

APRIL 2022

CITYVIEW

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HIGHTAIL IT TO HIGH TRESTLE

Our guide on
where to eat, drink,
and ride on the
Central Iowa Trails



FEATURE STORY
Iowa Barnstormer players
in uncharted territory

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FROM THE PUBLISHER

The CITYVIEW brand

Several years ago, a friend of mine who managed a tire shop asked me what brand of tires I had on my vehicle. I replied I did not have any idea. He was appalled and asked, “How could you not know what kind of tires you have?”

I am reminded of that conversation frequently when others do not know seemingly obvious things about CITYVIEW. This is apparent when I hear questions like: “Is CITYVIEW inserted in The Des Moines Register?” or “Do you publish Juice?”

As most of you know, I am a vocal proponent of buying locally and supporting others who do, too. And I am cautious when out-of-towners enter the market to attempt to capture some of what so many of us have worked to build.

I am the editor and publisher of CITYVIEW, and I am also the owner. That’s unique in today’s media world, but I continue to think it is important. Like most of you, I live here. I work here. I pay taxes here. And I truly care about the communities and the people we serve.

I bought CITYVIEW in 2004 from Connie Wimer and her Business Publications Corporation. She started the publication and ran it for more than a decade prior, and I am forever grateful to her.

For the past 16 or so years, we have grown CITYVIEW with more news, more photos, more advertising, more distribution points, more circulation, more readers, more events and more affiliated publications. Couple those accomplishments with our digital efforts, and CITYVIEW has become a go-to read for more than 100,000 central Iowans every month. I am proud of the work that so many people in our company — past and present — have done to make this happen.

In a time when many print publications are meeting their demise, we are continuing to grow. It hasn’t been easy.

Our entry started when a handful of former CITYVIEW employees called me for advice in launching a competing publication called Pointblank. I was so intrigued by what they were doing that I moved back to the area and, with Michael Gartner and Gary Gerlach, bought the publication. What I quickly learned was that the market was not big enough for both Pointblank and CITYVIEW, as both were losing money. So Gartner and I made an effort to buy out CITYVIEW and merge the two publications under the CITYVIEW title in a new company. We did so, and the business was instantly successful from every measurable.

Within a few months, The Des Moines Register launched Juice, the cookie-cutter version of Gannett’s young reader publications. They made efforts to match our distribution by removing our racks and installing theirs. When our lawyers pointed out that this was theft, and could be considered predatory, our racks were returned. They also made efforts to undercut our advertising rates with our customers, and we were quick to point out that you get what you pay for and avoided the discounting game.

Through it all, neither Juice nor CITYVIEW were making a profit. Juice eventually ceased publishing. CITYVIEW, once again, survived. I eventually bought out my partners, we created other divisions of Big Green Umbrella Media, and we made CITYVIEW a financially viable publication. Other competitors have come and gone, and the digital world has brought out an array of publications as well. More competitors will certainly come and go, too. Meanwhile, we are still here. Still kicking. Still screaming. Still locally owned and operated. Still CITYVIEW.

I hope you appreciate this history lesson, but I realize that most of you simply want a good read and don’t care about the brand. After all, I still don’t know what kind of tires I have on my vehicle.

Thank you for reading. ■

Shane Goodman
Editor and Publisher
CITYVIEW



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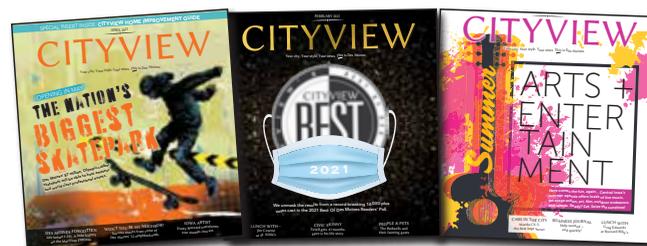
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Our guide on where to eat, drink, and ride on the Central Iowa Trails

DIGITAL SNEAK PREVIEW

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2021-22

IOWA WILD PROMOTIONAL SCHEDULE

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UPCOMING PROMOTIONS



GO GREEN NIGHT

PINE TREE SEEDLING GIVEAWAY *

Friday, Apr. 22



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Saturday, Apr. 23

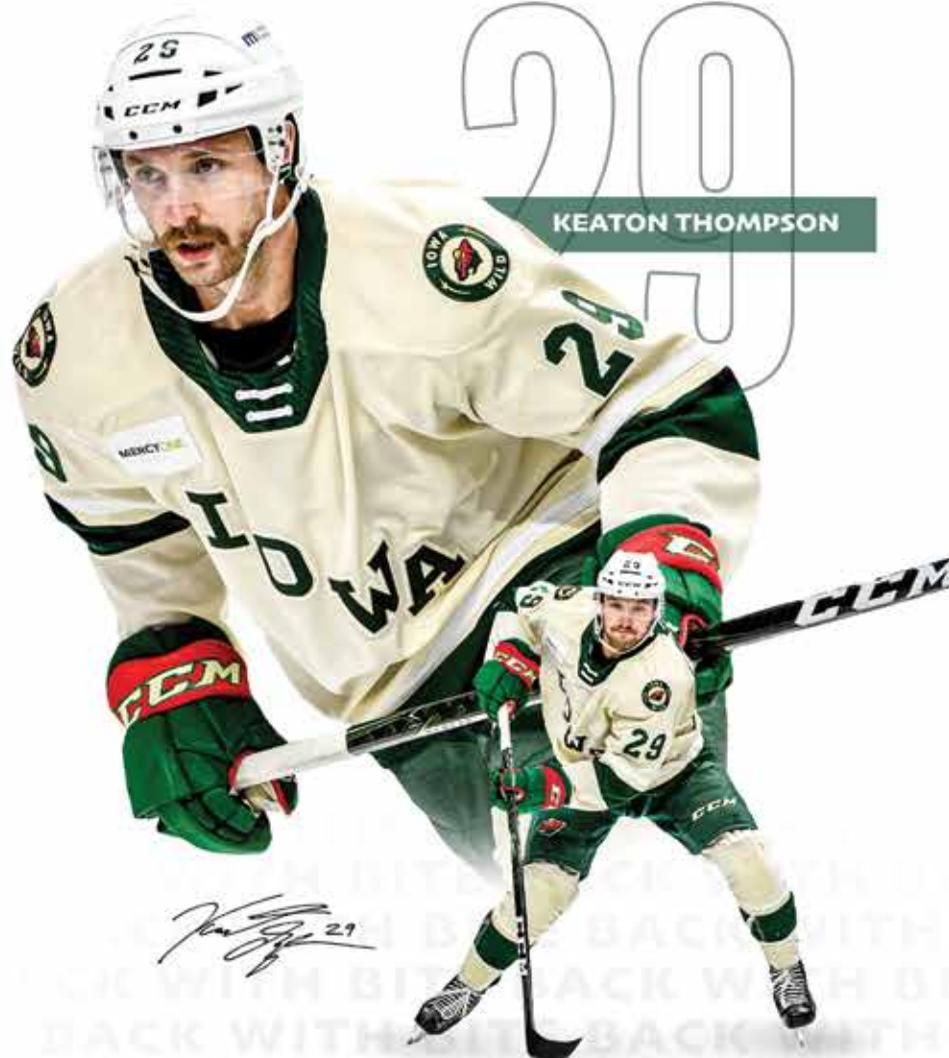
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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. I heard that the Varsity Theater might actually open up again. What's the latest?

A. Construction has begun on the new Varsity Cinema, and it is set to reopen this fall at the 1207 25th St. address in the Drake neighborhood, according to Ben Godar, executive director of The Des Moines Film Society, a non-profit arts organization dedicated to growing a vibrant local film culture and community. The Varsity was an art house cinema in Des Moines for 80 years. The cost of the rehab is estimated at \$5 million, with the Des Moines Film Society at the helm. The new cinema is to have an upstairs auditorium with 35 seats, an expanded lobby, a remodeled main auditorium and improved accessibility. Upgraded concessions, including alcohol, will be added. Much like in the past, the new theater will showcase largely art house and international titles but will also feature series programming and classic films, weekend family flicks and the return of midnight movies. The theater will also be available as a community space for local groups and nonprofits for screening events.



Artist's rendering of Varsity Cinema upstairs auditorium, courtesy of RDG Planning & Design

A capital campaign was launched in February 2021 and, to date, The Des Moines Film Society has raised approximately \$2 million toward its \$3 million fundraising goal. Additional bank financing will support the \$5 million renovation. Nearly 1,000 individuals have donated to support the project, which has also received major grants from the City of Des Moines, Polk County and the State of Iowa. Pat Schneider and Loretta Sieman are leading the campaign. More details can be found at www.varsitydesmoines.com.

Q. What is with the changing lights under the Eighth Street bridge? Are those new?

A. That's a new public art project called "Borealis," which is intended to be "a gently shifting light experience that will remind viewers of the Northern Lights," according to Courtney Shaw with The Greater Des Moines Partnership. It is visible in the evenings at the Eighth Street Viaduct underneath the bridge at Eighth and Cherry streets. "Borealis" was created by Alex Braden, an artist who has created light installations in other cities. He was selected after an application process that drew more than 30 national and local artists. Braden used advanced color-changing technology available to durable architectural lights to create the experience. The fixtures are weather-sealed, tamper-resistant, and fitted to the viaduct to transition between colors.



"Borealis." Photo courtesy of The Greater Des Moines Partnership

"I hope residents, employees and visitors find this to be a peaceful and poetic response to the architectural systems of the viaduct," Braden said.

Amy Lego, executive director of Operation Downtown, said, "This installation provides a creative solution to brighten a dark public space, helping transform it into a space people will want to walk by as they participate in Downtown activities and support local businesses."

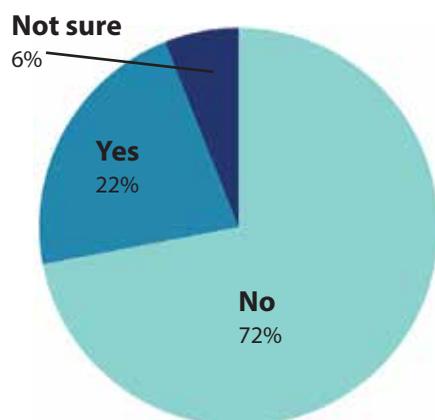
The installation was funded by Polk County, the Greater Des Moines Public Art Foundation and EMC Insurance Companies. ■

YOUR VIEW

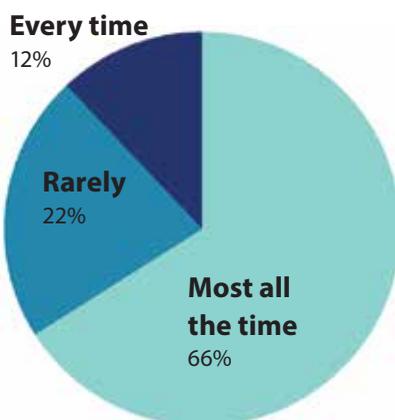
POLL POSITION

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

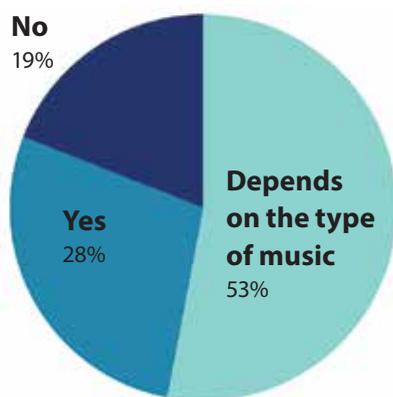
Should Joe Biden run for reelection in 2024?



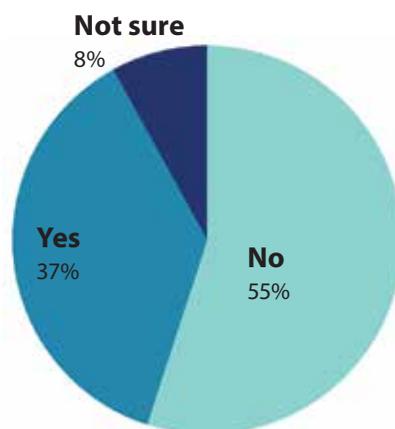
How often do you exceed the legal speed limit when driving?



Do you like when restaurants play music?



Will you continue to wear a mask in public?



cityview magazine (comments unedited)

Cityview Magazine: Do you have vanity plates on your car? What are the best vanity plates you've seen?

Thomas Tully: Saw a personalized plate in Des Moines that read "BLONDE" and it was literally installed upside down

Breck Bonnell: I once saw a little SUV being towed behind a camper. The SUV was impounded and the camper was impounded

Kathy Laughlin Swensen: My husband and I were behind a car with a plate that said BOYSLIE. I raised 3 girls. We all thought it was hilarious.

Thomas Tully: Tangent question: If a Tesla vehicle gets stolen is it now considered an "Edison"? Asking for a friend.

Cityview Magazine: Do you still remember your kindergarten teacher's name?

Elise Gustafson Free: Mrs. Miller, Watrous Elementary. She taught me my left from right, how to set a table, Duck, Duck, Goose and that even though glue smells good, it doesn't taste good. A+!

Gary Schmidt: Mrs. Bunker - she followed our class up through 2nd grade. My Dad always said if she followed us any further we would have been acting like little kids. She had her favorite pets so I am sure that may be why she followed our class up through 2nd grade.

Julie Luepke: Mrs. Solie and Dr. Luepke (but the latter I just called "Mommy")

Tony Bolin: They did not have kindergarten then

Hannah Hope Harthorn: Mrs. Kujac, I will tell you since I don't use it as a secret question for any of my accounts

RETWEETS (comments unedited)



@benwegmann

What do you mean we "lost" an hour of sleep? FIND IT

@Gupton68

Prime ribs are just like regular ribs except they're only divisible by themselves.

@TheAlexNevil

Quinoa was invented by someone who really wanted to win at scrabble.

@SinghSahaaaab

Doctor said if I have a vasectomy I wouldn't have any kids, had the operation, got home, they're still there

@mxmclain

A backlit photo is a fun way to find out that you need to start plucking your chin

@stewiecoffee

Stop trying to eat garlic bread with your elbow! ...and other things I never said before having kids

@QueenVofCoffee

Me: A friend sent me a truly amazing gif the other day.

Husband: Oh really?

Me: Yeah, it was.....

Husband: Oh gods, don't say it.....

Me: The gif that keeps on giving.

*Husband leaves room.

@topaz_kell

Just tossed my hair seductively and a chicken nugget fell out.

@mrjohndarby

interviewer: can you type fast?

me: yes, that and SEVERAL other words

@Social_Mime

People buying plungers never look like they're in a good mood.

@LeBearGirdle

Giving TED talk

Me: *points at guy* sir, reach under your chair!

he does and a mousetrap snaps

Me: trust no one

audience claps

@JustBeingEmma

I was tired of losing my glasses so I put them on a chain. Now my hair's in a tight bun, there's a used hanky in the sleeve of my cardigan and I lick my index finger every time I turn a page.

STRAY THOUGHTS

BY RANDY EVANS

Ahart will be paid as much to relax fulltime as he would have been paid to work fulltime

Worse yet, no questions were asked about Des Moines Superintendent Thomas Ahart's \$400,000 severance package.

Des Moines Superintendent Thomas Ahart has been a lightning rod during the past three years over the way Iowa's public schools have responded to the COVID pandemic.

Ahart announced in recent weeks that he is leaving, effective June 30. But the Des Moines school board ensured that Ahart will continue to carry that lightning rod for a little longer.

His contract runs for another year, until June 30, 2023. So, you might think he is forgoing his \$306,193 salary, his \$7,200 annual allowance for a car and cell phone, and his \$84,019 taxpayer-provided retirement annuity.

But you would be wrong, wrong and wrong.

Even though he will not be employed by the Des Moines schools after June 30, Ahart will still be paid every nickel, every dime and every dollar that he would have received had he chosen to work those 12 months left on his contract.

This means Ahart will be paid as much to relax fulltime as he would have been paid to work fulltime.

The lucrative "severance agreement" was approved by the Des Moines school board during a special board meeting two days after he announced his resignation. The meeting lasted two minutes. Yes, two minutes — and it included time to call the roll, approve the agenda and vote on the agreement.

No one asked any questions. There was no discussion of the agreement.

Among the questions not addressed were some that might be of interest to the taxpayers of Iowa, to residents of the Des Moines school district, and to the teachers and other employees of the district. Such as:

Ahart's \$400,000 cash payout is equivalent to the minimum salary for nine Des Moines teachers. How can the school board justify an expense that large at a time when the district is looking for ways to wipe

out a projected \$9 million budget deficit for the coming school year?

Educators from across Iowa and supporters of the state's public schools pushed the Legislature for a larger appropriation than lawmakers favored. Hasn't the Des Moines board's decision seriously undercut the message these advocates made to the Legislature — that lawmakers were failing to help public schools keep pace with inflation?

Ahart's supporters remind us that the school board decided last year not to extend his contract beyond June 2023. That decision came amid statewide controversy over his and the board's joint decision to begin the 2020-2021 school year with all classes online — in spite of a new state law that required at least half of the classes to be held in person.

Des Moines' decision to have all classes online led the Iowa Board of Education Examiners, the state licensing agency for school administrators and teachers, to reprimand Ahart for violating the new law.

Ahart is disliked by some people and adored by others. He shouldered tremendous responsibilities in the decade he has led Iowa's largest district — educating 31,000 students annually, adapting the curriculum to changing needs, improving graduation rates, improving building security, and coping with the worst health crisis in a century.

But the reaction to this \$400,000 severance package — a "lovely parting gift," as game show hosts of old might call it — should go beyond whether we like Tom Ahart or not.

The agreement with the school board makes abundantly clear that his resignation was voluntary and was not being made in lieu of termination. The agreement includes the standard binding promises by each party not to sue the other party.

But the undeniable fact remains: Ahart is leaving

now, rather than a year from now, because of his own choice.

Every Des Moines teacher signs a one-year contract each school year. Midway through the year, if a teacher decides to resign, the school board is not going to pay the teacher for the unearned salary and benefits for the remainder of the contract. Instead, officials reserve the right to levy a fee against the teacher for the district's cost of finding a replacement.

This agreement is not saving the Des Moines school district and the taxpayers of Iowa money. There still could be lawsuits against the district over the school board's and Ahart's decision to disregard the requirement for 50 percent of classes to be in person when the 2020-2021 school year began.

If that occurs, the separation agreement includes Ahart's pledge to cooperate with and assist the district's legal defense. Not surprisingly, given the other content of the document, Ahart will be compensated for his out-of-pocket expenses and for his time in providing that help — "at the rate of \$147.00 per hour, to the nearest quarter hour," the agreement says.

Don't expect school officials or Ahart to address the questions I laid out earlier. There's another interesting detail in the agreement that addresses pesky people like me.

The agreement says the board and Ahart "will develop a mutually agreeable statement regarding Dr. Ahart's resignation from the district, which shall be the sole statement from the parties, including board members in their individual and official capacity."

That means the taxpayers of Iowa who are paying for his going-away gift won't be getting answers to their very logical questions. ■

Randy Evans can be reached at DMRevans2810@gmail.com.





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17 1:08 TOL	18	19 5:05 LOU	20 10:05 LOU	21 5:35 LOU	22 6:05 LOU	23 1:05 LOU
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CIVIC SKINNY

BY CITYVIEW STAFF

22 will take you through? DART usage plummets during COVID. And what happened to the Ankeny Press-Citizen?

One would correctly assume that the use of **Des Moines Area Regional Transit Authority**, better known as **DART**, dropped during the COVID-19 pandemic. But how much? In DART's fiscal year 2019, the usage number was 4.5 million. In 2020, that number dropped to 3.75 million. In 2021, it sunk to 1.9 million. The good news for DART, according to **Amy McCoy**, public affairs manager, is that, in the first half of its fiscal year 2022, usage numbers have risen to 1.3 million, which is about 50 percent higher than at the same point last year.

McCoy says public transit has "never been more critical for riders who rely on our services to get to the essential places they need to go, and in turn, get essential workers to the places and services we all rely on." She states nearly half of DART riders don't have a driver's license, and more than 40 percent don't have a working vehicle in their household.

DART's funding is unique as compared to other

public transit agencies, relying on a "transit levy" from residential and commercial taxpayers from its 12 member communities to cover more than 60 percent of its operating expenses. Currently, DART's levy rate is capped at \$0.95 per \$1,000 of taxable valuation. It is also funded by the MPO and federal partners, which, in conjunction with the transit levy, allows for viability even when usage drops. ...

Following the subject of where tax dollars are spent, the "2021 Report to the Community" from Des Moines Parks and Recreation — which shows data on recreational program participation, facility usage, project information, testimonials and financial data — offered some interesting tidbits on usage. During the past year, 1,443 shelter and other facilities were rented. A total of 1,939 dog park permits were sold. About 3,268 individuals learned to swim, and 72,142 visits were made to one of the five pools or aquatic centers. Approximately

109,545 rounds of golf were played at A.H. Blank, Bright Grandview and Waveland golf courses. And, maybe most amazingly, 21,307 hours of service were donated by 2,873 volunteers, which Des Moines Parks and Rec values at \$608,115, which, if you are wondering, is \$28.54 per hour. ...

A CITYVIEW reader with an incredible memory suggested that Iowa Hawkeye basketball player **Caitlyn Clark** could benefit from the revival of a 1950s campaign believed to be written by legendary Des Moines Register columnist **Harlan Miller**, or legendary Des Moines Register columnist **Gordon Gammack**, who presumably wrote "22 will take you through," meaning that driving 22 mph would help one avoid red lights while scooping the downtown Des Moines loop. (The reader couldn't remember, and CITYVIEW could not verify.) Clark, the 6-foot sophomore point guard for the Hawkeyes women's basketball team, wears No. 22. In Clark's first season at



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Iowa, she led the NCAA Division I in scoring, three-pointers and total assists. She was named a second-team All-American, won the Dawn Staley Award and shared national freshman of the year honors. As a sophomore, she was named Big Ten Player of the Year and has so far been chosen as a first-team All-American by two of the three major selectors in women's basketball. Of course, this marketing campaign may have caught on if the Hawkeyes played up to their No. 2 seed in their region at the NCAA tournament. The Hawkeyes fell to Creighton, 64-62, and finished the 2021-22 season with a 24-9 overall record. Clark registered her 26th career double-double with 15 points and 11 assists in that effort. ...

All student-athletes at Iowa State University must have permission to get a job. Seriously.

This and other requirements and limitations are according to a Feb. 25 letter from **Harrison Wier**, compliance coordinator with **Iowa State University Athletics**, who says these are part of NCAA rules and regulations.

NCAA regulations do stipulate that members of athletics teams be treated the same as other students. Any benefits not made available to all students cannot be provided specifically for, or to, student-athletes, their relatives or their friends for any reason. For example, student-athletes (or their relatives or friends) may not receive free or reduced-price merchandise, meals or other services unless those same benefits are advertised and available to all students. That makes sense.

Also, student-athletes (or their relatives or friends)

may not receive free or discounted benefits or services from any establishment or anyone associated with an establishment (i.e. staff member) in exchange for any item of value they might be able to provide. Examples of such items include autographs, tickets to contests, memorabilia, equipment, etc. These types of exchanges are considered extra benefits and can jeopardize the eligibility of student-athletes, according to Wier. Fair enough.

The NCAA also has certain regulations regarding the employment of student-athletes, including that student-athletes must be hired on the same basis as others with similar experience and competence, must receive the standard rate of pay and benefits commensurate with the position, and may only be paid for work actually performed. OK.

And finally, all student-athlete employment must be approved in advance by the ISU athletic department. What? ISU has to approve whether or not, or how, or where a student-athlete can work? According to a statement from Wier, yes. ...

Although keeping track of when and how and where many of today's newspapers publish can be a challenge, the future of the **Ankeny Press-Citizen** is even foggier.

The free newspaper that covered most everything Ankeny was once delivered to every household and available on racks free of charge. The paper has roots to 1956 and was a successful model for an expansion to multiple Des Moines neighborhoods and suburban communities just a few decades ago, led by then-publisher

Henry Phillips, who was previously the vice president of advertising at the Register. That all changed when The Des Moines Register's parent company, Gannett, purchased the Press-Citizen and Shopper News Network publications from Ogden Newspapers and shut them down or converted all of them except the Ankeny Press-Citizen to the Register's neighborhood editions. It was a sad day for the Press-Citizen employees and Ankeny residents who appreciated receiving an alternative local news option from the Register. But the Ankeny Press-Citizen survived, at least until now, as the 70,000-plus residents of the community must subscribe to the Register to receive the Ankeny news.

James Kramer, the "planning editor" at the Register, told CITYVIEW "readers can find the Ankeny Register & Press-Citizen in the Friday edition of The Des Moines Register, which is delivered to our subscribers and available at numerous retail locations throughout the area." He also offered the following statement from an **unnamed Gannett spokesperson**: "In order to support the on-going digital transformation among our portfolio of products, we have re-evaluated several complimentary, non-subscriber publications that are underperforming. We remain focused on our paid print and digital subscription products and are committed to the sustainable future of local journalism."

