO IA LLC
SQUARE FEET: 6,360
ACRES: 0.188

ADDRESS: 3100 JUSTIN DRIVE, URBAN DALE
NOV. 10, 2021
SALE PRICE: \$8,638,660
SELLER: BRAD JOHNSON INVESTMENTS LC
BUYER: FLEX INVESTORS LLC
SQUARE FEET: 129,540
ACRES: 10.771

ADDRESS: 10500 JUSTIN DRIVE, URBAN DALE
NOV. 10, 2021
SALE PRICE: \$7,199,470
SELLER: B P JOHNSON CONSTRUCTION INC.
BUYER: FLEX INVESTORS LLC
SQUARE FEET: 88,548
ACRES: 9.87

ADDRESS: 10430 NEW YORK AVE., URBAN DALE
NOV. 10, 2021
SALE PRICE: \$753,180

SELLER: BP JOHNSON CONSTRUCTION INC.
BUYER: FLEX INVESTORS LLC
SQUARE FEET: 18,480
ACRES: 1.95

ADDRESS: 600 E. ARMY POST ROAD, DES MOINES
NOV. 11, 2021
SALE PRICE: \$717,000
SELLER: R D H ENTERPRISES INC.
BUYER: BRUEGMANN MANGEMENT CORP PROFIT SHARING
SQUARE FEET: 6,534
ACRES: 0.724

ADDRESS: 1881 S.E. PRINCETON DRIVE, GRIMES
NOV. 11, 2021
SALE PRICE: \$354,470
SELLER: NEWARK LAND TRUST LC
BUYER: JDS REAL ESTATE INVESTMENTS LLC
SQUARE FEET: 0
ACRES: 1.551

ADDRESS: NEAR S.W. STATE ST. AND S.W. WHITE BIRCH DRIVE, ANKENY NOV. 12, 2021
SALE PRICE: \$3,086,390
SELLER: TFC ANKENY OIL LLC
BUYER: 1525IA LLC
SQUARE FEET: 0
ACRES: 0.603

ADDRESS: 4600 N.W. 51ST ST., DES MOINES
NOV. 12, 2021
SALE PRICE: \$140,000
SELLER: MEREDITH DRIVE REFORM CHURCH
BUYER: QUINER, ERIC
SQUARE FEET: 0
ACRES: 1.305



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ADDRESS: 410 HILLSIDE COURT, PLEASANT HILL
NOV. 12, 2021
SALE PRICE: \$1,664,000
SELLER: BOULDER RIDGE APARTMENTS LLC
BUYER: BOULDER RIDGE PARTNERS LLC
SQUARE FEET: 24,624
ACRES: 2.068

ADDRESS: 3000 104TH ST., URBAN DALE
NOV. 15, 2021
SALE PRICE: \$1,425,810
SELLER: JOHNSON, BRADLEY P.
BUYER: FLEX INVESTORS LLC
SQUARE FEET: 18,000
ACRES: 2.99

ADDRESS: 904 LUSTER LANE, DES MOINES
NOV. 16, 2021
SALE PRICE: \$240,000
SELLER: 904 LUSTER LANE TRUST
BUYER: FORTSCH, ALEX
SQUARE FEET: 2,400
ACRES: 0.566

ADDRESS: 1510 W. WALNUT ST., BUILDING 113, ELKHART
NOV. 16, 2021
SALE PRICE: \$164,000
SELLER: ELKHART PROPERTIES LC
BUYER: ELKHOUSE LLC
SQUARE FEET: 0
ACRES: 0.135

ADDRESS: 1311 N.W. LAUREL ST., ELKHART
NOV. 17, 2021
SALE PRICE: \$578,970
SELLER: PEAK DEVELOPMENT CORP
BUYER: ELKHART PROPERTIES LC
SQUARE FEET: 0
ACRES: 3.798

ADDRESS: 12671 MEREDITH DRIVE, GRIMES
NOV. 17, 2021
SALE PRICE: \$1,997,830
SELLER: PARAGON WEST LLC
BUYER: LIONESS III LLC
SQUARE FEET: 11,700
ACRES: 67.466

ADDRESS: SOUTH OF PLUM DRIVE NEAR CULVER'S, NORTH OF URBAN DALE
NOV. 17, 2021
SALE PRICE: \$42,670
SELLER: PARAGON BEST LLC
BUYER: LIONESS I LLC
SQUARE FEET: 0
ACRES: 33.944

ADDRESS: 1608 N.W. STATE ST., UNIT 101 BUILDING 1, ANKENY
NOV. 18, 2021
SALE PRICE: \$943,630
SELLER: CLASSIC HOLDINGS LLC
BUYER: FIT FARM HOLDINGS LLC
SQUARE FEET: 5,250
ACRES: 0.606

ADDRESS: 1440 MAURY ST., DES MOINES
NOV. 19, 2021
SALE PRICE: \$275,000
SELLER: QUIJANO, RAYMOND A.
BUYER: T&C PROPERTY INVESTMENTS LLC
SQUARE FEET: 3,854
ACRES: 0.519

ADDRESS: 1336 23RD ST., DES MOINES
NOV. 19, 2021
SALE PRICE: \$194,900
SELLER: HESTON JR, JERRY Z.
BUYER: MARLENA HOLDINGS LLC
SQUARE FEET: 3,177
ACRES: 0.242

ADDRESS: 10980 N.E. HUBBELL ROAD, MAXWELL
NOV. 22, 2021
SALE PRICE: \$330,000
SELLER: JUDSON PROPERTIES & CONSTRUCTION LLC
BUYER: MORTON PROPERTIES LLC
SQUARE FEET: 4,680
ACRES: 4.374

ADDRESS: 6810 DOUGLAS AVE., URBAN DALE
NOV. 22, 2021
SALE PRICE: \$593,650
SELLER: WANG, HUI
BUYER: ZOTUNG EMMANUEL BAPTIST CHURCH
SQUARE FEET: 10,645
ACRES: 1

ADDRESS: 902 S.E. ORALABOR ROAD, ANKENY
NOV. 23, 2021
SALE PRICE: \$1,650,000
SELLER: COMMUNITY STATE BANK
BUYER: HALLE PROPERTIES LLC
SQUARE FEET: 3,900
ACRES: 1.661

ADDRESS: 7695 N.W. BEAVER DRIVE, JOHNSTON
NOV. 23, 2021
SALE PRICE: \$250,000
SELLER: DJ INGERSOLL PROPERTIES LLC
BUYER: TBJ LLC
SQUARE FEET: 1,927
ACRES: 0.81

ADDRESS: 403 GARFIELD ST. S.W., BONDURANT
NOV. 26, 2021
SALE PRICE: \$75,000
SELLER: EQUITY TRUST COMPANY
BUYER: BONDURANT-FARRAR COMMUNITY SCHOOL DISTRICT
SQUARE FEET: 0
ACRES: 0.336

ADDRESS: 10430 NEW YORK AVE., URBAN DALE
NOV. 29, 2021
SALE PRICE: \$753,170
SELLER: SHATTUCK REALTY INC.
BUYER: FLEX INVESTORS LLC
SQUARE FEET: 18,480
ACRES: 1.95

ADDRESS: 505 SHERIDAN AVE., DES MOINES
NOV. 29, 2021
SALE PRICE: \$852,500
SELLER: 6450 LLC
BUYER: JOCAR PROPERTIES LLC
SQUARE FEET: 12,449
ACRES: 1.725

ADDRESS: 1011 OFFICE PARK ROAD, WEST DES MOINES
NOV. 30, 2021
SALE PRICE: \$2,990,000
SELLER: LAURENS RENTALS LLC
BUYER: MD MIDTOWN II LLC
SQUARE FEET: 37,332
ACRES: 8.2

ADDRESS: 1011 OFFICE PARK ROAD, WEST DES MOINES
NOV. 30, 2021
SALE PRICE: \$2,990,000
SELLER: LAURENS RENTALS LLC
BUYER: KLUPER INVESTMENTS LLC
SQUARE FEET: 37,332
ACRES: 8.2

ADDRESS: 301 E. LOCUST ST., DES MOINES
NOV. 30, 2021
SALE PRICE: \$1,650,000
SELLER: KOCH JR., RICHARD
BUYER: WALNUT CREEK COMMUNITY CHURCH
SQUARE FEET: 6,600
ACRES: 0.4

ADDRESS: 5614 N.E. 12TH AVE., PLEASANT HILL
NOV. 30, 2021
SALE PRICE: \$305,000
SELLER: HAPPY BUDDHA PRECIOUS TEMPLE INC.
BUYER: LEA HOLDINGS LLC
SQUARE FEET: 0
ACRES: 1.465

ADDRESS: 2022 N.W. HICKORY LANE, ANKENY
NOV. 30, 2021
SALE PRICE: \$504,000
SELLER: 2022 NW HICKORY LANE HOUSING COOP. ASSOC.
BUYER: MASON J. OUDERKIRK REVOCABLE TRUST II
SQUARE FEET: 6,784
ACRES: 0.185

ADDRESS: 330 N.W. 49TH PLACE, DES MOINES
NOV. 30, 2021
SALE PRICE: \$1,100,000
SELLER: BROWN, JIM K.
BUYER: WIGES OUTDOOR SERVICES LLC
SQUARE FEET: 9,777
ACRES: 4.568

ADDRESS: 1106 CLINTON AVE., DES MOINES
NOV. 30, 2021
SALE PRICE: \$150,000
SELLER: IVYSUN CAPITAL LLC
BUYER: ARMADURA LEGAL INC.
SQUARE FEET: 2,023
ACRES: 0.152

ADDRESS: 1454 30TH ST., UNIT 103, WEST DES MOINES
NOV. 30, 2021
SALE PRICE: \$139,000
SELLER: LARMORE R/E HOLDINGS LLC
BUYER: GIUNTA PROPERTIES LLC
SQUARE FEET: 2,933
ACRES: 0.248

ADDRESS: 3296 N.W. PRAIRIE LANE, DES MOINES
NOV. 30, 2021
SALE PRICE: \$1,250,000
SELLER: THE FLOORING GUYS LTD
BUYER: 2915 DIXON LLC
SQUARE FEET: 10,985
ACRES: 1.509

ADDRESS: 6199 LELAND AVE., DES MOINES
DEC. 1, 2021
SALE PRICE: \$813,000
SELLER: ANNETT PROPERTIES LLC
BUYER: ANNETT HOLDINGS INC.
SQUARE FEET: 4,340
ACRES: 4.681

ADDRESS: 4131 120TH ST., URBAN DALE
DEC. 1, 2021
SALE PRICE: \$6,750,000
SELLER: JCB CROSSROADS LLC
BUYER: REMARC ENTERPRISES LLC
SQUARE FEET: 100,770
ACRES: 6.359

ADDRESS: 953 73RD ST., WINDSOR HEIGHTS
DEC. 1, 2021
SALE PRICE: \$7,205,510
SELLER: SHEFFIELD PROPERTIES OF ILLINOIS INC.
BUYER: 953 WINDSOR HEIGHTS LLC
SQUARE FEET: 100,400
ACRES: 8.929

ADDRESS: 2665 S.E. OAK TREE COURT, ANKENY
DEC. 1, 2021
SALE PRICE: \$2,850,000
SELLER: JWR PROPERTIES LLC
BUYER: 2665 S.E. OAK TREE CT LLC
SQUARE FEET: 20,675
ACRES: 2

ADDRESS: 1808 DELAWARE AVE., DES MOINES
DEC. 1, 2021
SALE PRICE: \$1,619,690
SELLER: SHEFFIELD PROPERTIES OF ILLINOIS INC.
BUYER: 1808 & 1812-32 DELAWARE AVE. LLC
SQUARE FEET: 56,890
ACRES: 3.757

ADDRESS: 1901 N.W. 92ND COURT, CLIVE
DEC. 1, 2021
SALE PRICE: \$1,200,000
SELLER: PANTERA LC
BUYER: A&J DEVELOPMENT LLC
SQUARE FEET: 14,400
ACRES: 1.377

ADDRESS: 201 S.E. DELAWARE AVE., ANKENY
DEC. 1, 2021
SALE PRICE: \$1,700,000
SELLER: YOGI BAPA INC.
BUYER: AMBAA PROPERTY LLC
SQUARE FEET: 24,826
ACRES: 1.098

ADDRESS: 1401 E. NINTH ST., DES MOINES
DEC. 2, 2021
SALE PRICE: \$140,000
SELLER: NIGHTHAWK MANAGEMENT LLC
BUYER: HOYLE PROPERTIES LLC
SQUARE FEET: 1,584
ACRES: 0.366

ADDRESS: 10303 N.W. 62ND AVE., JOHNSTON
DEC. 2, 2021
SALE PRICE: \$510,000
SELLER: EXPERTIESE INVESTMENTS LLC
BUYER: TME INVESTMENTS LLC
SQUARE FEET: 0
ACRES: 2.301

ADDRESS: 739 17TH ST., DES MOINES
DEC. 2, 2021
SALE PRICE: \$535,000
SELLER: TDS PROPERTIES LLC
BUYER: 739 17TH ST. EHV LLC
SQUARE FEET: 4,180
ACRES: 0.181

ADDRESS: 5299 N.E. 22ND ST., DES MOINES
DEC. 2, 2021
SALE PRICE: \$2,110,000
SELLER: JONES FOUNDATION HOLDINGS LLC
BUYER: TRIP PORTFOLIO LLC
SQUARE FEET: 17,800
ACRES: 10.36

ADDRESS: 2413 WELBECK ROAD, DES MOINES
DEC. 3, 2021
SALE PRICE: \$217,000
SELLER: MORROW, TITUS
BUYER: KNEIP, DYLAN
SQUARE FEET: 1,456
ACRES: 0.185

ADDRESS: BETWEEN FOUR MILE CREEK AND ANKENY AIRPORT EAST OF ANKENY
DEC. 3, 2021
SALE PRICE: \$2,982,620
SELLER: RMJ FARMS LLC
BUYER: ATI ANKENY INDUSTRIAL LLC
SQUARE FEET: 0
ACRES: 78.8

