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FEATURE 20 DES MOINES' ULTIMATE PIZZA

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ASK CITYVIEW

By CITYVIEW staff

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CITYVIEW a note at editor@dmcityview.com.

The hottest day on record at the Iowa State Fair was Aug. 16, 1983, just in time for Older Iowans Day. Attendees enjoyed 108 degrees of Iowa weather. Heat or no heat, August in Iowa — of course — means it is Iowa State Fair time. CITYVIEW readers had a few questions regarding the behind-the-scenes of the Fair, so we consulted Mindy Williamson, the Fair's marketing director, and the Fair's website to glean the following answers.

Q.

What happens to the livestock manure at the Iowa State Fair? - *William, Des Moines*

A.

Some is composted, starting this year, with Metro Waste Authority. The rest is used for fertilizer on surrounding fields outside of Des Moines.

Q.

Is there any way to measure how many "sticks" are used for the Fair's food on a stick? - *Paul, Des Moines*

A.

Williamson says the Fair's vendors use sticks by the thousands while offering roughly 80 different products on a stick. She didn't know the exact number, but it is "a LOT." Fun fact, The Iowa State Fair actually uses sticks to cut down on trash waste.

Q.

Who cleans the grandstand after concerts? We heard it is the Saydel band? - *Karen, Des Moines*

A.

Local groups clean the grandstand, including the group from Saydel.

Q.

Can you conceal/carry at the Iowa State Fair?
 - *Von, Johnston*

A.

Guns are prohibited on the Iowa State Fairgrounds, with or without a valid Iowa permit to carry unless authorized by the Fair Board as per Iowa Code. Failure to comply with this rule shall be cause for expulsion from the fairgrounds and/or being charged under Iowa Code.

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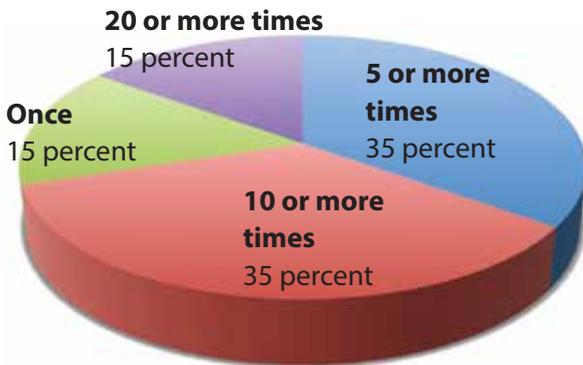
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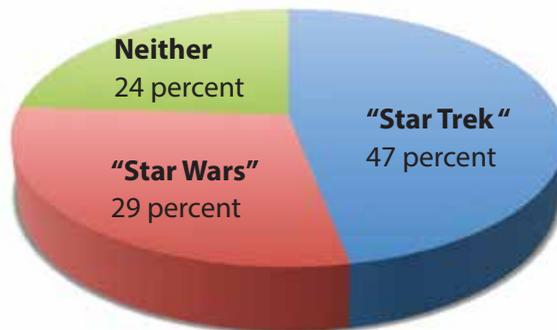
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Results from last month's polls at www.dmcityview.com

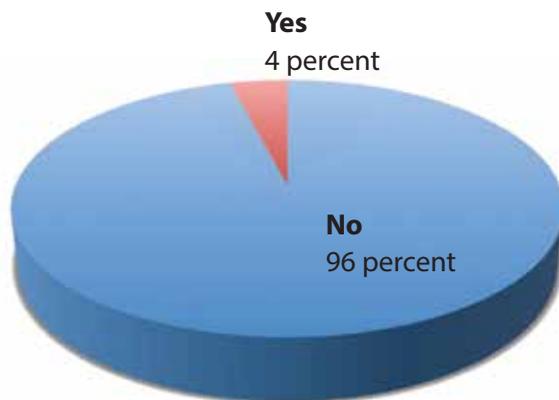
How often do you eat corn on the cob each summer?



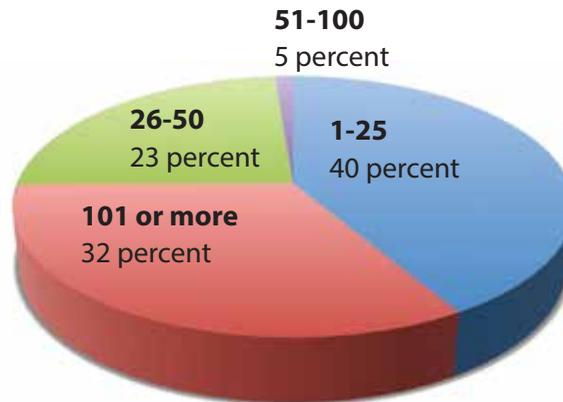
Which do you prefer: "Star Wars" or "Star Trek"?



Have you sent or received a fax in the last 30 days?



How many emails do you receive a day?



cityview magazine
(comments unedited)

CITYVIEW: What is the best way to cool off in Iowa's heat?

Erin Johnson-Foster Stay inside my air conditioning home and watch moives with my cat!!

Adam J. Moraine Staying inside the house and cranking up the central air.

Paula Northway Poland Floating on a raft in the pool.

Alison Cate Lake Panorama!

CITYVIEW: How often do you eat corn on the cob in a summer?

Julie Luepke not as often as i'd like.

Brad Floden How many days are there in the summer? Doy.

Stacia Mattix A lot when the prices arent so high.

Michael Leland Almost never. It doesn't do a lot for me.

CITYVIEW: When was the last time you went for a swim, and where?

Jeff Nelson Southtown swimming pool

Reike Plecas Clive aquatic center July 4th

Scott Southard Easter lake.

Shana Edwards Adventureland and Big Creek

CITYVIEW: Do you want to see President Trump's tax returns?

Tammy McDaniel No. I wish our government would actually work on something for the people instead of playing this game.

Brad Helmuth The people who care that he is a crook

RETWEETS (comments unedited)

@bombsfall: your mid 30's is wild b/c you'll see someone and assume they're 10 years older than you but they're one year younger and you'll see some 14 year old at the bank but they're actually 26 and processing mortgage applications

@sam_ash: 19 yr old me: making sure I'm ready hours before a show meeting up w/ my friends standing in line to get a good spot close to the stage 29 yr old me: waiting for traffic to die down before heading out alone to see the one band I want to see. Ok w/ standing in the back.

@nicole_byer: Well, I guess my favorite pastime is holding my breath after walking up the stairs with someone I just met so they can't tell how much I'm about to pass away from a simple task.

@WhaJoTalkinBout:

waitress: *showing me around the restaurant* welcome, is this your first time?

me: no no I've eaten food before

@rgay: The two most aggressive texters in my life are my eye doctor and Walgreen's. Chill, man.

@pittdave13: If my kid's toys ever come to life, I'm doing the sensible thing and claiming them on my taxes

@TheCatWhisperer: Marriage advice: don't sweat the small stuff like finances or parenting. Grow up and argue about who slept worse the night before.

@merestromb: Got to my dad's house and he was showing me all the food he has for me to snack on and he goes "and I have a guacamole ball" what's a guacamole ball you ask? well I will tell you. an avocado. He has an avocado.

@_roryturnbull: Hello, I'm a professor in a movie, I only reach the main point of my lecture right as class is ending. Then I yell at students about the reading / homework as they leave.

@youngandjoven: Can someone write an article on millenials killing the doorbell industry by texting "here"

do, the people who support his every move don't. I think it should be required instead of voluntary. Holding the highest office in the land is an honor and a priviledge that he just doesn't seem to understand.

Shea Holmer I'd be more interested in those of members of Congress.

Staci Cooper Zirkle At this point in time, I really could care less to see his tax return. We've been tryna get his returns for so long, why waste anymore time trying

CITYVIEW: What is your favorite community festival in central Iowa?

Kathy Fensterman National Balloon Classic in Indianola

Nina Finch Pancake Day!! Centerville Iowa!!

Erin Eickman Covered Bridge Festival in Winterset.

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STRAY THOUGHTS

BY RANDY EVANS

Iowans' wardrobes don't need these overalls

This is a good time for Iowans to put away forever what a friend once called our “mental overalls.”

The label was his way of describing the tendency of Iowans to downplay the state's importance in anything other than dirt-under-your-fingernails agriculture.

Being a farmer certainly is nothing to be ashamed of. But my friend thought Iowans were programmed to automatically sit quietly and say nothing when contributions to the arts, or the sciences, or to business, medicine or humanity were being discussed nationally.

In my friend's thinking, Iowans spend too much time putting ourselves down and too little time applauding our achievements.

There's no question about Iowa's expertise in agriculture and ag research. But there is no basis for Iowans to look down upon our contributions in other areas of life.

The 50th anniversary of the first humans landing on the moon is an excellent time to remember that Iowans have played important roles outside of agriculture, too.

During those eight days in July 1969, Iowans joined millions of people around the globe to watch the television coverage of Apollo 11 — from the anxiety-filled launch on July 16, to Eagle's harrowing landing on the moon's Sea of Tranquility at 3:17 p.m. on July 20.

From start to finish, Iowans played key, though unheralded, roles in getting Neil Armstrong, Edwin Aldrin Jr. and Michael Collins to the moon and back. Consider: Radio equipment that enabled flight controllers at Mission Control in Houston to speak with the astronauts on the moon's surface was designed and built in Cedar Rapids by Collins Radio Co.

Beginning with the Mercury and Gemini space flights and continuing through every Apollo mission, all voice communication, television footage and flight data was transmitted from space using Collins Radio equipment — from the gear aboard the spacecraft, to the gear in Houston and at Cape Canaveral, Florida, to the 14 tracking and communication ground stations built for NASA around the globe.

This all traces back to company founder Arthur Collins, one of the inventive geniuses in Iowa history and someone who never wore mental overalls.

As a 16-year-old shortwave radio enthusiast, Collins communicated with a 1925 expedition to the Arctic from the attic of his family's home in Cedar Rapids. Eight years later, when Adm. Richard Byrd was preparing for an expedition to the South Pole, Collins was hired to provide radios for the explorers — and the Collins Radio Co. was born.

During World War II, Collins Radio supplied the United States military with communications and navigation equipment for ground, ship and aircraft units.

The Apollo 11 astronauts headed to the moon on a giant Saturn V rocket, the largest ever built, standing 363 feet tall and 33 feet wide. The rocket basically was a huge fuel tank to power the spacecraft to 25,000 mph to break free of the Earth's gravity.

Not just any metal could withstand the tremendous heat and powerful forces the Saturn V was subjected to as it thundered off the launch pad at Cape Canaveral, with fire boiling from its tail.

NASA scientists turned to the metallurgy experts at Alcoa and its huge production facility adjacent to the Mississippi River at Riverdale in the Quad Cities. There, Alcoa developed a new aluminum alloy that was both lightweight and able of withstanding super-high temperatures.

On that morning 50 years ago when Apollo 11 departed Earth for the moon, it was the work of Alcoa's metallurgists and the men and women at the Riverdale plant who helped the rocket reach for the heavens.

Before there was an Apollo 11, before there was a Saturn V rocket, and before Neil Armstrong began thinking about “one small step for a man,” there was another Iowa man who played nearly an invisible role in landing the first humans on the moon.

John Houbolt was a NASA aerospace engineer who was born in Altoona, the son of immigrant farmers from the Netherlands.

There was intense debate among scientists over how best to get to the moon and back after President Kennedy laid out the goal for the United States to reach the moon during the 1960s. Some favored what was known as the “big blast,” with a rocket leaving the Earth, landing on the moon, and then blasting off to return home. Others favored putting a spacecraft into orbit around the Earth and then deploying a landing module for the voyage to the moon and the return to Earth orbit.

But Houbolt believed those approaches were much too complex, too expensive and too dangerous. He took his concerns straight to the top of NASA, knowing that he might jeopardize his career by speaking out.

Houbolt argued persuasively that the best approach would involve lunar orbit rendezvous — the mission format the United States ultimately adopted — with a rocket launching a command module into orbit around the moon, the deployment of a lunar lander carrying the astronauts, and then the lander blasting off from the moon's surface to rejoin the command module for the trip home.

During a television broadcast from Apollo 11 the night before they splashed down in the Pacific Ocean, astronaut Michael Collins spoke to an audience of millions back on Earth: “All you see is the three of us, but beneath the surface are thousands and thousands of others, and to all of those, I would like to say, ‘Thank you very much.’”

Once and for all, Iowans should throw away our mental overalls. The moon landing showed we didn't need them back then, and we certainly don't need them now. ■

Randy Evans is a retired Des Moines Register editorial page editor and assistant managing editor who now works and advocates for government openness and accountability. He can be reached at DMRevs2810@gmail.com.



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CIVIC SKINNY

A first: Search warrant on a judge's chambers. A fourth biker sues city. Opioid data. Steve Leath.

A Polk County judge this summer signed a warrant allowing a deputy sheriff to search the chambers of a fellow judge in search of evidence in a bizarre criminal case. No one can remember anything like that ever happening before.

"This was a first," says **John Sarcone**, who has been county attorney for 28 years and whose office prepares search-warrant applications for the sheriff.

It was all part of a weird side show in the long-running discrimination and retaliation lawsuit former Iowa Workers Compensation director **Chris Godfrey** filed against former Gov. **Terry Branstad** and some members of his administration. (See comment on next page.)

The suit, filed in January of 2012, finally went to trial in June in Courtroom 208 of the historic Polk County Courthouse. District Judge **Brad McCall** was presiding. Early in the trial, Godfrey's lawyer, **Roxanne Conlin**, fell ill with breathing difficulties and was hospitalized. She said the problem was caused by dust coming into the courtroom from renovation work being done at the courthouse.

Conlin earlier had asked that the trial be moved to a different courtroom. Chief Judge **Michael Huppert** rejected her request. (Ultimately, the trial was moved to Newton.)

At any rate, to prove the courtroom was an unhealthy place to work, Conlin's son, **J.B. Conlin**, entered the otherwise empty courtroom with air-monitoring equipment. Some deputy sheriffs saw him and called a building supervisor, who asked Conlin to leave. According to a court document, "Conlin refused, advising (the building supervisor) that it was a public building and he was allowed to stay."

Deputy Sheriff **John Harris** then was called. "I walked into Courtroom 208 and made contact with Conlin," he stated in an affidavit. "I shook Conlin's hand, introduced myself, and asked Conlin to leave. Conlin took a black in color I-Phone out of the right pant pocket and appeared to be recording the conversation." Conlin again refused to leave, according to the document, and deputies arrested him for "interference with official acts."

While all this was happening, the phone "landed on the floor," Harris' affidavit says. "Conlin asked Judge McCall to pick up the cell-phone. Judge

McCall retrieved the cell-phone and carried it away." Ten minutes later, deputies asked McCall to give the phone back, later saying in the affidavit that it was "the only known recording of the crime that occurred," but the judge refused. The deputies then sought a search warrant. Sarcone's office prepared it, District Judge Carla Schemmel signed it, and McCall's office then was searched.

Nothing was found.

Meantime, Judge McCall hired a lawyer — **Alfredo Parrish** — and Chief Judge Huppert asked that a judge from Southwest Iowa be assigned the case rather than a Fifth District Judge. The Supreme Court agreed to the request. No trial date has been set.

It's understood Conlin somehow got his phone back. ...

From a Washington Post database:

From 2006 to 2012, there were 129,633,553 prescription pain pills supplied to Polk County, with the number increasing each year. That's 44 pills per person per year. Of those, 47,816,390 of the pills — mainly hydrocodone and oxycodone — were supplied to prescription holders by Walgreen drug stores. Statewide, there were 562,927,414 prescription pain pills supplied, with Broadlawns Medical Center the individual pharmacy receiving the most — 5,280,560 pills. Combined, Walgreen pharmacies received 113,718,980 of the prescription pain pills.

The shipment of pills to Iowa (and elsewhere) has been rising yearly, and deaths in the state have been on a steady increase. According to the National Institute on Drug Abuse, there were 206 overdose deaths from opioids in Iowa in 2017. That's 6.9 deaths per 100,000 persons — which is less than half the nationwide rate of 14.6 per 100,000.

The Post and the Charleston Gazette-Mail in West Virginia fought for a year to get the database from the Drug Enforcement Administration, and then the Post went through 380 million transactions to come up with county-by-county figures for the United States. ...

Real-estate notes: The Aspen, Colorado, home of **Melva Bucksbaum** is on the market for \$23.5 million, and The Wall Street Journal says it "could potentially be a teardown." Even though the five-bedroom home (with separate caretaker's apartment)

Who Makes What

A new fiscal year began on July 1. Here are the salaries for the 15 highest-paid employees of the city, the county and the Des Moines school district for the new year.

City of Des Moines

Scott Sanders, city manager	\$259,700
Jeff Lester, city attorney	\$208,446
Matt Anderson, deputy manager	\$183,510
Dana Wingert, police chief	\$183,314
Lawrence McDowell, dep. city attorney	\$181,759
Pam Cooksey, assistant city manager.....	\$180,302
Phil Delafield, assistant city manager.....	\$174,712
Jonathan Gano, public works director	\$174,672
Robert Fagen, finance director	\$174,652
Carol Moser, deputy city attorney	\$173,584
Kathleen Vanderpool, deputy city attorney	\$173,584
James Wells, human resources director	\$170,220
John Tekippe, fire chief	\$169,484
Ben Page, parks and rec director	\$161,861
Anna Whipple, IT director	\$161,134

Des Moines School District

Tom Ahart, superintendent.....	\$306,484
Matthew Smith, assoc. superintendent.....	\$222,425
Harold Good, chief operations officer	\$211,943
Lilia Alvarado, chief of human resources	\$177,000
Shelly Bosovich, head of student services.....	\$156,127
Timothy Schott, executive director/schools	\$153,736
Susan Tallman, executive director/schools	\$153,736
Leslie Morris, East High principal	\$149,322
Noelle Nelson, executive director/academics.....	\$149,307
Nicholas Lenhardt, controller.....	\$146,531
Michael Vukovich, director/schools	\$145,549
Kevin Biggs, Roosevelt High principal.....	\$143,798
Paula Williamson, Lincoln High principal.....	\$143,798
Sheila Mason, director/human resources	\$142,330
Tiffany O'Hara, director/human resources	\$141,965

Polk County

Gregory Schmunk, medical examiner.....	\$268,047
Mark Wandro, county manager	\$218,805
John Sarcone, county attorney.....	\$206,787
Joshua Akers, assistant medical examiner.....	\$180,250
Nan Horvat, county attorney's office	\$175,769
Ralph Marasco, county attorney's office	\$175,769
Thomas Miller, county attorney's office	\$175,769
Jeffrey Noble, county attorney's office.....	\$175,769
Daniel Voogt, county attorney's office	\$175,769
James Ward, county attorney's office	\$175,769
Kevin Schneider, sheriff	\$172,070
Anthony Jefferson, IT department	\$161,227
Bob Rice, public works director	\$161,227
Keith Olson, treasurer's office.....	\$153,692
Betty Devine, family and youth services	\$153,692
Kurt Bailey, public works office.....	\$153,692

The Godfrey decision

The Chris Godfrey lawsuit should never have happened.

Former Gov. Terry Branstad should never have tried to fire the head of the Workers Compensation office, who was in the middle of a fixed six-year term.

Then, when that didn't work, the then-governor shouldn't have cut Godfrey's salary.

Then, when Godfrey sued, the then-governor should not have insisted that he and the state be represented by costly outside lawyers rather than the state attorney general.

Then the state should have settled the case before it got out of hand.

Then the ex-governor shouldn't have — in the eyes of the jury — lied on the stand.

That was then.

This is now:

Now, the state owes Godfrey \$1.5 million in damages established by a state-district-court jury last month in the seven-and-a-half-year-old case alleging discrimination and retaliation against Godfrey, a holdover Democrat and the only openly gay official in the Republican administration in Iowa. "The state" means taxpayers.

Now, the state owes the outside lawyers well over \$1 million — probably something closer to \$1.5 million, since all the bills aren't in yet. "The state" means taxpayers.

Now, the state owes Godfrey's lawyers an amount to be determined — but a good guess would be something close to \$3 million. "The state" means taxpayers.

Now, the ex-governor and Brenna Findley Bird, his one-time general counsel, might be on the hook personally for at least some of those costs. That's an open issue.

Now, the ex-governor will end his life of public service with an asterisk by his name, calling the attention to the fact he is — by jury verdict — a man who didn't want to employ gay people. ("Terry Branstad was the longest-serving governor in the history of the nation and was Ambassador to China in the Trump Administration.") *He was adjudged in 2019 to have discriminated against and retaliated

against an employee who was gay.")

Today, the taxpayers of the state of Iowa appear to be on the hook for at least \$6 million in costs and damages associated with the case.

Six million dollars in a case that was triggered by a mean-spirited administration that put in a mean-spirited pay cut that totaled just \$150,000 over four-and-a-half years.

Six million dollars would pay full room, board and tuition for a year for about 275 Iowa students at a state university.