The March 1 edition of the Ankeny Register & Press-Citizen was six pages and had nine display ads in it. ■

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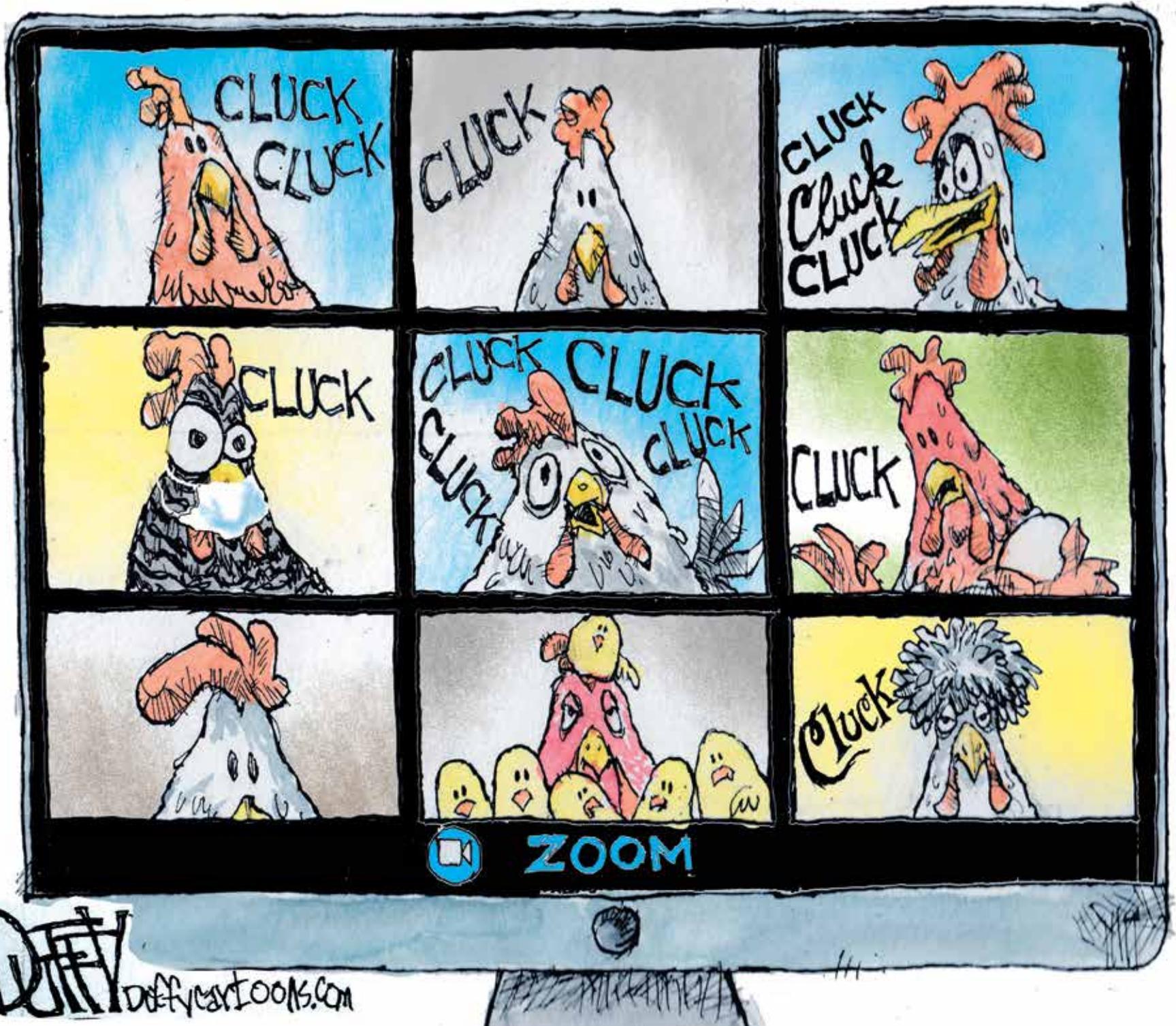
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DUFFY'S VIEW

BY BRIAN DUFFY

COVID for the BIRDS: Iowa Agriculture officials banned gatherings to prevent the further spread of Avian Flu.



Deidre DeJear 'sees the good in people'

Deidre DeJear is the lone Democrat on the June primary ballot and will face Gov. Kim Reynolds, a Republican, in the November general election.

Democratic gubernatorial candidate Deidre DeJear, a Des Moines businesswoman, hit on themes of job creation, boosting health care and rural development during a Carroll event in which she stressed that her party needs to make its case, not just respond with outrage to Republicans.

"Let's not fight to prove a point anymore," DeJear said. "We're going to let the Republican Party be their authentic selves."

DeJear spoke to a crowd of about 20 people from west central Iowa at the home of Steve and Barb Middendorf in Carroll on a recent Sunday afternoon. DeJear delivered a 30-minute speech but talked individually with voters at the Carroll home for more than an hour.

"People just want to know they're not alone," DeJear said.

DeJear is the lone Democrat on the June primary ballot and will face Gov. Kim Reynolds, a Republican, in the November general election.

On the issues, DeJear said students are not coming ready for school in many elementary schools and that more resources need to be directed to public education. She wants to see more trades being taught in Iowa's high schools and sees that extending to such pursuits as cosmetology and barber school.

"I want them at the end of the day to have a couple of options," DeJear said of graduating Iowa high school seniors.

DeJear said it makes sense to increase access to mental-health services in Iowa, and there is a budget surplus to do it. Iowa ended fiscal year 2021 with a \$1.23 billion budget surplus, but Republicans are treating it like a "trust fund" instead of using that money to help struggling Iowans, DeJear said.

"I'm of the mind that you have to be in a position of privilege to have a trust fund," DeJear said.

DeJear found a receptive audience at the Middendorfs'.

"I thought it was fantastic," Patsy Halbur of Manning, 72, said of DeJear's speech. "I like it because I have been very unhappy with Kim Reynolds, and I have to say I voted for her (Reynolds) way back when. I was a nurse at one time, and I think a lot of people in Iowa would be alive today if she (Reynolds) had a decent COVID policy."

Halbur said Reynolds' handling of the pandemic was



Former Crawford County Supervisor Dave Muhlbauer, a Manilla Democrat, talks with Patsy Halbur of Manning (center) and Democratic candidate for governor Deidre DeJear on Sunday at the home of Steve and Barb Middendorf of Carroll. Photo by Douglas Burns

terrible.

"She just handled it the way Donald Trump told her to do it," Halbur said.

Blaine Riesberg, 32, an employee of the New Hope Bargain Shoppe in Carroll, and a Democrat, said he's impressed with his party's candidate for governor.

"I like what she said," Riesberg said. "She talked about things that are important to me like water quality, improving that. She talked about collective bargaining. I approve of that."

A recent Des Moines Register poll showed DeJear trailing Reynolds by 8 points — 51 percent to 43 percent.

Barb Middendorf, a Coon Rapids-Bayard teacher, and the co-host of the Carroll event, says DeJear can close the gap and surprise the state.

"I think there is never a doubt in our minds that a surprise can always happen," Middendorf said.

Middendorf said DeJear is highly knowledgeable about the economy and brings instinctive campaign abilities to the race.

"No. 1 is I think she generated a lot of energy, and I think that is a positive thing that any speaker can

do," Middendorf, the treasurer of the Carroll County Democratic Party, said. "Her delivery was very strong in that she was forward in what she was able to get across."

Gene Meiners of Templeton, a Carroll County supervisor, and a Democrat, has heard DeJear speak twice.

"I think she's a very energetic person," Meiners said. "She's very down to earth and more for common people. She understands the problems the people of Iowa have. I think she could surprise people. She has the energy behind her that this could happen."

C.J. Petersen, the chairman of the Carroll County Democratic Party and a member of the party's state central committee, said DeJear brings empathy and understanding to the campaign.

"We have the opportunity this year to elect a governor who sees the good in people, no matter the struggles they've had," Petersen, who lives in Templeton, said. ■

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



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

THINGS TO DO



SPORTS: IOWA WILD - PRO HOCKEY

This month's home schedule

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

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

- Wednesday, April 13 vs. Milwaukee Admirals, 7 p.m.
- Tuesday, April 19 vs. Grand Rapids Griffins, 7 p.m.
- Friday, April 22 vs. Texas Stars, 7 p.m.
- Saturday, April 23 vs. Texas Stars, 6 p.m.
- Wednesday, April 27 vs. Rockford Icehogs, 6 p.m.



MONSTER JAM

April 9-10

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

Head down to Wells Fargo Arena for Monster Jam, the world's biggest monster truck tour. You'll see elite athletes competing in speed and skill as they maneuver some of the biggest names in monster trucks, including Monster Mutt, El Toro Loco, Grave Digger and Earth Shaker. Winners will be granted a spot at the Monster Jam World Finals in Orlando, Florida. If the adrenaline rush just isn't enough for you, join the Monster Jam Pit Party before the show on Sunday, April 10. Get up close and personal with the monster trucks, meet the drivers and enjoy fun for the whole family. Find tickets and additional information at iowaeventscenter.com.

SPORTS: DES MOINES BUCCANEERS - USHL TIER 1 HOCKEY

This month's home schedule

At: Buccaneer Arena, 7201 Hickman Road, Urbandale

For more information, visit www.bucshockey.com.

- Saturday, April 9 vs. Fargo Force, 6 p.m.
- Saturday, April 16 vs. Sioux City Musketeers, 6 p.m.
- Friday, April 22 vs. Waterloo Black Hawks, 7 p.m.



DINNER DETECTIVE MURDER MYSTERY SHOW

Saturday, April 16 at 6 p.m.

At: Embassy Suites, 101 E. Locust St., Des Moines

The award-winning comedic murder mystery dinner show is coming to Des Moines. Unlike other murder mystery shows with elaborate costumes and dialogue, the Dinner Detective's interactive shows are set in the present day. Performers blend into the audience, and you won't know who is in the show — until it's time to solve the murder. Look for clues, be interrogated by detectives and compete for prizes awarded to the Top Sleuth. Guests are not required to participate in the show but are encouraged to do so. The evening includes a four-course plated meal, coffee and tea, cash bar and prizes. Guests must be at least 15 years old to attend. Find tickets at www.eventbrite.com.



'BEETHOVEN'S NINTH' - DM SYMPHONY

April 9-10

At: Des Moines Civic Center, 221 Walnut St., Des Moines

Witness Beethoven's "Ninth Symphony" in its full glory, presented by the Des Moines Symphony. Groundbreaking at its first performance in 1824, Beethoven's "Ninth Symphony" was more complex and lengthier than any other pieces at the time. Most people will recognize the triumphant chorus singing "Ode to Joy" joining the orchestra in the symphony's final movement. The DM Symphony's April concert will open with Beethoven's "Leonor Overture," Pärt's "Fratres" and Wagner's "Liebestod" from "Tristan and Isolde," sung by internationally recognized soprano Janice Chandler-Eteme. Purchase tickets or streaming access at www.dmpa.org.

'OF GRAVITY AND LIGHT' - BALLET DES MOINES

Friday, April 22 at 7 p.m.

At: Des Moines Civic Center, 221 Walnut St., Des Moines

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light."

Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of Education and Outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at www.dmpa.org.



COMING UP

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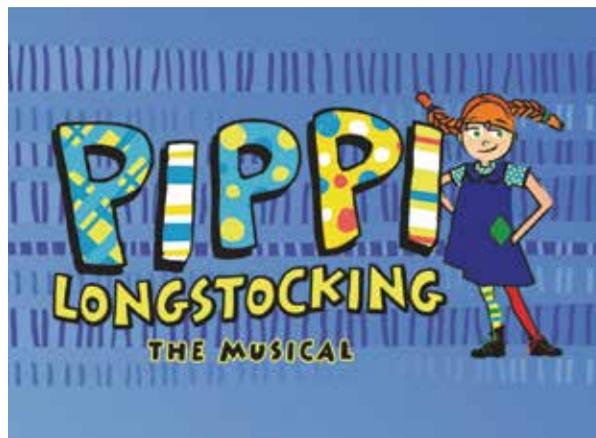


KATHLEEN MADIGAN'S 'DO YOU HAVE ANY RANCH?' TOUR

Friday, April 22 at 7:30 p.m.

At: Hoyt Sherman Place,
1501 Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at www.hoytsherman.org.

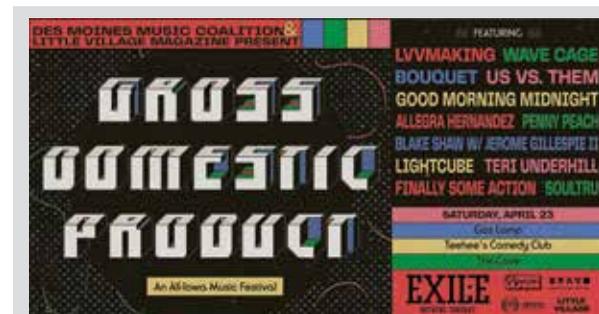


'PIPPY LONGSTOCKING'

April 22 - May 8

At: Des Moines Playhouse,
831 42nd St., Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives in on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at www.dmplayhouse.com.



GDP MUSIC FESTIVAL

Saturday, April 23

At: Downtown Des Moines

The Des Moines Music Coalition presents Gross Domestic Product (GDP), an all-Iowa music festival featuring 12 new and emerging artists from across the state, including LVVMaking, Wave Cage, Bouquet and Good Morning Midnight. Performances will take place at various venues in Downtown Des Moines. Buy tickets at www.desmoinesmc.com.



MERCYME'S 'INHALE (EXHALE)' TOUR

Saturday, April 30 at 7 p.m.

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

MercyMe formed in 1994 and has been going strong ever since. They broke into the mainstream with their single "I Can Only Imagine," also the title of a movie based on the life of MercyMe's songwriter and lead singer Bart Millard. The band's accolades include being named Top Christian Artist of the 2010s by Billboard, Artist of the Year at the 2018 GMA Dove Awards, Artist of the Year at K-LOVE's 2018 Fan Awards and eight American Music Award nominations. The Inhale (Exhale) tour will also feature Northern Irish folk rock band Rend Collective and Andrew Ripp, a Grammy-nominated singer-songwriter from Nashville. Tickets and information at www.iowaeventscenter.com.

EARTH DAY AT THE GARDEN

Saturday, April 23, 10 a.m. to 5 p.m.

At: Des Moines Botanical Garden,
909 Robert D. Ray Drive, Des Moines

Celebrate Earth Day among breathtaking florals, verdant foliage and towering trees in the Botanical Garden. Featuring plants from Iowa and around the globe in its signature conservatory plus seven acres of outdoor gardens. Free admission on this day only. Find more information at www.dmbotanicalgarden.com.



DRAKE RELAYS

April 27 - 30

At: Drake University, Des Moines

Drake Stadium will welcome high school, collegiate and professional athletes for the 112th running of the Drake Relays. After being canceled in 2020 and proceeding with an altered schedule in 2021, the event is set to commence in its traditional format on Wednesday, April 27. Tickets are available at www.draketix.com/drakerelays. Before watching the best of the best compete, register to participate in the Grand Blue Mile on April 26, a community street run for athletes of all abilities and ages (www.grandbluemile.com) or the Drake Road Races on April 24 (www.drakeroadraces.org), where you can choose between a 5K, 10K and half marathon.

IOWA BARNSTORMER PLAYERS IN

UNCHARTED TERRITORY

For 15 of the 25 players on the roster, this season is their first foray into the indoor game.

By Darren Tromblay

First-year Iowa Barnstormer Darius-James Peterson knows the quarterback slot for the Iowa Barnstormers is somewhat hallowed territory.

Mention the Iowa Indoor Football League franchise name around the league, and, inevitably, the discussion will circle back to the most famous 'Stormer of them all, Kurt Warner. Some things you just can't shake. Peterson, he's cool with it, though. He realizes that, until he makes it to the National Football League and wins a Super Bowl ring of his own, Warner remains the be-all and end-all of Barnstormer football lore.

"I haven't seen the movie yet, but I've heard his story a million times, and it's a good one," Peterson said of "American Underdog: The Kurt Warner Story," the 2021 big screen release detailing the story of the one-time Hy-Vee shelf stocker.

Whether or not the 2022 Barnstormers can get back to the glory days of the seasons past has yet to be seen. It's a long road to greatness, as Peterson found during the team's first game of the season, a 40-24 loss to the Quad City Steamwheelers.

"It was a heartbreaker for us," Peterson said of the game. "We knew we were a good team, but we just didn't execute to the fullest. But that's the way football goes."

Uncharted territory

For 15 of the 25 players on the Barnstormers' roster, this season is their first foray into the indoor game, one that can be as unforgiving as it is exciting.

"This a fast-paced game," Peterson said of his indoor football debut. "It's fun. I'd call it a circus out there. There are a lot of moving pieces that are going really fast in a smaller space. It probably took a couple of days of camp to really get used to things like the sideline barriers and the size of the field."

Another first-year player, linebacker and former Morgan State starter, Ian McBorrough, agreed.

"The main difference is the spacing," he said. "Everything moves quicker. There's no time to be inefficient, and that's the reason why I like the indoor game. You can't float around and read stuff like in the outdoor game. Here, you just have to go. The ball is out of the quarterback's hand so fast. Outdoor, we had the three-step, five-step or seven-step, but here, it seems like, as soon as the quarterback gets the ball, it's gone."

Three-for-three

The indoor game marks the third different field of play for Peterson in as many years. After playing four seasons at the College of Idaho, Peterson tried his hand in the Canadian Football League (CFL) for a year with the Montreal Alouettes, where the field of play is 120 yards long, compared to the standard 100 yards of the American game. Arena football, however, is just 50 yards in length.

Peterson said the learning curve of the indoor game is steep at first, as was echoed by new Barnstormers Head Coach Dave Mogensen, the person responsible for getting Peterson to Iowa.

"The techniques are similar, but there are some nuances because of the angle of the small field, the wall, etc.," Mogensen said. "It's similar to when a kid goes from high school to college. There's a large uptick in the speed of the game. Everybody on the team was the best player on their team at the last level, so it just makes everything happen just a little faster. You have to react faster, and sometimes you just have to see that live, and to feel it, to comprehend how to turn yourself into that mode in the future."



FEATURE STORY

Barnstormers rookies find the pace of indoor football to be much faster. Photo by Picture Iowa

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Player and coach turnover is part of the game for indoor football teams, as they hope to get noticed and move on to the CFL or NFL. Photo by Picture Iowa

Coaching carousel

Mogensen took over the Barnstormers head coaching position last fall following a 6-7 season in 2021 that ended with a first round playoff loss to the Duke City Gladiators. Prior to coming to Iowa, Mogensen served as the assistant general manager and director of player personnel for the Albany Empire of the National Arena League (NAL) during the 2021 season, helping guide the team to a league championship. Mogensen is no stranger to the IFL either, having served as the offensive coordinator for the Green Bay Blizzard during the 2018 and 2019 seasons.

With his hiring, Mogensen became the fifth head coach in the last six years for the Barnstormers. On Aug. 24, 2016, Barnstormers head coach Joe Brannen was replaced by Dixie Wooten. Wooten left the team in 2019 and was replaced by Ameer Ismail, who did not coach a game for the team when the 2020 season was cancelled due to the COVID-19 pandemic. The Barnstormers then hired Les Moss for the 2021 campaign, before releasing him after the season. Now, it's Mogensen's turn.

Take a breath, Mogensen said. Turnover should be expected at this level.

"It's why we're all here, the players and the coaches," he said. "That's what the IFL is for: advancement, whether it's a player or coach trying to get to the CFL or the NFL. Myself included. I want to build up a nice brand here with Iowa and maintain the level of excellence they've shown the last three or four years. Then hopefully someone will take a peek at me and give me a shot at a higher level, just like our players."

Closing the gap

McBorough steps into the linebacker vacancy left by departed linebacker Tony Jones, the First Team All-IFL, All-Rookie Team member and Defensive Rookie of the Year in 2021 who now plays for the Toronto Argonauts of the CFL.

McBorough said that, while the Barnstormers are youthful, eventually things should come together. With experience will come victories, he predicts.

"I see us being really successful. Every day, we're just going to keep getting better and better," he said. "Once we hit our full potential, it's like coach said after the (Quad City) game: 'One thing we can say is that nobody is a rookie anymore. You guys know what it is now, and now we have to work at it and get better.'"

Mogensen said he and his players are indeed very much concentrated on the here and now. They have to be. Their football futures depend on it.

"The IFL is a tough league, so there's no bottom-of-the-conference team, or a team that's bad year-in and year-out," he said. "I



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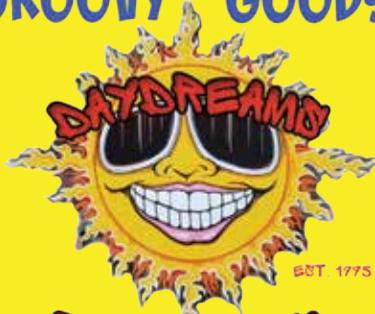
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2022 Iowa Barnstormers Player Roster

- Wide Receiver 6'2" 210 lbs Troy University..... **1 Eric Thomas**
- Defensive Back 6'0" 185 lbs Indiana University Of Pennsylvania..... **2 Jr Stevens**
- Defensive Back 6'2" 195 lbs Louisiana Tech **3 Jordan Baldwin**
- Quarterback 5'11" 195 lbs College Of Idaho **4 Darius-James Peterson**
- Linebacker 6'2" 230 lbs Morgan State **5 Ian McBorrowh**
- Wide Receiver 5'11" 190 lbs Lakeland University **6 Kezlow Smith**
- Wide Receiver/Running Back 5'9" 205 lbs Carson-Newman **7 Antonio Wimbush**
- Defensive Lineman 6'3" 250 lbs Marshall University **8 Ra'shawde Myers**
- Quarterback 5'11" 190 lbs Lakeland University **9 Tez Nunnery**
- Kicker 5'11" 195 lbs Kansas **10 Gabriel Rui**
- Wide Receiver 5'11" 180 lbs Youngstown State **11 Alvin Bailey**
- Defensive Back 6'1" 190 lbs Louisiana Christian **12 Lecorey Demease**
- Defensive Lineman 6'2" 247 lbs Morgan State **14 Christopher Robinson**
- Wide Receiver 6'3" 185 lbs NW Oklahoma State **15 Kentrez Bell**
- Defensive Back 5'9" 180 lbs Minnesota-Duluth **17 Justic'e King**
- Defensive Back 6'2" 185 lbs Slippery Rock **21 Titus Howard**
- Defensive End 5'11" 260 lbs Kutztown **22 Dave Calderon**
- Defensive Back 6'1" 175 lbs Northern Iowa **23 Roosevelt Lawrence**
- Defensive Lineman 6'2" 315 lbs South Alabama **24 Jordon Beaton**
- Defensive Lineman 6'2" 305 lbs Valley City State University **52 Marshaun Jones**
- Offensive Lineman 6'7" 305 lbs Mississippi State **55 Cole Carter**
- Offensive Lineman 6'3" 315 lbs Tusculum **60 Keveon Broadwater**
- Offensive Lineman 6'4" 325 lbs NW Oklahoma State **70 Jonte Berry**
- Offensive Lineman 6'6" 320 lbs Jackson State **74 Donell Paster**
- Wide Receiver 5'10" 190 lbs Indiana University Of Pennsylvania **83 Dom Mcneil**

The Iowa Barnstormers play at Wells Fargo Arena. Photo by Picture Iowa think if we can stay healthy and pick up some pieces along the way, we can be a team that can make the playoffs and make some noise."

Mogensen will lean on defensive back J.R. Stevens and veteran receivers Eric Thomas and Kezlow Smith, who played for Mogensen in Green Bay from 2018-2021.

"Our offensive line has a couple of veterans returning as well, so we should be one of the more explosive offenses in the league, and that should become our identity," he said.

Peterson, whose last collegiate football game at the College of Idaho was played in Des Moines against Grand View, likes the Barnstormers' chances this season as well.

"Our end goal is to get to the United Bowl, and, as a team, we have enough ballers to get there I think," he said. "We can do this; it's just about getting the execution on game day." ■





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IOWA PHOENIX SHOWCASES WOMEN'S FOOTBALL

Safety is priority No. 1.

By Darren Tromblay

Soon after moving to central Iowa a few years ago, Jennifer Trevillian and best friend Shannon Christensen decided to do something they'd never done before: attend a hockey game. In this case, it was the Iowa Wild.

After the game ended, the two were walking toward their vehicle when they saw a flyer on the windshield. On it was an invitation to try out for a tackle football team. Looking for something different to do, and to meet new people, they decided to give it a shot. At first, anyway.

Even though Trevillian is a self-admitted "ultra-competitive type," she was a bit unsure if she really wanted to play. That is, until Shannon, in front of

Trevillian's younger sister, said, "It's OK if you don't want to play." And, just like that, it was on.

"I hate being challenged like that, especially in front of my baby sister," she laughed.

The tryout happened, and both women loved it. Things started rolling, and soon the two decided they wanted to give local women an even larger stage on which to play tackle football. A month later, on that day in 2018, the Iowa Phoenix was born.

Last season, the club enjoyed its best season in its three years of existence, finishing with a 5-3 overall record and winning the Women's Football Alliance (WFA) Midwest Regional D3 championship after going 2-6 in 2019. The 2020 season was cancelled due

to COVID-19.

Playing tackle football in the nation's largest women's tackle football league has certain perks, but pay isn't one of them. Trevillian is working to change that eventually, but, for now, it's baby steps. There's still the "real world" outside of football that includes paying the bills and going to work five days a week. Trevillian's "day job" is that of a medical CT technician at Iowa Clinic.

"Everything we do comes out of our own pocket," she said. "All the women pay for their own equipment and team dues so we can rent fields and pay the refs and our athletic trainers. It's a full-time job on top of a full-time job."

Iowa Phoenix Head Coach Ricky Jimenez-Dragoni talks to the team during a recent practice.

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There are 30 players on the Iowa Phoenix roster ranging in age from 19 to 47. To Trevillian, though, age is just a number.

“Everybody is freaked out that they’re too old to play,” she said. “But, honestly, it’s just a number when it comes to sports, in my opinion, if you have the determination and the will and the drive. I’ve played with 56-year-olds who can run circles around the 18-year-olds.”

The best description of the Phoenix, she added, came from a friend living in Cedar Rapids who said, “They’re the size of high schoolers, with the knowledge of middle schoolers, but have more passion than pro players.”

Most of the women have never played the game before, but the learning curve is surprisingly flat, Trevillian said.

“You’d be surprised,” she said. “As players and coaches keep coming back every year, more plays are added, more moves are put in. The women have so much drive that they learn very quickly. Our playbook is impressive, but the rookies are picking it up so quick.”

The WFA game is similar to the collegiate game with regard to the rules, Trevillian said. Safety, she said, is priority No. 1.

“Everyone still has full-time jobs outside of this, so we have to be as safe as we can,” she said. “We play on Saturdays, practice two or three times per week, but we still have our jobs. A lot of teams have low numbers, and the more games you play, the more injuries start

occurring. We ended our season last year with 14 players. We went to the conference championship in Phoenix, Arizona, and I felt like we were held together with duct tape.”

The teams play a six-game regular season, along with a regional playoff game, a conference championship game and a national conference championship game.

Last season, the Phoenix played its home games at Valley Stadium in West Des Moines, but that locale will likely change this season, Trevillian said.

The crowds have been great thus far and are only getting better, she says.

“People love to support teams that are winning, and we were, so our crowds were huge for us,” she said. “Before it was just family members, but now it could be up to 200 people, and not just the moms and dads of the players.”

Trevillian credits Head Coach Ricky Jimenez-Dragoni with much of the team’s success.

“He’s a phenomenal coach. He knows the game in and out,” she said. “His and assistant coach DeMareo Darrah’s knowledge of the game is phenomenal. The big thing, though, is how they coach us. Women are different than men. You have to coach them differently, and I think they’ve cracked the code on how to get through to women. We are emotional creatures. You can’t just scream at us. They take the time to work with everyone and are just amazing.”