ADDRESS: 1615 SECOND AVE., DES MOINES
DEC. 6, 2021
SALE PRICE: \$550,000
SELLER: NANCY E. SANDSTOE TRUST
BUYER: URBAN DREAMS
SQUARE FEET: 10,692
ACRES: 0.722 ■



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THE PATCH, LLC	CENTERVILLE	APPANOOSE	02	\$0	2	1	1	EXISTING BUSINESS	Landscaping Services
Country Side Auto LLC	CENTERVILLE	APPANOOSE	02	\$0	3	1	1	NEW BUSINESS	General Automotive Repair
Structure Holdings, LLC	CEDAR FALLS	BLACK HAWK	01	\$0	0	1	1	EXISTING BUSINESS	Offices of Real Estate Agents and Brokers
Woldco, Inc.	MASON CITY	CERRO GORDO	04	\$0	0	0	5	EXISTING BUSINESS	Farm and Garden Machinery and Equipment Merchant Wholesalers
T.J. Concrete L.L.C.	Adel	DALLAS	03	\$0	4	1	1	NEW BUSINESS	Poured Concrete Foundation and Structure Contractors
2 Brothers, LLC	Lake Park	DICKINSON	04	\$0	0	0	0	NEW BUSINESS	Car Washes
Phase Three Enterprises, LLC	DUBUQUE	DUBUQUE	01	\$0	2	0	2	EXISTING BUSINESS	Offices of Other Holding Companies
Paris Pizza Place, LLC	Reinbeck	GRUNDY	04	\$0	6	4	4	NEW BUSINESS	Full-Service Restaurants
K&H Properties, LLC	Humboldt	HUMBOLDT	04	\$0	2	0	5	EXISTING BUSINESS	Veterinary Services
Jayson Edge Trucking, LLC	HUMBOLDT	HUMBOLDT	04	\$0	1	1	1	EXISTING BUSINESS	Specialized Freight (except Used Goods) Trucking, Local
SHANAHAN EMPIRE LLC	IOWA CITY	JOHNSON	02	\$0	25	0	55	EXISTING BUSINESS	Residential Remodelers
Rieck Enterprises, LLC	North Liberty	JOHNSON	02	\$0	2	6	6	NEW BUSINESS	Residential Remodelers
Rieck Enterprises, LLC	North Liberty	JOHNSON	02	\$0	2	6	6	NEW BUSINESS	Residential Remodelers
Barrel House Downtown Cedar Rapids LLC	CEDAR RAPIDS	LINN	01	\$0	50	0	1	NEW BUSINESS	Full-Service Restaurants
BDA LLC	CEDAR RAPIDS	LINN	01	\$0	10	0	0	EXISTING BUSINESS	Gasoline Stations with Convenience Stores
MIDWEST STEEL ERECTORS LLC	MARION	LINN	01	\$0	0	0	1	NEW BUSINESS	Commercial and Institutional Building Construction
Charis Enterprises, LLC	Ankeny	POLK	03	\$0	6	0	26	EXISTING BUSINESS	Other Direct Selling Establishments
Arracorp, Inc	ANKENY	POLK	03	\$0	10	10	6	NEW BUSINESS	Fitness and Recreational Sports Centers
FAIRUPBUSINESS LLC	CLIVE	POLK	03	\$0	0	0	1	NEW BUSINESS	Other Miscellaneous Durable Goods Merchant Wholesalers
Prairie 1050, LLC	Des Moines	POLK	03	\$0	4	0	7	EXISTING BUSINESS	Landscape Architectural Services
Invictus Media, LLC	DES MOINES	POLK	03	\$0	0	5	5	EXISTING BUSINESS	Motion Picture and Video Production
ELEPHANT ERA LLC	DES MOINES	POLK	03	\$0	0	0	1	NEW BUSINESS	Passenger Car Rental
GA Midwest Inc	GRIMES	POLK	03	\$0	8	0	8	NEW BUSINESS	General Automotive Repair
7G Development, LLC	Johnston	POLK	03	\$0	15	0	53	EXISTING BUSINESS	Environmental Consulting Services
Dm Rink Partners, LLC	Urbandale	POLK	03	\$0	2	5	5	NEW BUSINESS	Fitness and Recreational Sports Centers
Moravec Salons, LLC	WEST DES MOINES	POLK	03	\$0	15	0	21	EXISTING BUSINESS	Beauty Salons
MITCH DIETRICH INSURANCE AND FINANCIAL SERVICES	BETTENDORF	SCOTT	02	\$0	2	2	2	NEW BUSINESS	Insurance Agencies and Brokerages
The Gypsy Highway Corp.	Davenport	SCOTT	02	\$0	1	23	23	NEW BUSINESS	Full-Service Restaurants
Downrange Supplements LLC	DAVENPORT	SCOTT	02	\$0	0	4	4	NEW BUSINESS	Food (Health) Supplement Stores
Dustin Blied and Libby Blied	Hull	SIOUX	04	\$0	0	16	16	EXISTING BUSINESS	All Other Miscellaneous Fabricated Metal Product Manufacturing
Parr Contracting, LLC	Sergeant Bluff	WOODBURY	04	\$0	1	2	2	NEW BUSINESS	Recyclable Material Merchant Wholesalers

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Understanding catharsis

Catharsis is a noun that is defined as the process of releasing, and thereby providing relief from, strong or repressed emotions.

With my role in helping families with end of life, I am familiar with the term, but many are not. It is to everyone's benefit to understand the role catharsis plays in emotional healing.

When people die, it has an impact on the family and friends who shared life and love with them, resulting in strong psychological responses. What we choose to do to deal with those emotions following a death can vary. They can be helpful or counterproductive. When a loved one dies, some individuals choose to become insular, to not have a gathering or a celebration of life. A result of this, many times, is that there is not a mechanism to allow for catharsis.

Interaction with others during an emotional time has value, even though it may be uncomfortable for some who do not like to show vulnerability. I advocate to have a form of remembrance

of some sort — a memorial, funeral, celebration, visitation, reception or gathering where it is safe to share and grieve. It is in these settings when emotions are released, and we begin healing. Whether it is tears or laughter, both are immensely important in taking the pain that is internal and releasing it, promoting healthy recovery from loss.

For most people, tears, laughter, hugs and communication with others allow catharsis to occur and lead to a recovery. Planning and allowing for a time to do so is an important step. When you plan, remember the importance of catharsis, visit with those close to you, and determine which form of remembrance will serve you best.

Cry, laugh, tell stories, hear words of support, and have many cathartic moments. It is how we heal. ■

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Estate planning tips and advice

Estate planning might sound like a process reserved for the wealthy, but the truth is everyone can benefit by pre-planning for the event of death or incapacity. The process of estate planning may seem daunting, but often the hardest part is deciding to start the process.

Like every end-of-life issue, it may not be the most pleasant thing to discuss, but making a plan for how your affairs will be handled is the best thing you can do for your loved ones, regardless of your financial standing.

It is vital for every person to create a plan, especially when others, like your spouse, children, parents, or siblings, may be affected in the future by the plans you make now. Consider these tips for creating a sound, logical estate plan.

• **Advance Directives.** First, you should have contingent plans — a Financial Power of Attorney, a Health Care Power of Attorney, and a Living Will — that nominate somebody else to help you make decisions.

Through a Durable Financial Power of Attorney, you give another person the ability to help you with your finances while you are living but are incapacitated and unable to handle financial matters.

If you are too ill to speak for yourself, you can express your wishes and have your voice heard

through a Living Will. This advance directive lets you set out your preferences for your care. A Living Will should be accompanied by a Health Care Power of Attorney, which nominates a specific person to make medical decisions for you.

• **Will or Trust.** Second, you should have plans which direct your assets. A Last Will and Testament directs the distribution of your property upon your death. Without a will, your estate will be distributed according to state laws. A will allows you to name a person — the executor — who will wrap up your affairs. You can select who will be responsible for ensuring that your wishes are carried out.

A trust is an alternative wealth direction tool and can help avoid the costs associated with probate. Trusts can be revocable or irrevocable. There are different types of trusts for different situations.

A will or trust is crucial if you have minor children or children with special needs. You can nominate someone to act as a guardian for your children if you are not around.

• **Tax considerations.** Third, good estate planning minimizes the impact of taxes. Careful planning minimizes death taxes and ensures that you can maximize the legacy you leave your family.

• **Long-Term Care.** Not only is it important for you to begin the process of estate planning, it is also

important that you consider planning for your (or your parents') long term care, including residing in a care facility or a retirement home. This is particularly important if you have aging parents who need medical assistance.

From reviewing an independent-living contract to assisting with asset-protection planning, it is important to involve skilled legal counsel. You should seek experienced advice regarding guardianships, paying for long-term care, and Medicaid eligibility.

• **Seek legal counsel.** Remember, you are never too young or too old to think about estate planning. By preparing for the future, you gain peace of mind for yourself, your family, and your loved ones.

It is essential that an experienced attorney advise you as you make these significant life decisions. You owe it to yourself to talk with an attorney who can address your specific circumstances and goals. Please contact Abendroth Russell Barnett Law Firm so that we may assist you in estate planning and future care planning matters. We are here to answer your questions. ■

Information provided by Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

Is this the year you retire?

We are experiencing a Retirement Revolution. You may have heard it being called The Great Resignation. That term refers to all the people leaving the workforce due to the pandemic. According to Goldman Sachs research, about two-thirds of those leaving the workforce are retiring; that's why I think Retirement Revolution is a more accurate description. Whether they are concerned about getting the virus, have found that work is no longer a big part of their identity, or the pandemic has changed their job in ways they don't like, many are retiring earlier than they expected.

We find that a few things can prevent people from pressing "go" on retirement. One of the significant concerns is income. It can be challenging to think about no longer receiving a paycheck from your employer and paying yourself from your retirement savings. If you are thinking about retiring before answering the income question, you have to consider this: What do you

want to do in retirement? How you spend your time will help determine how you spend your money. It will also help you determine if you have enough money to live out your retirement vision.

Health care is another one of those things that can help you determine if you are retirement-ready. Many people want to wait until they are eligible for Medicare to retire. There's nothing wrong with that. I just wouldn't let it be the sole determinant of your retirement date. In the last 20 years, I've seen hundreds of people successfully retire before they are Medicare eligible. We've just had to get a little creative with their plan. It might be as simple as utilizing their spouse's health care plan or taking advantage of COBRA. This law allows employees to continue their health care coverage even after leaving employment.

There are other things besides a pandemic that can determine your retirement date. If your health changes or your employer offers an early retirement package, that could push you into

retirement or make it seem much more attractive than before. We also see scenarios where one person retires, loves it, and convinces their spouse to join them.

If you are not ready to retire, maybe this is the year you capitalize on other retirement strategies like a Roth conversion, catch-up contributions, or updating your legacy plan. Whether you join the Retirement Revolution or not, heading to and through retirement with a comprehensive, written retirement plan will help make it easier. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006. Source: Casselman, Ben (Nov. 12, 2021) "The Number of U.S. Workers Quitting Their Jobs in September was the Highest on Record" www.nytimes.com



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Embrace aging

Advice for caregivers and families

Anxiety, depression and other emotional challenges can overwhelm families as they try to adjust to the new realities in their lives.

Compassion and mindfulness

Jake F. Li, a licensed independent social worker with Des Moines Pastoral Counseling Center, has advice for meeting retirement or declining health, especially mindfulness for opportunities and new goals.

Regarding Alzheimer's Disease and other dementias, Li says compassion and mindfulness are ways to combat internal expectations of what life was supposed to be for both the patient and the caregiver, and to reduce depression, anxiety and grief in this journey.

He talks with clients about how some of the greatest challenges that we face aren't our fault.

"There is pain and suffering in life," said Li. "But we can have the wisdom to not blame ourselves."

Fundamentally, compassion and mindfulness are the idea of stepping out of the "autopilot of our lives." He describes how it takes six minutes for a single M&M candy to melt in your mouth — an example that mindfulness is the ability to turn all of your senses on to a single focus and to be present with it. Specifically, that mindfulness helps us understand the rising thoughts, emotions and body sensations.

"Cultural Cure"

Anne Basting works on what she calls the Cultural Cure for dementia, bringing the tools of imagination and creative expression to care relationships.

As an educator and artist, Basting transports people out of isolation, bringing meaning back into the lives of elders with dementia wherever they live. She helps caregivers shift from the expectation of memory to the freedom of imagination.

"People with dementia are living in a world of metaphor," Basting says. "We just need to move into it."

Basting says dementia breaks rational language and the order of time. Shifting to symbolic, emotional communication lets people access and express strengths "instead of going to the loss and asking them to communicate with you out of loss."

She encourages "beautiful" questions in personal dialogue — evading cognitive disability with queries that open a shared path of discovery. For example: "What is the most beautiful sound in the world? And can you make it?"

Embrace aging

A coalition of organizations led by Calvin Community Foundation hosted expert-led discussions in Des Moines on issues associated with aging. Now, the Embrace Aging online library serves older adults, family members and caregivers with practical information on how to handle issues associated with aging.

You can see Li, Basting and others' presentations at calvincommunity.org today. ■

Information provided by Ashley Buckowing, Sales & Marketing Director, Calvin Community, 515-633-2566.



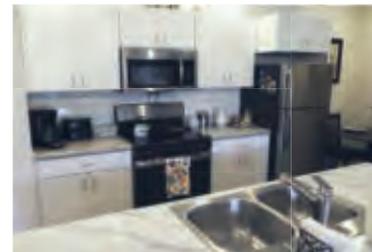
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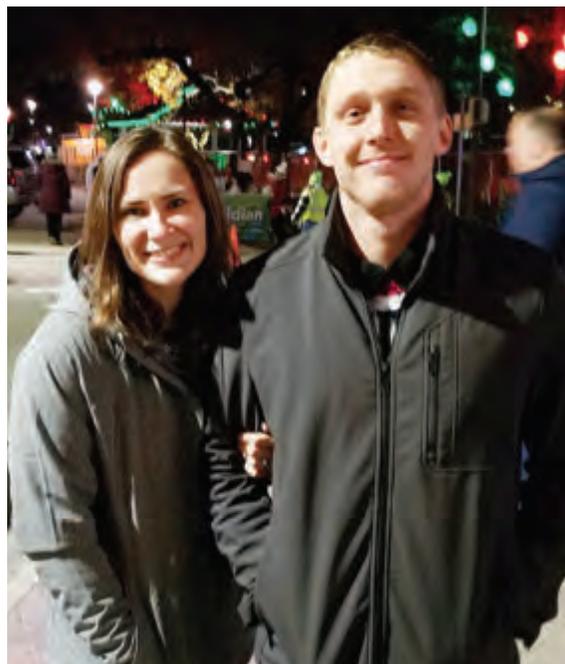
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PSYCHIC GUIDANCE

from a local goddess,
a bone thrower,
a psychic energy reader,
and a witch.



