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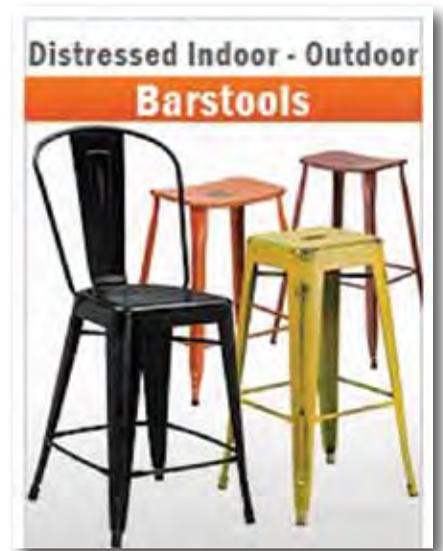
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Cityview is delivered throughout central Iowa to more than 700 locations every month. To request delivery of Cityview to your business, or to inquire about our distribution services, call Brent Antisdell at 515-953-4822, ext. 316. Annual mailed subscriptions are available by mail at a rate of 12 issues for \$49. Cityview is a monthly magazine published by Big Green Umbrella Media Inc., an Iowa corporation. Contents 2016 Big Green Umbrella Media, Inc. All rights reserved. Nothing may be reprinted in whole or in part without permission of the publisher. First copy of Cityview is free at the newsstand. Subsequent copies are \$5 each. Copies of past issues, as available, may be purchased for \$5 each (plus shipping if required) from the Cityview offices. One copy per reader, please. It is unlawful to remove copies in bulk; violators will be prosecuted to the fullest extent of the law. Editorial Policies: Contact the publisher for permission to reprint articles, cartoons or any other portions of the paper. Cityview is not responsible for unsolicited manuscripts. All letters received become the property of the publisher. We reserve the right to print letters in condensed form and to edit them for libel.



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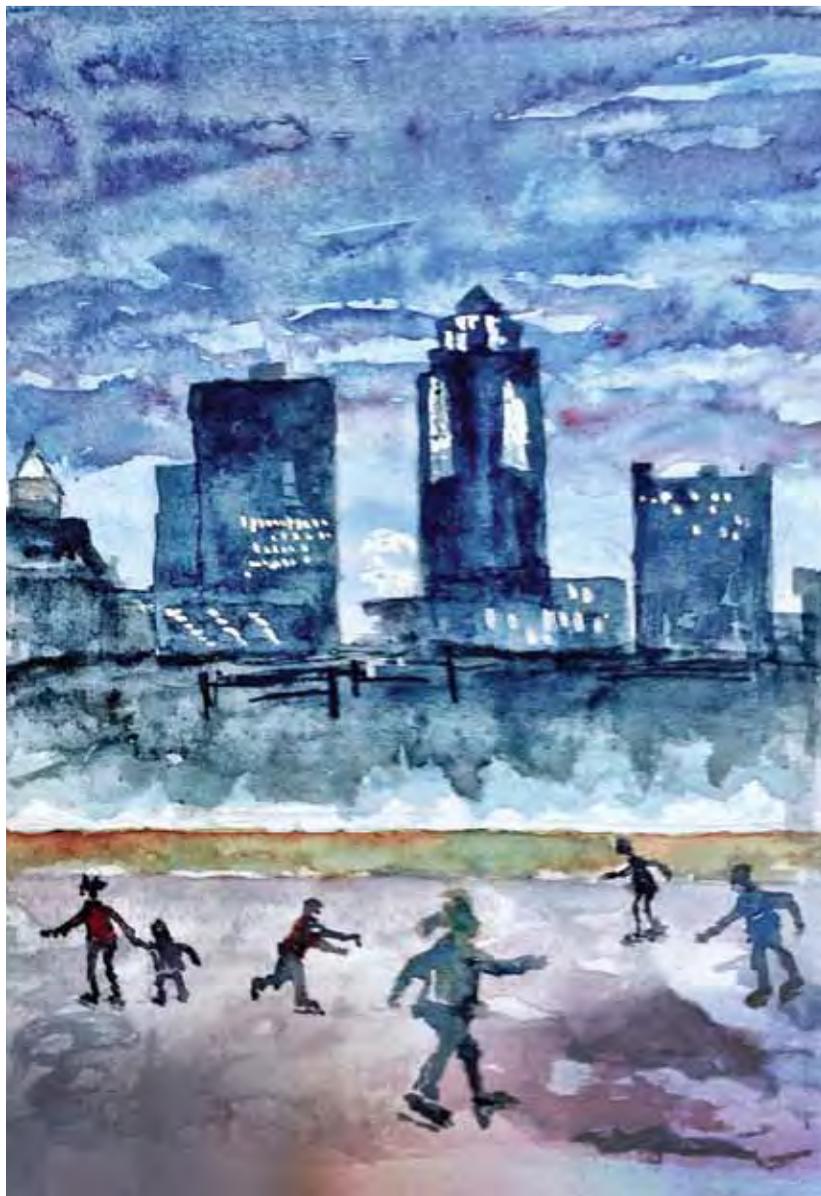
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WINTER ARTS & ENTERTAINMENT

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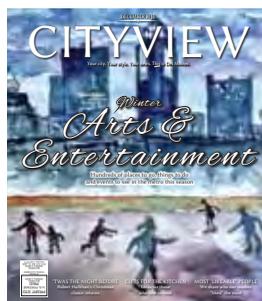
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LETTERS

A third party is needed

There is only one clear conclusion from this recent election: America needs a centrist third-party. The two main parties both appeal to either liberals or conservatives, and the two major third parties appeal to extreme fringes of the same. This has led to the election becoming a match between two egotists and a smattering of near-hopeless hopefuls. This country is strong not because of but despite the celebrity culture surrounding the candidates. A centrist third party could hold that ideal and force the other two parties to abandon the politics of egotism and return governance to a quest for the common good.

Jeni Nosbisch
Des Moines

Trump's win was legit

The media now saying that Trump's presidential victory doesn't represent the U.S. electorate is like insisting that the Cubs winning the World Series was not authentic because it did not end in a sweep. Truth is, Trump's 300-plus electoral votes color the U.S. map red coast to coast, and to his credit, he had the vision, savvy and courage to take on, and break open, the piñata of 16 GOP opponents, the GOP establishment, the Democratic Party, the Clintons, George Soros and the traumatized mainstream

liberal media in the U.S. and abroad. Prominent among them was the Clinton surrogate in Iowa, The Des Moines Register, which gave its best effort to abandon professional journalism and sell out for the Democratic Party candidate.

Dave Adkins
Urbandale

Running out of time

Just as the general election and presidential campaigns were ending, I thought that I now might be able to avoid the partisanship showed by the entertainment/news outlets of CNN, MSNBC and Fox. But then, as I perused the article, "Who are these Guys?" in the last issue of Cityview, there it was. Hoyt Sherman described as, "The brother of the infamous Civil War General William Tecumseh Sherman..." No mention of General Sherman and his outstanding command of military strategy. No valid discussion of his "scorched earth" policy. No mention of his participation in campaigns that led to the fall of the Confederate stronghold of Vicksburg. Only the label of W.T. Sherman as "infamous." Come on Cityview, I am running out of newsprint I can trust to report to me objectively.

Mike Rowley
Clive



LIBERAL OUTRAGE WHEN DONALD TRUMP IN THE LAST DEBATE, REFUSED TO SAY WHETHER OR NOT HE WOULD ACCEPT THE OUTCOME OF THE ELECTION

LIBERAL OUTRAGE OVER VIOLENT PROTESTERS NOT ACCEPTING THE OUTCOME OF THE ELECTION

Email your opinions to editor@dmcityview.com. Mail to 5619 N.W. 86th St., Suite 600, Johnston, IA 50131. Fax us at 953-1394. Please limit letters to 200 words or less. Cityview reserves the right to edit for length and clarity. The writer's address and daytime phone number will not be printed but must be given for verification.

A jam-packed holiday issue

The cold weather is here for a few months, and you are going to need some motivation to get out of the house. We are here to help with 104 pages of news and information to satisfy your holiday and post-holiday needs.

Be sure to check out our Winter Arts and Entertainment feature story by Jeff Pitts, which proves there is much more to do in the metro this winter than simply graze on sugar cookies and watch the Dallas Cowboys on TV. The cover artwork for this story is a wonderful watercolor by multi-talented cartoonist Brian Duffy.

If you still have some holiday shopping to do, and have some foodies on your list (and who doesn't?), then check out Jim Duncan's feature on Gifts From The Kitchen. Nobody knows the kitchen or the local restaurant scene like the Food Dude.

And while you are still in the holiday spirit, be sure to read the annual classic from Bob Hullihan, titled "Twas The Night Before." This whimsical story, written and published first in 1977, has become a CITYVIEW tradition since 2007. Duffy's colorful illustrations bring an additional allure to this Christmas classic.

Speaking of classics, Civic Skinny is back with an expanded edition, including the annual salute to central Iowans in the "The Twelve Days of Christmas" parody. Additionally, you can read about the growing attorney bills from the Godfrey case, the Des Moines City Council members' view on school crosswalks and some interesting photos of an ISU airplane tied to Steve Leath.

In recent months, we have been promoting a social networking contest and event called "Des Moines' Most Likeable People." In this issue, you will learn about the top 14 who earned the most "likes" along with their chosen charities and how you can cast your final vote.

The Food Dude takes us to the Butler Café in Bondurant and to lunch with Iowa ag secretary Bill Northey at Los Laureles.

Photographer Dan Hodges shares photos from local events including the Ronald McDonald House Charities Fall Gala, the Junk Jubilee, Iowa's Premier Beer, Wine & Food Expo, and the Salsa Des Moines Masquerade Ball, as well as concert shots from Danny Malone, Blue October, Sturgill Simpson and Carbon Cararies.

We hope you enjoy some of our newest features,

including Collections & Hobbies, where we highlight Mitch Clefisch's phenomenal "Star Wars" collection; At Home With, where we visit the Abram family in Urbandale; People & Pets, where Bruce Kempke puts his sorrows in ink as he deals with the death of his Chesapeake Bay retriever; and Your Neighbors, where we learn how a Beavertdale neighborhood goes all out with Christmas lights.

And, of course, we offer your favorite columns from Herb Strentz, Doug Burns and Joe Weeg, along with our tech column (say no to holiday gadgets) from Patrick Boberg, film review ("Arrival") from David Rowley, theatre coverage ("Triple Espresso") from John Domini, the music scene (Joey Jordison, Max Jury) from Joe Lawler and much more in this jam-packed holiday issue.

I wish you all the best this holiday season, and I appreciate you making CITYVIEW part of your life today and throughout the year. ■

Shane Goodman is the publisher of Cityview, and the president and owner of Big Green Umbrella Media.



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Rene Rocha
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of Political Science,
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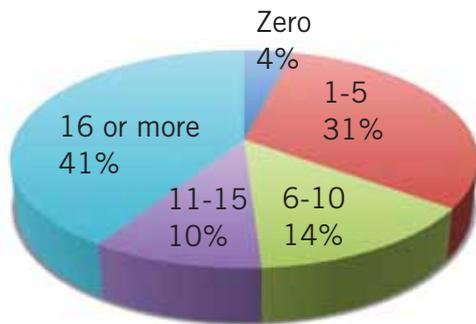


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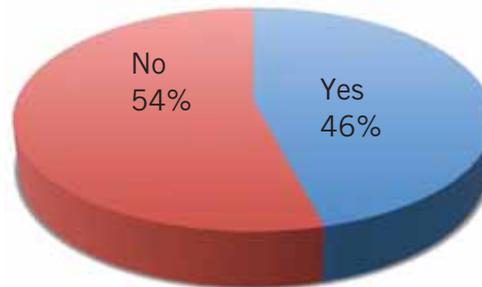
POLL POSITION

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

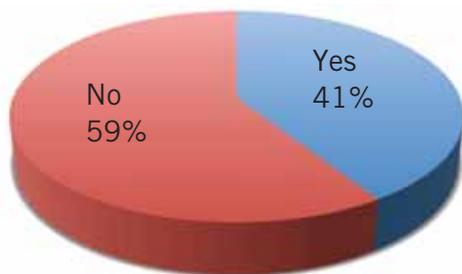
How many text messages do you send or receive daily?



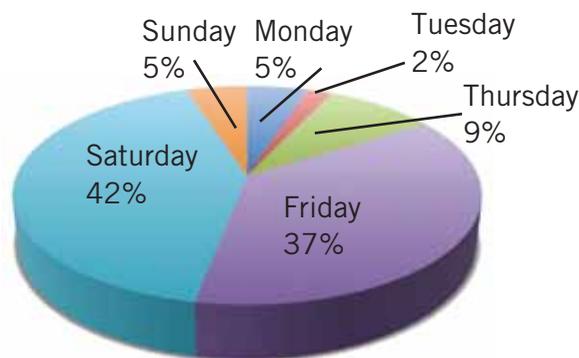
Have you ever shoplifted anything?



Will Donald Trump build the wall?



What is the best day of the week?



facebook cityview magazine (comments unedited)

Cityview Magazine: What was the most memorable Christmas gift you ever received?

Hobart Schmenge: 8 inch Fonzie action figure.

Cityview Magazine: What movie have you watched the most times?

Scott Southard: Goodfellas

G Michael Peter: Pulp Fiction or Star Wars

Josh Bethune: Turner and Hooch

Thomas Tully: National Lampoons Christmas Vacation

Adam Swihart: Top gun. Heat.

Adam Jackson: Robin Hood men in tights, probably

Cityview Magazine: What was the single biggest factor in how Americans voted in the presidential election this year?

DeAnna Sturtevant: Apathy

Kathy Hinrichs Boe: The Electoral vote should be abolished!!

Cityview Magazine: Should residents of state-run institutions be notified when sex offenders move in with them? As of right now, in at least some locations, they are not.

Judi Black: Yes! The other residents are generally dependent adults and they are DEPENDENT on the institution and the government to protect them when they are not able to speak for themselves

Cityview Magazine: What have you purchased on Craigslist?

Kathy Hinrichs Boe: Five years ago.....my dog..... before bad people were trolling Craig's List for dogs to abuse.....best thing I did!!

Scott Southard: A subwoofer for my home theater.

Jason Sallee: A couple boats, multiple motorcycles, games, musicians, and a ton more

RETWEETS (comments unedited)

@FeverFlave: Remember to make short sighted assumptions and rash decisions with almost no information today.

@Sadieisonfire: Just found out Cuba Gooding Jr is not from Cuba, but from New York. Leave it to a big name celebrity to be a huge liar

@brianwatson80: Arguing politics is like trying to convince someone that their baby isn't cute.

@WheelTod: Son, your chimpanzee girlfriend is tearing this family apart.

@lisaxy424: i get disappointed every time a catholic school's mascot isn't the fightin' jesuses

@bobby: you should be able to order mc nuggets in any quantity. just have a flat price for a single nug, like a quarter. i feel strongly about this.

@badbanana: Day six of my push-up challenge. So far, I've eaten 107 push-up pops.

@MaDom: I've got a banana in my drawer that I took from the office fruit basket. In 3 weeks my co-workers will pay me to throw it away. Easy money.

@GeneHunt: What idiot invented fire blankets? You'd think they'd be hot enough from the flames.

@Nickadoo: I can't believe they let people own guns. Public toilets are all the proof we need that humans have horrible aim.

@meganamram: Anyone who doesn't request unlimited salad and breadsticks as their last meal is an idiot

@thesulk: I don't bite the hand that feeds me. I lightly suck the thumb.

@dannyhertz: People complain about Facebook privacy settings, but I'm still standing 5 inches away from the guy in the urinal next to me.

@blondediva11: My mom keeps telling me there are plenty of fish in the sea. She REALLY doesn't get me anymore. I. Don't. Want. A. Fish.

@thebenbrooks: Someone just told me "if you don't believe in Santa Claus, he'll never visit!" So on that note, I no longer believe in cancer.

@Muath_tu: I just finished doing 100 push-ups over a period of 8 years

Cityview Magazine: What should happen to Donna Brazile if she in fact leaked presidential debate questions to Hillary Clinton?

Bill Thyberg: Nothing.no crime, it's politics

On Keren: She committed a crime right? Orange suits and put her away

Cityview Magazine: Name three people President Elect Trump should appoint to his cabinet?

James E. Bierly: Jeff Sessions as Secretary of Defense

Joel Sires: Hulk Hogan, Gary Busey, his two weird sons

Mary Cee: None. This is a nightmare I will wake up soon please.

Angela J Holcomb: Herman Cain....Rudy Guliani....J.C Watts

Cityview Magazine: What makes you itch?

Esmerelda Verde: Wool next to my skin, mosquito bites and when I get poked by evergreen needles

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RANTS AND REASON

BY HERB STRENTZ

Let America Be America again

So, what holiday comes to mind when you think of the results of the 2016 elections?

For Republicans, the holiday might be Christmas or Thanksgiving.

For folks on opposite sides of the aisle, it may be the promises or the plagues anticipated in the New Year.

Democrats may liken the election to the horrors of Halloween, only this time real and not just for fun.

For pollsters? APRIL FOOL! for those anticipating a Democratic landslide.

Instead of a holiday analogy, those of a literary or historical bent may be driven to appropriate speeches, poems or songs.

First to my mind when thinking of a bitterly divided nation was a well-quoted passage from President Abraham Lincoln's second inaugural address, "With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds...to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations."

Amen!

Then a daughter flagged for me "Let America Be America Again," a poem by Langston Hughes (1902-1967). Harry Belafonte had used it in a New York Times column just before the election. Consider a few stanzas from that:

Let America be America again.

Let it be the dream it used to be.

Let it be the pioneer on the plain

Seeking a home where he himself is free.

(America never was America to me.)...

O, let my land be a land where Liberty

Is crowned with no false patriotic wreath,

But opportunity is real, and life is free,

Equality is in the air we breathe.

(There's never been equality for me,

Nor freedom in this "homeland of the free.")

Say, who are you that mumbles in the dark?

And who are you that draws your veil across the stars?...

I am the poor white, fooled and pushed apart,

I am the Negro bearing slavery's scars.

I am the red man driven from the land,

I am the immigrant clutching the hope I seek—

And finding only the same old stupid plan

Of dog eat dog, of mighty crush the weak...

Out of the rack and ruin of our gangster death,

The rape and rot of graft, and stealth, and lies,

We, the people, must redeem

The land, the mines, the plants, the rivers.

The mountains and the endless plain—

All, all the stretch of these great green states—

And make America again!

Consistent with such hopes was the Declaration of Conscience voiced in 1950 by Republican U.S. Sen. Margaret Chase Smith on the floor of the Senate and in opposition to fellow party member Sen. Joe McCarthy of Wisconsin:

"I do not want to see the Republican party ride to political victory on the Four Horsemen of Calumny — fear, ignorance, bigotry, and smear."

Which leads to what President-Elect Donald Trump might call "The Losers' Song,"

We shall overcome,

We shall overcome,

We shall overcome,

Someday,

Oh, deep in my heart,

I do believe that

We shall overcome,

Someday.

Perhaps best to go with Lincoln:

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds...to do all which may achieve and cherish a just and lasting peace among ourselves and with all nations."

Amen! But Maggie Smith's Declaration is haunting. ■

Herb Strentz is a retired administrator and professor in the Drake School of Journalism and Mass Communication and writes occasional columns for Cityview.



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The elections

WHAT NOW FOR THE REPUBLICANS IN THE STATE OF IOWA?

The Iowa Republican Party has never been stronger. It now controls both houses of the Legislature, the Governor's office, both Senate seats and three of the four Congressional seats.

It can quickly pass whatever legislation it wants, and what it wants probably includes a huge swipe at labor, defunding Planned Parenthood, ever-looser restrictions on guns, ever-stronger roadblocks to voting, and privatization of more and more governmental functions. And, always, tax cuts.

Now that Senate Democrat **Mike Gronstal** has been defeated, the Republicans can coast blithely through the next two years.

But what then?

The Iowa House, half the Senate and the Governor's office will be up for grabs in two years, and presumably the Democrats will be going all out to win after they get over licking their wounds.

But Gov. **Terry Branstad** could foil them again. As an unwavering supporter of **Donald Trump** — Branstad's son Eric ran the successful Trump campaign in Iowa — the Governor could easily get a pretty good job in Washington that doesn't require a lot of heavy lifting. That way, he could bump his protégé — Lt. Gov. **Kim Reynolds** — into the governorship, giving her a leg-up against whatever Democrat eventually gets the nomination.

And why not?

The Governor has already reached his goal of being in office longer than any governor in the history of this nation. Two years ago, he helped **Joni Ernst** become the first woman sent to Congress from Iowa, and he has noted that it would be nice to have a woman as Governor — something that has never happened in Iowa. A Republican woman, of course.

If Reynolds were the incumbent, she'd probably have a clear path to the nomination in 2018. But if she weren't the incumbent, she'd surely face a primary fight — from former legislator **Ron Corbett**, almost certainly, and probably from one or two others.

It's true the Governor seems to love Iowa and has never shown any interest in Washington, but it's equally true that he enjoys his role as king-maker — and queen-maker — and he wouldn't be against adding another "first" to his list of accomplishments.

WHAT NOW FOR THE DEMOCRATS IN THE STATE OF IOWA?

After being obliterated in the election, here's all Iowa Democrats need: A strategy, leadership, candidates, money.

They need a two-year strategy — a plan to win back the governorship in 2018 and to win back the Iowa Senate. They need a four-year strategy — a plan to take back the Iowa House in 2020 and unseat first-term Senator **Joni Ernst**. They need a six-year strategy — a plan to win the presumably open seat now held by **Chuck Grassley**, who will be 89 when his next term is up. (And who, by then, will be the fifth-longest-serving Senator in the history of the nation, behind **Robert Byrd**, **Daniel Inouye**, **Strom Thurmond**, **Ted Kennedy** and **Patrick Leahy**.)

The Iowa Democratic Party needs to be rebuilt from the ground up. There are two Democrats who can make this happen: **Tom Harkin** and **Tom Vilsack**.

Those two — successful, savvy, energetic men who love Iowa — need to convene Democrats to come up with a plan. They need to reunite what was once the party's solid base: the laborer, the farmer, the teacher, the student, the minority — and the sprinkling of really rich people who can write checks to help persuade strong young candidates to join the fray.

The first assignment: Find someone to run for governor. Vilsack, of course, would be the perfect candidate, but that seems unlikely. (Harkin would be great, too, but that's not even remotely possible.) **Andy McGuire**, who has been eyeing the job for years, now is damaged goods, having presided over the November disaster as state chair. **Mike Gronstal** might be strong, if he has the stomach for it after the Republicans spent hundreds of thousands of dollars to get him out of the Iowa Senate.

At the same time, the Democrats need to find a party chair, preferably someone from outside Des Moines who knows the state, knows the people, and can work 18 hours a day to find able candidates for every single elected office in the state. It will take the persuasive powers of both Harkin and Vilsack to get someone good to take this job, for it's a back-breaker. On the other hand, it could make someone's career.

It's been decades since the Iowa Democrats were in such awful shape — in the county seats, in Des Moines, in Washington.

But Harkin and Vilsack have the brains and the energy and the influence to start putting the party together again.

The good thing: There's no way to go but up. ■

— Michael Gartner

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THE FEBRUARY ISSUE!
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CIVIC SKINNY

Merry Christmas...

Twelve drummers drumming...to recognize the great work done by Anawim Housing...and **Margaret Toomey**, who has done so much for so many...and the folks at Art Force Iowa, who change the lives of young people... and **Anne Starr** and the people at Orchard Place, who try to mend the lives of other young people...and **Andrew Allen**, who now runs Youth & Shelter Services — the organization that saved his life as a young man 20 years ago... and for **Toby O’Berry**, who runs the Iowa Homeless Youth Center for YSS... and for **Tim Shanahan**, who helps the moms and kids at Hawthorne Hill... and for everyone at Central Iowa Shelter & Services, which feeds and clothes and shelters so many. ...

Eleven pipers piping...mournfully, remembering police **Sgt. Anthony Beminio** of Des Moines and officer **Justin Martin** of Urbandale, and Des Moines officers **Susan Farrell** and **Carlos Puente-Morales**, all who died in the line of duty...and joyfully for some political winners: **Nate Boulton** and **Brad Zaun** and **Zach Nunn** and **Rick Olson** and **Ruth Ann Gaines** and **Brian Meyer** and **Bruce Hunter** and **Ako Abdul-Samad** and **Marti Anderson**...and **Peter Cownie** and **Chris Hagenow** and **Jake Highfill**... and **Beth Giudicessi**, the Most Valuable Player. ...

Ten lords-a-leaping...and wishing the best for all those Register folks who left or were laid off during the year: arts reporter **Michael Morain**, now at the Department of Cultural Affairs (and, while we’re at it, greetings, too, to all the other Morains from the Jefferson newspaper family)... and sports-writers **Andrew Logue** and **Andy Hamilton**, and **Matt Patane** and **Jeff Kummer** and **Rachel Mummy**...and reporter **Tim Meinch**, now at Meredith’s Midwest Living...and for editor **Amalie Nash**, who is moving up and away... and her successor, veteran editor **Carol Hunter**. ...

Nine ladies dancing...to welcome **Mark Graziano** back to town...and to help his lawyer, **Guy Cook**, celebrate the World Series victory of his Cubs (and Yea for the Cubs!)...to celebrate

the new knees of **Bill Sailor** and **Ann Broderick** and **John Shors**...for Sheriff **Bill McCarthy** (we’re glad you were re-elected) and Police Chief **Dana Wingert** (we’re glad you got the job)...for clarinet player **Bob Nandel** and everyone else in the Greater Des Moines Community Band...for **Simon Estes**, who knows the Centerville fight song...for lawyer **Patricia Shoff**...and ailing **Buck Turnbull**. ...

Eight maids-a-milking...for former dairy farmer **David Johnson**, the newly Independent senator...for Councilman **Skip Moore**, who knows about trees — and politics...and retiring lawyer **Sharon Malheiro**, who plans to keep fighting...for caring nurse **Deb Cosgrove** and her son, **Joseph Glazebrook**...and the soft-spoken **Jim O’Halloran**...for supervisors **Steve Van Oort** and **Bob Brownell**, so popular no one ran against them...and **Trudy Hurd**...and **David Young**, who could be our Congressman forever. ...

Seven swans-a-swimming...for **Nancy Bunker** of Windsor Heights... for **Bob Birch**, who raised **Tommy** right...for **Robert Warren**, who brings such great events to Hoyt Sherman Place...for **Eric Branstad**, who engineered a political upset...and for his mom and dad, too...for **David Boyd** and **Steve Davis** at the Supreme Court, and for the voters who returned Chief Justice **Mark Cady** and Justices **Brent Appel** and **Daryl Hecht** for another eight years, which is great...and, while we’re at it, congratulations (hold for release) to **Steve Colloton** and **Ed Mansfield**, in case they’re plucked from the short list and named to the United States Supreme Court. ...

Six geese-a-laying...for those political junkies who blog and blog and blog to keep other junkies up to date, especially **Laura Belin** of Bleeding Heartland and **Pat Rynard** of the Starting Line... for **Jennifer Konfrst** and **Claire Celsi** and **Heather Matson**, who gave their all in November...for **Becky Wampler** at Wellmark...for **Colleen Homan** at AFSCME...for **Mike Richards**, doctor, businessman and, now, Regent...and **David Yepsen**, who’s back in town...and

so are **John** and **Jackie Norris** and their boys...and for **Dave Roederer**, who always knows what’s going on. ...

Five golden rings...for **Mike Mahoney** and **Pat Yacinich** at SportsPlex West...and Drake Coach **Jennie Baranczyk** and player **Lizzy Wendell**...for all-state baseball players **Brendan Dougherty** of Dowling and **Ben Norman** of Roosevelt and **Zeb Adreon** of Pleasantville...and basketball all-stars **Turner Scott** of Valley and **Ted Brown** of Dowling and **Will Carius** of Pleasant Valley...and all-state softballers **Kendyl Lindaman** and **Olivia Brooks** and **Allison Doocy** of Ankeny, **Mandi Roemmich** and **Mackenzie Ward** of Valley, and **Brooke Sandstoe** and **Brooke Wilmes** and **Hayulee Towers** of Johnston and **Sarah Schaefer**...for young hockey players **Patrick Grasso** and **Nic Seybert** (and their police-officer dads)...for everyone named **Bernabe**... and No. 1 sports fan **Tyler Steinke**. ...

Four collie birds...for the **Kelly** family, who gave that great new water playground at Greenwood Park... and for everyone who helped save the Green Bridge across the Raccoon — but especially **Mell Meredith** and **Carl Voss**...for **Kevin Moran**, who left the Parks Department to take over Drake’s buildings-and-grounds operations...and his new boss, **Marty Martin**, and his old boss, **Ben Page**...for **Rosemary Moody**, ageless and tireless at the Election Office, and **Lisa Moody Tunks**...for **Christi Anderson**...for the efficient and organized **Katie Miller**...for young **Javi Barron**, who at age 3 already roots for the wrong team...and Grand View President **Kent Henning**...and **Carole**, too...for everyone named **Mauro**. ...