FEATURE STORY

September Dale of Winterset has been a fan of football ever since she played the game for one season when she was 9 years old.

Just like the boys

September Dale of Winterset played tackle football for one season when she was 9 years old.

“I was tiny and got beat up pretty good by the boys,” she laughed. “I’ve always been a little bit of a tomboy, and a lot of my influences back then were male role models. I was raised by a single mom, so we always played football at recess and in the neighborhood. I was always playing sports with the boys in the neighborhood.”

Fast forward a few decades later to the annual John Wayne Days celebration in Winterset. Just prior to the commencement of the parade, Dale and two of her children began throwing a football around in their

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front yard. Suddenly, a stranger approached her with a suggestion.

“She told me I should try out for the women’s semi-pro team in Des Moines,” Dale remembered. “So I Googled it after the parade, found the Phoenix, and it just happened to be that tryouts were the very next weekend.”

A few days later, she was in the parking lot where the tryouts were being held. She sat. And sat. And sat some more. Forty-five minutes of trying to convince herself to go in.

“I was totally nervous, but, since it was in Des Moines, and I had already driven there, I told myself, ‘You’re going to get out and do it,’” she said. “And the rest is history.”

Safety first

Crystal Peterson of Urbandale has been on the team since late January after finally taking a friend up on an offer to try tackle football.

“I’m naturally a very competitive person,” Peterson said. “I was a four-sport athlete in high school, played softball in college, and, last year, I got into power lifting. She had been trying for more than a year to get me to try out, and I finally just decided to do it.”

The 34-year-old Peterson said the biggest issue with playing for the Phoenix is staying safe and not getting hurt. She’s been taking some snaps at running back on offense, and, on defense, she’ll either play

linebacker or safety — all positions with plenty of contact.

“My body has been covered in bruises since practice started,” she laughed.

But it’s been worth it, she said. And she recommends others try it, too.

“What have you got to lose?” she asked. “As a mom of three daughters, I think it’s really important to give women the same opportunities as men.”

Teammate and Johnston resident Jill Alesch encourages other women to give football a shot as well.

“I think playing football empowers women and encourages them to be strong both on and off the field,” she said. “Football is both mentally and physically challenging, and it teaches people how to work together as a unit. I encourage other women to get involved. Not every woman wants to play, but not every man does either. I think the biggest barrier for other women joining isn’t a lack of interest but rather a lack of confidence that they can learn the game later



Jill Alesch of Johnston is another newcomer to the Iowa Phoenix this season.



As the mother of three daughters, Crystal Peterson of Urbandale feels it’s important to afford women the same opportunities as men, she said.

2022 Iowa Phoenix Schedule

- April 9 vs. Minnesota Vixen @ Minneapolis, MN
- April 16 vs. Nebraska Valkyries @ Des Moines
- April 23 vs. Tulsa Threat @ Tulsa, OK
- April 30 vs. Houston Power @ Des Moines
- May 14 vs. Tulsa Threat @ Des Moines
- May 21 vs. Nebraska Valkyries @ Omaha, NE

in life.”

The Phoenix open the 2022 season on April 9 with a road game against the Minnesota Vixen. Iowa’s home opener is set for April 16 when they’ll host the Nebraska Valkyries. ■



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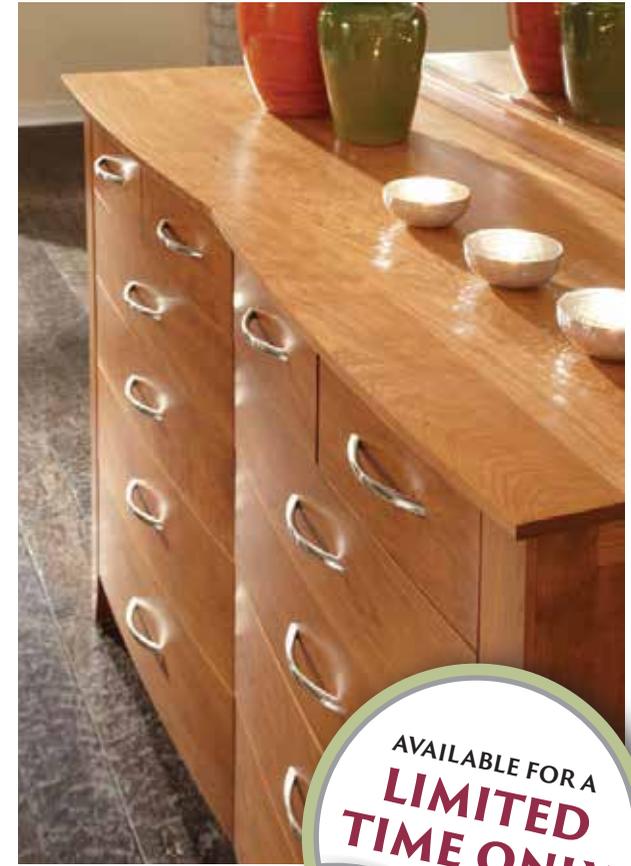
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GUIDE

Engagement rings bring your love story to life

(NewsUSA) Engagement rings mean many things — romance, love, commitment. Each love story is unique, each engagement ring is the start of a new love story, and each will be a witness to a lifetime of memories. An engagement ring is inspired by courtship memories. If an engagement ring could talk, it might tell you a story of “boy meets girl” and how an awkward guy got up the courage to approach the girl across a crowded room.

The story continues with dates, vacations, meeting the parents. An engagement ring might reflect on a first vacation together, favorite walk, and the features of a girl’s personality that captivated the boy into popping the question. A ring might recall asking a father’s permission, sneaking a sample ring from a drawer to determine the perfect size, and even providing some inspiration for a design that would bring her to tears when she said “yes.”

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Common wedding questions answered

Most of us have been to at least one wedding before, but planning our own can be different. As a guest, you can just show up, and even if you've agreed to help out in some way, your duties will be minimal. When it's your own wedding, you might be unsure where to start. Here a few common questions (and answers) to help you.

Do I need a wedding planner?

Of course, it's possible to get married without a wedding planner. If you have a limited budget, hiring a wedding planner is going to cut into that, leaving much less to spend on the wedding itself. However, if you choose not to hire one, you give yourself more work to do. You can get around this by making a list of what you want, trying to keep it as simple as possible and asking friends and family you trust to help you.

Where should I get married?

The choice is yours. While a church might be the most obvious option, you can get married anywhere that offers weddings and even get permission to marry at some of the most stunning outdoor locations. So long as you look into getting the right permission and ensure the wedding is legally binding beforehand, the only limit is your budget.

How much food and drink should I serve everyone?

Some weddings seem to go on all day. If the ceremony is performed in the morning, the couple and their guests might hold an afternoon gathering with a buffet and light refreshments, before the big evening celebration begins. This means feeding people twice. However, if



you only have a limited budget, you can get around this by having an afternoon ceremony, followed by the evening celebration, and only have to feed people once. Although a free bar might sound nice, there are always people who don't

know when to stop. The better suggestion is to serve everyone a drink when they arrive at the evening celebration, and/or with their meal, but leave them to buy their own drinks from the bar.

What information do I put on the invitation?

The obvious details are the date, location and time. Although, if you have a dress code or theme, you could also include that. Even if you've already told people in person, it's a good idea to let them see it on the invitation, too. You should also mention if the invitation is only for the person named, or if they can bring someone. This allows you to limit how many people you have to provide catering for and prevents guests from bringing strangers to your wedding if you prefer to stick to close family and friends. When you send the invitation, also include an RSVP card, so people can let you know if they plan to attend. You might want to include a tick box for any dietary requirement, so you can plan accordingly.

If you're not sure, always ask!

These are just some of the questions you may have regarding planning for the big day. So, if you're still unsure about anything, remember that married friends or family may be pleased to pass on their knowledge if you ask for their help. ■

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Andrea Eilers
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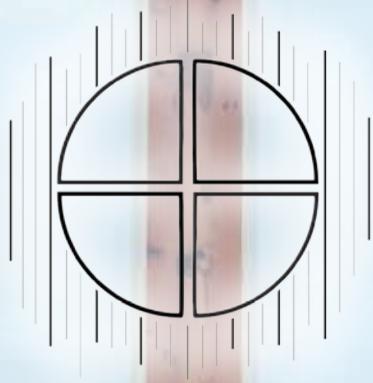
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Fall in love with a smart wedding budget

(NewsUSA) The to-do list for newly engaged couples can be daunting. Finding a venue, booking a caterer, choosing a dress — there are many details that need to be factored into a wedding budget, regardless of who is paying. Starting a new life together is a perfect opportunity to establish solid financial habits that will serve you well throughout your marriage. A CERTIFIED FINANCIAL PLANNER™ professional can help couples develop a smart plan to manage engagement and wedding expenses. Setting priorities early on can help avoid conflicts as the big day approaches. Start by considering these four elements of planning for wedding expenses:

Make a list

Write down everything you both need or want for your dream wedding. That includes items large and small, from the number of guests to the types of flowers or favors.

Rank the list

Now that you have your list, put things in order of priority. Assign a number to each item in order of importance, such as a live band, sit-down dinner or elaborate cake. Or start by sorting needs and wants into categories, using 1 as most important, 2 as moderately important and 3 as least important. You will need to agree on the most important items, whatever those may be.

Budget the list

Assign an estimated price to each category or item, according to how much you are able and willing to spend. Consider cutting back on flowers in order to fund a sit-down dinner, for instance, or opt for a buffet-style dinner so you can invite more guests.

Listen to the lists

This is the time to be a good listener. Hear what your partner has to say about needs and wants; what is important to one of you may not be as important to the other. Financial compromise is a skill that will serve you throughout married life.

Data from loan services show that approximately 45% of couples racked up debt to pay for their wedding, and that ultimately the debt resulted in consideration of divorce. Nip that risk in the bud by avoiding debt when you assess your wedding expenses. A CFP® professional can help you think outside the box and guide you in making smart financial choices during the wedding planning process. Visit LetsMakeAPlan.org for more information about managing wedding expenses and planning your financial future. ■



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The steps involved in securing *wedding venues, licenses*

Getting married is an exciting time in a couple's life together. Wedding planning is the next logical step after the engagement announcement, and while couples often get swept up in planning their dream parties, it's important to note that ultimately the ceremony is the star of the day.

Before booking a wedding reception venue or getting one's heart set on a particular date, couples need to secure their ceremony sites as well as apply for a marriage license. In some instances, ceremonies are held at the same site as the wedding reception, while some couples choose to tie the knot in their church or synagogue. Each of these types of ceremonies will be governed by the schedule of the house of worship or civil site.

Finding a venue

Once couples choose a wedding date, it is a good idea for them to visit their ceremony site of choice to check the calendar. It helps to have some flexibility in the wedding date in case the first choice is unavailable. Although summer weddings used to be the most popular, today's couples are tying the knot more often in September and October than other times of year.

Even though a couple's wedding is special and unique to them, ceremony locations handle hundreds of weddings. Couples must recognize that competition for certain venues may be steep, so it helps to keep more than one venue in mind when planning a wedding.

Getting a marriage license

While laws may vary from state to state within the United States, getting a marriage license generally involves filling out the application and paying a fee at the county clerk's office. Both applicants are typically required to bring identification, such as a driver's license, passport or birth certificate. There may be a waiting period between submitting the application and the license being issued. Couples can pick up the license or have it mailed to them.

A marriage license is not the same thing as a marriage certificate. The marriage certificate typically becomes available after the ceremony has taken place and the witnesses and officiant have signed off on the proceedings.

Getting married is a multistep process that begins with determining where the ceremony will take place and acquiring a marriage license. With these items in check, couples can focus on creating memorable wedding days. ■



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What not to do at a wedding

So, you've received your invitation to a friend or family member's wedding and have RSVP'd. There's so much for you to do; find the perfect outfit, choose an appropriate gift, book time off work and so on. However, there are lots of things you shouldn't do as well.

Showing up too early, late, or not at all

Getting the timing right can be difficult, particularly if you're travelling from a distance and don't have the budget for a hotel closer to the venue. However, if you arrive much earlier than the time on the invitation things will be still getting set up, and if you're late, you could gate-crash the bride's walk down the aisle or interrupt the exchange of vows. Also, unless you have an inexcusable reason for not attending, not showing up at all will probably lead to arguments and falling out with the couple. Even if you have a valid reason, try to let them know, or tell someone else who can pass on the message if they're too busy getting ready and can't be contacted.

Announce your own engagement

This might seem an obvious thing to avoid, but it can and does happen. Announcing your own engagement or proposing to your partner on someone else's wedding day is a big no-no. Remember, this is their day, not yours.

Take decorations without permission

It can seem like an innocent thing to do for some people, just to take some flowers that will be dead in a few days or a small, inexpensive decoration from one of the tables, but it's always better to ask first. The newlyweds may want to keep some of these things as mementos of their happy day.

Match your outfit with the bride or bridesmaids

Wearing something similar to a wedding dress or in the same colour scheme as the bridesmaids isn't a good move, intentional or not. So, if you don't know what the bridesmaids will be wearing, find out and wear something different.

Take more than your share of food

The couple will have arranged catering based on the number of guests, so if you take more than your fair share, you might leave someone else with less. Generally, nobody goes hungry at a wedding and there is usually enough for everyone to have an equal share, so there's no reason to take more.

Spend the day on your phone

This is another thing that may seem obvious, but as most people now have mobile phones, it's all too easy to check them without thinking, then get caught up in emails and social media. By all means, have your mobile with you on silent, so you're contactable in an emergency. Check occasionally for any urgent messages or missed calls, but this should only take a few seconds at a time. Don't start opening and reading non-urgent emails just because they look interesting. Most of all, just try to have fun, support the couple and if anything goes wrong and nothing can be done about it, don't cause them stress by pointing it out. Let them enjoy their day. They've worked hard arranging all the details. ■



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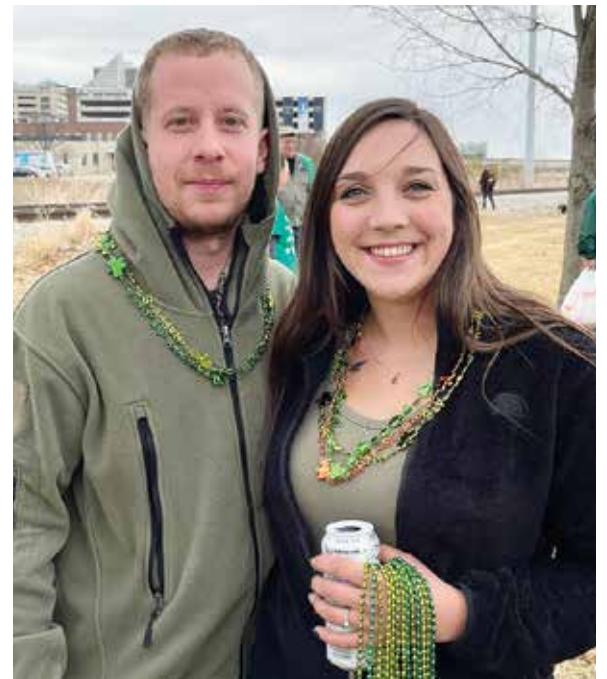
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5/26	Blacktop	7/21	Sons of Gladys Kravitz	9/15	Gut Feeling
6/2	Punching Pandas	7/28	Jake Simon	9/22	Gimikk
6/9	Anthony Koester	8/4	Boomerang	9/30	The Matt Woods Band
6/16	Fahrenheit	8/11	Avey Grouws Band		
6/23	Rhythmatics	8/18	Shock Collar		



16TH ANNUAL

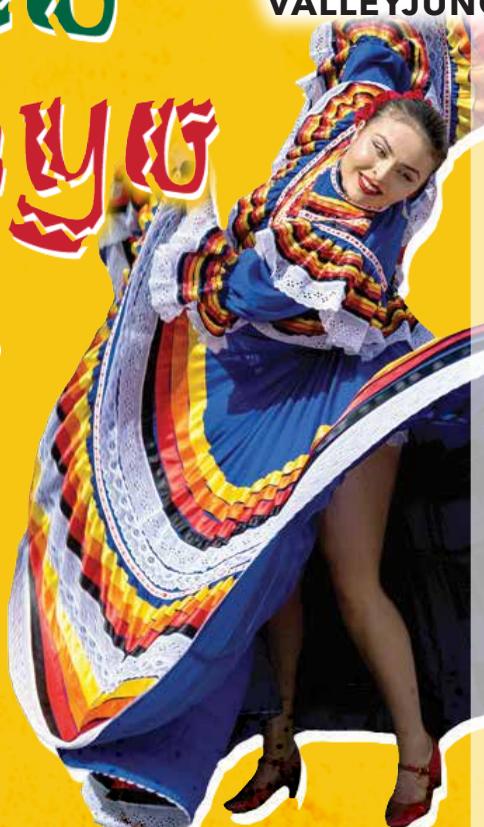
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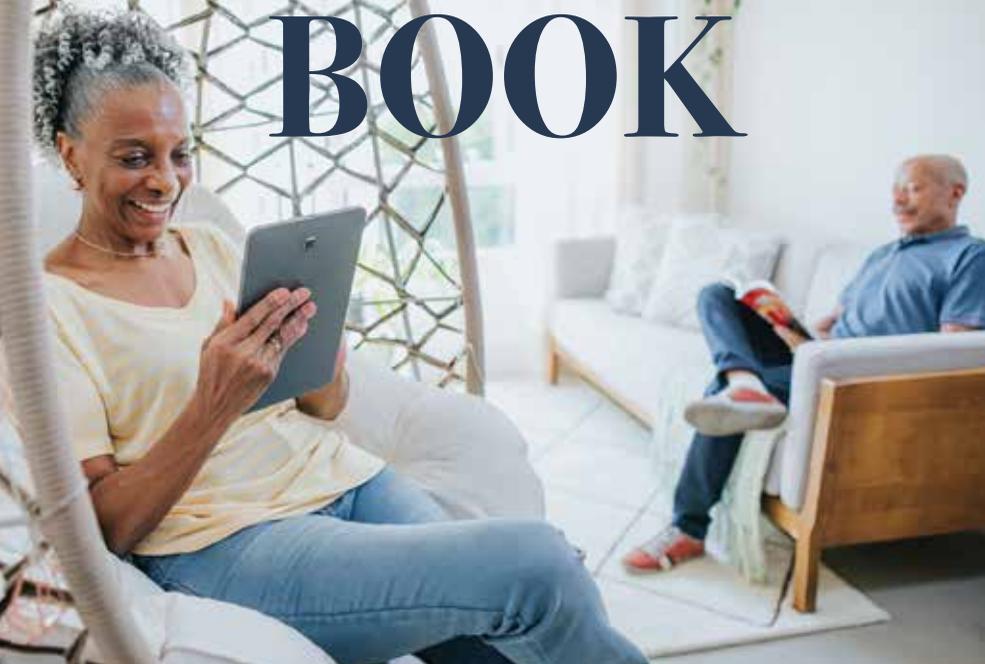


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CITYVIEW'S SENIOR ANSWER BOOK



Living at home until the end

According to a Kaiser Family Foundation poll, seven out of 10 Americans say when their time comes, they would prefer to die at home. And another new study, this one by Johns Hopkins, shows families of older adults who die at home are more satisfied with their loved ones' care than those whose family members died in a free-standing "hospice house."

The preference for at-home services in the last stages of life shouldn't surprise anyone. I think we all feel a sense of peace and comfort when we're in familiar surroundings with our families, comfortable in a favorite chair with our favorite things around us. And I've heard about that preference many times in helping to connect people with hospice services for their loved ones.

I've listened as tearful sons, daughters, husbands and wives have told me some variation of, "My family member has had enough of the hospital. They just want to be at home in their bed, curled up with the dog." But the dying person and family don't always realize that choosing a certain kind of hospice care is a decision that is entirely up to them.

If you find yourself seeking hospice services for a loved one, that person's doctor or care team might recommend your family member transition to a hospice center. That is certainly an option, but another choice is a hospice provider that will send nurses and other care providers to your loved one, wherever they choose to live out their last months, weeks or days.

Here are a few things to think about when considering home hospice care.

- Hospice isn't a place; it's a care philosophy that focuses on enhancing comfort and overall quality of life. No matter where it's offered, hospice care provides pain management, treats physical symptoms, and addresses emotional and spiritual needs.
- Hospice care extends to wherever a seriously ill person calls home — a private house or apartment, a family home, a senior living community, etc. Care is provided by a team that can be made up of nurses, Certified Nursing Assistants, aides, social workers, volunteers and, if desired, a chaplain or other spiritual provider.
- In any setting, hospice care is available 24 hours a day, seven days a week. Your family member's hospice team will work with your loved one to determine the most effective schedule of care, which will likely be fluid in responses to changes in the person's condition.
- The cost of home hospice services, like the cost of hospice care in a center, is covered by Medicare. Veterans' Administration (VA) benefits also cover the cost.

The most important thing, when faced with a decision involving hospice care, comes down to the wishes of your ill family member. If they want to die at home, that's a desire that should be honored — and can be accomplished compassionately and safely with a reputable provider. ■

Information provided by Ward Phillips, Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.



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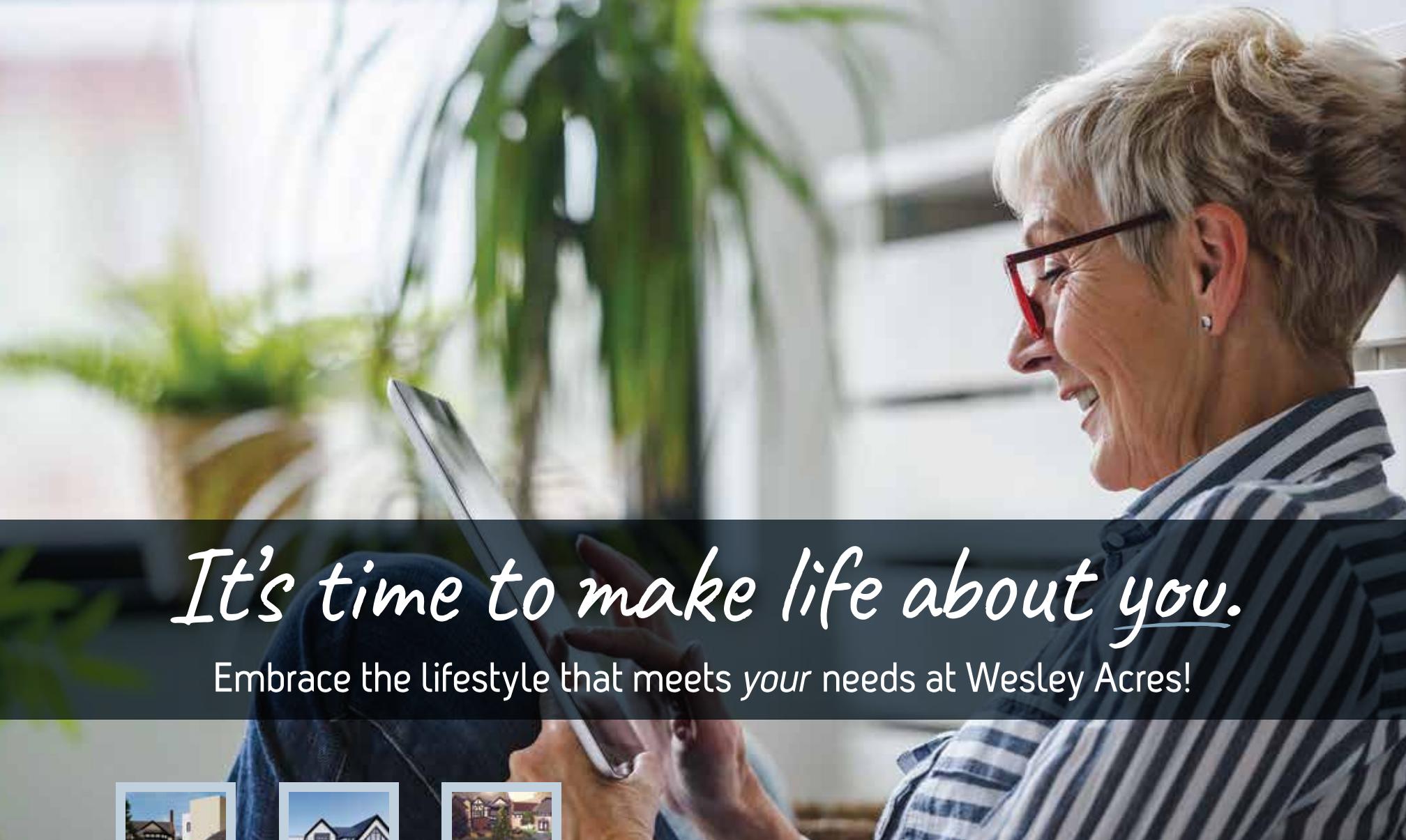
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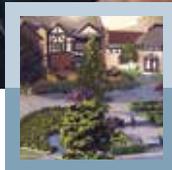
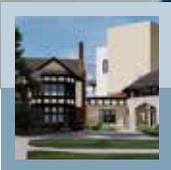
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*Source survey of 1,047 seniors from Remedy Review

CBD for seniors

Cannabidiol or CBD has become increasingly popular as a remedy for a variety of ailments and has a wide range of potential clinical benefits. Studies continue to show CBD could be helpful in a variety of conditions, such as pain and inflammation, arthritis, cancer, dementia, anxiety, insomnia and neuropathy. Hemp-derived CBD is legal in all 50 states, and you don't need a prescription or a state-issued medical card to buy it.

Many seniors are embracing CBD because they have found it to be useful to help with a variety of conditions. To get the most benefit from CBD, it is essential to determine the right product and dose to minimize side effects and other potential health risks. HW CBD in West Des Moines offers free education and consultations to help you know how to use your product.

CBD has shown itself as a rising treatment for all ages. It is a non-addictive, non-psychoactive natural therapy seniors can use to use various ailments. CBD has been shown to be safe and well-tolerated, even at high dosages. It is important to know CBD alone does not intoxicate or produce a feeling of euphoria when used.

A study of CBD users in "Cannabis and Cannabinoid Research" noted that about 62% of people used CBD for medical symptoms. The most common of these conditions were depression, anxiety and pain.

The potential health benefits of CBD are extensive. Although research is still in development, certain studies show CBD may become an alternative treatment option for seniors. There appear to be few adverse side effects, and most people tolerate it well. CBD does not lead to abuse or dependence, provided people do not mix it with other potentially addictive substances. CBD can also interact with other medications, so it's important to talk to your health care provider if you are going to add it to your wellness regimen.