By Joe Weeg

Goddess Keyes, aka Yvette Keyes, pauses, looking hard at the cards.

I feel a tingly whisper of warning on the back of my neck.

Will she see that my wife is cheating with my father's estranged brother who is in prison for stealing the pig my uncle won in a raffle at the Iowa State Fair Swine Barn?

Probably not.

Will she forecast my death occurring just before I'm able to achieve my life glory — eating an entire pan of cinnamon rolls in one setting?

I don't think so.

Will she tell me if the Cyclones or Hawkeyes or Panthers or Bulldogs or the Under 6 "Kittens" are going to win this weekend?

Hmmm...

“I help people get in touch with who they are and clear out all the gunk. Like being worried about other people’s opinions. Being worried about their everyday responsibilities. I’m always trying to preach to people about self-care. Just taking care of yourself. So you can get to know you. I help people to discover what it is about them they like and to build on that.”

A large laugh. A warm glow. An empathetic look. Yvette Keyes is all of these.

And, by the way, she is also a psychic.

Which is why I am here.

What can we expect for 2022? That’s the question. Sure, we could review legislative proposals, or the latest crop reports, or Paris fashions, but does that tell you if you should leave your boyfriend or start a new business or, in my case, get hair implants?

Nope.

So what are the predictions for 2022?

I asked a local goddess, a bone thrower, a psychic energy reader and a witch.

GODDESS KEYES

Yvette Keyes laughs a lot, but she is no-nonsense, down to earth, and ready to work for you.

And she reads Tarot cards. The cards are a vehicle to help her tap into the Universe, she explains.

“I get more relationship issues than anything, which is why I have people focus on themselves and what they

can do to solve the issues, not what the other person can do. I’m not reading for the other person.”

I nod along knowingly — that is, knowing it is the other person’s fault for our problems. Right?

Keyes will have none of that.

“Is my boyfriend cheating on me? I can tell you if he is or not. But the real question is what are you going to do about it? What kind of life are you going to have? Are you willing to say, ‘Hey, I know you’re cheating, and I’m OK with that.’ Or ‘I know you’re cheating, and I’m done.’ ”

Whew.

So, what do you think for 2022?

She shuffles her deck of Tarot cards. She lays three on the table.

“So the king of swords is telling me about you taking charge of your life. Whatever you have to get done, get it done. This is the year. You can work on your family, but work on yourself, also. This is the year to get it done.”

And the Strength card?

“It’s going to take strength to get through the year. There may be some things coming up that aren’t rosy, but remember strength is not about being strong, it’s about being loving. Within yourself find the love that you have. If that means you have to meditate or go out and jog, whatever you have to do, find that love that’s within you.”



Yvette Keyes the Goddess Photo by Joe Weeg

And finally the Two of Swords?

“It’s funny. It’s like you have two different paths you can take, like you’re blindfolded and trying to live two different paths. If you were to take that blindfold off, which path would you choose? Could you blend both paths? Make a decision. It is your year. Make a decision about your year. But in love.”

And Goddess Keyes packs up her well-used deck. And walks on into 2022. With love.

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ARGOS THE BONE THROWER

Argos Marinoctis.

I have a bad habit of sizing people up to see if I can take them out if a fight erupts. Yup, it's true. Pathetic, but true. So... Argos Marinoctis?

He could crush me, roll me up, and sell me as a burrito.

Where do we begin?

"When a new person comes in to see me they're like, 'You're going to tell me if I'm going to die or something?' I tell them I won't."

Argos Marinoctis says this with a deep rumble that seems to vibrate in MY chest.

"And then the death card comes up in the Tarot deck, and they freak out."

Argos smiles.

"No, it's not about death. It's all about change, that's all it is."

Argos laughs. I reflexively smile at this bear of a tatted man.

I heard about Argos because he is a "bone reader."

"My mom and dad were very involved in the old magic stuff. I was raised with Tarot cards, and my grandmother read palms. When I left home, I actually thought everyone else was strange to not have this upbringing. But I discovered I am the strange one."

Where does bone reading come into the picture?

"Bone reading is probably one of the oldest forms of divination out there. Basically, I have a few different kinds of bones. I have coyote bones, and I even have a few human finger bones. The point of that is everything has symbolism, and everything has meaning. Coyote bones have a kind of trickster energy, and a lot of people need that because it will tell them what things and what people to watch out for."

What about the finger bones?

"The finger bones connect to the human aspect, and the bones change with



Argos Marinoctis the bone reader. Photo by Joe Weeg

What's a

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time.”

And then what happens in a bone reading?

“It depends on how the bones lay. If they’re laying on top of each other or pointing in a specific direction. Whatever catches my eye. It is trusting your instinct.”

OK, Argos Marinoctis, what do you see for 2022?

I’m actually optimistic. I know there are things happening — people are freaking out. None of that matters for 2022.”

So what matters?

“2022 is going to represent new growth. There are going to be new avenues opening. A lot of people are going to be chasing their tails the first four months, but I think come mid-spring, early summer, everything is going to flush itself out. It will return to the new normal.”

And what makes you optimistic?

“We’ve learned to adapt. People are now a lot more conscientious of each other. I think we’re going to see people being more considerate and courteous of other people. I don’t want to say it was necessary to have the pandemic, but this is one of the benefits. People are going to appreciate each other more as we move forward.”

Any specific advice?

“Specific advice I can’t say. If you want something to change, you need to change it. You obviously sat down with me for a reason. You need to change.”

And Argos Marinoctis looks directly at me with that message. Yikes.

AMALIA THE PSYCHIC ENERGY READER

So, who marries a bone reader?

At Black Toad Apothecary, Amalia Marinoctis sizes me up with kind eyes.

“Do people really want to hear about me?” says the wife of Argos the bone reader.

A truly self-effacing person, she wants to talk about you. But with a slight push, she states what she does — actually does — is FEEL, and always has. The Black Toad Apothecary website puts it:

“Amalia connects Psychic Energy through touch and can tap into your energies to see what blocks your progression forward and can assist in clearing such things from your path.”

OK.

“I read energy,” Amalia says. “I’ve always been able to.”

My goodness.

“It’s learning how to interpret it, and I’m always learning something, researching. When you stop learning, you stop growing, and then you stop living, and then there is really no point.”

So, when you feel, do you see something



FEATURE STORY

Amalia Marinoctis the psychic energy reader. Photo by Joe Weeg

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physical like an aura?

"I don't actually see anything, I feel a vibe. If I really wanted to tune into you, which I will not do except in a reading, I can feel your chakras, I can feel the energy that your emotions give off, and I can pinpoint where in your body that is and what it pertains to and how it screws with your mind and decision-making and how you feel."

So what happens if I tell you I'm having relationship problems?

"I will sit you down and look at you. I will peel it all back and look at your energy through the psychic side of myself."

And then?

"Well, everybody wants to know the future. They want to know what the best branch is to climb to get to that twig over there. That is impossible."

Shoot. That is exactly what I want.

"There are always a lot of possibilities and a lot of decisions. The decisions might not be up to you but up to your partner. Things are always ambiguous. You have to look at yourself and the situation."

How do you do this?

"I can use Tarot cards, but I find them distracting. I don't have to work by touch, but I prefer touch because it is easier to remove distractions."

Why do people usually come to see you?

"Relationships is a big one, but a lot of times people

don't actually know why they come in. They feel stuck. A fun one is when people come in and say their house is haunted, and they want to know what to do."

What do you do for a haunted house?

"Well it depends on what is haunting you. Are you living on an Indian burial grounds, or is it your grandma saying you should know about this?"

A ghost?

"What is kind of cool is that a ghost and person feel pretty much the same."

So, what do you see for 2022?

"I still see a lot of change coming. I don't think it's quite settled down yet. People are still trying to find a rhythm. The fear in the world has to settle down."

So what can a person do?

"Don't worry about all the crazy stuff on the news. Ignore the news and just worry about yourself and your life and where you want to be. Your life is going to be the source of your immediate happiness regardless of what is going on in the world."

When will this all settle down?

"I think people are starting to focus more on their own lives, and that will mean the faster it will all settle down. The pandemic has forced people to focus on their own lives. 'I don't want this, but what do I want?'"

And then Amalia give me a small touch on the tip of my finger.

"That's all it takes."

MARGREET THE WITCH

"I'd prefer that you say I'm a little witchy rather than a witch."

Of course. Simple enough.

Although, my Dutch friend, Margreet den Adel, is not plain and simple.

So what do you believe?

"I believe in my gut feeling. I believe in energies. I believe in reincarnation. I believe in the afterlife, and I believe in life in general. We can't live without dying. So we have to live death. I believe in death."

Yup, just a typical conversation with Margreet over WhatsApp as she sits in her living room in The Hague.

A tall, spark of a woman full of color and warmth, she is a trained counselor and a trained grief counselor. And, by the way, she is also a self-proclaimed witch, who switches from laughter to seriousness with the turn of a Tarot card.

She is the person you want to sit next to at a dinner party.

"I believe in living life to the max, and I believe in love. We have to be more loving and caring toward each other. It all starts with us."

So, Margreet, what are you all about?

"Well, I am clear hearing and clear knowing. Is that a good word? And I believe in the universe, and I believe in a higher power. And I believe in miracles and magic and nature. I believe in the ocean."



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When did you first feel you were different?
 “Oh, very young. I have always been different even in childhood.”

How so?
 “I saw energies, which no one else saw. As a result, I thought I was adopted. I even asked my parents if they adopted me.”

So if you're in a crowd of people, what do you feel?
 “I don't like to be in a crowd because I feel too much and I sense too much. My clients come in for Tarot readings, and I tap in before I even lay down the cards. I can feel their energies.”

That sounds like a burden.
 “Well, it's a good thing, Joe, but sometimes really, really hard.”

Because of negative feelings?
 “Of course. When you have clients, you don't always have positive clients. We all have positive things and negative things.”

And Tarot?
 “I did Tarot readings in past lives. So I remember now from then. And without bragging, I am just good at it because of that.”

Really.
 “And in the past I misused my power. I have been a High Priestess in Egypt, and I misused my power enormously. This time I do not.”

Tell me about the cards.



Margreet den Adel the witch. Photo submitted



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“The beautiful thing about the cards is that the cards never lie. So I lay down the spread, and people are like, ‘Whaaat.’”

Because of your interpretation?

“They frequently are shocked and can’t understand how I can know them since they are strangers. I know their lives. It is wonderful. It is beautiful.”

And your role in all this?

“I am just a messenger. I read energies. And my spirit team is working with my client’s spirit team. We exchange energies. It makes me think, who is actually counseling who. My clients are my biggest teachers.”

Who are your clients, and what are their typical issues?

“It is women, and it’s all about love. I don’t have one man in my practice. They are too up in their head.”

OK, 2022. What do you see?

“I see a bright and beautiful future because next year is a six year [2022 — 2+0+2+2]. And we also have the number ‘2.’ A ‘2’ means you have to make a decision. Next year is all about decisions. It is about balancing out. It is also all about love because lovers are the number ‘6.’”

Is there more?

“It is going to be a better world, 2022 and 2023.

They go together. We are all going to have our bumpy roads and our decisions to make. We are going to have one heck of a year. It will be difficult, but I see a bright, beautiful future. We will come together.”

And Margreet blows a kiss, sends me her picture taken by her daughter, and leaves to lay the cards down for another client.

There you go. Psychic predictions for 2022. So, what now?

Well, if you are a true believer in this psychic world, great, go for it, leave that darn boyfriend. I never liked him anyway.

Perhaps you are a skeptic but think you have nothing to lose in believing — so you believe. Wonderful. I’ve always loved a pragmatist. So you should do the recommended hard work and stop blaming your 64-year-old mother.

Perhaps you are an unbeliever and think this is a lot of hokum. Of course. Duh. But before you go all Harry Houdini on me and want to uncover the ringing bell box under the table, isn’t the world a better place when it makes room for a goddess, a bone thrower, a psychic energy reader, and a witch? All of them, by the way, preaching love?

Now there’s a card to lay on the table for 2022. ■



The Tarot cards drawn for 2022. Photo by Joe Weeg

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BELLY UP TO:

New Northwestern Cocktail and Wine Bar

Inside the bar, the railway car theme carries you back in time.

BY JACKIE WILSON

Take a stroll along the downtown streets of East Village and peek into the tall windows at the New Northwestern Cocktail & Wine Bar located at 321 E. Walnut. Inside, observe a lively group of patrons sipping cocktails and laughing, as they did more than 100 years ago at the same location.

The building used to be a hotel for railcar travelers, as near E. Fourth Street was a north/south line for the Chicago Northwestern Railroad. It was previously called the Old Northwestern Hotel in 1887, but, in 1916, the New Northwestern Hotel replaced it, hence the name for the current digs.

Inside the bar, the railway car theme carries you back in time. A black-and-white backdrop of a train on tracks takes up the back of the bar. The marbled bar, along with green velvet comfy high-back chairs, sets the scene from a century ago. With about a dozen tables and ample L-shaped bar seating, it's a cozy spot.

Décor includes floor-to-ceiling windows with heavy gray drapes, floor tile that could be original, along with frost glass swirls set in wood underneath the bar.

A few modern touches hidden under the bar include USB ports and outlets to discreetly plug in devices, along with a few hooks for purses so designer handbags don't sit on the floor.

The drink menu is centered on wine and craft cocktails. An extensive wine list from across the red/white/sparkling spectrum includes more than 60 different wines. All wines are priced at \$12 a glass or \$50 a bottle. If you want to try some different wines, it's a wine connoisseur's chance to try it one glass at a time.