Three French hens...for Iowa State spokesman **John McCarroll**, who has had a busy year...for bow-tied **Joseph Jones**, who has taken on a new job... and **Amy Beller**...for accountant **Mitch Boeck**, who keeps his eye on the details...for **Zachary** and **Mackenzie** and **Christopher** and **Maggie**, the world’s greatest grandkids...for **Pam Deardon Conner**...and her dad...for newlywed **Celeste Tilton**, who somehow shoehorns this column into Cityview...

and her boss, **Shane Goodman**... and for **Janet Petersen**...and **Ronald Autry**...for **Derek Hickey** at the Events Center...for the Food Dude, of course... and **Phil Duncan**, the best and nicest cook in town. ...

Two turtle doves...for the compassionate **Becky Roe**...and for some old guys: **Jim Cooney** and **Phil Dorweiler** and **Neal Smith** and **Bob Burnett** and **Chuck Grassley** and **Chet Guinn**...and Drake’s **Paul Morrison**, still working away at 99...for **Austin Strawhacker** at the Bulldog Club...for **Don Coffin**...and **Randy Reichardt** and **Zac Voss**, who are going to change Water Works Park...and cyclists **Jed Gammell**...and **TJ Tollakson**...and for **Mike Rehm**...for the generous **Joe Crookham** of Musco, and **Jeanie**, too... and for **Ed Wallace**, who has a new job in West Des Moines. ...

And a partridge in a pear tree... in memory of the kindly Chief Justice **Ward Reynoldson**...and judges **Harold Vietor** and **Jim Carter**...and Renaissance Man **David Hurd**, always willing to lend a hand or a thought or to write a check...East Village pioneer **Kirk Blunck**...prosecutor (and opera singer) **Rich Richards**...and **Randy Duncan**, perhaps the greatest Iowa athlete ever (and certainly the nicest)... and **Patti Peterson**...and **Jane LaMair** and her brother-in-law **Bill Peverill**... **Kris Barron**, an advocate for all things good...**George Anthan**, a dogged reporter and proud Greek, and **Cynthia Mitchell**, an exacting editor...**Kay Compiano** (as in Johnny and Kay’s) and car dealers **Bill Jensen** and **Gene Gabus**...and **Bea Smith**, who knew about equal pay for equal work long, long ago...and businessmen **Roger Stetson** and **Crawford Hubbell** and **Kent Klein** and **Paul Dunlap** and **Phil Grask**...golfer **Jack Webb** and basketball star (and lawyer) **Tom Hyland**...**Dick Jacobson**, who loved helping kids and giving away money... labor leader **Don Rowan**...**Dan Johnston**...the always-upbeat **Bob Hudson**...the young **Luke Anderson** and **Peri Sagun**...and, always, the first **Christopher**. ■

CIVIC SKINNY

Bills for taxpayers in Godfrey case now top \$910,000, and there's more to come. Des Moines City Council stirs.

Chris Godfrey's lawsuit against the state of Iowa, Gov. Terry Branstad and five others will be five years old next month. No trial date has been set in Polk County District Court, and both sides are awaiting a ruling by the Iowa Supreme Court on a request to clarify an issue.

That motion was argued several weeks ago, and although the state hired an outside law firm to defend it and the state officials, the motion was argued by Solicitor General **Jeff Thompson**. The well-coifed **George LaMarca**, head of the outside firm, was sitting at the lawyers' table during the hearing, but he said nothing.

But he apparently sent a bill. The Executive Council the other day was given a \$3,343.98 invoice for the taxpayers to pay. That brings the firm's billing in the case to \$910,359.95, by Cityview's count. The lawsuit alleges retaliation, defamation, extortion and discrimination against Godfrey when he headed the state's Workers' Compensation Board. A Democrat with

a fixed term, he refused Republican Branstad's request to quit early; Branstad then ordered Godfrey's salary to be reduced.

In effect, the state has paid more than \$900,000 — and the figure will jump sharply once trial preparation resumes — to defend the Governor's decision to cut Godfrey's salary by what would have been about \$150,000 over the remaining 46 months of his term. If Godfrey wins, the state also will be on the hook for bills from his lawyer, **Roxanne Conlin**. All told, bills may ultimately exceed \$3 million.

It may or may not be relevant — Godfrey certainly thinks it is — but Godfrey is a Democrat and was the only openly gay member of Branstad's administration. He since has taken a job in Washington. ...

The City Council's split over school crosswalks is about a lot more than the crosswalks. Five council members flexed their muscle and went against the recommendation of the city manager and city engineers — something that rarely

happens — to oppose raised medians at three proposed crosswalks. But the fight is really about who has power in the city — the council or the department heads. And it showed a strong new coalition led by Councilman **Chris Coleman**, council-watchers say.

There's more to come, they say.

Equally surprising: On the losing end of the 5-to-2 vote were Mayor **Frank Cownie** and long-timer Council member **Christine Hensley**. They are not one another's best friend. ...

Horse Whisperer **Maggi Moss** may have deserted Prairie Meadows, but she showed recently there is still a lot of Iowa in her blood. She acquired a racehorse sired by Kettle Korn and named him Funnel Cake. ...

Life's little coincidences: From Wikipedia: "The Flying Dutchman... is a legendary ghost ship that can never make port and is doomed to sail the oceans forever." From a Des Moines Register review of the Des Moines Symphony performance of the Overture to The Flying Dutchman: "The orchestra

relished the ill-foreboding character of the legendary ghost ship that never makes port and is doomed to eternally sail the oceans..."

Life's little oddities: The Des Moines Register is one of the many organizations owed money by sportscaster **Marty Tirrell**, who is one of the more visible folks around town. Trying to collect, the Register asked the Dallas County Sheriff to serve papers on him. After a "diligent search," the sheriff's office told the court, it was unable to find him.

Meantime, during the World Series Tirrell was interviewed by a Chicago TV reporter. Tirrell — who in the past has been successfully sued by ticket brokers claiming he stiffed them — showed a fistful of tickets. He said he had 72 tickets and had paid \$147,000 for them.

The trial in his disputed bankruptcy proceeding is scheduled for Dec. 9.

Tirrell and the Gabus interests are near a settlement in the Gabus suit against the broadcaster, but the federal bankruptcy attorney has not yet approved it, Cityview hears. ■



It's a small world. When Steve Leath became president of Iowa State a few years ago, the school touted the fact he was a pilot — though it didn't say he wasn't a very good one. It showed a photo of him in front of an airplane similar to the ISU plane he later damaged. At any rate, that plane later crashed when the pilot ran out of fuel. The pilot was William R. Lackey III, the brother of Miles Lackey, the ISU official and close aide to Leath.

DUFFY'S VIEW

A RECENT VIDEO IN THE NEWS SHOWED CATTLE STRANDED ON A SMALL PATCH OF GROUND AFTER AN EARTHQUAKE STRUCK NEW ZEALAND.

SIMILARLY, IN IOWA...



5 takes on President-elect Donald Trump

1. Accept the results of the election, kids. Trump won. Full stop. Disgruntled millennials in Portland, Oregon, and tea cuppers who crack when the microbrewery short stocks their favorite craft beer need to learn to take a loss. The time for protest of vote totals? Election Day.

Do the results hurt, Little Miss College? Good. Remember that and yank yourselves from what the social critic Marc Maron calls “narcissism pods” (the self-absorbed bubbles of Twitter and Facebook and safe spaces and participation trophies, life among the like-thinking) into building for the 2018 election cycle with real political interaction.

Iowa Republican legislator Bobby Kaufmann of Wilton is right. Closing down interstates with demonstrations is dangerous business and deserves greater punishment than what is now available.

Sure, protest Trump policies and his rhetoric, but not the legitimacy of his presidency.

The election was not rigged — even though Trump said it was.

2. Expect the Trump administration and liberals, who have long wanted a massive infrastructure bill, to craft a deal. Iowa cities and counties and the Highway 30 Coalition of Iowa would be well advised to have shovel-ready projects and a strategy for steering work here from what will be a package of billions of dollars for roads and bridges and airports and infrastructure.

This prediction assumes, of course, that Trump’s transition folks, they of little governing experience, are able to actually make appointments to the White House and Department of Transportation.

3. Is John Edwards allowed back into the public domain now? Can he come out of political exile?

The former North Carolina senator and Democratic vice presidential candidate had an affair and a kid out of wedlock, a sordid business that seems rated PG or even a bit Disney compared to the Trumpian display of back-from-the-1980s sexual bravado and no-blushing conquest we just witnessed.

The career-ending revelations about Edwards: He

fathered a child with his lover, Rielle Hunter.

Edwards, who from my reading of the devastating book “The Candidate,” seemed to be the object of aggressive seduction in this relationship. He didn’t just reach out and grab Hunter’s genitals and then brag about it on an “Access Hollywood” bus with Billy Bush.

On April 12, 2011, in a column, I called Edwards a “toxically narcissistic” “dirt bag” who “fooled Iowa.”

Ladies, I’ll leave it to you. Does it make any sense whatsoever that Edwards is dismissed from public life over an affair while Trump is elected president after admitted serial P-word grabbing and high-fiving misogyny?

4. The 2018 Iowa governor’s race, which likely would have been a GOP coronation during the mid-term of a Hillary Clinton administration, is a boarding-now vessel for voter dissatisfaction — and therefore an enormous opportunity for a Democrat.

A returned and rested Tom Vilsack is clearly a preferred candidate.

His no-nonsense style — what I termed a “towering competence” in a column this summer — could serve as antidote to the sickness borne from the fantasy virus Trump spread, the notion that people with no government experience are best suited to run government.

But Vilsack, 65, who served as a mayor, governor and U.S. secretary of Agriculture, could very well call it a career.

The best Democratic candidate for governor of Iowa not named Vilsack I see at this point: Des Moines Area Community College President Robert Denson, a man with rural and urban appeal, clear administrative skills and someone who can point immediately to accomplishments for white, working-class Iowa. Newton. Carroll. We get what DMACC means here. DMACC connects real people to real jobs in Iowa.

5. Gov. Terry Branstad will grow a larger mustache to obscure what surely won’t be a straight face if he sponsors an anti-bullying summit in Iowa next year.

How does that introductory speech go for Branstad, the earnest Trump backer?

If you supported Trump, you either cheered or went ostrich-in-the-sand on some of the more effective and consequential, boundaries-of-decency-shattering bullying in American history. Trump, you may say, used bullying for the greater good, to prevent Hillary Clinton from taking office or because you think Trump will create a better job for you.

Fair enough. I see that point of view.

But the teen boy seeking the affections of a fetching gal, the employee looking for a promotion, the salesman seeking to close all can point to a “greater good” in their own lives, a justification for using any angle (race, gender, disability, immigration status, “the chick is fat”) to vanquish a rival.

Trump colored outside the lines of civil civic engagement in such shocking fashion that he not only threw primary opponents off their games but shook their very senses of self.

It worked. He won.

Adults can learn business moves from “The Art of the Deal.” Why can’t kids incorporate cyber-bullying and other Trump tactics for their own ends?

If President Donald J. Trump is a role model, as presidents are supposed to be, especially just-elected ones in the afterglow of victory, the youth of America surely can Tweet Like Trump. One other lesson here: start bullying early.

When Marco Rubio tried to fire back at Trump with some counter-bullying, it fell flat.

Why? Rubio had zero bullying skills, making him child’s play for Trump, a master of the craft who got started as a kid.

Don’t fall behind in Trump’s America. There may be nobody left who cares enough to catch a loser. ■

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



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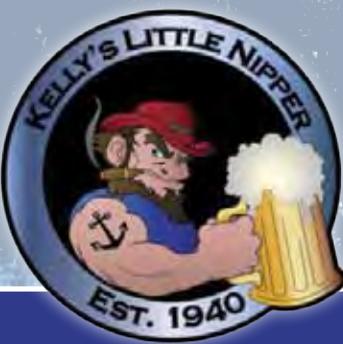
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TECH TALK

BY PATRICK BOBERG

Say goodbye to holiday gadget gifts

It's the most wonderful time of the year... well, except for the whole "finding meaningful gifts thing." It is a sad truth that some people in our lives who should seemingly be the easiest to buy gifts for are anything but easy. All of the classic gifts of the 1990s and 2000s are dead. CDs have been replaced with mp3s, DVDs and Blu-rays are being overtaken by streaming and digital media, and we've finally come to the point where physical books have been topped by e-books. The funny thing is that the object of our technological affection is the cause of our gifting dilemma — the smartphone.

Take a moment to think of all the things your phone offers. It is a camera, a communication device, a pedometer, a computer, a gaming system, a stereo, a creative software suite and a bottomless void of music, movies and books. Gifting any of these common items has officially become redundant, and even though gift cards are easy and valuable, they deliver the sentiment of a raw turkey.

So what can you give that hasn't become pointless, thanks to our iPhones and Androids? Well, if the last couple of holiday seasons have proven anything, there are a couple gifts ideas you can discount immediately. First, save your money and do not gift any GoPros. Action cameras seem like the perfect gift for amateur filmmakers or outdoors enthusiasts, but they come with some major downsides. On the technical end, GoPro-style cameras deliver hours of media that require cumbersome editing and storage. Of course, GoPros are waterproof and have equipment built to fit a specific purpose, but for nearly the same price, many smartphones are waterproof and have specialty mounts available, too. Mobile devices allow for immediate image review, editing and sharing.

Next up, do not buy a Fitbit, or for that matter, any tracking tool. Unless you're a die-hard athlete or diabetic, you have no need to track your heartbeat,

and the battery and connectivity issues of these wearable devices make them a headache to maintain and use.

Once again, your smartphone delivers the most important data users want from these tools: footsteps. The attenuator on your phone acts in the same manner as any fitness tracker, and if you really must have a heart rate monitor, the most recent generation of devices can use your phone's camera covered by your finger to detect your beats per minute. FitBits, JawBones, and Garmin trackers are the kind of gifts you think are going to make you the cool spouse, dad or aunt, but within a week of use, they will become obsolete.

So what does make for a good tech gift? Seeing as we're living in a digital world, why not embrace it? Whereas 10 years ago you might have bought someone a box set of DVDs, why not buy someone a subscription to a niche streaming service? Released this fall from Turner Classic Movies and Criterion, FilmStruck is an \$11-a-month service that will set any cinema fan's heart on fire. Have a comedy fan in your house? Do the same thing with Seeso at only \$4 a month or the whole year for less than \$50. Digital and delivery services are everywhere, including boutique clothes, suits, comic book toys, board games and more.

The gadget gift will die in 2016. Short of a new phone, tablet, laptop or expensive specialty device, nothing will be as unique as a subscription to an online service. It may feel like a gift card, but digital subscriptions are closer to a fruit-of-the-month club — except the gift won't immediately be thrown out. ■

Patrick Boberg is a central Iowa creative media specialist. Follow him on Twitter @ PatBoBomb.



AROUND TOWN

PHOTOS BY DAN HODGES



Nicolette and Grant Rosendahl



Aryn Allison, McKenzie Mariner, Brittany Cowell and Morgan Banker



Dan and Sheryl Fuss



Rojith Perera and Maddy LaDuc



Daniel Aguirre and Sarah Janssen



Mathew Dickerson and Dustin Pirie

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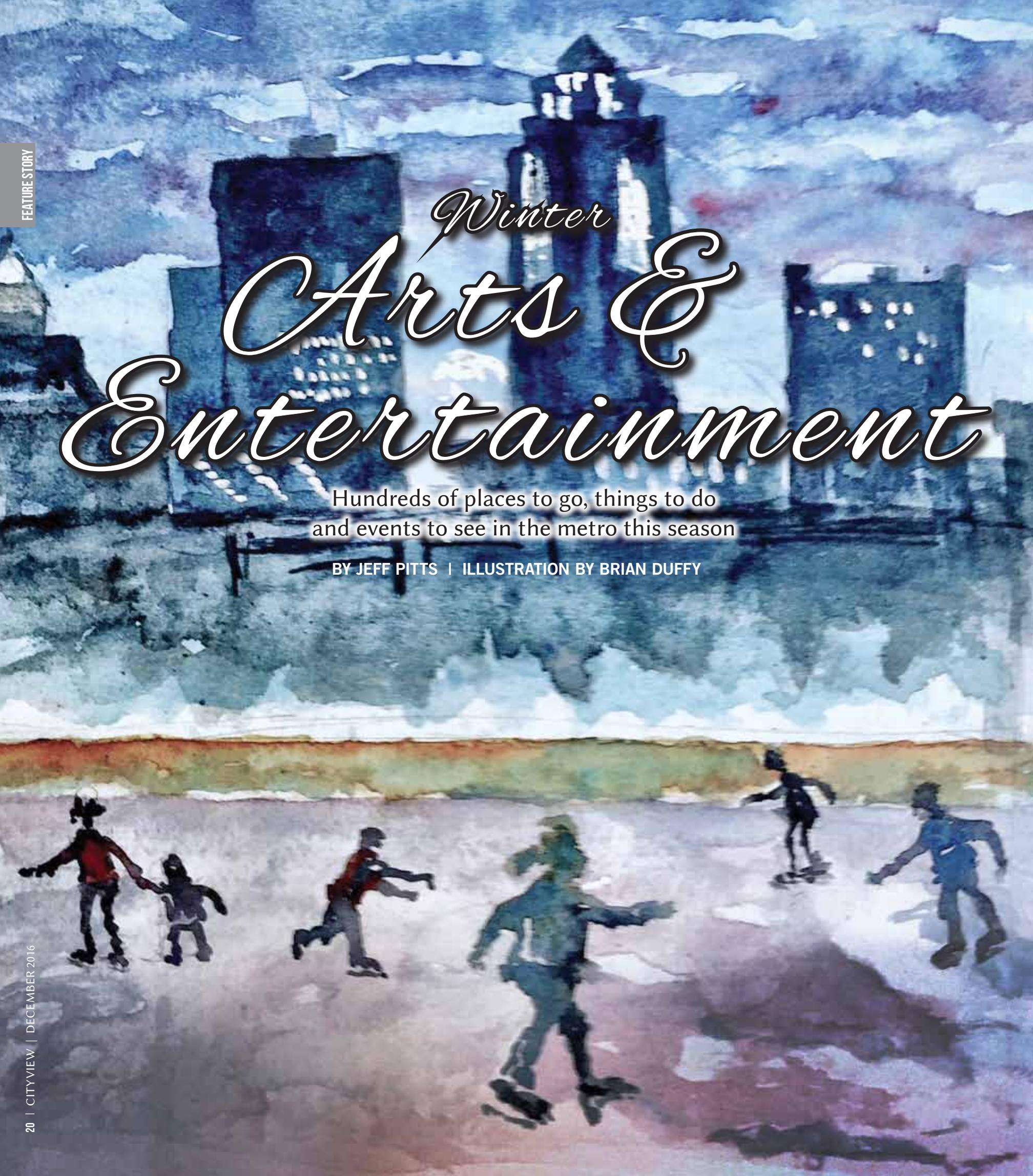
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BY JEFF PITTS | ILLUSTRATION BY BRIAN DUFFY

Film

“Jackie”

Dec. 2

Directed by Pablo Larrain, starring Natalie Portman, Peter Sarsgaard and Greta Gerwig

Rated R



Natalie Portman plays a grieving Jacqueline Kennedy in this biographical drama outlining the events following the 1963 presidential assassination. America is mourning the loss of its iconic young president (John Carroll Lynch), and the former first lady has to find a way to fight through her sorrow, regain her faith and find the strength to care for her children. And then she must also tackle the unimaginable task of figuring out how to move on.

“Table 19”

Jan. 20

Directed by Jeffrey Blitz, starring Anna Kendrick, Craig Robinson, June Squibb and Lisa Kudrow

Rated PG-13

Dumped. And dumped after two years. Via text message. Eloise McGarry (Anna Kendrick) is reluctantly invited to a



wedding, and then seated at “Table 19” — which is the table reserved for the people the bride hopes don’t actually show up. The film explores the question of “What if?” What if you set your sights on something better than bitterness, resentment and revenge? What if you found a way to forgive someone when the person didn’t deserve it? And what if you did it on the day you least felt like doing it? How would your life change? And how would the world change? This comedy, written by brothers Mark and Jay Duplass, wants you to find out.

“The Founder”

Jan. 20

Directed by John Lee Hancock, starring Michael Keaton, Laura Dern and Nick Offerman

Rated PG-13

He took someone else’s idea, and America ate it up. Discover the truth. “The Founder” is a true story detailing the McDonald’s rise to prominence. Beginning in the 1950s, an Illinois salesman, Ray Kroc (Michael Keaton), meets two California brothers, Mac and Dick McDonald (played by Nick



Offerman and John Carroll Lynch), and he becomes enamored with the efficiency of their hamburger operation. Over time Kroc maneuvers himself into a position to take control of the fast food chain for \$2.7 million in 1961.

“The Dark Tower”

Feb. 17

Directed by Nikolaj Arcel, starring Idris Elba and Matthew McConaughey

Not Yet Rated



This isn’t your father’s spaghetti western, and it’s not the wild west, either. But you better believe this movie is as sinister as they come. Stephen King’s spooky, and sometimes demented, mind-bending brainchild is brought to life. The fictional story is based on King’s series of novels with the same name. Hold on to your seats, try not to cover your eyes as you

watch a gunslinger (Idris Elba) and an evil sorcerer (Matthew McConaughey) roam the deserted, barren landscape of a mystical land while searching for a dark tower that could save the world.

“Battle of the Sexes”

Undetermined

Directed by Jonathan Dayton and Valerie Faris, starring Emma Stone, Steve Carell and Elisabeth Shue

Not Yet Rated



This true story about an over the hill, former male tennis champion, 55-year-old Bobby Riggs (Steve Carell), who in 1973, challenged the then No. 2 female player in the world, Billie Jean King (Emma Stone), to face off for a winner take all \$100,000 tennis match. The historic match transcended tennis, as America tuned in for the highly publicized contest that was touted as “The Battle of the Sexes.” More than 30,000 people — at the time the largest crowd ever to attend a tennis match — looked on as King played Riggs at the Houston Astrodome.

Art

‘Alchemy: Transformations in Gold’

Feb. 11 to May 5

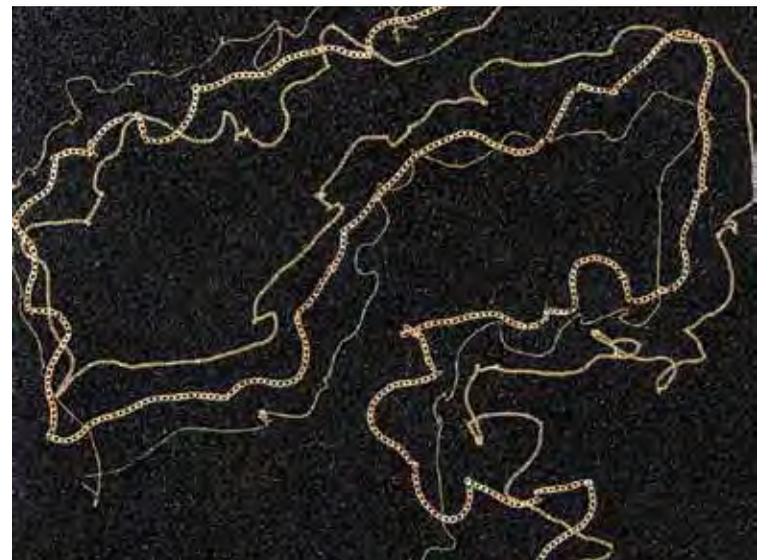
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www.desmoinesartcenter.org

“Alchemy” is a collection of artwork produced by an international grouping of talented artists who have each selected a metallic gold substance to use in the various pieces. The rare metal assigns the viewer a feeling of sublime, and at the same time, it instigates internal contemplations

regarding history’s most sought after resource. Gold has a past littered with geopolitical and cultural implications, and the works in Alchemy embrace these images, both the dark and the light.

Artists for Alchemy include Teresa Margolles, Zarina, Danh Vo, Luis Gispert, Lalla Essaydi, Rachel Sussman and many others. The work is organized by Curator Laura Burkhalter inside the Art Center at the Anna K. Meredith Gallery.



Music

Theater

Mannheim Steamroller Christmas

Des Moines Civic Center

Friday, Dec. 2 at 7:30 p.m.; Saturday Dec. 3 at 2 p.m.

www.desmoinesperformingarts.org

You'll be bowled over, or maybe flattened, by the power of a Mannheim Steamroller Christmas by Grammy Award-winner Chip Davis. This holiday music has become a seasonal tradition for many Des Moines-area families for the previous three decades. It is now paired up with dazzling and daring multimedia effects that will change any Scrooge's mood for the better.

Winter Jam 2017

Wells Fargo Arena

Friday, Jan. 27, 6 p.m.

2017.jamtour.com

Christian music's largest annual tour is coming to town.

The multi-artist extravaganza returns

to central Iowa to again warm some local souls despite frigid cold temperatures. Jam showcases 10 of Christian music's biggest stars including Crowder, Britt Nicole, Tenth Avenue North, Andy Mineo, Colton Dixon, Thousand Foot Krutch and NewSong. This year's pre-Jam party is hosted by Israel: Land of Creation, and it will feature OBB, Sarah Reeves and Steven Malcolm. "Duck Dynasty's" Sadie Robertson will also make a special appearance. The main show starts at 7 p.m., and the doors open for the pre-Jam at 6 p.m. No advanced tickets are required, but the event does charge \$10 at the door.



Scott Bradlee's Postmodern Jukebox

Hoyt Sherman Place 1501 Woodland Ave.

Saturday, Jan. 21, 8 p.m.

hoytsherman.org

Could 500 million YouTube views possibly be wrong? The band filmed its original videos from the living room of Bradlee's apartment in Queens, New York. The act then parlayed the momentum from its online popularity into a massively successful production. Described as "pop music in a time machine," the jukebox re-styles contemporary pop, rock and R&B hits into the packaging of swing, doo-wop, ragtime and Motown. Put on your shoes made for toe-tapping, because this is going to be a lively one.

Kristin Chenoweth in Concert

Des Moines Civic Center

Saturday, Feb. 25, 7:30 p.m.

www.desmoinesperformingarts.org

Remember Glinda the Good Witch from "Wicked"? Kristin Chenoweth is the actor who first portrayed the character on Broadway, and she even won an Emmy Award for performances on the stage. She has also starred as Sally Brown in Broadway's "You're a Good Man, Charlie Brown" for which she also won a Tony Award. Chenoweth's enviable Broadway career then morphed into major roles in both film and TV. She is now taking her talents to Iowa's capitol city for one night only. She will be performing with the Des Moines Symphony at the Civic Center. The show is presented in collaboration with Des Moines Performing Arts.

'The Sound of Music'

Des Moines Civic Center, Feb. 7-12

www.desmoinesperformingarts.org

The Hills are coming alive for Civic Center audiences when they watch this classic tale transformed into a brand new creation. The production is directed by industry heavyweight and three-time Tony Award winner Jack O'Brien. "The Sound of Music" is the most successful movie musical in history. And if you think this show is "over the hill" or passed its prime, then listen up: more than 44 million people watched "The Sound of Music Live!"—the first live TV musical produced in more than half of a century—when it aired in 2013.



'Marjorie Prime'

Kum & Go Theater – Des Moines Social Club, Jan. 13-22

www.desmoinessocialclub.org

If it was up to you, what would you choose to always remember? And which memories would you gladly forget? Jordan Harrison's newest tale is about an upcoming age of artificial intelligence and what that future might look like. It explores the unsolved mystery of the human identity by looking through the prism of an 85-year-old lady experiencing jumbled thoughts and fading memories. Find out what happens when the woman gains a handsome friend who seems to be a younger version of her husband, and who is programmed to speak with her about her past. This brilliant drama is quietly unsettling, but you won't want to look away.

'Ramona Quimby'

Des Moines Community Playhouse, Jan. 6-22

www.dmpplayhouse.com

Meet Ramona Quimby. She thinks that the word "attack" should mean that you stick thumb tacks in people. And she wonders why anyone would become a librarian if one didn't possess a keen talent for spelling. Her creator, author Beverly Cleary, describes her this way: "She was a girl who could not wait. Life was so interesting; she had to find out what happened next." Ramona is a third grader. And life is sometimes difficult for the unpredictable, sometimes exasperating, boisterous youngster who uses her sharp wit and entertaining personality to entertain herself while on a vivid trek through the world. Ramona's unique mind will have you cheering as she figures out that life isn't fair, but it's still possible to enjoy the ride.

'Narnia: the Musical' based on C.S. Lewis' fantasy 'The Lion, the Witch and the Wardrobe'

Boone Community Theater — 106 S. Webster St., Dec. 2-3, Dec. 8-10

www.boonecommunitytheatre.org

Question: What are you doing in the wardrobe?

Answer: Narnia business!

Get it?