Advantages of CBD for seniors include:

- Reduced Pain
- Improved Sleep Quality
- Reduced Anxiety
- Stress Relief
- More Positive Mood
- Improved Cognitive Functions
- Increased Appetite
- Lower Blood Pressure

A study provided by Remedy Review shows that, overall, 78% of seniors show they were satisfied with CBD, and 89% of seniors said they would recommend it to their friends and family for health-related reasons.

A few things to note when you are ready to move forward:

- Confirm your CBD is third-party tested and has a certificate of analysis or a COA.
- Check to be sure the CBD dosage is listed on the label.
- Avoid buying CBD online from unknown providers. Buy from reputable and locally owned retail stores that can help educate about the best CBD options for you.
- Buy a brand you can trust.
- Know what type of CBD extract you are purchasing.
- Make sure the retailer you are buying from has multiple options of CBD products. One product does not work for everyone.
- Understand how your health would benefit from CBD.

You are bound to have questions. Please feel free to contact our team. We are here to help. ■

These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, mitigate or prevent any disease. Information provided by Rick Wagaman, Chief Operating Officer, HW CBD-Premium + Health + Wellness, 1821 22nd St., Suite 102, West Des Moines, 515-223-2370, www.hwcbdiowa.com.



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CITYVIEW'S

BUSINESS JOURNAL



FIX IT or toss it?

Throw-away society may be turning around as people look to save.

By Colson Thayer

Released in 2007, "The Story of Stuff" is a short film about material goods. Narrated by Annie Leonard, the 20-minute film exposes the truth behind material goods: where they come from and where they go. The film claims that 99% of things harvested, mined, processed, transported and consumed are trashed after six months. Only 1% of materials are still in products being used six months after their date of sale. This statistic begs the question: Do we live in a throw-away society?



Parker Boughton, Phil Squiers and Jeff Goemann at Windsor Clock and Watch Co. take time to make sure that the intricate work of clock and watch repair is done properly. Photo by Colson Thayer

FEATURE

President Eisenhower's Chairman of the Council of Economic Advisers said the economy's "ultimate purpose is to produce more consumer goods." Since World War II, that has been the American reality. Retail and online sales have grown immensely, and the number of options for consumers continues to expand. With "newer and better" models regularly introduced for so many consumer goods, shoppers are increasingly inclined to buy new even before a product needs to be repaired or replaced. For those wanting repairs, the options have dwindled.

Today, fewer shops and businesses are dedicated to repairing goods. The few that remain are often one of two — if not the only — repair shop in their field in the area. As the owner of one Des Moines area shoe repair shop put it, "We're so busy we can't stay caught up with ourselves." The lack of options for repair means these one or two shops are getting all the business, and, oftentimes, creating a waitlist for those who need service.

Changing times

Traviss Video opened in 1949, primarily as a service company. Back then, both audio and television technologies were new. Often, the only television or radio families had were the ones in the living room, and, if there was a problem, a call was made to the repair shop. Randy Traviss, the owner of Traviss Audio and Visual, explained that, 30 years ago, about 20 shops in the area serviced audio and visual technology. Over time, those options dwindled as fewer people called for repairs. To match those trends, the Traviss business model had to shift. Over the years, the business evolved to include retail sales, with 80-85% of Traviss' business now being retail, and only a small portion being service. Even so, Traviss Audio and Visual still offers both in-store and in-home repair and service.

"I remember going on service calls with my dad back in the 1960s. At that time, they had about four outside service techs," he said. Each of those techs worked on about a half-dozen pieces of equipment daily for a total of about 20-25 pieces each day. At its highest, Traviss had 15 technicians either in-store or in-home. Today, Traviss' Urbandale store employs four service technicians, which he said is more than other stores in the area.

Additionally, technology has become more reliable over the years, so audio and visual equipment does not require as much maintenance.

"Even a TV that lasts five, six, seven, eight years — oftentimes, the first time a consumer has a problem with a set, they will just opt to buy a new one, without even thinking of repair," said Traviss.

Another issue that contributes to continued waste is that consumers continue to buy cheap products that are typically not sold to be repaired. All kinds of low-quality products sell at low prices. A cycle begins where someone will buy a \$300 TV on a Black Friday sale, and, when it breaks, it is not worth repairs so they buy a brand new "piece of crap," as Traviss called them.



Randy Traviss says fewer people are repairing televisions and appliances, opting instead to replace them with new models and technology. Photo by Colson Thayer

"EVEN A TV THAT LASTS FIVE, SIX, SEVEN, EIGHT YEARS — OFTENTIMES, THE FIRST TIME A CONSUMER HAS A PROBLEM WITH A SET, THEY WILL JUST OPT TO BUY A NEW ONE, WITHOUT EVEN THINKING OF REPAIR."

— Randy Traviss



Peggie Shultz is the Lampin' Lady. She repairs antique lighting — a task that has her busy enough she has to turn away work.

Is it even worth it?

A common phrase heard by anyone in the repair industry is, "Is it even worth it?"

Parker Boughton at Windsor Clock and Watch Co. in Clive says he hears the question about three times a day.

"People are always asking me, 'Is this even worth it?' I'm like, 'Well, what does it mean to you?'"

A lot of the timepieces Boughton works on are antiques that are not worth much but have sentimental value. Repaired antique clocks that have been around for years will last longer than a cheap big box store clock that will last five years, and Boughton thinks it is worth making the investment to repair them. He says he loves seeing the clocks he works on going out the door working.

"I know they're going to be used," he said.

"I know they're not going to be thrown away. A grandfather clock is not going to be turned into a wine cabinet."

Peggie Shultz is also in the business of repairing antiques that can continue to be used for years to come. Schultz runs a lighting repair company and calls herself the "Lampin' Lady." She specializes in lighting, more specifically the cleaning, restoring and repairing of antique lighting. With this kind of specialty and focus, Schultz has been known to travel to provide her repair services.

Traviss suggests considering how old something is and how much was spent on purchasing a product when deciding whether or not to repair it. For example, he says somebody who spent \$1,000 on a TV two years ago has no business throwing away their TV. It would be a mistake if a repair would only cost \$100-\$200.

"IF YOU GOT
SOMETHING
YOU LIKE,
ABSOLUTELY
REPAIR IT."

— Peggie Schultz

How long will it take?

Any repair takes time, and, with such limited options for repair services in the area, it might take quite a while to get a product back — another reason why some prefer to buy new. At Traviss Audio and Visual, technicians generally start repairs within a few days of receiving an item. The time needed for repairs depends on what the problem is and whether or not a replacement part must be ordered. For the most part, Traviss estimates a one-week turnaround for most equipment.

On the other hand, the Lampin' Lady runs a one-woman operation. Schultz holds on to several repairs in her house at once and has repairs waiting for her. In fact, this year she had to turn down a large account because she would have had to tell all of her other customers to wait.

At Windsor, Boughton prefers customers leave their products with the team. He said jobs done quickly are likely to also be done sloppily. Some

Generational differences

In general, people of all ages get their things repaired. Interestingly, Randy Traviss at Traviss Audio and Visual said he is seeing more and more young people coming in to get antique audio equipment repaired. Vinyl, increasingly trendy among young people today, has prompted some 20- to 30-year-olds to bring in their mom and dad's phonographs for repair.

Parker Boughton at Windsor Clock and Watch Co. claims his parent's generation is the "throw-away" generation. He finds that today's young people will spend their money on used items because they are cheaper. He also said that he finds himself selling the most reliable products to younger people. ■

repairs, like a watch battery replacement, will take almost no time at all. But for more intense jobs, they need to take the piece apart and ensure it will operate correctly. Most in-store repairs might take about three to six weeks. However, orders are backed up, and the shop's waitlist is about three months.

Words of advice

As obvious as it may seem, those in the repair industry agree it is generally worth it to get things repaired. They do not think a customer will regret investing in repairs over buying new. Too many times, they have seen good products end up in the trash when a little service could have put them back in use.

"If you got something you like, absolutely repair it," Schultz said. ■

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4th and Main Hospitality, LLC	CEDAR FALLS	BLACK HAWK	01	\$215,000	5	1	1	NEW BUSINESS	Full-Service Restaurants
Prop Shop, Inc.	CEDAR FALLS	BLACK HAWK	01	\$140,000	3	1	1	NEW BUSINESS	Ship Building and Repairing
Maloney Property Maintenance, LLC	WATERLOO	BLACK HAWK	01	\$1,125,000	2	10	10	EXISTING BUSINESS	Landscaping Services
The 703 Group, LLC	WAVERLY	BREMER	01	\$899,100	0	3	3	EXISTING BUSINESS	All Other Business Support Services
TYKY LLC	INDEPENDENCE	BUCHANAN	01	\$75,000	0	1	1	EXISTING BUSINESS	Insurance Agencies and Brokerages
Pelham Inc.	CLINTON	CLINTON	02	\$233,000	0	0	22	EXISTING BUSINESS	Bowling Centers
Integrated Muscle & Spine Chiropractic Clinic	CLINTON	CLINTON	02	\$225,000	0	1	1	NEW BUSINESS	Offices of Chiropractors
Four Seasons Properties, Inc.	WAUKEE	DALLAS	03	\$827,900	1	5	5	EXISTING BUSINESS	N/A
Black Flag Arsenal	WAUKEE	DALLAS	03	\$245,300	0	0	3	NEW BUSINESS	Sporting Goods Stores
Boji Brands, LLC	ARNOLDS PARK	DICKINSON	04	\$64,500	2	1	1	EXISTING BUSINESS	Clothing Accessories Stores
Boji Brands, LLC	ARNOLDS PARK	DICKINSON	04	\$25,000	2	1	1	EXISTING BUSINESS	Clothing Accessories Stores
Fayette Hospitality LLC	FAYETTE	FAYETTE	01	\$465,000	1	0	4	NEW BUSINESS	Hotels (except Casino Hotels) and Motels
Caps & Chrome Dealer Services	WAUCOMA	FAYETTE	01	\$34,600	0	1	1	EXISTING BUSINESS	Automotive Parts and Accessories Stores
Mahant LLC	JEFFERSON	GREENE	04	\$1,060,000	2	2	2	EXISTING BUSINESS	Hotels (except Casino Hotels) and Motels
Preston Peterson and Jadie Peterson	HUMBOLDT	HUMBOLDT	04	\$1,255,000	3	0	8	EXISTING BUSINESS	Used Car Dealers
Castle Town Inn, LLC	IDA GROVE	IDA	04	\$274,500	2	4	4	NEW BUSINESS	Hotels (except Casino Hotels) and Motels
The Shovel L.L.C.	IDA GROVE	IDA	04	\$170,000	2	4	4	NEW BUSINESS	Drinking Places (Alcoholic Beverages)
IB Enterprises LLC	FENTON	KOSSUTH	04	\$350,000	2	2	2	NEW BUSINESS	Other Chemical and Allied Products Merchant Wholesalers
Raining Rose Properties, LLC	CEDAR RAPIDS	LINN	01	\$2,159,000	35	0	305	EXISTING BUSINESS	Toilet Preparation Manufacturing
Breathe, LLC	CEDAR RAPIDS	LINN	01	\$350,000	5	1	1	NEW BUSINESS	Fitness and Recreational Sports Centers
Millwork Properties, LLC	MUSCATINE	MUSCATINE	02	\$400,000	4	0	10	EXISTING BUSINESS	Custom Architectural Woodwork and Millwork Manufacturing
HRG Project LLC	ANKENY	POLK	03	\$216,000	0	5	5	NEW BUSINESS	N/A
CANDOR HOMES	ANKENY	POLK	03	\$105,000	2	15	15	EXISTING BUSINESS	New Single-Family Housing Construction (except Operative Builders)
CANDOR HOMES, LLC	ANKENY	POLK	03	\$105,000	2	15	15	EXISTING BUSINESS	New Single-Family Housing Construction (except Operative Builders)
BAGLEY CLEANING COMPANY	ANKENY	POLK	03	\$30,000	2	2	2	EXISTING BUSINESS	Janitorial Services
Q & S LLC	GRIMES	POLK	03	\$558,500	1	3	3	NEW BUSINESS	Lessors of Miniwarehouses and Self-Storage Units
Iowa Custom Cabinets, LLC	JOHNSTON	POLK	03	\$725,000	11	3	3	NEW BUSINESS	Residential Remodelers
Canoyer Grimes, LLC	URBANDALE	POLK	03	\$1,613,000	25	0	0	EXISTING BUSINESS	Nursery and Garden Centers
Matrix Construction, LLC	URBANDALE	POLK	03	\$182,500	4	6	6	EXISTING BUSINESS	Residential Remodelers
NURSING VOYAGE LLC	WEST DES MOINES	POLK	03	\$175,000	0	0	2	NEW BUSINESS	Employment Placement Agencies
KEVIN GALVIN, D.M.D., P.L.L.C.	COUNCIL BLUFFS	POTTAWATTAMIE	03	\$1,475,600	0	10	10	NEW BUSINESS	Offices of Dentists
Rem Tec LLC	BETTENDORF	SCOTT	02	\$230,000	3	0	0	NEW BUSINESS	Fitness and Recreational Sports Centers
KuhlThings LLC	BETTENDORF	SCOTT	02	\$63,300	1	1	1	NEW BUSINESS	Electronic Shopping and Mail-Order Houses
Merschman Hardware and Building Supply LLC	ELDRIDGE	SCOTT	02	\$278,300	0	16	16	NEW BUSINESS	Hardware Stores
Farmers Feed & Supply, Inc.	BOYDEN	SIoux	04	\$3,945,000	1	14	14	EXISTING BUSINESS	Other Animal Food Manufacturing
HDWLR, LLC	OTTUMWA	WAPELLO	02	\$525,000	3	0	11	NEW BUSINESS	Recreational Vehicle Dealers
HDWLR, LLC	OTTUMWA	WAPELLO	02	\$425,000	4	9	9	NEW BUSINESS	Recreational Vehicle Dealers
Taylor Houston	INDIANOLA	WARREN	03	\$137,200	0	1	1	EXISTING BUSINESS	Photography Studios, Portrait
B&B Investments, LLC	KALONA	WASHINGTON	02	\$2,929,300	20	2	2	NEW BUSINESS	N/A
Sblv Sioux City, LLC	SIoux CITY	WOODBURY	04	\$1,019,300	4	3	3	EXISTING BUSINESS	Coin-Operated Laundries and Drycleaners

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 SQUARE FEET: 9,750
 ACRES: 6.245

116 S.E. LORENZ DRIVE, ANKENY

SALE DATE: 2022-02-14
 SALE PRICE: \$1,100,000
 SELLER: SNYDER GREEDY LLC
 BUYER: 116 SE LORENZ DRIVE LLC
 SQUARE FEET: 14,641
 ACRES: 2.391

4100 E. 16TH ST., DES MOINES

SALE DATE: 2022-02-16
 SALE PRICE: \$525,000
 SELLER: J MASTER LLC
 BUYER: B5 INVESTMENTS LLC
 SQUARE FEET: 10,044
 ACRES: 3.27

213 S.E. MAIN ST., GRIMES

SALE DATE: 2022-02-16
 SALE PRICE: \$230,000
 SELLER: GD DEVELOPMENT LLP
 BUYER: 206 PROPERTIES LLC
 SQUARE FEET: 1,323
 ACRES: 0.067

5700 WEST PARKWAY, JOHNSTON

SALE DATE: 2022-02-18
 SALE PRICE: \$210,000
 SELLER: RAL LC- JOHNSTON SERIES
 BUYER: SIGNAL MAN PROPERTIES LLC
 SQUARE FEET: 0
 ACRES: 1.437

4769 N.E. 21ST COURT, DES MOINES

SALE DATE: 2022-02-18
 SALE PRICE: \$1,875,000
 SELLER: D&M PARTNERS LLC
 BUYER: RELIANT REALTY OF IOWA LLC
 SQUARE FEET: 16,020
 ACRES: 1.325

10300 NORTH PARK DRIVE, URBANDALE

SALE DATE: 2022-02-18
 SALE PRICE: \$12,210
 SELLER: CENTER POINTE BUSINESS PARK LLC
 BUYER: CENTER POINTE BUSINESS PARK II LLC
 SQUARE FEET: 0
 ACRES: 10.197

2615 COTTAGE GROVE AVE., DES MOINES

SALE DATE: 2022-02-19
 SALE PRICE: \$160,000
 SELLER: LANGE, AUSTIN DALE
 BUYER: MUNOZ DE LA CRUZ, ALEJANDRO JOSE
 SQUARE FEET: 2,531
 ACRES: 0.153

4768 N.E. 20TH LANE, DES MOINES

SALE DATE: 2022-02-22
 SALE PRICE: \$1,800,000
 SELLER: D&M PARTNERS LLC
 BUYER: BN PROPERTIES LLC
 SQUARE FEET: 15,900
 ACRES: 1.87

213 N.W. COLLEGE AVE., ANKENY

SALE DATE: 2022-02-23
 SALE PRICE: \$456,500
 SELLER: 213 RESIDENTIAL HOUSING COOPERATIVE
 BUYER: KC INVESTMENTS LLC
 SQUARE FEET: 4,352
 ACRES: 0.493

6209 S.E. FIFTH ST., DES MOINES

SALE DATE: 2022-02-25
 SALE PRICE: \$6,588,000
 SELLER: PLAZA VIEW COOP
 BUYER: VARECO 6209 SE 5TH LLC
 SQUARE FEET: 92,939
 ACRES: 6.612

5229 MERLE HAY ROAD, JOHNSTON

SALE DATE: 2022-02-25
 SALE PRICE: \$825,000
 SELLER: 5229 PARTNERS LLC
 BUYER: CITY OF JOHNSTON
 SQUARE FEET: 988
 ACRES: 0.84

5360 MERLE HAY ROAD, JOHNSTON

SALE DATE: 2022-02-25
 SALE PRICE: \$657,500
 SELLER: PIONEER DEVELOPMENT INC
 BUYER: IGNIT JOHNSTON LLC
 SQUARE FEET: 2,240
 ACRES: 0.894

11428 FOREST AVE., CLIVE

SALE DATE: 2022-02-25
 SALE PRICE: \$4,545,247
 SELLER: DMB INVESTMENTS LLC
 BUYER: THE VIBE AT 8035 LLC
 SQUARE FEET: 68,862
 ACRES: 3.563

2120 S.E. 44TH COURT, GRIMES

SALE DATE: 2022-02-28
 SALE PRICE: \$825,000
 SELLER: COOPER PROPERTIES LC
 BUYER: EIGHTY VIEW LLC
 SQUARE FEET: 4,000
 ACRES: 1.93

1301 EIGHTH ST., WEST DES MOINES

SALE DATE: 2022-02-28
 SALE PRICE: \$757,000
 SELLER: HURD COLUMBUS LLC
 BUYER: MEYER FAMILY TRUST
 SQUARE FEET: 2,638
 ACRES: 0.681

3015 30TH ST., DES MOINES

SALE DATE: 2022-03-01
 SALE PRICE: \$510,000
 SELLER: EPC LLC
 BUYER: 3015 30TH ST LLC
 SQUARE FEET: 3,500
 ACRES: 0.435

516 S.W. THIRD ST., ANKENY

SALE DATE: 2022-03-01
 SALE PRICE: \$60,000
 SELLER: GROFF, DEBRA K
 BUYER: HRG PROJECT LLC
 SQUARE FEET: 1,394
 ACRES: 0.033

825 E. FIRST ST., ANKENY

SALE DATE: 2022-03-01
 SALE PRICE: \$656,000
 SELLER: HAVLIK, GORDON M
 BUYER: KYLE'S BIKES INC
 SQUARE FEET: 4,824
 ACRES: 0.731

721 RAILROAD AVE., WEST DES MOINES

SALE DATE: 2022-03-01
 SALE PRICE: \$1,050,000
 SELLER: MERIC INVESTMENTS LLC
 BUYER: SHARP ASSETS, LLC
 SQUARE FEET: 15,680
 ACRES: 0.688

1400 DEAN AVE., DES MOINES

SALE DATE: 2022-03-02
 SALE PRICE: \$95,000
 SELLER: IOWA MANUFACTURED HOUSING ASSOCIATION
 BUYER: KUROWSKI, ELDON
 SQUARE FEET: 1,800
 ACRES: 0.197

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3106 INGERSOLL AVE., DES MOINES

SALE DATE: 2022-03-02
 SALE PRICE: \$589,000
 SELLER: FLYNN, PAMELA S
 BUYER: C&C HOLDINGS LLC
 SQUARE FEET: 6,940
 ACRES: 0.398

1617 WOODLAND AVE., DES MOINES

SALE DATE: 2022-03-07
 SALE PRICE: \$440,000
 SELLER: KESSLER HOLDINGS LLC
 BUYER: GIVENS, SAMUEL
 SQUARE FEET: 2,982
 ACRES: 0.186

4505 HUBBELL AVE., DES MOINES

SALE DATE: 2022-03-07
 SALE PRICE: \$579,000
 SELLER: GRS PROPERTIES LLC
 BUYER: TFE HOLDINGS LLC
 SQUARE FEET: 8,400
 ACRES: 1.382

3710 56TH ST., DES MOINES

SALE DATE: 2022-03-07
 SALE PRICE: \$2,000,000
 SELLER: ROWECIENDA
 RESIDENTIAL HOUSING COOP
 BUYER: MARSHMILLER LLC
 SQUARE FEET: 23,184
 ACRES: 0.994

4216 E. 50TH ST., DES MOINES

SALE DATE: 2022-03-09
 SALE PRICE: \$13,000,000
 SELLER: BROADWAY HEIGHTS
 APARTMENTS LLC
 BUYER: BACH PARTNERS LLC
 SQUARE FEET: 134,591
 ACRES: 7.834

810 PAYTON AVE., DES MOINES

SALE DATE: 2022-03-09
 SALE PRICE: \$3,725,000
 SELLER: 810 PAYTON LLC
 BUYER: HILLS OF GREEN
 INVESTMENTS, LLC
 SQUARE FEET: 42,570
 ACRES: 2.308

1814 SIXTH AVE., DES MOINES

SALE DATE: 2022-03-10
 SALE PRICE: \$40,000
 SELLER: DT HOUSING LLC
 BUYER: LANE INVESTMENTS LLC
 SQUARE FEET: 2,511
 ACRES: 0.147

4580 FLEUR DRIVE, DES MOINES

SALE DATE: 2022-03-11
 SALE PRICE: \$80,000
 SELLER: RONALD J LIEBOW TRUST
 BUYER: AMES NAILS LLC
 SQUARE FEET: 0
 ACRES: 0.308

4000 N.E. SPECTRUM DRIVE, ANKENY

SALE DATE: 2022-03-11
 SALE PRICE: \$7,323,350
 SELLER: THRESHOLD OTTER
 CREEK LLC
 BUYER: COSTCO WHOLESALE
 CORP
 SQUARE FEET: 0
 ACRES: 20.731

3223 N.E. 110TH AVE., ANKENY

SALE DATE: 2022-03-11
 SALE PRICE: \$6,091,325
 SELLER: JEP FARMS INC
 BUYER: THRESHOLD OTTER CREEK
 LLC
 SQUARE FEET: 0
 ACRES: 145.9

3000 S.E. GATEWAY DRIVE, GRIMES

SALE DATE: 2022-03-11
 SALE PRICE: \$1,120,000
 SELLER: RTL EQUIPMENT INC
 BUYER: RTL CAPITAL INC
 SQUARE FEET: 8,390
 ACRES: 3.515

3000 S.E. GATEWAY DRIVE, GRIMES

SALE DATE: 2022-03-11
 SALE PRICE: \$1,120,000
 SELLER: RTL CAPITAL INC
 BUYER: RTL CAPITAL LAND
 HOLDINGS LLC
 SQUARE FEET: 8,390
 ACRES: 3.515

5050 INGERSOLL AVE., DES MOINES

SALE DATE: 2022-03-15
 SALE PRICE: \$400,000
 SELLER: HARCROW INVESTMENTS
 LLC
 BUYER: ACADIAN-INGERSOLL LLC
 SQUARE FEET: 3,848
 ACRES: 0.327

1616 E. MADISON AVE., DES MOINES

SALE DATE: 2022-03-18
 SALE PRICE: \$275,000
 SELLER: GNA HOLDING LLC
 BUYER: IRONROAD PROPERTIES,
 LLC
 SQUARE FEET: 1,536
 ACRES: 0.362



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HIGHTAIL IT TO HIGH TRESTLE

Our guide on where to eat, drink, and ride on the Central Iowa Trails

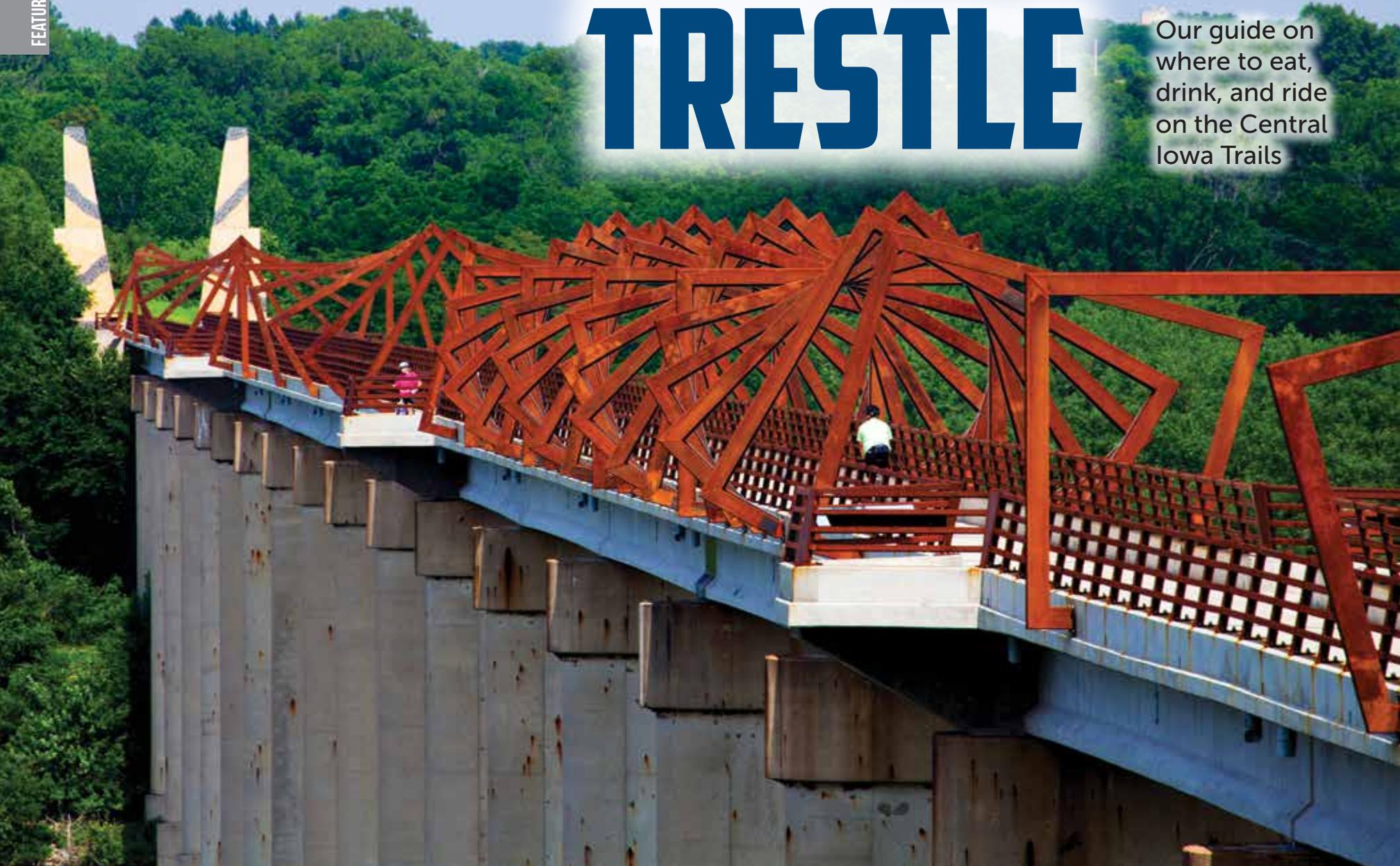


Photo by IRIS22 Productions LLC

By James Strohman

Cycling continues to increase in popularity in central Iowa, and the economic boom is being enjoyed by many communities, which have sprouted some fine dining and drinking establishments over the 600 miles of trails connecting urban Des Moines with the outer ring of trails that traverse Iowa's rural landscapes.