Craft cocktails include rail-themed drinks, including the Locomojito, with Bacardi Silver, coconut rum, key lime rum, cream and mint for \$13. Drinks are often made with fresh ingredients and edible flowers.

A gin and tonic flight lands you a choice of three gins with any garnishes. The trio costs \$25. Or, for \$5 more, tell the bartenders your tastes and they'll create one based on your drinking style.

The menu includes about a half dozen handheld sharables, including a charcuterie tray, bruschetta and smoked salmon crostini. Happy hour Tuesdays through Fridays from 3-6 p.m. lands you half off wine, beer and cocktails from a select menu. The place is closed Sunday and Monday.

On a Friday evening, live music by Chad Elliott and Kathryn Fox was featured in the building's atrium, where patrons can bring their drinks.

The New Northwestern Cocktail & Wine Bar lends to a quiet evening with a focus on drinks and ambience with a great first-date vibe. You can almost hear the train chugging and whistling as you settle in for the evening. ■



New Northwestern Cocktail & Wine Bar is located at 321 E. Walnut in downtown Des Moines' Historic East Village.



Craft cocktails include rail-themed drinks like the Locomojito, concocted with Bacardi Silver, coconut rum, key lime rum, cream and mint.



The railway car theme carries visitors back in time, and the green velvet high-back chairs are comfortable and create an ambience conducive to easy conversation.



Live music is sometimes featured in the building's atrium so patrons can bring their drinks into the lobby and enjoy.

LUNCH WITH... BY JIM DUNCAN

Chrissy Johnson and 'Mama' Helen Frizzell

The Joppa Experience, in many ways, is a throwback to a kinder, gentler America.

EAT & DRINK

Mike Whalen, a developer, restaurateur and pundit, once spoke to the Iowa Restaurant Association suggesting that a restaurant, as well as any institution, personifies our collective humanity. That was a romantic notion that has intrigued me for decades. Small bars and diners, where everybody knows your name, represent that idea well. But modern times have made the personality-driven places that writers like Nelson Algren and Raymond Chandler romanticized rare. The Joppa Experience, in many ways, is a throwback to a kinder, gentler America.

Chrissy Johnson moved to Des Moines a year ago and opened that restaurant about six months later in the Merle Hay Mall food court — Local Eats. “Mama” Alice Frizzell is a hospitality industry veteran who asked for a job when she first checked out Joppa. I asked Johnson to lunch recently, and she insisted Frizzell join us. We went to Joppa, which means “beautiful” in Hebrew, according to Johnson, and has no relationship with a local agency that helps the homeless. Johnson and her staff of three seem to be on a first-name basis with all their customers.

“We pretty much are. More than anything, I want this place to be a place for families. I think it’s helpful to treat people like family,” said Johnson.

Johnson lived 40 years on the southside of Chicago before her brother finally talked her into moving to Des Moines. The restaurant caters to Chicago tastes, with Polish sausages, fried chicken, turkey tips, Chicago Italian beef sandwich, catfish sandwiches, oxtails, sweet potatoes, cabbage and collard greens, etc.

What defines Chicago food?

“You don’t find it anywhere else, it’s just an expression of the city,” Johnson said, adding that it represents the foods that Italian, Polish and African-Americans brought with them when they moved to the city in the early 20th century.

How hard is it to supply a Chicago style kitchen in Des Moines?

“I have to take a trip every month to Chicago to shop for Italian style beef, Polish sausage and steakburgers. Everything else I can find at B&B or Brewers. I get my catfish from Potthoff’s,” Johnson said.

Turkey tips and oxtails are not something one sees much in Des Moines.

“No, but they are really popular. They are hard work to make so we have them on Thursdays and Fridays only. I get my tails from the boys at B&B. I cover them in beef stock and braise them overnight at 200 degrees, with mirepoix, garlic, thyme, onion and my blend of



Chrissy Johnson

seasonings. They are ready the next morning. Turkey tips are a little different here. I make mine out of breasts that have been sliced into one inch strips. Most in Chicago use thighs. I marinate them overnight and finish them on the grill. They are amazingly juicy for breast meat,” she said.

What are her favorite examples of Chicago classics?

“For fried chicken, it’s Harold’s. For Chicago Italian beef, I prefer Mr. Beef. My favorite pizza place in Chicago is Portillo’s; it’s thin crust not deep dish. The original Maxwell’s on Sacramento is great for all Chicago foods,” Johnson added.

Has she been in Iowa long enough to have found favorite places here?

“Probably not. I spend all my time in the restaurant or with my kids. My kids love Zombie Burger and Texas Roadhouse. I guess my favorite place is B&B. I love those guys, and they are good to me,” Johnson said.

How has life changed since moving to Des Moines?

“Let me tell you about my life in Chicago as a single mom with two kids. I worked for the Chicago School System and had to get up at 4 a.m. to get to work at 6. After that job, I worked as a personal caretaker till 10 p.m. Then I went home and started over again the next day.

“That was the life I had to live to take care of my kids. It was not the life I wanted to live. I had been to culinary school, and that was always my dream. So, when I made it to Des Moines, I determined to bet on myself as an entrepreneur. That was easier to do here,” she explained.

How so?



Helen Frizzell

“I found helping hands extended in Iowa. If you are dedicated to a dream of entrepreneurship here, there are networking opportunities. I took a business workshop at the Evelyn Davis Center. Friends and family helped me get started. I found amazing staff here. They show up early every day to bless the dream and the vision.

“Best of all, though, is what my life here does to make me a better mother, to give me the time with them to help them grow up to live the lives they want, not the ones they have to accept. My single mom somehow did that for all her kids, though she lost us for a while in the Chicago welfare service system. But she got us back and made sure we all got to college. In Chicago I worried all the time about my kids. Single moms have to be there for their kids. I am so proud of what my mom did as a single mom in the ghetto. I think sometimes I was supposed to come here to break the family history cycle,” Johnson said.

Because a customer was asking specifically for Johnson, she replaced “Mama” Helen behind the lunch counter. Frizzell is a Des Moines girl.

“Yes, I went to East and graduated from Valley. I have been in the hospitality industry most ever since. I worked for Marriott until the COVID laid me off. Then I started working at Mullet’s, but COVID has forced them to cut back hours. They close at 4 p.m. now on weekends and at 2 p.m. on weekdays.

“So when a customer suggested I check out Joppa, I did but wasn’t planning on making any promises. As soon as I saw this place, I wanted to work here. This whole food court is about helping each other. Everyone helps everyone else. That’s a rare, good thing these days,” Frizzell said. ■

FOOD DUDE

BY JIM DUNCAN

RC's Diner

Latkes — those delightful potato pancakes — are served in flights, like vodka or wine.

Des Moines has long boasted of an extraordinary number of Italian, mostly Calabrian, restaurants. Since Bob Ray opened the state to immigrants from Southeast Asia and Mexico in the late 1970s, Des Moines has added so many excellent Vietnamese, Thai, Lao, Michoacan, Jalisco and Central American restaurants that Tony Bourdain took note when he visited. Strangely, our large populations of Irish, German and Jewish citizens has never been served by the numbers of accommodating restaurants as the Italians, Southeast Asian and Hispanic populations. Joe and Alex Tripp are trying to bridge that gap.

In early December, they bought out partner Simon Goheen and closed the restaurant for breakfast and lunch, temporarily. The partnership was a long shot. Tripp and Goheen both operate successful restaurants on their own — Harbinger and Simon's respectively. Partnering and sharing a kitchen for two different services has been tried before in town, and it never lasted long. Goheen did breakfast and lunch and Tripp did dinner. Now, it's Tripp doing dinner and working on a new lunch/breakfast menu that he hopes to begin in January.

In my experiences, breakfast was busier than dinner, at least on Sundays. Long term, though, dinner must win the way in a hallowed space that has hosted some of the greatest culinary innovators in Des Moines history — Ann Tancredi of Anjo's, John Ross and Andrew Meek of Sage, David Baruthio of Baru 66, and Jacob Demars' RI. So let it be with the Tripps.

The place has been playfully remodeled to attract more of a casual family demographic than previous incarnations. In fact, it was named after sons of both Tripp and Goheen. It also has from day one tried to be a rare Jewish restaurant in central Iowa. That means that latkes are featured. Those delightful potato pancakes are served in flights, like vodka or wine. With a severe inability to resist new potato dishes, I tried the entire latke menu. That included a "classic" with sour cream,

chives, applesauce and horseradish; a Bronx with house-cured salmon, a smear of cream cheese, red onions and crisped capers; a Little Popper with cream cheese jalapeno, roasted turkey and pepper jam; a hot date with cheese curds, date brown butter, chives and caramelized onions; plus a weekly special.

Sandwiches were more familiar, with a burger, a Reuben, a turkey with avocado, a patty melt, and a buttermilk fried chicken. Tripp is personally obsessed with fried chicken perfection. His Korean version kept the doors open at Harbinger during COVID. This new version, with hot honey and celery seed cole slaw, is special. All sandwiches are served with fresh cut fries of note.

The nosh menu, which means appetizers as much as anything else, includes more familiar dishes — chicken wings; disco fries with pepper gravy, cheese curds, turkey and candied bacon; spinach and artichoke dip; onion rings with pastrami jam; and a lox platter. Soups included a daily special and matzo ball. Salads covered the Cobb, beet, Brussels sprout and house field.

Entrees screamed the word "Diner" with a fabulous meat loaf, made with grape jelly glaze and served with Brussels sprouts and mashed potatoes plus a bone-in short rib pot roast. Also worth trying were a chicken pot pie in puff pastry, a hangar steak, a full pound Iowa chop with more of that date brown butter and a five cheese mac and cheese.

Each table was greeted with complimentary, homemade potato chips and a light dip. Drink specialties included a couple with Tripp's celery seed syrup. Prices are diner-like with wines in the \$28-40 range and no entrée more than \$28. Happy hour brings more bargains. ■

RC'S DINER

6587 University Ave., Windsor Heights, 515-277-7907

Tuesday – Saturday, 4-9 p.m.



A flight of latkes at RC's Diner.

Jim Duncan is a food writer who has been covering the central Iowa scene for more than five decades.

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Scot Sutherland is 'pretty easy to get along with'

Bass guitarist has played with hundreds of musicians in the past 25 years.

On his way to becoming a seasoned blues bass guitar player, national Blues Foundation award winner, and Iowa Blues Hall of Fame member, Scot Sutherland, has played with hundreds of musicians in the past 25 years. He chalks up his reputation simply by saying, "I'm pretty easy to get along with."

As a full-time bass guitarist based in Des Moines, Sutherland has played blues with some of the greatest bands and musicians in the world. A five-year tour with the Tommy Castro band netted him a blues music award band of the year in 2010.

He's played with Samantha Fish early in her career. In 2018, an exciting touring opportunity with rising stars Mike Welch and Michael Ledbetter proved promising until Ledbetter passed away.

As an 8-year-old, Sutherland thought banging on the drums might be ideal. As his mom looked into piano lessons, he noticed other instruments. There was a ton of guitar players, but only a handful of bass players, who performed in multiple groups while playing numerous gigs. As a teenager, he got his first bass guitar for Christmas in 1983.

He was attracted to players where the bass was prominent in the songs.

"I attribute my love of bass by listening to the extremely creative bass players," he explains. "Subconsciously, it seeped into my brain."

Before he played bass, he recalls the first blues record he bought at age 13, Muddy Waters' "Hard Again." Fast forward 25 years, and he discovered

that he's played with or met every musician who ever played on that album, except for Muddy Waters himself.

"It's a small world to listen at age 13 and the privilege now of meeting everyone," he recalls.

He's toured with various bands off and on consistently since 1995.

"After the gig with Tommy Castro, that band elevated my name to be more noticeable to the blues genre and better respected," he explains.

However, he doesn't just play the blues. When people ask his genre preference, he simply tells them, "I'm a fan of music. Some people say I'm a fan of all music, except, you fill in the blank. I might be playing that music tomorrow. I'm never prejudiced toward music and need to be open minded about a variety of music."

He applies that openness towards music venues as well. As he's played sold-out European venues, he's currently hosting a Monday night live jam at the Greenwood Lounge in Des Moines. When he's in town, he plays with the Ducharme Jones band.

Sutherland has traveled all over the nation, but his roots keep him in Des Moines with his wife and family.

"Everyone thinks you have to go to New York or L.A. to be successful," he says. "I dig Iowa. There's lots of great musicians, and creative people are staying here."

You can catch Sutherland at the Greenwood Lounge on Jan. 24 and Jan. 31; he plays Feb. 12 at the Winter Blues Fest. ■



Scot Sutherland got his first bass guitar for Christmas in 1983. He has been playing ever since. Sutherland plays at the Greenwood Lounge on Jan. 24 and Jan. 31; you can also see him live on Feb. 12 at the Winter Blues Fest.

SOUND ADVICE

BY JACKIE WILSON

Need a New Year's resolution for 2022? How about setting a musical goal to see some live music at a local venue? Check out below or elsewhere in this issue for some ideas.

Samantha Fish, winner of a dozen blues awards, returns to Wooly's on Jan. 19. Advance tickets start at \$25. Also at Wooly's is ReCaptured: A Tribute to Journey on Jan. 14. Tickets \$15.

Looking for a multi-sensory psych-pop experience? Then attend **Zap Tura** with guest **Skyscraper** on Jan. 14 at xBk. Tix are \$10 in advance, \$13 day of show.

Steve Vai brings his Inviolate Tour to Hoyt Sherman Place on March 20. Vai

is considered one of the greatest guitarists of all time, winning three Grammys and playing with bands such as Whitesnake, Frank Zappa and David Lee Roth. Tickets cost \$40-\$60.

Christian music's **Winter Jam 2022** takes place at Wells Fargo on Jan. 22, featuring **Skillet**, **Colton Dixon**, **NewSong**, **Tauren Wells** and more. Admission is \$10.

Hairball announced a show that is set for Saturday, Feb. 5 at 7:30 p.m. at the Iowa State Fairgrounds' Jacobson Exhibition Center with special guest **The Pork Tornadoes**. ■

FILM REVIEW

BY DAVID ROWLEY

'Nightmare Alley'

Visually stunning and beautifully scored, but at two and a half hours, it's a bloated and unwieldy beast.