Six million dollars would pay for more than 125 much-needed social workers for the state of Iowa, or more than 125 firefighters, or more than 100 school teachers.

Six million dollars would pay for filling 60,000 potholes in the state of Iowa.

Now, there is talk that the state will appeal the case. That is sheer idiocy.

First of all, it's unclear what the chances of overturn are. Judge McCall's instructions to the jury were clear and unambiguous, and the verdict from the eight-person jury was unanimous.

Second of all, win or lose, the state's cost of pursuing the appeal will be borne by taxpayers, and if the verdict is upheld, the taxpayers will have to pick up lawyer Roxanne Conlin's costs as well. All told, add another half-million dollars. Or more.

Enough is enough.

There are lessons — expensive lessons — to be learned, but after seven-and-a-half years, the main one is this:

The wheels of justice turn slowly.

But they turn.

— Michael Gartner

(Disclosure: I was called as a witness near the end of the trial to verify that a document I had written about and had in my possession and was sought by the plaintiff was a true copy of the Republican State Platform of 2010 and that I had retrieved it at the time from the website of the state Republican Party.)

But....

Former Gov. Terry Branstad, testifying about gays who have worked for him during the discrimination lawsuit brought by Chris Godfrey:

"Doug Hoelscher, he grew up on a farm up here in Hamilton County, Iowa farm kid, he's gay, but he's somebody that I respect a great deal...."

But?

is in good condition, the paper reported, "many homes in the area have been replaced with larger, more modern houses in recent years." Bucksbaum, an exceedingly nice and generous woman who was a long-time Des Moines resident and art collector, died in 2015. Her estate also has listed her 51-acre property in Sharon, Connecticut, for \$20 million, the Journal reported.

Closer to home, a 5,900-square-foot home at 415 Foster Drive sold a couple of months ago for \$1,625,000. The 12-

room home has a pool and a bathhouse and sits on nearly an acre. It was sold by Steven S. Smith to Michael Anderson, according to Polk County records. It's the only million-dollar-plus sale of a house in Des Moines this year.

And what's going on at **George Cataldo's** house in Glen Oaks? The 9,200-square-foot home built by **Gary Kirke** on a 5.2-acre plot in 1993 was bought by Cataldo in 2008. On Jan. 1, 2017, he sold it on contract to **John and Mary Krohn**. According to documents on file with the Polk County Recorder, the price was \$4,750,000, with \$400,000 down and monthly payments of \$19,535.45 from Feb. 1, 2017, until Jan. 1, 2020, when the balance and interest were to be paid in full. (The county assessor recently valued the house at \$2,908,000.)

But in January of this year, Cataldo filed a "notice of forfeiture." The document says the Krohns were \$73,000 behind in their payments. According to

Should Branstad pay?

Chris Godfrey was awarded \$1.5 million from the jury for past and future emotional distress.

If the verdict stands, the taxpayers will pay for that and for the \$4.5 million or so in legal costs for both sides.

Is it possible that former Gov. Terry Branstad and his former counsel Brenna Findley Bird will end up paying part of that?

Government employees are indemnified against damages arising from actions done in the scope of their employment. But are discrimination and retaliation actions done "in the scope of employment?" Who has a job description calling for him or her to discriminate or retaliate?

The issue arose five years ago in the Godfrey case itself, in a narrow question about a related Attorney General's ruling that went to the Iowa Supreme Court. With a five-to-two majority, Justice David Wiggins noted that "it has always been the law of this State that when a public employee acts outside the scope of his or her employment, the employee is personally responsible for the cost of defense and any damages he or she may have caused."

Earlier this year, the state entered into two settlements totaling \$4.1 million in relation to sexual harassment allegations against Dave Jamison, then the head of the Iowa Finance Authority. The state paid, but Rob Sand, who was elected State Auditor last fall and who is a member of the State Appeal Board that has to approve settlements, voted against paying.

Before the meeting, he wrote his colleagues questioning whether the state should pay. Under the Iowa Code, he noted, the state does not have to pay if the act for which the settlement was made "constituted a willful and wanton act or omission or malfeasance in office." The implication was clear: sexual harassment is wanton and willful.

Add that to the Wiggins ruling, and you have at least an argument.

Then there's this: In 2015, about halfway through the Godfrey case, lawyers for Branstad told the court that the litigation was "frivolous" and was "contrived for the purpose of harassing and oppressing" the defendants. Because of that, the Branstad lawyers said in a court filing, Godfrey should have to pay "reasonable attorney's fees" to the defense.

Of course, that was their view when they thought they were winning.

A drama avoided

Political junkies could hardly wait to attend the trial the day Roxanne Conlin was scheduled to question Terry Branstad on the stand.

Conlin, a former U.S. Attorney, was the Democratic candidate for governor against incumbent Branstad in 1982. He defeated her, getting 548,313 votes to her 483,291. There's no love lost between them.

So Iowans with long memories and with nothing better to do were looking forward to the confrontation between a 75-year-old skilled lawyer who is quick on her feet and a 72-year-old former governor who is well-liked and admired in every corner of the state. Conlin is the first woman to be elected president of the Association of Trial Lawyers of America. Branstad is the man who served longer as governor than anyone else in America. They know the territory.

But it was not to be. Conlin was felled by dust and contaminants from the construction going on at the courthouse, but since Branstad had flown back from his ambassadorial post in China for the testimony, the appearance could not be delayed. So Paige Fiedler stepped in for Conlin at the last minute, having to learn the complexities of a seven-year-old trial in just two days.

She couldn't have done better. She was in total command. She flummoxed the governor. Several times, he preferred to talk about his accomplishments as governor rather than answer her questions. Several times, Judge McCall had to remind Branstad that he needed to answer Fiedler. Several times, he simply couldn't.

Maybe it was better that way, without the side show. Maybe it focused folks on what they should have been focusing on. Still, it could have been electric.

the Assessor's Office, title on the five-bedroom, seven-bathroom home has reverted to Cataldo. But Cataldo told CITYVIEW the other day that the Krohns now have paid up, that "we just haven't got the paperwork straightened out." He said **John Krohn** had run into some "financial difficulties."

Indeed. Last year, the 60-year-old Krohn — who for 20 years was a broker with Principal Securities in West Des Moines — was sanctioned by the Financial Industry Regulatory Authority for unauthorized outside business transactions. According to one lawyer, Krohn agreed to a three-month suspension from associating with a FINRA firm and paid a \$10,000 fine. He now is president of Spotlight Innovation, Inc., a penny-stock bioscience company based in West Des Moines. He also has been in court in recent weeks in a dispute over financial terms of a divorce several years ago, Polk County District Court records show. ...

A fourth bicyclist has sued the city of Des Moines after he was injured when he hit a curb that the city built across what most people thought was a bike path at 16th Street and MLK Jr. Parkway downtown. The city settled two similar suits earlier this year.

In the latest suit, **William Swoboda** says he was biking along the path on July 27, 2017, when he hit the

newly installed, unmarked and unpainted curb. The lawsuit says the accident caused him to "endure pain, suffering, and loss of function of mind and body" as well as loss of earnings.

For 15 years, since MLK and its adjoining bike path were built, bikers had a straight exit ramp to cross 16th. But in 2017, the city started fiddling with the intersection, replacing the straight exit from the path to the street with an angled one — and then putting the curbs where the path used to be. There was no warning about the new route (until in the dead of night a biker painted the curb bright yellow and attached three toilet plungers as a warning barrier), and there quickly were several accidents there.

The city said the bikers should have been more careful, but earlier this year it paid \$1.5 million to settle a lawsuit from injured biker **Mark Evans** and \$185,000 to settle a suit by biker **Robert Foss**. In May, **Larry Conklin** filed a similar suit, alleging he hit the curb on the morning of June 5, 2017, fell and "sustained injuries to his head, collar bone, and ribs." That suit has not been settled.

A few months after the accidents, the city redesigned the intersection again — twice, actually — and ultimately put the straight path back in. Before that, though, someone made off with the toilet plungers. ...

Steve Leath, the controversial former president of Iowa State University, has been run out of the presidency at Auburn after just two years. No one who really knows what happened is saying why — the departure documents bar anyone from saying anything but nice stuff — but it was probably his imperial ways.

"Leath wasted little time alienating important people at Auburn," **Phillip Marshall**, a sports columnist in Alabama, wrote. "He spent millions over what had been approved to remodel the president's mansion. He spent literally hundreds of millions of dollars on building projects and other initiatives that the Board of Trustees didn't like but didn't, early on, have the will or the votes to stop." And, Marshall said, he mishandled sports issues, too.

Leath still had three years to go on his contract, and Auburn is paying him \$4.5 million to leave. The story was first reported in Iowa by the Cedar Rapids Gazette, which filed a freedom-of-information request to get the ouster agreement. ...

Sarai Rice, the widely admired minister who has run the Des Moines Area Religious Council since 2008, has left. Among other things, DMARC runs the successful food pantry network and the housing stability fund, vital programs for the poor in Polk County.

"I'd like to do something else in my life," she told CITYVIEW. "I'm not sure yet what the next thing is, but hopefully it will involve fewer hours and will be work that requires me to learn something completely new." Five days after she wrote that email, her husband, former Ames school superintendent **Ron Rice**, died unexpectedly after what his obituary called "a well-lived



Christopher Godfrey on his way to work in Washington the day after the verdict — standing in front of the Newseum front-pages area, showing The Des Moines Register and the story about him.

The instructions

When testimony ended, Judge Brad McCall gave the jury 40 pages of instructions.

Instruction No. 19: Your verdict must be for Plaintiff and against Defendant State of Iowa on Plaintiff's claim of sexual orientation discrimination if Plaintiff has proven each of the following elements by a preponderance of the evidence:

1. Defendant took adverse action against Plaintiff; and
2. Plaintiff's sexual orientation was a motivating factor in Defendant's action.

Instruction No. 20: Your verdict must be for Plaintiff and against Defendant State of Iowa on Plaintiff's claim of retaliation if Plaintiff has proven each of the following elements by a preponderance of the evidence:

1. Plaintiff engaged in a protected activity;
2. Defendant took adverse action against Plaintiff;
3. Plaintiff's protected activity was a motivating factor in Defendant's decision to take the adverse action.

"Protected activity," the instructions noted, includes the right to complain about being discriminated against or retaliated against.

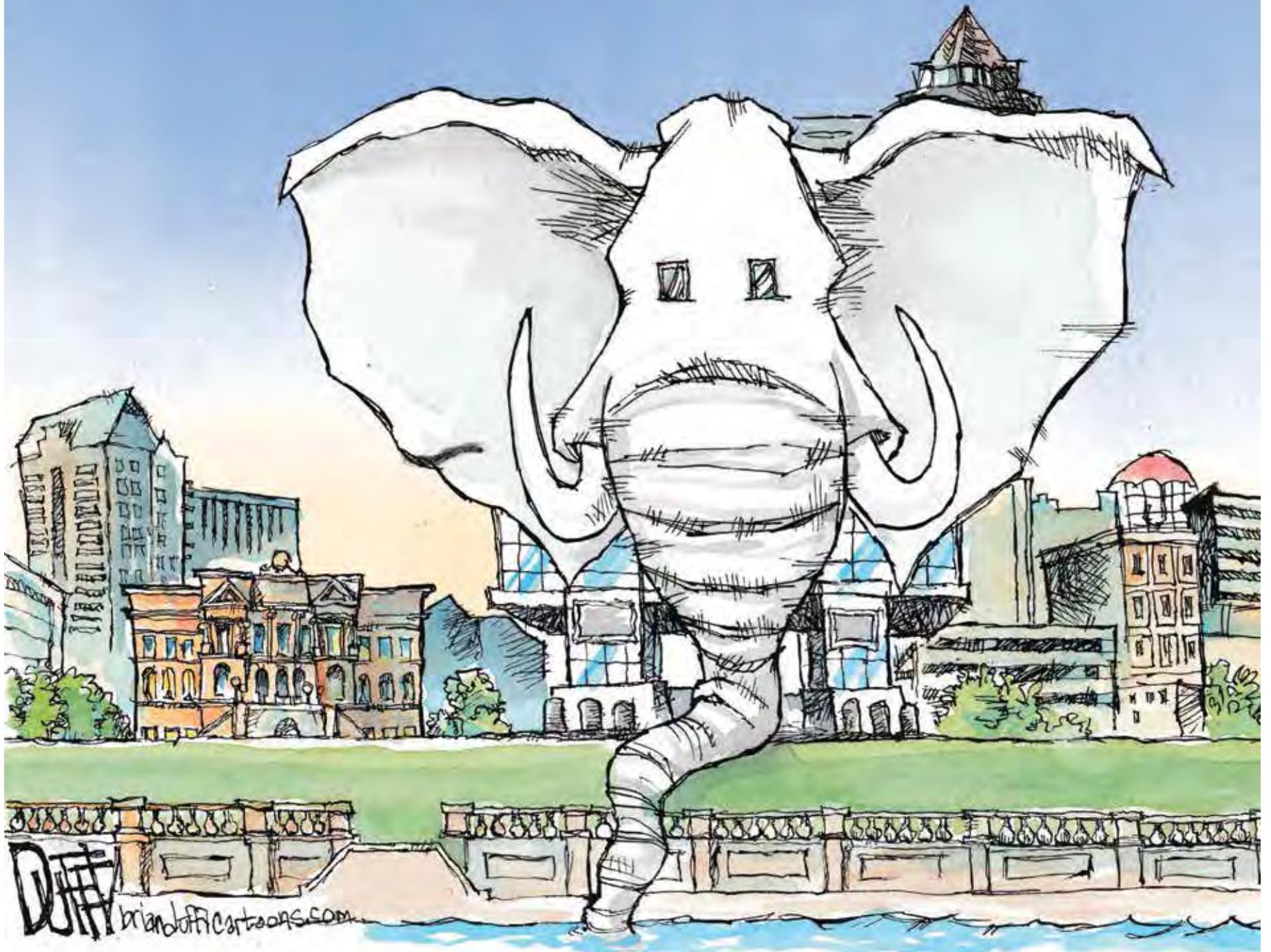
and well-loved life." He died a few days shy of his 78th birthday. ...

Justice **Bruce Zager** of the Iowa Supreme Court has said the court will allow an expedited appeal in the lawsuit Cedar Rapids lawyer **Bob Rush** and others brought challenging the law the legislature passed this year changing the way Supreme Court nominees are chosen and shortening the length of Chief Justice **Mark Cady's** term as chief. The suit basically alleges that the law strips the court system of its co-equal status under the Iowa Constitution. A Polk County district court had dismissed the suit, saying the plaintiffs lacked standing to sue. ...

In case you were wondering: **Rekha Basu** now writes just twice a week for the Des Moines Register because she cut back to part-time at the beginning of the year. With all the departures and the cutback in the number of editorials in recent times, the liberal Basu has become the keeper of the flame at the paper. ■

DUFFY'S VIEW

IMAGE OF THE PROPOSED NEW \$136.6 MILLION FEDERAL COURTHOUSE. THE DESIGN IS BASED ON THE WHITE ELEPHANT SCHOOL OF ARCHITECTURE.



Condolences for Beau first, then questions for Biden

Vilsack influence emerges in former vice president's national rural plan.

Interviewing surrogates, family members, friends or political associates of the actual candidates for office is most often an eye-rolling obligation more than an opportunity for journalists.

But there are some notable exceptions.

Former Sen. Max Cleland of Georgia was far more entertaining than the candidate he supported in the 2004 presidential election, John Kerry. And in 1994, as a young reporter, I talked in an Ames driveway before a political event with David Eisenhower, the grandson of President Dwight D. Eisenhower, and a roommate at Phillips Exeter Academy of Iowa Congressman Fred Grandy, who was running for governor in the GOP primary that year.

Cleland and Eisenhower were impressive.

But the best candidate surrogate I've interviewed, hands down, was Vice President Joe Biden's oldest son, Beau Biden, the former attorney general of Delaware who would have been elected governor of that state had he not died of cancer at age 46.

I interviewed Beau Biden several times, as did my colleagues at the Iowa Independent in the 2008 presidential election cycle. We all respected him. Beau Biden's accessibility, wit and intelligence made him a wonderfully effective source — so much so that during an editorial meeting we decided that, to be fair, Beau Biden was getting too much press for his dad, from us. We had to forgo some interviews for a few months to even out the Iowa caucuses coverage for the other Democrats in the race.

For his part, Beau Biden, a major in the Delaware Army National Guard who served with the 261st Theater Tactical Signal Brigade, was deployed to Iraq in October 2008 and returned home in September 2009.

As a result, he made an even more forceful advocate for his dad, and President Barack Obama, when I interviewed Beau in 2012.

Beau Biden and I were both born in 1969. He would have joined me in turning 50 this year, so that generational connection made the news of his 2015 death sting even more. Beau Biden is the first major politician who I felt comfortable calling by his first name.

After leading off a series of questions to him in the 2012 race with "Mr. Attorney General," Beau laughed in quick agreement that it made sense for me to use his first name, considering we were just months apart in age.

I reread my stories on Beau Biden this week and came to the same conclusion I did a decade ago: He would have made an estimable candidate for president



Following his speech in Manning Tuesday, Joe Biden, a Democratic candidate for president, spoke with area residents and also took a few selfie photos. Photo by Caitlin Yamada

and a strong voice for my generation.

On a recent Tuesday night in Sioux City, after a long day of campaigning, former Vice President Joe Biden sat down with Political Mercury for a 20-minute interview. We touched on a number of topics, and that's reflected in our full coverage of his western Iowa swing this week.

But before I delved into my notebook of questions for Joe Biden, I expressed condolences for the loss of his son, telling him that I expected to be talking with a Biden in the 2020 election Iowa presidential caucuses, this time with the younger Biden as a candidate for the White House himself.

"Look, Barack said it best at his funeral," Joe Biden said in the interview. "He said, 'He was Joe 2.0.' And his commander in Iraq, General (Raymond) Odierno, which was not Odierno's style, asked to speak at his funeral and he said, 'I fully expected Beau to be my commander in chief.'"

"It matters a lot, you thinking of my son," Biden said. "That means a lot to me."

Regardless of where you are politically, whether you agree with Biden or plan to vote for him, you have to admire the resiliency of a man who persists in the pursuit of public interest after losing his daughter and first wife in a 1972 car-truck accident, and later his son Beau to cancer.

Beau's death is first and foremost tragic for the Biden family. But it's also a loss for the nation. Beau Biden would have enriched the 2020 Democratic field, because he was exactly as President Obama described him.

Biden's plan for rural revitalization contains the influence and deep-pressed fingerprints of a fellow top Obama administration official — former U.S. Secretary of Agriculture Tom Vilsack, both leading Democrats, said this week.

Vilsack, a former two-term governor of Iowa, has relentlessly advocated biobased manufacturing, the use of all conceivable farm products and byproducts — from corn stalk to manure — for chemicals and clothes and other revenue-generating innovations for farmers.

The Biden plan, released Tuesday during the Democratic presidential frontrunner's speech in Manning, spotlights biomanufacturing. It also takes directly from Vilsack's USDA "strikeforce," which helped rural communities cut through the full federal bureaucracy to access a raft of federal programs.

"I relied a lot on Tom (Vilsack), and Tom was a major input in the program," Biden said in an interview in Sioux City.

A day earlier, Biden appeared with Vilsack, and his wife, Christie, at their home outside of Des Moines in Booneville. Vilsack isn't endorsing a candidate in the Democratic nominating process at this point.

"We think everybody deserves a shot," Vilsack said.

But the Vilsacks have a long-standing relationship with Biden, who said Vilsack played a leading role in shaping his rural plan.

"I talked to Tom about this a long time ago when we worked together because I was the guy who was going into most of the rural areas for the administration with Tom," Biden said.

In a phone interview, Tom Vilsack said Biden's plan will appeal to rural Iowans because it is both aspirational and practical. He sees boosting plant-based manufacturing as potentially creating billions of dollars in new wealth for Iowans.

"I impressed upon the vice president the need for more of that," Vilsack said. ■

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



RANTS AND REASON

BY HERB STRENTZ

The 'First 100 Days'

An Iowa caucus delusion.

Like the proverbial bad penny or unwanted guest, an Iowa caucus question pops up from the press and the public in search of sound bites instead of sound policies: "And if elected, what would you do your first 100 days in office?"

Dutifully, the candidates for their party's nomination each respond with lists of cure-alls.

We ignore the fact that, for some three centuries, our relatively young nation has been beset by racism, discrimination and inequality. That continues to be the case today, even as we struggle toward our Constitution's dream of "domestic Tranquility" and "a more perfect Union."

So, dutifully, the press and some of the public will review the candidate's fantasy for all that will be done in his or her first 100 days in the presidency — which President Harry Truman called "the most important office of government in the history of the world."

Read that again. Here, I'll do it for you: "The most important office of government in the history of the world."

Perhaps it is small wonder then that people want sound bites about the first 100 days, sort of ignoring the other 1,350-plus days the person will be in the Oval Office — and that any other 100-day segment of a four-year term may be far more critical than the first 100 days.