"Des Moines has amazing bicycling opportunities," says Bif Ridgway, who runs the popular Bike World shop. "But to see real beauty, you've got to get outside of the metro."

That means riding on trails that hug the outer limits of the metro, including the High Trestle Trail (HTT), Raccoon River Valley Trail (RRV), Great Western Trail (GWT), Chichaqua Valley Trail

(CVT), and the Neal Smith Trail (NST).

Scott Sumpter started BikeIowa.com 20 years ago to help guide Iowans to biking events.

"When we started, we thought Des Moines had a pretty cool bike scene," he said. "But now you can cycle 100 miles from Des Moines in any direction. The growth has been phenomenal."

The majority of these trails are built on old railroad beds, are paved concrete or asphalt, and have little elevation change, making them relatively easy to ride or hike. Many of the trailheads have modern restrooms, water refills, and even bike repair stations.

For riders to relax and refresh along the way, there are also plenty of bars and restaurants, which

can turn a leisurely ride into a unique and enjoyable excursion. Many of these spots have responded by upgrading their menus with more entrees, appetizers, mules, cocktails and a myriad of craft beers. Combine that with plenty of live music and multiple cycling events, and it's easy to see why many of these trail spots are overflowing on the evenings and weekends.

Beer is the clear choice for most cyclists, and it's a veritable smorgasbord along the trails. Specialty beers are everywhere, including Iowa giants like Toppling Goliath of Decorah, Big Grove out of Solon, Backpacket in Coralville, Peace Tree from Knoxville, Lake Time in Clear Lake, Front Street in Davenport, SingleSpeed out of Cedar Falls, and both Confluence and Exile from Des Moines.

THE METRO'S 5 OUTER CORE TRAILS

1. HIGH TRESTLE TRAIL (HTT)

The trail is 25 miles of pure cycling pleasure; it's nearly completely flat and, on some stretches, seemingly fully enclosed in a canopy of trees. It is also the most popular trail because it leads to the High Trestle Trail Bridge.

The Bridge is the "Crown Jewel" of Iowa's trail system and has become an iconic image for the state. It's the fifth-longest footbridge in the U.S. In 2015, the BBC named it one of the eight most amazing footbridges in the world.

Nearly a half-mile long and 13 stories high, The Bridge offers expansive views of the Des Moines River Valley. When the railroad shut down, the decking was removed and, left in place, were 22 concrete piers that rose 130 feet from the river. It was dubbed "Iowa's Stonehenge" until the pedestrian decking was put in place in 2011. There are six observation stations and 41 steel frames over The Bridge. At night, it's a spectacular view with the river channel frames illuminated in vibrant blue lighting.

For those who want to hike, the closest parking is located at 2335 QF Lane in Madrid, less than a mile from The Bridge. The access point includes handicap parking and a portable toilet.

HTT also has the "Triple Crown" of trail bars: the Nite-Hawk Bar and Grill in Slater, the Flat Tire Lounge in Madrid, and the Whistlin' Donkey Bar and Grill in Woodward. All have fully stocked bars, a variety of food choices and an energetic vibe. The bars work in tandem to provide a variety of live music options on evenings and weekends, including country, blues, folk and rock. They also sponsor monthly "Full Moon Rides" over The Bridge.

Named for the former semi-pro baseball team that played a stone's throw away, Nite-Hawk sits at the junction of HTT and the Heart of Iowa Trail. The restaurant



The Bridge is the "Crown Jewel" of Iowa's trail system. Photo by IRIS22 Productions LLC

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POPULAR PATIOS

- The Nineteen14** in Minburn
- The Chicken** in Orilla
- Founders Irish Pub** in Bondurant
- Fleetwood at Saylorville** at the Saylorville Marina
- Firetrucker Brewery** in Ankeny
- Trailside Tap** in Ankeny
- Nite-Hawk Bar and Grille** in Slater
- Flat Tire Lounge** in Madrid
- Whistlin' Donkey Bar and Grill** in Woodward



has an outdoor open-air covered patio that spills onto the trail. It boasts more than 20 appetizers, a full menu featuring its famous tenderloin and Reuben sandwiches, meat loaf, and its popular homemade pizza. A mix of live music is always on the calendar.

Flat Tire is the closest establishment to The Bridge, as it takes about 20 minutes to bike there from this repurposed Quonset hut. It has a large patio deck right on the trail, another out back when the oversized garage door is opened and a permanent food truck housed on the patio.

With more than a dozen Iowa beers on tap and a deep mule menu, Flat Tire has been a favorite spot for cyclists since The Bridge opened. On June 25, rivets might be popping from the foundation when Jimmy the Weasel rolls into town. Get there early if you want

a seat, otherwise it's elbow-to-elbow until the rhythm and blues show ends. You can also catch JTW down the road at the Nite-Hawk on Aug. 20.

With its spacious indoor bar and restaurant, Whistlin' Donkey has been a go-to for cyclists and locals. But the real fun is at its popular outdoor Tiki-bar, which is hopping during the summer. A nearby soundstage allows for outdoor performances. The menu includes more than a dozen appetizers, daily specials and options like the Barnyard Burger — a quarter-pound patty topped with jalapenos, spicy cheese curds and a honey-garlic BBQ sauce.

At the opposite end of the 25-mile trail is Ankeny, which is investing heavily in making itself the destination stop for out-of-state cyclists. They have built an impressive trailhead, and two excellent spots to begin

or end your trek, Firetrucker Brewery and Trailside Tap, are adjacent.

Firetrucker features outdoor patio seating and cozy indoor tables. Head into its tap room to sample the Pumpertruck Porter, 2 Alarm Red, Arson Oatmeal Stout or Cat Dragon Ginger Beer. Check their calendar for Bike Nights and live music events every Saturday.

While Trailside Tap may sound like a typical trail bar, the food is anything but, as it's the finest traditional restaurant along the trail. With a pleasant ambience inside and a well-designed partially covered patio outside, it's an excellent spot to spend a few hours. The menu offers brunch items from lemon cornmeal pancakes and shrimp and grits to a full dinner menu of seared salmon, littleneck clams, butcher's steak and chicken and dumplings.

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2. GREAT WESTERN TRAIL (GWT)

Cyclists can access GWT from Water Works Park. The 19-mile trail flows south through the former town of Orilla and then to Cumming, Lida, Churchville and ending at Martensdale. There are two essential stops: The Chicken in Orilla and Cumming Tap.

The Chicken is just an eight-minute car ride from Valley Junction. It serves up some fabulous Nashville hot chicken, broasted chicken and popular pizza choices that include Thai peanut chicken, bang-bang shrimp and chicken poblano diablo. Wednesday is BOGO pizza. More than a dozen Iowa breweries are available on tap including Keg Creek and Sacrilegious from Glenwood and Reunion and Wilson's Orchard from Johnson County.

The night life in Cumming revolves around the classic Cumming Tap. Visitors might be surprised at how this small town of 400 can double or triple in size on any given night. They have taco truck Tuesday, Wednesday night steak rides, and street parties on the weekends, complete with bands, food trucks and high energy. Across the street is the welcoming Iowa Distilling Company, which makes its own bourbon, corn-based Zone vodka and spicy Prairie Fire whiskey. Check their calendar for live music and regular visits from Pho Wheels food truck.

A new edition has been the Agrihood development called Middlebrook Farm, a planned community that integrates agriculture into a residential neighborhood. They sponsor the popular "Friday at the Farm" beginning May 20 through October with a farmers market, the "Wine Wagon," live music and various family activities.



The Chicken restaurant's bang bang chicken tacos

HOPPING DIVE BARS

Flat Tire Lounge in Madrid
Cumming Tap in Cumming
Greencastle Tavern in Mingo
The Proletariat in Perry
Tojo's Bar and Grille in Jamaica



3. CHICHAQUA VALLEY TRAIL (CVT)

This 26-mile trail begins in Berwick, the former fictitious home of KGGO radio, and runs northeast through Bondurant all the way to Baxter. Bondurant has several options. Grab a Big Grove Easy Eddy and a sandwich at Founder's Irish Pub. Its hand-breaded tenderloin creation is a Fareway cut pounded into a rectangle and big enough for two to share.

Across the street is Reclaimed Rails Brewery. There is a ski-lodge feel to its second floor taproom, which is decorated with reclaimed wood. They brew more than 20 beers, including the popular Blood Orange Wheat, Hipster Juice IPA and the sour Grandma's Pocket Candy.

Next door is the Pinkley's Boxcar BBQ, which delivers food right to the brewery. The focus is on Memphis-style pork and brisket. Farther up the road is the ever-popular Greencastle Tavern in Mingo. Both cyclists and bikers share the patio beer garden during their summer Sunday bike days.



Catch a beer at Reclaimed Rails Brewery in Bondurant

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4. NEAL SMITH TRAIL (NST)

This 25-mile trail runs from Des Moines to Big Creek via the Saylorville Recreation Area. It is an excellent choice for riders who prefer a more challenging terrain with quick and shifting elevation changes. The trail is also an excellent opportunity to experience the diverse environments Iowa has to offer, from wetlands to prairies, dense forests to riverbanks, and abundant flora and fauna surrounding the lake. Children and adults alike can enjoy the Butterfly Gardens and the Prairie Flower Recreation Area, both north of the Saylorville Visitor's Center.

Papa's Pizzeria is a family-run pizza spot on the square in nearby Polk City. Its "Lake Monster" food challenge is a thin-crust meat pizza topped with a tenderloin, chicken strips and a bacon cheeseburger and then drizzled with a mac and cheese sauce and finished with a side of onion rings. Or, you could just try one of their 15 popular signature pies.

A few miles from the Sycamore Access is Sonny's Pizza Bistro in Saylorville, one of the finer pizza options in Polk County. It has a quaint little bar and a full line of Italian pasta dishes alongside a variety of pizzas, including Cajun Shrimp and Giardiniera chicken.

The lone bar option on the actual trail is the festive Fleetwood at Saylorville — dubbed "Iowa's Only Floating Bar." New owners are broadening the menu from a focus on baskets and fried foods. It's a fun stop to enjoy anything that fills a plastic cup, as there is no glass around the Saylorville Marina with so many bare feet. They offer a variety of live music every Thursday through Sunday with sizable crowds.



Fleetwood at Saylorville, "Iowa's Only Floating Bar"

5. RACCOON RIVER VALLEY TRAIL (RRV)

Last fall, the Rails-to-Trails Conservancy inducted RRV into their national "Trail Hall of Fame," and for good reason. At 89-miles, it is the longest trail in Iowa and one of the longest in the nation. It offers a variety of scenic woodlands, prairies, bridges and even public art. Trail counters indicate more than 350,000 yearly users.

At the trailhead in Dallas Center, you'll find The Korner Kone, which offers a dozen choices of subs and specials like chicken and noodles over mashed potatoes. A new spot is The Handlebar. It is smack dab on the trail, provides ample parking

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and has the potential to become a must-stop for music events. The signature smash burger is covered in bacon-onion jam and Gouda cheese atop a brioche bun. The beer menu offers more than 30 selections ranging from light to hoppy, malty to sour, and dark to ciders with choices from a dozen Iowa breweries.

A picturesque small town on the trail is Minburn. A beautifully restored railroad depot now houses The Nineteen14, named for the year the depot opened. It's a popular rendezvous spot for cyclists and offers a strong weekend breakfast menu on the patio overlooking the trail. Tuesday is taco day, and their excellent fried chicken or beef versions may remind you of Tasty Tacos. Down the road is Lunch Box BBQ Café, which offers smoked meats, pizza and a variety of sandwiches.

Perry is one of Iowa's most diverse communities, so it's no surprise there are several ethnic options scattered around the downtown. They include Peruvian, Salvadorian, Mexican and Chinese within a few blocks: La Ventura Panaderia Salvadoreno, Taqueria Villa, Casa de Oro and the Mandarin Café all have special takes on their cuisine.

Cyclists can now return to the Tin Pig, which has reopened after the derecho tore off its roof. It has a varied menu, from burgers and wraps to pasta and steaks. Next door is The Proletariat, dubbed "The Classiest Dive Bar in America." The online page says, "beer, booze, books, pool, darts, pinball, jukebox, clean, unpretentious." Perhaps that's all you need to know.

The historic Hotel Pattee is headquarters for several cycling events, like the winter "BRR" ride to Rippey. It showcases an eclectic, smart bar, and it's refreshing to meander through the public rooms around the lobby and revisit the history in photos and displays. Stay overnight and enjoy the high-end dinner menu including choices like filet mignon de burgo and rigatoni a la vodka.

If Iowa winters have you longing for Jamaica, you can find it between Perry and Jefferson right on the trail. A visit to Tojo's Bar and Grille is in order, another classic cycling stop for a cold beer and one of Iowa's biggest and best tenderloins. Its line-up also includes popular burgers and more than 20 appetizers.

From here, the trail moves south and east through Panora, Redfield, Adel and back into the metro. Right on the trail in Panora is PJ's Drive-In, a tight little spot where locals scurry in for their homemade burgers, sandwiches and ice cream. Check out The Dairy Shoppe in Redfield for a chili dog and s'more sundae. For a sit down, jump off the trail in Adel and try Brickyard Burgers and Brew's avocado and egg burger.

The trail from Linden to Redfield is an excellent choice, especially for hiking or biking during peak fall foliage. The traffic is fairly light, and this section is heavily wooded, helping to cool riders in the summer and provide hikers and birdwatchers with abundant views during the fall.

To ride uninterrupted along these beautiful and changing landscapes is one of the reasons the trails are



The Bridge on the High Trestle Trail

so popular. And then, of course, there is The Bridge. While the work of art serves as a passageway over the Des Moines River, its story is a work of art as well. David Dahlquist is the creative visionary for The Bridge, which has received a number of honors and awards for its design.

Dahlquist traces the beginnings of The Bridge some 13,000 years ago when glaciers carved out what is now the Des Moines River Valley, leaving deposits of coal that later brought Italian immigrant miners and the railroad to the area. All of that is in the distant past, but



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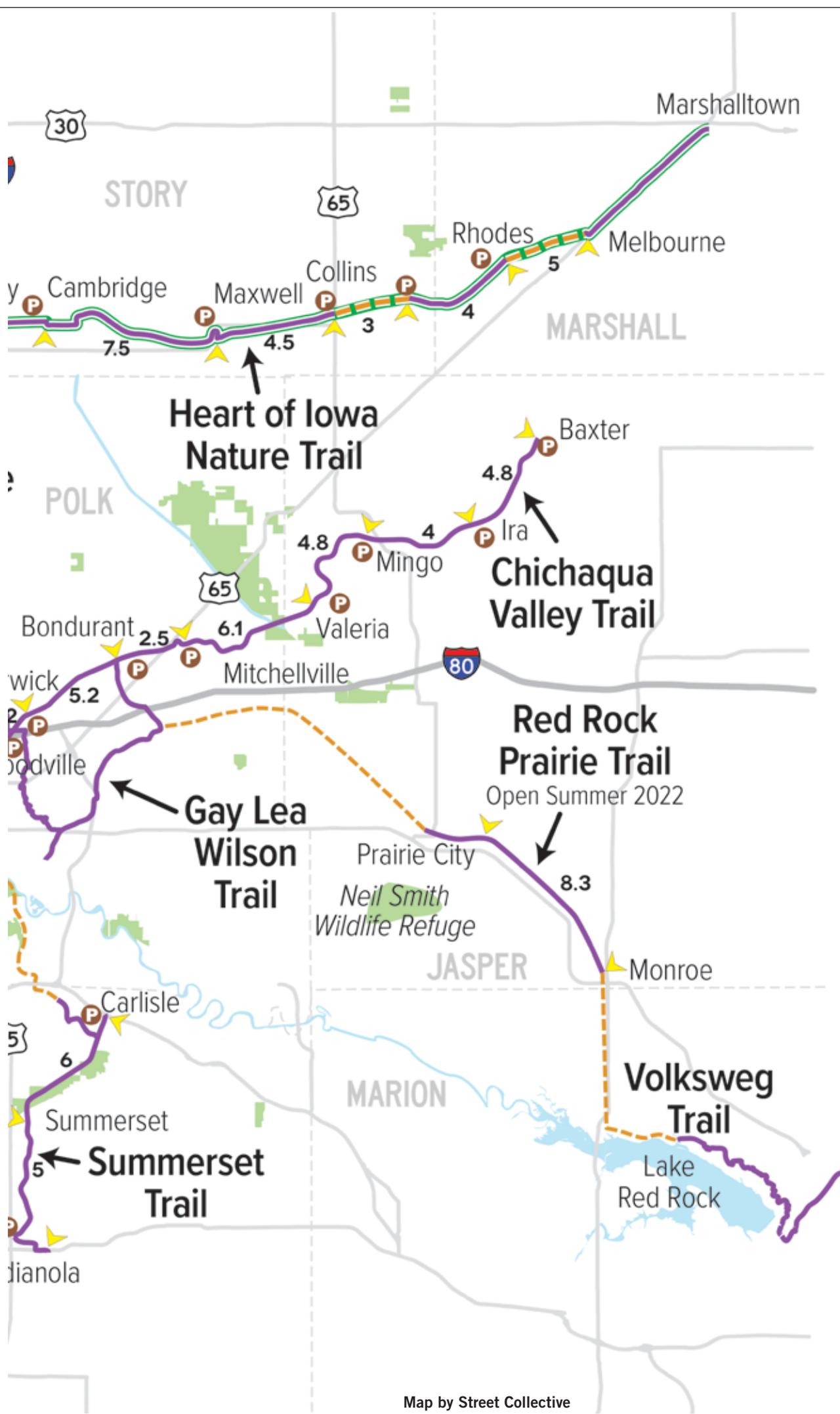


- Parking/Trail Head
- Existing Trail
- Planned Trail
- American Discovery Trail
- County Line
- Mileage Between Points
- Park/Open Space

0 2.5 5 10 MILES

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Map by Street Collective



UPCOMING FUN RIDES

Pigtails Ride on HTT, May 21: Begins at the Ankeny Trailhead, this female-specific ride supports the Iowa Bicycle Coalition: pigtailsride.com

Bacon Ride on RRV, June 18: Begins in Waukee, think Baconfest on wheels: baconride.com

High Trestle Full Moon Rides: HTT, on Saturdays nearest the full moon, riders emanate from Woodward, Madrid and Slater and descend on The Bridge: April 23, May 28, June 25, July 23, Aug. 20, and Sept. 17: bikeiowa.com

his creation evokes the spirit of the mine shafts and the transcending of time. The 45 cribs over The Bridge relate a sense of containment, as in a mine shaft, but we are able to see through it as we move through space and time.

His RDG Dahlquist Art Studio offers this description: “The vertical elements are ‘portals’ that form a gateway to the bridge and are sculptural symbols that speak to geology, the cutting and slicing of nature that forms the river valley. The massive columns focus the trail and evoke the concept of entering a mine. Seams of coal appear in lighted veins in the stacked forms on the bridge landings. One is inside the story, surrounded by the sculptural forms that embody history and geology. The changing geometry of the steel cribbing radiates around you. The viewer moves along the path as though moving through history, through the tunnel of a mine.” Today, through Dahlquist’s studied vision, everyone can enjoy this alluring structure.

The Bridge seems to draw people like a magnet. The closer you get, the stronger the attraction seems to be. And, the closer you get to The Bridge, the more diverse the mode of transport.

People can be seen on just about any contraption imaginable that gets them from here to there. There are horses and hikers, road bikes, touring bikes, mountain bikes, folding bikes, trail bikes, dirt bikes, electric bikes, recumbent bikes, one-seaters, two-seaters, skinny tires, fat tires, hoverboards, roller skates, roller skis, roller blades, wheelchairs, scooters, strollers, little bikes, little trikes and lots of little tykes.

So, however you get there — and whatever you do along the way — it’s time to hightail it to High Trestle. ■

James Strohman is an Ames writer. Contact jamesstrohman68@gmail.com.

LUNCH WITH... BY JIM DUNCAN

Miriam Erickson Brown at Latin King

CEO of Anderson Erickson Dairy talks about fan mail, vacations and how the industry has changed.

EAT & DRINK

Miriam Erickson Brown has been CEO of Anderson Erickson Dairy since 2006. She is also a major player in all things American dairy — chair of the International Dairy Foods Association and the Milk Industry Foundation Board, a board member of The Innovation Center for US Dairy, and a longtime member of the USDA's Milk Processor Education Program Board where she has held many leadership positions. In 2007, she was the recipient of the International Dairy Foods Association's Soaring Eagle Award for extraordinary service in the dairy industry. We asked her to lunch, and she selected Latin King, conveniently across Hubbell Avenue from her dairy.

Has the restaurant changed since Bobby Tursi sold it last year?

"Not really, and I have been coming here regularly since I was a little kid. The staff is the same — the menu, too. I miss Bobby because he was always in the

front of the house greeting people. But the essence is the same. They let me order child's portions because that is about the limit of my appetite. Few places do that. The chicken spiedini is a deserved legend."

We wrote many years ago about Eric Ziebolt, the chef from Ames who headed up kitchens at two of America's most famous restaurants — The French Laundry in Napa and Per Se in New York. When Ziebolt hosted Iowa friends in California, New York and Washington, D.C., he asked that they bring AE sour cream chive dip and cottage cheese with them.

"When we read that story, we sent Eric a gift package of our products. We love stories like that. They show that we have loyal fans. Love for our products is ingrained in the blood of those who grew up on them. That is unusual in this business."

Does AE get a lot of fan mail?

"Oh my, yes. And that is really unusual. Most

companies tell me they only hear from customers when they are upset about something. We hear from people who want us to know how important our products are to the events they attend, that our products are part of their positive life experience. Our agents can hardly believe this. We try to give back by putting customer quotes on our trucks. Iowans are special in their positive attitudes."

Yet, AE's largest market is not in Iowa.

"No, that would be Kansas City. But all our milk comes from Iowa family dairies, and we proudly promote that. We receive milk 24/7 and every day. Cows produce milk every day, so we have to turn it around daily. Fresh milk moves to grocery store shelves in 24 hours. Most of our business is done in a 150-mile radius from Des Moines. We are proud of that. My dad started that. He insisted that the best possible business partners were Iowa farmers."

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Is it true Erickson Brown herself does not take days off?

“That is in the family blood. Dad lived to be 85 and never retired. I travel a lot for business, but I don’t know what a vacation is. My dad and granddad both believed that your personal work ethic translated to your employees.”

How many employees does AE have?

“Four hundred, all in Des Moines. Most have been with us a long time. One guy does all our purchasing of ingredients for flavors. He has been with us for 45 years.”

How has the business changed since her grandfather started it?

“Oh, that’s a great question. Today, my brother and I together do what our father did by himself. In 1930, AE was one of 150 dairies in Des Moines. Today our competition is with huge out-of-state dairies, most of which produce just one product. We are deemed too small for some major outlets — Whole Foods, Aldi. Every leader since 1930 has faced this same challenge.

“Another big change is regulation. Since 1930, dairy has become the most heavily regulated industry in all agriculture. That is an advantage to a smaller company. We can focus on customer experience, and because our customers are so similar geographically, we can let them dictate what we make.”

How do you do that?

“We do regular taste testing. Every Thursday our taste panel meets at 11. It includes me and my family. This was hard during COVID because we couldn’t invite customers. We import new products from all over, mostly yogurts. People get used to off flavors of cream products and think they are normal. Compare our buttermilk with that of a giant producer like Knudsen. Ours will be fresher because it isn’t shipped from California. Ours is also made with half the fats. Fresh buttermilk makes everything it is used in better.

“Our director of quality control will tell you that cream should have a shiny gleam if it’s fresh. Sour cream is where one can best taste the difference that such fresh cream makes.”

Yogurt seems to be the most dynamic AE product?

“Yes. Our newest products are our whole milk yogurts. We worked a long time to get those to market.”

How do they differ from the older AE yogurts?

“They are more like Greek yogurt. There are no standards for what you can call Greek yogurt. Mostly they are thicker and have more proteins and less sugar. Greek yogurts often have a tanginess that not everyone likes. We worked to reduce the tang. We could have called this Greek, but we are so proud that all our milk is from Iowa that we called it Iowa yogurt. The whole



EAT & DRINK

milk adds fat, but we reduced sugars even more. We have an array of new flavors like cara and raspberry/tangerine. Our plain unsweetened whole milk Iowa yogurt is also popular.”

What are some of Erickson Brown’s other favorite local places to eat?

“Django, Centro, Biaggi’s, Scenic Route Bakery, La Mie, Victoria’s Table at the Farmers Market.”

What does she want AE to mean to customers?