When charismatic but down-on-his-luck Stanton Carlisle (Bradley Cooper) endears himself to clairvoyant Zeena Krumbein (Toni Collette) and her has-been mentalist husband Pete (David Strathairn) at a traveling carnival, he earns his golden ticket to success, using the newly acquired knowledge of the ways of mentalists to grift the wealthy elite of 1940s New York Society. With the naïve Molly Cahill (Rooney Mara) loyally by his side, Stanton plots to con Ezra Grindle (Richard Jenkins), a dangerous tycoon with the kind of money that can raise the dead. However, the aid of a mysterious psychiatrist Dr. Lilith Ritter (Cate Blanchett) might be his most formidable opponent yet.

"Nightmare Alley" journeys into an arrestingly dark, sweeping and realistic world of film noir. The movie moves from the inner circle of a 1930s traveling carnival, a realm of shocks and wonders, to the halls of wealth and power where seduction and treachery reside. At its core is a man who makes the mistake of believing the lies spewing from his mouth. Stanton Carlisle begins as a literal nobody, a man who has torched his scarred past, and decides to join a passing carnival and become a member of a world unto itself. Here, no questions are asked, and no one cares who you were before, as long as you do the job assigned to you.

The carny who changes Stanton's life the most is Zeena's husband, Pete, a fading star who drowns his self-recriminations in the bottle. Once Pete was the creator of a hit mind-reading act, based on an ingenious code he created, that wowed high-paying audiences. Now isolated, guilt-ridden and drowning in booze, Pete is momentarily buoyed by the thought of taking Stanton under his wing — oblivious to his wife's relationship with him. He approaches him with a naïve, paternalistic pride. Even though Pete warns Stanton to never abuse the act in ways that might take advantage of the audience, or a spook show, that's exactly what Stanton does.

The carnival's manager, Clem Hoately (William Dafoe), is also its bombastic barker, an old school carny with an intimidating gruffness but a willingness to give anyone his or her one chance. Clem gives Stanton refuge, but he also demonstrates the depths of his own darkness in his harsh treatment of the carnival's geek. The carnival geeks are usually opium junkies or alcoholics deprived of their fix, willing to do anything to avoid withdrawal. In the carnival hierarchy, the geek is the lowest in their societal pecking order, reviled and pitied even by carnies. Pulled from dark alleys in the dead of night, the geek is everything Stanton fears about himself. Unmissable with his two-tone heeled boots and crimson-and-gold barker's jacket, Clem is one of the carnival's most multihued



characters — and one of its most unpredictable.

Stanton's rise through the ranks of the carnival troupe continues onto the higher echelons of American society all against the background of Great Depression-era America. Carlisle is a drifting hustler who transforms himself into a dazzling showman and manipulator so masterful he comes to believe he can outwit fate. Once he learns how profitable delusion and deception can be, Stanton never turns back. He's a man who's absolutely flush with privilege yet still feels the world owes him more. He has people who believe in him, who love him and trust him. Yet, his greed and his own hubris are so strong that, rather than reciprocating, he uses those people for his own personal gain — no matter the cost.

Within "Nightmare Alley," there are seething layers of corruption, vice, lust, betrayal and cosmic absurdity that build as Stanton learns to cynically prey on the human need to believe in something outside themselves and our world.

As Stanton's skills increase and he becomes a consummate performer, the carnival world gives way to a city realm far shinier and glitzier on the surface but seething with anxieties underneath. Once Stanton and Molly leave for the bright lights of the city, where they strike it rich as a swanky nightclub act, the movie flips visuals for a sleek Art Deco aesthetic reflecting the hot new trends of the late 1930s prevails in the second part of the film.

Stanton sets his sights on a very lofty goal. He aims to gain the trust of the town's wealthiest industrial magnate, Ezra Grindle, a man haunted by loss and willing to go to any lengths for answers. Despite his riches, Grindle is blind to all that he possesses. He's fixated instead on his fear that he caused the death of a woman he loved. ■

"Nightmare Alley"

R | 150 minutes
Director: Guillermo del Toro
Stars: Bradley Cooper, Cate Blanchett, Toni Collette

PREVIEWS

"The 355"

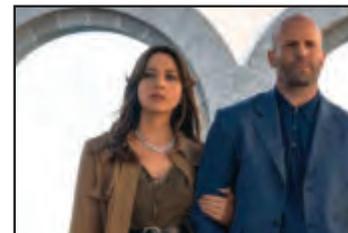
PG-13
Director: Simon Kinberg
Stars: Jessica Chastain, Lupita Nyong'o, Diane Kruger



When a top-secret weapon falls into mercenary hands, wild card CIA agent Mason "Mace" Brown will need to join forces with rival badass German agent Marie, former MI6 ally, and cutting-edge computer specialist Khadijah, and skilled Colombian psychologist Graciela on a lethal, breakneck mission to retrieve it, while also staying one-step ahead of a mysterious woman, Lin Mi Sheng, who is tracking their every move. As the action rockets around the globe from the cafes of Paris to the markets of Morocco to the wealth and glamour of Shanghai, the quartet of women will forge a tenuous loyalty that could protect the world — or get them killed.

"Operation Fortune: Ruse de guerre"

NA
Director: Guy Ritchie
Stars: Cary Elwes, Jason Statham, Aubrey Plaza
Statham plays the superbly monikered super spy Orson



Fortune, who must track down and stop the sale of a deadly new weapons technology wielded by billionaire arms broker Greg Simmonds (Hugh Grant, having fun with accents again after Ritchie's "The Gentlemen"). Reluctantly teamed with some of the world's best operatives (Aubrey Plaza, Cary Elwes, Bugzy Malone), Fortune and his crew recruit Hollywood's biggest movie star Danny Francesco (Josh Hartnett) to help them on their globe-trotting undercover mission to save the world.

"Sesame Street"

G
Director: Jonathan Krisel
Stars: Anne Hathaway, Chance the Rapper
Big Bird and his Sesame



Street friends are mysteriously expelled from their neighborhood, finding themselves in Manhattan. They team up with a plucky history show host Sally Hawthorne (Anne Hathaway) who's on a quest to save her show and prove that Sesame Street actually exists, with obstacles created by the "evil" Mayor, with reasons of his own for keeping Sesame Street hidden from the world. ■



Artist James Ellwanger, Moberg Gallery.

The prodigal artist and friends

Among the dominant found material in James Ellwanger's new works is felt salvaged from casino gaming tables.

BY JIM DUNCAN

Moberg Gallery's Winter Group Show offers artwork in many styles, shapes and colors. It features James Ellwanger, an artist known mostly for sculptures and public art. He also is a multi-media guy, using acrylic, steel, limestone and digital platforms. He is currently focusing on textiles and their stitching together.

Having lived in the American desert most of the last five years, Ellwanger has scoured the second-hand stores of Las Vegas and Palm Springs for new materials that reflect the places he now hangs his hat. Among the dominant found material in his new works is felt salvaged from casino gaming tables. These works are both large and small scale and have an interesting ability to tell stories in basically abstract style.

The former Des Moines artist has contributed many well-known pieces to the local landscape. Most visible of those is "Shattering Silence," the 30-foot-tall sculpture near the Judicial Building downtown that comments on an 1839 ruling by the Iowa Territorial Court that gave permanent freedom to former slaves who had come to Iowa from Missouri. Also popular with locals is "The Seam" at the baseball park. It is a marvelous abstract rendering of a baseball. His "Glow" project installed LED lights in the storefronts of Walnut Street to light the night. These new wall works

at Moberg have a similar ability to invite the visitor inside, to touch and feel the fabric and other things usually forbidden for things that hang on walls.

Larassa Kabel is also in the show with her latest horse paintings. This long-time series has become so popular that Kabel will continue to remind us about the horror that happens when 18-wheeled vehicles fly down the asphalt seas of American highways where mustangs roam.

New artists Linda Colletta, Leon Hodes, Charoula Nikolaidou and Jeanette Pasin Sloan join the gallery for this show along with familiar artists Andrew Clarridge, Sarah Grant, Annick Ibsen, Adele Renault, Pref, Travis Rice, Karen Strohbeen & Bill Luchsinger, and Chris Vance.

New York-based, Zimbabwe-born Hodes works in various media, creating paintings which often include elements of collage and text. He cites African mythology, nature, medicine, science, street culture and more as his influences. Hodes works large, using oil, acrylic and collaged media on canvas to make works that read as stories about fastening together. Hodes paints with Crayola-colored glee, using familiar shades of red, grey, green and sky blue to comfort unfamiliar references in familiarity.

Colletta got her start in New York City as a scenic artist painting backdrops for MTV and VH1. She paints layered stories, created through the lenses of feminism, pop culture and childhood nostalgia. Nikolaidou also paints large, with figurative and abstract paintings that comment upon bodies, living and not, in various states of movement and repose.

Chicago-born Pasin Sloan paints and draws everyday objects, such as kitchen appliances, dishes and silverware. Her still lifes are photorealistic and full of reflective surfaces, but they are also investigations of how we live, reflecting the way appliances and containers shape our personal environments. As a young mother, Pasin Sloan would paint in her kitchen when her children were asleep. Her artwork took a significant turn when she noticed a reflection in a toaster she was painting. Since then, according to Michaela Mullin, "her photorealistic paintings have become filled with patterned drapery beneath silver, melamine, and other reflective surfaces. 'Constellation II' and 'Diamonds are Forever' are playful studies on the change of, on, and in shape and form, and how a field of dots and lines can become additional stories and dimensions in an otherwise simple cup and spoon."

This show runs through the end of January. ■

IOWA ARTISTS

BY JACKIE WILSON

Iven Jones

Black culture plays an important role in the work of this local artist.

When Iven Jones sold one of his paintings of Tupac Shakur, he felt inspired to continue with his work. That one push affirmed his love of painting, and he hasn't looked back.

Jones considers himself a visual artist. He paints urban/pop culture art and current Black culture trends, including protest art regarding George Floyd. A self-taught artist, he paints mostly acrylic on canvas.

After a long-time employer fired Jones, he focused on his painting career.

"I took a leap of faith and put everything I had into my art," he remembers. "After that job — I put a lot of time into the place — I decided, if I'm going to work, I want to do something for me instead of making someone else rich."

Jones grew up in an all-Black community in Chicago. As he got older, he realized that some Blacks lacked self-love. One of his favorite art pieces reflects the meaning of self love, which starts as a child. The painting shows a young Black girl with a Black doll.

"It starts when you're young," he says. "You have to have images that look like you — that's the type of love she wants for herself."

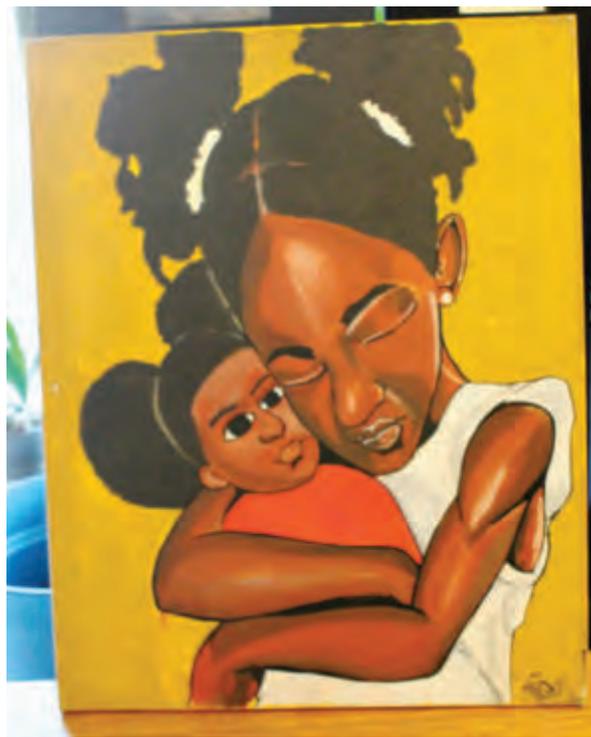
It's challenging for Jones to believe in his own artistic talents and gifts, but the difficult times pushed him to do better.

"In my experience at art shows, sometimes I'm the only Black person there," he says. "I wasn't selling anything and sat in my tent. It was discouraging at one point. After a while, I realized that experience pushed me. I wanted to paint even more."

Jones sells a number of prints, saying the past year was one of his best yet. He did a live painting at Jasper Winery for an art auction. His mom from Chicago was there



Local artist Iven Jones is a self-taught visual artist who paints mostly acrylic on canvas.



Jones' favorite art piece, of a young Black girl with a doll, reflects his definition of self love, which starts as a child.



Painting urban/pop culture art has proven to be a strength for Jones.

to witness him in his element.

"A man came over, saying how the painting spoke to him," he remembers. "I thought it was the greatest, especially because my mom was there to see it."

Eventually, he'd like art to be a full-time job, but it doesn't pay all the bills yet.

"If business fell into place, I'd love it," he says.

He had an art showing at the Barnum Factory, where he painted an art mural. The owner helped him with art shows, giving encouragement.

"She told me to own it and helped me figure things out on my own," he says, grateful for the boost.

He says that painting changed his life.

"I first thought of it as a stress reliever. It kept my head on right," he says. "People kept telling me I need to do something with my art."