The focus on the first 100 days goes to the first depression-era term of Franklin D. Roosevelt who,

in response to the state of the nation, is credited with having 76 "bills passed into law" by Congress. That benchmark often is cited in discussion of the first 100 days with little mention of what the bills did or that several were found unconstitutional by the U.S. Supreme Court, chief among them the National Industrial Recovery Act and the Agricultural Adjustment Act.

Further, FDR did not take office until March 4, 1933, giving him almost two months lead time on his successors to make plans and shape policies. (The inauguration date was changed to Jan. 20 by the 20th Amendment, effective in 1937.) Also, some of the 76 bills attributed to FDR reflected what Republican Herbert Hoover wanted to do before March 1933, but was said to be stymied because FDR and the Democrats wanted credit for everything.

Surprise! No one has asked me what a candidate should say in response to the first-100-days question. Here's what a candidate might say:

"I expect that the number of bills passed by Congress and signed into law by me in my first 100 days will be someplace between, say, the seven signed by George W. Bush, the nine signed by Presidents Nixon and Reagan and the 76 by Franklin Roosevelt. My priorities have been well stated in the campaign and on my website. As anyone successful in the November presidential election should do, I will make use of my executive powers to modify or overturn troubling and damaging executive orders

issued by my predecessor — executive powers that the electorate wants changed and has so indicated by virtue of the election.

"But, to me, more important than passing bills and issuing executive orders during the hallowed first 100 days is to lay the foundation for the next 1,361 days of my term and, I hope, the next 1,461 days I will have earned as a second term. We all know that intra-party and inter-party passions and divisiveness have been, in a word, awful — quite contrary to our Constitution's dream of 'domestic Tranquility' and 'a more perfect union.'

"To deal with those passions and divisiveness is not the work of a day or even 100 days. But — in humility and in love for this nation — may we all strive as Abraham Lincoln said in his second inaugural address 'to finish the work we are in, to bind up the nation's wounds.' Binding up our wounds and striving toward a more perfect Union is what would drive me during my first 100 days and throughout my service as President."

Perhaps that would be as good an answer as any you'll find when a candidate is asked what he or she will accomplish the first 100 days in office. ■

Herb Strentz is a retired administrator and professor in the Drake School of Journalism and Mass Communication and writes the monthly Rants and Reason column for CITYVIEW.



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COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

THINGS TO DO



IOWA CUBS

Multiple dates

Principal Park

Enjoy a tasty ballpark treat while gulping your favorite beverage and engaging in easy conversation. Upcoming I-Cubs home game action is plentiful in August. The first pitch is scheduled for 7:08 p.m. for the August home games listed below unless otherwise noted. I-Cubs home games are played at Principal Park in downtown Des Moines — dates and times subject to change. Visit www.iowacubs.com for updated information or to purchase tickets.

- Wednesday, Aug. 7 vs. Las Vegas Aviators
- Thursday, Aug. 8 vs. Las Vegas Aviators
- Friday, Aug. 9 vs. Las Vegas Aviators
- Saturday, Aug. 10 vs. Salt Lake Bees
- Sunday, Aug. 11 vs. Salt Lake Bees (1:08 p.m.)
- Monday, Aug. 12 vs. Salt Lake Bees
- Tuesday, Aug. 13 vs. Salt Lake Bees (12:08 p.m.)
- Monday, Aug. 19 vs. San Antonio Missions
- Tuesday, Aug. 20 vs. San Antonio Missions
- Wednesday, Aug. 21 vs. San Antonio Missions
- Thursday, Aug. 22 vs. San Antonio Missions (12:08 p.m.)
- Friday, Aug. 23 vs. Nashville Sounds
- Saturday, Aug. 24 vs. Nashville Sounds
- Sunday, Aug. 25 vs. Nashville Sounds (1:08 p.m.)
- Friday, Aug. 30 vs. Memphis Redbirds
- Saturday, Aug. 31 vs. Memphis Redbirds



COLOR CODES

Aug. 9-10

Social Club

Iowa's largest invitational graffiti writing exhibition returns this summer boasting a roster of graffiti writers from across the nation. The festivities are hosted by the Des Moines Social Club, which is also offering free graffiti writing workshops, b-boy and b-girl (break dancing) performances, and hip-hop music. For more information, visit www.desmoinessocialclub.org.



HINTERLAND MUSIC FESTIVAL

Aug. 2-4

Avenue of the Saints Amphitheater in St. Charles

With big-time bands such as Hozier, Jason Isbell, Brandi Carlile, Kacey Musgraves and more, Hinterland 2019 offers unmatched offerings for outdoor camping, music and fun. The central Iowa festival takes place in the middle of a cornfield, and attendees are allowed to camp on site to more easily enjoy the sounds and atmosphere. Check online for details and a full listing of bands at www.hinterlandiowa.com.

"A MIDSUMMER NIGHT'S DREAM"

Aug. 2-11

Ankeny Community Theatre

The adventures of four young Athenian lovers and a group of six amateur actors who are controlled and manipulated by the fairies inhabiting a forest, "A Midsummer Night's Dream" is one of William Shakespeare's most popular works. The classic play will be performed live on stage at the Ankeny Community Theatre, 1932 S.W. Third St., Ankeny. For more information, visit www.ankenycitycommunitytheatre.com.



ADEL SWEET CORN FESTIVAL

Aug. 9-10

Downtown Adel

Literally offering tons of Iowa sweet corn for consumption straight from the cob, just add salt, butter and whatever else you like, and Adel's annual Sweet Corn Festival becomes a salivating summer celebration. Bring your sunscreen and be sure to pack your dental floss, as this fun community loves its sweet corn. The event has been a late-summer favorite for four decades in downtown Adel, an easy 20-minute drive west of Des Moines. Let the shucking begin. For more details, visit www.adelpartners.org.



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo of the 2018 Super Bull competition is courtesy of the Iowa State Fair

IOWA STATE FAIR

Aug. 8-18

State Fairgrounds

Food on a stick. A butter cow. A Ferris wheel. People watching under the beer tent. The Midway. Award-winning livestock. "Nothing compares to the Iowa State Fair," which boasts more than 1 million attendees annually, making it arguably the state's biggest event. For details, visit the Iowa State Fair website at www.iowastatefair.org.



515 ALIVE MUSIC FESTIVAL

Aug. 16-17

Des Moines Water Works Park

Is it the wildest weekend in Iowa? Maybe, but there is only one way to find out. This two-day EDM and Hip Hop Festival posted an attendance number of more than 23,000 in 2018. The 515 Alive Music Festival is hosted at Water Works Park, located at 2201 George Flagg Parkway, Des Moines. For more information, visit www.515alive.com.

THINGS TO DO



CHRIS ISAAK

Aug. 14

Hoyt Sherman Place

Chris Isaak is a gifted singer-songwriter and bandleader renowned for his crooner sound and reverb-laden music. Known for hits such as "Wicked Game" and other popular songs "Baby Did a Bad Bad Thing" and "Somebody's Crying," Isaak's four-decade career has amassed a total of 12 studio albums and numerous award nominations and tours along the way. Isaak returns to the Hoyt Sherman's stage to perform on Wednesday, Aug. 14 at 7:30 p.m. For more information, visit www.hoytsherman.org.



Photo by Bryan Conley

GLOW WILD

Aug. 24

Jester Park

Enjoy a 30-foot bonfire at Glow Wild, Polk County Conservation's largest annual special event. Glow Wild showcases the county's parks and trails system. Highlights include horse-drawn wagon rides, canoe floats, glow-in-the-dark rock climbing walls, s'mores roasting, airbrush face painting, nature activities and live music. The Georgia Satellites are headlining and the local band Suede is the opener. Festival camping is also available. For more information or to purchase tickets, visit www.glowwildiowa.com.

IOWA STATE UNIVERSITY FOOTBALL

Aug. 31

Jack Trice Stadium

Are you ready for some football? Finally. Get your popcorn ready because it is time to watch some pigskin action. Under Head Coach Matt Campbell, ISU went 8-5 overall and 6-3 in Big 12 action. The team is looking to improve in 2019, but first they take on in-state rival the University of Northern Iowa. Cyclone home games take place at Jack Trice Stadium at 1800 S. Fourth St., Ames. Find tickets and more information at www.cyclones.com. Kick off is scheduled for Saturday, Aug. 31 vs. UNI at 11 a.m.



AUGUST 2019 | CITYVIEW | 19

Des Moines' **ULTIMATE**

PIZZA

CITYVIEW readers will choose a winner from a hefty list of delicious pies.

BY JIM DUNCAN



Favorite foods define cities. New York is a steakhouse town representing the power and energy of the city. San Francisco is a cioppino city built by the labor of its immigrant sailors and fishermen and its great bay. New Orleans is a po boy place because that sandwich is as rich or humble as its devourer might be.

Interviewing the late architect Chick Herbert two decades ago, I asked him about the success of his design for the Civic Center, which often leads the world in attendance for an arena its size. He mentioned its democratic design, no aisles, balconies, boxes, valet stations, etc. Those things make people feel superior or inferior to their neighbors, and Iowans don't like that. We like to think we are all in it together. That is why caucuses suit us better than primaries.

This is why Des Moines is a pizza town. The dish represents the democratic nature of Iowa, while celebrating our Italian heritage and our love of sharing. CITYVIEW celebrates our love of food by letting readers select an ultimate version of a favorite type of food or restaurant. When pizza has been the subject, we receive exponentially more votes than with other foods. Central Iowans are passionate about pizza and particularly about their favorite pizza. New Yorker magazine food writer Calvin Trillin has written that most people's favorite pizza is associated with their youth. That explains why so many pizza joints here have maintained a loyal following for decades. Noah's, La Pizza House, Chuck's, Baratta's, Mama Lacona's, Bordenaro's, Pagliai's, The Hilltop, The Tavern, and Johnny's Hall of Fame have all been around five decades or more. That's an astonishing tradition for a town our size.

HOW PIZZA WON THE LAST WORLD WAR

Pizza has been called Mussolini's revenge. The Italian dictator didn't fare too well in World War II, but since then, the Neapolitan dish has conquered Iowa and most of the rest of America outside Brooklyn in New York, Federal Hill in Providence and North Beach in San Francisco. Before that war, pizza was either obscure or unknown in Des Moines and most of the rest of the nation. Today it's ubiquitous, being made from scratch in convenience stores like Casey's and Kum & Go, in neighborhood bars like County Line Café and Chicken Coop, in polished wood palaces like Mama Lacona's, and in mobile ovens like Parlo Pizza. Home delivery is big again thanks to delivery services like UberEats, particularly to college students. Gargantuan international chains like Pizza Hut, Domino's and Papa John's aren't the only choices for home delivery anymore. Fia's, G. Mig's and Noah's are gluten-free pizza pioneers. Build-your-own places like Blaze are bringing down prices and allowing picky eaters in the market.

None of this diversity should surprise us. Pizza has always been a flat out contradiction.

It's a "fast food" that can take hours to prepare, a "pie" we eat as a main course, and a relatively "new" food — at least in Iowa — that's as old as civilization. Babylonians, Israelites and Egyptians were all cooking flat, unleavened bread in mud ovens 4,000 years ago. Greeks, Romans and Egyptians were topping it with olive oil and native spices before the birth of Christ. The word "pizza" is already plural, yet most Americans use it as a singular word and add a redundant "s" to pluralize the hell out of it.

In the dramatic lore of Italy, the invention of pizza happened after Roman soldiers in the Levant tasted matzo and decided it lacked "focus," the Latin word for hearth. So they threw it in a fire along with oil, herbs and cheese to birth the first "pizze." Some 1,500 dark years would pass before Italians improved much upon that, after tomatoes had found their way from the Valley of Oaxaca to Naples in the 15th century. Neapolitans had been eating tomatoes for 100 years when Ben Franklin started warning Americans that they were poisonous.

The modern pizza era began in 1830 with the

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Parlo Pizza takes its wood-burning oven on the road.

opening of the world's first pizzeria — Naples's Port'Alba — where the oven was lined with lava from Mount Vesuvius. That restaurant, still operating today, replaced street vendors who would bring their pies outside on small ovens balanced on their heads. Originally, Port'Alba's most popular pie was Mastunicola, made with lard, sheep's milk, cheese and basil. In 1889, pizza

genius Don Raffaele Esposito created a pie for Queen Margherita of then-recently unified Italy. He used only tomato, basil and mozzarella to replicate the colors of the new Italian flag. That original Margherita pie has remained the western world's basic template for pizza ever since.

Gennaro Lombardi opened America's first pizzeria

— Lombardi's Napoletana — in New York City in 1905, but the dish didn't catch on beyond Italian neighborhoods in America until after World War II. During that war, Naples became a major base of operations for American armed forces. Then G.I.s brought a pizza craving home, and Mussolini laughed in his grave.



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PIZZA IN DES MOINES

Most Italians who settled on the south side of Des Moines emigrated from the south of Italy, Calabria and Sicily. That part of Italy, Il Mezzodi, is rich in olive trees and wheat and is sunny enough to grow tomatoes — everything needed for good pizza. By the mid-1950s, sons of Calabria dominated the Des Moines restaurant scene. One of them introduced the old “Mezzodi” dish to Iowans.

The Calabrese Lacona family opened Union Station restaurant downtown in 1946. One year later, Noah Lacona opened Noah’s Ark on Ingersoll using his mother Teresa’s recipes. He personally designed a gas oven that simulated the wood-burning ovens of southern Italy and a pie-making machine that duplicated Neapolitan crusts. By 1947, Noah was serving some of the first pizza in Iowa. Within a few years, pizzerias like La Pizza House, Chuck’s and Mama Lacona’s were opening across Des Moines. Happily, they are all still open today. Chuck’s even uses its original pizza oven. It produces a “tavern” style crust — thin, yet crisp enough to remain parallel to a bar top when held by its edge. Early pies in Des Moines were all thin-crust, but some were pliable enough to bend in half and eat like a calzone. That is sometimes called “New York style.”



FEATURE STORY

Noah’s pizza pie is likely the oldest in Iowa.

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PIZZA CONTROVERSY

FEATURE STORY

Anachronism goes well on pizza, which has, after all, been appropriated from older cultures for millennia. Controversy goes well with it, too. For most of the time since Des Moines became a pizza town, people have argued about which places make the best pies. Only a consensus can settle such food arguments, so CITYVIEW returns to pizza a third time for its Ultimate Place for ...” contest. After playoffs for readers to select their favorite sandwich place, steakhouse, place for noodles, burgers and barbecue, we are putting Gusto and Taste of New York’s titles as the Ultimate Place for Pizza up to the challenge of repeating.

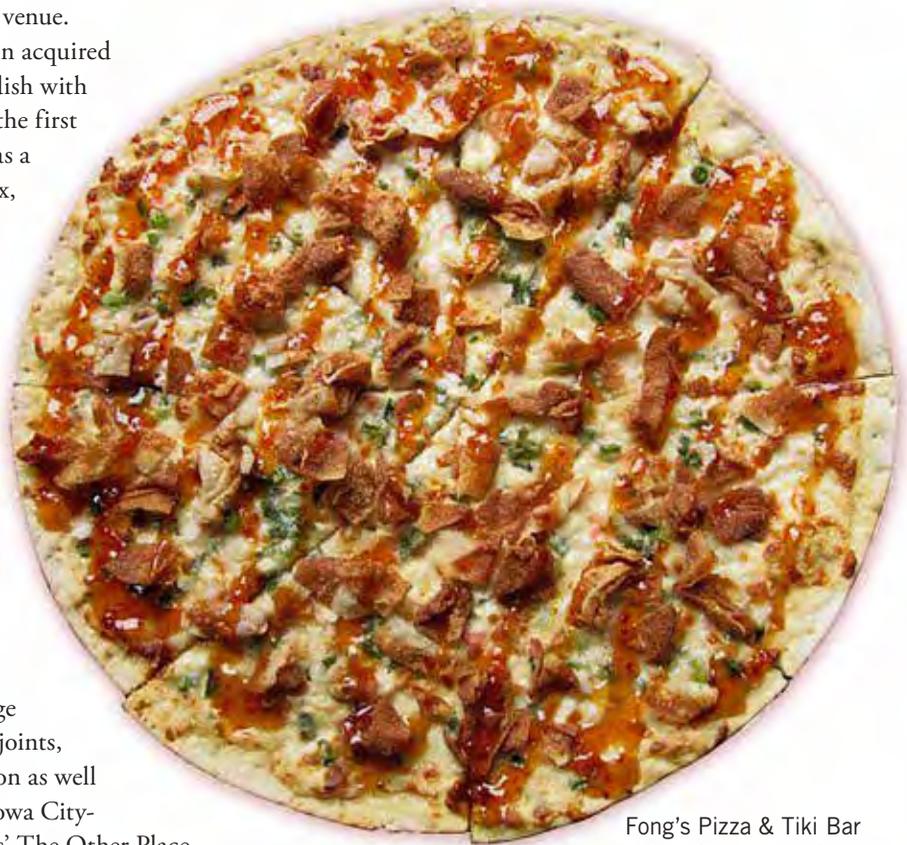
This year we started with a list of diverse places from across the metro and posted them in an online poll, asking readers to choose their favorite. That list has been reduced to 64 at this time for this contest. Eight years ago, we began with 48, showing the pizza scene has exploded here. The controversy is now in readers’ hands. The number of restaurants will be reduced by half every couple weeks, until we have a new winner, which will be announced in the Food Dude column in our October issue.

Many restaurants on the original list are old school Calabrese. Three of them — Noah’s, Gusto and Mama Lacona’s — are owned by descendants of Teresa Lacona. Polito’s La Pizza House still serves its unique rectangular pies, which might well be the

second oldest in Iowa. That restaurant has moved a block or so away from its original venue.

As Trillan noted, pizza is not an acquired taste. Many people associate the dish with nostalgic memories and still love the first pie they ever ate. (For me, that was a pie made from a Chef Boyardi box, not the same recipe as today.) It is well known in Des Moines’ restaurant world that if there is a high school class reunion in town, traditional pizza joints close to the high school (Noah’s-Roosevelt, Chuck’s-North, Paesano’s-Lincoln) will be packed.

College memories of pizza are spreading beyond campus. Pagliai’s opened its first pizzeria in Ames in 1957 and had been serving pies in taverns for a few years before that. Like most college towns, Ames is now rich in pizza joints, but Pagliai’s has moved to Johnston as well as to many other college towns. Iowa City-based Wig & Pen and Cedar Falls’ The Other Place are now delivering their college magic to the metro. Leaning Tower of Pizza and Pagliai’s have Tuscan



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The pies at Gusto Pizza Co. are some of the most unique, made-from-scratch pizzas in central Iowa. Options include lifestyle and health choices such as vegan Mozzarella and gluten-free crusts. Photo courtesy of Gusto Pizza Co.

connections and roots. Others with long histories are associated with a specific style of pie — Felix & Oscar's with Chicago-style deep dish, The Tavern with a prize-winning thin crust. More recently, true New York-style pies became popular thanks to Centro, which brought the first Brooklyn-style coal burning ovens to town — something that is becoming extinct in New York because of environmental controls. Taste of New York came to West Des Moines with oversized Brooklyn-style pies, sold by the slice as well as whole. NYC Pizza Café also adds to this school.

Some of the top bistros in town have become more experimental with pizza menus. Eatery A slings wood oven Mediterranean pies (half-price at happy hour) that employ North African flavors from merguez (lamb) sausage, figs, sumac and dates, as well as flavors from the northern edge of the sirocco winds like charcuterie, guanciale, lardo and Italian sausage. Trostel's Dish is famous for its cracker crust pies with more traditional toppings plus an apple, Brie and caramelized onion masterpiece. Così Cucina Italian Grill, which introduced Des Moines to wood-burning, brick-oven pies, offers its famous baked garlic and wild mushrooms as toppings. Fong's Pizza and Tiki

Bar brings Chinese-American verve to the community pizza table with sweet and sour, teriyaki, crab Rangoon etc. Simon's employs smokehouse meats for which they have long been famous.

Pizza in Des Moines reminds me of the Billie Holliday song "Ain't Nobody's Business." You can stay out late one day, eating it at wee hour specialists like Big Tomato and Fong's, then you can go to veritable church on Sunday with faith-based pies. Rock Power serves pizza with a healing, Christian charity. They feed the homeless for free each Monday and received a big contribution and much publicity from Ellen DeGeneres. Northern Lights similarly pairs pies with a philosophy from Hope Ministries.

So who are the favorites to win? Since the original contest, the field is stronger. Still, you have to beat the best to be the best, and previous winners Gusto and Taste of New York look formidable again. John and Katrina Pagliai left Lucca, Italy, in 1914 and settled in the coal mining town of Zookspur, Iowa. That is a ghost town today, but Pagliai's Pizza restaurants go through 12,000 pounds of cheese, 9,000 pounds of flour, and 1,000 gallons of tomato sauce each month keeping customers happy. That's a lot of love.



VOTE NOW for Des Moines' ULTIMATE PIZZA!