“There is so much stress in today’s world. I just hope that AE products can provide a little comfort.” ■

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Suave as Tupelo Honey

A more modern, urban take on the South

EAT & DRINK

When Machine Shed was merely conceptual, Mike Whalen visited other places he felt would be competitors. After seeing Cracker Barrel, he told his designers that he wanted to be Cracker Barrel on steroids. Everything at Machine Shed is supersized — silverware, steak knives, booths, plates, serving sizes, tables, signs, etc. Tupelo Honey, a fast-growing chain from Asheville, North Carolina, is in the same cuisine genre as those other two chains — traditional American comfort food and family friendly.

Its differences are many. Tupelo Honey does not seek out interstate exits for locales. It likes downtown spots like the new one in Des Moines — its 19th store in 11 states. It does not have monster menus. In Des Moines, it has two-page menus for lunch/dinner, brunch, happy hour, kids, beer and cocktails. It serves only two desserts. Its gift store fits in an armoire rather than 800 square feet of retail complexity. Its décor forsakes Southern

stereotypes like barnwood, checkerboard tablecloths, overalls, moonshine and deliberate misspellings for a more modern, urban take on the South. Design elements include elegant chandeliers, site-specific wallpaper and local art.

Like Cracker Barrel, it specializes in Southern food. The main differences are in two details — elevated ingredients and scratch preparations. Fried chicken, a specialty, is brined for 18 hours, fried crisp and dusted with bee pollen. Table honey is tupelo honey, a rare honey that grows only on tupelo trees that are pretty much unique to the Florida panhandle. It has the highest glucose to sucrose ratio of all honeys. That means it does not granulate and does not make users crash for a sucrose high. It also allows suave flavors to overcome the sweetness. The restaurant buys half the tupelo honey in the nation.

Scrambled eggs were as fluffy as any I ever tried.

Executive Chef Eric Grabynowicz said the secret is lots of butter, but he also said that poached eggs are made sous vide. One version of chicken and waffles features Asheville hot chicken, which was not as spicy as Nashville hot, and a not-too-crispy waffle stuffed with macaroni and cheese. It was topped with buttermilk garlic dressing and pickles and served without syrup. Grabynowicz said that the omission of syrup was the most hotly debated decision made about the menu. Eggs Benedict were served on biscuits, not muffins, and treated to three versions — one with pork shoulder cooked in duck fat, another with smoked ham and a third with smashed avocado. All were served with pickled onions and cracklings. Bourbon glazed meat loaf was very sweet.

Appetizers included cauliflower florets with sliced jalapeños, green onions, sriracha honey drizzle and green tomato aioli dipping sauce. Fried green tomatoes were



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Panko-crusted with red pepper sauce and served with goat cheese grits. Shishito peppers were blistered and served with chili aioli. Fried pickles were served with buttermilk ranch dip. All those appetizers were served for less than half price at happy hour.

If fried chicken is not the star here, it is the house recipe for wild Gulf shrimp with grits served with Creole sauce, peppers, chorizo and goat cheese grits. Grits are made with a rare corn product almost never seen outside Carolina. That can also be ordered with linguine. Smothered chicken was made with thighs. It was not served with mashed potatoes, maybe for the first ever time in Iowa.

The best salad was called lemon garden party and featured arugula and baby greens with cucumbers, radishes, feta and almonds in a divine lemon and white balsamic dressing. The two desserts were a chocolate pecan pie and a magnificent banana cream pudding. Leave room. There is a full bar with unique cocktails. ■

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

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BELLY UP TO:

Secret Admirer

Cozy cocktail bar offers downtown views.

BY JACKIE WILSON

EAT & DRINK



DMDT hospitality group opened Secret Admirer in August 2021.

A century-old boiler room in downtown Des Moines is the latest to become a cocktail and patio bar — and it's the envy of local downtown historic developers. After Des Moines Does Things (DMDT) hospitality group announced it was purchasing a building at 110 S.W. Fifth St., other developers lamented about how they wished they'd discovered it first.

"It's like they were secretly admiring our bar," said Megan Hanson, DMDT events and sales manager. "So, that's how they came up with the name: Secret Admirer."

Secret Admirer opened in August 2021. The DMDT hospitality group also owns two other downtown bars: Hello, Marjorie and Good News, Darling.

The nearly-triangle-shaped brick building was a former boiler room for the train station just across the street, then later served as a bail bond office.

"People will come in, looking for the bail bondsman. I've talked some into staying for a drink," said Hanson.

The corner view with tall windows offers an airy-light feel with a view of downtown Des Moines. The cozy joint's seating capacity is nearly 50 inside with tables and bar seating. Décor includes original and well-preserved brick, tall ceilings, towering windows, tile floors and exposed pipes.

You won't see any neon beer signs. Instead, there's



Secret Admirer is located at 110 S.W. Fifth St., Des Moines, near Principal Park and the city's bike trail.

a chalkboard with a list of rotating beers. The plants along one wall add a nice touch. The sun drenching in on a cold day makes it seem acceptable to start day drinking at the 4 p.m. opening.

The drink menu is varied, yet simple. Hanson said, "We make them easy and drinkable. People who don't drink alcohol also say we have a good selection."

A nice alternative on a cold day is a hot drink — with a kick or sans alcohol. Either way, a big marshmallow or whipped cream makes its way into the drink, melting into your steaming cup. (Sweets aren't just for kids.)

The low ABV (alcohol by volume) menu offers a Cynar Spritz, made with Cynar, prosecco and Topo Chico for \$11. Happy hour is from 4-6 p.m. Wednesdays through Fridays offers a half dozen drinks, starting at \$4 for prosecco and \$6 for house punch.

Currently, food is not served. They've got rotating

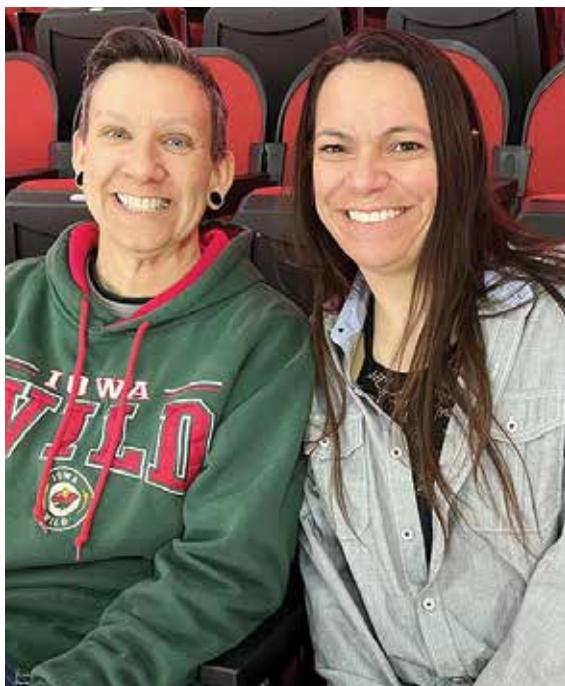
beer menus with Iowa pours and a full bar with wine. Occasionally, specialty drinks or events are offered. On this Belly Up visit, the bar offered pours of its own limited barrel of Buffalo Trace bourbon.

Although it was a chilly 40 degrees, the patio looked inviting with twice the seating outside versus inside. When it warms up, the double-sided bar means you can get drinks from either indoors or outside. Colorful booths and patio chairs overlook the bustle of downtown. Time your visit right, and you can see the sunset between the buildings.

Come back during the downtown Des Moines farmers market this summer when the place plans to open early Saturdays. Or drop in after you take in a Cubs game at nearby Principal Park. Or make a pitstop on your bike, as it's just a block from the city's bike trail. And it's no secret — it's OK to tell others you admire the place. ■

AROUND TOWN

PHOTOS BY PAT CHECKETTS



Karen Smith and Christina Lopez



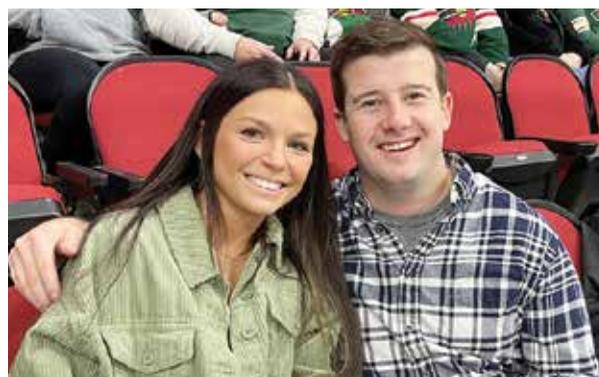
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Righteous Brothers

Catch movie theme songs and more at Hoyt Sherman on April 30.

Blockbuster movies include A-list actors, a compelling story and, usually, a feel-good ending. What ties it all together? It's often a memorable musical soundtrack.

The Righteous Brothers' songs hit on that perfect combination for several movies in the 1980s. Remember the movie "Ghost?" — the pottery wheel scene where Patrick Swayze and Demi Moore sensuously mold clay while "Unchained Melody" plays, "I've hungered for your touch."

Or when Tom Cruise belts out a karaoke version, "You've lost that loving feeling, woah, that loving feeling," in "Top Gun" as he's trying to woo Kelly McGillis.

You can hear these songs, the "Dirty Dancing" theme song, "The Time of My Life" and more when the Righteous Brothers take the stage at Hoyt Sherman Place on April 30.

Bill Medley, one of the original co-founders of the Righteous Brothers, says the movies reignited their career.

"Having success was a wonderful surprise. The 1980s movies brought Bobby and I back," says Medley.

Medley and Bobby Hatfield formed the Righteous Brothers in 1963. Known as "blue-eyed soul pioneers," Medley sang in a rich baritone while Hatfield sang higher vocals. When they recorded albums, the pair would sing their own solos, as well as sing duets together.

Record producer Phil Spector asked Medley to produce Hatfield's "Unchained Melody" as Hatfield's solo.

"Phil put it on the 'B' side of the record for some reason. But the radio stations played it anyway. It was something of an accident," explains Medley.

The pair opened for The Beatles and the Rolling Stones early in their career. Their song, "You've Lost That Loving Feeling," was, at one time, the most played song in radio history. They parted for solo careers then reunited in 1974, playing hundreds of concerts. After several music awards, they were inducted into the Rock and Roll Hall of Fame in 2003.

Shortly after the honor, Medley's life was upended when Hatfield died in 2003.

"When Bobby passed away, it was tough emotionally in every respect. It was the most difficult time in my life. I was lost," he reflects. "It was like a marriage — losing a partner. It was a monstrous thing."

The grief he experienced halted his performing — and he didn't perform until 13 years after Hatfield's death.

"Friends told me I need to keep the Righteous Brothers alive for everyone to hear," he says.

It was impossible to fill Bobby's shoes, as he was "irreplaceable." However, Medley ran into singer Bucky Heard.

"If I would do it, he'd be the guy," he recalls. "He's phenomenal."

Heard joined Medley in 2016, and the pair have toured since then. He credits his friends for getting him out of a rough spot.

"God bless my friends. They had more hope than I did. They were sure I needed to be out there. Thank God I ran into Bucky. He's a wonderful man and a great singer," he says.

At age 81, singing consumes Medley's life. Although the pandemic delayed some concerts, he's excited to resume touring.

"We have such a good time on stage. I feel like we've



Bucky Heard and Bill Medley

been let out of prison," he says.

He takes time for his family. His daughter, McKenna Medley, is on tour with him. Medley's friends once again gather around him, now that he's single.

"I'm a one-trick pony. Singing has been my life," he says.

The audience will be treated to musical classics, taking fans back in time with feel-good music.

"I love to sing. I'm 81, and to be able to come on the road and perform to an audience who was raised on this music is wonderful," he says. "I hope the audience gets as much joy as I do." ■

SOUND ADVICE

BY JACKIE WILSON

Spring is here, and that means the summer music festival season is close behind. After a two-year pandemic hiatus, the **80/35 Music Festival** is back on July 8-9. The nonprofit 80/35 is presented by the Greater Des Moines Music Coalition. It features more than 50 bands on one paid stage and four free stages, located at the Western Gateway Park. National and local acts include; **Charli XCX, Father John Misty, Maddie Poppe, B.**

Well, Hannah Marks, Future Islands, The Envy Corps, Haiku Hands and more. For more information, visit www.80-35.com.

The Gross Domestic Product (GDP) Festival also returns on April 23. GDP takes place in various Des Moines venues, including the Gas Lamp, Teehee's Comedy Club and The Cave. Bands include **LVVMAKING, Us Vs Them, Allegra Hernandez, Natalie Lowe** and

more. One festival ticket allows entry to all three performance venues. Tickets are \$18 in advance or \$20 at the door. For more information, visit www.desmoinesmc.com/events/gross-domestic-product.

The Denver-based band **Big Dopes**, plays alternative and indie pop and is coming to the Gas Lamp on April 10. Opening acts include **Seth Cloe & the Silver Liners** and **Abigail Phelps**. Tickets are \$8 in advance; \$10 at the door. ■

FILM REVIEW

BY DAVID ROWLEY

'Windfall' makes for smooth sailing

The film makes a curious decision to not give a specific name to its trio of main characters.

"Windfall" is the kind of acting experiment that works for me. Trap three talented actors on a single set and bounce them off each other. The premise here is strong enough to keep the film afloat for about an hour as these very different acting energies collide in the middle of the room.

However, that goodwill from that first hour dissipates as the tone changes radically. Still, there's at least one great performance in here, and the whole venture clocks in at a blissfully brief 92 minutes.

The sole location is a gated estate somewhere in southern California, with a handsome modernistic house, grandiose gardens, a pool with sauna and little cabins, and groves of trees. As the film opens, a lanky, scruffy interloper simply called Nobody (Jason Segel) has ensconced himself there, sampling its creature comforts and rifling through shelves for money and valuables. The property belongs to a tech magnate (Jesse Plemons) and his wife (Lily Collins), who soon arrive for an 11th-hour break, sending the intruder into a tizzy.

It is an undeniably impressive premise, if a wee bit pretentious, and it is inevitable that the rest of the film is not going to fall at least slightly short.

The film makes a curious decision to not give a specific name to its trio of main characters. For instance, Segel's character is called "Nobody" in the credits, on account of him being one of the have-nots fighting back against the haves. The billionaire in question is called CEO, and his wife is called, well, Wife.

One can see the film is trying to slot the characters in their positions in the social strata. This goes well with the film's major theme of class identity and how it affects individuals. For instance, Nobody is literally a nobody, who perhaps lost his job in a round of layoffs at the company, something that the CEO nonchalantly calls a necessary measure to maintain the company's financial health. The CEO himself, a loathsome and amoral man who is a stand-in for any of the multiple tech-bros like Zuckerberg who are blissfully unaware about their privileges, says it "fucking sucks" to be one of the world's richest men.

The Wife feels more of a kinship to Nobody, for we learn she rose from a similar background, and her marriage is just a thing she had to do to make it in this world. She is also mildly disgusted with her husband, avoiding sex whenever possible, and is on birth control, unbeknownst to him.

All three, in fact, are unsatisfied in their lives. Nobody is tired of being stepped on by richer, more upwardly mobile men, and the Wife is tired of this



male-dominated world.

The CEO also admits he gets targeted by "nothing" people every day who just want him to fail (all with a straight face). Plemons, used to playing weirdos by now, is scary good here and brings an energy to his character that holds the film together. So much so, that when he disappears for a long nighttime conversation between Collins and Segel, the film starts to sag. It never recovers after that scene.

Inevitably, things happen during their time together. A garrulous gardener (Omar Leyva) shows up with unfortunate results. The relationship between the CEO and his wife shows signs of strain, deriving from his condescending, controlling attitude and her dreams of what might have been. Attempts to escape are foiled, and the CEO's periodic needling of Nobody causes the friction to amp up.

For most of its runtime, "Windfall" makes for smooth sailing. It does struggle to manage its tone and often cannot decide what it wants to be — a social thriller with comedic undertones or a full-blown noir. The occasional turn to seriousness fares even worse, most notably when Nobody and the wife have a heart-to-heart in the courtyard at night as the CEO sleeps. It paves the way to the final twist but really doesn't adequately prepare one for it, as downbeat as it is.

It's an arguably failed experiment, but not all that painful. There's a lackadaisical attempt to say something about wealth in America and what it represents for many — what should people with so much do with it and does having so much make one any more interesting or necessary than someone who doesn't — but it's more two-joints-in pondering than anything approaching genuine social commentary.

"Windfall" might not bring the enormous treasure the title suggests, but if you keep your expectations low, it will provide a nice return on the time you invest in it. ■

"Windfall"

R | 92 minutes
Director: Charlie McDowell
Stars: Lily Collins, Jesse Plemons, Jason Segel

PREVIEWS

"Sonic the Hedgehog 2"

PG | 122 minutes
Director: Jeff Fowler
Stars: Ben Schwartz, Idris Elba, Jim Carrey



After settling in Green Hills, Sonic is ready for more freedom, and Tom and Maddie agree to leave him home while they go on vacation. But, no sooner are they gone, Dr. Robotnik comes back, this time with a new partner, Knuckles, in search of an emerald that has the power to both build and destroy civilizations. Sonic teams up with his own sidekick, Tails, and together they embark on a journey to find the emerald before it falls into the wrong hands. From the filmmakers behind "The Fast and the Furious" and "Deadpool," "Sonic the Hedgehog 2" stars James Marsden, Ben Schwartz as the voice of Sonic, Tika Sumpter, Natasha Rothwell, Adam Pally, and Jim Carrey returning, alongside new additions Shemar Moore, with Idris Elba as the voice of Knuckles and Colleen O'Shaughnessey as the voice of Tails.

"Ambulance"

R | 136 minutes
Director: Michael Bay
Stars: Jake Gyllenhaal, Yahya Abdul-Mateen II, Eiza González



In this breakneck thriller from director-producer Michael Bay, decorated veteran Will Sharp (Yahya Abdul-Mateen II), desperate for money to cover his wife's medical bills, asks for help from the one person he knows he shouldn't — his adoptive brother Danny (Jake Gyllenhaal). A charismatic career criminal, Danny instead offers him a score: the biggest bank heist in Los Angeles history: \$32 million. With his wife's survival on the line, Will can't say no. But when their getaway goes spectacularly wrong, the desperate brothers hijack an ambulance with a wounded cop clinging to life and ace EMT Cam Thompson (Eiza González) onboard. In a high-speed pursuit that never stops, Will and Danny must evade a massive, city-wide law enforcement response, keep their hostages alive, and somehow try not to kill each other, all while executing the most insane escape L.A. has ever seen.

"Fantastic Beasts: The Secrets of Dumbledore"

PG-13 | 142 minutes
Director: David Yates
Stars: Mads Mikkelsen, Ezra Miller, Katherine Waterston



Warner Bros. Pictures' "Fantastic Beasts: The Secrets of Dumbledore" is the newest adventure in the Wizarding World™ created by J.K. Rowling. Professor Albus Dumbledore (Jude Law) knows the powerful Dark wizard Gellert Grindelwald (Mads Mikkelsen) is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts Magizoologist Newt Scamander (Eddie Redmayne) to lead an intrepid team of wizards, witches and one brave Muggle baker on a dangerous mission, where they encounter old and new beasts and clash with Grindelwald's growing legion of followers. But with the stakes so high, how long can Dumbledore remain on the sidelines? The film features an ensemble cast, including Oscar winner Eddie Redmayne, two-time Oscar nominee Jude Law, Ezra Miller, Dan Fogler, Alison Sudol, William Nadylam, Callum Turner, Jessica Williams, Victoria Yeates, Poppy Corby-Tuech, Fiona Glascott, Katherine Waterston, Maria Fernanda Cândido, Richard Coyle, Oliver Masucci, Valerie Pachner and Mads Mikkelsen. ■




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ART NEWS

BY JIM DUNCAN

Sarah Grant and Scott Charles Ross at Moberg

Neither painter has been in such a happy spot of life as they both are now. It shows.



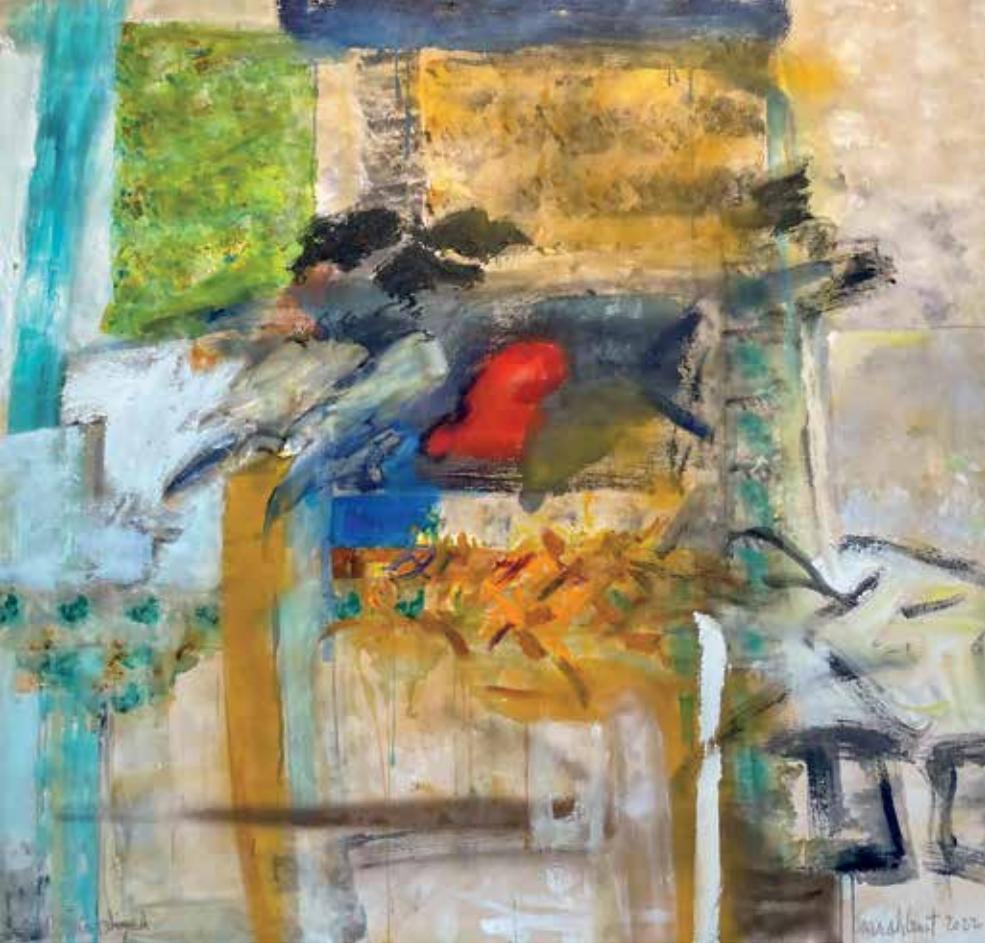
Artist is Scott Charles Ross. Moberg Gallery.

Sarah Grant and Scott Charles Ross are Des Moines painters with big followings. They have been paired together for years. They moved together from Olson-Larsen Galleries to Moberg Gallery because they wanted to paint bigger and show more frequently. Moberg has the tall ceilings to make that happen.

Grant is a towering presence in Des Moines' art scene, virtually its mama bear. She is the founder of Sticks, the internationally famous furniture and art company that has drawn scores of talented artists to Des Moines and provided them with good day jobs. Without her business genius, Des Moines' art scene would be reduced from what it has become.

Ross, as much as anyone, has turned worldly travels into line-driven paintings that move people into appreciating simple things, like Cornwall's fishing boats, as something beautiful and inspiring. Cornwall is the legendary "Land's End" of southwest England, and Ross has the vision to express that myth in things as simple as cliffs, houses and boats. Gallery owner TJ Moberg told me that whenever Ross expresses financial anxiety, he tells him to paint more fishing boats. The new show does include some new boats.

I have followed both painters for decades. That is long enough to have noticed that neither painter has been in such a happy spot of life as they both are now. It shows. Their paintings are more hopeful and less confusing. For instance, Grant used to paint red moons. In the new show, her "A Squall" has a green moon. It also seems



Artist is Sarah Grant. Moberg Gallery.

to lasso chaos with fire, black sky storms and smoke unable to daunt the green grass. I am reminded of Archibald MacLeish's poetic refrain from J.B. — "If God is good, He is not God. If God is God, He is not good. Take the even, take the odd. I would not sleep here if I could. Except for the little green leaf in the wood."

Grant's Abstract Expressionism seems to be leaning more toward narrative rather than non-narrative proclamations. While one of her new paintings reminded me of MacLeish, gallery archivist Michaela Mullin writes in the exhibition program that her "Disrupted Landscape" inspired her to sing the Joni Mitchell (whose new channel on Sirius XM debuted recently) song "Turbulent Indigo" about Van Gogh. "Make 'em nice and normal. Make 'em nice and neat. You see him with his shotgun there? Bloodied in the wheat? Oh what do you know about? Living in Turbulent Indigo?"

Mullin points out that Grant used to outline the rainbow colors of her brushstrokes in black. In "Disrupted Landscape" the black no longer contains, and the rainbow is unleashed.

Ross said his travels have been contained by COVID, but he has concentrated on new haunts beyond Land's End — Italy, France and Quebec. Simple village buildings, particularly their thatched roofs, are expressed beautifully with Ross' lines and rectangles. This show will be up through April 9. It will stand as one of the best of the year, and it might make you remember poems and songs.

OTHER NEW SHOWS

Also one of the year's annual highlights, the Drake Student Art Exhibition is showing through April 15. This year's show is juried by curator Mitchell Squire, another massive presence in the making of Des Moines' art scene. Squire sees things that others miss. That has to be good for young artists.

The Des Moines Art Center's new show "Immersive" is a partially experimental attempt at redefining how museum visitors experience art. One space features Bill Viola's film "Ascension"; another contains Ran Hwang's "Garden of Water" in which light reflects off thousands of crystal sewing pins. A third space features an installation by Kansas City-based guest artist Matthew Willie Garcia, who deals with alternate realities. Oyoram installed a room of LED monitors. This exhibition plays through June 5. ■

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IOWA ARTISTS

Jen Lawler

Artist uses natural gemstones, such as Mexican fire opal, blue topaz and moissanite, set in 14-karat gold or sterling silver.

BY JACKIE WILSON

In Jen Lawler's studio 437, display cases and glass shelves sparkle and shimmer with silver rings, stone bracelets and delicate necklaces. Each piece is unique — from a bold aquamarine necklace to a pair of go-with-anything silver earrings. Whatever bling you prefer, be assured, it's a one-of-a kind, handmade creation.

Lawler has been the silver and goldsmith behind JL Design for the past 26 years. She first created jewelry from her home studio and now works out of her studio at Mainframe Studios.