But the real question is what are you doing in Boone? Or wait. Maybe the question is... Why wouldn't you be? After all, Boone's small-town theater is putting on a musical adaptation portraying the first of C.S. Lewis' epic seven-book series, "The Chronicles of Narnia." The enchanted world of Narnia is filled with wonder, excitement good spirits and talking animals. One such animal is Narnia's great lion, King Aslan. Aslan is sometimes unseen in the world—making his existence unbelievable to some. But in the end, the big cat comes back to be there when people, animals or living beings need him the most. The non-profit Boone Community Theatre is an easy 45-minute drive north of Des Moines and West of Ames.

Sports

Iowa Energy basketball

Wells Fargo Arena
www.nba.com/dleague/iowa

The Energy welcomes a new head coach, Matt Woodley, to lead the team into its 10th season as a developmental franchise in the National Basketball Association's Developmental League — or D-League.

The D-League annually furnishes NBA rosters with top-notch talent while hosting an array of promotions and activities for fans of all ages.

Special events include Saturday, Dec. 3 when the team salutes the nation's veterans and service men and women while hosting its annual Hoops for Troops game. Fans who show a military ID will receive a complimentary ticket at the Wells Fargo Arena ticket office.

Even Santa Claus is getting in on the action with visits to the arena on Dec. 20 and Dec. 23, which provides kids a last ditch effort to get on his nice list.

Halftime shows include the Chicago Boyz Acrobatic Team on Dec. 3, and the Kings of the Court on Jan. 28.

Each Tuesday during the season, the team is offering 2-for-1 game tickets, hot dogs, popcorn and soft pretzels. The team has also announced it is bringing back the Domino's Meal Deal each Monday, Tuesday and Wednesday during the season, which allows fans to pre-purchase two game tickets, when buying a large pizza and a two liter of soda pop for \$20 to eat at home.

Iowa Energy remaining home schedule:

Dec. 3 — vs. Sioux Falls Skyforce, 7 p.m.
Dec. 5 — vs. Texas Legends, 7 p.m.
Dec. 15 — vs. Austin Spurs, 7 p.m.
Dec. 16 — vs. Reno Bighorns, 7 p.m.
Dec. 20 — vs. Santa Cruz Warriors, 7 p.m.
Dec. 23 — vs. Sioux Falls Skyforce, 7 p.m.
Dec. 27 — vs. Rio Grande Valley Vipers, 7 p.m.
Jan. 15 — vs. Greensboro Swarm, 4 p.m.
Jan. 28 — vs. Northern Arizona Suns, 7 p.m.
Feb. 7 — vs. Oklahoma City Blue, 10:30 a.m.
Feb. 9 — vs. Oklahoma City Blue, 7 p.m.
Feb. 13 — vs. Reno Bighorns, 7 p.m.
Feb. 23 — vs. Salt Lake City Stars, 7 p.m.
Feb. 24 — vs. Long Island Nets, 7 p.m.
March 5 — vs. Maine Red Claws, 3 p.m.
March 12 — vs. Santa Cruz Warriors, 4 p.m.
March 13 — vs. Texas Legends, 7 p.m.
March 15 — vs. Los Angeles D-Fenders, 7 p.m.
March 17 — vs. Los Angeles D-Fenders, 7 p.m.
March 21 — vs. Austin Spurs, 7 p.m.
March 25 — vs. Northern Arizona Suns, 7 p.m.
March 30 — vs. Erie BayHawks, 7 p.m.
April 1 — vs. Rio Grande Valley Vipers, 7 p.m.

Des Moines Buccaneers hockey

Buccaneer Arena
www.bucshockey.com

Let's go, Bucs! Cheer on the home team as it protects home ice against Junior A United States Hockey League competition. The team is a long-time Des Moines fan favorite. Home games generally begin at 7:05 p.m. at Buccaneer Arena, 7201 Hickman Road, Urbandale. Tickets are available online at www.bucshockey.com.

The squad recently hired a new team president, Doug Miller, and he will lead the Bucs into the 2016-17 season.

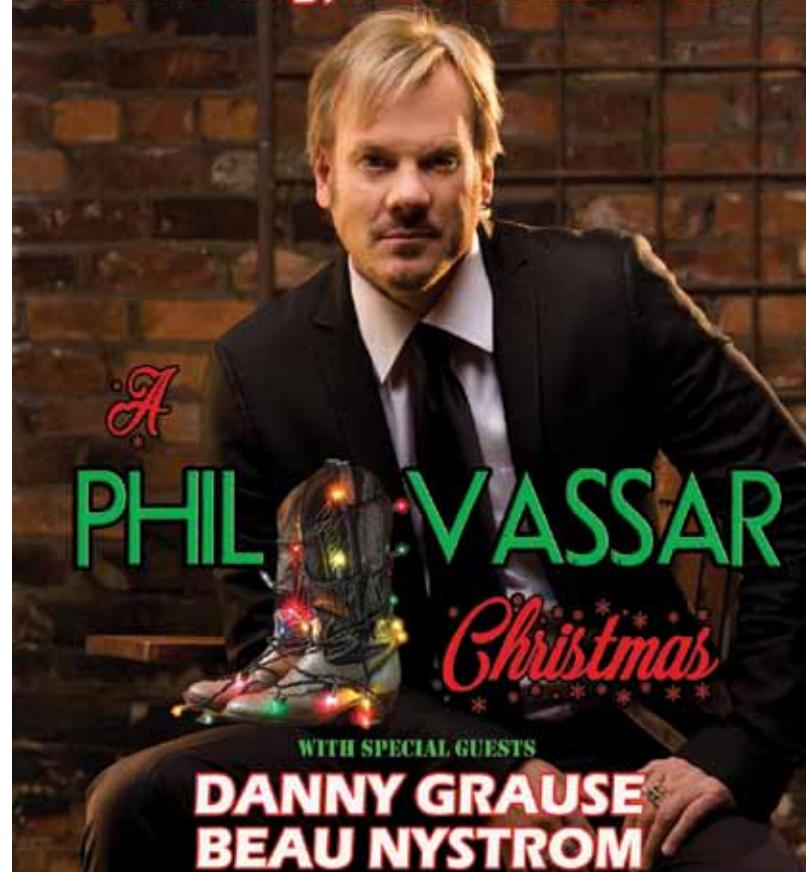
Des Moines Buccaneers remaining home schedule (the puck drops at 7:05

p.m. unless otherwise noted):
Dec. 2 — vs. Omaha Lancers
Dec. 3 — vs. Lincoln Stars
Dec. 16 — vs. Youngstown Phantoms
Dec. 17 — vs. Youngstown Phantoms
Dec. 30 — vs. Omaha Lancers
Jan. 7 — vs. Tri-City Storm
Jan. 13 — vs. Lincoln Stars
Jan. 14 — vs. Sioux Falls Stampede
Jan. 21 — vs. Sioux City Musketeers
Feb. 3 — vs. Dubuque Fighting Saints
Feb. 4 — vs. Madison Capitols
Feb. 18 — vs. Dubuque Fighting Saints
Feb. 25 — vs. Bloomington Thunder
Feb. 26 — vs. Bloomington Thunder, 5:05 p.m.
March 4 — vs. Sioux Falls Stampede
March 10 — vs. Sioux City Musketeers
March 25 — vs. Chicago Steel
March 26 — vs. Waterloo Blackhawks, 3:05 p.m.
March 31 — vs. Omaha Lancers
April 1 — vs. Sioux Falls Stampede
April 8 — vs. Tri-City Storm

BRENTON SKATING PLAZA — 520 Robert D. Ray Drive. Brenton Skating Plaza is a unique venue with an open-air atmosphere and a stylish design. The 120-foot by 60-foot sheet of ice allows up to 220 skaters at once. The rink needs roughly 8,000 gallons of water, and it is frozen by 13 miles of piping underneath the surface. The East Village rink is an ideal location for fun social events, festivals, shows, concerts and even marriage proposals, which are available during the skating season. If you are new to skating, or an old pro who is looking to improve, skating is also available. Skates are available for rent.

BROOMBALL. Broomball players must be at least 18 years old. Registration is open for the 2016 season, which begins in December. Check out www.brentonplaza.com for a full listing of skates times and other rink details.

Saturday, December 3rd



\$25 Adv 7pm DOORS All Ages



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SATURDAY, DECEMBER 10TH

\$20 Adv 7pm DOORS / 7:30 SHOW All Ages



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Iowa Wild Hockey

Wells Fargo Arena
www.iowawild.com

The Iowa Wild competes in the 30-team American Hockey League at Wells Fargo Arena in downtown Des Moines. It is an affiliate of the NHL's Minnesota Wild and hired a new head coach, Derek Lalonde, during the offseason. This is the team's fourth season at the Well. 10 players from the Wild's roster were eventually called up to the big time last year, so this is an extremely high level of hockey, in fact, nearly 90 percent of NHL players go through the AHL.

The team also maintains a high level of community involvement. More than 25,000 kids took part in the Wild About Reading program last year, and the team interacted with 44,000 students in 100 schools throughout central Iowa through its Healthy Living Floor Hockey programs.

And the Wild is crazy about having special events and good times.

It's a Teddy Bear Toss on Friday, Dec. 9, when the San Antonio Rampage comes to town. So hold onto your hats — the contest is to benefit Mercy Pediatrics. And win or lose, the empire will be striking back the next day when the team again plays host to the Rampage, because it's Star Wars Night, and Superhero posters will be offered to the first 1,500 Fans, so be prepared to smile — it's also Boy Scout Popcorn Night.

If you arrive inside the arena on Sunday, Dec. 18, you better watch out for the Manitoba Moose, who is native to the wild, the squad from Canada will be thundering through town. But no matter the score, everyone will be a winner, Toys for Tots will be hosting an event at the game. And if you stick around afterwards, you'll be pleased to participate in the postgame skate.

It's free parking on Monday, Dec. 26 when the Wild faces off against the Rockford IceHogs. The first 1,500 fans will be offered a Player Trading Card Set given away by The Rookie Sports Cards. Then chow down on \$2 dogs during the game. Afterward, bring your Sharpie and get your favorite player's signature.

Iowa Wild remaining home schedule:

Dec. 6 — vs. Milwaukee, 7 p.m.
Dec. 9 — vs. San Antonio, 7 p.m.
Dec. 10 — vs. San Antonio, 7 p.m.
Dec. 18 — vs. Manitoba, 3 p.m.
Dec. 19 — vs. Manitoba, 7 p.m.
Dec. 26 — vs. Rockford, 7 p.m.
Dec. 31 — vs. Chicago, 3 p.m.
Jan. 16 — vs. San Diego, 7 p.m.

SLEDDING HOT SPOTS

ALTOONA - Lions Park: 507 13th Ave. S.W.
ANKENY - Northcreek Park: 2301 W. First St., Otter Creek Golf Course: 4100 N.E. Otter Creek Drive
CLIVE - Campbell Park: 12385 Woodlands Parkway, Country Club Glen Park: 16335 Sheridan Ave., Mercy West Clinic: 1601 N.W. 114th St.
JOHNSTON - Beaver Creek Elementary School: 8701 Lyndhurst Drive, Pointe Vista Park: 9612 Enfield Drive
DES MOINES - Blank Golf Course: 808 County Line Road, Capitol Hill: 1111 E. Court Ave., Ewing Park: 5300 Indianola Ave., Grandview Golf Course: East 29th Street and Guthrie Ave., Greenwood Park: 4500 Grand Ave., MacRae Park: 1021 Davis Ave., Waveland Golf Course: 4908 University Ave.
URBANDALE - Metro Ice Sports Arena: 5100 N.W. 72nd St., Winter Park: 5110 72nd St.
WEST DES MOINES - Jordan Creek Elementary: 4501 Fuller Road, Southwoods Park: 350 S. 35th St., Pearson Park: 1256 19th St.
WAUKEE - Centennial Park: 1255 Warrior Lane

Jan. 18 — vs. Grand Rapids, 7 p.m.
Jan. 20 — vs. Texas, 7 p.m.
Jan. 21 — vs. Texas, 7 p.m.
Feb. 8 — vs. Cleveland, 7 p.m.
Feb. 10 — vs. Grand Rapids, 7 p.m.
Feb. 11 — vs. Grand Rapids, 7 p.m.
Feb. 19 — vs. Cleveland, 3 p.m.
Feb. 20 — vs. Cleveland, 7 p.m.
March 18 — vs. Milwaukee, 7 p.m.
March 28 — vs. Rockford, 7 p.m.
March 31 — vs. Chicago, 7 p.m.
April 2 — vs. Cleveland, 5 p.m.
April 4 — vs. Cleveland, 7 p.m.
April 6 — vs. Rockford, 7 p.m.
April 9 — vs. Milwaukee, 5 p.m.
April 13 — vs. Chicago, 7 p.m.
April 14 — vs. Chicago, 7 p.m.

Drake Women's Basketball vs. Iowa Hawkeyes

Dec. 18 at 2 p.m.
Drake University — Knapp Center
www.godrakebulldogs.com

Pony Express to Santa

Dec 10-11, 17-18 at 11 a.m.
Jester Park Equestrian Center
www.polkcountyiowa.gov

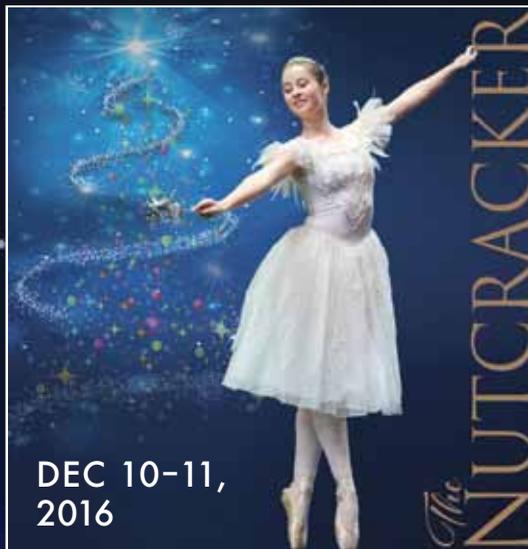
Monster Jam — Motorsport

Jan. 6-7
Wells Fargo Arena 730 Third St.
hy-veetix.com

2017 Cinch's World's Toughest Rodeo

Wells Fargo Arena 730 Third St.
Jan. 13-14 — Friday-Saturday 7:30 p.m.
www.iowaeventscenter.com ■

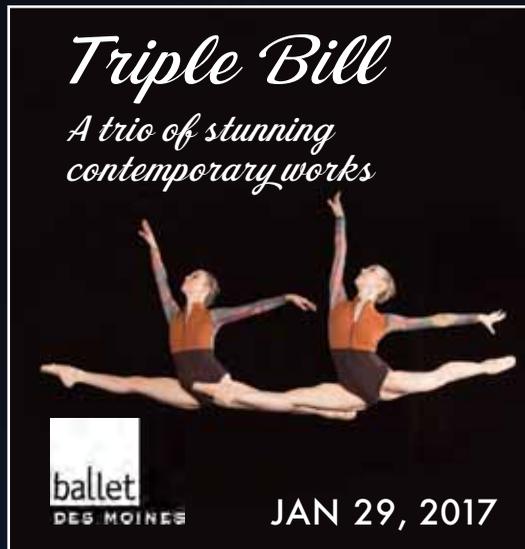
COMING TO STEPHENS AUDITORIUM!



DEC 10-11,
2016

The NUTCRACKER

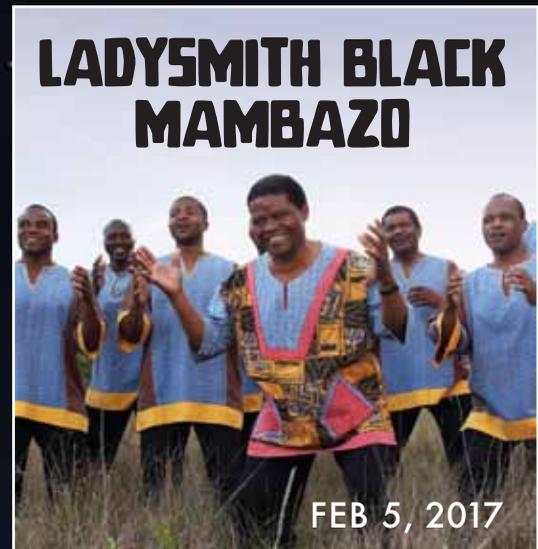
Triple Bill
A trio of stunning
contemporary works



ballet
DES MOINES

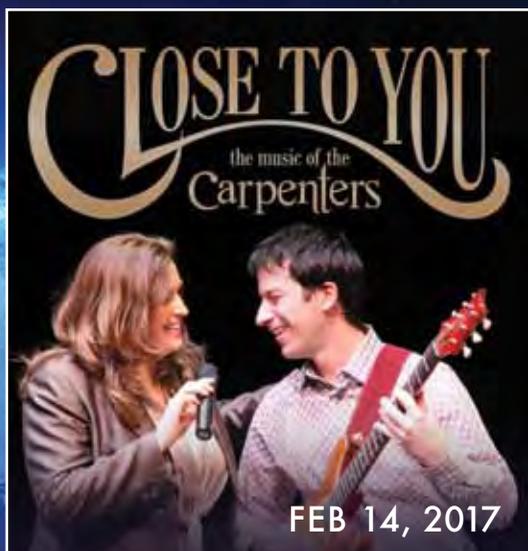
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STICK**
Sonata

MAR 3, 2017



National Symphony of
UKRAINE

MAR 7, 2017

MICHAEL LONDRA'S
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MAR 9, 2017



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COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

THINGS TO DO

PHOTOS WITH SANTA

**Jordan Creek Town Center
Through Dec. 24**

Ho, ho, ho! It's a merry Christmas at Jordan Creek Town Center. Have your little one bring his or her wish list and get a photo with the big fella — he's the one in the red pajamas. Santa will visit the lower level of Jordan Creek Town Center on the Younkers wing of the mall. For details, visit www.jordancreektowncenter.com.



Photo by Dan Hodges

JINGLE IN THE JUNCTION Valley Junction Dec. 8 and Dec. 15

Valley Junction celebrates its Jingle in the Junction from 5-9 p.m. The local shopping hot spot is full of holiday cheer and has more than 150,000 holiday lights lining the streets and lighting up the night. Free horse and trolley rides are also offered along with photo with Santa, caroling ice sculptures and balloon magic. Find out more at www.valleyjunction.com/event/jingle-junction. Thursday, Dec. 8 and Dec. 15 from 5-9 p.m. in Valley Junction along Fifth Street in West Des Moines. Visit www.valleyjunction.com for more information.



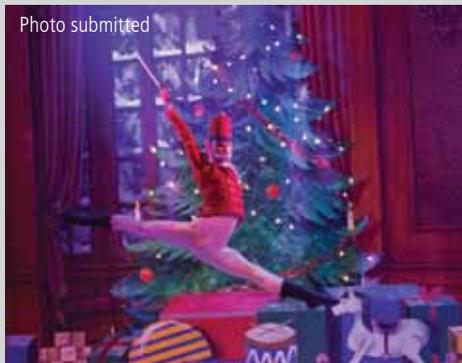
"THE VERY MERRY XMAS CAROL HOLIDAY ADVENTURE"

**Ankeny Community Theater
Dec. 2-18**

A Christmas character "dream team" comprised of Ebenezer Scrooge, Frosty the Snowman and Rudolph the Red-nosed Reindeer coalesce in an attempt to save Christmas day from the malicious "Xmas" — a holiday force of ruination — and restore the holiday spirit. This G-rated seasonal comedy will play at the Ankeny Community Theatre at 1932 S.W. Third St. in Ankeny. Visit www.ankenycitycommunitytheatre.com for show times, ticket prices and other information.



Photo submitted



"THE NUTCRACKER"

**Hoyt Sherman Place
Dec. 8-11**

Ballet Des Moines

It's Christmas time, and that means "The Nutcracker." Come watch as a young Clara is given a doll for Christmas, and her dreams become a visual delight. Ballet Des Moines is now in its 15th year of producing Tchaikovsky's classic ballet — likely the most famous ballet in the world. The local adaptation is choreographed by Artistic Director Serkan Usta and Lori Grooters. Ballet Des Moines is a private non-profit organization, and it is the only professional dance company in Des Moines. For times and ticket information, visit www.balletdesmoines.org.

Photo submitted



BUCS

Dec. 16

Let's go Bucs! The local Junior A hockey squad takes on the Youngstown Phantoms at 7:05 p.m. After the game, be sure to stick around, lace up the skates and participate in the post-game skate night with the players. The Bucs will be available for autographs and conversation. The Bucs play home games at the Buccaneer Arena, 7201 Hickman Road in Urbandale. Tickets are available online or in person. Check out www.bucshockey.com for details.

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

HOLIDAY OPEN HOUSE

World Food Prize

Dec. 17

World Food Prize Hall of Laureates is hosting a Holiday Open House on Saturday, Dec. 17 from 9 a.m. to 1 p.m. The holiday music will be performed live by the Grace Church Ensemble, and the spectacular acoustics of the historic building will make the music come alive. While you are there, take a tour of "40 Chances: Finding Hope in a Hungry World international photography exhibit by Howard G. Buffett." This is a free event and offers the chance to take a look at the renovated building, if you haven't. The event runs from 9 a.m. to 1 p.m. on Saturday, Dec. 17 at The World Food Prize in Des Moines. Visit www.worldfoodprize.org for details.



Photo submitted

Photo submitted



THINGS TO DO

UGLY SWEATER MUSIC FEST

Wooly's
Dec. 20

Ready? Set? Get out that faded, dated and the most ridiculous sweater of yesteryear, and head to the East Village. Wooly's is hosting some holiday festivities, mixed with music and garnished with unflattering sweaters that make you look laughable. Wooly's is located at 504 E. Locust St. Doors open at 6:30 p.m. Visit www.woolysdm.com for ticket prices and other details.

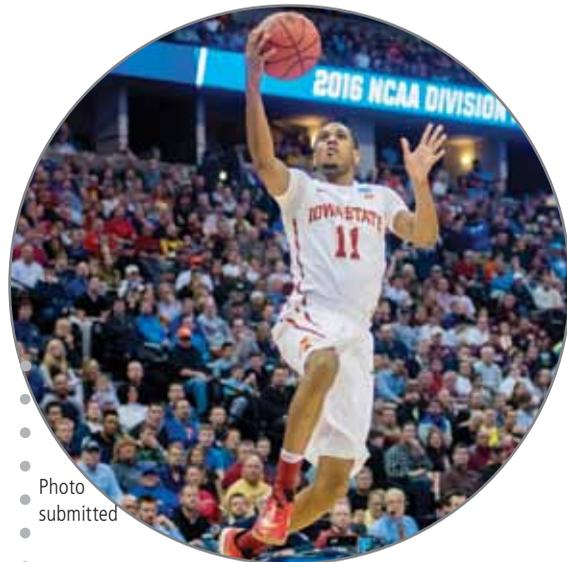


Photo submitted

CHASE & OVATION'S PRINCE TRIBUTE BAND

Prairie Meadows Event Center
Dec. 30

Let's go crazy? Or maybe delirious? Whichever you prefer, it's time to party like it's 1999. Chase & Ovation is the only sanctioned Prince tribute band and is playing Prairie Meadows at the end of December. There's no word on whether a raspberry beret will adorn the band's front man, Tommy Chase, but the word on the street is that as a child, his babysitter was Prince's mother, Mattie. Hear your faves at Prairie Meadows Casino Racetrack & Hotel's Meadows Event Center on Friday, Dec. 30 at 7 p.m. For showtimes, tickets prices and other details, visit www.prairiemeadows.com.

THE HY-VEE CLASSIC

Wells Fargo Arena

Dec. 17

The state's four Division I men's college basketball teams face off at a neutral location. Iowa and UNI will tip off at 3:30 p.m. Drake will square off against Iowa State in the second contest starting at 6 p.m. The event is hosted at Wells Fargo Arena. For ticket prices and other details, visit www.iowaeventscenter.com.



Photo submitted

NEW YEAR'S EVE POPS: SINATRA AT 100 AND BEYOND

Dec. 31, 8-11 p.m.

Steve Lippia returns to town for Frank Sinatra's 100th birthday celebration on New Year's Eve. The symphony will perform "Come Fly With Me," "My Way" and many more Sinatra classics. Lippia combines the symphonic power of the Des Moines Symphony with the talents of Turner Center Jazz Orchestra members. The event is hosted at the Des Moines Performing Arts, 221 Walnut St. in Des Moines. Visit dmsymphony.org for more information.



Photo submitted

GIFTS for the KITCHEN

Dehydrators, blenders, slicers, scales, cookbooks
and more for this holiday season

BY JIM DUNCAN

Mary Francis Kennedy Fisher, America's greatest food writer, best explained why food gifts trump all others.

"First we eat, then we do everything else," she said.

There are innumerable other reasons for their preeminence, beginning with versatility. Practical food gifts cost as little as the price of a **packet of seeds** (\$1) that have been carefully tended all year and preserved with pickling love, to a top of the line **Viking gas range and oven** (about \$4,500). Obviously, one could spend much more, but those are two examples that the people I interviewed for this story put on their wish lists.

In that group of chefs, restaurateurs, writers and food lovers, the most frequent suggestions were predictable — **food/cookbooks** and **restaurant gift certificates**. The former will be discussed in detail later. The latter tended to be specifically sentimental with traditional restaurants dominating hot new joints. The five most coveted destinations, in order, were 801 Steak & Chop House, Tursi's Latin King, Noah's, Baru 66 and Centro. Two people said they like to give restaurant gift certificates to places with which they share memorable experiences with the giftee. Good advice. Food and memory share geography in the human brain. One person said he likes to give his wife restaurant gift certificates "so I am guaranteed a date."

While my interview pool liked tradition and sentiment in their restaurant choices, they leaned toward newer stuff for their home kitchens. Melissa Kaliner watches the food industry for a New York City public relations firm. She told us that the trending categories for hot products now reflect more sophistication among home cooks. She particularly cited **food dehydrators**, which she said are finding shelf space in major department stores nationwide.

“Consumers are looking for new ways to make healthier snacks at home,” Kaliner noted.

She said that dehydrators realized large sales growth in 2016, and she expects that to continue in 2017.

Des Moines super chef George Formaro (Django, Centro, Malo, Zombie Burger, Gateway) told us that dehydration is absolutely essential for french fries.

“Without dehydration, they stay crispy hot four minutes maximum, not five,” he said. “People like to buy fries to go at Zombie Burger, so we remove moisture before we cook them, and that gives them considerably more time to stay crisp and hot.”

Kaliner recommended **Excalibur’s 5-Tray Digital Controller** at around \$300, and also **Excalibur’s 6-Tray Stackable Dehydrator** at \$40.

Kaliner also expects **blenders** to continue hot growth, for similar reasons.

“People continue to look for ways to live healthier lifestyles,” she said.

Kaliner touted **Omega’s 3 Peak Horsepower Blender** as top-of-the-line at around \$250. She said that sous vide machines — used at both G Migg’s and Bistro Montage in the metro — are becoming more popular. So, too, are **variable temperature tea pots** as more people are converted to green teas, where the water should not be as hot as with black tea. She touted Sansaire’s sous vide machine at around \$200 and SMEG’s tea kettle at about \$190.

She said that **stainless steel and non-stick cookware** should be strong next year, and **slicers** are also more popular than ever, particularly Art + Cook’s 13-piece super slicer, a personal favorite at around \$10.

Teresa Adams-Tomka of Kitchen Collage in East Village believes that **cast iron** is trending more popular than traditional non-stick cookware.

“People worry about non-stick,” she said. “Cast iron, when it’s properly tempered, can become virtually non-stick. Lodge brand cast iron is tempered before it’s shipped to us.”

She carries a wild choice of sizes in cast iron pans, ranging from \$10 to \$76. She also carries a huge selection of **Le Creuset cookware**. This state-of-the-cast-iron-art line from Fresnoy-le-Grand, France, is enameled in bright colors but includes \$360 pots and \$325 pans. Kitchen Collage also carries an extensive line of **state-of-the-art wine glasses from Riedel** in Kufstein, Austria. These crystal goblets come in dozens of sizes appropriate to bringing out the best of particular varietals. They cost around \$40 each, but bargain prices can be found in sets of four or more.



Adams-Tomka says the biggest trend she is noticing is downsizing. People just don’t have as much room for stuff in their kitchens and pantries. Empty nesters downsize when the kids leave home, and young people just don’t have much space either. She showed us a lot of different tools that fit in the palm of the hand and cost as little as \$10 — **Microplane’s small zester**, **OXO’s hand-sized spiralizer**, and **OXO’s vegetable pasta maker** (which cuts vegetables in the shape of spaghetti). She said that OXO’s enclosed grater “eliminates the accidental inclusion of personal DNA in your cheese.” You cannot cut your fingers.

Adams-Tomka also said that **scales** are becoming popular, as more cooks use recipes that count grams rather than ounces. She said that older customers like **OXO’s Good Grip** \$15, which makes opening jars easier. It made a lot more sense to me than the \$20 battery operated **RoboGrip** I have seen on TV commercials recently.

Adams-Tomka agreed with Kaliner that blenders are a hot gift item, calling them her No. 1 electrical appliance. She said that OXO and Breville lead the industry in research and innovation, and they are often the brands providing the “next big thing.” She also said that her best-selling cookbook for six years in a row is “**Power Foods**,” by Martha Stewart.