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Despite co-owner Tony Lemmo's link to Teresa and Noah Lacona, Gusto's pies are modern. Options include lifestyle and health choices such as vegan Mozzarella and gluten-free crusts. Its cheese selection is versatile. Asiago, chevre, Provolone, ricotta, pepper-ricotta, cream cheese, Romano, Colby, blue cheese and even Tallegio (a legendary smear ripened cheese). Lemmo has sworn he will never serve a "de Burgo" dish at his upscale Café di Scala but Gusto serves "de Burgo" pies that use sirloin, smoked Gouda and cremini with a lemon vinaigrette sauce. Pepperadew peppers, pesto, peanut sauce and adobo-style meats are as common as Italian sausage. One special featured rillettes, arugula and truffle oil with Tallegio. Gusto now makes a popular deep dish pie at their Clocktower Square store. Des Moines prefers thin crust pies to thick crust, yet Casey's sells a ton of the latter.

So here's your field. Together, they represent the flat out contradiction that is pizza. There are a lot of different styles here. Yet, it's no problem for Iowans to love them all, because they take many slow steps to turn out superior products. Good luck choosing, readers. ■

Round 1

August

Round 2

September

Round 3

October

Champion

November



VO
NO

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Look for the EVENTS tab

Round 3

October

Round 2

September

Round 1

August



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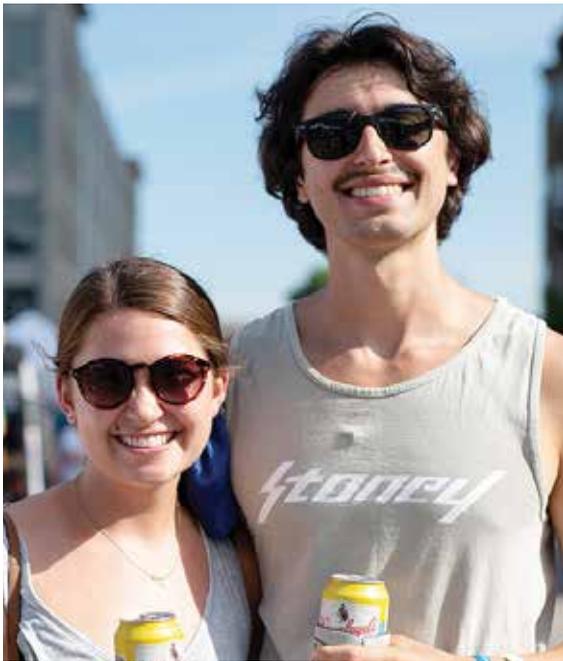
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HOW-TO

GUIDE

HOW TO **MANAGE SLEEP APNEA**

We often take for granted how much good sleep affects our health. Getting good, deep sleep is elemental to how we react to ourselves and others and can be a prime marker in identifying problems in our overall physical and mental health.

If your body isn't getting the rest it needs, it could be because sleep apnea is interrupting your deep sleeping phases, forcing you into more shallow, less restful sleep patterns.

Sleep apnea, a common chronic medical condition that involves frequent pauses in your breathing while you sleep, can have a big impact on your quality of life.

The pauses vary, with some lasting anywhere from a few seconds to several minutes, often occurring many times per hour.

Left untreated, sleep apnea can lead to much more serious health problems.

If you think you or a loved one has sleep apnea, here are some steps to take.

GET A DIAGNOSIS

The first thing to do is get a professional diagnosis from a properly licensed doctor. While your family doctor may be able to recommend a course of action or refer you to a specialist, sleep disorders usually can't be detected in an ordinary office visit.

It's a good idea to look for a medical professional who specializes in sleep disorders as soon as you suspect it's a problem.

Usually this will involve an overnight stay — perhaps several nights — in a sleep center where your body can be carefully monitored to pinpoint the cause of your sleep disorder.

CHOOSING A SLEEP CENTER

If you suspect you might have sleep apnea, you should look for a sleep center that combines two seemingly opposite attributes: an advanced, state-of-the-art medical facility and a comfortable, home-like atmosphere.

You should look for a sleep center that can make you feel as comfortable as possible. To discover the root causes of the sleep problems you're experiencing at

home, it can be a good idea to mimic the routines and comfort you experience in your own bedroom.

OBSTRUCTIVE OR CENTRAL

There are two main categories of sleep apnea — obstructive and central — that have quite different causes.

Obstructive sleep apnea, the most common type, involves the airway becoming blocked or collapsing while you sleep, causing you to take very shallow breaths or even completely stop breathing for a period of time. It can also involve loud snoring in some patients.

Central sleep apnea, in comparison, doesn't involve any kind of blockage in the airway. It happens because of a problem in your central nervous system where the brain's signals don't reach your breathing muscles correctly, causing you to stop breathing at times in your sleep.

Central sleep apnea can occur alone or in conjunction with obstructive sleep apnea.

MANAGEMENT

No matter what the cause, it's important to get a proper, professional diagnosis for any sleeping disorder you think you're experiencing.

There are a wide range of treatments available. From simple lifestyle changes to breathing devices like CPAP machines, mouthpieces and surgery, the exact treatment will need to be tailored for your own medical needs as determined by your doctor.

Since the risks of untreated sleep apnea can be serious — including high blood pressure, heart attacks, stroke, heart failure or heart arrhythmias and a higher risk of accidents at work or behind the wheel of a vehicle — it's important to treat your sleep problems at an early stage.

Choosing the right professionals at the right sleep center can be a great first step toward a healthier, more rested lifestyle. ■



Sleep is an essential component to your health — and your job, relationships, productivity and safety are put at risk when you don't sleep well. Our board-certified sleep medicine physicians recognize this, and that's why we take a comprehensive approach to sleep disorders. Our goal is to provide the highest quality of specialized, individualized sleep medicine care to adults and pediatrics (ages 2+).

Fully accredited by the American Academy of Sleep Medicine, our center features 10 private, comfortable sleep study rooms to help make you feel at home during sleep evaluations. Sleep studies can be conducted in Clive, Ames and Newton.

If you think you may have a sleep disorder, contact your primary care provider and ask for a referral to MercyOne Clive Sleep Center.



Stephen Grant, M.D.



John Wright, M.D.



Mark Berry, D.O.

MERCYONE

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HOW TO CHOOSE A BAIL BONDSMAN

SPECIAL ADVERTISING SECTION

There are some calls no one wants to make or receive. One of these is: I'm in jail and I need to post bond. Neither you nor anyone you can or are willing to help wants to spend time in custody if bail can be obtained, so understand more about the process and how to choose a bail bondsman can mean the difference between hours or days spent behind bars.

Depending upon the charge or infraction, bail is beyond the financial realm of most — typically 10 percent of the total bail cost. That's where bail bonds companies come into play. For a fee, a bondsman will arrange for you to pay that portion of bail.

But beware: If the person you are bonding out misses a court appearance or skips town, you will be held responsible. That will mean paying the balance of the bail that was put up by the bondsman. If you do not trust this person to do the right thing, leave them in jail.

Legalities and amount of money required make it essential that you find a trustworthy bail bondsman.

You should choose a bondsman willing to help you understand the procedure by explaining each step of the process. A good bondsman will never make you feel uncomfortable in what is already likely an embarrassing situation.

Becoming a co-signer of a bail bond is a serious responsibility, but securing a bond is not difficult. There shouldn't be a hassle, provided the conditions of the bond are fulfilled according to the letter of the law.

When you meet with a bail bondsman, you will be asked to provide a partial



amount of the total bail, typically 10 percent. Some bail bondsmen may request collateral in the event the person you are bailing out doesn't fulfill their requirements.

Since you will be giving cash to a stranger, it is vital to select a bail bondsman with an excellent reputation. You can feel confident when you are choosing someone with an established presence in your community.

If you have never dealt with a bail bondsman, search the newspaper or the Internet to find them in your area — you'll find them plentiful. On the web, you can also see reviews from past clients.

During your search, you will likely find companies that employ bail bondsmen, as well as people operating as individuals. Either choice is fine, as long as they are reputable. A big company doesn't mean impersonal service, and an individual bondsman doesn't always mean the best service.

Always ask questions. You may want more information about licensing and fees involved, whether they are licensed to work in the jurisdiction that your

loved one will be assigned to and how long they've been in business.

If the answers make you uncomfortable, move on. There are plenty of bail bondsmen to choose from, and finding one you can trust will give you some peace of mind.

Don't bond out someone you have just met or anyone you don't trust. Only use a bail bondsman if you think the person in jail will truly benefit from your assistance and is willing to do the right thing. ■

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HOW TO CHOOSE A BACK PAIN SPECIALIST

Back pain is one of the most common and uncomfortable medical issues in the U.S. today. Worldwide, back pain is the leading cause of disability and can prevent you from performing even the simplest of tasks, according to the American Chiropractic Association. Back pain also knows no age demographic. Even the youngest of us can suffer from debilitating pain from injury or non-organic causes, such as infection, inflammation or underlying issues, and will affect almost 80 percent of the population, according to the ACA. Different back conditions require different methods of treatment.

PREVENTION: ALWAYS THE BEST MEDICINE

Maintaining a healthy weight, exercising moderately on a regular basis and building muscle strength in your abdomen will help you avoid back pain. Getting proper rest can also help. People often don't realize that strong stomach muscles provide support for back muscles. If you are overweight or obese, losing weight may cure your back issues. It will also lessen the strain on your joints.

IDENTIFYING THE PROBLEM

Sprains and muscle spasms often cause back and neck pain. In more serious cases, degeneration, deformity, injury and disease may create physical pain. If you strained your back recently, you could take an anti-inflammatory medication such as ibuprofen, apply ice packs and rest. But if the pain doesn't cease after a few days, consult a doctor. If you are experiencing any of the following seek immediate medical attention:

- Sharp pain
- Numbness
- Loss of bodily functions such as bladder or bowel control
- Shooting pain
- Pain that steadily gets worse

When your body is in pain, it is telling you something is wrong. When your back issue doesn't lessen within a day, or if the pain is sharp, worsening or

accompanied by numbness, you need to address it immediately.

CHOOSING A PHYSICIAN

There are several types of doctors who can help you with your back pain.

- Board certified orthopedists, as recommended by the American Medical Academy. These doctors specialize in conditions relating to bones, ligaments, tendons and joints.
- Spine specialist. If you or your family doctor suspect a problem with the spine, it's best to consult a spine specialist.
- Spine surgeon. In most cases, spine surgeons attempt less invasive procedures before performing surgery. They might recommend physical therapy, pain relievers, exercise and compresses. Only after these options have been exhausted will they seriously consider operating.

DO YOU NEED AN MRI?

An MRI (magnetic resonance imaging) machine will help give an accurate appraisal of soft tissue problems in tendons, ligaments and spinal disks. With an MRI, a doctor can diagnose conditions with hernias, slipped disks, cysts and tumors. If possible, try to find a back specialist who has access to an MRI machine. It will save you time and effort.

FINDING A SPECIALIST

There are several sources for locating a physician, including:

- Referral from your family doctor
- Referral from friends or family
- Local hospital physician referral services
- Directory of national board-certified doctors

Contact a back specialist as soon as you begin to experience pain that can't be attributed to simple stress or strain. The earlier you seek treatment, the faster you can start on the road to recovery. ■

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When you have back pain, it is sometimes difficult for you to do the activities you love – but back pain is treatable and you have options.

Our physicians at MercyOne Clive Physical Medicine & Rehabilitation help patients get on the path to improved function and less pain through non-surgical, conservative treatment options. Our pain physicians at MercyOne Des Moines Pain Management collaborate closely with patients to devise a pain management strategy for their individual needs. Then, if surgery is necessary, our surgeons at MercyOne Des Moines Neurosurgery are skilled in the newest techniques and have access to the latest technologies to offer all of the least-invasive spine surgery options.

To eliminate your back pain and get you moving again, receive the care you need (whether that's back strengthening or surgical intervention) at MercyOne Des Moines.

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MercyOne.org/desmoines



HOW TO CHOOSE A PRESCHOOL

Preschool forms the roots of your child's education and the beginning of their lives interacting with others outside the comfort of home.

Choosing the right preschool is an important part of preparing your child for life. It's the foundation for starting a good education, something that can have repercussions for years to come.

With so many options for children, how can you pick the right one? Here are some things to consider.

TEACHER TRAINING

One of the most important things to consider — and also something that can have a dramatic impact on cost — is the experience, training and qualifications of the preschool's educational staff.

Some preschools are almost indistinguishable from day care centers, where children will have a safe place to spend time but not necessarily a rigorous academic foundation.

Others focus more on learning specific skills and knowledge taught by fully qualified and certified teachers with college degrees.

Neither philosophy is necessarily wrong, as some parents don't want to rush their young kids into academic rigors, while other parents are all about giving their kids an early start from educational pros.

The important thing is knowing exactly what training, higher education, experience and certificates are held by your child's teacher. Only then can you decide if they're a good match for your expectations.

LENGTH OF DAY

Another aspect that can vary with different preschool programs is the length of the day.

Some schools are designed around just a few hours per day, while others are full-day programs that offer more time for learning and play. Again, neither

method is necessarily superior, but you should know the schedule up front and make sure it meets you and your child's needs.

CURRICULUM

The best preschools do a great job giving your child a head start on life, and the curriculum they choose can be a big part of that foundation.

Find out what curriculum materials and teaching style the school uses. Dig into the specifics of what your child will be learning, when and how. From the books they'll be using to math basics and teaching social skills, know as much as possible about the learning process they use so you can make a better decision.

To think even further down the road, try to find a preschool that uses a recognized curriculum that will dovetail with your plans for their future education, whether in public or private schools as they get older. The schools they'll be attending may have some good advice about curriculums that would leave your preschooler well prepared.

PLAY TIME PHILOSOPHY

Studies show that play time serves an important role in your child's mental and social development. You should make sure the preschool's philosophy about play time is a good fit for your expectations.

When structured properly, a lot of education can take place during play time when children are free to learn and explore in their own, individual ways. Ask about techniques the preschool uses to help children learn important things while having fun at the same time.

The best schools are adept at blurring that line between play time and school time, letting kids have fun but always with an eye on their development.

In the end, by finding a school with the right schedule, curriculum, staff and philosophy, you'll be giving your child a great start toward living a happy, healthy, productive life. ■



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HOW TO CHOOSE A MORTGAGE LENDER

Obtaining a mortgage is serious, sometimes lifetime responsibility. So choosing a mortgage lender is nothing to rush into. Before you make this important decision, you'll want to engage in deep research.

You'll learn a great deal in your initial few meetings with a mortgage lender. Lenders with excellent customer service can make things go smoothly for years to come. But if your lender is only concerned with his or her bottom line or making extra money on selling loan products, use caution.

Good mortgage professionals are knowledgeable about their loan products. They are willing to spend as much time as possible to explain them to you. They take pride in guiding you through what could be a confusing process.

They keep your best interests and financial priorities in mind.

Do some advance research on your loan options prior to meeting a mortgage professional. It will help you determine whether he or she is truly concerned about your needs.

Basic knowledge about the financing process will help you make a sound assessment about a mortgage lender's skills and abilities.

PURCHASER'S RIGHTS

The mountain of forms, declarations and even financial terminology can be daunting to inexperienced homebuyers. It is always smart to exercise care during the home-buying process. Understand what you are signing and any obligations you are assuming.

A signature is a permanent commitment. Some buyers may have a very short time to back out. Otherwise, they are liable for what is in the document.

Even if you back out during that short period, you will likely forfeit deposits because you broke the deal. You might also owe an additional amount based on the total of the initial mortgage payment.

Extra costs can be avoided if you take time when signing all agreements.

If a lender is rushing you through paperwork and pressuring you to sign the form, he is not doing his job properly. Your best interests will likely be neglected.

COMMUNICATION

The best mortgage lenders will focus on understanding your long-range financial goals.

They will ask you how long you intend to remain in this new home. Your answers will help him find the best mortgage products to suit your needs. It is a red flag if a lender fails to ask you this type of question.

LOCAL LENDERS

Seeking out a mortgage lender in your community is the best option.

Interest rates vary on a daily basis. A local lender will know the rapid changes happening in the community's housing market. They will understand how these changes may affect you.

Local lenders can monitor your loan application closely, and will be more accessible to answer any questions you may have.

PERSONAL REFERRALS

Ask your friends and family about their experience with mortgage lenders.

They may be comfortable recommending the same professionals they used for their home loans.

Word-of-mouth is often the best way to identify quality professionals in your area. Once you have a list of possibilities, verify backgrounds so you can will confident in their ability to help you. ■



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HOW TO CHOOSE MATERNITY CARE

Pregnancy and the birth of a child is a life-changing experience for any woman. So choosing the best in maternity care is essential for mother and child. There are so many things to consider after pregnancy begins, especially if this is your first baby. Depending on whether your gynecologist is also an obstetrician, meaning she can deliver babies and perform a C-section if needed, she may be able to handle your entire pregnancy. If not, you'll need to find an obstetrician to deliver your baby.

RECOMMENDATIONS

Ask your family and friends who have been through the birthing process for suggestions. Inquire about their experiences. Most people will have strong opinions about the quality of their care. In particular, seek out people who have had complicated pregnancies or births. Your primary care physician should also have recommendations for you. Compile the list of names and check your insurance to see if those doctors are covered by your policy.

OFFICE VISIT

Narrow your list of potential providers and make appointments to see the top two or three. This first appointment is like an audition or interview. Observe everything. How does the staff treat patients? Is there a long wait? Is the office clean? Do you have a good feeling about this doctor? Sometimes doctors have a reputation for performing C-sections when they are not needed. Ask to see the doctor's C-section rate.

MIDWIVES

A doctor isn't your only option for prenatal care. Many women are choosing to use a midwife. Midwives are specially trained in pregnancy and childbirth. These caregivers provide more personalized attention. Some women feel

more comfortable with a midwife. If you prefer minimal medical intervention, a midwife can be a great choice. In some cases, you can even give birth at home. Just remember that a midwife is not a doctor. If your pregnancy or childbirth runs into complications, you will still need to go to a local hospital.

DELIVERING THE BABY

Your maternity care provider needs to be available when it is time for you to give birth. Your chosen caregiver should have no vacations scheduled near your due date. Find out what happens if she is unavailable when you go into labor. Some ob/gyns work at a practice with other doctors. They may rotate being on delivery duty. If this is the case with your doctor, schedule some of your prenatal checkups with the other practitioners so you can get to know them better.

THE HOSPITAL

Find out about the reputation of the maternity wing at your local hospital. Check to make sure the doctor you choose has credentials to deliver at the hospital of your choice. It is always best to choose a hospital with a good neonatal care unit in case your baby is born prematurely. Get a tour of facilities.

While you are visiting, ask them which incidentals will be provided and which items you should pack in your hospital bag. You will need a comfortable robe, a change of clothes and other toiletries. Also, look at the postpartum recovery rooms. It may be a private or shared room. Make sure it fits your preference.

Find the hospital's policy regarding having your newborn stay in the room with you. Looking at all of these aspects will help reduce your anxiety. Giving birth is a thrilling yet tumultuous time in a woman's life. Choosing a good maternity care provider will go a long way toward easing the process. ■



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HOW TO CHOOSE A LASIK PROVIDER

Should I get LASIK eye surgery? This may be the question you have been asking yourself for years. Especially after what feels like a lifetime of dealing with glasses or contacts. Or maybe, you just stumbled upon the term during a coffee date with a friend who's loving their results. Regardless, you are curious about LASIK eye surgery and are probably wondering where should you start. Most importantly, do your research and focus on finding an experienced specialty eye clinic and LASIK surgeon to perform the procedure. Here are 5 things to consider:

1. REFERRALS

Ask your regular eye doctor for a referral to an ophthalmologist they recommend who can perform LASIK eye surgery. If you have family members or friends who have had the procedure, talk to them. In addition, you can find credible LASIK resources by reviewing the listings on professional directories such as the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery.

2. REPUTATION, EXPERIENCE AND EDUCATION

Find an eye clinic and surgeon who is known for performing successful refractive eye surgeries with a 5% or lower enhancement rate and has experienced, highly trained surgeons on staff. Reputation matters. A clinic with an outstanding reputation is the one you want. Online reviews for clinics may not be as personal of a referral source, but they certainly are another helpful source in your search. Look for fellowship-trained and board-certified surgeons. This means surgeons perform training in addition to the standard required years of schooling needed to practice as a doctor of ophthalmology.

3. TECHNOLOGY

Advances are always being made in technology, and LASIK is no exception. Make

sure your surgeon is experienced in using the latest techniques and equipment, such as blade-free, laser created flap technology which offers greater control in flap creation for a more precise procedure. For example, the Wavelight EX500 Excimer Laser offers the widest treatment approval range ever granted to a laser as well as quicker treatment time reducing the risk of dry eye. Not all providers have or use this technology. Specialty clinics who have a temperature controlled LASIK suite where their equipment does not travel is your best bet.

4. MULTI-LEVEL CARE

Schedule an initial consultation to meet your surgeon and his or her team and determine if you are a good candidate for LASIK eye surgery. It's important to feel comfortable and confident in your choice.