The new digs offer her the ideal space to both create and sell her jewelry, with convenient hours.

"It helped me check all the boxes. That's what elevated my business. I didn't want a full retail space with set hours," she explained. "It's enabled me to cut back on art shows. I was doing 15 art shows a year before coming here."

Lawler originally attended college for a teaching degree. While at the University of Northern Iowa, she also took a metalsmithing class at Drake University and became hooked.

"That sealed the deal for me. I got my undergrad degree in 3-dimension design and worked with a metalsmith," she said.

Honing her craft, she began designing jewelry on her own and selling it at art and craft shows, which helped promote her name.

She considers herself a "bench" jeweler — a type of artist who sits at her bench with dozens of intricate and specialized tools. She uses natural gemstones, such as Mexican fire opal, blue topaz and moissanite, set in 14-karat gold or sterling silver. Work consists of wire forming, metal bending, soldering and forging, along with stone setting and stamping on metal.

"The detailed work is like a welder or ironsmith on a smaller detail," she said. "I took a blacksmith class once at Living History Farms; it was hard work. This metal is a lot easier to bend."



Jen Lawler's studio 437 at Mainframe Studios has provided her with the retail and work space she needs.

The most challenging part of her job is the physical aspect.

"There's a lot of wear and tear on your body. The detailed work is tough on your eyes, hands and back," she said.

Lawler said it is rewarding when she creates custom pieces. Many customers come in with stones they've inherited in an estate or request new settings for a "divorce ring" — a way to repurpose the diamond after a breakup.

Popular jewelry is immediately snapped up during Mainframe's First Friday open house. However, other pieces might have been displayed for years.

"Some artwork has been unsold and will finally land in the right person's hands. It's been around so long it's

like giving up a piece of yourself," she said.

One interesting piece was brought in by a woman whose husband had passed away and left a large agate stone. Lawler cut the stone and designed eight different jewelry pieces for each family member.

"That's my biggest joy. They'll each have a memorable piece that they can enjoy every day," she reflected.

Folks bring in old stones, and she'll create or combine pieces they no longer wear.

"The best part of my job is I'm always making people happy. I get to create every day. There's a great deal of satisfaction and gratification of seeing a completed piece going from a thought to a tangible piece," she said. ■

THERE'S ALWAYS SOMETHING NEW AT THE ART CENTER

IMMERSIVE FILM SERIES

SUNDAY, APRIL 10
1:30 - 3:30 PM

THE LIGHTHOUSE 2019

Rated R / 109 minutes

Post-film commentary by Laura Burkhalter, Curatorial Manager

SUNDAY, MAY 1
1:30 - 3:30 PM

THE NIGHT OF THE HUNTER 1955 (right)

Charles Laughton, director / Not rated / 93 minutes

Post-film commentary by Dina Smith, film scholar and Associate Professor of English at Drake University

FREE



THURSDAY, APRIL 14
6 PM

FREE

MODERN CONCEPTS GALLERY TALK

Join Director Jeff Fleming for a discussion of the exhibition, *Modern Concepts 1910-1960*, in the John Brady Print Gallery

REGISTRATION REQUIRED at desmoinesartcenter.org

Hannah Höch (German, 1889 - 1978) / *Kreisende Formen (Rotating Forms)*, 1919 (detail)

Watercolor on paper / 19 1/2 x 16 3/8 inches

Des Moines Art Center's Louise Noun Collection of Art by Women through Bequest, 2003.321

SOUND BATHS

SATURDAY, APRIL 23
8:30 AM

SATURDAY, JUNE 4
8:30 AM

FREE

Musicians Deb Jennings and Justin Appel will create a sound bath using singing bowls and a gong while exploring some of the unique architectural spaces and artworks of the Art Center. A sound bath is a deeply-immersive, full-body listening experience that uses sound to nurture your mind and body.

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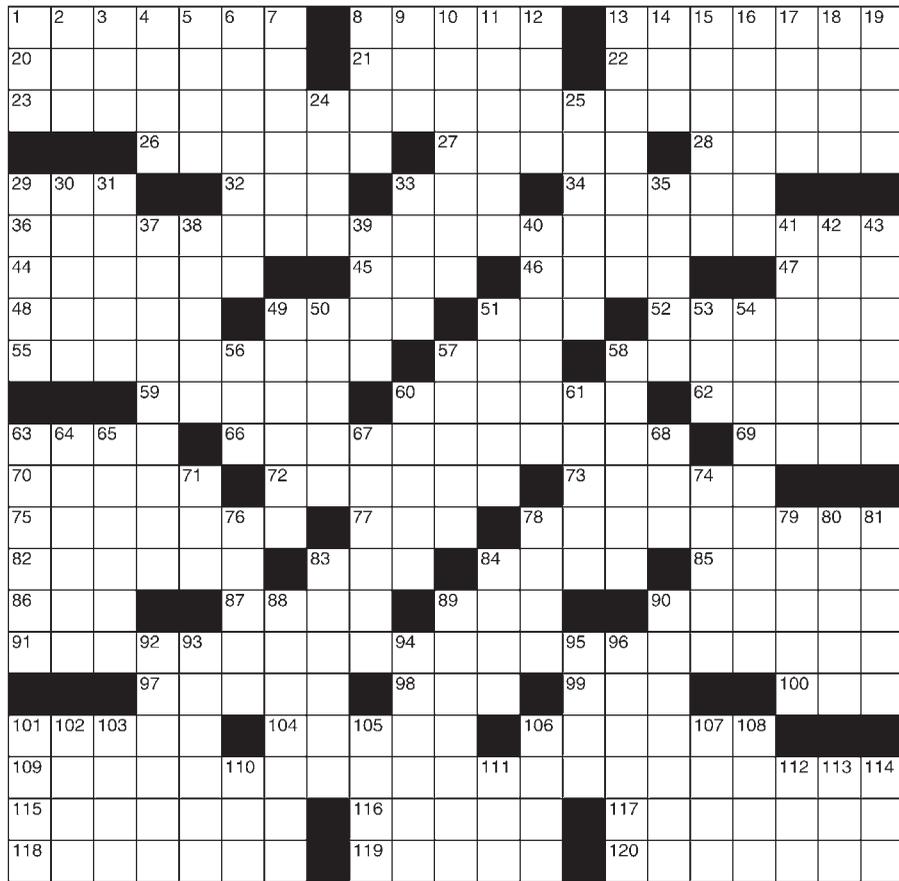
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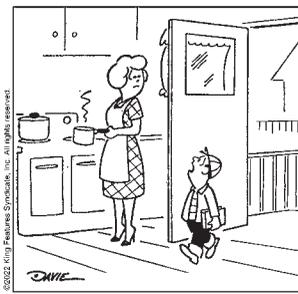
LOBBY GROUP



- ACROSS**
- 1 Hero-worship
 - 8 Not -- (fair to middling)
 - 13 Gave a prize to
 - 20 Big name in cassette tapes, once
 - 21 Bad booze
 - 22 "Wouldn't It Be --" ("My Fair Lady" song)
 - 23 Start of a riddle
 - 26 Came after that
 - 27 Violin master Mischa
 - 28 Library no-no
 - 29 Aflame
 - 32 "Every day -- new day"
 - 33 ETs' craft
 - 34 Brief tussle
 - 36 Riddle, part 2
 - 44 Not wholly
 - 45 "Cool" moola amount
 - 46 Bottom
 - 47 Pro-school gp.
 - 48 "Hi, Don Ho!"
 - 49 Tease in fun
 - 51 Store window info: Abbr.
 - 52 Smear all over
 - 55 Riddle, part 3
 - 57 --bah (big wheel: Var.)
 - 58 Reach as far as
 - 59 "On the Beach" novelist
 - 60 Jimmy Dorsey hit
 - 62 More furtive
 - 63 "Uncle Moses" novelist
 - 66 Riddle, part 4
 - 69 Gen -- (millennials)
 - 70 Rental for relocation
 - 72 Flip out
 - 73 Feudal toilers
 - 75 Novelty
 - 77 Miniver's title
 - 78 Riddle, part 5
 - 82 Moon of Neptune
 - 83 Be the victor
 - 84 Sci-fi sage
 - 85 Lasso part
 - 86 Suffix with east
 - 87 "Oh, really?"
 - 89 Country singer Tillis
 - 90 Charge to run a promo
 - 91 End of the riddle
 - 97 Firebug's crime
 - 98 Possible reply to "Are you sure?"
 - 99 "That's the guy!"
 - 100 Calendar spans: Abbr.
 - 101 Tehran native
 - 104 Candle parts
 - 106 Dominion
 - 109 Riddle's answer
 - 115 Barbuda's partner island
 - 116 -- two (a few)
 - 117 Books filled with maps
 - 118 Most sharp
 - 119 Spacek of "3 Women"
 - 120 Pedicure target
 - 10 Optimistic
 - 11 Leopardlike animal
 - 12 -- McAn (big name in footwear)
 - 13 Format of AP Radio Network
 - 14 "Alas!"
 - 15 Lemmon/Wilder comedy
 - 16 Take hold again, as a plant
 - 17 Three, in Munich
 - 18 Yale alumni
 - 19 Bit of force
 - 24 Try, as a case
 - 25 Turkish VIPs of old
 - 29 Wash gently against, as the shore
 - 30 Novelist Calvino
 - 31 Dice toss
 - 33 Infantry division
 - 35 1990s fitness fad
 - 37 Tom Cruise's role in "Mission: Impossible"
 - 38 Get -- start (not begin on time)
 - 39 "Sure, put me down for it"
 - 40 Not in the country
 - 41 Neck and neck, scorewise
 - 42 Fix at the vet's
 - 43 Eva, Magda and Zsa Zsa
 - 49 Objects
 - 50 Middle name of Emerson
 - 51 Rhino's pair
 - 53 Canon camera series
 - 54 Under oath legally
 - 56 Roman 106
 - 57 Odists, e.g.
 - 58 Swiss canton or its capital
 - 60 Reject rudely
 - 61 Lay new turf on
 - 63 Her niece is Dorothy Gale
 - 64 Shepherd once of "The View"
 - 65 Sounding like a crow
 - 67 Bad blood
 - 68 Prefix with cuspid
 - 71 Zodiac feline
 - 74 Italian handbag brand
 - 76 Pouty states
 - 78 Shed feathers
 - 79 Composer Carmichael
 - 80 On the move
 - 81 Many minors
 - 83 Hot dog, informally
 - 84 Rural assent to a woman
 - 88 Feline in competitions
 - 89 Ailment with red spots
 - 90 Confess about
 - 92 Submit, as homework
 - 93 Emergency room sorting
 - 94 Waikiki wear
 - 95 "Alas!"
 - 96 Bites lightly
 - 101 "Out of Africa" writer
 - 102 Bit of Viking writing
 - 103 Poker post
 - 105 Corp. money handlers
 - 106 "Climb -- Mountain"
 - 107 Make mad
 - 108 Israeli statesman Abba
 - 110 Frat letters
 - 111 Calendar spans: Abbr.
 - 112 Overtime foe of the USSR
 - 113 Waikiki wear
 - 114 Immigrants' class, in brief

DOWN

- 1 Pal, to Pierre
- 2 Dict. lookup
- 3 Thurman of "Kill Bill"
- 4 Ear feature
- 5 Make -- for it (take off)
- 6 Tautness
- 7 Alibi, e.g.
- 8 Like many horse hooves
- 9 Reaction to a punch



"Well, our class had its first drop-out—the _____."

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!

Common PEACH

Roller TRACES

Brawl LAWNGER

Delight TASTER

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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: ◆

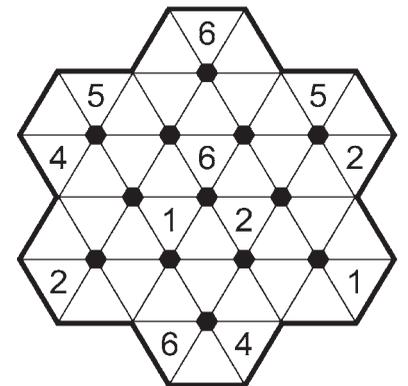
- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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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.

	÷		+		3
+		×		+	
	-		÷		1
÷		-		÷	
	+		÷		2
2		4		1	

DIFFICULTY: ★

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

2 3 3 4 5 6 7 8 9

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Ronda Bennett



Runners-up

"Heading to The Chicken!"

Scott Ingvaldson

"Donald's new bike was equipped with both a foghorn and a leghorn."

Mark Alvord

"I started to wonder if the backyard chicken raising hobby had gone a bit too far when I saw my wife's new bike."

Todd Winchester

"Colonel Sanders was sponsoring Mark to ride RAGBRAI this year and even provided him a bike."

Jim McCool

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JOE'S NEIGHBORHOOD

BY JOE WEEG

Stuck in Bad Luck Canyon

Where is the cricket on the hearth when I need it?

Sometimes it seems like the only thing you can win is the short end of the stick. Why is that? Did you break a mirror, walk under a ladder, step on a crack? Honestly, it doesn't matter how careful you are, some days bad luck seems to be the only road. Sure, Good Luck Avenue is out there somewhere, but there you are in Bad Luck Canyon — with a flat tire — no air in the spare — and is that the last donut?

By the way, I'm not talking serious bad luck, but the kind of bad luck where things just don't seem to be cutting in your favor. You know what I'm talking about. Like today, I'm in the self-check-out lane at the grocery store and the person in front of me is trying to buy some beer. Fine. Of course the attendant has to verify that the beer-drinker is 21, so I wait. No big deal. Holding my heavy purchases, I wait patiently. Shifting from one foot to the other. Waiting. Yup, that's me. Waiting.

Ah, there's the attendant.

But the attendant goes to help the guy in the other lane who is apparently on some type of fruit fast that requires the

weighing and identifying of 32 unusual types of fruit. This could be hours. And now I'm pretty sure that the kid in front of me with the beer is actually skipping class from middle school.

This is just bad luck. Pure and simple.

Or, how many of you have taken your car in for a tune-up and thought there won't be anything major wrong? Don't be silly. It's Bad Luck Tuesday. Of course there will be major things wrong.

"Sure, you can drive the car, Joe," my mechanic said last week, "and all that carbon monoxide coming in through your heater shouldn't kill you as long as you keep the windows open."

Dead or chilly? Trust me, those are bad-luck choices.

Or my personal favorite, when the windstorm hits and all the houses around me are unscathed. Yahoo for them. But then I see the neighbors standing around on the sidewalk looking at my house. Hmm... and when I go outside to see what fun I'm missing, there is the old sycamore tree, my



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SCAN ME

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sycamore tree, apparently taking a timeout on my roof.

Such is the life of one who has bad luck.

So, it's time for a little good luck. For all of us. But where exactly does one find good luck?

"If you touch a chimney sweep, it is considered good luck." The smiling chimney sweep, Tim Hughes, tells me.

Really? That is all it takes? I just have to find a chimney sweep?

"Occasionally I'll be somewhere, and someone comes up and touches me. They tell me they just wanted some good luck." Tim laughs.

Tim Hughes and Eddie Buntenbach are out cleaning and inspecting chimneys for Chimney Cricket Family Chimney Sweeps — originally started by Tim's dad in 1983.

"My dad has even been invited to a few weddings because having a chimney sweep at your wedding is considered good luck."

I'm 41 years too late for the wedding, but how are chimney sweeps at funerals?

"And not only do chimney sweeps bring good luck," Eddie adds, "but a cricket on the hearth brings good luck."

You're kidding?

"There is actually a 'roof cricket' on your chimney that diverts water," Tim says, "but a chimney cricket, a little model of a cricket on the hearth, is really supposed to bring good luck."

This, of course, leads to the obvious next question:

"So, while you're up on the roof do you ever want to play Bert the Chimney Sweep singing and dancing in 'Mary Poppins?'"

Tim and Eddie look at each other with a twinkle in their eyes.

"Of course, this is a serious job." Tim says smiling. "We are trying to make it safe. I think we have really saved people from very dangerous issues like carbon monoxide poisoning. We have gone into houses and seen wood up in the chimney — not a good idea and a real chance of fire. To be able to help people out means a lot to us."

"We can leave people with confidence their chimney is safe," Eddie adds.

But...

"But there is something special about being up on a rooftop around sunset, and you have a great view," Tim says. "So, yes, I have done 'Step in Time' up on the roof, occasionally."

"Step in Time" is the call-and-response tune sung by Dick Van Dyke and other chimney sweeps on the rooftops of London and composed by the Sherman brothers for "Mary Poppins":

"Round the chimney, step in time

Round the chimney, step in time

Never need a reason

Never need a rhyme

Round the chimney, you step in time!"



There you go. Today only. Chimney sweeps. Change your bad luck to good. And, for an added bonus, you now know the correct song to sing when you're on a rooftop.

By the way, Tim and Eddie inform me that my chimney is totally unsafe and a fire hazard.

Yup, the short end of the stick. That's me. Stuck in Bad Luck Canyon. ■

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



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BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

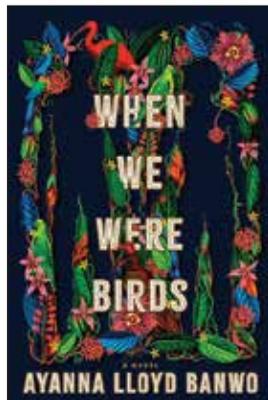
'When We Were Birds'

I can write this review in one sentence: This might be the perfect magical realism novel; go read it.

Yejide has a complicated relationship with her mother, to say the least. Bitterness and neglect and a strange family burden crack the mother-daughter relationship beyond repair. When her mother dies, Yejide is left adrift with an unwanted inheritance. She is now responsible for shepherding the dead souls in her city to the afterlife. She soon finds herself at the gates of Fidelis, Port Angeles' oldest cemetery, where she meets Darwin, a soon-to-be gravedigger who has cut ties with his Rastafarian roots in order to provide for his family. Darwin and Yejide both have battles to fight with the past to find healing, love and what family really means. These powerful, beautiful characters lead the way into a soaring, immersive story that I literally couldn't put down.

This book is bittersweet, rapturous, immersive and oh-so-gorgeously written with not a single word out of place. Ayanna Lloyd Banwo has created a rich, tender and heartbreakingly human story that's better than good; it's truly magical. ■

— Review by Julie Goodrich



By Ayanna Lloyd Banwo
03/15/22
304 pages
\$27
Doubleday Books

'Wild and Wicked Things'

A retelling of "The Great Gatsby" with magic and gay witches? Sign me up. It's always fun for me to find a new author doing interesting things with old stories. Some stories are so ubiquitous as to be engraved in our bones and lose their wonder in the bargain. In the right hands, though, something old is new again, teaching new lessons and sparking that old joy with a new sheen.

Annie came back to Crow Island to settle her father's affairs after his death. She didn't come back to be roped into a decadent and slightly menacing crowd of wealthy, illegal magic users. Yet, her best friend Bea draws her in against her will, and suddenly murder, romance, secrets and dark magic all turn Annie's world upside down.

Set in the post-WWI jazz age, where the wealthy seemed like almost another species, the addition of magic and unwise romance just add to the dark, lyrical writing to make a fantastic story. I adored this book and can't wait to see what Francesca May does next. ■

— Review by Julie Goodrich



By Francesca May
03/29/22
432 pages
\$28
Redhook

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Another world premiere

Iowa playwright Karen Schaeffer has her third in less than a year.

Guinness will have to confirm, but few, if any, playwrights have experienced three world premieres in the span of nine months. Iowa has one such creative of lofty stature: Karen Schaeffer. Her “Temporary Insanity” was produced by Bellevue Little Theatre in Omaha last June. It was nominated in seven categories under Performing Arts - The Omaha Entertainment & Arts Awards, winning the Outstanding Comedy honors. In February of this year, the American Association of Community Theatre selected Schaeffer’s “Unpacking Mother” as part of their coveted NewPlayFest program to annually introduce six new plays to audiences. This story displays Schaeffer’s versatility, delving into a heart-touching tale about two sisters in the wake of their mother’s death.

“Girls’ Weekend 2: The Bachelorette Party” (GW2) is the third, a sequel to the boisterous, delightful continuation of this theme when the Des Moines Community Playhouse produced “Girls’ Weekend” during its 2014-15 Season. Schaeffer’s playwriting muse has given her a focused dedication to a growing legacy of well-crafted scripts featuring strong female characters. Audiences are loving them and the witty, well-honed dialogue that keeps each story clipping along. The next launch happens in the Stoner Theater inside of Des Moines Performing Arts’ Civic Center and will be produced by Iowa Stage Theatre Company.

Schaeffer shares her mission in playwriting. “I started with the notion there is a shortage of female roles in theatre. As theatres began to embrace the same notion, my plays got picked up. My aspirations coincided with a new value placed on women’s stories.”

She created “Girls’ Weekend” 11 years ago. For a couple of years, her focus was to get the script right and then get it produced outside of Iowa. When it was picked up by Dramatic Publishing, she “let it go.” This allowed her to focus her creative energy on other projects, writing one or two first drafts a year since.

Director Kathy Pingel, who directed the first in this series, returns to guide GW2. As a veteran director, this project proved to have special allure which appealed to her.

“We talked about a sequel for ‘Girls’ Weekend’ in the dressing room on opening night. Karen is a savvy writer who knows what her audiences want. After it was published, she heard laughter across the nation as more and more theatres met Meg, Dot, Ellie and Carol (the anchor characters in the show),” reflected Pingel. “You couldn’t have kept me away.”

A cornerstone of GW2 is the return of the core cast. Each developed Schaeffer’s roles with such layering and nuances that the opportunity to have audiences continue the journey with them proved pivotal.

“We’re all a few years older now, and that brings fresh perspective to the story,” Pingel shares. “What has not



(L to R) Kaci Kohlhepp Conetzky, Nancy Zubrod, Rebecca Scholtec, and Megan Shettler Schug in the 2014 Des Moines Playhouse world premiere of “Girls’ Weekend.” They reprise their memorable roles with the world premiere of “Girls’ Weekend 2: The Bachelorette Party” at Iowa Stage Theatre Company beginning April 29. Photo by Steve Gibbons

changed is the dedication of the cast and the trust it takes to be outrageous.”

Schaeffer continues the unique evolution of this “Girls’ Weekend” franchise as she describes the special motivation for GW2.

“Characters have always spoken to me, but in this case, I hear the actors’ voices when I’m writing lines for their characters. I can see them on stage. I know how they move.” Having developed her talents on the stage undoubtedly helped guide her skills in conjuring great characters and engaging dialogue.

Her phone is her muse’s scribe. She admitted that she “has a list of ideas waiting, including ‘Girls’ Weekend 3.’ ” Three world premieres in nine months. Greater Des Moines gets to experience one of them with Iowa Stage’s premiere of “Girls’ Weekend 2: The Bachelorette Party,” which opens April 29.

Des Moines Performing Arts and Hoyt Sherman Place Theatre are filling their calendars with an eclectic array of performance experiences, from the best in national musical and comedy acts to touring Broadway shows. The Stoner Theater is home to Iowa Stage Theatre Company, Comedy Xperiment, and Des Moines Young Artists’ Theatre. Add Tallgrass Theatre Company’s new home in West Des Moines, and the beehive of performing arts activities and classes at one of America’s best community theatres, the Des Moines Playhouse. Ankeny Community Theatre, Carousel Theatre in Indianola and Class Act Productions (CAP Theatre) in Altoona further expand the footprint. Explore, attend and enrich your life — be a cultural adventurer. ■

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



OVERHEARD IN THE LOBBY

Ankeny Community Theatre

www.ankenycitytheatre.com

- “Aura” – April 1-10

Des Moines Community Playhouse/Kate Goldman Theatre – www.dmplayhouse.com

- “Singin’ in the Rain” – through April 10

Des Moines Performing Arts/Stoner Theater/Temple Theater

www.desmoinesperformingarts.org

- Sebastian Manicalso, Magician, “Nobody Does this Tour” – April 14
- Ballet Des Moines, “Of Gravity and Delight” – April 22
- Comedy Xperiment – April 22-23
- “Paddington Gets into a Jam” (Family Series) – April 27

Hoyt Sherman Place Theatre

www.hoytsherman.org

- “Alice in Wonderland,” School of Classical Ballet & Dance – April 2-3
- Kathleen Madigan “Do You Have Any Ranch?” Tour – April 22
- Henry Rollins: “Good to See You 2022” – April 23

Iowa Stage Theatre Company (Stoner Theater) – www.iowastage.org

- “Long Day’s Journey into Night” – through April 3
- “Girls’ Weekend 2: The Bachelorette Party” – April 29 – May 15

Tallgrass Theatre Company

www.tallgrasstheatre.org

- “Tiny Beautiful Things” – April 29 - May 15

DES MOINES FORGOTTEN

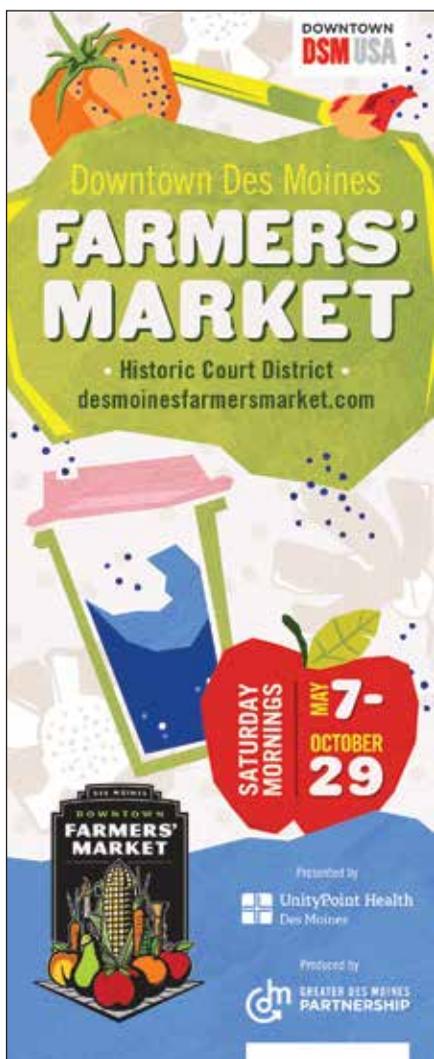
BY KRISTIAN DAY

Duck and cover

The film was just as ridiculous as most educational scare films of the atomic age were.

On the morning of March 23 at 10 a.m., many Iowa communities held a statewide test of their tornado sirens. This was different from the usual Saturday noon test, or as I like to tell people, the “lunch siren.” We are now several generations separated, but I remember hearing stories about the “Duck and Cover” days and the fear that came with the Atomic Age and the nuclear arms race.