“I just don’t carry many cookbooks anymore,” she said. “The Internet took over that business.”



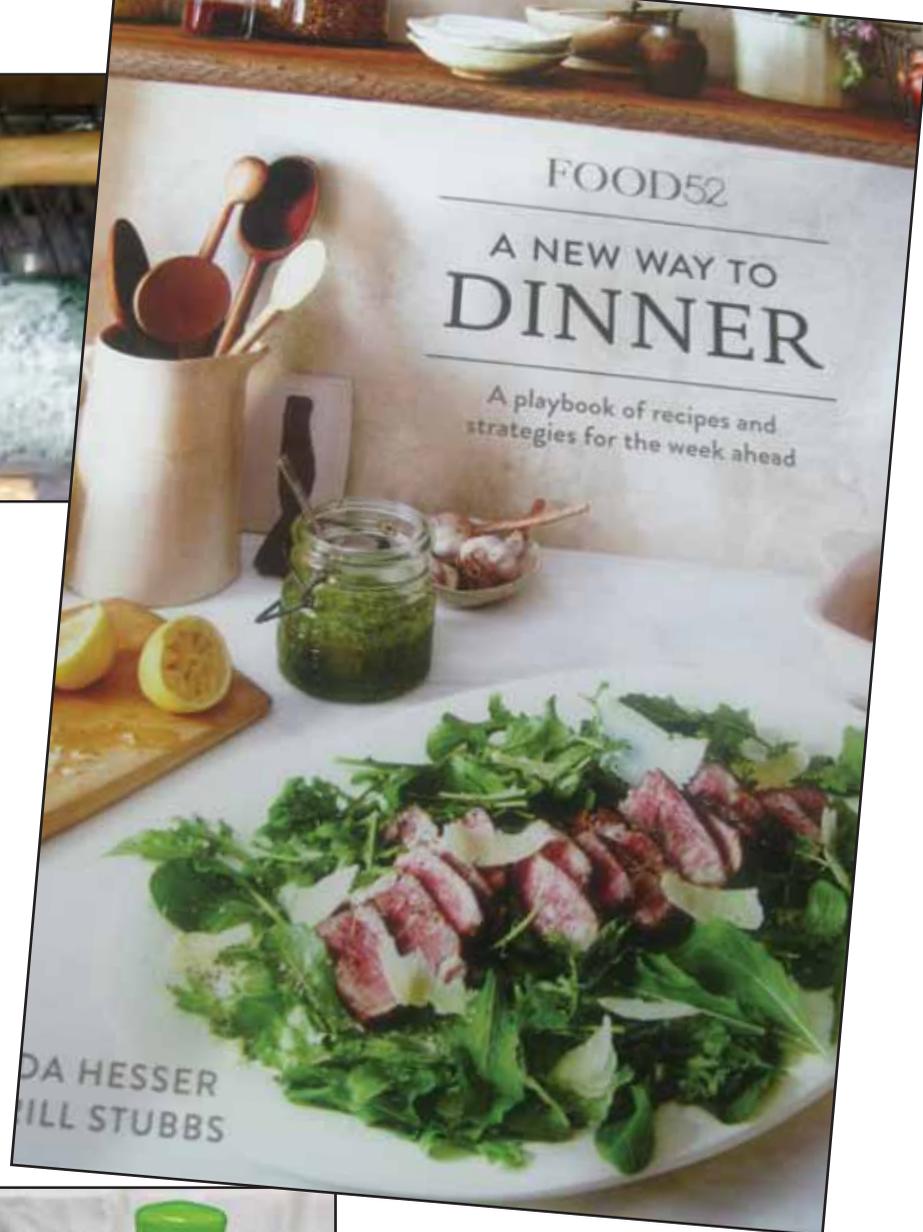
Marble rolling pins are found at Kitchen Collection.

A stroll through Valley West Mall's Kitchen Collection opened my eyes to a number of bargains. I found things there for considerably less money than they sell for in local supermarkets. The store also stocks all kinds of tools I had never heard of — **Big Bass Oilless Fryers** for \$80, **Rapid Ramen Works** for \$5 (the box said it works for mac & cheese, rice and eggs, too), **stainless steel banana hangers** for \$7, and **marble rolling pins** at \$12 and up.

That store also had some appliances that are not as popular as they were 50 years ago — **waffle makers**, **heavy meat grinders** (\$15), **pasta machines** (\$20) and **Presto electric griddles** (\$23). They were all considerably less expensive than they used to be, too.

At Younkers, a sales lady told me that she has asked her family to give her a **Nutri Ninja** for Christmas. That store has a large line of these state-of-the-art blenders in the \$130-\$160 range. She asked to remain anonymous, worrying she could get in trouble speaking for the store.

Formaro said he covets a **Uuni Portable Wood Oven** more than anything else. They range in price between \$120 and \$1,600. He also wants **Modernist Cuisine's special edition baking steel**. Those sell for \$120 on the British Company's website.



This is one of the few cookbooks still in stock at Kitchen Collage.



“Even though I have many types of ovens to choose from in my work life, I still make pizza often at home,” he said. “These new **baking steel griddles** are perfect for high-heat hearth-baked pizza.”

Blooming Gourmet Cathy Wilkinson Barash said she doesn't believe that much in kitchen gadgets.

“As long as I'm wishing, though, I'd like a **Wüsthof Classic 8-Inch Cook's Knife**. (Those German knives cost \$80-\$100 on the Internet.) I've never had a really good chef's knife, and it's about time I did. I have MS (Multiple Sclerosis), and using such a 'well-rounded' knife as this would make all my slicing, dicing, chiffonading much easier,” she admitted.

Cook Works by Art + Cook has added a new 13-piece super slicer to its collection.



Cookbook publishing is out of control. A couple years ago, I read an article titled “The top 25 new vegan cookbooks of the year.” It is not possible for anyone to be aware of all the new cookbooks, yet dozens of publications publish “Top 25 lists.” All of the recommendations mentioned here appeared on multiple such lists from places like New York Times, Los Angeles Times, London Times, London Observer and websites for Epicurious, Eater and Amazon.

First, though, I am frequently asked what cookbook a father should give to a daughter or son as a first cookbook. My answer is **Irma Rombauer’s “The Joy of Cooking”** or **James Beard’s “American Cookery”** for more scholarly children. Those books have been around for 75 and 45 years, respectively. Not much has happened to the basic art of cooking since they were new. Newspapers do not live in the past, though. Here are our favorite new food books of 2016.

“Mozza at Home”

by Nancy Silverton and Carolyynn Carreño

Nancy Silverton’s Los Angeles restaurant, “Mozza,” is one of America’s very best. This book, though, is not so much about the restaurant’s famous dishes as it is about Silverton rediscovery of her love for cooking at home. How practical. Her recipes for braised oxtails and date-anchovies salad dressing are keepers. The book is strong on buffet style home entertaining, too.

“Taste of Persia: A Cook’s Travels through Armenia, Azerbaijan, Georgia, Iran and Kurdistan”

by Naomi Duguid

Toronto’s Duguid is one of the world’s best food and travel writers. She has won the James Beard Foundations best cookbook award twice. Her “Burma: Rivers of Flavor” is a classic. This book seduces readers with its home grown spices. For instance, most of the world’s saffron — the emperor of spices — comes from the regions she covers. Mint, dill, parsley, cilantro, dried rose petals, sumac, lime, pomegranate and honey are all stars in these recipes. Cinnamon, cardamom and other sweet spices weave their way into savory dishes as well as desserts. The book’s 125 recipes cover pilafs and breads and the grilled meats of Persian cuisine, from feasts to simple meals. She also provides travel stories and historical and cultural context. Fabulous photos are by the author and food photography pros.

“Cuba!”

by Dan Goldberg, Andrea Kuhn and Jody Eddy

Now that travel bans to the island have been lifted, Cuban food is trending hot. The book’s 75 recipes range from Cuban fried chicken and tostones stuffed with lobster and conch, to squid-ink empanadas and mojito cake with rum-infused whipped cream.

TREAT YO SELF

- ASK A PROFESSIONAL PIERCER -

Q: What advice do you have if I want to give a body piercing or jewelry as a holiday gift? - Jasmine

A: The joy of the holiday season is upon us, which means our family and friends are deserving of wonderful and personal gifts. Avoid the socks and scarves, put down the itchy sweater, and get something they can love for a lifetime - a new piercing and/or some fantastic body jewelry!

If you are giving the gift of jewelry, the most common problem when buying for others is sizing. What is the gauge or length/width needed? This is difficult to answer when the intended wearer is not available to ask, but picking the wrong size would be a big waste of your money. (Professional studios will not accept returns or exchanges, in order to ensure safety at their studios).



If you are not certain of the jewelry size or the person’s taste, we suggest gift cards. Gift cards let them come to us to pick out a piece they will love. You can even make it a personal trip together and be part of the piercing and jewelry selection process.

While gifting for others is a great feeling, it can be exhausting! Why not treat yourself this season and give yourself that much deserved piece of gorgeous jewelry, that perfect little piercing just for you? Discover the new you for the New Year among so many custom options, materials, and gemstones to express yourself. Why not? You deserve it! ■



Send comments and questions to: AskAProfessionalPiercer@gmail.com

Passion lives at Prysmpiercing.com

“Land of Fish and Rice: Recipes from the Culinary Heart of China”

by Fuchsia Dunlop

In the fourth century, Zhang Han abandoned his post in the north of China because he was no longer able to endure without the water shield soup and sliced perch of his native Jiangnan. Ever since, according to the United Kingdom’s premier writer on Chinese food, “thinking of water shield soup and perch” has meant “to be homesick” in Chinese. This book focuses on Jiangnan. This lower Yangtze region that includes Shanghai is the rice basket of Asia, full of fish as well as fresh produce. The region’s cuisine is delicate yet complex. Dunlop writes that no chef has ever wanted to leave Jiangnan. Standout recipes include the famed dongpo pork, lion’s head meatballs, oil exploded prawns and clear steamed sea bass, Shanghai braised pork and eggs, and Suzhou breakfast tofu. Wild rice stems, lily bulbs, celtuce (whose thick stalks have a celery-like flavor) and fox nuts (a chickpea that grows in fresh water) all feature. Fear not, all can be acquired on the Internet now.

“How to Bake Everything: Simple Recipes for the Best Baking”

by Mark Bittman

The former New York Times restaurant reviewer doubles down on his previous best seller “How to Cook Everything.” This new book follows the model of the original and covers not just sweets but breads and international treats as well. Sidebars contain advice on the advantages of milling nut flours at home and the importance of cooking with children. There are low downs on gluten, flour types, sweeteners, fats and oils, dairy options and types of chocolate. Flowcharts, lexicons defining baking terminology, and recommendations for tools and a baker’s pantry are also included.

“Simple: Effortless Food, Big Flavors”

by Diana Henry

Simple must have a different meaning in Diana Henry’s native Northern Ireland than it does in Iowa. Kashmiri chiles, saffron, grape must, tamarind, pomegranate seeds, fresh mint, dill, parsley and sour yogurt all feature in these recipes. Henry’s recipes include flavors from the Middle East, Morocco, Scandinavia and India along with techniques and ingredients (‘Nduja, salmon roe, harissa) pulled from other cultures. Recipes for sweet potatoes with yogurt and cilantro, white bean gratin, and lamb chops with dates, Feta, sumac and tahini star.

“Poole’s: Recipes and Stories from a Modern Diner”

by Ashley Christensen

Poole’s restaurant in Raleigh, North Carolina, not only launched Ashley Christensen but also Iowa’s Matt Steigerwald of Lincoln Café fame. In this first book from Christensen, the North Carolina native collects recipes from Poole’s Diner that range from comfort foods to sophistication and from easy to labor-intensive. Among the recipes are turnip green fritters with whipped tahini, heirloom tomatoes with crushed olives, crispy quinoa, white anchovy dressing and challah bread pudding with whiskey apples and creme fraiche.

“The Red Rooster Cookbook: The Story of Food and Hustle in Harlem”

by Marcus Samuelsson

The great Ethiopian-Swedish chef Marcus Samuelsson’s latest cookbook sets forth the idea that modern Harlem is rife with cultural multitude. He bears out that notion with recipes as diverse as ham hocks with mustard greens and arepas. His signature fried yardbird, perhaps America’s finest fried chicken, is included. ■

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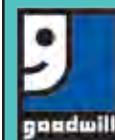
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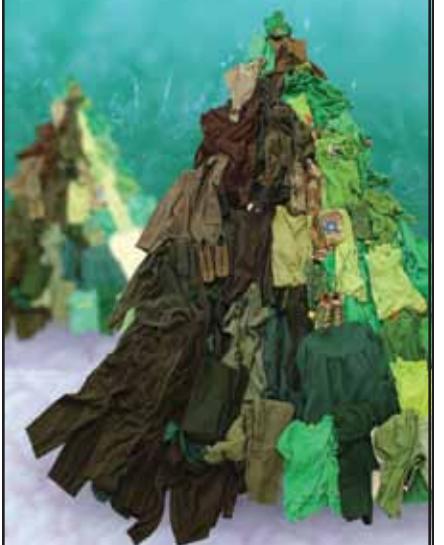
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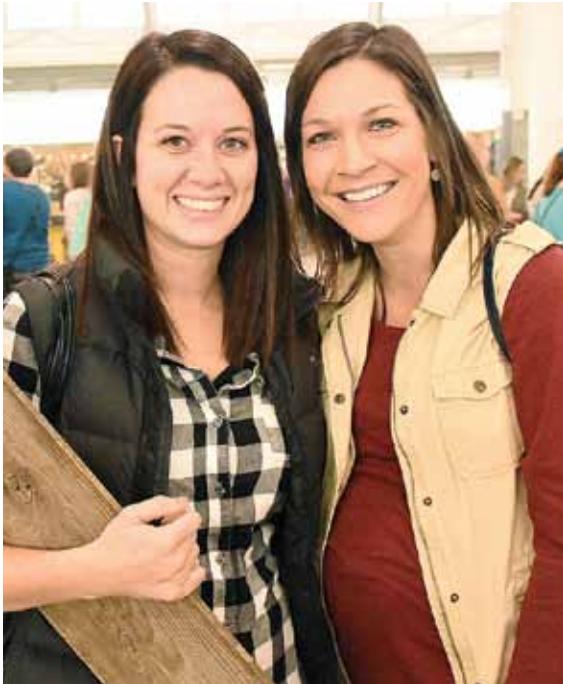
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Cindy Monahan and Skylar Monahan

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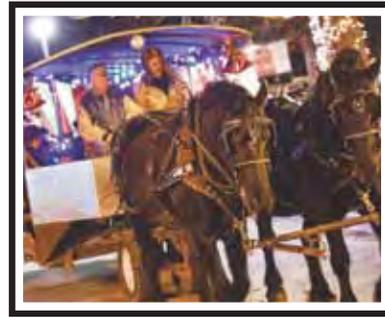
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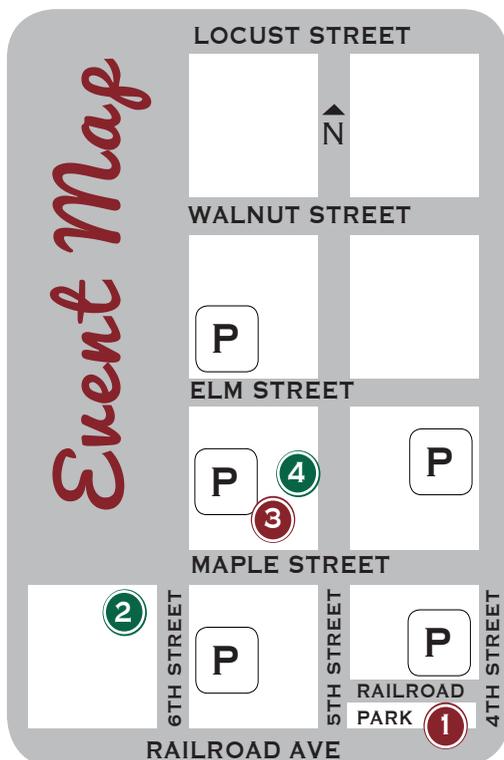
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LUNCH WITH...

BILL NORTHEY

STORY BY JIM DUNCAN | PHOTO BY DAN HODGES

Bill Northey is arguably Iowa's most popular politician. Certainly the margins of victory in his last two re-elections support that. Blue-eyed and outgoing, he retains a boyish enthusiasm as he approaches age 60. The third-term Secretary of Agriculture and Land Stewardship is himself a third-generation Iowa farmer from Spirit Lake. He has traveled to at least 17 countries to study the state of modern agriculture from a worldwide perspective. Every year, he spends at least a day in each of Iowa's 99 counties.

We asked Northey to lunch recently to talk about political popularity, clean water, GMOs (genetically modified organisms), wind farms, fish farms, ethanol, the current viability of industrial agriculture's mantra (that GMOs are needed to feed the world), and about good places to eat around the state.

We met at Los Laureles, Des Moines' original Jalisco-Michoacan-style, sit-down restaurant. Northey is a big fan of Iowa's Mexican restaurants, calling them great values and good places to meet new Iowans.

"I usually stop at (Santa Ana), a wonderful Mexican bakery and restaurant when in Columbus Junction, a couple good places in Storm Lake (Plaza and La Juanita). West Branch (Lindo Grill & Cantina) and West Liberty (Gabby's, El Patio) also have superb Mexican restaurants," he recalled.

Since we met two days after the November election, I asked him about the precarious nature of political popularity. Specifically, why is the Secretary of Agriculture and Land Stewardship position so stable? Each of the last four secretaries has served for eight to 15 years.

"That's not that unusual for state offices in Iowa. Look at the attorney general. Tom Miller has been re-elected for all but one term since 1979, including a number of times when his (Democrat) party did not win the governor's office. Secretary of Agriculture has been stable, with only four of us since 1972, but between 1923 and 1972, there were 11 others.

"I think that a key thing to current longevities in the office is that we all have had a commitment to the job. We like it and want to stay on it. We usually are farmers ourselves, so we care about farmers from having walked in their shoes," he explained.

At a time when Iowa's population of farmers (80,000) and agriculture's percentage of the state economy (5 percent for raw agricultural production, 25 percent for all farm-related industry) are historically low, Northey thinks it's essential that he get out and be the face of Iowa agriculture.

"Part of that is to let people know that you want to be there and you want them to stay in touch. Whether they are going through a crisis with regulations or because of weather events, I want them to know we are there for them," he said.

Northey believes his job performance depends upon farmers staying in touch. "We have 80,000 farmers and 400,000 fields planted. Everyone is different and unique. There is no solution that works for all of them," Northey explained. "Some Iowa soil is too dense for soy beans, so typical (corn/soy) rotation doesn't work. Those of us who practice no-till never see the legendary 'black earth of Iowa.' Nitrogen content varies drastically from farm to farm and day to day.

"Fortunately, Pioneer has given us a magnificent new tool for that. Their Encirca software can measure nitrogen and advise on methods of control. All this diversity is why there is no single answer to problems like nitrates and phosphorous in water."

Northey thinks that progress is being made on cleaning up water.

"We have increased the use of cover crops from under 100,000 acres to more than 400,000. New nutrient reduction plants in wetlands reduce the amount of nitrates in runoff water from tile land by 50 percent. Encirca prevents the overuse of nitrates. No-till farming reduces soil erosion. Iowa has been spending \$9.6 million a year now on such measures, and that budget has passed with bipartisan support," he explained.



What did Northey think about a recent New York Times column that claimed the European Union (where GMOs are outlawed) is attaining similar yield increases to America (where many crops are now more than 90 percent GMOs)?

"I have talked to lot of researchers, and they all show me that the data in that story were cherry-picked. They only used the most drastic examples of increases in EU and most unsuccessful yield increases in the U.S. I also know that every farmer in Iowa who buys GMO seeds came to that decision thoughtfully and that they continue to buy them because they realize increases in their yields and profits every year while reducing the need for herbicides. GMOs have eradicated corn bores and allowed for less tillage and soil erosion. Remember, Iowa produces more corn than all but three nations — the U.S., China and Brazil. So, yes, it's still legitimate to say that Iowa farmers feed the world. Most of the farmers I know will dismiss a new strategy to 'fix agriculture' simply because it's in the New York Times and likely written by someone who never farmed," he explained.

What does Northey think are the pluses and minuses of new agricultures such as ethanol, and wind and fish farms?

"Wind power is here to stay," he said. "I think it now provides 40 percent of Iowa's electricity. Also, it's incredibly difficult and expensive to change your mind about a windmill after it has been built. Landlords love it as a new source of income, farmers less so because it gets in their way and prohibits crop dusting.

"Ethanol was as popular as apple pie and motherhood when grain prices were high and we were importing too much oil from bad people. Now that oil prices have dropped, growth in ethanol production has given way to stabilization. Environment scholars have divided on its impact compared to fossil fuels, too. But it's stable now at 15 billion gallons a year.

"Fish farming has been disappointing for decades, but that might be turning. Cheap supermarket fish (catfish, tilapia) have a hard time commanding a good price. Iowa farmers are figuring that out and turning to baramundi, shrimp, cold-water salmon, bass and whitefish. Distribution has been a problem, but there's a new \$30 million plant going up in Webster City in the old Electrolux factory."

When asked about good food stops around the state, Northey said he's a regular at almost all lockers for smoked meats. Minden and Corning lockers are worth going out of his way for beef sticks, and Holstein's Tiefertaler's is for "no mess Coney's." He also praised Cronk's café in Denison and Stubb's in Spencer. ■

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Don't get into the grocery store business. Margins are so small that only the supersized can survive. That has been good advice for 50 years now. It also helps explain why small towns have either been losing population or ceasing to exist in Iowa. People rue the loss of small-town stores, but they also drive to the nearest Wal-Mart. Lose your grocer, your high school and your café, and your town is marked for doom.

Brian and Mary Lohse defied the inevitability of modern history after winning a lottery jackpot. They invested in their hometown of Bondurant by endowing a supermarket and café that now save locals a lot of gas money. Astoundingly, their Brick Street Market and the Butler Café are not just token local stores, they are paragons of Iowa food traditions that are now enticing inner city Des Moines folks like me to reverse the historical process and drive 40 miles to shop in a small town. (The difference between a small town and a suburb is the existence of cornfields.)

Brick Street Market is anchored by one of the best butcher shops in Iowa. I frequently find steaks there that are better marbled than others costing three times as much in Des Moines. The market is filled with endangered traditions. Their house label pickling products include both hot and mild dilly

beans, corn relish, brown sugar and hot pepper krauts, sweet and sour cabbage, hot asparagus, beets and garlic kraut. These are all blue ribbon class products. Jams and jellies, both house-labeled and from Clear Creek Orchard of Collins are, too. None include the dreaded high fructose corn syrup that has ruined most supermarket jellies. Black and tart cherry versions have enticed me to triple my previous consumption of toast.

Brick Street's bakery reminds me of Dahl's 50 years ago. Buns come in onion wheat and white versions, the latter are made with egg yolks, lending them a lovely shade of yellow. All bakery products are made with familiar ingredients, not chemical mysteries. I have brought Brick Street pecan cinnamon rolls, banana nut muffins, apple fritters and pumpkin streusel to breakfast meetings that produced raving demands for the source. The store also stocks excellent products I cannot find in Des Moines such as Hendrickson's salad dressings from east Missouri, plus Stubborn and Kaleb cane sugar sodas from Florida.

The best thing about Brick Street Market is its Butler Café, named for a 1940s-era loose meat sandwich joint in Bondurant. The café utilizes the butcher shop and bakery with extraordinary results. Its signature loose meat sandwich is the best I have

SIDE DISHES

Okoboji Grill stores in Ankeny, Johnston and Des Moines closed... Wellman's Pub, Peggy's Tavern, Wellman's Pub & Rooftop, Shotgun Betty's, Magnolia, and all 1908 Draught Houses donated a day's profits to families of slain police officers.

ever found. Your choice of buns will be toasted and buttered, dressed with sweet pickles, tomato, lettuce and red onions and filled with so much juicy beef that one sandwich always lends me two meals. Burgers have been seared to perfection in my experience. All sandwiches are served with a side — humongous house fries, curly fries, skinny sweet potato fries, mashed potatoes with gravy, potato salad, coleslaw or baked beans. Sometimes my waitress allows me to substitute any side from the deli, including desserts like cobbler.

Fried chicken is hand breaded, fried and pressure-cooked for tender-to-the-bone meat and crispy skin. It's so good I have yet to try the fried fish. The Butler's breaded pork tenderloin has been awarded best in metro status by the Iowa Pork Producers. The café's 1919 (the year Prohibition began) keg root beer is also as good as any I have ever found, made with real vanilla and real cane sugar. In a rare nod to modern times, the café has a drive-by window. ■

PLACES

AMERICAN

B-Bops: B-Bops has the best burgers in town! For 23 years we've won Cityview's "Best of Des Moines" readers poll and are proud to serve these burgers at more than seven locations throughout the metro. Multiple locations in Des Moines, Ankeny, Altoona, Urbandale and Ames. www.b-bops.com.

Café at the Meadows: Café at the Meadows is a convenient stop for a hearty breakfast, delicious lunch or a spectacular evening dinner. Whatever you choose, we know you're going to like what we've got prepared. Located next to our hotel lobby. Enjoy breakfast served all day. 1 Prairie Meadows Drive, Altoona. 967-1000.

Down Under: Des Moines' favorite sports bar! Located in northwest Des Moines, it's a neighborhood bar that offers a large covered patio, great food and beverages, pool, darts, video golf and other videogames. You can watch sports, all the games with The NFL Sunday Ticket, on 20 flat-screens, plus they feature daily specials, fun events, various contests and much, much more.

Granite City Food & Brewery: A polished casual American restaurant featuring fresh, high-quality menu



Granite City

items prepared from made-from-scratch recipes. Granite City is passionate about creating fresh menu items from scratch and uses its patented brewing process to deliver the best brews. 12801 University Ave., Clive. 224-1300. www.gcfb.net.

Triple Crown Eatery: The Triple Crown Eatery is hands down the best and most extensive buffet in central Iowa. Indulge yourself with outstanding entrees and sides prepared fresh daily by our award-winning chefs. You'll be amazed at the selection and the prices. 1 Prairie Meadows Drive, Altoona. 967-1000.

Trostel's Greenbriar: Trostel's Greenbriar is offering a new menu featuring five seasonal specialties, cracker-crust pizzas and, of course, your favorite entrees. Not just for

special occasions but for every occasion when you want... simply the best! Reservations accepted. 5810 Merle Hay Road, Johnston. 253-0124. greenbriartrostels.com.

BACON

Jethro's Bacon Bacon: Mmmm...bacon! Breakfast served always at this location. Try the Bacon Bloody Mary, the Bucket of Bacon, Triple Bacon Benedict, bacon wrapped ribs or any of Jethro's World Famous, award winning "Amazing Slow Smoked Meats." 1480 22nd St., West Des Moines. 868-0888. www.jethrosbbq.com.

BBQ

Jethro's BBQ: If you're looking for some of the best BBQ in town, this Drake neighborhood sports bar is the place to go. Jethro's racked up the awards in Cityview's 2011 "Best Of Des Moines" readers poll, winning Best BBQ and runner-up for Best American Food and Best Nachos. Serving ribs, pork, beef brisket, whole chickens and turkey that is smoked daily in our 750-pound capacity smoker. 3100 Forest Ave., Des Moines; 2601 Adventureland Drive, Altoona; 9350 University Ave., Waukee; 1425 S.W. Vintage, Ankeny, and 5950 56th St., Johnston. www.jethrosdesmoines.com.

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CAJUN

Jethro's BBQ Jambalaya: What a concept! Barbeque and Cajun Creole Creations all served in your Waukee neighborhood sports bar. It doesn't get any better than this made-from-scratch cooking. Serving all of Jethro's "Amazing Slow Smoked Meats" plus Cajun food favorites like Jambalaya, Red Beans 'n' Rice, Crawfish Etouffe and Spicy Gumbo. Try the Alligator or the BBQ Shrimp; the blackened Mahi is as close as you will come to the Big Easy in Iowa. The Cajun sampler platter will tickle your tummy. Jethro is hooping and hollering excited for you to come visit. 9350 University Ave., West Des Moines. 987-8686. www.jethrodesmoines.com.

Jethro's BBQ Lakehouse: Jethro has built his very own LAKEHOUSE in the booming city of Ankeny. Two patios overlook the serene water of Prairie Trail Lake as a giant moose and trophy elk gaze. Twenty-two big screen TVs bring you all the sports action. Twin, 750-pound hickory fired smokers cook all of Jethro's award-winning "Amazing Slow Smoked Meats." The Cajun Creole Creations made famous at Jambalaya are proudly served. Imagine how good the taste of walleye served fresh from the lake is at Jethro's LAKEHOUSE, your Ankeny neighborhood sports bar. 1425 S.W. Vintage Parkway, Ankeny. 289-4444. www.jethrodesmoines.com.