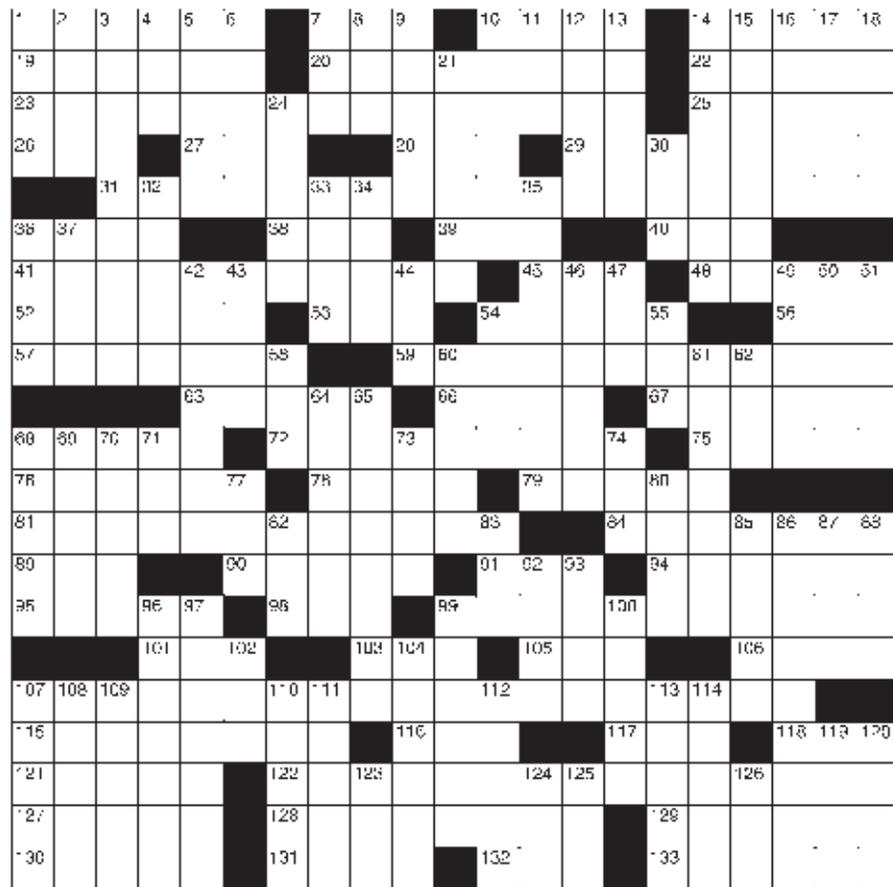
Jones paints every night when he gets home from work. When he finishes a painting, a sense of accomplishment washes over him.

"I'll always be me — trying to be the best I can," he says. "Every painting gets better. It's a confidence builder and reinforces my passion for art." ■

PUZZLES

Find answers at www.dmcityview.com/the-games

OFF DUTY

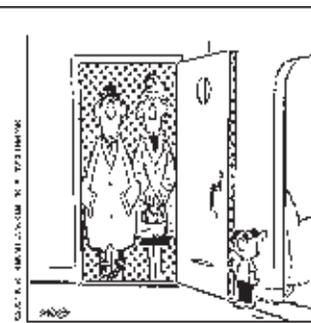


ACROSS

- | | | | |
|--|--|-------------------------------------|---|
| 1 Pillager | 76 Illicit love affairs | 5 Register, to a Brit | 65 "Yes, sorry to say" |
| 7 Branch of Buddhism | 78 Helen's city | 6 Rushed toward | 68 Former fillies |
| 10 Mosque minister | 79 4-point Scrabble piece | 7 Pimple | 69 Entertain |
| 14 Stallone role | 81 Events to move | 8 Start for dermis | 70 Tailed orbiter |
| 19 Large lizard | merchandise for charity | 9 Many a fiction book | 71 Engine noise |
| 20 Shirt-pocket audio player | 84 Redgrave of film | 10 Newborn | 73 Dancing girl in "Return of the Jedi" |
| 22 Wine coolers | 89 Ending for Canton | 11 Egyptian -- (certain cat) | 74 VII times II |
| 23 Gasohol, e.g. | 90 Leg bone | 12 In the blink of -- | 77 Boss of a cpl. |
| 25 Italy's largest port | 91 Pro hoops gp. | 13 Grinding tooth | 80 Actor Bert of "The Wizard of Oz" |
| 26 Apartment, e.g.: Abbr. | 94 Tested the weight of by lifting | 14 "You said it!" | 82 A, to Wilhelm |
| 27 Sculling need | 95 Take hold | 15 Transparency film | 83 ---cone (frozen treat) |
| 28 That, in Spanish | 98 Flanders on "The Simpsons" | 16 "MIB" part | 85 Actor -- Zimbalist Jr. |
| 29 America's Cup sport | 99 Bucolic byway | 17 Ride to bust | 86 Robbed |
| 31 Passed-on value system, say | 101 Here-there linkup | 18 Plains tribe | 87 Stitched line |
| 36 Ever and -- | 103 Madam's partner | 21 Fashion | 88 Counts up |
| 38 "The Fresh Prince of -- Air" | 105 Plains tribe | 24 Caribbean isle | 92 Wave-tossed bobber |
| 39 Volkswagen hatchback | 106 Shady giants | 30 "El --" (1961 epic film) | 93 Voting "no" |
| 40 Ellipsis bit | 107 Earnings not allocated for necessary items | 32 Oct. 24 observance | 96 Exclusive group of people |
| 41 Serious moral offense | 115 Very brave | 33 Count (on) | 97 Lack of a response |
| 45 Big Apple airport code | 116 Adam's partner | 34 Besides that | 99 Fancy tie |
| 48 Superbright colors | 117 Suffix with northwest | 35 Boisterous merriment | 100 Copier ink |
| 52 "Relax, Gil!" | 118 Provided with a meal | 36 Hail -- (yell "Taxi!") | 102 Agent, for short |
| 53 -- Kippur | 121 Razor-honing band | 37 Western mil. alliance | 104 "The nerve!" |
| 54 Song of thanksgiving | 122 It may be trespassed on | 42 Dancer Duncan | 107 Wafers, e.g. |
| 56 Drink sample | 127 Move around like a baby | 43 Roman despot | 108 Prelim |
| 57 Tattoos and piercings | 128 Bristlecone, for one | 44 Global financial gp. | 109 Fine fiddle |
| 59 Journalistic profession | 129 "Tru" subject | 46 Reaches | 110 Prone to tilt |
| 63 Childbirth assistant | 130 Made of turf | 47 Jacuzzi sigh | 111 "The Wire" actor Elba |
| 66 Two-spinoff CBS series | 131 River through Flanders | 49 Honshu port | 112 Trendy again |
| 67 Quit sleeping | 132 37-Down part: Abbr. | 50 Saltpeter | 113 Earthen pot |
| 68 Very manly | 133 Neighbor on "Seinfeld" | 51 Fork out | 114 Comparable (with) |
| 72 Like gross profits ... or how the ends of eight answers in this puzzle might appear | | 54 Purple-brown | 119 Feminizing suffix |
| 75 Digital greeting | | 55 School lobby gp. | 120 Batik artisan |
| | | 58 Soaking spot | 123 Feminizing suffix |
| | | 60 One way to serve ham or pastrami | 124 Ending for cannon |
| | | 61 "It's Pat" star Julia | 125 Cribbage pin |
| | | 62 Tic-toe linkup | 126 Green-minded gp. |
| | | 64 Leaves alone | |

DOWN

- | | | |
|--|-------------------------------------|-----------------------|
| 1 Perjurer, e.g. | 58 Soaking spot | 119 Feminizing suffix |
| 2 Leer at | 60 One way to serve ham or pastrami | 120 Batik artisan |
| 3 Earned more points than -- Bo (fitness system) | 61 "It's Pat" star Julia | 123 Feminizing suffix |
| 4 -- Bo (fitness system) | 62 Tic-toe linkup | 124 Ending for cannon |
| | 64 Leaves alone | 125 Cribbage pin |
| | | 126 Green-minded gp. |



"It's the ones you were it would be."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the leftover letters to form the mystery word which will complete the gap.

- Letter
- TERAF
- Fervent
- RANTED
- Blanket
- EARLY
- Temple
- SHINER

TODAY'S WORD

SUDOKU

by Linda Thistle

		7	5		3		
6				4		8	
5			8		1		9
	4	2					3
1			4		7		
	9	8		7		5	
		3	5	1			2
9			7			6	
	2		6				3

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

DIFFICULTY: ♦♦

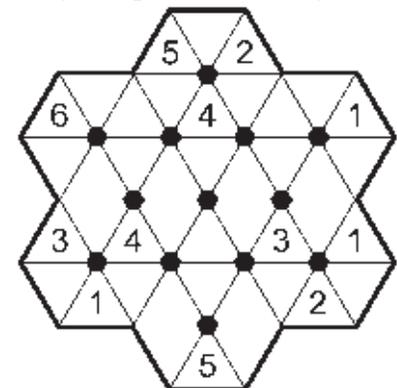
- ♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any part of hexagon shape along the border of the puzzle.



DIFFICULTY: ♦♦♦♦

- ♦ Easy ♦♦ Medium ♦♦♦♦ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		÷		2
x		÷		-	
	+		-		7
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DIFFICULTY: ★★★

- ★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 3 4 5 6 8 9

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WHAT THE...

Think you're funny?

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Email to celeste@dmcityview.com — **BE SURE TO INCLUDE YOUR NAME**

Next month's photo:



This month's winner

"Mother Nutcracker always told us, 'Never run with swords!' She was right!"

M. Wedewer



Runners-up

**"Whose ornament this is I think I know.
His place is on this festive tree although;
He will not see me watching him today
All dressed in red without a place to go."**

Dennis Moore

"I'm scared stiff in fear of losing my other eye to that bulb again."

Ronda Bennett

"It's true what Mom said about nut cracking: You could lose an eye."

Rick Montgomery

"BB guns aren't the only things that can put an eye out. Walnuts can do a petty good job of it as well when nutcrackers go on a bender."

Jim McCool

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Syphilis is on the rise in Iowa.

Syphilis is a sexually transmitted infection.

Early numbers show a **75% increase** in syphilis cases in Iowa from 2020 to 2021.

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JOE'S NEIGHBORHOOD

BY JOE WEEG

'Begone, Satan!' or 'Come hither, Iowa Angels?'

Exorcisms are not for the weak of heart.

It began when she was 14 years old. Secret voices. Shameful desires. Unholy thoughts of suicide and mayhem. This went on for 26 years until she had enough of the demons and took drastic action.

She went to a convent, was restrained in a bed, and was surrounded by the "strongest nuns" the Franciscans had to offer. All well and good, until the Catholic priest began to pray over her. Immediately she lapsed into unconsciousness. Her eyes locked shut. And then...

"With lightning speed the possessed dislodged herself from her bed and from the hands of her guards; and her body, carried through the air, landed high above the door of the room and clung to

the wall with a tenacious grip. All present were struck with a trembling fear."

And so began the exorcism of an unidentified woman in Earling, Iowa, in 1928, as told in "Begone, Satan!" by Father Carl Vogl, translated from German in 1935 by Rev. Celestine Kapsner.

Yup, Earling, Iowa.

By 1936, Time magazine even ran an article about "Begone, Satan!" and noted that the truth of the event was vouched for by a bishop and a monsignor — "Hence it was presumed not to err in faith or morals," said Time.

Indeed.

And what an ordeal it was. Screaming, howling and cursing from the possessed

was the norm. The poor woman's face became so distorted that the nuns had to leave the room because it was unbearably gruesome. And then there was the spitting and frothing and vomiting of "excrement." Not to mention the smell.

Exorcisms are not for the weak of heart.

The devils possessing the woman were an impressive cast of characters — Beelzebub, Judas Iscariot, the father of the possessed woman who had attempted to sexually abuse her, and the father's mistress who had murdered four children — just to name the main players. But there were assorted other demons who came and went like "a swarm of mosquitoes."



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Fortunately, the exorcist, the Reverend Theophilus Riesinger, was experienced, tenacious and carried a “consecrated Host in a pyx upon his breast in order to safeguard himself against injuries and direct attacks by the evil one.”

After 23 days, Father Theophilus blessed the woman and said: “Depart, ye fiends of Hell! Begone, Satan, the Lion of Juda reigns!”

And that was that.

Believe it or not.

Well, 61% of Americans actually do believe it — believe in the devil, that is, according to a Gallup poll in 2016.

I’d wager that number is even larger today after two years of pandemic, multiple years of climate disasters, and centuries of most people hating folks who act a smidgeon different than themselves. There’ve been some banner years for Satan.

But does Satan get the last word for the New Year?

I don’t know.

What about the Des Moines woman who prepares bags every week with all sorts of essentials and money, then hands them out to the folks asking for help at street intersections?

What about the Des Moines couple who take young women in tough situations into their home and provide a safe place for them to thrive and be loved — forever after?



What about the Urbandale woman who cares for a sick husband, sick kids, sick grandchildren, and then drives to Florida to rescue an ill, elderly aunt?

What about the Des Moines man who sits on so many boards that are crucial to the quality of our lives, reads all the materials, and makes decisions that make our world better — all without pay?

What about the Des Moines man who retired early to

take care of his ill, adult daughter around the clock but still has the energy to fight for her care in court after the State refused to help — and then won?

What about the Waukee woman who gives countless hours to support sustainable farming and healthy food for all of us?

And what about the genuine smiles from the staff at the coffee shops, the hardware stores, the restaurants and bars, and wherever I go for groceries?

Really? Smiles? With all these devils running around?

That same Gallup poll in 2016 found that 72% of Americans believe in angels.

Personally, I’ve never met either Beelzebub or Judas Iscariot, and I am not much of a believer in devils. Although reading about the exorcism in Earling did scare the bejesus out of me. Where did I put my consecrated host in a pyx anyway?

But I am bullish on Iowa angels. I know more than a few. Good people. Good Iowans. And so I suggest a new book for Father Carl Vogl: “Come hither, Iowa angels!”

Why not? ■

Joe Weeg spent 31 years bumping around this town as a prosecutor for the Polk County Attorney’s Office. Now retired, he writes about the frequently overlooked people, places and events in Des Moines on his blog: www.joesneighborhood.com.



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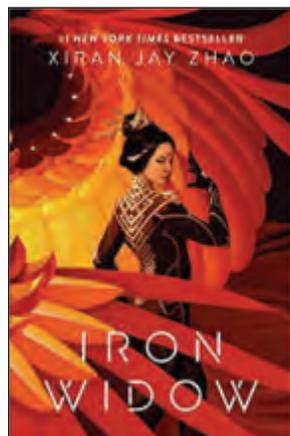
'Iron Widow'

The wide world of fantasy novels has so much more diversity these days, and I, for one, cannot be more excited about it. "Iron Widow" is just such a story, taking place in an alternate world in which a culture with Chinese influences is haunted by an alien invasion that threatens all of civilization.