When the Soviet Union launched its first atomic bomb in 1949, Americans were rightfully nervous. In 1945, the U.S. had dropped its atomic bombs on Hiroshima and Nagasaki in Japan, signifying the end of World War II. The destruction was seen by the world, and we had yet to learn about the dangers of radiation and fallout. In 1951, President Truman created the Federal Civil Defense Administration (FCDA) to announce and implement precautions that should be taken to survive an atomic attack from the Soviet Union. One of the most famous approaches was at the public school level where teachers were trained to conduct air raid drills. They would yell “Drop!” and students would react by kneeling under their desks with



Pupils at Kirkwood school Wednesday put into practice training they have received in civil defense safety measures in case of an atomic attack. Kirkwood is first school in city to perfect its civil defense drills. Others are

organizing them. One type of drill—for a flash attack without warning—is pictured here. First grade class was quietly absorbed in classwork (above) when Edith Cooper, teacher, suddenly announced, “Duck and cover!” . . .



. . . Those words set off this scramble as youngsters immediately reacted to the verbal signal. Those at tables ducked under table, with backs to windows, and covered

heads with hands. Those not near a table crouched facing wall away from windows. Children showed good speed in finding cover . . .



. . . All under cover, children remain in position quietly until teacher announces “all clear” signal. In case of an “attack with warning” (when warning would be citywide),

a special electric horn sounds the signal at Kirkwood, and children walk in single file to designated shelter areas. Films show pupils what they are to do in drills.

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“Duck and Cover”
Des Moines
Tribune Article,
Feb. 11, 1953.
Contributed by
the State Historical
Society of Iowa.

hands clutched around their heads and necks. The FCDA commissioned what is now considered a famous educational film called “Duck and Cover” in 1951. The film was just as ridiculous as most educational scare films of the atomic age were. It combined a mix of live action actors and animation featuring a turtle named Bert that wore a pith helmet. Bert would encourage kids to duck down to the ground and get under some form of cover like a desk, a table, or next to a wall.



Camp Fire girls with civil defense kits for Des Moines residents. 1960. Contributed by the State Historical Society of Iowa Special Collections.

Upon the release of “Duck and Cover,” the hydrogen bomb was being tested and introduced a new threat. The H-bomb was more complicated and more destructive than the A-bomb that was dropped on Japan by the United States. In fact, it took a smaller A-bomb just to ignite an H-bomb’s fusion material. To put this in perspective, the A-bomb dropped on Hiroshima was equivalent to 15,000 tons of TNT. The H-bomb was the equivalent to 10,400,000 tons of TNT. This is 10.4 megatons of energy versus 15 kilotons of energy.

Gary Monte, the station manager at 98.9 FM KFMG, remembers the details. “Fire alarm bell is constant; the ‘Civil Defense Siren’ bell is intermittent, which means it rings and stops, rings and stops, rings and stops. When you hear the ‘Civil Defense’ alarm bell, you will be told whether to open the windows (tornado) or close the windows (A-Bomb),” Monte shared. “Then go to the nearest concrete block wall and get as close to it as you can; duck face down and cover the back of your head with your hands. Stay in this position until you hear the ‘All Clear,’ which was just one long bell. I remember very clearly learning and practicing this drill in kindergarten, in Carbondale, Illinois, where the wall that the teacher told us to use was directly under the row of classroom windows.”

Of course, we now know that a school desk was not going to protect a student from a bomb that was dropped from directly above. It would only protect from a bomb dropped from a distance.

Some public schools issued metal dog tags to students like those issued to soldiers at war so they could identify the bodies of students after an attack. In the 1960s, President Kennedy was a major advocate for fallout/bomb shelters. He encouraged families to dig holes in their backyards and build shelters to ensure survival of a nuclear attack. People would stock the shelters with everything needed to sustain life: canned goods, clothes and even board games.

“Duck and Cover” didn’t last long.

“I recall seeing fallout shelter signs in downtown Des Moines when I was a boy,” said Leo Landis, state curator at the State Historical Society of Iowa. “I don’t recall worrying too much about the Soviets or an atomic attack on Iowa like people did in the early 1950s. Clive had a noon siren like a lot of Iowa towns through the 1960s and 1970s. While today we think of these as severe weather sirens, many were originally placed as civil defense devices in World War II.”

Is there a red button sitting on a desk somewhere in this world that fires a missile or shuts off the Internet? Uncertainty is the catalyst for fear. What will happen next? ■

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



Syphilis is on the rise in Iowa.

Syphilis is a sexually transmitted infection. Early numbers show a **75% increase** in syphilis cases in Iowa from 2020 to 2021.

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CARS IN THE CITY



Model driven: 2022 Land Rover Defender 110 S; \$60,805; 18 mph combined gas mileage

Land Rover Defender

I felt like my driver's education instructor was sitting next to me, telling my 16-year-old self I should have braked sooner.

BY JACKIE WILSON

Driving an all-terrain vehicle in the flat roads of Iowa doesn't do justice to test driving all the impressive features of a Land Rover Defender. Even if your journey only involves driving on gravel or across a grassy tailgate area, it's a solid vehicle to drive.

The 2022 Land Rover Defender 110 S is a four-door, all-wheel drive, with a two-liter, turbo-charged, four-cylinder engine. With eight speeds and 296 horsepower, it's well known for all types of climates, from the sandy deserts to the rocky Southwest.

The Defender is solid both inside and out. The interior is rugged with exposed rivets, grab bars and other materials made to withstand extreme heat, sun and cold temperatures. Durable rubber flooring means easy cleanup from melted snow, mud and dirt.

The seats aren't typical leather or cloth. These ebony-colored, chequer-finished seats are called "Resist." It's a leather-free, tough abrasive-resistant material, which is more durable and contains a lower carbon footprint than traditional leather.

It's a little climb getting in, but after adjusting the seat, check the 11.4-inch screen to see what's around you. The 3-D surround camera views are notable. These safety features ensure no other vehicle, obstacle, person or hazard is around to collide with you. On the screen, you can see a 360-degree view of your vehicle including what's behind it, beside it and on top of it. It's like there's a filmmaker monitoring your every move.

One unique setting on the rearview mirror is called ClearSight, which uses a live video feed so you can see the path directly behind you. It differs from a regular rearview mirror in that, even if you have tall passengers or gear packed into the back seat, you can see the road behind.

Safety features are monitoring most everything around you and tell you when danger approaches. I discovered this when I was driving along and a car ahead of me stopped suddenly to make a right turn. On my instrument panel, a yellow hazard sign was flashing "COLLISION ALERT."



The warning might have well said "Heart Attack Alert." Was I that close to rear-ending the car? I didn't think so, but it definitely caught my attention. If I hadn't slammed on my brakes, the vehicle would have taken over and applied the brakes. I felt like my driver's education instructor was sitting next to me, telling my 16-year-old self I should have braked sooner.

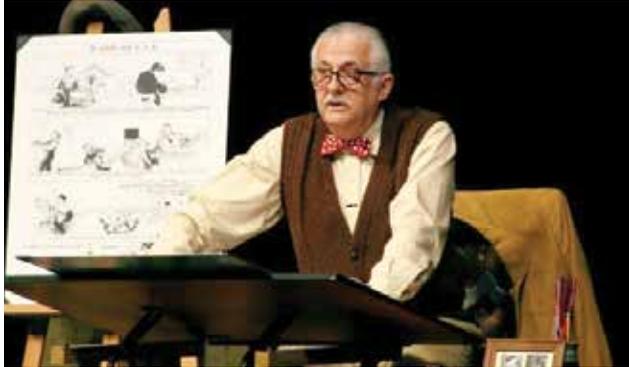
Land Rovers were originally considered to be a British version of the Jeep and launched in 1948. Their all-terrain vehicles go through a torrent of all conditions. The Wade program senses underneath the carriage when water approaches a certain wade depth. The electronic air suspension then extends, up to 35 inches. It might not work for an average Iowa puddle, but it's good to know for unknown flooded areas in an emergency.

The Defender is a smooth ride for a four-wheeler. I imagined it to be bouncy and rough; however, I barely felt any road vibrations. Towering so high above the small cars below, it's no wonder so many people choose to drive large vehicles. ■

One-man show

Tom Milligan portrays famous Iowans in various shows.

For nearly 50 years, Tom Milligan has immersed himself in the theater industry in and around the Des Moines area. His roles have included actor, director, scene designer, producer and writer, among other things. Today, he works as a special education classroom associate, but his theater career continues.



Tom Milligan performs his one-man show "Cartoons & Conservation: A Visit with Ding Darling."

Milligan performs three separate one-person shows: "Grant Wood: Prairie Rebel," "American Dreamer: The Life and Times of Henry A. Wallace" and "Cartoons & Conservation: A Visit with Ding Darling." For 25 years, Milligan has performed each of these shows across Iowa, the Midwest and nation.

"The three one-person shows are all about famous Iowans that have a national and world footprint... They're all shows that make you feel good about being an Iowan," Milligan described.

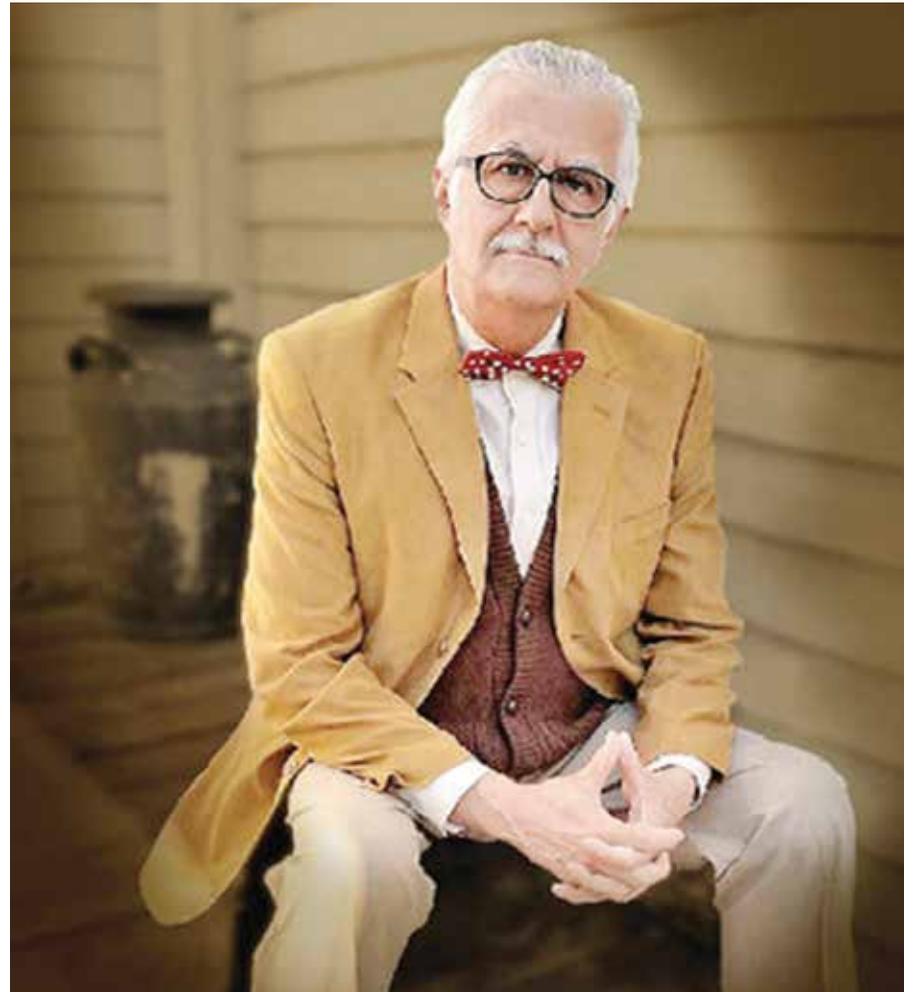
His longest-running show is about Grant Wood. "Grant Wood: Prairie Rebel" is a 45-minute chat between Wood and the audience. For 25 years, Milligan has told the story of Wood, the painter behind "American Gothic." This piece has taken him to a variety of venues to perform.

"Grant Wood is about art, so I do a lot of art museums and things like that," he said.

For 22 years, Milligan has performed as Henry A. Wallace, the 33rd vice president of the United States, and, of course, Iowa native. "American Dreamer: The Life and Times of Henry A. Wallace" is a one-act play named after a book with the same name by Sen. John C. Culver and John Hyde.

His other one-man performance, "Cartoons & Conversations: A Visit with Ding Darling," is an hour-long presentation telling the story of Ding Darling, the long-time Des Moines Register cartoonist and well-known conservationist. Darling won two Pulitzer Prizes for his editorial cartoons, created the Duck Stamp, and founded the National Wildlife Federation. This show has taken Milligan well beyond the Midwest. Milligan has gone to many conservation sites to tell the story of Darling. Three years ago, Milligan went to the Patuxent National Wildlife Refuge in Maryland and performed for the National Duck Stamp Competition; he went to Missouri, performing at five different conservation sites; and has performed at the Ding Darling National Wildlife Refuge in Sanibel Island, Florida.

Before becoming a traveling one-man performer, Milligan served on the staff of many Des Moines area theaters. Charlie's Showplace Dinner Theater, The Des Moines Playhouse, Hoyt Sherman Theater and the Ingersoll Dinner Theater are just some of the venues where he has acted, directed, scene designed and produced. He freelanced



for many years before the producing director of the Old Creamery Theater Company in Amana asked Milligan to join the theater full-time.

"I came over in 2006, moved over here to Amana, and was a part of the Old Creamery staff for eight years and part of 100 different shows," he said. Milligan served as the executive director for the last two years he was there.

Out of all the shows he has worked on, Milligan has a difficult time choosing a favorite. However, he continues to enjoy working with his wife, Deborah Kennedy, in the theater. During Milligan's back and forth between the metro and Amana, the two discovered they work well together. They performed many two-person shows before going on a five-year hiatus, until this year when they performed together once again.

"That is my comfort zone, being on stage with her," Milligan said.

At the end of the day, Milligan has to treat his performances as a business. Like all businesses, Milligan's TKM Productions took a hit because of the COVID-19 pandemic.

"I went from having the best year I had to having the worst year I had," Milligan explained. He had 23 performances scheduled for 2020 and ended up canceling all 23 for the year. However, his theatrical career is making a return. This year, he has 10 performances scheduled between now and September. ■

PEOPLE & PETS

Family of pets

A cat, a dog and a bearded dragon reside in the Mott home.

BY JACKIE WILSON

Strolling the streets at night, Oliva the cat scavenged for food from humans. As a skinny small kitten, Oliva had free range of the outdoor world... until she met Bethany Mott.

Mott found Oliva outside her home in 2007, and the pair bonded. Oliva quickly settled in her new home with a comfy bed fashioned from a small basket. Yet the security of a stable home couldn't keep her inside for long.

"Before long, she came home pregnant and had a litter of kittens," Mott said. "She's a little socialite."

After a night of hunting, Oliva brings home "gifts" of the hunt to the family, dropping them off at their doorstep or outside a window.

Besides being an outdoor cat, Oliva learned survival tricks of obtaining food, which she still does indoors.

"The cat likes stealing food. I found her as a street kitten. She eats Doritos. She'll eat anything," Mott said.

Olivia steals food from their kitchen cupboards. One time she came out with a stick of butter and a sweet potato.

"We call her 'rat' sometimes," Mott said.

Also in the family pet mix is Puff the Magic Dragon, a bearded dragon that Mott's daughter Maddy obtained. Puff likes to jump on people and hang out with the family. Its favorite snack is live crickets, but it is also known to eat blueberries, broccoli and cilantro.

Puff and Oliva are buddies and often cuddle up to each other on the sofa. For Halloween, Mott dressed the cat and dragon in matching unicorn outfits.

As a dog walker for Auntie Abby's Professional Pet Sitting Service, Mott has become passionate about all animals. So when she saw a notice about a rescue dog needing a home, she couldn't resist.

"Someone gave her to us, looking to rehome. The dog had been clingy and thought she'd be better in a family setting," she said.

So the family adopted Kalita — a pit bull, lab and German shepherd mix.

"We weren't planning on getting a dog. It fell into our lap," she said. "Most dogs are a lot of work, but she is low maintenance."

The three animals mostly get along. The dog occasionally chases the cat, but as a social creature, Oliva likes the attention.

The Mott family takes all three animals on walks in their neighborhood. Oliva follows behind the dog, which is on a leash. Puff will hang out in a jacket pocket or sun itself on the top of a family member's shoulder.

They have to be cautious with the bearded dragon. It has never bitten anyone, but the neighbor's dog once snatched Puff while it was unattended.

"The dog stole the lizard in her mouth. We were chasing her around, trying to get the lizard. The kids were crying," she said. "He survived. He was perfectly fine."

Mott's daughter Milly would like her own pet and declares she'd take 15 cats and



Bethany Mott and her family have adopted a cat named Oliva, a dog named Kalita and a bearded dragon named Puff.



Puff and Oliva are close buddies that often cuddle on the couch.

15 dogs if she could hide them under her bed. But, for now, a dog, a cat and a bearded dragon will suffice for the Mott family. Besides, Oliva might not welcome any other pets into the Mott home.

"The cat is a queen. She doesn't get along with other cats," Mott said. "She's content with the family." ■

A one-two punch

Boxing club provides opportunity and helps build the sport.

Los Gallos Bravos Boxing Club is literally an “underground” boxing club in Windsor Heights. Not only is it the only boxing club in Windsor Heights, it is one of the few nonprofit boxing clubs in the state. Tucked underneath a tattoo shop, the hidden gym is occupied by about 20 kids on a nightly basis.

After work, coach Jimmy Signs opens the gym for two hours. Kids as young as 8 years old stop in at Los Gallos Bravos after school almost every day. They start off with light exercises and the basics and then move up to more advanced work. Once they are ready, the gym hosts sparring matches to prepare them for real matches.

Members of the boxing club have traveled across the Midwest to compete in tournaments in Illinois, Kansas City and Omaha. In Iowa, the team has competed in Davenport, Muscatine and Des Moines. For now, Signs goes to tournaments where his team will be successful, but, as soon as they get better, he will expand to tournaments even farther away. Kids in the club generally have about 12 fights under their belt now. In California, Texas and the East Coast, tournaments are held where kids will have participated in as many as 50, with a match every weekend.

“For wrestling, we’re great; for boxing not so much,” Signs said of Iowa. “We’re starting to try to change that.”

The boxing scene is growing in Iowa and in the Midwest. Signs hopes that pro boxing will help bring awareness to the sport. He thinks that exposure to professionals will show kids that the potential is endless.

“You can be a world champion if you work hard and train every day,” he said.

One of Signs’ goals has been to build up the community. He hopes his gym can be a part of that. He has programs that target at-risk and troubled youth. He hopes to take them off the streets and get them into the gym where they can be built up and join a team.

“Rags-to-riches stories are what we try to create,” he said.

Signs has had kids in the past who were troubled, but the gym helped turn them around. He mentioned a kid who was involved in gangs; however, he ended up getting with the right people and graduated from Iowa State. Today, he works as an electrical engineer on cars in Detroit.

Some parents might be concerned about the safety involved with sending their child to a boxing club.

“They think it’s unsafe; it’s totally untrue,” Signs explained, adding that they use proper equipment when they spar — big gloves, headgear and mouthpieces. Each participant is registered through USA Boxing, so they are insured in case of an accident. The gym is also sanctioned under USA Boxing, meaning it is also covered by insurance.

Signs describes himself as a “gym rat.” Ever since the recession in 2008, he had been jumping from gym to gym hoping to continue coaching kids. At one point, he hung a speed bag from a tree outside of his place and had heavy bags hanging outside, too. Signs and the kids would work outside at the dead-end street he used to live on. He would also try to sublease different spaces, but it never worked out because he would have to work on their schedule and their terms. Two years ago, he stumbled across the space he is in today.



Los Gallos Bravos Boxing Club operates as a nonprofit.

Jimmy Signs has a long-time passion for training kids in boxing. Now his program is growing since he found a gym space.

“It’s like the guy that gets a Lamborghini. You got to open up your garage and make sure it’s real,” he said.

The owner of Clover Tattoo, which is located above the gym, also owns the space below. For 25 years, a martial arts gym occupied the space before the man in charge retired. By coincidence, Signs’ friend had heard the former martial arts gym owner say that he wished he knew somebody who wanted to open a karate or boxing club. His friend piped in and told him about Signs. Signs thought the gym was perfect.

In recent years, Los Gallos Bravos has grown immensely. Signs remembers nights when he sat in the gym alone. Today, more than 20 kids and additional volunteers are there helping him train.

In order to pay the bills and transport team members to tournaments, the gym relies on \$60 membership fees and donations from local sponsors. The gym recently became an official 501(c)(3) so it can accept tax-deductible donations. ■

WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

Quitting cold turkey

Once cigarettes have grabbed hold of a person, it is difficult to break free from them. Thankfully, today's world has come a long way from the days of smoke-filled rooms and a lighter in every pocket. With products like nicotine patches, gum and inhalers — among many others — a growing number of smokers are putting the cigarettes away for good. ■



ANN WILLETT

Cancer causes life change

Right before New Year's, Ann Willett was diagnosed with Stage 3 epithelial ovarian cancer. Doctors first thought she had a prolapsed uterus as she'd just given birth to her son in November, but they found a tumor instead.

As a nine-year smoker, Willett's diagnosis gave her a wake-up call.

"It all came to me," she says. "I'm still young — I'll be 24 this month — and I can fight this. But, with all the bad habits, it was harder being sick, which has changed my thought process. I pray a lot more lately since finding out, and I told God if he sees me through this that I would quit smoking and change my habits completely."

In February, Willett quit by tapering herself off the cigarettes. Now, she can focus on her health and future.

"I have one cancer already; it seems redundant to give myself another cancer," she says. "I have two kids who I want to be around for."

Source: *Norwalk Living March 2022;*
By Lindsey Giardino

Read the full story here:



MIKE MALLBERG

Not cool anymore

Sports, especially football, have been an important part of Mike Mallberg's life. He played in high school, then at the University of Mississippi.

"I started smoking in college because I thought it was cool," says Mallberg, "and most of the athletes back in the '60s were smokers."

A lung cancer diagnosis at age 52 convinced him to quit for good. The surgery that took the cancer also took one of Mallberg's lungs.

Currently, Mallberg serves as a high school football umpire. He pushes young athletes not only to follow the rules of the game, but to live a healthy lifestyle.

"My advice is, 'Don't start,'" he says. "And, if you smoke, recognize the cost, not only to your wallet, but to your health. I would use the phrase John Madden used as a coach for the Oakland Raiders: 'Don't worry about the horse being blind, just load the wagon.' In other words, don't give excuses about why you can't quit, just do it."

Source: *Adel Living March 2022;*
By Marsha Fisher

Read the full story here:



KAREN ALLES

A pivotal nightmare

Karen Alles began smoking in 1965 mostly as the result of peer pressure and "wanting to be cool."

She was a heavy smoker from then until 2003. That year, she had a wake-up call in the form of a nightmare.

"I dreamed my little granddaughter, Taylor, was standing over my grave crying hysterically and screaming, 'You killed my grandma,'" Alles says. "The next day, the shopper came with an article for a class called Freedom from Smoking, which was offered by our local hospital and taught by Kim Hulbert. I called and enrolled. With God's help, I followed the steps and quit on April 23, 2003, and have not smoked since."

Alles' advice to those trying to quit?

"Have an accountability partner," she says. "One of the tips I still use today when the urge strikes is to inhale deeply, hold it like you did when you were smoking and then exhale slowly. It works."

Source: *Winterset Living March 2022;*
By Lindsey Giardino

Read the full story here:



ERIKA JOHANIK

If at first you don't succeed...

Growing up surrounded by smokers, Erika Johanik bought her first pack of cigarettes on her 18th birthday.

Her journey to quitting has been riddled with false starts and stops.

"I stopped smoking when I got pregnant with all three of my children, but, after they were born, I started back up again because I was always around it."

Johanik has tried multiple methods to quit: from nicotine patches and spearmint gum, to vaping and even hypnosis. Most strategies didn't work — but she hasn't let that discourage her.

"Having a good support system and those to help keep you accountable and understanding helps a bunch," she says. "But stay strong and work through it."

As of right now, Johanik has been cigarette-free since New Year's Day after slowly weaning herself off starting in November.

Her advice is to not beat yourself up if you aren't perfect the first time.

"Everyone has slip-ups and off days," she says. "It's what makes us humans."

Source: *Johnston Living March 2022;*
By Ashley Rullestad

Read the full story here:



get the **JOB**

Helpful tips for your employment search

HOW TO DREAM UP A CAREER PLAN

Whether you're starting out or at a career crossroads, advice is that it's worth looking at your spare-time interests. They are what can give you a head start to a fulfilling career.

What did you want to be when you were growing up? If you fancied becoming an astronaut, you aren't likely to have fulfilled your dreams. However, many of our childhood dreams of what we want to be when we grow up are often related to our interests, hobbies or natural skills. As we reach adulthood these aspirations often get forgotten or appear unattainable. But they shouldn't be. When looking for work it is often worth considering your childhood hobbies and interests — particularly those that stuck around into adulthood, or to which you returned to again and again. We are more likely to be good at something we enjoy and which comes naturally. Moreover, there are often lots of opportunities which can incorporate hobbies or

interests. For example, if football is your passion, coaching training courses can be available at local football clubs, in particular for jobseekers aged 18-24, or opportunities working as a groundskeeper or in hospitality at a football club. If you're interested in getting into teaching, one way might be to offer to help out at your children's school or look into becoming a classroom assistant, which can lead to a qualification. Those who aspire to be vets or just like animals in general could start by trying voluntary work at their local RSPCA or animal sanctuary to see what it's like, before looking for a job in the industry. Jobs could range from an administrator at a veterinary surgery to being a stablehand. There are lots of different options available, it's just a question of thinking laterally around where your interests lie.

To finish, here is a good tip on what to think about when considering making your hobby your job, or realising your childhood dreams. Ask yourself

if a job already exists that involves your hobby. Spend time actively researching this. It might be something that would require you to start your own business, or it might be something that is already available in someone else's business. Does the job you are thinking of require specific qualifications? If so, don't be put off. There are many opportunities to train or retrain to obtain these. Many of these are now remote and virtual, rather than being tied to a particular location. If you don't have a specific hobby, think about what you enjoy doing in your spare time. If you like surfing the internet and computers are your thing, consider web design or IT. And if you like playing games — you might actually enjoy making them as well, via game design. Talk your thoughts through with a friend or an adviser to sound out different ideas and work out how a new job would really fit in with your life and best suit your interests. ■

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