CHINESE

China Star: Great Chinese cuisine. Available for dine in, carry out and delivery. 7164 University Ave., Windsor Heights. 279-2456.

China Garden: Great Chinese cuisine. Available for dine in, carry out and delivery. 2020 Grand Ave., Suite 1300, West Des Moines. 255-5115.

China One International Buffet:

"China One International Buffet has moved to a new location! Now located at 4804 S.W. Ninth St., Des Moines, they serves a variety of Chinese, Japanese and American food. Available for dine in or take out. 237-0022 or 244-6211.

DESSERT

Chocolaterie Stam: A trip to Chocolaterie Stam is a an experience like no other. As a modern chocolaterie steeped in old-world, Dutch traditions, we proudly serve the Des Moines community with some of the finest chocolate you've ever tasted. Stop by any of our locations and you will instantly feel at home by our cozy décor and the scent of fresh chocolate. 230 Main St., Ames; 2814 Ingersoll Ave., Des Moine and Valley West Mall 1551 Valley West Drive, Suite 26, West Des Moines.

Cupcake Addict: Cupcake Addict is located in Johnston, and specializes in made-to-order cupcakes, unique flavors and creative designs. While cupcakes are their specialty, Cupcake Addict also provides cakes, cake balls, cupcake cakes and chocolate-dipped pretzels. All cupcakes can be custom-made to order and are never frozen, using only the high-quality ingredients to create a high-quality product. Cupcake Addict is proud to be locally owned and operated by Janet Hoch. Visit cupcakeaddictdm.com for a full list of flavors, products and services or stop by at 8705 Chambery Blvd., Suite 400, Johnston. Hours are Tuesday-Thursday 11 a.m. - 8 p.m., Friday and Saturday 11 a.m. - 9 p.m., and Sunday 11 a.m. - 6 p.m.

ITALIAN

Biaggi's Ristorante Italiano: Biaggi's is a fun, casual, white-tablecloth restaurant that offers an extensive menu featuring a full selection of house-made and imported pasta, soups, salads, pizza, seafood, fresh fish, chicken, veal, steaks and desserts. Fresh. Affordable. Italian. 5990 University Ave., West Des Moines. 221-9900. www.biaggis.com.



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Cosi Cucina

Cosi Cucina: Cosi Cucina has been your favorite place for Italian comfort food for 23 years! Offering the best in eclectic, casual Italian dining, you will find a variety of dishes on our menu, from wood oven pizzas, specialty pastas, fresh soups and salads, and house-made desserts. Stop by and have a drink from our specialty wine list or one of our signature cocktails. The door's in the back because we think of you as family and we invite you into our Italian home. 1975 N.W. 86th St., Clive. 278-8148.

Jethroni Pepperoni: An Old World, Italian family dining restaurant with New World fun and flair! Featuring Dominic Iannarelli, the Iowa Restaurant Association's "2014 Chef of the Year." Dom is known for his "made from scratch" cooking, using only the freshest and finest ingredients available. We promise you the most delicious and original Italian dishes you have ever tasted. Our portions are generous and prices are reasonable. 3221 Adventureland Drive, Altoona. 421-4400. www.jethroni.com.

Noah's Ark Ristorante: Noah's Ark Ristorante has been a well-known Ingersoll tradition for decades. It offers a comfortable, relaxed, inviting atmosphere combined with a friendly and helpful staff. Serving up a full menu of delicious Italian cuisine, you are sure to find something you love. 2400 Ingersoll Ave. 288-2246.

Tumea & Sons: Don't feel like cooking dinner? Come to Tumea & Sons for a tasty Italian meal. With a host to choose from including traditional pasta dishes and homemade Italian pastries – the whole family will be satisfied. 1501 S.E. First St., Des Moines. 282-7976. www.tumeaandsons.net.

MEXICAN

Cabo Sol: Cabo Sol is a great place to eat — combining a family-friendly atmosphere with great-tasting, authentic food that will make your taste buds have a fiesta. Come in to enjoy our daily specials. Inside dining, carry-outs, catering and full-service bar. 5010 Mills Civic Parkway, West Des Moines. 223-6319.

El Tapatio: One of the best-looking Mexican restaurant in the metro. All furniture is custom-made with La Tapatia's sombrero logo and pineapples, the international symbol of the hospitality industry. Both are hand-carved into wood and leather booths and inlaid under laminated tables. Slate walls, tile floors and fabulous, large paintings of both Guadalajara and Des Moines complete this 210-seat restaurant's ambiance. The menu also catered to west side preferences in Latino food. Chips came with a mild red salsa and a bean dip. Ground beef and chicken tacos



El Tapatio

are featured on all combo dinners and in specials. 3751 E.P. True Parkway, West Des Moines. Mon.-Thurs. 11 a.m. - 10 p.m. Fri. - Sat. 11 a.m. - 10:30 p.m. Sunday 11 a.m. - 9 p.m.

La Hacienda Mexican Restaurant: Introducing the grand opening of La Hacienda Mexican Restaurant! Join us for an authentic Mexican meal and refreshing margaritas! From burritos to tacos to fresh salads, we have it all. We can't wait to see you! 6350 Douglas Ave., 256-8901.

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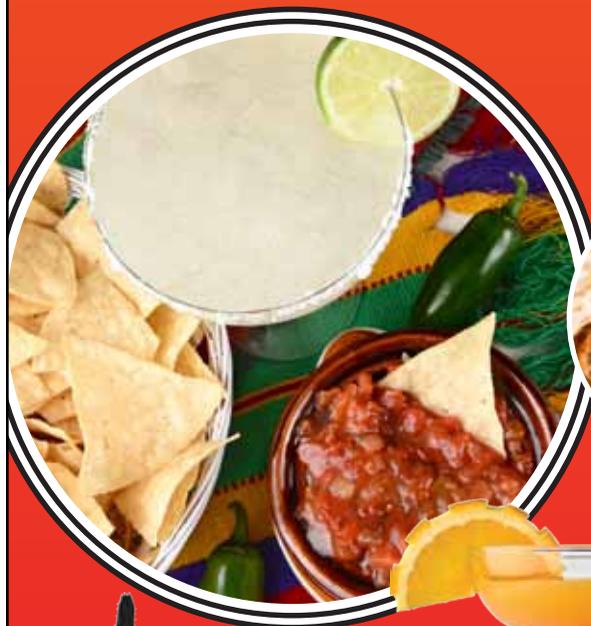
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metro locations. 4119 University Ave., Des Moines. 277-6344. 200 S.E. Gateway Drive, Suite 111, Grimes. 986-2228. 5919 Ashworth Road, West Des Moines. 226-8880. www.godfathers.com.

SEAFOOD

Splash Seafood Bar and Grill: Splash Seafood Bar and Grill is a great place to enjoy fresh fish, oysters and hand-cut steaks, all in a fun and vibrant surrounding right in downtown Des Moines. Visit the oyster bar for some of the freshest original menu items or the famous clam chowder. 303 Locust St., Suite 100. 244-5686. www.splash-seafood.com.

Waterfront Seafood Market: This family-owned, casual seafood restaurant, market, sushi and oyster bar is undefeated as the metro's best seafood for the past 23 years. Most of the fish and seafood is bought directly from the docks where the fishermen bring in their catch. The fish and seafood arrive via airfreight and are hand-cut by a full-time fish cutter. For hours, specials and more information, visit www.waterfrontseafoodmarket.com. 2900 University Ave. Clocktower Square, West Des Moines. 223-5106. 2414 S.E. Tones Drive, Ankeny. 963-1940.

SHARED PLATES

RoCA: RoCA, short for "Restaurant on Court Avenue," is Des Moines' premiere restaurant located in the Historic Court Avenue District of Downtown Des Moines. The savory, locally sourced menu items pair perfectly with the exciting wines and hand crafted cocktails. Join for drinks

and a meal in the main restaurant, in the lounge, or at the bar. Have a party in the RoCA room with seating for up to 36 people. Book your reservation online or call during business hours at 515.282.3663 for availability. 208 Court Ave., Des Moines. www.rocasm.com.

SMALL PLATES

Trostel's Dish: You'll love the unique dining experience at this restaurant which offers small dishes with fresh flavor from around the world and seasonal selections every three months. Enjoy wine flights and cheese flights. Private dining area for business meetings or intimate gatherings. Open for lunch Monday-Friday. Bar opens at 4 p.m., Monday – Saturday. Dinner starts at 5 p.m. 12851 University Ave., Suite 400, Clive. 221-DISH. www.dishtrostels.com.



Trostel's Dish

STEAKHOUSE

Iowa Beef Steak House: Now serves lunch Monday through Friday 11 a.m. - 2 p.m. This is new for Iowa Beef Steak House, and they are sure you will love lunch just as much as dinner, served Monday through Sunday from 5-10 p.m. Iowa Beef has recently been taken over by new ownership and has added some new menu items they are sure you will love. They are now offering a freshly ground burger with all the works, thinly sliced Philly Cheese Steak Sandwich, salad bar prepared in-house, and The Pier's famous clam chowder. They are located in the same great location at 1201 E. Euclid Ave., Des Moines. 262-1138



Jethro & Jake's

Jethro's 'n Jake's Smokehouse Steaks: Now in Altoona. Still at Drake. No Australian or Texan spoken here. These steaks are corn-fed, Iowa-raised, USDA Choice meat, hickory smoked over a campfire and broiled to perfection in the 1,600-degree Jethro's 'n Jake's fire machine. This seals in the juices and flavors. All steaks are seasoned with black pepper and salt and finished with a touch of smoked garlic butter. 2601 Adventureland Drive, Altoona. 957-9727. www.jethrosdesmoines.com. ■

Buy one 1/4 pound Barbeque Bacon Cheddar Burger and medium soft drink and get one 1/4 pound Barbeque Bacon Cheddar Burger



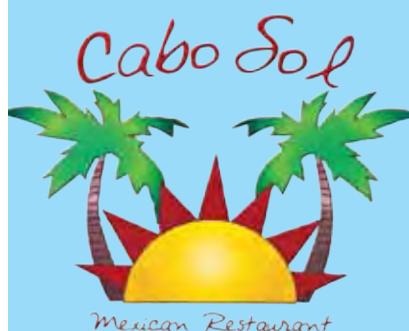
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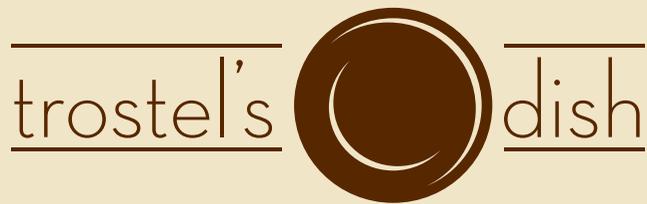
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Simple ways to **STAY FIT** all year

Many people find it easier to maintain their beach bodies during summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year. But maintaining a healthy weight year-round promotes long-term health and reduces a person's risk for various ailments and diseases, including heart disease and diabetes. The following are a handful of strategies men and women can employ as they try to turn their beach bodies into the bodies they see in the mirror all year long.

Keep setting goals. As winter heads toward spring, many people set short-term goals to motivate them to get back into beach shape. That's a highly effective strategy that need not be exclusive to late winter. Setting short-term fitness and dietary goals throughout the year can keep you from falling back into bad habits. Tie your goals into the season to increase your chances for success. For example, resolve to run outdoors or cycle a certain number of miles each week in autumn, when the weather is still conducive to physical activity and the scenery is idyllic. When winter arrives and exercising outdoors is no longer viable, commit to attending a few fitness classes per week at your gym.



Switch up your workout routine every few weeks. Boredom also can affect people's ability to maintain healthy weights year-round. Adhering to the same exercise routine for months on end can grow tedious. The body can even grow accustomed to the same workout routine, meaning you won't be getting as much out of your exercise sessions as you might if you switch things up. If you find your daily workouts taking a turn toward the mundane, switch up your routine by changing exercises or signing up for classes that interest you.

Find healthy seasonal foods. Many people prefer to buy locally sourced and/or in-season foods, recognizing the positive impact that such dietary habits can have on the environment. That commitment to buying healthy, locally grown foods can be tested as the seasons change and the offerings at your local market change along with them. Educate yourself about which foods are in-season in your area throughout the year, opting for the most nutritious foods you can find. Buying in-season foods saves you money, and you will also feel good about staying on a nutritious, eco-friendly track.

Join an exercise group or sports league. The buddy system is an effective way to stay committed to a fitness regimen, but if you cannot find a friend or family member to brave cold winter treks to the gym with you, then consider joining an exercise group or competitive sports league. As summer turns to autumn, join a road runner's club to motivate you to run. When harsh weather makes running outdoors too difficult, sign up for a winter sports league. Such groups or leagues get you off the couch and provide great opportunities to meet like-minded men and women who have made their own commitments to staying fit.

Staying fit all year long is a challenge for many people. But maintaining that beach body even after summer has come and gone need not be so difficult. ■

The **PERFECT** Season to GIVE THE "GET-FIT" GIFT, for you or someone special on your list

- **Garmin Watches, Yurbuds, RooSport**
- **Cold Weather Gear:** Craft, Mizuno Breath Thermo, Saucony, Nike, Brooks, CWX
- **Visibility Gear** Nathan, Craft, Tifosi Optics
- **Yoga Gear** Lucy, Manduka
- **Repair and Recovery** Addaday, Run MD, Runners Remedy, KT Tape
- **Socks:** Smartwool, Balega, Feetures, Mizuno, CEP compression
- **Gift Cards, No Boundaries 5K Program**



■ **Running** ■ **Walking** ■ **Yoga** ■ **Fun** ■
Shoes ■ **Clothing** ■ **Essentials**

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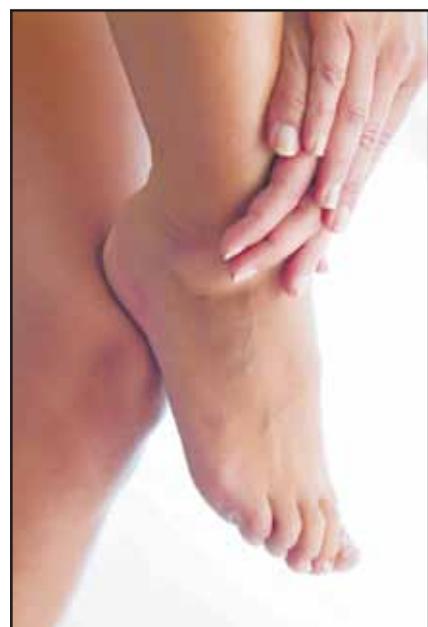
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FLEET FEET

Sports

OUCH, my foot hurts!

Your foot hurts. I get it. No, really, I understand. Many years ago, after a lot of consideration of several medical specialties, I decided on podiatry because my foot hurt. I realized then, that like me, everyone wants to walk or run pain free. After I endured a sports injury that led to foot surgery as a young adult, I knew I wanted to help others — one step at a time.



Let's touch on an extremely common problem I treat daily — plantar fasciitis (plan-ter fash-ee-eye-tus), also known as jogger's heel. It is probably the most common cause of heel pain. Does your heel and arch hurt the moment you take your first steps of the day? If yes, it may be plantar fasciitis. It's basically an overuse injury that is caused by repetitive over stretching of the plantar fascia (a thick band of tissue that forms the arch of the foot). This ailment presents itself more often in athletes. Runners, especially. Many exercise and run through this pain every day.

The best part about this ailment is it can often be treated non-surgically. At East Village Foot & Ankle Surgeons, we have the newest ultrasound technology

to allow us to see firsthand how bad the trauma is. If the pain is minor, there is an easy course of medical treatment that can include several stretches to implement into your daily routine. Taping your foot the way a medical professional would, using a shoe insert, wearing a night splint/arch band to bed, or taking prescribed oral or injectable medications are all non-surgical ways to help.

Let's say those non-surgical options aren't right for you. You've tried everything! What do we do next? There is an endoscopic plantar fascia release surgery that I enjoy doing because it's a quick surgery that can give rapid relief. This minor surgical procedure includes using a scope (endoscopically) where you would only have two small incisions. My patients are typically on limited weight bearing immediately following surgery and can begin wearing normal shoes in one week. ONE WEEK after foot surgery; that's quick!

I want to be clear, I am equally comfortable treating patients conservatively as I am taking surgical measures. Let's do what you feel comfortable with and discuss the realistic expectations. The bottom line is, I'm not going to tell you that wearing an orthotic (insert in your shoe) or a foot arch band is the magic fix, especially for severe or long-term cases. But because I've had my own foot ailments, surgery and recoveries from years ago, I'm going to give it to you straight.

Come and see me. I would love to talk with you. Remember, before I was the foot doctor, I was the foot pain patient. ■

*East Village Foot & Ankle Surgeons, Dr. Justin J. Raatz
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www.eastvillagefootandankle.com*

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CITYVIEW
PRESENTS



des moines' most "likeable" people

A social networking contest
and charity event

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When we asked Cityview readers to tell us who they thought was "likeable," they responded with dozens of nominations ranging from newscasters and politicians to school teachers and business owners. The nominating letters were heartwarming and funny and sincere, but the related comments were entertaining on their own. We kept the rules simple. All local nominations were accepted, and we tallied the number of "likes" that were given to each person. We then contacted those with the most "likes" and asked them to name a charity and attend our event. Not all chose to participate, but most did. And why not? Being "likeable" is a good thing, and so is raising money for charity. And that's exactly what this contest and the related event are all about.

So check out the list of Des Moines' Most "Likeable" People and then be sure to attend the event to cast your vote and support all the participants and their chosen charities. The male and female participants who receive the most votes will each receive a minimum of \$750 for their charity. Opportunities will be available to make donations to all other charities as well.

**Join us to vote for
Des Moines' Most
"Likeable" Person!**

**Friday, Dec. 9 | 6-11 p.m.
at The Keg Stand**

3530 Westown Parkway, West Des Moines

No Cover

Party starts at 6 p.m.

Winners announced at 10 p.m.

Winner's charity will be awarded a cash donation!

**Music | Drink Specials
Food Available | Raffle Prizes**

Megan Salois

1. Occupation? Broadcast Meteorologist at WHO-HD

2. City where you live? Urbandale

3. Hometown? Hard to say. Born in Elmira, New York; grew up in Marietta, Georgia; and now my home base (where my parents and one sister live) is Granbury, Texas. So I consider MY hometown now to be the communities of Urbandale and Johnston, because this is where I'm raising my boys.

4. Share one thing about yourself that most people would be surprised to learn. I grew up very afraid of thunderstorms and tornadoes. Lightning struck my dad as a teenager, and knowing that and what happened to him afterward, I had a great fear of severe storms. I decided I wanted to learn more about the weather, so that I know why we get the weather we get, and so I can stay on top of bad weather to stay aware and pass that awareness on to my community to keep others safe. I still have a bit of anxiety with approaching storms.

5. Who do you most admire as a person? Shannon Cofield of Drake University. I grew up with Shannon and her girls next door in Georgia. She was one of the very few working moms in my life as a kid. I admired her as a working mom who succeeded in working for a non-profit while also succeeding at raising two beautiful young women. I can only hope to give of myself as much as she has over the years to the community, her career and her family. Plus, she made it look so easy.

6. Which charity have you chosen, and why? Dress for Success Des Moines. I love that this organization helps women overcome whatever obstacles that may be in their way to get their dream job and then be able to provide for themselves and their families. **Visit desmoines.dressforsuccess.org for details.**



Paul J. Parizek

1. Occupation? Sergeant, Des Moines Police Department. Currently assigned as the Public Information Officer.

2. City where you live? Des Moines. ...the greatest city in the nation!

3. Hometown? I started out in Texas, but I was raised in Des Moines.

4. Share one thing about yourself that most people would be surprised to learn. I'm terrified of snakes.

5. Who do you most admire as a person? Chief Dana Wingert. A great leader and a greater friend. A truly inspirational and honorable man.

6. Which charity have you chosen, and why? The memorial funds for Des Moines Police Dept. Sgt. Tony Beminio and Urbandale Police Dept. Officer Justin Martin — two heroes who gave their lives protecting the communities that they chose to serve. **Visit squareup.com/store/des-moines-police-officers-credit-union for details.**



Megan McDowell

1. Occupation? Legal Assistant/Photographer

2. City where you live? Des Moines

3. Hometown? Lorimor

4. Share one thing about yourself that most people would be surprised to learn. That despite being a land-locked Iowan, I am a certified scuba diver who has swam with sharks and even shaken hands with an octopus.

5. Who do you most admire as a person? My friend, Da'vie Chan, for her drive, generosity, kindness and acceptance of others.

6. Which charity have you chosen, and why? Heartland Greyhound Adoption, a volunteer not-for-profit organization, formed and operating in the Midwest, through which I have adopted a sweet, retired racing greyhound through named Julius. The organization saved him and paid for his ACL surgery and all of his medical needs and treatments. They care immensely for the racing greyhounds. In the past, without the help of volunteer organizations like this one, greyhounds would be euthanized if they were injured or too old to compete, and it can still happen today. This organization is dear to my heart because of my new furry friend, and I would very much like to get the word out there about the dedication and monetary needs of this volunteer organization. **Visit heartlandgreyhoundadoption.org for details.**



Jason Parkin

1. Occupation? Sales Support at Compass Financial Services, fill-in meteorologist at KCCI

2. City where you live? Urbandale

3. Hometown? LeMars

4. Share one thing about yourself that most people would be surprised to learn. I've been bitten by dogs four times, for a grand total of 31 stitches.

5. Who do you most admire as a person? Jesus

6. Which charity have you chosen, and why? The Pitt Hopkins Research Foundation, as I have a son with that genetic disorder. **Visit pitthopkins.org for details.**



Josh Fisher

1. Occupation? Senior director, digital content and communications for the Iowa Wild hockey team

2. City where you live? Des Moines

3. Hometown? Cincinnati

4. Share one thing about yourself that most people would be surprised to learn. I relish quiet alone time.

5. Who do you most admire as a person? My parents.

6. Which charity have you chosen, and why? Suicide Prevention and Resource Center in Des Moines. I lost some friends and family members due to the illness. I think mental health awareness is not where it should be, and a lot of people miss the signs that end tragically. **Visit www.sprc.org/states/iowa for details.**



Rebecca Anderson

1. Occupation? I provide client service and manage ongoing relationships with international affiliates and institutional clients for a global asset management company.

2. City where you live? Windsor Heights

3. Hometown? Sioux City

4. Share one thing about yourself that most people would be surprised to learn. I was diagnosed with Stage IV breast cancer at the age of 33, five days after giving birth to my third child. It has been a year since my initial diagnosis, and I am proud to say I'm stronger and thriving even more than ever before.

5. Who do you most admire as a person? The person I admire most is my niece, Allie. At the age of 10, she endured 40 rounds of chemotherapy to destroy a benign tumor (she named it "Maud") that was found in the middle of her optic nerve and was causing her eyesight to weaken. Throughout the course of her year-long regimen, Allie remained strong and full of life. While she did have her bad days, and it tore us apart to see a child so helpless, she was determined to fight "Maud" and regain her sight. Her attitude and perseverance during that time was so admirable, and I made sure to remember this every day during my journey through treatment almost two years later. Both of my sons remember that Allie lost her hair, but they don't remember her being sad or sick from the treatment. When I first explained to them I had cancer, they both asked if I would lose my hair (like Allie did), but it didn't even cross their minds that I would become ill...and this is because it was so apparent that Allie carried herself with great composure and pure happiness the entire course of her treatment. What an admirable person.

6. Which charity have you chosen, and why? My charity of choice is the Children's Cancer Connection (CCC) here in Des Moines. I have been donating my time and money to CCC since I started wrapping presents at Christmas time for their booth at Valley West Mall, almost 11 years ago. After seeing my niece go through treatment at the Children's Hospital in Omaha, and experiencing firsthand my own regimen of 16 rounds of chemo, 28 radiation treatments and one cyber knife treatment throughout this past year, I know what it's like for these children and their families to suffer through the pain and heartaches of a cancer diagnosis. Children's Cancer Connection helps pediatric patients and their families get through these tough times by providing camps, education materials, support groups and other fun activities to help make life more normal for them. To me, there is no more joy in life than seeing a happy, smiling child. While cancer doesn't care, CCC does. **Visit www.childrencancerconnection.org for details.**



Jeff Coder

1. Occupation? Fitness professional

2. City where you live? West Des Moines

3. Hometown? Boone

4. Share one thing about yourself that most people would be surprised to learn. I think most people surprised to learn that I am actually from Boone. I have traveled around the world (literally), not even including my own time in the military, and have moved more times than I can count. In fact, both of my sisters were born in England while my dad was stationed there. Boone is kind of absurd given my life story.

5. Who do you most admire as a person? I most admire my mother. My dad was active duty Navy for 24 years, so we moved constantly. She juggled raising four children, being a schoolteacher and persevered with all of the stress and hardships that accompany all of that.

6. Which charity have you chosen, and why? I chose the Wounded Warrior Project. I am a veteran myself, and I have seen firsthand the effects that are suffered by many of our veterans. I also have had the privilege to work with many of them to rehab both physically and mentally. **Visit www.woundedwarriorproject.org for details.**



Vickie Welch

1. Occupation? I am the marketing coordinator at the absolutely lovely 3801 Grand Retirement Campus.

2. City where you live? Des Moines

3. Hometown? Pella

4. Share one thing about yourself that most people would be surprised to learn. People are frequently surprised to learn that I am blessed to still have mijn mooie oma (my beautiful grandmother) with me here on Earth. She is 100 years old.

5. Who do you most admire as a person? There are many people I admire for different reasons, but selecting the one I most admire leads me to my mom, Nancy McCaune. My mom, always kind, gentle and humble, endured the challenges of raising a child with multiple special needs (my late sister, Julie) during a time when professionals recommended immediate institutionalization rather than creating supports to help families keep these children at home. My parents made many sacrifices — without question and without reservation — in order to be able to meet Julie's needs at home as long as possible.

6. Which charity have you chosen, and why? I have selected Puppy Jake Foundation as my charity, as I believe in the power of pet-love. There are so many large issues requiring resolve with regards to our veterans, but this is something relatively simple that can have a big impact. Puppy Jake Foundation and its volunteers are changing veterans' lives, one four-legged and service-dog friend at a time. **Visit puppyjakefoundation.org for details.**



Sophie Homonoff

1. Occupation? Director of Education at the Jewish Federation of Greater DM

2. City where you live? West Des Moines

3. Hometown? Clive

4. Share one thing about yourself that most people would be surprised to learn. I taught in the Washington, D.C. area for 17 years.

5. Who do you most admire as a person? Educators. They work tirelessly and nurture our future daily.

6. Which charity have you chosen, and why? The Jewish Federation of Greater Des Moines. We would like to add an inclusive and accessible piece of playground equipment for children to enjoy. **Visit www.jewishdesmoines.org for more details.**





CITYVIEW

Come join us

FRIDAY, DECEMBER 9TH 6-10PM

AT KEG STAND



des moines'

most likeable

people

Party

A social networking contest and charity event.

Heather Ryan

1. Occupation? Owner, Glamour Girls Dress-Up and Princess Parties and Ryan Talent & Consulting

2. City where you live? East Des Moines

3. Hometown? East Des Moines

4. Share one thing about yourself that most people would be surprised to learn. I appeared on TLC's reality television show, "Toddlers and Tiaras" a half dozen times and created/starred-in the spin off reality show, "Eden's World."

5. Who do you most admire as a person? Senator Tom Harkin became the catalyst for my political activism when I attended a Nuclear Freeze Walk that he co-hosted in 1983 (I was 11 years old). His personal story emboldened me to follow suit by joining the Navy, using my GI Bill benefits to attend college and work hard for the fair treatment of all, regardless of skin color, disability, gender or any other "differences." Harkin is not just a tireless leader, he is a true inspiration to those who believe in fairness and equality.

6. Which charity have you chosen, and why? I have chosen Creative Visions, Human Development Institute as my charity of choice because the organization addresses the underlying issues that contribute to poverty and downward mobility. The founder, Ako Abdul-Samad, is a true leader in the Des Moines community, and I hope to help further the organization's mission through this small act of recognition. **Visit creativevisionsia.org for more details.**



Joe Gonzalez

1. Occupation? I retired from the Des Moines Police Department a few years ago, and now I'm the executive director of Latino Resources and Iowa Latino Heritage Festival.

2. City where you live? Des Moines

3. Hometown? My hometown has been Des Moines since moving here from Mexico at the age of 5.

4. Share one thing about yourself that most people would be surprised to learn. The thing that most people would be surprised to learn is that I'm a very private person away from all my work, going back to my time as a police officer and now the Executive Director of Latino Resources. I enjoy my time alone and with family when I get a chance to have my private time. I appreciate my friends and family, especially after almost losing my life in an accident a few years ago.

5. Who do you most admire as a person? I admire Chief Dana Wingert who pushed me to excel as an individual when he was a sergeant and I was an officer. I respected his opinions and insights on being the best person you could possibly be.