Your surgeon should be willing to educate you about the LASIK procedure and answer any questions you have, including possible complications and post-operative care. The staff at the eye clinic should be friendly, accessible and helpful.

Many ophthalmologists will work with your regular eye doctor for follow-up appointments if you prefer and these are most times covered in the cost of the procedure. Be sure to ask those questions if you'd prefer to have follow-ups with your doctor.

5. COST

Investigate how much the procedure will cost and if there are any additional charges for enhancements, revisions, or post-operative care. LASIK is not covered by insurance so make sure to inquire about health savings account, financing and billing options.

Never feel pressured to have a procedure performed because it is a "good deal." The surgery should be about helping you achieve your best vision. ■



"I just had LASIK done and could not be happier! I'm amazed at my results and that I could see without glasses within hours. The staff and doctor were amazing and so professional. I've worn glasses and contacts since third grade and never thought a day would come where I wouldn't need them. I highly recommend Wolfe Eye Clinic!"

-Brianna, December 2018

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HOW TO CHOOSE A TATTOO STUDIO

Tattoos were once the exclusive province of the dark and edgy, the mark of an outsider. But look around these days and you're likely to notice more and more people have chosen body art to express themselves.

Tattoos and tattoo parlors have gone mainstream, and it's safer and easier than ever to wear your passions on your sleeve.

If you've been considering a new tattoo, read these important steps to choosing the right place for the work.

CLEANLINESS

The most obvious thing you need to look for is whether the studio is clean, and you can tell a lot about that just by looking around.

See if the studio looks sanitary and well-organized. Any furniture in the tattoo area that comes into direct contact with a client being tattooed should have a disposable cover that is changed between each client visit.

The tattoo artist should use a clean needle for every customer, too. To be certain, you can ask them to open the needle in front of you before using it. They should also use a separate source of ink for each client to avoid spreading infections, too.

LICENSED

Every state has different rules and regulations for tattoo studios, and you need to do your homework to find out what those regulations are where you live.

Believe it or not, there are some studios that will open up without a license and without doing the proper training to ensure a sanitary environment. Check whether the studio has the proper license and ask about any training

the tattoo artist has gone through to do their job in a sterile, safe way.

CREATIVITY

Once you've ensured the studio is safe and licensed, then comes the fun part: choosing a tattoo design.

There can be a wide variation in talent between different studios and even different artists working within the same studio. Check out the portfolios in the studio to see what kind of designs you can expect and make sure it's up to your expectations.

The best tattoo artists are exactly that — real artists — and can take your idea and turn it into a gorgeous piece of body art that you can enjoy for the rest of your life. Look for true creativity and originality in the designs they offer.

PRICE

It's not a good idea to pick the cheapest tattoo studio. Like anything else in life, you get what you pay for, and low-cost studios are bound to be cutting corners somewhere. Whether by employing low-time, low-talent artists or skimping on sanitation steps, you just don't want to use a studio that's known for being the cheapest in town.

Ultimately, because tattoos are designed to be permanent, you want to pick the best artist you can find — even if it's expensive.

They should run their business in a clean, sterile way — almost with the cleanliness of a surgeon — but also have true artistic talent. That's a rare combination to find, but it's worth it to do your research and shop around until you find it. ■



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HOW TO CHOOSE A FOUNDATION REPAIR COMPANY

After “location, location, location,” the element a home is most in need of is a foundation. For without a strong and solid foundation, you don’t have a home. It is truly the basis for all that is your home.

So when your foundation needs repair, it is essential that you choose an experienced, high-quality contractor to get the job done right.

Your foundation may consist of cement blocks or granite slabs depending on the location and time your home was built. More modern foundations consist of poured concrete slab. The structure of your foundation and the type of work required will determine which contractor is best for you.

In addition, you will need to know if the problem is related to cracking or leaking, as these problems require different repair work.

Some foundation repair companies specialize in fixing leaky foundations. They typically will install pumps and drains. Other companies fix architectural aspects of the damage. They perform repairs by pouring concrete, replacing blocks and installing jacks.

Choose a company that will help you with your foundational needs. If your foundation has several issues, then select a company that will provide various services.

Another thing to consider is whether your home has a basement. If your basement is finished, you may need additional services after the job is completed. You may require a contractor to help with floor laying, carpentry and finishing. If the basement is rough or unfinished, then the level of work will be substantially less.

Contact contractors to inspect the damage and give you a written

estimate. You should receive estimates from at least three different companies in order to compare prices. During these meetings, make sure the contractor understands the required repairs and the time frame it will take to complete the work.

You may not always want to go with the lowest estimate. The low cost may be due to poor quality of materials or lack of experience by the contractor. Ask the contractor about the types of materials he will be using and whether those materials are long-lasting.

If you know anyone in your social network who has had foundation work done, ask them about contractors. Were they happy with the service? Is the work holding up? Would they use the contractor again? Referrals will help you determine which contractors are best. If your friends give rave reviews to a company, then look closely at their services.

Before any work starts, the contractor should provide you with a current insurance certification. You need to verify that the contractor is covered for any accidents involving workers or damage caused to your home. Otherwise, you may be liable. If the contractor cannot provide you with this certification, check with their insurance company to find out what they cover. If the contractor is uninsured, begin searching again. Professional contractors are always covered by insurance.

It takes time and effort to research contractors but it will save you time and money in the long run. You will feel comfortable with the knowledge that your foundation is in good shape, and the rest of your home or office will be stronger. ■

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HOW TO CHOOSE A PLASTIC SURGEON

If you're considering plastic surgery to improve or alter your physical appearance, it's not a decision to take lightly. While there may be many benefits to plastic surgery, all surgery carries risks so you'll want to search for the best-qualified surgeon to explain the process to you.

If you've set your mind on having a cosmetic procedure, it's vital that you have it performed by a well-qualified plastic surgeon.

Here are the main things to consider while searching for the right doctor to give you that perfect look.

BOARD CERTIFIED

Choosing a board-certified plastic surgeon is an important first step.

While many state medical boards will certify doctors for general surgery, the American Board of Professional Surgeons specifically requires training and experience in plastic surgery — including two years devoted entirely to plastic surgery — which can lead to better outcomes for patients than doctors with less experience in the field.

Ask whether your surgeon is board certified and what training they've had in the specific procedure you're considering.

SPECIALTY

Some plastic surgeons are generalists, performing a wide range of procedures, others specialize in one particular subsection of the field and can perfect their skills over many years performing that one type of procedure.

Some surgeons specialize in body procedures, for example, while others might spend most of their time doing facial surgery or breast augmentation.

Ask how long the surgeon has been performing your particular procedure and how many times they have performed it. That information can help guide your decision.

REPUTATION

In the plastic surgery field, some doctors have better reputations than others, and it can be tricky to find the best ones. After all, some of the best cosmetic surgery work is the kind that no one can tell was done. It's subtle.

If you know someone who has undergone a cosmetic surgery procedure before, though, you can try to find out what they thought about their experience. First-person references about doctors are always insightful.

In addition, you can look at before-and-after photos that show the surgeon's work. Ideally, you'll want to look for patients who have a similar facial structure, breast shape or body shape to yours so you can see what to expect for your personal results.

CONNECTION

While it's less important than their medical background, it's nonetheless worth mentioning that you should look for a doctor that you connect well with personally.

Communication is a big part of the plastic surgery process, and you should try to find a doctor with whom you can clearly communicate your wants and expectations for the procedure. You should be confident that they understand how you want to look and can deliver the right results for you.

Trust is a big part of that relationship. You should be able to trust the surgeon's recommendations and be comfortable discussing your detailed medical history and habits with them.

In the end, if you can find a plastic surgeon with the right training, plenty of experience in your procedure and a good connection with you, you'll be more likely to have the best outcome from your procedure. ■

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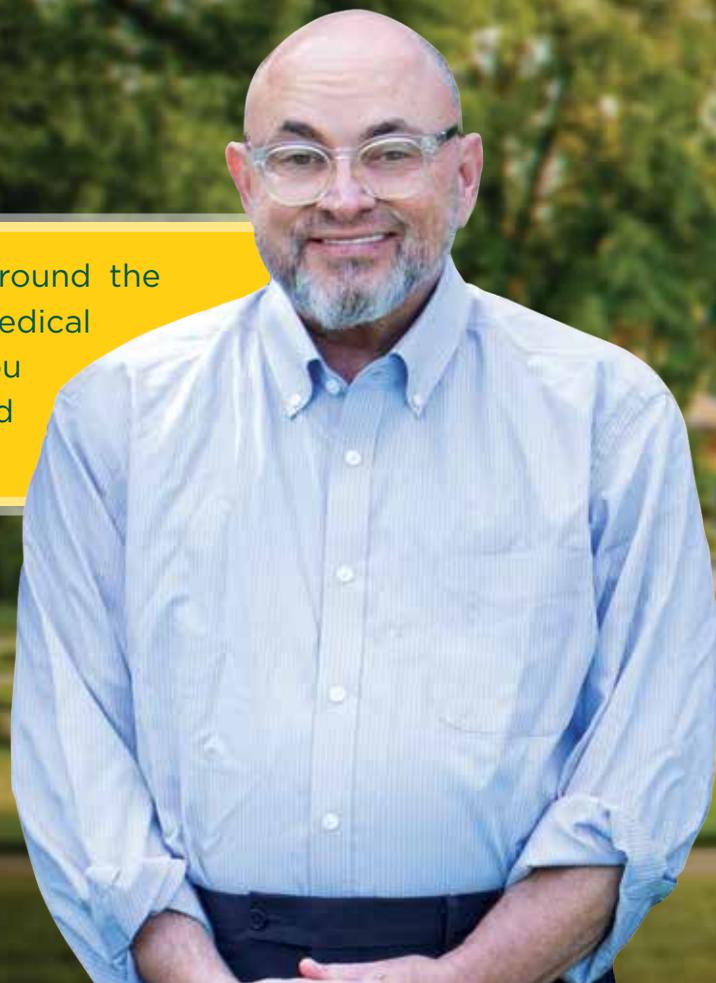
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HOW TO CHOOSE A CREDIT UNION

Credit unions are cooperatives in the truest sense of the word. They have existed for more than 100 years, springing from the idea that serving a group of unserved or underserved people as a group could prove economically feasible and offer an alternative to traditional banks. Today, they rank among the best micro-finance organizations available to large swaths of the population.

Unlike big banks, which are owned by shareholders or conglomerates, credit unions are typically nonprofit operations owned by their members. Credit unions charge fewer and lower fees than for-profit banks. And any dividends go to the members instead of shareholders.

In short, credit unions are a good deal.

They usually offer better interest rates on savings accounts and competitive rates on various loans. You might get a fantastic rate on a student loan, mortgage, auto loan or credit card.

And, like bigger banks, the federal government ensures credit union deposits up to \$250,000.

The first step in selecting a credit union is to research those in your community and their membership requirements. Some credit unions are available to employees of specific companies, groups of public service or school employees. But offers extend eligibility to anyone willing to follow their membership requirements. You may be asked to join a food co-op or other organization in order to qualify for membership.

A simple internet search is an excellent starting point. Develop a list of credit unions in your area. Then narrow your possibilities by researching eligibility, services offered and fees charged by each credit union.

Verify the current interest rates on their accounts. If you can't find the rates online, call and ask them for the percentages.

Find out if there are any fees associated with the accounts you want to open. As with traditional savings and loan banks, you might be required to pay a fee if you fall below a minimum balance.

Check about other requirements. You might need to use your debit card a certain amount of times each month.

If you are in the market for a specific loan, research to see if the loan is issued by the credit union. Once you have found several credit unions offering that type of loan, compare interest rates and specials to see who has the best deal.

Of course, convenience is something to keep in mind. Check for availability of online services, weekday and weekend hours, where branches and ATMs are located.

You should also understand any fees associated with ATM or debit card usage. If you use ATMs frequently, those charges can add up fast.

Some credit unions belong to a national network of credit unions for shared services. It might mean more access to ATMs and other services in case you move or go on vacation. If you have children attending college in other cities, this can be useful.

Once you have completed your research, make a list of the advantages and disadvantages of each credit union. You can easily compare them.

Upon choosing your credit union, visit the branch so you can understand all of the services. Learn more about the benefits of membership. ■



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HOW TO CHOOSE A FURNITURE STORE

Whether you're in need of furnishing an entire room or home or just replacing a piece that has seen better days, choosing new furniture is a decision that involves quality, style and, not least, comfort.

You see and use the furniture in your home every day, so you want to be sure that it suits your taste and is both comfortable and quality built. One way to ensure that you'll pick the best furniture for your home is to select a good furniture retailer.

Here are some things to look for in a quality furniture store.

QUALITY THAT LASTS

Look for a store that sells quality, long-lasting furniture.

While inexpensive accessories can be bought cheaply and changed often, big furniture investments — sofas, dining tables, and the like — need to be purchased for the long term.

That means putting solid construction before a pretty style.

Solid construction isn't always apparent at first glance. It should feel solid, not flimsy, of course. Beyond that, find out as much information as possible about the frame, materials, and what kind of warranty it comes with.

A well-trained staff can inform you about their furniture, how they're built and why the construction matters. The best stores have employees who act as guides and teachers, not pushy salespeople.

VALUE, NOT JUST PRICE

It is best to pay more for a quality piece than to try to save money on something that will not last in the long term. The bigger the investment, the

more important the design and build quality become.

Concentrate on finding the best value. An inexpensive sofa will not be a good value if it is built with cheap and weak materials. Likewise, the most expensive love seat will not be a wise investment if the frame is not built solidly.

It's best to look for brands with a long track record and good reputation.

SERVICE AND DELIVERY

Every store has a different customer service policy. Choose a store that is well known for being loyal to its customers.

Inquire about return policies. Some furniture stores will allow you to exchange an item within a certain time limit if it doesn't meet your expectations. Learn what fees are involved if you have to return an item — if that is allowed at all.

As well, ask about the store's delivery policy, including how much it costs, how far they'll deliver and how quickly your furniture will arrive.

If you are comparison shopping, factor the delivery cost when considering different stores. A low-priced couch will not save you money if it comes with an expensive delivery fee. It may be worth it to pay a little more for the couch if free or reduced cost delivery is available.

The bottom line is that there are only two things that matter: the quality of the furniture you are purchasing, and the level of service you receive. Once you discover them both, furniture shopping can be a fun experience that will beautify your home for many years. And you can be happy and comfortable with the furniture for generations to come. ■



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HOW TO BUY AND SELL COINS

Becoming a collector is a process that begins with a fascination or obsession with certain items, so it's no mistake that collecting coins is one of the world's most popular hobbies. It is also a great way to make a profit, particularly in dealing with rare and valuable coins.

Coin collecting is not a simple hobby, though. Coins can be a great investment, but there are several factors that affect a coin's ability to go up in value, including its history, quality and scarcity.

If you are considering starting a coin collection, here are some things to keep in mind.

KNOW WHAT YOU HAVE

Research is key. There are a lot of resources that can help you understand what you are buying or selling.

It is important to discover everything you can about a coin before purchasing it. If you have inherited coins, or have received them as gifts, educate yourself on their background and value.

Coin shops likely have books that can help you get started. You can also find information at the local library and Internet.

Once you have completed your research, you can start buying and selling with confidence.

UNDERSTAND COIN GRADES

Knowing coin grades is essential if you collect coins. This system assigns a value based on the coin's condition.

The grading process is pivotal. You could have the same two coins — same year, same mint, same design — and they could be worth drastically different prices based on the score they received when being graded.

Coins in near-perfect condition are very rare and are more valuable than modified or damaged coins.

DON'T CLEAN COINS

Never clean your coin collection. Novices are often tempted to give their coins a polish. Shinier coins must be worth more, right?

Cleaning or polishing a coin can destroy its worth. It removes some of the original finish, rendering the coin far less valuable as a result. Real collectors prize coins that are in their original condition.

ASK QUESTIONS

Ask questions, no matter how trivial you think they might be. It is the only way you will learn and grow as a collector.

Look for more experienced collectors in your area. You can find them at coin shows and shops. There may even be clubs in your community.

Ask them about the best coins to buy. Find out about their successes and failures. It will help you avoid pitfalls. It is hard to know what is reputable online. That's why networking in your area and finding people with great reputations is a better way to get your questions answered.

SPEND TIME AT A COIN SHOP

Develop a relationship with your favorite coin shop. Hanging out there can be a fun way to spend an afternoon. It will also help build your collection.

Once a dealer knows your interests, he can alert you with information about the coins you are seeking. Networking with employees may also help you develop new friendships that come out of common interests.

Doing these things will help you avoid wasting time and money on bad purchases. It will also pass the time, as you accumulate more knowledge. Soon you will be on your way toward becoming a seasoned collector.

But once you become an expert, don't keep the knowledge to yourself. Give back to the coin collecting community. Help others develop in interest in the hobby as well. ■



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HOW TO CHOOSE A PHYSICIAN

If you are choosing a doctor for the first time, or are changing physicians due to a move or other circumstances, your selection requires real scrutiny and research. For your best health, you need to have a good relationship with your doctor. And if you want to have a good relationship with your doctor, you'll need to begin by choosing a physician who is an excellent listener and who takes patient concerns seriously. But there are some other things you need to consider when feeling out a new doctor's office.

INSURANCE

Insurance companies have contracts with individuals or group practices. It is likely that you cannot go outside of your insurer's provider network without paying an additional fee.

Your primary care doctor should be able to understand your medical needs, as well as offer you appropriate referrals should you need a specialist.

It is possible that using a doctor outside your insurer's primary care network may subject you to out-of-pocket expenses.

Some insurance carriers do not impose restrictions on your choice of physicians. If you have this kind of policy, look to your local newspaper or online advertisements to find potential doctors in your area.

MEETING YOUR NEEDS

Experts recommend selecting a general practitioner to serve as your primary care physician. This professional might be an internal medicine doctor or a member of a family practice.

Under some circumstances, it is better to select a doctor practicing within a particular specialty.

Women might feel more comfortable with an obstetrician/gynecologist as a primary care physician. A pediatrician might be the primary care physician for

children. Seniors could even have a geriatric specialist for their primary care physician.

ASK FOR REFERRALS

Friends, family and other trusted sources are the best way to find a new doctor. People will gladly give referrals when they have had positive experiences with their health care providers. They will also provide feedback when the experience was not to their liking.

The American Medical Association or other professional physicians' organizations in your area will be another useful resource.

Prior to making a final decision, always confirm that your physician has a current license to practice with the state medical board. This licensing body will also tell you if he has any pending disciplinary action or complaints.

Not every doctor accepts new patients. Once you have collected a list of possible physicians, contact them to make sure they will accept new patients, as well as the insurance you carry. Ideally, your first visit will include a routine physical examination and documentation of your medical history. But sometimes insurance carriers will decline payment for routine exams.

CONVENIENCE

Convenience is another important factor when choosing a physician. His or her office should be easily accessible from your home or workplace. Ensure the doctor has admitting privileges at your preferred hospital in the event you need treatment. Ask where your physician can perform diagnostic tests and procedures. Some doctors might use a separate facility rather than their own offices. Finally, inquire how long it usually takes to book an appointment. When an emergency arises, you will want to know that your new doctor can meet you quickly. ■

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HOW TO CHOOSE A BIRTH CENTER

Natural birthing has come a long way. Modern birthing centers are designed to offer a warm, comforting atmosphere for healthy women with low-risk pregnancies to bring their children to life without the sterile confines of hospitals.

Birth centers treat pregnancy as a family event, encouraging the mother and members of her family to participate in celebrating new life. But they're also certified and maintain emergency medical expertise and equipment should it be required.

A growing number of American women are choosing birth centers for a more intimate childbirth experience. If you or someone you know is pregnant, this increasingly popular option may be worth looking into.

SPA SETTING

The best birthing centers have a gentle, welcoming atmosphere. Many women who've given birth in these centers are comforted by a spa-like atmosphere.

It is common for birthing centers to use whirlpool baths to ease pain during and after labor. There should also be patios and garden spaces to help you relax between contractions. After all, labor can be a long and painful process.

Additional services, such as massages, may be extremely helpful. Ask each center about their services before, during and after labor.

MEDICAL NEEDS

When looking for a birthing center, it's important to understand your medical needs in addition to the center's ability to handle the unexpected. Ask how many Caesarian sections they typically perform. Some mothers-to-be worry about medical providers who might try to rush the process by sending them to the operating room too quickly. A low C-section rate will ease those concerns.

Find out about the medical services and equipment available on-site.

A facility may be beautiful and comfortable, but that doesn't mean they should cut corners around preparation and technology. Ask about services performed at the center and when you might have to be transported somewhere else.

You should know the nursing staff schedule as well. It is a major advantage if you can interact with the same nurses from the time you have labor pains until the time you go home with your baby.

Finally, check whether your maternity doctor has privileges to work at the center. Ideally, you will want a center that lets your doctor deliver the baby in person at any time of the day or night.

PERSONAL EXPERIENCE

Good centers will understand that childbirth is an extraordinarily personal process.