The aliens are battled by hero pilots with powerful technology that comes at a stark cost. Women are often killed in service to the male pilots, sacrifices no one seems to care about. Zetian refuses to accept this misogynistic practice after her sister is killed and decides to enlist to seek revenge. Zetian's bravery and strength end up putting her into a situation she never could have foreseen, and she's thrust into battle with a man she doesn't trust, with one goal: ending the forced sacrifice of these women while still protecting her people.

A fast-paced plot with a lot of big themes, it's an interesting, unique fantasy setting with sharp, morally grey characters who leap off the page. It's like catnip for me, and I can't wait for the sequel. ■

— Review by Julie Goodrich



By Xiran Jay Zhao
 Publication date:
 Sept. 21, 2021
 400 pages
 \$17.99
 Penguin Books

'The Cat Who Saved Books'

Grief, books and a talking cat. If there were ever a recipe for a book guaranteed to catch my attention, I think that would be it. Translated books are often surprising in both story and prose, and this charming tale is no different.

Rintaro Natsuki is a lonely teenager who is sure that no one knows him or cares about him and now he has lost his beloved grandfather, an eccentric who owned a small used bookstore. Rintaro inherits the shop and stops going to school. Alone with his misery, he is stunned to find a talking, green-eyed cat who demands his help. The cat is on a mission to save unread books from careless, thoughtless owners who don't understand the value of books.

In the course of his adventures in book-saving, Rintaro finds a way through his grief, and, more significantly, his fear of being alone. This is a heart-warming, simple and beautiful story that hits just the right note of bittersweet humanity. It is absolutely a book for booklovers — and anyone who needs a genuine smile. ■

— Review by Julie Goodrich



By Sogoke Natsukawa
 Publication date:
 Dec. 7, 2021
 208 pages
 \$24.99
 HarperVia

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CENTER STAGE

BY JOHN BUSBEE

What does 2022 have to offer?

Appealing characters anchor a fun month.

Puppets take center stage in the live theater scene in January. From a singing feathered critter to golden TV icons, appealing characters anchor a fun month, launching a new — and eagerly anticipated — year of performing arts in central Iowa. Broadway returns to the Des Moines Performing Arts venue that has presented record-breaking attendance runs and even some National Tour launches. Be still my beating heart.

PLENTY O' PUPPETS PERFORMING

The Des Moines Community Playhouse's children's programming is one of America's best. Its Kate Goldman Children's Theatre (KGCT) will reverberate with performance and plenty of participation when "Don't Let the Pigeon Drive the Bus!" bursts onto stage, under the artful guidance of director Peter Dean. Based on children's literature, KGCT plucks a gem with this hit family show when Pigeon feels under-appreciated and stifled in exercising his wants. Author/creator Mo Willems penned the book and wrote the musical.

"The show will appeal to audiences of all ages because characters such as the Pigeon, the Bus Driver, and the Duckling, and the story itself, are right out of the Mo Willems books that parents have been reading to their kids over and over and over," Dean shares.

This show allows adults to immerse themselves in the joy of experiencing this interactive show as the young charges they bring delight in its fast-paced story. The performance lasts about an hour, with no intermission.

KGCT shows also provide great opportunities for parents to share a book with children before attending, giving them familiarity with the show. These productions traditionally provide post-production chat, further exploring the themes in each show.

Dean explains, "This is not a show that hits people over the head with a message or a moral to the story. However, as with all good stories, there are a few themes that kids might pick up on." He continues, "Don't Let the Pigeon Drive the Bus!" explores issues of not getting what one wants, persistence, and trying different paths to success.

In the Temple Theater, Des Moines Performing Arts brings a blast from the past as presented in a format that honors the Golden Girls irreverence and humor. "That Golden Girls Show" parodies those beloved Golden Girls moments with puppets, and the show will be a laugh-filled delight. Sophia, Rose, Blanche and Dorothy return as miniaturized versions of their small-screen counterparts. Prepare for a laughing workout, as this is a show to share with a group of friends, or a perfect date night show.

BUT WAIT, THERE'S MORE...

Excitement builds as DMPA prepares to bring Broadway back to the Heartland. Several national touring shows are ready to make stops in central Iowa as DMPA welcomes the return of the best from the Great White Way in New York City. While there has been a dearth of top-tier talent blessing their Civic Center stage over the past two years, producers have worked diligently to literally get the show on the road again. Coming are "Tootsie The Comedy Musical," "Rent – 25th Anniversary Farewell Tour," "Hadestown," "My Fair Lady," and "Harper Lee's To Kill a Mockingbird" — and, that's just through August.

For those who wonder what happened to "Shen Yun," the majestic movement masterpiece, it was rescheduled by the producers to grace the Civic Center stage Jan. 22-23. ■

John Busbee is a creative project developer, critic, playwright, author, producer and media professional. He has produced his weekly show, The Culture Buzz, on KFMG since 2007.



Veteran performer Brett Spahr is the title character and puppeteer in the Des Moines Playhouse's Kate Goldman Children's Theatre production of "Don't Let the Pigeon Drive the Bus!" Photo credit: Brent Isenberger

OVERHEARD IN THE LOBBY

Check for updates with each company.

- **Ankeny Community Theatre**
– www.ankenycitycommunitytheatre.com
- **Carousel Theatre of Indianola**
– www.carouseltheatre.org
- **Class Act Productions** – www.captheatre.org
- **Des Moines Community Playhouse/Kate Goldman Theatre** – www.dmplayhouse.com
- **Des Moines Performing Arts**
– <https://desmoinesperformingarts.org>
- **Des Moines Young Artists' Theatre**
– www.dmyat.org
- **Iowa Shakespeare Experience**
– www.iowashakespeare.org
- **Iowa Stage Theatre Company**
– www.iowastage.org
- **Pyramid Theatre Company**
– www.pyramidtheatre.org
- **Tallgrass Theatre Company**
– www.tallgrasstheatre.org
- **Urbandale Community Theatre**
– www.urbandaletheatre.com

DES MOINES FORGOTTEN



Bowling in Des Moines

Plaza Lanes circa 1999.
Photo courtesy of JD Larsen

Memories include more than balls and pins.

BY KRISTIAN DAY



Park Lane bowling alley, circa 1955. Photo courtesy of the State Historical Society of Iowa, Des Moines



Van Ginkel's bowling lanes, circa 1959. Photo courtesy of the State Historical Society of Iowa, Des Moines

PERSONALITIES

As a child, my father would drag me to Town and Country Bowling and Cocktail Lounge in Rock Island, Illinois. I remember a giant Chief Black Hawk sign in front of it. This was sometime between 1989 and 1991, when smoking was still allowed in public places. Guests would walk in the front door and immediately be introduced to a mix of neon lights and cigarette haze. An arcade the size of small bedroom was also near the entrance. I remember playing arcade games and not-so-patiently waiting for pizza while my dad bowled in his league. Many of my quarters were devoured in Michael Jackson's Moonwalker game in that room.

Bowling Centers are still popular. I've produced enough live PBA tournaments in my day to know that there is still a strong following to one of the few sports that most anyone can at least participate in and have fun while doing it.

Des Moines even had a local TV program for three decades called "Let's Go Bowling," which legendary Iowa broadcaster John Zabel hosted and some of you may remember. I can't say that watching bowling on TV is all that stimulating, but like most any sport on a screen, you can kill a six pack to it.

Val Lanes has been in operation since 1957 and reminds me of the bowling alley that I frequented in my youth. Bowling enthusiast JD Larsen remembers the pinball machines and some of the first coin-op video

games he ever saw.

"Defender, Stargate and a very cool one I believe was called Tank. One of their old pinball machines would occasionally get a ball stuck on a scoring button and rack up points — 20 at a time. So if you could wait and conceal what was going on from the staff, you could wait it out and get enough points to earn free games."

Larsen also remembers another unique bowling alley.

"The most unusual bowling alley was on the second floor of Van Ginkel's on Ingersoll," says Larsen. "I have no recollection of why on Earth they had a bowling alley. It had a jukebox and was the only place I ever found that had a 45 from The Cars with a B side track titled 'That's It.'"

Van Ginkel's has been around on Ingersoll since 1922 and added bowling lanes in 1953. Another bowling enthusiast, Jim Sheldon, recalls time spent there.

"Got into my first bowling league at Van Ginkel's bowling alley down on Ingersoll in the late 1960s. Then behind Van Ginkel's on Grand Avenue was Grand Lanes. It was a little bigger, and I could have a few beers, as long as I had my ID," says Sheldon.

I have not ventured out to bowling centers in my adult life for fun that often; however, I do have memories of going to Plaza Lanes on Douglas Avenue. I went for a couple nights of cosmic bowling with friends during my

early years in Des Moines in 2007 and 2008. I wasn't part of any league, as I am the worst bowler on either side of the Mississippi. In fact, referring to my earlier story about going to Town and Country as a kid, you might have noticed that there was no mention of me bowling. I was terrible.

Plaza Lanes, one of the classic bowling centers of Des Moines, was originally built in 1957. However, as many of us remember, it tragically went up in flames in 2017. It was a bummer of a deal, and the facility was never rebuilt. That's not to say that the Des Moines area doesn't have plenty of great opportunities to indulge in bowling fun: Val Lanes in West Des Moines, Air Lanes on Fleur, Gameday Lanes at Merle Hay Mall, Bowlerama Lanes on Diehl Avenue, Great Escape in Pleasant Hill, Warrior Lanes in Waukee, and Adel Family Fun Center in Adel, to name a few.

Meanwhile, I went home to the Quad Cities for Thanksgiving this year and saw the empty lot that was once Town and Country Bowling and Cocktail Lounge. The bowling alley may be gone, but the statue of Chief Black Hawk remains — and so do the memories. ■

Kristian Day is a filmmaker, musician and writer based in Des Moines. He also hosts the syndicated Iowa Basement Tapes radio program on 98.9FM KFMG.





CARS IN THE CITY



The 2022 Kia Stinger sports sedan offers some get-up-and-go with its 2.5 liter turbo charged, 300-horsepower engine. It can go from 0-60 mph in 4.7 seconds.



ARTS & ENTERTAINMENT

Kia Stinger

The 10.25-inch infotainment touch screen includes “sound of nature.”

BY JACKIE WILSON

There are dozens of car manufacturers, but I’ve only owned three different brands in my entire life. One car I’ve never driven or ridden in is a Kia. I wasn’t sure what to expect and how Kia compares with biggie imports such as Toyota and Honda. I was pleasantly surprised.

I test drove the 2022 Kia Stinger. It’s a 4-wheel GT line sedan. First off, I liked the color of the car — a Panthera metal that is sparkle-flecked gray. It seems to stand out among the sea of gray-colored vehicles. Next time you’re in a parking lot, take a look at all the 50 shades of gray vehicles.

Hopping inside, I found it offered a surprisingly sporty feel. Once I maneuvered the 8-point auto seat adjustment, I settled in the comfortable, ergonomic leather bucket seat.

Owners can set up a multi-drive account through Kia’s UVO app. It’s custom tailored for each driver, knowing their points of interest and preferences. You can even hook up grandma to the app, so when she’s

babysitting junior, she knows the school route from your home.

A Parking Minder feature is ideal for when you head into a big box store. No more wandering around a parking lot, aiming the remote, while listening for your honking horn.

Drivers can also sync their calendars to the account. So, as you’re driving along, a reminder pops up on the infotainment screen, and you breeze into your appointment with ease.

Taking off in the car was quick with a 2.5-liter, turbo-charged, 300-horsepower engine. It can easily go from 0-60 mph in 4.7 seconds. Although, for this test drive, it was more like 10 seconds because of the traffic on Merle Hay Road.

On a cold day, the heated steering wheel warms the hands, while heated seats warm the tushes. For anyone with icicle-like hands, it’s a great wintertime feature for Midwesterners.

The Stinger handles quickly. The sports sedan has

five drive modes, and keeping it in sport mode means quicker get-up-and-go (but less gas mileage savings).

The 10.25-inch infotainment touch screen includes “sound of nature.” This quirky feature offers a simple screen option. The Warm Fireplace sound with crackling sticks and logs sounded like ominous sleet pellets on the windshield. The Snowy Village produced crunching snow sounds, which to me, sounded like fingernails on a chalkboard. The Calm Sea, with lapping ocean waves, suited me best.

Pop the trunk for a surprise — it’s a hatchback cargo area! From the outside, the hatchback appears concealed. The back seats fold down for added trunk space.

The Kia Stinger goes head to head with other sedans in its class, according to a 2022 JD Powers Report that says: “The Stinger is a gem of a vehicle hiding in plain sight. It deserves more consideration than it gets.”

I agree with that assessment. The Kia is a solid import sedan for \$39,490. ■

NEIGHBORS

BY JEFF PITTS

Living the American Dream while uneasy about a nightmare in Afghanistan

From a rural village to Kabul to Johnston

Once upon a time and a half a world away, there was a little boy in rural Afghanistan named Nabi Mohammadi. It was the early 1990s, and Taliban forces were gaining momentum. But that didn't yet matter to the youngster. Each day, the lad watched his father leave to teach school, and Nabi wanted nothing more than to follow. He was bored.

"If you want to get anywhere in life," his father frequently informed him, "you have to know the international language — English."

In 2001, after the events of 9-11, the Americans came and Nabi's father decided to move the family to Afghanistan's capital and largest city, Kabul. The change brought challenges, but Nabi's father seized the chance for his kids to have a better education and more opportunity.

Kabul offered a much different high school experience than in the U.S. Nabi enrolled in evening classes so he could work during the day. His family depended on his support.

After several years, through a chance encounter with a friend, Nabi learned his hard-earned English proficiency could land him work as an interpreter for the U.S. armed forces. It was risky. If the wrong people found out, like the Taliban or their friends, bad things could happen, but he was ready.

After a myriad of tests, Nabi found himself working with U.S. forces, including the Iowa National Guard, and on April 29, 2010, he narrowly escaped a Taliban rocket-propelled grenade.

"I could have been dead today," he told his friend, Dalton Jacobus, an Iowan serving at the time in the Iowa National Guard. This incident led Nabi to apply for a Special Immigrant Visa, which would allow him to come to the U.S.