6. Which charity have you chosen, and why? I want to give to the Food Bank of Iowa, since we have a problem with hunger. This is a charity that I have much respect for. **Visit www.foodbankiowa.org for details.**



William Holmes, A.K.A. Will Keeps

1. Occupation? A producer song writer, activist, motivational speaker, music teacher and mentor.

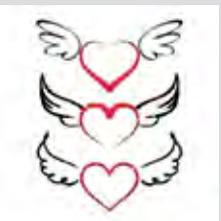
2. City where you live? Des Moines

3. Hometown? Chicago

4. Share one thing about yourself that most people would be surprised to learn. One thing that people will be surprised about is that I'm scared of birds — all birds (lol) — and that I'm going to give Donald Trump a chance (smh) but, yes, I am.

5. Who do you most admire as a person? Who do I most admire? My dad, Willie James Holmes. R.I.P. My father passed away on Oct. 30, 2016. My father lived a great life, and he did everything he wanted to do.

6. Which charity have you chosen, and why? The charity I want to support is the Soaring Hearts Foundation. **Visit www.soaringhearts.org for details.**



Kimba Chelesvig

1. Occupation? Realtor at Keller Williams Realty; Licensed Massage Therapist at Kimba Inc

2. City where you live? Des Moines (The big "D")

3. Hometown? Belmond (The center of the universe!)

4. Share one thing about yourself that most people would be surprised to learn. I'm guessing the fact that I'm secretly married to actor Ryan Gosling... LOL!! But, seriously... maybe the fact that I'd love to learn how to play the bagpipes.

5. Who do you most admire as a person? I can think of several people. However, I most admire people who do what that say they are going to do — that seems to be rare these days.

6. Which charity have you chosen, and why? The Animal Rescue League of Iowa. I love this place. I have adopted two dogs from the ARL. Ellie Mae passed away in September — she was my best friend for almost 16 years — and Dixie, who is 7 years old, hilarious, sweet and loving. The ARL does such a wonderful job of helping all kinds of animals find a new home. Having my dogs has really changed my life for the best. **Visit www.arl-iowa.org for details.**



Josue Miranda

1. Occupation? Personal Trainer at LifeTime Fitness

2. City where you live? Grimes

3. Hometown? San Juan, Puerto Rico

4. Share one thing about yourself that most people would be surprised to learn. I didn't know English until I moved to the U.S. to attend college in 2000.

5. Who do you most admire as a person? My mom. She raised my sister and I by herself and is a very strong woman.

6. Which charity have you chosen, and why? Make a Wish Foundation. For wish kids, just the act of making their wish come true can give them the courage to comply with their medical treatments. **Visit wish.org for details.**



Now that you've met them, come vote for Des Moines' Most "Likeable" Person!
Friday, Dec. 9 at The Keg Stand
3530 Westown Parkway, West Des Moines
No Cover. Party starts at 6 p.m.
Music & Drink Specials

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ROOSEVELT BARBER SHOP: The shop actually dates to 1919, when it was first established less than a block north of the storefront where it is now. There have only been four proprietors in all that time. The founder, Arthur (Dewey) Harmon, Bob McClaran, Larry Bristow and the incumbent first chair, Rick Adkisson, who bought the shop from Bristow's widow in 1998 after starting at the shop in 1989. Besides working his clippers, answering the phone and keeping the TVs properly tuned, Adkisson also keeps track of the traffic, mentally noting who came in when and declaring who's next when one of the four chairs opens up on a busy Saturday, the shop's primetime.

VOM FASS: vomFASS is locally owned and operated and over the last five years is making its mark as the candy store for adults! The shop carries rare Scotches, Irish whiskies, unique brandies, specialty liqueurs and wine. If you love to cook we have the highest quality culinary extra virgin oils and fruit and balsamic vinegars. . We host classes & private events too if you're looking for a fun venue. . Need a special gift? vomFASS will personalize and even gift wrap for you, everyone loves a gift from vomFASS. . We can also accommodate corporate gift giving. . Wholesale pricing available to restaurants & bars.

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CITYVIEW'S

2017

New Year's Eve

GUIDE

Looking for something to do for New Year's Eve? Look no further. Check out these great options as you make your plans to ring in the New Year for 2017!

DG'S ANNUAL

NEW YEAR'S EVE PARTY

SATURDAY
12.31
THE PARTY STARTS AT 8PM

featuring
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DOCTOR MURDOCK & MUMFORD'S
With surprise Guest TBA
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2017

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Saturday, December 17
Live Band from 9pm-1am

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Saturday, December 31

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- Countdown to Midnight with Beach Ball Drop
- New Year's Party Favors

Waterpark will be open until 1am
Gift Shop and Arcade open until 1am
Poolside Tiki Bar will be open until 1am
Standard Room \$179 ~ Standard Poolside \$209
Standard Poolside Suite \$290
Poolside King Suite with Whirlpool \$375
Presidential Suite \$550
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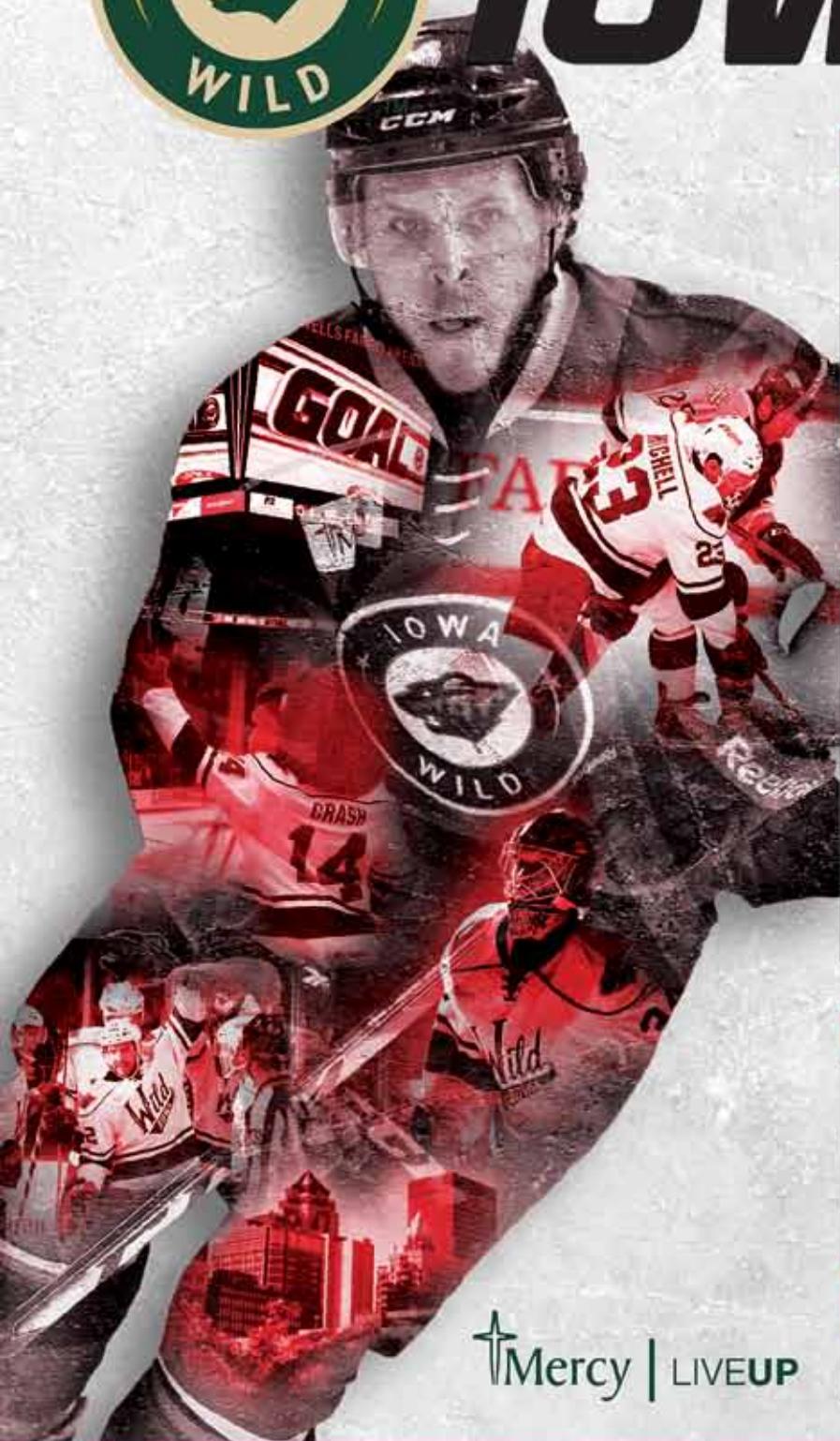
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2016-17 SCHEDULE

IOWA WILD



| DECEMBER 2016 | | | | | | |
|------------------|-------------------|------------------|-------------------|------|-------------------|-------------------|
| SUN | MON | TUES | WED | THUR | FRI | SAT |
| | | | | | GR ¹ | CHI ² |
| | | | | | 6:00 PM | 7:00 PM |
| 4 | 5 | MIL ⁶ | 7 | 8 | SA ⁹ | SA ¹⁰ |
| | | 7:00 PM | | | 7:00 PM | 7:00 PM |
| 11 | 12 | 13 | CLE ¹⁴ | 15 | CLE ¹⁶ | 17 |
| | | | 6:00 PM | | 6:00 PM | |
| MB ¹⁸ | MB ¹⁹ | 20 | 21 | 22 | 23 | 24 |
| 3:00 PM | 7:00 PM | | | | | |
| 25 | RFD ²⁶ | 27 | MIL ²⁸ | 29 | RFD ³⁰ | CHI ³¹ |
| | 7:00 PM | | 7:00 PM | | 7:00 PM | 3:00 PM |

| MARCH 2017 | | | | | | |
|-------------------|-----|-------------------|-------------------|------|-------------------|-------------------|
| SUN | MON | TUES | WED | THUR | FRI | SAT |
| | | | | 1 | 2 | RFD ⁴ |
| | | | | | | 7:00 PM |
| 5 | 6 | 7 | 8 | 9 | TEX ¹⁰ | TEX ¹¹ |
| | | | | | 7:30 PM | 7:00 PM |
| 12 | 13 | 14 | 15 | 16 | MIL ¹⁷ | MIL ¹⁸ |
| | | | | | 7:00 PM | 7:00 PM |
| 19 | 20 | CHA ²¹ | CHA ²² | 23 | CLE ²⁴ | 25 |
| | | 6:00 PM | 6:00 PM | | 6:00 PM | |
| CLE ²⁶ | 27 | RFD ²⁸ | 29 | 30 | CHI ³¹ | |
| 2:00 PM | | 7:00 PM | | | 7:00 PM | |

| JANUARY 2017 | | | | | | |
|-----------------|------------------|------|------------------|------|-------------------|-------------------|
| SUN | MON | TUES | WED | THUR | FRI | SAT |
| 1 | 2 | 3 | GR ⁴ | 5 | 6 | MB ⁷ |
| | | | 6:00 PM | | | 7:00 PM |
| MB ⁸ | 9 | 10 | 11 | 12 | SA ¹³ | SA ¹⁴ |
| 2:00 PM | | | | | 7:30 PM | 7:00 PM |
| 15 | SD ¹⁶ | 17 | GR ¹⁸ | 19 | TEX ²⁰ | TEX ²¹ |
| | 7:00 PM | | 7:00 PM | | 7:00 PM | 7:00 PM |
| 22 | 23 | 24 | GR ²⁵ | 26 | RFD ²⁷ | RFD ²⁸ |
| | | | 6:00 PM | | 7:00 PM | 7:00 PM |
| 29 | 30 | 31 | | | | |

| APRIL 2017 | | | | | | |
|------------------|-----|------------------|-----|-------------------|-------------------|-------------------|
| SUN | MON | TUES | WED | THUR | FRI | SAT |
| | | | | | | 1 |
| CLE ² | 3 | CLE ⁴ | 5 | RFD ⁶ | 7 | CHI ⁸ |
| 5:00 PM | | 7:00 PM | | 7:00 PM | | 7:00 PM |
| MIL ⁹ | 10 | 11 | 12 | CHI ¹³ | CHI ¹⁴ | RFD ¹⁵ |
| 5:00 PM | | | | 7:00 PM | 7:00 PM | 7:00 PM |

| OPPONENTS | |
|-------------------|------------------|
| CHARLOTTE (CHA) | ONTARIO (ONT) |
| CHICAGO (CHI) | ROCKFORD (RFD) |
| CLEVELAND (CLE) | SAN ANTONIO (SA) |
| GRAND RAPIDS (GR) | SAN DIEGO (SD) |
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- DECEMBER 9 - TEDDY BEAR TOSS**
- DECEMBER 10 - STAR WARS NIGHT**
- DECEMBER 31 - NEW YEAR'S EVE AND FIREWORKS CALENDAR GIVEAWAY**



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Draught House opened a new location downtown near the courthouse this fall.

1908 DRAUGHT HOUSE WILL NOT CHANGE ITS NAME

BY JEFF PITTS

When the Chicago Cubs won the 2016 World Series, much of central Iowa joined in a long-overdue celebration. After nearly 100 years of torment since the team's last crown, it was a jubilant time in the city. One business — 1908 Draught House — was faced with a dilemma. Its very name was tied to the now-extinct drought, the number in its name referencing the last year the Cubs brought home the title. Now what?

Easy. Label it a “homage of a storied history” rather than a modern reality. Problem solved.

The atmosphere at the bar that night when Chicago beat the Cleveland Indians 8-7 in extra innings of Game 7 could be described with just one word.

“Insane,” bartender Jeremy DeWeese said. “We’ve been open just over a month, and it was our busiest night to date. There were four to five people deep up at the bar.”

DeWeese says patrons were simply happy the team was competing for a title. A title was a cherry on the top — an end to the dryspell.

Officially, a drought is defined as a period of below-average precipitation, or a dry spell. A “draught” is the British spelling of “draft,” which is just the opposite — a pouring of beer or something wet.

The new bar is located at 409 Court Ave. next to the new Pita Pit that is under the old Hotel Randolph.

“The best part about this bar is that it’s a Cubs-themed bar,” DeWeese said. “If the Cubs are playing, it will always be on.”

DeWeese said The Draught House is a draw for many other reasons as well.

“We’re known for our fresh-squeezed drinks,” he said. “We use freshly squeezed orange juice to make screwdrivers, and we use freshly squeezed grapefruit to make greyhounds.”

The Draught House offers a full menu, including a weekend brunch, and it has a large, heated outdoor patio. DeWeese says it stays comfortable until outside temperatures dip below approximately 40 degrees.

The Cubs have finally broken its curse, and the bar isn’t changing its name. The Cubs’ long drought could just as easily turn into a long and steady “draught” of championships. After all, Chicago’s roster is stocked with a slew of young and talented players.

DeWeese isn’t sure about that, but he is certain the establishment will have plenty of what the bar also specializes in.

“Cold beer and good food,” he said. “You’re going to have a good time no matter what. It’s lively, and it’s a good time.”

Pitchers and catchers report to spring training in two short months. Go Cubs! ■

DeWeese says Tito’s Handmade Vodka is the bar’s No. 1 choice for both the screwdriver made with vodka and orange juice, and the greyhound made with vodka and grapefruit juice.



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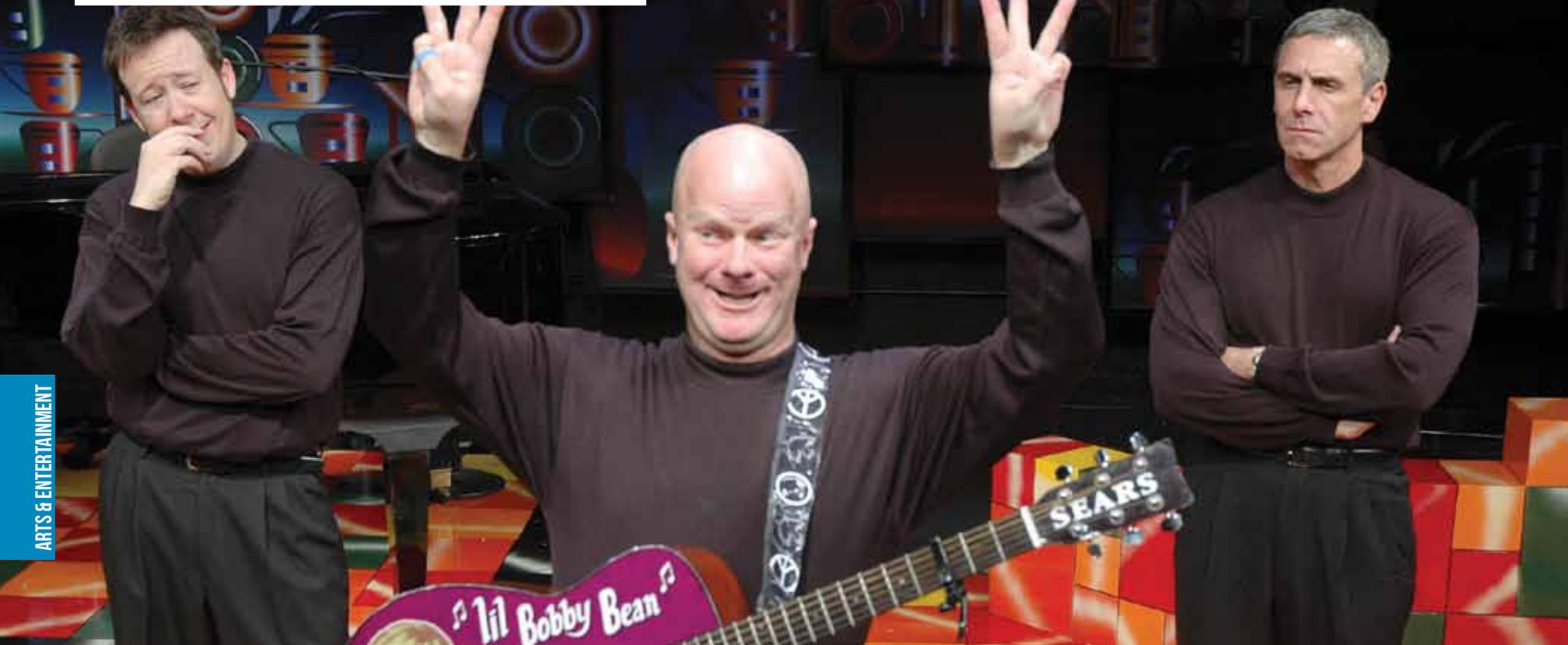


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THE MIRACLE OF THE ESPRESSO

BY JOHN DOMINI

These days, Des Moines has a showcase area known as the Western Gateway that includes Papajohn Sculpture Park and downtown anchors like Centro restaurant. Yet, 15 years ago much of the area was badly dilapidated. The Masonic Temple was still in renovation, and many locals believed the place should have been razed.

"But then our little comedy came along," says Patrick Albanese of "Triple Espresso," now playing again — for the sixth time — at Temple Theater. "That turned out to be the launching pad."

Eric Olmscheid, of Des Moines Performing Arts, feels the same.

"Everything grew out of the enormous success of the show's first run," he said.

"Triple Espresso" opened in October 2002 and is a zippy and urbane entertainment that was discovered by Jeff Chelesvig, president of Performing Arts, and required just three players. Chelesvig decided to risk mounting the piece in an intimate space that didn't yet have a name, upstairs in the rebuilt Temple. The plan called for an eight-week run. For the cast, they arranged out-of-towners.

"But then little Des Moines, Iowa, changed every aspect of my life," says Albanese.

The production wound up running until spring 2004, in what Olmscheid calls "a phenomenon impossible to replicate." Nowadays, the Temple could never book a show for 68 weeks solid; it couldn't count on the performers sticking around — and two of them relocating. In Albanese's case, he found himself spending more and more time with a local girl.

"This year we celebrated our eighth wedding anniversary. We have two kids in school," he says, still sounding amazed.

On top of that, the same happened with John Bush, another of the

cast. Bush, too, is now in the city, happily married. But the miracle of "Espresso" went beyond the players' love lives. The entire downtown enjoyed the ripple effect of hit theater. Centro took off, older venues got an uptick, and Performing Arts developed a third venue, after the Civic Center and its Stoner space, for work of all kinds.

"The Temple is just perfect for a piece like this," Albanese enthuses. "I can feel the audience, under those low ceilings. It's a real 'listening space.'"

The actor himself has learned to listen after so many turns as magician Buzz Maxwell. He's learned that the script, worked up by three performers in Minneapolis, is "effortlessly funny." He no longer tries to make unnecessary faces or otherwise "pack the jokes with Comedy Helper."

The music feels likewise bubbly. The man on piano is Patrick Somers (another holdover from 2002, though he hasn't moved to town) and Albanese dubs him "a master of '70s pop."

"Nobody has ever called out a number he didn't know," he says.

Audience participation like that plays a part in the fun, as does slapstick and more. But "Triple Espresso" clearly has a form of magic beyond explanation in this town.

"Des Moines has been so awesome," says Albanese. "I owe a tremendous debt to everyone who shows up."

Overheard in the Lobby: The Playhouse Family Holiday Classic is "Willy Wonka." ■

John Domini is a published local author who has lived on both coasts and abroad and enjoyed theater everywhere. See www.johndomini.com.



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ART PIMP

DREAMY TEXTURES AND COVERED BRIDGES

BY JIM DUNCAN

What a season it's been. In one month's time, Bob Dylan won the Nobel Prize for Literature, the Chicago Cubs won the World Series for the first time in 108 years, and Donald Trump was elected President of the United States. In the spirit of unbelievable times, let's move over to the edge of the tree limb and predict TV stardom for what is now a YouTube show called "The Art Hunter" with **Liz Lidgett**.

Reality TV is a baffling field of dreams. It defines the phrase "watching ironically." Chicago's **Todd Carmichael** has a show called "Dangerous Grounds" that I watch religiously and ironically. He pursues coffee contracts in dangerous places ruled by drug cartels and ISIS-related governments. I cannot help thinking about Carmichael when I watch Lidgett's show. Narration is similar, except Lidgett does her hunting on a computer keyboard with the same drama Carmichael takes to the Columbian jungles. She produces printout photos for clients in an age when everyone else would just show high definition photos on their phone or computer. But this show has something special going for it. Lidgett reminds me of a young **Meredith Baer**, a former Des Moines Roosevelt homecoming-queen-turned-reality-star on Home & Garden TV. Both can sell anything into high drama. Baer has 100 employees and clients that include Bob Dylan and Brad Pitt. Lidgett's show has Better Homes & Garden behind it and could briefly become the first Des Moines-based TV show before it moves to Beverly Hills. This would be huge for local artists.

December brings new shows to town at both the Moberg and Olson-Larsen galleries. The latter features **Dan Mason**, a Minneapolis-based painter who turns landscapes into dream-like visitations in a better universe. Most of his paintings are on linen, a fabric that contributes a dreamy texture to the works. Landscapes that look like Italian towns seem like new ways of looking at sacred sites, temple precincts, city squares and landscape vistas. According to the galleries'



Sarah Grant, "All Saints Day" 60 x 60 mixed media on canvas

artist statement, he simplifies "landscape and architectural elements to express an underlying geometry and sense of order. The overall effect of Mason's compositions is one of harmony and serenity." He calls his works "colorist paintings, because the role of color as a subject in itself is important in this work."

He is paired in this exhibition with newcomer **Justin Rogers**. Rogers is a photographer whose high definition works also capture elements of dreamland. Barns, sculptures, cornfields, cityscapes and covered bridges are usually accompanied by dramatic weather or sunsets.

Moberg's new show introduces new artists and brings new works from several familiar ones. **Sarah Grant** makes her debut at Moberg after years with Olson-Larsen. Her work is more realistic and less abstract. **Wendell Arneson** of Minnesota also joins the gallery lineup after retiring from St. Olaf College. He paints in oil, acrylic and watercolor, and draws. Abstract painter **Julia Katz** from Chicago is also a debutante to Des Moines. So are

Ukrainian **Igor Khalandovskiy**, who paints fantasy world landscapes; Peorians **Doug & Eileen Leunig**, who have made a reputation with world wide photos of dogs; and former Des Moines artist **Jonathan Pearson**, who studies the figure through multiple media. Coloradan **Conn Ryder** also debuts with abstract work that reminds one of Sarah Grant a decade ago.

Grand View graduate **Mary Jones** will show work inspired by East 14th Street in Des Moines, north to south. Gallery stalwart **Larassa Kabel** will display new drawings, and **Richard Kelley** brings new paintings from his unique world. **Mathew Kluber**, whose video art has graced Ingersoll for several months, will bring a new painting plus projection and teasers for a new Ingersoll Projection.

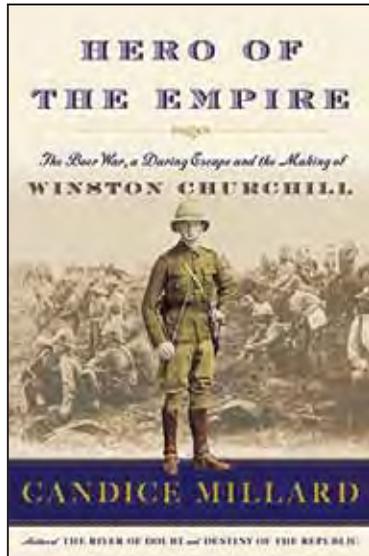
Leslie Bell, Derrick Breidenthal, Catherine Dreiss, Fred Easker, Bev Gegen, Tom Moberg, Dan Perry, Jesse Small, Senid Tabakovic, Madai Taylor, Chris Vance and Jordan Weber also will show new works this month. ■

BOOK REVIEWS

'Hero of the Empire: The Boer War, a Daring Escape, and the Making of Winston Churchill'

We know the Winston Churchill of World War II, much of his political career and maybe even his personal life during those years. However, his early years have not been written about to a great extent. Now, Candace Millard has illuminated this time period with clarity in relating the exploits of Churchill during the Boer War. Prior to the war, Churchill had stood for Parliament but was defeated. When the Boer War began, he was already out of the army, but he soon made his way into the war as a correspondent. He was ready to fully participate but ended up being captured. The story of his escape is a mixture of luck and great daring, with substantial help provided by English miners remaining in the country. In a war lacking great stories, his escape and return to the battlefield created an indelible image in the mind of the English public. ■

— *Review by Harriet Leitch*

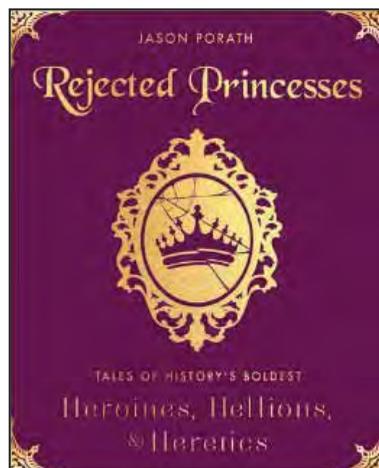


By Candace Millard
Doubleday Books
Sept. 20, 2016
Hardcover \$30
400 pages

'Rejected Princesses: Tales of History's Boldest Heroines, Hellions, and Heretics'

Did you know that Harriet Tubman was a Union spy-master? Have you heard of the Islamic pirate queen who ruled Morocco for 30 years? There was a female pope named Joan, too — bet you've never heard that one. History has hordes of wild, wicked and complicated men but shies away from the real stories of powerful women who broke every mold imaginable. We get sanitized versions of history — fairy tales as fact — but in truth, history is flooded with bad-ass, complicated women, not just pretty princesses. Jason Porath has skillfully filled this egregious gap with action-packed, smart and heroic tales worthy of any movie. Suitable for all ages, this huge, gorgeous book is the one you didn't know you needed. Accompanied by beautiful, animation-style art, "Rejected Princesses" turns traditional princess stories into an homage to strong, fierce and even weird women — the warriors, queens, villains, spies, revolutionaries, scientists and many more who refused to behave and made history reel in the process. ■

— *Review by Julie Goodrich*



By Jason Porath
Dey Street Books
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FILM REVIEW

PREVIEWS

"ARRIVAL"

PG-13

Director: Denis Villeneuve
Stars: Amy Adams, Jeremy Renner, Forest Whitaker



WAR OF THE WORDS

BY DAVID ROWLEY

If you could see your life so far flashing in front of you, would you change things?

"Arrival" is an introspective, philosophical and existentially inclined movie that unfolds in a wave of breathtaking excitement.

Dr. Louise Banks (Amy Adams) is one of the world's leading linguists. She has been recruited by the military to assist in translating alien communications. Along with mathematician Ian Donnelly (Jeremy Renner), Louise attempts to get answers as to why 12 alien space crafts have landed at seemingly arbitrary locations around the world. Unknown to anyone, there is a secret tragedy in Louise's life: a lost child, dead of cancer in her teens. Her attempts to communicate with the aliens cause painful, illuminating echoes in her consciousness.

The questions of how and why humans speak the way they do are interestingly dissected and explored in the film — something that comes across uniquely poignant considering the current political climate. While the movie explores how one might attempt to decode and understand alien (foreign) language, it more appropriately demonstrates the shortcomings of human communications with each other — even when speaking the same language.