Look for a facility that will allow you to fulfill your vision of the ideal birth experience. Overly restrictive policies or facilities that can't fulfill your requests can put a damper on the experience.

It is usually best to stay in one room for the entire birth process. Labor, delivery and recovery should happen in one place, without requiring you to readjust to new surroundings.

If you have children, think about whether you want them to be a part of the childbirth process. Some centers will accommodate your request. Whether you want to give birth alone or among family and friends, the best birthing centers will work with you to make it happen.

The birthing center you choose should do everything it can to make your experience unforgettable. The birth of a baby is one of the most wonderful, memorable experiences of life. The best birthing centers will go the extra mile to be a part of that joy. ■



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HOW TO CHOOSE A WINDOW TREATMENT STORE

Unadorned windows are a blank canvas for window treatments. Besides simple shades or blinds, well-designed window treatments add style and ambiance. They also reflect your personal style and, when matched properly with your furnishings and the overall look of a room, create privacy and temperature regulation from the world outside.

Some windows are easier to stylize than others. But most windows share common characteristics which will make your job easier.

Follow these simple guidelines to get the best results when looking for a window treatment store:

Window treatments come in a variety of price ranges. If you are outfitting multiple windows with blinds, valences and drapes, then you will likely pay a significant amount of money.

The best window treatment stores offer quality products at many price points. Don't expect inexpensive vinyl blinds to look good or last as long as their wooden counterparts.

Each store should also have a large array of fabrics, either in stock or shippable within a few days. It will give you plenty of combinations to consider for your decor.

Look for decorating ideas in magazines, on TV or websites. You will likely find many suggestions that will work in your own home. Keep in mind that large prints and bright colors will overpower smaller spaces.

Sample books in stores will also give you a good idea about the finished products. These publications will also have price charts so you can budget your money.

Anyone who has tight finances should concentrate on rooms that you and your family use the most. Inexpensive treatments will work fine in rooms that

are not used often.

Conventional shapes such as square or rectangular shades and blinds are often less costly than specialty shapes. Deluxe fabrics will add to your total cost. But if you need a trapezoid, triangle or semi-circle shape and it works well with your decor, then investing in that is money well-spent.

Hardware is another factor in the final cost. The materials used for installation need to be durable and made of heavy-duty components. Blinds' mounting rails, sliders and opening mechanisms will likely be used frequently, perhaps even several times a day. Drapery rods should consist of heavy-gauge steel, including sliders, hooks and pulls. This construction should withstand years of use without falling apart.

Your product needs to have a warranty against defects, materials and installation. Even high-quality treatments can be damaged if they are installed incorrectly. Familiarize yourself with the terms of the warranties.

You should understand the vendor's return policy. Excellent return policies mean you can return the products for a refund or exchange. You could be charged a restocking fee. If you had your window coverings custom-made, you will probably be unable to return it. Ask anyway. You might be surprised.

Professionals should guide you on trends that will remain stylish for years to come. They should also assist you with ideas and recommendations. Let's face it. There are a huge amount of fabrics, options, sizes, combinations and manufacturers to consider. Having a knowledgeable and helpful staff will save you time and money.

A quality window treatment store will make a tremendous difference in your final results. Think about all the factors, ask professionals and research your options. After all, you will live with the results for many years. ■

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Get while the **GETTIN'S GOOD**

Seasonal-business owners explain the feast or famine nature of their industries.

By Melissa Walker

Brian Bowley, an accountant at Poeman's Tax Prep and Accounting in Des Moines, works at his desk where he'll spend up to 80 hours a week during tax season.

Dustin Beener knows that when fair season hits, he'll hardly see his wife and son and will likely only get a few hours of sleep each night.

Beener will spend nearly every waking hour and then some at his family's concession stands at the Iowa State Fair, Nebraska State Fair and Tulsa State Fair from the end of July until October.

He's the fourth generation of his family to operate Hardenbrook Concessions, which was started by his great-grandparents at the Iowa State Fair in 1913. The family has operated concessions for about 50 years at both of the other fairs.

A seasonal-business owner has challenges that other business owners do not, say those who work in the business.

"You're always learning," says Beener, whose uncle Elston Hardenbrook and mother Deborah Hardenbrook, who have since died, and his father Bob Beener ran the business before he took over.

Those who operate a seasonal business share the following tips:

1. Expect to work more hours than normal

During fair season, Beener opens his stands at 5:15 a.m. and goes to bed between 3 and 3:45 a.m.

"There's very little sleep at the Iowa State Fair," he says.

The family has two days to tear down their stands in Iowa and two days to set up in Nebraska before they're at it again. In Nebraska, Beener sleeps an hour or two more, and in Tulsa, he can get about four or five hours because the fair hours aren't as long.

"Once you get back and your body knows it's done, I usually get a bad cold because your body and mind just shut down," he says.

Joel Bryan, the co-owner and vice president of Seven Oaks in Boone, says he can count on one hand the number of times in the 22 years the business has been open that he's left before Seven Oaks closes to the general public. Most employees understand they'll be needed to work, especially during peak season from December through February. Christmas break is the busiest week all year. Even then, Seven Oaks is only open about 40 hours a week, so that's how many hours most employees will work.

Brian Bowley knows he'll work up to 80 hours a week from mid-January to April 15 as an accountant during

tax season. He stays busy throughout the rest of the year conducting payroll and accounting operations for Poeman's Tax Prep and Accounting in Des Moines.

"It's just understood that home life is going to suck during that time," Bowley says, adding that if he wants to go on vacation or take time away, he has to do that outside of tax season.

Clayton Garrison, owner of Norwalk Seasonal Services, says it's difficult to quantify the number of hours he works, though he would estimate it to be more than 60 a week. During the off-season, he tries to reset and do some prep work for his business, work out and spend time with his family.

"I like to go to the Y and work out during my off season," he says, adding that he'd like to be able to do that year-round and is considering how he can make it possible.

Garrison starts his day between 5 and 7 a.m. when he does computer work. Then it's on to jobsites and to meet with potential customers for bids until between 5:30 and 6 p.m. He tries to have a few hours of family time before he's back at his computer from 9:30 to 11 p.m.

He reserves Sundays for family time with his wife and their two children and to go to church together. Garrison

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FEATURE

says it's taken some time to find a balance between work and family. His wife goes to work early, and he usually gets his kids to daycare or school. He tries to keep evening hours open for family time, too, and to wait until everyone goes to bed before he works again.

"You have to be intentional about your time, and you have to set your priorities and stick to those because people will call at 7 in the morning and 9 at night," Garrison says. "If you're going to answer your phone, that's going to affect your family."

2. Hire temporary workers

Human resource experts recommend business owners begin the search for seasonal employees months in advance.

Beener needs between 50 and 75 workers each fair season to operate six stands in Iowa, five in Nebraska and nine in Tulsa. A lot of the family members work at the stands, but they still need to hire extra workers.

"The biggest challenge is not having full-time employees that you keep all year long," he says. "Every year, I depend upon friends and family who have done it in the past and hopefully come back and help us out. It's such hard work with the long days and the heat and the grease. For some people, it's not in their blood. But for some people it is, and they come back every year, and they become family."

Ron Haynes, who works in



Clayton Garrison, owner of Norwalk Seasonal Services, works with seasonal employee Cade Moon on a landscaping project in Norwalk.

marketing and is president of the club at Cutty's RV Camping Resort, says finding employees is one of the most difficult parts of running a seasonal business.

During the season from April 1 to Oct. 31, the campground employs between 45 and 50 people. That drops to five full-time employees who work year-round. Cutty's relies on retired individuals and college students to work in the restaurant and store, to perform grounds and general



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maintenance, and to clean units.

"They usually work something else in the off-season, or the young people go back to school," Haynes says.

Seven Oaks also hires a lot of high school and college students and has a 70 percent return rate with employees from one ski season to the next.

"Everybody knows that going into it," Bryan says of the work expectations during peak season. "Everybody gets excited for that."

Still, Bryan says it gets more difficult to hire temporary workers because there is a high turnover rate.

"Working at a ski area sounds awesome, and then when you get out there and it's negative 10 or 12 with a windchill, you start to question it," he says.

Seven Oaks uses word-of-mouth and social media to advertise its openings. The company brings in between 80 and 100 prospective employees for orientation sessions and hires almost every day of the week, Bryan says.

Garrison says seasonal employees are hard to find with the current job market and labor force. Most of his seasonal employees will get a part-time job or collect unemployment in the winter months.

"Obviously it gets tougher because everyone has bills year-round," he says.

3. Find ways to make money in the off season

Beener spends most of the year repairing and replacing equipment for state fair season. The business provides concessions at a few music festivals and another event in May, June and July in order to make money to pay for contracts and buying goods and other items for the stands.

"That makes us money to be able to put money in to the state fair stuff," he says.

Beener removes snow from November through April when he isn't working the concession season.

Outside of ski season, which is 70 percent of the company's business, Seven Oaks operates canoes and kayaks, does float trips, has paintball and a gladiator self-challenge, and hosts events, Bryan says. Seven Oaks operates its summer



Jaslyn Clark works as a ski instructor at Seven Oaks in Boone during peak season. Photo submitted

season with 30 staff members compared to about 100 during peak season.

Garrison balances out his landscaping business with operating a snow removal operation during the winter months. Sometimes this means more work; sometimes it's less when there isn't much snow.

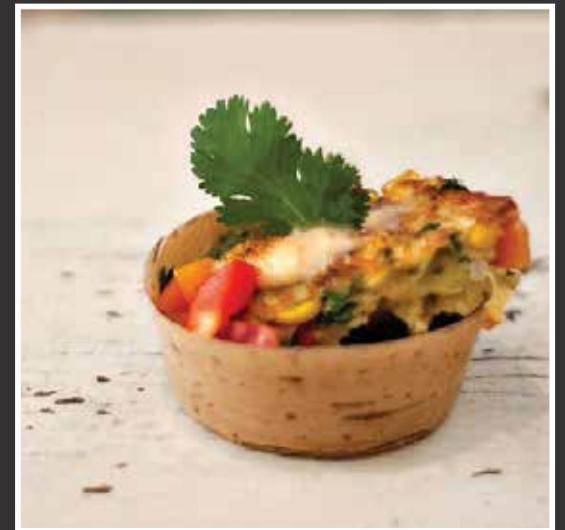


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4. Take vacation, time off in the off-season

Most employees at Cutty's can work as many or as few hours as they want, with many of the retirees working 20 to 30 hours a week. They work during the camping season and then travel or go south for the winter, Haynes says.

Beener says he knows he's unable to take off any time from the end of July through October.

"You kind of have to pick your vacations around your slower times," he says.

The Beener family does most of their family activities together during spring break or in June, when Beener and his wife, Chris, and son, Dakota, traveled to San Diego to visit family.

"It's definitely a sacrifice for my wife and son," he says. "My wife is a champ and takes care of everything at home."

The Garrisons travel when business is slow. Garrison and his wife went on vacation in March, and they try to do something as a family in summer before it's too busy.

"We've made a joke in the Hardenbrook family that nobody dies during the fair time," Beener says. "Everyone knows this is full time, and there's no time for anything else." ■

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MARKETING

Get Your Marketing Ready for Voice Search

“Hey, Google”, “Siri, can you”, “Alexa, did you” know voice search is on the rise. Two in five adults are already using voice to search at least once per day. By the end of 2020, Google estimates searching by voice will surpass traditional text search. This means that over half of all searches will have shifted from the keyboard to the microphone. This is becoming more and more important, because Google will then choose the best answer based on what they know about the user, their past search history, and the intent of the search.

How can you prepare your marketing for this new wave? The most practical way is to start thinking less about specific “keywords” you want to show up for. Instead, start thinking of what questions will people be asking and add content to your website that will answer these questions.



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HUMAN RESOURCES

When should I start applying for internships?

Scores of young people are preparing to return to school, some of them to colleges and universities that are miles from their parents. In a very real sense, college is and ought to be about more than simply preparing for the workforce; nevertheless, students and parents alike are justified in pursuing ways to squeeze the most long-term life value from the university experience. One way is internships. A mistake most students make is waiting until they arrive on campus (or even later) to begin their hunt for an internship. For fall semester internships, early to mid-summer is the best time to seek and apply for internships, while for spring semester internships students should begin their search no later than mid-October. The other pitfall students make is a failure of creativity. While some companies have internship programs, many employers will jump at the chance to share the work they are passionate about with a similarly passionate student. If you can't find an official internship position at a company you'd like to work with, email the HR department and inquire.



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ACCOUNTING

How much does a medical flexible spending account really save you?

Under the new tax law, it is difficult for many people to have enough medical costs to get a tax deduction on their income tax returns. Utilizing a medical flexible spending account gives employees the opportunity to get a tax deduction on medical costs that they wouldn't otherwise normally get to take.

For 2019, the IRS allows employees to designate up to \$2,700 of wages to be tax free to pay for qualified medical costs when employers have a qualified cafeteria plan set up. Cafeteria plans are a tax savings win/win for both the employer and the employee. Employers save roughly \$206.55 per employee in Social Security and Medicare taxes. Employees save roughly \$675 in Social Security, Medicare, federal and state income taxes. Eligible medical costs include copays, deductibles, prescriptions, doctors, dental, vision, lab services, medical devices, etc.



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You are personally liable

Many business owners and executives fail to realize the personal liability that comes with association and administration of a 401(k) plan. In recent lawsuits, the named defendants include the company, the investment committee and the owner and HR director personally as well as any executives with decision making power over the plan operations. The most common litigation are claims that employees are paying unnecessary fees based on lack of investment option oversight.

There is a simple solution to mitigate fiduciary liability. Many employers are outsourcing the Fiduciary Services to firms who specialize in Qualified Plan Compliance and Fiduciary Governance. These firms will in most cases provide Financial Indemnity if a plan is found to be negligent in regards to operational or investment processes.

In reviewing your liability exposure, make sure to include your 401 (k) plan governance and committee best practices. For questions, reach out to an Accredited Investment Fiduciary (AIF) for help!



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2. New market opportunities and increased customer demand. Are your customers asking for more products, expanded service hours or additional locations?

3. A strong team you can rely on. Take a look at your management team and determine if you have the right support to expand.

If you have demonstrated financial strength, see market opportunities and have a strong team at your side, it may be time to put your growth plans into action. After you've created a plan, explore financing options that will help make it a reality.



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You get the idea. Understand how you are different than your competition. Understand why your customers shop your business. Then use that knowledge to create an advertising program to build your customer base.



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The Pleasant Hill Chamber celebrated a ribbon cutting for the expansion of Cintas at 1325 Metro East in Pleasant Hill on June 20.



The Altoona Chamber of Commerce celebrated the opening of Raising Cane's with a ribbon cutting on July 9.



Allison Larson and Laura Francois at the MercyOne Clive Rehabilitation Hospital One Year Anniversary Open House on June 11.



Matt Connolly, Kristen Hall and Terry Taylor at the Des Moines West Side Chamber's Summer Sipper at Goodson's in Beaverdale on June 24.



John Garvey, Jean Jones and Angela Reed at the Des Moines West Side Chamber's ribbon cutting for Panka on June 26.



Steve Crann and Shawn Comer at the Polk City Chamber & Economic Development Business After Hours at Fenders Brewing on June 12.



Mary Kennedy and Cindy Simpson at the Norwalk Chamber Premier Golf Outing at Legacy Golf Course on June 24.



Mike Slavin and AJ Kohles at the Waukee Chamber's Annual Golf Outing at Beaver Creek Golf Course on June 20.



Megan Nefzger and Jerry Cowling at the West Des Moines Chamber of Commerce Breakfast B4 Business at Renewal By Anderson on June 19.



Grimes Chamber and Economic Development celebrated a ribbon cutting for Grimes Pediatric Dentistry on June 14.



Ankeny Young Professionals Board at the Ankeny Young Professionals After Hours Mixer at Mistress Brewing Company on June 20.

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BUYER: CJT HOMES LLC
SQUARE FEET: 1,699
ACRES: 0.241

**ADDRESS: 1325 S.W. STATE ST.,
DES MOINES**
SALE DATE: JUNE 17, 2019
SALE PRICE: \$120,000
SELLER: JC KUNKEL PROPERTIES LLC
BUYER: KEITH PROPERTIES LLC
SQUARE FEET: 4,340
ACRES: 0.767

**ADDRESS: 7901 DOUGLAS AVE.,
URBANDALE**
SALE DATE: JUNE 17, 2019
SALE PRICE: \$410,000
SELLER: HARRELL, CARMEL K.
BUYER: BMKAR, LLC
SQUARE FEET: 7,200
ACRES: 0.889

ADDRESS: 1325 S.W. STATE ST., ANKENY
SALE DATE: JUNE 17, 2019
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SELLER: DRA PROPERTIES LC
BUYER: LEBEDA MATTRESS INC
SQUARE FEET: 0
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SQUARE FEET: 10,800
ACRES: 0.062

ADDRESS: 5631 N.E. 17TH ST., DES MOINES
SALE DATE: JUNE 18, 2019
SALE PRICE: \$2,700,000
SELLER: ABP IA (DES MOINES) LLC
BUYER: PROBUILD COMPANY LLC
SQUARE FEET: 70,752
ACRES: 8.67

**ADDRESS: 3326 UNIVERSITY AVE.,
DES MOINES**
SALE DATE: JUNE 18, 2019
SALE PRICE: \$320,000
SELLER: 3326 UNIVERSITY LLC
BUYER: B
SQUARE FEET: 2,400
ACRES: 0.31

ADDRESS: 5631 N.E. 17TH ST., DES MOINES
SALE DATE: JUNE 18, 2019
SALE PRICE: \$140,000
SELLER: JAW PROPERTIES LLC
BUYER: NICHOLSON, JEFF
SQUARE FEET: 590
ACRES: 0.786

ADDRESS: 608 N.E. FOURTH ST., GRIMES
SALE DATE: JUNE 19, 2019
SALE PRICE: \$381,500
SELLER: SPELLMAN RESIDENTIAL
COOPERATIVE
BUYER: STANBROUGH HOUSING
COOPERATIVE
SQUARE FEET: 6,240
ACRES: 0.51

**ADDRESS: 4530 LOWER BEAVER ROAD,
DES MOINES**
SALE DATE: JUNE 19, 2019
SALE PRICE: \$7,700,000
SELLER: D & D REAL ESTATE HOLDINGS II
LC
BUYER: CLEAR SKY CAPITAL WOODLAND
PARK LLC
SQUARE FEET: 138,447
ACRES: 7.206

**ADDRESS: 2010 N. ANKENY BLVD.,
ANKENY**
SALE DATE: JUNE 19, 2019
SALE PRICE: \$2,950,000
SELLER: FIRST AMERICAN BANK
BUYER: AVAILA BANK
SQUARE FEET: 9,824
ACRES: 1.447

**ADDRESS: 1514 ARLINGTON AVE.,
DES MOINES**
SALE DATE: JUNE 20, 2019
SALE PRICE: \$48,000
SELLER: TWISTER LLC
BUYER: NEXT LEVEL AM LLC
SQUARE FEET: 2,332
ACRES: 0.143

**ADDRESS: 1454 30TH ST., SUITE 101,
WEST DES MOINES**
SALE DATE: JUNE 21, 2019
SALE PRICE: \$95,000
SELLER: WEST WINDS CONDOMINIUM
ASSOCIATION
BUYER: MKK PROPERTIES LLC
SQUARE FEET: 2,933
ACRES: 0.248

ADDRESS: 8980 HICKMAN ROAD, CLIVE
SALE DATE: JUNE 25, 2019
SALE PRICE: \$710,000
SELLER: SWIFT PROPERTIES LLC
BUYER: ECHQ LLC
SQUARE FEET: 14,022
ACRES: 1.262

**ADDRESS: 1801 INGERSOLL AVE.,
DES MOINES**
SALE DATE: JUNE 25, 2019
SALE PRICE: \$902,000
SELLER: MARCOVIS, JAMES
BUYER: LOFT PROPERTIES LLC
SQUARE FEET: 14,280
ACRES: 1.053

ADDRESS: 1300 SECOND AVE., DES MOINES
SALE DATE: JUNE 26, 2019
SALE PRICE: \$88,000
SELLER: ROCKSALT INVESTMENTS LLC
BUYER: IMB GROUP LLC
SQUARE FEET: 1,480
ACRES: 0.172

**ADDRESS: 1454 30TH ST., SUITE 101,
DES MOINES**
SALE DATE: JUNE 26, 2019
SALE PRICE: \$785,000
SELLER: 1433 WALNUT STREET LLC
BUYER: WADE INVESTMENTS LLC
SQUARE FEET: 5,628
ACRES: 0.188

ADDRESS: 312 FIFTH ST., WEST DES MOINES
SALE DATE: JUNE 27, 2019
SALE PRICE: \$330,000
SELLER: JUNCTION HOLDINGS OF IOWA
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BUYER: WILLIET LLC
SQUARE FEET: 3,956
ACRES: 0.166