"Dalton helped me apply for the Visa, and he was the reason I moved to Iowa," he says. "Captain Patrick Hendrickson of the Iowa National Guard, who I was assigned to work with, gave me the recommendation letter."

It wasn't easy, but on July 29, 2013, Nabi, along with his wife, Sanam, and their child (they have two kids now), moved to America. It was a happy day.

Still, Nabi wasn't done improving himself. He

worked two jobs while juggling his course load at DMACC and Grand View University. He graduated "debt free" with a degree in information systems.

"In 2019, my wife and I became U.S. citizens," Nabi beams. "I was so grateful and so thankful for the opportunities we have. It was one of the greatest days of my life. I'm a proud American now."

Johnston is home for Nabi and his family. He works full time at Principal as an IT analyst. In his "spare time," you might find him driving for Uber or delivering food to earn extra cash — plus, he coaches his sons' youth soccer endeavors.

Living the American Dream is a dream come true, but it's marred by the knowledge that his loved ones who helped make it happen — including his mom and dad — are left living a nightmare in Afghanistan.

Last summer, Nabi returned to visit his native country and to reconnect with his family — but his trip coincided with catastrophe.

"The assumption was," according to President Joe Biden, that the 300,000-plus U.S. trained-and-equipped Afghan National Security Forces would be a strong adversary against the Taliban. That assumption "turned out not to be accurate." As American troops pulled out, the Taliban quickly re-established control.

"We were lucky to get out just a few days before the collapse," explains Nabi.

Anyone who had worked alongside Americans in Afghanistan is supposed to be allowed "safe passage" out if they want, but Nabi says his family is "at great risk" as they work to put together the essentials needed to join him.

"I can't even help my own family right now," he says in frustration.

But Nabi is working with Sen. Zach Nunn and



Nabi Mohammadi worked as a translator and cultural advisor for the U.S. Army before moving to Johnston. Photo by Jeff Pitts

Task Force Argo, a group of private citizens working to evacuate Americans and Afghan partners who are stranded. According to its website, the group has helped evacuate more than 2,000. One of those was Nabi's brother, who had served as a major in the Afghan army.

"I don't know how to thank Zach," says Nabi. "They literally saved my brother and his family."

For now, the efforts of Nunn and Task Force Argo have paused. That means Nabi's parents, siblings and extended family who have fled their homes must remain in hiding, apprehensive of the future.

"Hopefully we can still find a way to get them out," he says. "How long can you live in fear?" ■

PEOPLE & PETS



There are only 2,000 Ridgebacks registered with the American Kennel Club in the U.S., but Kelly Read (pictured) and her husband Larry have two of them.

Unique dogs

Rhodesian Ridgeback dogs are named after famous Africans, Winnie Mandela and Nelson Mandela's cellmate, Walter Sisulu.

BY JACKIE WILSON

Two dogs, originally bred to keep lions at bay and protect hunters in Africa, have made their way to their new home in Altoona.

Winnie and Walter are Rhodesian Ridgeback dogs. Their owners, Kelly and Larry Read, obtained the half-sibling dogs from Texas. The dogs are 1 and 2 years old.

Rhodesian Ridgebacks are named for a ridge on the back, a long strip of backward-growing fur down the center of their spine. Ridgebacks contain Great Dane in their blood lines.

The breed was originally a guard dog that would travel in packs. If needed, they'd chase lions, but not attack them, and protect their owners. The Reads thought the breed was unique as it's only been in America since the 1950s. There are only 2,000 Ridgebacks registered with the American Kennel Club in the U.S.

Shortly after they received Walter as a puppy, he had a dermoid cyst the size of a tennis ball on his back. Kelly brought him to the veterinary clinic at Iowa State

University.

"The vet had never seen the breed before," she says.

The two dogs are named after famous Africans, Winnie Mandela and Nelson Mandela's cellmate, Walter Sisulu. The siblings get along well. Both have a lot of energy and can't be kenneled. Kelly takes them to doggy daycare on opposite days so each one can get a break from one another.

"They are the favorites at the daycare," assures Kelly.

The dogs each have personality. Both are alert and strong-willed but loyal and protective of Larry and Kelly. When outside, they'll chase rabbits and squirrels.

As I came in their home, the pair barked loudly, but hesitantly came to me. The piece of cheese I tossed to Walter helped me make a friend. But as I tried to take Walter's photo, he didn't like the large black camera. Every time I held it up, he'd turn around silently and walk to the kitchen. It was comical after the 10th time of turning his back on me.

When Kelly takes Winne and Walter on walks,

many people are intrigued with the strip of fur down their backs.

"People often think the ridge is raised because they are mad, which has nothing to do with it. They walk with their tails tucked, not because of dominance but protecting themselves until they feel safe," explains Kelly.

The dogs detest rain or walking in dew-filled grass. "You'd think the rain was like acid the way they react," says Larry. "They don't mind snow, though."

Both Larry and Kelly have been dog lovers all of their lives, mostly adopting dogs from the ARL, including a husky, a poodle, a Maltese, a Chihuahua and a chocolate lab.

"I'd be happy to adopt if I could find a Rhodesian," says Kelly. "You just can't find them around Iowa."

The couple admits that the dogs are like family and might be a wee bit spoiled.

"They think they're lap dogs," says Kelly, as Winnie and Walter climb onto the couch. ■

One man's pigeons are another person's pet peeve?

Larry White won't part with his 200-plus birds.

Life is good for the 200-plus pigeons living in domestication within the detached structures behind Larry White's southside home. Food is plentiful for the pigeons — they eat mostly grains — and they live 15 years or so on average. At least they do as long as they aren't let out at the wrong time.

"If you turn them out at the wrong time," White cautions, "they're hawk food."

White's birds, known as Birmingham Roller Pigeons, are different from homing pigeons. Rollers have the ability, as their name implies, to roll while flying in mid air.

Some say this tendency to tumble is due to genetic factors that cause brief seizures, which send the birds into a backward somersault. Other experts reject that idea, reasoning that, if these are involuntary seizures, the pigeons would not be in control of how or when they roll. But the birds do seem to be in control, and they are even trained to perform in sync with their flock or kit.

Either way, at competitions, the rollers are judged as a team of 21 birds. Each kit circles in a tight formation as the birds take turns tumbling toward Earth and doing backward somersaults at a rate of eight to 12 revolutions per second.

White has won his share of competitions, and he breeds birds, too. Raising rollers has been a way of life for him for 50 years, but don't get the wrong idea. While selling some breeds of pigeons can be profitable — prize pigeons in China sell for seven figures — most of White's birds go for \$10. So it's not about the money.

"This is what I do for mental health," he says.

"That's Curious George.

I've had him for 21 years. I raised him.

He is my buddy. I don't have a family.

This is my passion."

— LARRY WHITE

Life is good for White when he is with his flock. And life is good for White's pigeons. But that might soon change.

After a neighbor complained about one of his roosters crowing too loudly — he keeps chickens, too — the city inspector saw his pigeons and took action. White says there have been no complaints specifically about his pigeons, but he received a letter from the City of Des Moines insisting that he reduce his number of birds to 30 or less.

To realistically compete in the pigeon game, participants need to have dozens, if not hundreds, of birds, according to White. Most pigeon competitions require participants to enter two kits of 21 birds.

Only one neighbor has issued complaints of any kind about any of his birds, according to White, and that is a neighbor White once sued when a tree limb fell and damaged his pigeon coop. Further, all noise ordinance complaints have been dismissed, again, according to White, and no complaints about birds or animals of any kind have been upheld.



Larry White fears for his flock of 200-plus pigeons. The City of Des Moines has asked him to reduce his flock to 30 birds. White has applied for an exception.

White insists his birds are "not dirty birds," pointing to experts who say there are no known communicable diseases between pigeons and people or pigeons and dogs. Something else he'd like the public to know is that pigeons make barely any noise, according to him, other than a barely audible cooing.

This all might sound like too much trouble for a bunch of pigeons, but White points to one longtime friend and gets slightly emotional.

"That's Curious George," he says. "I've had him for 21 years. I raised him. He is my buddy. I don't have a family. This is my passion." ■

WALKS OF LIFE

BY COLSON THAYER

Predictions

Predictions. Prognostications. Forecasts. What does central Iowa's future look like for the next 12 months? CITYVIEW tracked down four local experts and asked them just that. ■



DAVE PRICE

Prediction: Tax cuts will be on the Republican agenda

Dave Price has worked on the WHO 13 News Team for the past 20 years. His main title there is political director, but he also has plenty of different titles.

Price predicts that 2022 will be a great year for Iowa Republicans.

"I think 2022, for Iowa Republicans, will be the year that they put together a package to further decrease income taxes for Iowans," he says. Price adds that it is something that the state GOP has wanted to do for a while, but now that Iowa's reserve fund is approaching \$2 billion, they might get it done.

For the 2022 elections, Price thinks Iowans will continue to support Republicans. He explained that Republicans feel very comfortable going into the new year, and Democrats do not. However, he is still unsure what the Gubernatorial race will look like, but Price predicts that Iowa will do what they tend to do and side with the incumbent if she decides to run again.



GREG EDWARDS

Prediction: More entertainment options ahead

"We have a lot of solid things on the books right now," says Greg Edwards, CEO of Catch Des Moines and the Greater Des Moines Convention and Visitors Bureau, regarding central Iowa's lineup of events in 2022.

The upcoming schedule includes the State Games of America, the Farm Progress Show, a USA Gymnastics Championship, and the Ironman North American Championships, among other things.

"It's certainly looking a lot more positive than in 2021," says Edwards. "I guess that's easy to say."

But the jury is still out, according to Edwards, on what business travel will be like in 2022. Since the beginning of the pandemic, there has not been a whole lot of business travel into the metro, which is what fills up the hotels and restaurants in and around Des Moines. A lot of the biggest businesses are not traveling yet, and people are still returning to their desks. Time will tell.



RACHEL WOOD

Prediction: Possible economic pullback coming

Rachel Wood is a partner and financial advisor at Legacy Financial Group in Des Moines. She is an accredited investment fiduciary who joined in 2005 and became an official partner in 2020.

In both 2020 and 2021, the equity markets grew to new highs, so Wood would not be surprised to see an economic pullback in 2022.

"However, the market tends to follow corporate earnings, which are forecasted to be high in 2022, suggesting another good year ahead."

The economy continues to make a comeback following the shutdown of 2020. Wood recognized that there is a lot of cash and demand right now.

She also sees innovation to be big in 2022, and it could act as a huge investment opportunity, but she cautions investors to be careful with their money next year. Wood thinks that inflation, interest rates, a stimulus cutback, and a proposed tax reform could affect where people should put their money.



TED WEAVER

Prediction: Still a seller's market, but less frenetic

Ted Weaver is a broker for RE/MAX Concepts. He is also the 2021 president of DMAAR, the Des Moines Area Association of Realtors. His expertise comes from 14 years of experience in the field as a real estate agent. Weaver believes that the housing market in 2022 will begin to stabilize.

"We still believe that it's going to be a robust market," he says.

Going into 2022, Weaver predicts it will remain a seller's market. However, he thinks there is going to be more inventory, meaning more options for buyers. This past year was strong for sellers and not so much for the buyers. The increase in options will help level out the market, to a certain extent.

"It won't be fully balanced as it has been in the past," says Weaver. "It will still be a seller's market, but it will be less frenetic than it was last year." ■

get the **JOB**

Helpful tips for your employment search

(BPT) - Amidst dramatic shifts in the national workforce and ever-changing job market, those in or entering their careers without formal education face an uphill challenge.

In a recent survey, the Bureau of Labor Statistics reported that nearly half of the more than 800 occupations they analyze annually require a college degree. Those occupations at the bachelor's or master's degree level are now netting graduates about \$36,000 more in median annual salary than those at an associate's level or less - and this trend is likely to continue increasing.

With such a wide wage gap, it's clear that undergraduate and graduate degrees are profitable investments for employees looking to upskill or change careers and first-year students alike. However, the cost of these degrees and the time needed to complete them can still be a barrier. While taking additional courses in high school or transferring credits from prior collegiate experiences can help, not everyone can take advantage of these opportunities.

Fortunately, innovative universities now offer an alternative: earn both degrees in less time.

Arizona State University is leading the way by creating affordable 4+1 degree programs, allowing students to concurrently complete an undergraduate and graduate degree. The ASU Online 4+1 programs include degrees

for in-demand fields such as information technology and health care. Students in any of these online programs are able to fast-track their degrees and accelerate their career potential by saving up to a year of master's coursework and tuition.

Is an accelerated degree program the next step in your career path? When evaluating your options, consider how much time these programs take to complete, the total cost and how they may affect your career outcomes.

• **Time.** Generally, it takes a minimum of four years to attain a bachelor's degree and an additional two years to graduate with a master's. An accelerated program allows learners to shorten the time it takes to attain either of these degrees. ASU Online, for instance, combines undergraduate and graduate coursework during senior year for dual credit, so a student receives both degrees in five years.

This process isn't exclusive to first-time-in-college students. Transfer students can also benefit from an accelerated degree program. They can complete these degrees even faster by working with their academic counselor to chart a plan for which courses they need to take to be on track with an accelerated program.

What's more, the pace and structure of online programs allow learners to maintain employment while they get their degree. Earning while learning is especially

Need a career boost? Try an accelerated degree

advantageous to master's degree students who are less likely to receive grant aid, fellowships or tuition waivers than undergraduates and doctoral students.

• **Career outcomes.** Looking to the future, the Bureau of Labor Statistics projects to add the most jobs in 2020-2030 in industries where careers typically require an advanced degree.

While some individuals may have a defined passion and clear career path, others may not know what credentials are necessary to pursue a position in their desired industry. Conducting research on what occupations are growing and what knowledge can help you enter those fields can yield beneficial results.

When considering employment trends for 2020-2030, the bureau projects health care and social assistance will add the most jobs of all industries, with an estimated 3.3 million jobs.

Technological advancements will also increase the long-term demand for computer-related occupations, especially with the rise of teleworking, which has expanded the need for computing infrastructure and IT security.

ASU Online, aiming to make education accessible for students across the country, currently offers more than 30 accelerated 4+1 degree programs.

To learn about ASU Online's accelerated and traditional degree programs, visit ASUOnline.asu.edu. ■

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