When news of the aliens' arrival is first broadcast, Director Denis Villeneuve effectively creates the pre-contact societal panic. Do these visitors come in peace? As is to be expected, the scientists strike a more curious and diplomatic posture, while the military cites the result of indigenous Australians being visited by Captain Cook and the white Europeans in the 18th century.

Louise and Ian dubbed the aliens "heptapods,"

which they further named "Abbott" and "Costello," a fantastic blend of creepy and memorable design with a written language that looks all at once like a stain from a wine glass and a work of art.

Their language turns out to be central to the aliens' purpose on Earth. Using the concept-paradigm in linguistics and cognitive science known as "linguistic relativity" — which holds that the structure of a language affects its speakers' cognition or world view — "Arrival" not only explores language but how that language affects the way a person thinks. As Louise slowly cracks the aliens' language, her perception of reality changes as well. Flashbacks of her teaching her daughter to read, speak and communicate are interspersed throughout, giving an eerie sense glimpse of a past event. A pro-life sentiment is put forth by Villeneuve that praises the bravery of mothers who have children. Make no mistake, Louise is a brilliant woman, but the film seems to posit that she's raised to the level of exceptional because of her duties as a mother.

At its essence, "Arrival" is an alien invasion film with the invasion on pause. International politics, foreign policy and fear of the other are at the forefront of the film. Seemingly simple translations yield a wealth of problems, as words like "tool," "weapon" and "gift" can simultaneously stand for the same thing — and three different things at once. Less a sudden twist, "Arrival" is like a sleek unwinding of everything you think you know — a feeling of your seat slipping beneath you.

Make no mistake, "Arrival" will leave you speechless. ■

'Rules Don't Apply'

PG-13

Director: Warren Beatty
Stars: Lily Collins, Alden Ehrenreich, Warren Beatty
When you're wealthy and famous, you can get away with anything. When you're young and beautiful, you can get away with much more. It's Hollywood, 1958. A small town beauty queen, songwriter, devout Baptist and virgin, Marla Mabrey (Lily Collins), is under contract to the infamous Howard Hughes (Warren Beatty). When she arrives at the Los Angeles airport, she meets her driver, Frank Forbes (Alden Ehrenreich). Forbes is engaged to be married to his seventh grade sweetheart, and he is a deeply religious Methodist. Their instant attraction puts their religious convictions to the test, and it also defies Hughes' No. 1 rule: No employee is allowed to have any relationship whatsoever with a contract actress.



'La La Land'

PG-13

Director: Damien Chazelle
Stars: Ryan Gosling, Emma Stone, Amiéé Conn

If the dream is to have it all, does that really leave room for a partner? Written and directed by Academy Award® nominee Damien Chazelle (Whiplash), "La La Land" tells the story of Mia (Emma Stone), an aspiring actress working in a coffee shop near the Warner Bros studio. Mia and Sebastian (Ryan Gosling), a dedicated jazz musician, are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Each has the talent to make a go of their dream. All they need is an opportunity. What they find is each other. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams.



'Allied'

R

Director: Robert Zemeckis
Stars: Brad Pitt, Marion Cotillard, Jared Harris
How far will you go to save the person you love?

Robert Zemeckis' upcoming historical romance/thriller "Allied" is yet another film tackling this timeless question. Set in 1942 North Africa, the film is based on a true story that tells the tale of Canadian intelligence officer Max Vatan (Brad Pitt) meeting French Resistance fighter Marianne Beausejour (Marion Cotillard) on a mission to kill a German ambassador in Casablanca, behind enemy lines. Following the mission, Beausejour returns with Vatan back to London where the two are married and eventually have a child together. But their past comes back into question when Vatan is presented with the possibility that Beausejour is a sleeper spy working for the Germans. Vatan is then placed under considerable pressure to kill Beausejour himself or to be executed for treason and failing to obey orders. Convinced of her innocence, he sets out on a dangerous mission to clear her name. ■



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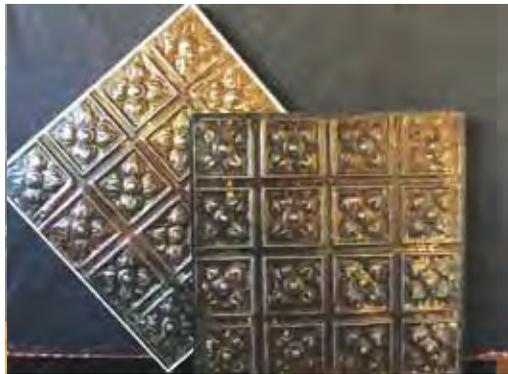
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| 2017 SCHEDULE | | | | | | |
|------------------|--------------|--------------|------------------------|-----------------------------------|-------------|-------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| APRIL | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | OKC | OKC | OKC |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| OKC | OKC | NO 6:34 | NO 8:38 | NO 12:08 | NO 7:08 | RR 6:08 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| RR 1:08 | RR 12:08 | NO | NO | NO | NO | RR |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| RR | RR | RR | | COL 6:38 | COL 7:08 | COL 7:08 |
| 30 | | | | HOME GAMES | FIREWORKS | |
| COL 1:08 | | | | AWAY GAMES | OFF DAYS | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| MAY | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | COL 12:08 | NO | NO | NO | NO | MEM 7:08 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| MEM 1:08 | MEM 6:30 | MEM 12:08 | | SL | SL | SL |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| SL | LV | LV | LV | LV | TAC 7:08 | TAC 7:08 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| TAC 1:08 | TAC 12:08 | REN 6:38 | REN 12:08 | REN 6:38 | REN 7:08 | MEM |
| 28 | 29 | 30 | 31 | DATES AND TIMES SUBJECT TO CHANGE | | |
| MEM | MEM | MEM | | | | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| JUNE | | | | | 1 | 2 |
| | | | | | NAS 7:08 | NAS 7:08 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| NAS 1:08 | OKC 7:08 | OKC 7:08 | OKC 12:07 | OKC 7:08 | COL | COL |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| COL | | NAS | NAS | NAS | NAS | OMA 7:08 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| OMA 1:08 | OMA 7:08 | OMA 12:08 | | RR | RR | RR |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| RR | NO 7:08 | NO 7:08 | NO 12:08 | NO 12:08 | RR | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| JULY | | | | | | 1 |
| | | | | | | RR 7:08 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| RR 7:08 | RR 7:08 | OKC | OKC | OKC | OMA 7:08 | OMA 7:08 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| OMA 1:08 | | | TRIPLE-A ALL-STAR GAME | COL | COL | COL |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| COL | NAS 7:08 | NAS 7:08 | NAS 12:08 | NAS 12:08 | OKC 7:08 | OKC 7:08 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| OKC 1:08 | | ELP | ELP | ELP | ELP | ALB |
| 30 | 31 | | | HOME GAMES | FIREWORKS | |
| ALB | ALB | | | AWAY GAMES | OFF DAYS | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| AUGUST | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | |
| | ALB | | FRE 7:08 | FRE 7:08 | FRE 7:08 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| FRE 1:08 | SAC 7:08 | SAC 7:08 | SAC 12:08 | SAC 12:08 | OMA | OMA |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| OMA | OMA | COL 7:08 | COL 12:08 | COL 7:08 | COL 7:08 | NAS |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| NAS | NAS | NAS | | MEM 7:08 | MEM 7:08 | MEM 7:08 |
| 27 | 28 | 29 | 30 | 31 | | |
| MEM 1:08 | MEM | MEM | MEM | MEM | | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| SEPTEMBER | | | | | | 1 |
| | | | | | | OMA |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| OMA | OMA | | | PACIFIC COAST LEAGUE PLAYOFFS | | |

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'Twas the night before...

A Christmas classic for the holidays



♪ SILENT NIGHT! ♪

Story by Robert Hullihan
Illustrations by Brian Duffy

Publisher's note: Thirty-nine years ago, when Michael Gartner was editor of The Des Moines Register, he walked over to the desk of writer Bob Hullihan and said, "How about writing me a Christmas classic for the holidays?" Hullihan said, "Sure." And he did. It ran in the Register and years later in the Ames Tribune. Gartner sent the story to me in 2007 and asked that I consider running it in Cityview. I did, and it has been running each year since as part of our holiday tradition. Merry Christmas. — Shane Goodman

The waterbug had grown old and weary. And he was alone. He was the only one of his kind left in the house. He knew he would never survive the next spring cleaning. He could not scurry away from the poison sprays anymore. Still, the waterbug had been so clever in his youth, and he had lived so long, that now he was the senior creature in the house. He knew that he had a last duty to perform.

So, as Christmas Eve approached, he called a meeting of all the creatures in the house. They met at a dark joint in the woodwork. It was a place that had happy memories of youth for the old waterbug. Once he had gathered with old friends here. Now all the old friends were gone. The waterbug did not recognize any of the young creatures who began to assemble around him.

There was a pair of silverfish, shameless and brazen because they had grown up in one of the popular novels on the bookshelf. An insolent young spider came. Her web was deep in a stereo set. She greeted the old waterbug with: "Hey, old daddy... what's happenin'?" Three ladybugs arrived, carefully made up and proud of their beauty. A cricket who lived in the television set came in and began acting like a game show host.

The old waterbug looked at the creatures sadly. He knew he was dealing with a new generation. But he cleared his throat and began:

"Now I know you are all new creatures in the house. This will be your first Christmas Eve here. It is my duty to tell you that there must be no stirring on that night. We are under a severe and clear directive. Not a creature in this house may stir on Christmas Eve, especially not the mice. It is a Tradition."

When he said that, the old waterbug stared directly at a wild young mouse who had come late to the meeting. The mouse had been born in the fields of summer and had only come into the house when the nights grew cold. The old waterbug drew himself up in all of his brittle majesty. He sensed that he would have trouble with the mouse. The mouse was wild and resentful and, yes, he was a troublemaker.



**“ Now I know you are all new creatures in the house. This will be your first Christmas Eve here. It is my duty to tell you that there must be no stirring on that night. ”
We are under a severe and clear directive.**

— The waterbug

"Wait a minute," said the mouse. "Whose tradition? That's a human tradition you're talking about. It has nothing to do with us creatures! We can stir around all we want to, Christmas Eve or not!"

"Right on, man," said the spider.

"Stay tuned, stay tuned," shouted the cricket. The silverfish giggled indecently and the ladybugs batted their long eyelashes.

"And why should we cooperate with the humans, anyway?" the mouse shouted, wild now with rebellion. "They're trying to kill all of us. Why, right now, there's a trap set for me in the basement. And you, you poor doddering old waterbug, you can scarcely get your breath from all the poison they've sprayed at you! Stir? I'll show you stirring! I'm going to race around this house all Christmas Eve, and I just hope the other creatures will join me."



It was a full-scale revolt. The old waterbug could only draw a painful breath and thunder at the creatures: “Stop! This is quite enough. Creatures have always obeyed the Tradition on Christmas Eve. It’s been handed down from generation to generation. I don’t know why, and I don’t know what it means, but there will be no stirring of creatures in this house on Christmas Eve! Is that understood? I am senior creature here, and you will answer to me!”

The old waterbug dismissed the meeting, but he made one more attempt to establish his authority as the creatures left. “And you silverfish,” he shouted. “If we ever have another meeting like this, I want you to come fully dressed. I will not tolerate nudity!” But the silverfish just giggled in their naughty way and wiggled off to get back into their popular novel. The old waterbug watched them go; he had never been more discouraged in his life.

He began to think about the wild, young mouse and the fiery way he had spoken out. The old waterbug did not understand the mouse at all, but he rather admired him. He did not want the mouse to come to harm. The old waterbug thought about the trap set in the basement. He thought about the day when the mouse, being young, would foolishly attempt to take the bait. Perhaps, in an act of bravado, he would try to do it that very Christmas Eve. The old waterbug sighed and thought about what he must do.

He crawled painfully through the rooms of the house until he came to the Christmas decorations. For hours he gnawed away at a sprig of holly until he had removed a small piece of it. He carried it into the basement and found the trap set for the mouse. Risking his life, the old waterbug carefully pushed the cheese bait off the trap and replaced it with the bit of holly. He didn’t get back to his dark place under the drain until dawn. He was exhausted.

The very next night was Christmas Eve. The little wild mouse came bounding out of his hole determined to stir around the house all night. He saw the trap with its bit of holly and stopped short. He knew at once that this was the work of the old waterbug. “Why, the old fool,” thought the mouse, “he knows I don’t eat that stuff.” And then the mouse realized that was the point. The old waterbug had brought a gift of warning and good will. They might never understand one another, but they could wish one another well.

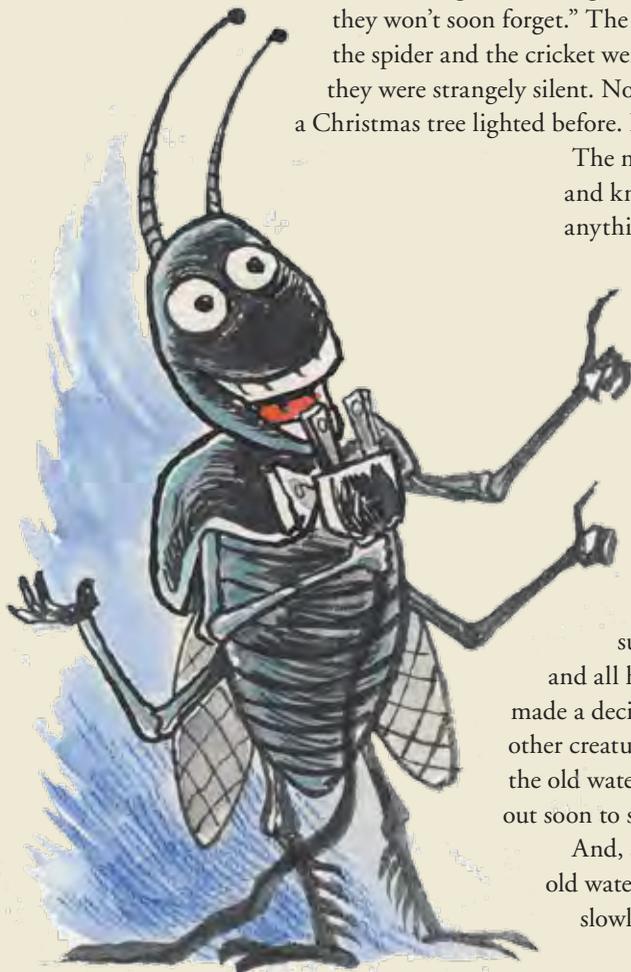
The little mouse thought about that idea as he went on through the house to the Christmas tree, where he was to meet the other creatures. He had promised to lead them “in a night of stirring around in this house that they won’t soon forget.” The silverfish, the ladybugs, the spider and the cricket were waiting for him. But they were strangely silent. None of them had ever seen a Christmas tree lighted before. It awed them.

The mouse looked at the tree and knew he had never seen anything so beautiful, not

even in the fields of summer. He didn’t understand what it was. He thought, “This must be the Tradition the old waterbug is so hyper about.” Dimly, the mouse knew that something was on display here that

surpassed all the creatures and all humanity. The mouse made a decision and quickly told the other creatures what to do. He knew the old waterbug would be coming out soon to see what was going on.

And, sure enough, the old waterbug came crawling slowly out, but he stopped



“ Wait a minute. Whose tradition?

That’s a human tradition you’re talking about.

It has nothing to do with us creatures!

We can stir around all we want to,
Christmas Eve or not!

— The mouse

in confusion when he saw what the creatures were doing. The little mouse stood motionless among the tiny plastic animals around a manger. The spider had spun a brilliant web on the tree, and it shimmered in the lights. The silverfish and the ladybugs hung like glittering ornaments from one limb of the tree, and the cricket quietly sang a simple, peaceful song.

The old waterbug looked carefully at what the creatures were doing. He wanted to remember this sight for all the rest of his life. Then he turned and crawled back to his place under the drain. He slept deeply and, for the first time in many nights, he did not have a nightmare about the dreaded Orkin man who would surely come for him in the spring. He knew that the Tradition had been passed on.

The little mouse watched from the corner of his eye as the old waterbug left. Then he stepped out from among the tiny plastic animals and called to the rest of the creatures. “All right, fellas. Let’s knock it off for the rest of the night, OK?”

All the creatures went quietly back to their places. Something had happened to them when they made their display for the old waterbug. They did not understand it, but they felt good about it.

Not one of the creatures stirred for the rest of the night. ■



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Jim McCool

Runners-up

"After learning 'cat got your tongue' is a literal phrase, Bobo now regrets not having gone to mime college instead."

Scott Heckart

"I hate these copycat clowns."

George Stock

"It is quite clear from this photo who in the family ate up all the Halloween candy."

Mark Alvord



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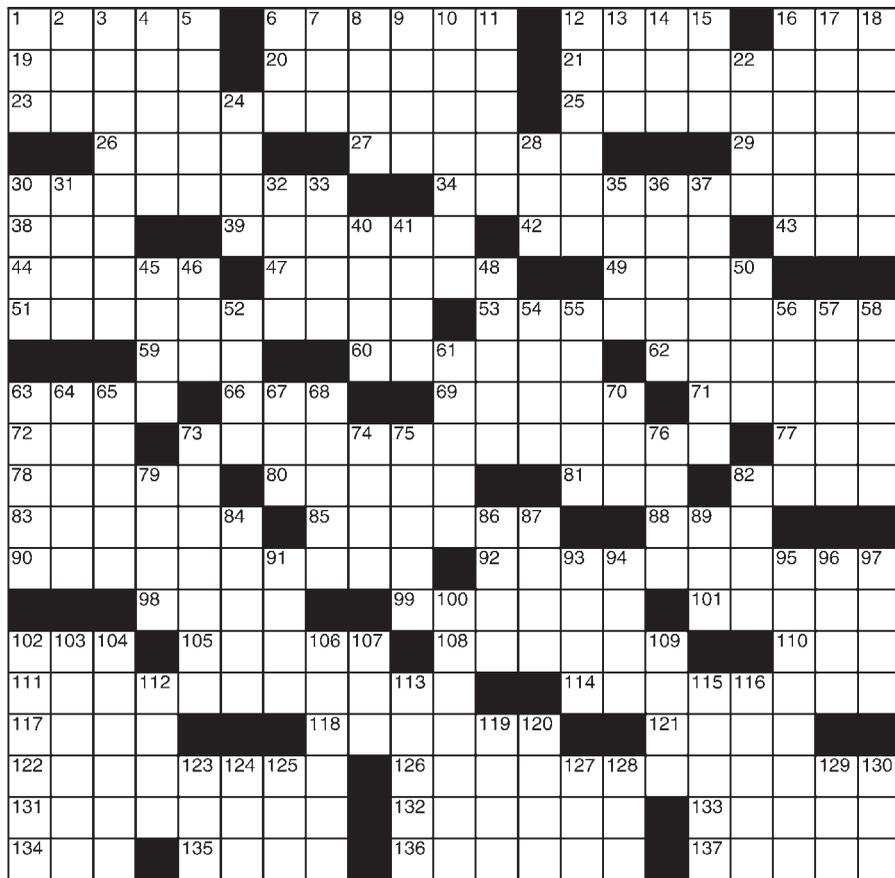
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Vowels on vacation



- ACROSS**
- | | | | |
|--|---|---------------------------|-----------------------------------|
| 1 Throat ailment | 77 "Imagine!" | 2 -- Aviv | 67 Fast Net svc. |
| 6 Rial earner | 78 Disney movie | 3 Johnnie Walker blend | 68 Normal |
| 12 Final Four inits. | 80 Daughter of Desi Arnaz | 4 Pixie-like | 70 Gun org. |
| 16 "It was only OK" | 81 Posed (for) | 5 Livens (up) | 73 People itemizing |
| 19 English dramatist George | 82 Suffix with Oktober | 6 TV chef Martin | 74 Bathtub gunk |
| 20 Singer/fiddler Krauss | 83 Zedong's theories | 7 Caribou kin | 75 -- beat (hesitate) |
| 21 MP3 player | 85 "G'day" sayer | 8 Joan of art | 76 Abbr. on a food label |
| attachment | 88 Shower with flowers, e.g. | 9 NBA broadcaster | 79 Tough spot |
| 23 Took a big step to relieve debt [IEOAU] | 90 "Sicko" and "Super Size Me," e.g. | 10 Steno's aid | 82 Central points |
| 25 Worker "standing by" | [OUEAYI] | 11 Ear bone | 84 The head honcho |
| 26 Enjoy | 92 "Dear Abby" is one [YIAEOU] | 12 Kansas river | 86 Capri, e.g. |
| 27 Surpasses | 98 Mazar of "Entourage" | 13 Upper limit | 87 Inside: Prefix |
| 29 Wanton man | 99 From sunup to sundown | 14 Consist of | 89 Verse tribute |
| 30 Carry on, as business | 101 Follower of "had a farm" | 15 Wet mo. | 91 Sole, for one |
| 34 Mind-altering chemical substances [YOAIEU] | 102 Morris, e.g. | 16 Part of GMC | 93 Obstructs |
| 38 Rip off | 105 Gone up | 17 Adequate | 94 Blue color |
| 39 Musical gourd | 108 Naval clerk | 18 Joan of Arc's crime | 95 Preface |
| 42 Composer of many marches | 110 Flutter | 22 Like steel | 96 Skirt style |
| 43 Withdrawn | 111 In great demand [IYOUAE] | 24 Joist or lintel | 97 Both-hands-up time |
| 44 Hebrew "A" | 114 Trapped by a blizzard | 28 Windows boxes? | 100 Rhapsodic |
| 47 Transformed | 117 Sheltered, nautically | 30 Web, to flies | 102 Small church |
| 49 Tirade | 118 Plaza Hotel girl | 31 Bun | 103 Blazing |
| 51 Cooking contest since 1949 [IUYAEO] | 121 Leslie Caron musical | 32 Low-- diet | 104 Hurdle for a grad student |
| 53 Study of bonds between atoms [OEUYAI] | 122 Seder time | 33 Major hike | 106 E'erlasting |
| 59 Poker-pot promise | 126 Thwarters of Boris Badenov [OYAUIE] | 35 Perm part | 107 Titans' org. |
| 60 Of an average | 131 Neighbor of a Sudanese | 36 Bygone emperors | 109 Longtime Steelers coach Chuck |
| 62 Episodic drama | 132 "SOS!" | 37 "Peanuts" boy Linus -- | 112 In case that |
| 63 Basic human intelligence | 133 "So do I" | 40 Radio-switch letters | 113 Musical Mel |
| 66 U. URL ending | 134 The, to Rene | 41 Sidewalk eatery | 115 Wife of Fred Flintstone |
| 69 Hunter constellation | 135 Suffix with disk | 45 Fraternity letters | 116 Actor Cary |
| 71 Fencing move | 136 Palace of Paris | 46 "Silicon Valley" aier | 119 Vodka brand |
| 72 Spanish for "that" | 137 For -- (dirt-cheap) | 48 Arab chiefs | 120 Outer limits |
| 73 President before Rutherford Birchard Hayes [UYEIOA] | | 50 No -- traffic | 123 Mined metal |
- DOWN**
- | |
|--------------------|
| 1 UV-blocking stat |
|--------------------|



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Deride
SNORC
- Void
EVOKER
- Adorn
PADER
- Alone
ELIGNS

TODAY'S WORD

SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY: ♦♦

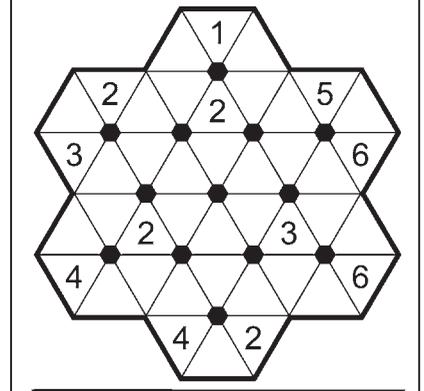
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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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 partial 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.

| | | | | | |
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DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 3 4 5 6 8 9

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THE SOUND

JOEY JORDISON: SAME FIRE, NEW PERSPECTIVE

Former Slipknot drummer to debut
new band Vimic in Des Moines

BY JOE LAWLER



More than three years ago, Joey Jordison wasn't sure what was wrong with him. He was getting an excruciating tingling in his spine. He would wake up some mornings unable to walk. For his final shows with Slipknot in 2013, he had to be carried to his drum set.

In December 2013, Jordison was fired from the band he helped found. At the time there was speculation that substance abuse was behind his physical problems and the firing, but this summer Jordison finally spoke up about what had been troubling him: transverse myelitis, a neurological condition affecting his spinal cord.

On Dec. 26, Jordison will play his first show with his new band, Vimic, at Wooly's.

"It's the scariest thing I have ever gone through," Jordison said during a phone interview. "I would not wish it on my worst enemy. Sometimes people don't come back from it, but I fought hard and saw a bunch of different doctors in Des Moines and Iowa. They got me back to not only walking, but running. And I'm playing better than I ever had. I'm very lucky and fortunate that everything is coming full circle and is happening again. It's hard to digest."

Fans of Jordison's previous metal band, Scar the Martyr, will recognize many of the faces in Vimic. Jed Simon, Matthew Tarach and Kyle Konkiel all switched from CTM to Vimic, with former Korn member Kalen Chase added on vocals. Jordison first worked with Chase when he filled in drumming with Korn in 2007.

Jordison described Scar the Martyr as a bridge, leading him to the spot he's in now. He feels better than he has in years, his band has a singer who Jordison describes as "my best friend in the world," and Vimic recently signed a management deal with Nashville's CTK Management. Roadrunner, which has been home to Jordison's projects dating back to Slipknot, will release Vimic's debut album, "Open Your Omen," in 2017.

But Jordison is also quick to shut down any suggestion that his leaving Slipknot was a mutual decision.

"I didn't leave Slipknot. That got misattributed in the press," he said. "It's a bunch of bullshit."

Jordison is splitting his time between Vimic and Sinsaenum, another metal band the drummer started in 2016. Sinsaenum released its debut album, "Echoes of the Tortured," in July. Jordison expects to be on the road with the two bands in 2017.

Determining if a song he's writing fits with a specific band isn't always immediately obvious for Jordison, but the one constant is that the material is born from an emotional place.

"I can't just sit down, pick up a guitar and write a song. Usually there's an emotion, like I'm having trouble with something, or I'm happy about something," Jordison said. "If everything is going normal, I can't write with any substance. It's a puzzle that always seems to come together; it just seems to take longer than I want it to. I can't just sit down and write a riff because it's a riff. It has to remind me of an experience or something in my life.

"That's the beauty of why I continue to do this. The older I get, I'm not just trying to prove something; it has to mean something now. I'm not trying to recreate the old days. That music means so much to me, and it always will. I'm playing with the same fire, but with a different perspective." ■

Joe Lawler is a music writer who has probably interviewed your favorite band. And your least favorite band.



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ALTITUDE

DES MOINES' MAX JURY RETURNS WITH SOULFUL SOUND

Max Jury, 24, released his eponymous debut album in June and spent the summer on the European festival circuit, playing Vestrock in the Netherlands, A Summer's Tale in Germany, Montreux in Switzerland and many others.

This month he returns to his hometown for a show at Wooly's, with Dustin Smith opening. Despite his festival experience, this is the kind of venue to catch Max Jury in.

"Festivals are tricky sometimes. They might not be the ideal place to see an artist like me," Jury said during a phone interview. "But I know they're an important place to introduce people to music. I've been touring with a different band and two backup singers, which lets me up the energy of the live shows a bit. This has been my first summer of playing festivals, and I got to meet a lot of artists I really like."

"Max Jury" is the culmination of more than two years of hard work for Jury. During that time, he released two EPs and worked on his sound. While getting started in Des Moines, Jury had a Gram Parsons country singer-songwriter sound. That's still present on songs like "Ella's Moonshine" and "Dream," but there's also more soul and gospel than Des Moines fans might remember.

"Unfortunately, before, I didn't know where to go or have the resources to incorporate that into my sound," Jury said. "On the record, there are a wider variety of styles and tempos. I didn't necessarily want to get away from piano ballads, but I wanted there to be other things that showcase what I'm into."

The opening track, "Numb," best captures the gospel influence Jury was looking for. He started collaborating with Jackson Russell, a church music



director he found on YouTube. The result is gospel elements that don't sound fake or forced.

Then there's "Beg & Crawl," probably the most pop-sounding track on "Max Jury." But strip it down to a guitar and Jury's voice, and it still fits into Jury's style.

The album still has its Des Moines connections. Logan Christian of Midday Studios mastered "Home," which also contains strings by Patrick Riley and drums by Scott Yoshimura of Canby/The Envy Corps.

Jury was also recently heard on Christopher the Conquered's latest single, "Mama, I Wanna Be James Brown," singing backup and playing guitar. In October, he performed at Austin City Limits, as well as playing fall shows in Europe (along with an October show in Ames) all while living in London. He expects to start work on a second album soon and may be moving back to the U.S. to do so.