**ADDRESS: 3312 E. GRANGER AVE.,
DES MOINES**
SALE DATE: JUNE 28, 2019
SALE PRICE: \$4,290,380
SELLER: PDM PRECAST INC
BUYER: NMDP HOLDINGS LLC
SQUARE FEET: 74,728
ACRES: 27.27

**ADDRESS: 108 HUBBELL ROAD N.E.,
BONDURANT**
SALE DATE: JUNE 28, 2019
SALE PRICE: \$425,000
SELLER: THE OLD WOODEN NICKEL
PROPERTIES LLC
BUYER: A3 AUTO LLC
SQUARE FEET: 3,920
ACRES: 1.061

**ADDRESS: 7300 HICKMAN ROAD,
WINDSOR HEIGHTS**
SALE DATE: JUNE 28, 2019
SALE PRICE: \$250,000
SELLER: COMMUNITY STATE BANK
BUYER: FIREWORKS LEASING, LLC
SQUARE FEET: 0
ACRES: 0.537

**ADDRESS: 3510 COTTAGE GROVE AVE.,
DES MOINES**
SALE DATE: JUNE 28, 2019
SALE PRICE: \$35,000
SELLER: SQUIERR, RYAN
BUYER: SALAH, ABDIHAKIM
SQUARE FEET: 0
ACRES: 0.162

ADDRESS: 800 EUCLID AVE., DES MOINES
SALE DATE: JUNE 29, 2019
SALE PRICE: \$80,000
SELLER: STEPHEN I SAVAGE LIVING TRUST
BUYER: BLUE HEELER PROPERTIES LC
SQUARE FEET: 2,080
ACRES: 0.14

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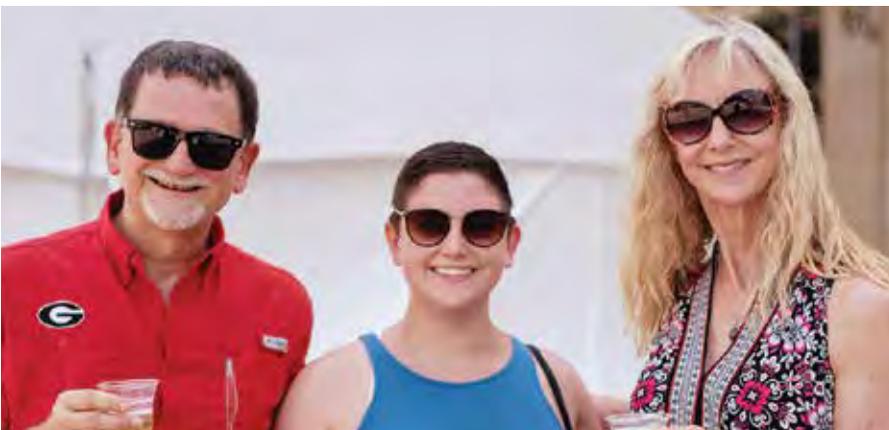
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9 ABQ 1:00	10 ABQ 12:00	11	12 FRE 9:00	13 FRE 9:00	14 FRE 9:00	15 SAC 9:00
16 SAC 3:00	17 SAC 9:00	18 SAC 7:00	19	20 RR 7:00	21 RR 7:00	22 RR 7:00
23 RR 1:00	24 RR 13:00	25 OMA 7:00	26 OMA 7:00	27 OMA 7:00	28 OMA 7:00	29 SA 7:00
30 SA 8:00						

HOME AWAY FIREWORKS

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 SA 7:00	2 SA 7:00	3 SA 8:00	4 MEM 7:00	5 MEM 7:00	6 MEM 7:00
7 MEM 3:00	8	9	10 ALL STAR GAME	11 RR 7:00	12 RR 7:00	13 RR 8:00
14 RR 6:00	15 OKC 7:00	16 OKC 7:00	17 OKC 12:00	18 OKC 12:00	19 NAS 7:00	20 NAS 7:00
21 NAS 8:30	22 SA 7:00	23 SA 7:00	24 SA 7:00	25 SA 7:00	26 RR 7:00	27 RR 7:00
28 RR 1:00	29 REN 8:00	30 REN 8:00	31 REN 8:00			

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- 12** Dog Days
Sponsored by Anderson Animal Hospital
- 19** Mini Card Pack #4
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- 20** \$1 Hot Dogs
Sponsored by Klement's
- 23** Pink in the Park
Sponsored by Susan G. Komen of Greater Iowa
- 25** Demonios Game - COPA
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AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1 REN 9:00	2 TAC 9:00	3 TAC 9:00
4 TAC 2:30	5 TAC 1:30	6	7 LV 7:00	8 LV 7:00	9 LV 7:00	10 SL 7:00
11 SL 1:00	12 SL 7:00	13 SL 12:00	14	15 MEM 7:00	16 MEM 7:00	17 MEM 6:00
18 MEM 3:00	19 SA 7:00	20 SA 7:00	21 SA 7:00	22 SA 12:00	23 NAS 7:00	24 NAS 7:00
25 NAS 1:00	26 OKC 7:00	27 OKC 7:00	28 OKC 7:00	29 OKC 7:00	30 MEM 7:00	31 MEM 7:00

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 MEM 1:00	2 MEM 12:00	3	4	5 PCL PLAYOFFS	6	7

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CITYVIEW'S

wedding guide

Here comes the bride. This time that means you. Or maybe it means your daughter. Or possibly, the one who will dress in white is engaged to be your wife. Whichever it is, before the wedding bells ring, you need to plan. Start your research early, don't be afraid to ask others to help out, and read the following Wedding Guide for ideas on how to pull off the perfect day.

How to handle seating wedding guests

Receptions may be big or small, lavish or casual. But regardless of their size or style, receptions all share a common element: They will require couples set up seating arrangement for guests. Even though assigned seating isn't mandatory, selecting seats for a sit-down dinner makes things simpler and reduces confusion. Some reception venues may even require assigned seating so that catering staff can service tables accordingly.

Seating guests can be tricky, but employing a few strategies can make the process go quickly and smoothly.

- Use a seating chart. A seating chart, whether it's venue-specific or one couples make themselves, is essential. If you are using a self-made chart, inquire with the venue about the shape of tables, how many guests each table can seat, and the location of tables around the space.

- Start with the wedding party table. Couples can ease themselves into the task of seating by doing the easy tables first. The primary one is the wedding party table. This traditionally can be a dais or a sweetheart table flanked by the wedding party. According to Martha Stewart Weddings, the table should be centrally located and the wedding couple should sit in the middle. A male-female pattern follows on either side of the couple, consisting of the ushers,

bridesmaids, best man, and maid of honor. If much of the wedding party is already married, couples may opt to have the wedding party sit with their spouses instead of at the dais.

- Organize family tables. Tables for parents, grandparents and immediate family members of the bride and groom also are high priority. Both families can be combined at one table, or they can be separated into two tables. These tables should be the closest to the bride and groom.

- Consider mobility issues. Next seat guests who have specific needs at tables. Elderly guests may want to be away from the band, deejay or speakers. Guests in wheelchairs may need an accessible seat near the exit.

- Get some help. Enlist the help of parents to seat their friends and extended family members. Parents may know best who gets along and who should be separated.

- Seat dancers near the dance floor. To encourage dancing, place guests who tend to be lively close to the dance floor so others can see them getting up to dance and join in.

Couples can use apps, lists or self-made charts to plot their reception seating arrangements. Create place cards or a central chart so guests can find their seats promptly and easily. ■



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Affordable bachelor and bachelorette party ideas

Weddings can be expensive. Various sources estimate the average cost of weddings is anywhere from \$26,000 to \$31,000. Couples and their parents may bear the brunt of wedding expenses, but those who have accepted a role in the wedding party also can expect their share of expenses.

Taking into account gifts, wardrobes, makeup, bridal showers, and travel, including getting to and from the bachelor/bachelorette party, bridal party members are on the hook for a lot of money when their friends or family members tie the knot. Many men and women like to travel for their bachelor/bachelorette parties, and cost-conscious bridal party members may be concerned about how expensive such parties can be. Pulling out all the stops can be exciting, but there's no guarantee these types of parties will be more enjoyable than simpler soirées.

Taking steps to control costs can help cost-conscious couples and their friends. The following are some affordable ideas that can be fun for all involved.

- **Bar or winery crawl:** Partygoers typically want to enjoy a night out on the town, and traveling from one establishment to another can be a fun way to do just that. Everyone invited can set themselves apart with

a signature item (hat, T-shirt, or colored clothing), and make the rounds.

- **Attend a group event:** Group events include sporting events, concerts, theater shows, or a night at a comedy club. Investigate discounted tickets for large groups.

- **Belt out the tunes:** Open mic nights at restaurants, bars and other establishments around town may make for a fun way for friends to share a few laughs together. Participants need not be professional singers to join in on the festivities.

- **Camp out:** Get in touch with nature by enjoying a camping trip, complete with a campfire and a few brews. Spending time in the wilderness can restore focus and let stress melt away.

- **Poker or game night:** Groups can gather around the poker table to test their skills in poker and other card games. With some free-flowing beverages and



snacks galore, games can get pretty animated.

- **Dinner party:** Hire a chef to visit your house and prepare a meal for guests. Serve a signature cocktail and let the conversation flow.

Bachelor and bachelorette parties can be affordable without sacrificing fun. ■

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LUNCH WITH...

Brooks Reynolds and Scott Toland at High Life Lounge

Just love food.

BY JIM DUNCAN

Brooks Reynolds is a founder and the major force behind bacon festivals in Des Moines, Japan, Colorado and Iceland. Scott Toland is the CEO and President of ICS (International Chili Society), which owns the World Championship Chili Cookoff and 123 other regional events in 41 states plus Canada. They are working together on the World Championship, which moved permanently to greater Des Moines this year after being held in 21 different places in the last 50 years. We asked them to lunch, and they chose High Life Lounge.

High Life Lounge is a throwback café that serves old fashioned Midwest roadhouse food, like broasted chicken, bacon-wrapped little smokies, fried pickles, cheese curds, gizzards, pot roast, goulash and Stroganof to name a few. We met at 11 a.m., and the place was standing room only within 30 minutes. There was an

afternoon game at the nearby ballpark that day.

What drives a guy to become an impresario?

“My family has always been involved with charities. I had been involved with the reinvigoration of the Young Variety Club before I thought about a bacon festival. Bacon Fest wasn’t profitable until its third year, but it has been able to raise \$750,000 for non-profits where we hold events,” said Reynolds.

“I am a marketer, so I am always looking for market opportunities,” said Toland. “I approached Carol Hancock, who owned the ICS a few years ago. Their infrastructure, particularly their computers and online presence, was severely out of date. I pitched a deal to modernize that. Carol was in her 70s and countered with a suggestion that I buy the society from her and do all that afterwards.

“Like Brooks, I was attracted to the charitable aspect



Scott Toland and Brooks Reynolds

of the event. ICS has been able to raise \$91 million for charities in 50 years. We are working with every youth group we can find in Iowa,” added Toland.

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FIVE STAR RANGE



How did the world championship cookoff land in Des Moines?

"The ICS had moved the world championship to 21 different places in 50 years since it last was held in Terlingua (Texas). I wanted a permanent home and thought we needed one to grow. I wanted a centralized location so contestants could easily attend from all over the U.S. and Canada. I contacted Greg Edwards at Catch Des Moines. He told me that Catch didn't do events, but that he knew a guy who did. He introduced me to Brooks, and we connected with the District at Prairie Trails in Ankeny, and we inked the deal in January," said Toland.

Attendance at the Iowa bacon festival peaked a couple years ago. Does Reynolds believe the chili championship can grow here despite the dip in momentum for the local bacon event?

"Absolutely, this event is going to grow and grow here. It's perfectly placed in September between the Iowa State Fair and the Iowa-Iowa State football game. It's outdoors in what is usually great weather. And people love chili," he said.

I asked Toland to describe what people can expect at the championship.

"The finals will be two days long in the District at Prairie Trail. There are four categories each for adults and children. First, we will have the traditional red chili of Texas. This does not allow beans to be used.

Then we have homestyle chili, more like heartland chili than Texan. It must include beans. Then we have chili verde contest, probably best known in Mexico and New Mexico. Finally, we have a vegetarian chili contest. There will be 300 finalists from 41 states and Canada. We expect 10,000 people will attend, perhaps as many as 15,000.

"People will be able to taste dozens of different chilies. We will have vendors, a dozen food trucks, 19 bands, an extensive children's area, axe throwing, six bars and the Iowa National Guard is going to bring their rock climbing wall," said Toland.

How local will the vendors be?

"The beers will be local. Most of the bands will be, but a few bigger name bands will be from out of state," Toland explained.

What kind of prizes do the world champions win?

"This is really cool. We will have four youth champions and four adult. Thanks to Des Moines Area Community College, all four youth champs will win \$10,000 scholarships. They can be used at all four campi, including Iowa Culinary Institute. The traditional adult prize is \$25,000. The homestyle prize is \$20,000. Chili Verde winner gets \$10,000, and the vegetarian champ wins \$5,000," Toland said.

The world championship began in an obscure place with an internationally famous man as its

driving force. Tell us about that.

"Carroll Shelby was the original head of ICS. He was a race car driver who was twice named Driver of the Year by Sports Illustrated. He also designed the Lotus and the Mustang for Ford. He was one of four contestants in the first contest. It was held in Terlingua, Texas. He would later give ownership of the event to Carol Hancock, who had been a contestant several times," related Toland.

Toland has moved to central Iowa. Did any staff follow him?

"Oh, yes. Two of his employees from Ventura (California) have moved here, too. They love it. They can't believe that strangers actually talk to them here," said Reynolds.

What is going on with the bacon festival?

"We just finished our ninth annual bacon fest in Keystone (Colorado). It snowed on us twice this year. Last year was the hottest ever. The Japanese love it, and interest grows each year. We hold that in Kofu, which is Des Moines' sister city. Because of that success, we are looking at holding one in Iowa's sister state in China. The Iceland event is growing, too," said Reynolds.

Is there a good pedigree for food festival impresarios?

"Just love food. When I was starting school at Windsor, my mom asked me what my favorite subject was. I said lunch," said Reynolds. ■

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For three years now, Harbinger is the only restaurant in Iowa whose chef has been recognized by the James Beard Awards as top 20 in the Midwest. It's a 55-seater that has a distinct personality. It serves no pizza, no burgers, no French fries and no gargantuan plates. Most people in Des Moines expect those things when they go out. Otherwise, they assume the place is expensive. I don't think Harbinger is expensive, but it's hard to convince someone who has never been there.

Owner/chef Joe Tripp is trying to combat this. In the last year, he has rolled out a happy hour and a brunch menu that are both affordable by any top 100 restaurant standards. While his regular dinner menu has items ranging from \$8-\$23, with all but two less than \$15, the Happy Hour menu offers five items at \$6 each. Throw in three of the restaurant's famous steamed buns, and two people can share eight dishes for \$38. Try finding that in Chicago or Minneapolis.

Two of us did that \$38 deal recently. We started with a plate of pork rinds flavored with maple syrup

and Sriracha and served with aerated buttermilk. These were fluffy and bold, a perfect dish to pair with a drink, and Happy Hour includes several \$3 and \$6 specials in beer, wine and cocktails. We moved on to a plate of fritters made with Pecorino and tapioca, served with a Vietnamese flavored tomato ragu and cucumbers.

Next we tried some crab and avocado toast made with Japanese milk bread and served with smoked eel sauce and spicy aioli. The bread has an absorbent quality that allows all the flavors to intermingle. Then we tried wild grape leaves stuffed with lemongrass beef and served with toasted peanuts and flowering cilantro, which is the Asian name for cilantro. Our favorite dish of the evening was tempura fried mushrooms, with locally grown shiitakes, served with a caramel of soy and shiso, which is known as beef steak plant outside Japan and is a delightful member of the mint family.

Steamed buns on our visit included one with pork belly, scallions and a homemade hoisin sauce. This seems to be a permanent member of the steamed bun

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menu. A relative newcomer to this menu featured tofu fried in orange chicken style with scallions and puffed noodles. The third bun included chicken karaage, which is Japanese for "tangy fry." It was served with pickled carrots, fermented green garlic and a homemade Buffalo sauce.

Returning for brunch on a recent Sunday, we found both a noodles menu and a more traditional brunch menu. Three noodle bowls were made Thai style, Vietnamese style and Szechuan style, with appropriately different noodles and accompaniments. Having previously tried the dan dan, a Szechuan style soup with black vinegar, pork, wheat noodles, sesame, pickled mustard greens and bok choy, we tried the



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Off the brunch menu, we tried eggs Benedict with pork belly, braised kale and Hollandaise sauce made with yuzu which is a citrus fruit more like grapefruit than orange. Among the other offerings, priced \$7-\$15 with a Dungeness crab omelet on top, were sausage gravy and biscuits with morel mushrooms, a pancake soufflé with banana miso caramel and buttermilk ice cream, and a truffled buckwheat tart with kale and popped groats. ■

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



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THE DISH

BY JIM DUNCAN

If you can make it in Des Moines, you can make it anywhere

Experts say Iowa's capital city is one of the best test markets.

Mark Twain said, "Everyone talks about the weather, but no one ever does anything about it." In this era of climate change fanaticism, is Twain still relevant, or even funny? Well **Iowa and Iowa State universities** have contributed \$100,000 to a program to **better predict the farm weather** by cooperating with each other. What can they do that the TV news media and the many national weather services don't? Probably talk more about it?

Twenty years ago, I interviewed **David Tsang**, a Stanford scientist who got rich inventing the House of Tsang line of Chinese products which he sold to Chunking. He then developed a teaching method to train supermarket chains to make Chinese American food for carryout. When I met him, he was test marketing a new restaurant chain in Fresno. When he learned that I was from Des Moines, he added that Des Moines and Omaha were also on his short list of best test market cities for mass marketing in America. "Forget New York. If you can make it in Des Moines, you can make it anywhere." That may be coming back.

Budweiser is introducing a new lager — **Budweiser Harvest Reserve** — in Des Moines and Omaha. (Bud's parent company was ordered to quit saying that Coors/Miller puts corn syrup in their beer.) Also premiering in Des Moines and Omaha is **Thunderbird Wine**, with products upscale from the infamous rot gut wine of the 20th century's middle years. It's still owned by Gallo, but the relaunched wines are nowhere near the original 20 percent alcohol content.

Arby's has chosen Des Moines as the test market for three new wraps. The expansion of Arby's "Market

Fresh" menu takes place in Des Moines, Harrisburg, Knoxville and Paducah. Fans can try its new chicken wraps made with slow-roasted chicken paired with other fresh ingredients. The promotion runs through the end of September.

Burger Shed opened its first store ever in the outlet mall in Altoona. This is not Burger Shack, the legendary chain that began in Central Park in New York City. It is the latest venture of the Iowa based Heart of America group that also owns Machine Shed, Thunder Bay and Johnny's American Steakhouse brands, plus numerous hotels.

OTHER NEW PLACES HERE

Motley School Tavern opened in the former Chef's Kitchen venue in Beaverdale. Nick Gonwa (Eatery A) is in charge. The place has been completely remodeled...

Dirt Burger, a vegan café, opened in East Village. Chris Place is a co-owner with blue blood. He was the original chef at Django and starred in the kitchen at other top restaurants... Harith Alkawari opened **Mr. Falafel** on Valley West Drive in West Des Moines with Middle Eastern specialties... The owners of the excellent El Fogon will open **Cantarito's Grill and Cantina** on Washington Street in Pella. The café in West Des Moines is famous for its hand pressed tortillas... **The Outside Scoop**, a popular Indianola ice cream shop and metro ice cream truck, has opened a second location, in Ankeny's Prairie Trail development.

CLOSINGS

After 10 months in business, Amy and Doug Lull

closed **Five19 Restaurant and Bar** on Birchwood Court in Johnston, in the former Legends American Grill. Almost next door, **Village Inn** closed its Johnston store after 19 years. That company recently closed its Northeast 14th Street store after 47 years. Village Inn is known for its pies, some of which were developed by the great Kay Compiano of Johnny and Kay's fame in Des Moines... Kim and Fred Hagar closed their **Hagar's Manhattan Grill** in Normandy Plaza in West Des Moines. The Hagar's Manhattan Deli on Ingersoll is still open... Pat Renda retired and announced he would close **Orlando's** after 41 years on Park Avenue and Forest Avenue. His pizza will be missed... **H Pho** closed its Vietnamese café in Waukee after five years.

TRANSITIONS AND RELOCATIONS

Sykora Bakery in the Czech Village in Cedar Rapids announced it may be forced to close after 116 years... Owner Marc Navailles announced he was not renewing his lease in Windsor Heights for **Al Punto** steakhouse. He said he wanted to move to Des Moines... **Baru 66** owners David Baruthio and Sara Hill said they were not staying in Windsor Heights but hoped to relocate to downtown... The Thakur Neupane family announced they were taking **Kathmandu Restaurant** from Southeast 14th Street in Des Moines to Apple Valley retail strip in Windsor Heights. The projected opening date will be during the first week of October... **Sambetti's** will reopen on Second Avenue before summer ends, with Steve McFadden of Grumpy Goat, Topsy Crow and Mickey's Irish Pub as owner... Sean Wilson of **Proof** retired. He sold the restaurant. ■

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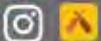
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BELLY UP TO:

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Nick Tillinghast, co-owner of Bellhop, keeps a retro vibe of serving classic cocktails.