"It felt amazing getting the first album out, and in a sense it was a relief," Jury said. "It felt like a big step for me. In a way, it was like the training wheels are off." ■

SOUND ADVICE

Hoyt Sherman Place continues to be a hotbed of concert activity in central Iowa with a trio of recent performance announcements. Kicking things off will be **Young The Giant**, who is announced for a Thursday, Feb. 16, 2017, at 8 p.m. Legendary singer/songwriter **Kris Kristofferson** will also grace the Hoyt Sherman Place stage in 2017, bringing his show to the venue on Wednesday, March 29 at 7:30 p.m. Finally, **Barenaked Ladies** will be making a Des Moines stop at Hoyt Sherman Place on May 10, 2017 at 7:30 p.m. Tickets are one sale for all of the aforementioned shows and can be purchased in person at the Hoyt Sherman Place Box Office, charged by phone at 800-745-3000 or online at www.ticketmaster.com. **Brantley Gilbert** has announced he will be bringing his "Devil Don't Sleep Tour" to Wells Fargo Arena in Des Moines Friday, April 28, 2017. Rock/funk quartet **Red Hot Chili Peppers** will be also be making a stop in Wells Fargo Arena, this time on May 23, 2017. Tickets are on sale for both events exclusively through Hy-VeeTix.com, 844-55-HYVEE, the Wells Fargo Arena Box Office or any Des Moines/Ames Hy-VeeTix.com outlet. ■

St. Lenox

"Ten Hymns from My American Gothic"
Anyway Records

A concept album about the experiences of Korean immigrants carving out a life for themselves in the Midwest released just weeks before the 2016 presidential election ran the risk of being lost in the political frenzy or worse, becoming instantly dated. But Andrew Choi, who

spent his formative years living in Ames and now performs under the name St. Lenox, has crafted an album that should have timeless appeal. The easiest comparison to Choi's quirky style combined with Midwestern sensibilities and universal themes is no doubt fellow Ames transplant John Darnielle of the Mountain Goats. "Fuel America" and "The Public School System" both paint vivid pictures of central Iowa with bittersweet reflections on a place left behind (Choi now calls Brooklyn home). On "Nixon," Choi asks the 37th president, "Was it hard being president of a nation up in arms?" It's a question that could easily be asked of presidents 42-45. Similarly, the experiences Choi and his family went through have been true for a portion of all Americans at one time. "Ten Hymns" is beautiful, truthful, haunting and perfectly timed. ■



Dee Snider

"We Are the Ones"
Red River Entertainment

Twisted Sister frontman Dee Snider said his new album is "part Foo Fighters, part Imagine Dragons, part 30 Seconds to Mars. Forget everything from the past. Most of my heavy metal fans will hate it." "We Are the Ones" might sound like those bands

for fleeting moments, but it also doesn't sound like a radical departure from Snider's past work. Slowing down "We're Not Gonna Take it" into a piano ballad makes for a minor curiosity but will not make people "forget everything from the past." He would have been better off trying to change up Nine Inch Nail's "Head Like a Hole" into a different style of song, instead of weakly working it over with an industrial sound that makes it sound more dated than the almost-30-year-old original version. The end result is a tepid broth, something that's not different enough to differentiate itself from Snider's past work, not innovative enough to excite past fans. Who is this album for? Maybe it's just to please Dee himself, which is a noble creative intent, but not one that's particularly interesting for anyone else to listen to. ■



FRONT ROW

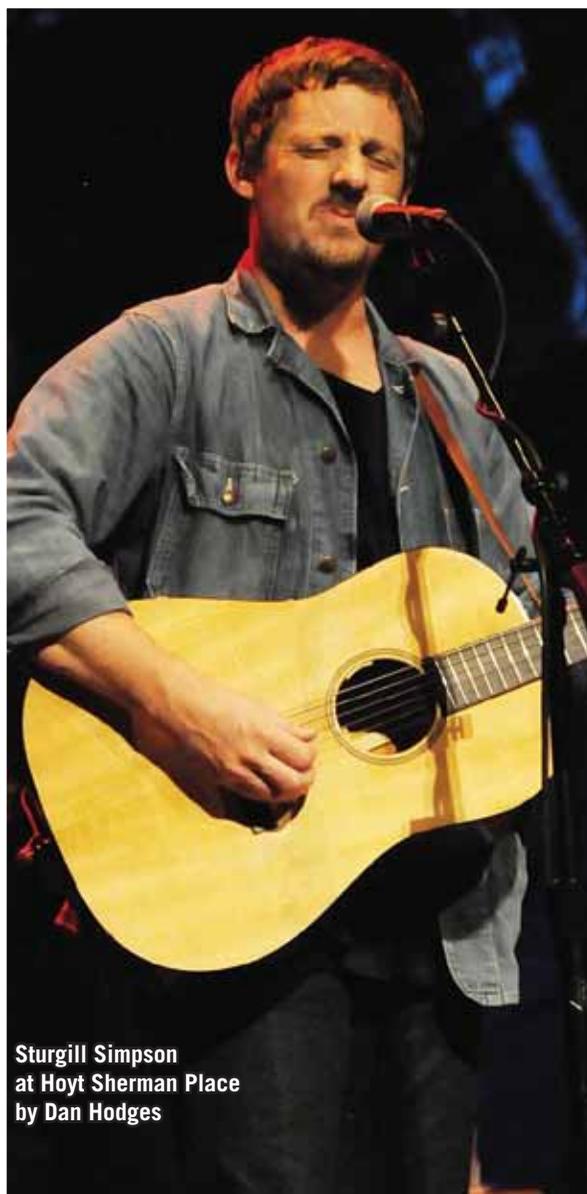
MUSIC



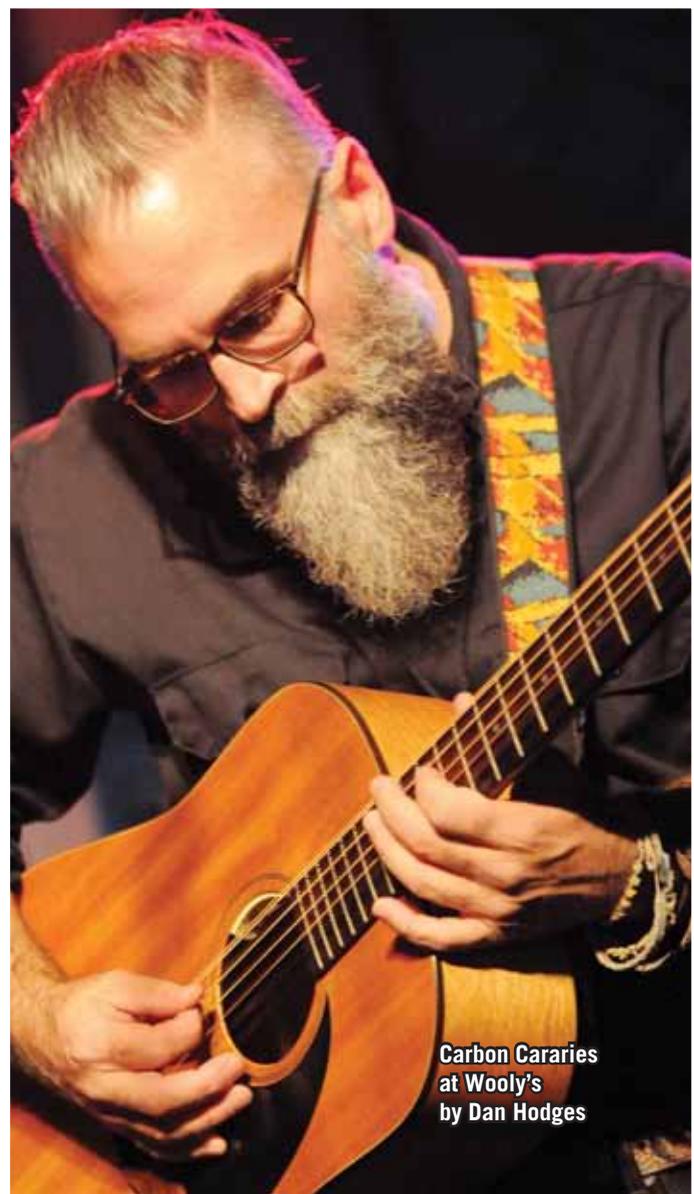
Danny Malone
at Hoyt Sherman Place
by Dan Hodges



Blue October
at Hoyt Sherman Place
by Dan Hodges



Sturgill Simpson
at Hoyt Sherman Place
by Dan Hodges



Carbon Cararies
at Wooly's
by Dan Hodges

JOE'S NEIGHBORHOOD

BY JOE WEEG

'Enough!'

"Keep pumping your arms, Joe. Legs up and squeezed together. Shoulder blades on your back. Keep that pelvis on the mat. Belly button in and up. That's it."

The hard-bodied, diminutive instructor, Monique Weevers, rattles off the technique for a Joseph Pilates sit-up called the "hundred." We all gamely follow. More or less. OK, I'm a bit on the less side.

But we all keep pumping. Our stomachs start rebelling. But we keep pumping. Our legs start dropping. Yup, we're still pumping over here. Am I going to get sick? Pump, pump, pump. Maybe.



Suddenly, Monique says firmly, "Enough!"

It's almost said with disgust. "Enough!" To do one more pump would be not only too much but would be ethically inappropriate. It would be immoral. "Enough!" We have done all we should do. We have obtained our goal. Anything else is excessive, unbalanced, over the top. "It is simply enough to do 100," Monique says with a smile. "101 is one too many."

No kidding.

"Enough" is hard for most of us. I myself am the poster child of too much. I always feel if I do just a little more it will be the secret to staving off old age, or finding fame, or solving the answer to world peace. This isn't rocket science. One more whatever will finally get us all the love we deserve. It's a little sad, a little pathetic, but a lot true.

The Louvre is a massive museum in Paris. Its collection of art is so large and covers so much territory, it is impossible to even get through all the collection when laid out in a book, let alone see it all in one visit. But it has highlights. Certain art that is world-famous. Things you have to see. A bucket list.

"The Winged Victory of Somothrace" is one of those pieces. Majestic, gigantic, billowing, moving and sensual, even when trapped inside the Louvre. Amazing.



Of course, I can barely see it through all the cameras and phones and iPads. Hands are raised high, devices are gripped tightly, pictures are focused, tiny screens light up, buttons are pressed, images are collected, Instagrams are sent. And then everyone races to the next room. "Quick, snap a photo of that painting. All right, don't forget a photo of the artist's name. Yikes, we are falling behind. Get over to that painting. Hurry. Snap a photo."

And over and over. Thousands of pictures.

Eventually, we all come to the "Mona Lisa." Ah, the frenzy is at its height.



Cameras are imploding with excitement. At last, a photograph of the "Mona Lisa." The thrill is too much. See what I'm talking about, folks?

We can't get enough pictures. None of us can. We race around our life collecting images: there I am in the meeting at work — now I'm picking up my kids from school — here we are at the dance recital — wow, I just kissed my partner — ah, time to take out the trash. Snap, snap, snap, snap, snap. Yup, I have all those images. I've collected all those photos. Let's race on to the next image. The next photo. The next event. The next whatever.

"Enough!"

I always hated art. My wife would make me go to museums over the years. I'd pout. I'd complain. I'd drag my feet. I'd poke fun at what I thought were pretentious people looking at old pictures that obviously meant nothing to anyone. As my wife correctly says, I was a reverse snob. And that was a kind way to put it. I was a first-class jerk.

Somewhere along the line, however, I stumbled upon a little secret. I would stand in front of a painting and look for a way to get inside the picture. Usually, that meant an open door, way in the back of the painting, that went into a kitchen. Or a window, off to the left, that looked out over the town. Or a distant road that I could follow up to the village. Or the reflection of a light in the wine glass that showed another room behind the still life. So I would go to that tiny spot and make my way back into the picture. The picture became real. The picture became full of emotion and feeling. The picture lived. And that was enough for that visit to the museum. One great experience. One painting. Enough.

What's my point?

Listen, do your holiday lists. Go to your parties. Buy all the gifts. Bake those holiday goodies. But, perhaps, as you are gently guiding your kid's hands as he stamps out a snowman cookie, you might say to yourself, "This image, this snapshot of my life, this small slice of time full of tenderness and love, is special. It is enough."

And it is enough. Trust me.

As for the hundred, I'm going to tell Monique that's 99 too many. ■

Joe Weeg spent 31 years as a prosecutor for the Polk County Attorney's Office. Now retired, his wife is once again assisting in the prosecution of war criminals in the Netherlands. He writes about being an Iowan in Europe on his blog at www.joesneighborhood.com.



YOUR NEIGHBORS



SANTA IN A TREE HOUSE

Beaverdale neighborhood goes all out

BY JEFF PITTS

A real estate purchase agreement is generally a boring, black-and-white, contractually binding document that is typically devoid of holiday cheer. Bill and Sarah Thorn knew that buying a house was serious business. But when the Thorns were prepared to make an offer to buy a Beaverdale home in 2001, they made one jolly inclusion mandatory: the seller must leave behind the Christmas lights.

The Beaverdale neighborhood they moved to takes holiday decorating to a new level, and the Thorns wanted to be prepared to join in right away.

The Thorns have come a long way since that first Christmas, progressively adding more décor. The home is situated in Beaverdale's "island," which is between Ashby Avenue and Wallace Lane, smack dab in the middle of Des Moines' hottest neighborhood-decorating tradition and situated so that both the front and back of the home is on display.

"Last year, I bolted 16 feet of 2x4s across there," Bill said pointing to the front of his house. "And we drove eye bolts into it. Then I stretched 16-gauge wires down and put metal rods into the ground to give myself a grid to work with. And then I had a Christmas tree woven in green LEDs in the center, and two candy canes, one on either side."

And if it feels as though the Christmas lights are blinking in perfect rhythm to the music blaring out of your radio as you pass by, that's because they are. Bill programs his lights to pulsate in rhythm to holiday music he rigged to play through passerby's car radios — he posts a sign with the proper FM station to tune to.

In the back yard, the Thorns are on their third inflatable Santa Claus. The first Santa ripped after many years. The second didn't work properly. But this one — Helicopter Santa — is on the money. Old Saint Nick sets up shop in the treehouse

that Bill built to entice his daughter to move from the family's previous residence. She's grown up now, which means Santa is alone. He peers over the railing, waving at oncoming traffic, which often moves by slowly, bumper to bumper.

"It's busiest on Wednesdays and the weekends," says Sarah.

She says it's best to come on the weekdays, otherwise you risk traffic jams. Limousines and party buses are regulars on the route.

"They go down Wallace Lane first," explains Bill. "And then as you get around to the point, then they'll come back up and exit off of Ashby."

The Thorn residence is just one house on the tour. People come to see everything the neighbors have to offer. One has a huge inflatable Christmas dragon. Another has a big white tent lit up with silhouettes of elves and Santa flitting about, dancing together inside. Two 6-foot-tall toy soldiers from the Nutcracker ballet adorn one front door.

A group of the neighbors takes turns dressing as Santa and giving candy canes at the de facto entrance. Santa isn't always on duty, but Bill assures someone will be suited up on Christmas Eve.

Bill baked 400 cookies last year. He handed the piping hot treats to bicyclists riding by for The Beaverdale Holiday Lights Slow Roll. Riders decorated their rides and rode through, looking at the lights.

Two wheels is a great way to take in the ambiance, but if you're brave, Sarah says the best way is to dress warm, grab a steaming cup of something and walk through the winter wonderland. Basking in the beauty of the multi-colored lights reflecting off a light snow dusting, while on foot, is an amazing sight to see, and worth risking a chilly red nose. ■

ADVICE FROM THE THORNS

For some, the holiday season is the most spectacular time of the year. But it's not so for Bill and Sarah Thorn. Instead, the Thorns say the best part of the calendar is directly after the holiday season, because it's the time for huge discounts on holiday lights and other decorations. That's when the smart decorators stock up.

Here are some other helpful tips from the Thorns to Christmas decorating newbies:

- Try to get set up before the first freeze.
- The key to an efficient setup is an organized teardown the year before. Buy storage tubs, reels for wrapping cords, and don't skimp on the labeling.
- "Start simple. It's amazing what a spotlight on a tree will do," says Sarah. "And the new 'star showers' are the fastest and easiest way to suddenly look decorative."
- Watch out for raccoons. One winter, Bill's extension cords continued to be "snipped by teenagers or newspaper delivery boys." He later found out it was actually a band of raccoons. Once he began leaving the wires energized, the problem subsided.
- Be aware of the neighborhood you are moving into. If it's in Beaverdale, your neighbors will probably expect you to decorate.
- Hit the post-Christmas 50- to 75-percent-off sales to stock up for following year.
- "Don't be bashful. We'll steal inspiration from other decorators," Bill laughs.
- Using LED lights allows for many more lights without draining electricity usage.

ONE LAST ACT OF LOYALTY

BY BRUCE KEMPKES

Digging a grave for a loved one gives the gravedigger an opportunity to reflect on good times past.

Recently, I dug her grave on the edge of our prairie. It was cool, overcast and windy, but ramming the shovel into hard clay brought out beads of sweat. Despite the dreary weather, she came through the garage “doggie door” with Tópe, our 3-year-old labrador retriever, and Gus, our rescue-league cat, to watch what I was doing.

Oso was our 14-year-old Chesapeake Bay retriever. She was our first dog, coming to our house from a southern Iowa farm a couple of years after my wife Jill and I married in 2000. Some Chesapeakes have odd-shaped faces, but Oso’s was well balanced and handsome. Her coat was cappuccino in color, her eyes full of intelligence. When we brought our son Graeme home after his birth in late 2004, Oso heard him give a little cry upon entering the kitchen. Raising her ears, Oso gave a quizzical look as though she were asking, “What is this new thing?”

Oso was a typical Chesapeake. She was extremely loyal and protective of family and home. When newborn Graeme was lying down, she would lie next to him. Visitors arriving by car were greeted with warning barks, but, with a few reassuring words from the family, she turned friendly and spent her time inquisitively sniffing visitors to see if they had rolled in anything good. She was all dog.

Like many dogs, she took great enjoyment from going on walks with the family, her “pack.” The walks around our acreage gave her time for her to investigate everything she saw, heard and smelled. She particularly enjoyed rolling in anything dead, such as opossums, raccoons, deer, fish and snapping turtles.

She was a natural hunter. She knew the sounds of pheasant and quail well, and when she heard them, her excitement level heightened, and her nose and legs went into overdrive. She had an interest in more than just game birds. One winter night, I arrived home and found a relatively large pyramid of something dark lying in the shadows in the back of the garage. I got a shovel and turned on the lights to discover she had regurgitated eight little bunnies.

She was much more a swimmer, though, than a hunter. She seemed to enjoy life the most when she was immersed in our pond. When the edges of the ice started to melt in the spring, she’d jump in the water for an ice bath and swim. With a thick, oily coat, the coldest of water posed no problem for her. When Jill

would go for a sail in her small boat, Oso would paddle after her. The question, “Oso, swim?” resulted in a tail wag and wait at the door.

On at least one occasion the water was also Oso’s refuge. A friend brought her amorous male dog out for a visit. Oso realized this dog had no love of the water, so she escaped his advances by jumping into the pond and swimming in circles. Meanwhile, he sat on the pond edge and eagerly waited for her to tire. She never did, and he went home to take a cold shower or do whatever male dogs do when their advances go nowhere.

Although never overweight, Oso tipped the scales at more than 90 pounds at one point. As she reached her 90s in “people years,” however, her weight began dropping. She developed bald spots in her once-luxurious coat. She could not stop herself from defecating in the house or garage. She had difficulty arising from the floor and hearing even the loudest of sounds. She seemed lost at times, walking into a room and appearing to forget why she wanted to go there.

These ailments made her feel vulnerable and wary. She gave warning barks at things real and imaginary and gave whining barks about the air temperature or food.

In the summer, we discussed putting Oso down. We set a couple of dates to bring her to the vet clinic, but cancelled them when we saw — or believed we saw — signs she was still functioning well and enjoying life. By autumn, though, we saw that her quality of life was deteriorating at a relatively rapid clip.

We arrived at the vet clinic late on Friday afternoon with Oso on her leash. With her legs lacking strength, we had to load her into the car and unload her.

A short time later, she fell asleep for good.

We wrapped her in a blanket and took her home. We patted her coat with our hands one last time and laid her in her grave with some dog biscuits and a bone between her paws.

As we shoveled soil onto our friend and worked prairie flower seeds into it, I thought about the walk she took with us earlier in the afternoon, one in which she moved slowly, placing one last unsteady paw ahead of the other. It was our last walk for all of us together, and, thankfully, she did not discover a dead raccoon to roll in.

Back at the house, I remembered what a friend told me about his own loyal dog, which, like Oso, had made one last walk with him and his family: “We weren’t doing it for her — she was doing it for us.”

Thank you, Oso, for our last walk together. ■



Above: Oso, a 14-year-old Chesapeake Bay Retriever.

Left: His final resting place on the edge of Bruce Kempkes’ prairie.

AT HOME WITH...



Above: Aaron and Jackie Abram and their Christmas tree.

Below: The Urbandale home of Aaron and Jackie Abram. The backyard patio and fire pit is where the Abrams and their guests “solve all the world’s problems.” Guests at the Abram home are encouraged to leave an autograph on the playroom walls.



THE ABRAMS

The handwriting is on the wall.

BY JEFF PITTS

Aaron and Jackie Abram have the kind of home that your kids — after visiting for a play date — won’t shut up about.

“The Abrams have separate women’s and men’s bathrooms!” they’d say. “With a urinal! And we wrote our names on the walls with crayons!”

During the summer of 2013, the couple was moving from Kansas — Aaron is originally from West Des Moines — and wanted to live on a quiet cul-de-sac in the western suburbs. So when a realtor called to tell them a two-story Urbandale home in the Waukee School District would soon be available, they decided to give it a look.

“The house was built in 2003 by Tom Stevens,” Aaron explains. “It was a show house.”

The home had some unique attributes, including the spacious and inviting great room with 18-foot ceilings, expansive windows overlooking the backyard and nearby park, and seven bathrooms, including a men’s bathroom across the hall from a women’s bathroom in the furnished basement.

When Aaron saw the urinal in the men’s room, that’s all he needed to see. He was sold.

Jackie, on the other hand, needed a little more convincing.

During the economic and housing downturn, the previous owners had rented the house out, and it wasn’t in mint condition.

“When we bought this house, I’m not kidding, it was a disaster,” Aaron says.

But it was the one they wanted.

The couple has undertaken some serious construction on it, even moving into a hotel for a month as drywall patching, sanding and painting were done. All the hard work has paid off.

“My kitchen in Wichita was pretty small,” she said. “This is about three times the size.”

The kitchen opens into the living room, which features the best view in the house, one that no other resident in the city can say they have.

“We have one of the Mobergs,” Aaron says, referring to the giant tree that has been crafted out of plaster by a local artist onto the wall above the great room.

Also on the first floor is the master bedroom, complete with a large walk-in closet, a tray ceiling, tile shower and Jacuzzi tub.

Aaron transformed the first-floor study with French doors into his office. He sells medical implants during his nine-to-five hours, and he maintains a small cement business called Nice Curbs and Concrete in his spare time.

The Abram kids have the second floor to themselves. It contains three bedrooms, two full bathrooms and a laundry room.

“My goal is to have them do their own laundry,” Jackie laughs.

The Urbandale home has about 3,200 square feet of above ground space, and more than 2,800 in the finished basement, totaling more than 5,000 square feet of living space.

The recreation room in the basement is where the handwriting is on the walls. Writing is not only allowed by the Abrams, but it is encouraged. Each houseguest is asked to sign the wall of the children’s playroom.

“The idea is that in 20 years the walls will be full of everyone who has come to the house,” he explains. “Everybody who walks through that door, we get their autograph, and it’s been really cool to see people grow.”

The basement also features a theater room, an exercise room, a game area, a second family room, a wet bar and a fifth bedroom. The bathrooms, however, were the deciding factor.

“The one thing that sold me on this house,” Aaron laughs. “They put the girls’ bathroom in, and then they put the guys’ across from it.”

The basement has three bathrooms: one is fully equipped, and the other two are gender-specific half baths. The male version is equipped with a urinal.

The basement walks out to the backyard, the home’s true crown jewel.

“We live back here,” Aaron motions to the patio. “It’s our mecca.”

He’s speaking of the newly-constructed fire pit. The Abrams enjoy inviting friends over for cocktails and fun times around the flames.

“This is where we sit around and solve all of the world’s problems,” he says. ■

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BE WHISKERED



TOM BRASHER

Tom Brasher has had his goatee six months. He's only ever grown goatees. He likes it because it's different.



JOHN LAWS

John Laws sports two years of "regrowth." John likes his beard because his wife loves it.



JEREMY 'TINY' COLLINS

Jeremy "Tiny" Collins has had his beard for three years. Tiny loves the attention his "beard bun" gets.

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WALKS OF LIFE

BY JEFF PITTS



KATHY PETTIT

Dog lover

Kathy Pettit's favorite holiday is Halloween, but she likes the winter holidays as well. She's never kept a New Year's resolution, so she isn't making one this year, but she does have a memory of a favorite Christmas gift ever.

"An Irish-setter puppy," she says.

Pettit was 16 years old at the time and named her new pet "Jolie."



RICARDO MODENO

2017 is the year

Ricardo Modeno didn't have a New Year's resolution last year, but he does this year, and he's fixing to keep it.

"I'm going to stop smoking," he says. "I don't smoke too much, but this year, that's it."

Good luck, Ricardo.

NICOLE HERDRICH

The light

"I have a New Year's resolution every day when I wake up in the morning," she says.

Herdrich tries to be positive and think positive every day.

"I want to be that light for others," she says. "That's honestly what I wake up and hope for every day."



JOHN TEETER

A giver

John Teeter has been accused of giving the worst Christmas gift ever.

"A showerhead," he says of the "present" he gave a former roommate.

And it was used.

"He didn't see the value," Teeter says.

And what was Teeter's favorite present?

"A 'Lost in Space' talking robot," says Teeter. The name of the robot was, ironically, "Robot."

"It moved, it tooled around, and it talked," he said. "I was about 8, and I wasn't expecting it. It was under the tree, and I had no idea it was coming. They nailed it."



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COLLECTIONS & HOBBIES



Mitch Clefisch and his twin boys, Lucas and Aidan. The trio enjoys collecting Star Wars toys.

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STORY BY JEFF PITTS

Don't tell Mitch Clefisch's mom, but after 40 years, maybe it's time for him to fess up.

"The first day 'Star Wars' was on HBO (circa 1983), I pulled the whole, 'I'm sick, ahem, ahem (coughs),' and I was able to stay home from school and watch 'Star Wars' that day," Clefisch admits. He adds that he binge-watched the movie, something he'd wanted to do for a long time. "I just watched like 24 hours of 'Star Wars.' It was the first time it was ever on HBO. Mom still thinks I was sick, so don't tell her."

Sorry, the Ewok is out of the bag.

Clefisch was unable to see the movie when it had been released in the theater — he was only 4 years old at the time the original "Star Wars: A New Hope" opened. Back then, VHS didn't exist. If you didn't see it in the theater, you didn't see it at all.

But he had seen "The Empire Strikes Back," and he had felt the power of the dark side.

"At River Hills, I saw 'The Empire Strikes Back,' and it was love at first watch," he said. "I remember coming back and telling my mom about the little green guy with the big ears, and he kept trying to steal the candy bars from the man and beating him with a cane."

Although Clefisch was unable to see the original, he began using his imagination to re-enact the scenes instead.

"I read all of the books when there were no movies," he remembers.

Feeding his imagination were the numerous "Star Wars" toys, many of which he still has to this day. They included the X-wing Fighter, and, of course, the damaged

X-wing Fighter, which is just like the regular X-wing, except it also had a "damage" sticker attached to a wing to make it appear as if it had been hit.

Many of the toys in Clefisch's "Star Wars" collection remain in the original packaging. That is, except the lightsabers, which proved much too tempting and left the packages decades ago. A bent saber is a testament to its usage.

"I was an only child," he says. "So I would fight with trees — and trees always win."

While still dating his wife, the young couple once browsed through the pricing guides and added up the merchandise values.

"We figured out there was more in 'Star Wars' than what our cars were worth at that point," Clefisch laughs. "So she made me slow down when we were married."

The collecting isn't about the resale value, though.

"It's more to remember my childhood than it is for any monetary values," he says. "I could go through every box and find a favorite thing in each box. The thing that stands out the most is that every one of these items has a memory for me. And that is something that is more valuable than anything. And now I can share it with my boys."

The new "Star Wars" movie, "Rogue One," is in theaters this month, and you better believe that Clefisch and his boys will be there. He has passed his love of the galaxy far, far away to them as well. Each has decorated his room with "Star Wars" stuff, and sometimes he even allows them to pilfer from his collection.

"I call the Millennium Falcon," say Lucas and Aidan in near unison. "We have some serious playing to do." ■

PARTING SHOT



STEAMPUNK FUNK

PHOTO BY DANIEL HODGES

"Miss Mary" Smith was selling everything "Steampunk" in her booth at the Junk Jubilee at the Iowa State Fairgrounds on Nov. 12. Thousands flocked to the jubilee searching for treasures. ■

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