Artist Beth Borjaski's painting is displayed at the Bellhop Tiki bar in the East Village.



Dale Rinderman creates Bellhop's house cocktails.

TIKI BAR VACATION

Bellhop Tiki bar opens in East Village.

BY JACKIE WILSON

Imagine a tiki bar. What comes to mind? Usually it's in a tropical place — a hut with a thatched roof, where patrons sit on rattan bar stools, sipping fruity drinks with tiny umbrellas while relaxing with an ocean breeze nearby.

So when the Bellhop Tiki Bar opened at 440 E. Grand Ave. in the East Village in May, it was among concrete and steel, with no body of water, palm trees, nor even an outdoor patio in sight — just a round Bellhop sign perched atop a brick building. What the outside décor lacks in the tiki world, the inside makes up for it.

The wide-open bar with tall industrial ceilings used to be a 1929-era auto garage. Inside, tropical foliage of white and green walls sets the mood. Lime green, aqua and burnt orange stools surround the bar. The stools, not typical bar height — but not chair height either — feature seats wide enough for a reviewer's middle-aged bottom to sit comfortably.

Two huge corner booths seat 10, along with assorted tables and ample bar seating. A whimsical wall mural portrays a hotel's bellhop — look closely to discover quirky details.

The Bellhop concept is named after co-owner Nick Tillinghast and his history of working in the hotel industry.

"The bellhop is usually the first person who

greet you, and often this can create a great first impression of the place," says Nick.

This is the second bar for Nick and his co-owners. Their first venture, Hello Marjorie, takes patrons back to the 1960s, where classic cocktails were born. Keeping the Bellhop retro, Nick refers to the décor as a combination of "a Brooklyn diner with a Palm Springs Hotel."

Unique cocktails, such as Painkiller, Junglebird and Zombie contain different types of rum, along with various liqueurs and freshly squeezed fruit juices, shaken with spices zested on top. Cocktail prices range from \$8 to \$13; beer prices start at \$4. Happy hour offers a \$6 daiquiri — but don't expect it to be frozen, it's simply shaken and served ice cold.

The clear glasses with white leaves and a cursive lowercase Bellhop adds a special classy touch to the drink. The margaritas are served in green glasses — a find on eBay.

Bellhop doesn't serve food and welcomes patrons to bring in their own munchies. Nick says the East Village is a thriving neighborhood.

"It's so vibrant; it's turned into a destination district. We hope people can come in here and make the experience they want and to feel like they're on vacation," says Nick. ■

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ART NEWS

Digital when digital wasn't cool

Gardening and art are intermingled in the mindset of Bill Luchsinger and Karen Strohbeen.

BY JIM DUNCAN

Bill Luchsinger and Karen Strohbeen are Iowa's original digital couple. They were transferring images to computer prints back when they had to drive to Omaha to use computers and printers big enough to work to their scale. They were making digital images before David Hockney made it cool. They opened their 44th Des Moines gallery show last month at Moberg Gallery. That show includes the reissue of some of their earliest popular prints — animal drawings by Karen and enhanced by Bill. It is the 50th anniversary of that series.

The couple now splits their time equally between rural Macksburg here and Tarpon Springs, an old sponge-diving community near Tampa with a large Greek population.

"We always try to get back to Iowa for the beginning of planting. We do start our tomatoes in Florida and drive them back with us," explained Strohbeen.

Gardening and art are intermingled in the couple's mindset. Before the last 20 years or so, they were better known for their syndicated TV series "The Perennial Gardener with Karen Strohbeen." Luchsinger produced, directed and shot the series behind the camera. Today, the photography is without action.

"One day recently I picked a beautiful bouquet growing wild near our place. It wilted the same day. That's why we must make pictures," Strohbeen explained.

The current show reveals works from both of their homes, more from central Iowa. In Florida, Luchsinger made a series watching sunrise in the western sky. The couple belongs there to a church they call the only church in America with the mission of striving for social justice, spiritual justice and art. The church reopened after five years of exile in a Florida sinkhole. Luchsinger

and Strohbeen art now shares the walls with some older paintings by the likes of Innes.

"In Florida, the foliage is at least as interesting as the flowers are. In Des Moines, we grow and use a lot of hollyhocks now. Since we spend so much time now in doctors' offices, we always bring bouquets with us," Strohbeen said.

The fields around the couple's studio and home in Iowa are equally divided between industrial agriculture and natural prairie.

"Interestingly, the native stuff doesn't last long at all," Strohbeen said.

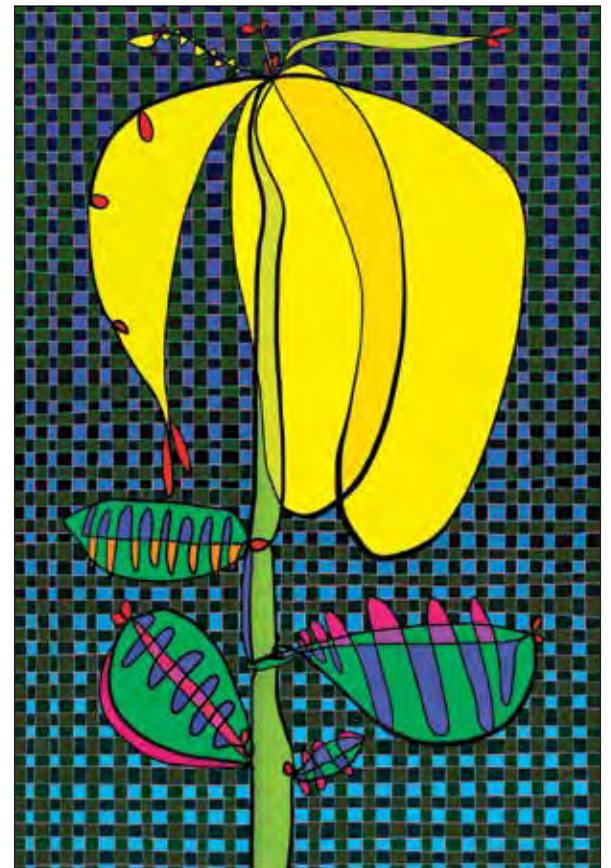
"I suspect there is a good technical explanation, but it has such milky stems that maybe the water doesn't draw moisture from the earth to the flowers," Luchsinger added. They had practical advice on this subject: Poppies can be singed to increase their lives as the cauterization prevents the loss of moisture; sunflowers will completely drain a vase of water within moments of being placed there.

How did they get interested in digital art so early?

"When we were young and idealistic, it was important to make art more democratic, more affordable. Prints do that. We still sell some prints for \$250 and large ones for \$1,000. We work seven days a week now because we can only print a small fraction of our body of work. The end product is so much more personalized and sophisticated than it used to be. Bill designs our computer paint brushes; it takes him seven days to create a new one. We have six to eight that we rely upon," Strohbeen recalled.

They believe that gardens have the ability to change human dynamics.

"Our neighborhood in Tarpon Springs started with a farmers market with a handful of farmers in a parking



"Big Yellow with Grid," 72 inches by 48 inches, digital painting on aluminum. Karen Strohbeen 2019

lot. In five years, it's become a huge weekly event and potluck with people who had never talked to each other becoming friends. We bring flowers and tablecloths. We have a garden in our front yard in Florida. No one complains. In fact, a neighbor who voted for Trump waters our garden for us when we can't be there," Strohbeen concluded. ■

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IOWA ARTISTS

Stunning skyline photos

Mirza Kudic's "Welcome to Des Moines" photos show his dedication.

BY JACKIE WILSON

When Mirza Kudic purchased a camera four years ago, he quickly became obsessed. He snapped photos, stayed up countless nights, learning and perfecting his craft. After poring over images to check for lighting angles and composition, he'd return to the same spot repeatedly to get the best shot. His dedication paid off.

A huge Des Moines skyline photo of his greets airline passengers arriving in the Des Moines Airport. He opened up a gallery at Mainframe Studios, where the inside is lined with stunning skyline photos of downtown Des Moines. One gigantic cityscape photo was stitched together from nine different images. Upon close inspection, you can see a kitchen and a bedroom inside the Plaza condominiums among the skyscrapers and the river.

A favorite is to photograph thunderstorms with bolts of lighting, but it's rare to get it right the first time.

"One night I spent three hours in a storm, taking 400 photos — and came home with nothing. I went to the bridge six times to take photos there, but the lighting wasn't right," he says.

He started with a "cheap" camera, and when he dropped his \$200 lens, the plastic cracked. "I thought it was the end of the world. Now only the best gear will do," he says.

In 2018, Mirza was awarded with an Iowa International Center Award, which recognizes immigrants in Iowa who have provided leadership and inspiration to others. He

immigrated with his parents to the U.S. from Bosnia when he was 14 years old.

Mirza shares his talent with other photographers. On his "Welcome to Des Moines" site, he suggested a photographer meet up at the Capitol to take photos together.

"The idea was to get people away from their computers and talk in person. It went so well, 70 people showed up, so I did another one," he says. "I'm now doing a 10th meet up."

During the gathering, he discusses lighting, giving hands-on demonstrations at the free event. One person remarked, "Aren't you worried you'll be training the competition?"

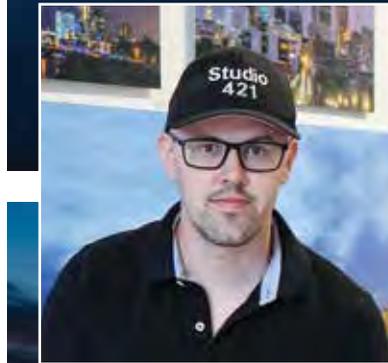
He replies, "I don't see a shot the same way others do. There's no secret how a camera operates. The knowledge is there if you reach for it."

In addition to taking cityscape photos, he does high-end real estate listings, pets and people. He still has a day job and doesn't want to do photography full time.

"I'm afraid I'd resent it," he explains. "If I relied on it to pay bills, I'd take on jobs I wouldn't like. I think that's how people lose the joy."

The biggest hurdle to his profession is obtaining the right conditions, planning for optimal light. He'll get up early for the sunrise, only to have a cloud move in and ruin a shot.

"That's the hardest part. Moving buttons is easy. Making it come together is hard. You can't always plan for lighting," he says. "I strive to take a photo with purpose." ■



Mirza Kudic invites budding photographers to attend his free meet-ups.

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FILM REVIEW

"Toy Story 4"

G | 100 minutes
Director: Josh Cooley
Stars: Tom Hanks, Tim Allen, Annie Potts



'TOY STORY 4'

It's difficult not to draw the analogy between young adults moving out of home.

BY DAVID ROWLEY

Full disclosure: I probably cried for an hour after watching "Toy Story 3." So you can bet I had some strong opinions going into this newest feature from the TS gang. I mean, as far as conclusions go, "Toy Story 3" is hard to beat. From Woody (Tom Hanks), Buzz (Tim Allen) and the gang accepting their seemingly impending fate in the fires of trash mountain (the dump) to their renewed purpose with Bonnie (Madeleine McGraw), the movie tugs at the heartstrings, as we learn that Andy's toys are no longer his, and cuts deep with the realization that growing up means letting go.

Hold on a moment — I've got some dust in my eye while chopping an onion as I listen to "You've Got a Friend in Me."

While I had hesitation before entering the theater, I'm happy to report that Pixar does not disappoint. Leaving the theater, I was beyond emotionally satisfied and thrilled to hear my fellow movie goers (all younger than age 7 with their parents) excitedly talk about the life of their toys. In terms of what to expect, it probably helps to think of TS3 as the end of Andy's story and TS4 as the end of the toys' story.

While essentially a road trip film, the story focuses on the toys finding their place in the larger world — a world beyond the toy chest and closet — for the first time. After being created by Bonnie at kindergarten orientation, Forky (Tony Hale) doesn't know his place in the world, so Woody attempts to show him the ropes and teach him what being a toy is like. While doing so, the two are separated from Bonnie and the rest of the toys during the trip, where Woody learns more about the life of a toy — and that even lost toys still have life and purpose.

It's difficult not to draw the analogy between young adults moving out of home. It's also hard not to think this film is more for my generation than my son's. The film captures the feeling of uncertainty but also the

new found possibilities that leaving a place of comfort entails.

It is also, arguably, the funniest "Toy Story" film, largely due to a bevy of hilarious new supporting characters. Every joke seemed to land, leaving me and my fellow movie-goers in stitches. There are many different running gags present throughout the movie that are just great. Forky has a running joke where he throws himself in trash cans, because, as he states, "I'm trash," which I found hilarious, and the joke didn't overstay its welcome. Ducky and Bunny are two new characters played by comedy duo Keegan Michael Key and Jordan Peele, and they're easily the funniest aspect of the entire film. They have hilarious one-liners and what-if fantasies that had the audience bursting out laughing. And I haven't even mentioned Duke Caboom, voiced by "the Internet's boyfriend" Keanu Reeves, who must bear the terrible torment of not being able to perform the same feats his television commercial claims. The abundance of comedy here is also an indication that this entry is far more lighthearted than the previous one.

But don't let the constant yucks make you think there isn't heart. It has its moments that are both heartwarming and have the ability to make you cry. Like a dear friend who moves far away, I didn't realize how great it would be seeing Bo Peep (Annie Potts) again, as she brings some nice surprises to the table. Additionally, Gabby Gabby (Christina Hendricks) was an interesting antagonist (I'm hesitant to call her a villain), especially as we learn about her and her motivations. She and Woody share similar philosophies when it comes to their purpose and caring for their kids. It's a complex idea but presented in such a way that kids can understand and empathize with her true intentions.

With the litany of sequels and reboots, "Toy Story 4" stands out as one that didn't necessarily need to be made, but one that proves it was worth being made. ■

PREVIEWS

"Scary Stories to Tell in the Dark"

PG-13 | 111 minutes
Director: André Øvredal
Stars: Zoe Margaret Colletti, Michael Garza, Gabriel Rush



Change is blowing in the wind... but seemingly far removed from the unrest in the cities is the small town of Mill Valley where, for generations, the shadow of the Bellows family has loomed large. It is in their mansion on the edge of town that Sarah, a young girl with horrible secrets, turned her tortured life into a series of scary stories, written in a book that has transcended time. Whether you're intimately familiar with the storytelling of Alvin Schwartz or not, you are likely familiar with the terrifying illustrations of his collaborator, Stephen Gammell. The creepiness of his line work has been called to many through the pages of the Scholastic Book Fair order forms. Gammell's illustrations defined what preteen terror looks like. And with Guillermo del Toro as producer, you can rest easy knowing this beloved spooky children's book is in good hands.

"The Kitchen"

R | NA
Director: Andrea Berloff
Stars: Elisabeth Moss, Melissa McCarthy, Tiffany Haddish



Due to a lack of spandex and capes, you would be forgiven for not immediately realizing this is another movie based on a comic book series. One of the last published titles from the now shuttered Vertigo comic book series from DC Entertainment, the film stars Oscar nominee Melissa McCarthy, Tiffany Haddish and Elisabeth Moss as three 1978 Hell's Kitchen housewives whose mobster husbands are sent to prison by the FBI. The ladies struggle to get by financially but soon figure out how to use their particular talents to succeed. McCarthy portrays Kathy, an adoring mother who leads the charge for the women to take over the business. Haddish is played by Ruby O'Carroll, a woman willing to kill anyone who gets in her way. Moss plays the role of Claire Walsh, a timid wife of an abusive husband who eventually starts to fall in love with the violence that starts to take over her life. Left with little but a sharp axe to grind, the ladies take the Irish mafia's matters into their own hands.

"Dora and the Lost City of Gold"

PG | NA
Director: James Bobin
Stars: Isabela Moner, Benicio Del Toro, Eva Longoria



Having spent most of her life exploring the jungle with her parents, nothing could prepare Dora (Isabela Moner) for her most dangerous adventure ever: high school. Always the explorer, Dora quickly finds herself leading Boots (Danny Trejo), Diego (Jeffrey Wahlberg), a mysterious jungle inhabitant, and a ragtag group of teens on a live-action adventure to save her parents and solve the impossible mystery behind a lost Inca civilization. Fun fact: This is the first Nick Jr. film to be rated PG. ■

AROUND TOWN

PHOTOS BY AUTUMN MEYER



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Nathan and Jamie Dobson



Jemma Wolfe and Evan Allaire



Jarrod and Shawna Green



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Marlon and Mikaela Fowler

CENTER STAGE

Cloris Awards celebrates its fifth anniversary

The evening will include musical theatre performances, fun and an energetic mix of central Iowa's lovers of the stage.

BY JOHN BUSBEE

Late summer of 2014, right when the 2014-2015 local theatre season was starting, a small group of advocates for the local theatre scene gathered. The subject was a community recognition awards event to celebrate the thousands involved in presenting stage productions. The goal was simple: create a metro-wide annual event where different aspects of theatrical performing arts excellence would be recognized by its peers and patrons. That founding group consisted of Zachary Mannheimer, Marnie Strate, John Domini, Michael Morain and me.

A first challenge was what to name the event. Other communities had such programs, including the Helen Hayes (Washington, D.C.), Joseph Jefferson (Chicago), Ivey Awards (Minneapolis-St. Paul), Henry Awards (Denver), and, of course, the most famous, the Antionette Perry Award for Excellence in Broadway Theatre, better known as the Tony Awards. Greater Des Moines needed its own such event, as the central Iowa theatre scene brings tens of thousands of patrons together to savor the experiences some dozen established and independent theatre companies deliver on stage. What name could embody the uniqueness of this region and these awards?

Cloris Leachman. Her name immediately came to the fore. This group decided we needed to contact her to get her blessing. Through a series of connections, I was able to arrange a time when Leachman said I could call her. Although somewhat nervous about so directly reaching out to such a celebrity, I made the call.

"Hello? Ms. Leachman? This is John Busbee calling from Des Moines to see if..."

"The answer's yes," was the abrupt and enthusiastic response, cutting off my carefully thought-out introduction and inquiry. Her voice was immediately recognizable. "I'd love to be part of this."

And, so, the event was christened. Leachman personally attended the 2016 awards event. She was given full celebrity treatment throughout a long weekend of multiple appearances, culminating with the Sunday evening Cloris Awards ceremony. She had presented at the State Historical Society auditorium the day before, keeping then-Governor Terry Branstad off-balance with her comedic antics while accepting a state proclamation and award honoring her career. The pressing of her handprints in clay now are part of the museum's "Hollywood in the Heartland" exhibit. She visited her alma mater, Roosevelt High School, where she met with the drama class.

After those initial two years in the Des Moines Social Club's Kum & Go Theater, the event outgrew the space.



Cast of Des Moines Young Artists' Theatre's "Bring It On the Musical" perform at 2018 Cloris Awards.

Robert Warren and Hoyt Sherman Place welcomed the Cloris Awards and continues to host the celebration in the beautiful performing hall of its theatre. The awards event will continue what it started last year by making this celebration free to the public. The all-volunteer team of judges and producers decided that such a celebration needed to be accessible to the entire community. The judges, now six, spend the season adjudicating the season's shows. Denis Hildreth, Eric Olmscheid and Robin Vanderhoef are part of the expanded team. The judges lost a great team member this past May in Jeanne M. Hopson, whose legacy will live on in these awards.

This past season included 45 different productions presented by 12 different companies. On behalf of the Cloris Awards judges and team, we invite you to celebrate with us on Sunday, Aug. 25 at 7 p.m. at Hoyt Sherman Place Theatre. The evening will include musical theatre performances, fun and an energetic mix of central Iowa's lovers of the stage.

For a general overview of the upcoming season of regional theatre productions, visit the calendar maintained by Timothy Rose at "A Gentle Guide to Des Moines Theatre" (www.gentleguidedsm.com). For detailed information about each production company's

season, please visit their websites. Each company will provide information about upcoming productions, season tickets, synopses of shows and more.

We look forward to seeing you at the Cloris Awards. www.clorisawards.org

OVERHEARD IN THE LOBBY

"A Midsummer Night's Dream," Ankeny Community Theatre (Aug. 2-11); "The Hunchback of Notre Dame," Carousel Community Theatre (through Aug. 4); "13 The Musical," Des Moines Young Artists' Theatre (through Aug. 4); Cloris Awards Nomination Announcement Party, Basement Bar @ Des Moines Social Club 6 p.m., Aug. 8 – FREE; Greater Des Moines Cloris Leachman Excellence in Theatre Arts Awards, Hoyt Sherman Place Theatre 7 p.m., Aug. 25 – FREE. ■

John Busbee is the 2014 recipient of the Governor's Award for Collaboration & Partnership in the Arts. He believes that the arts is a contact sport and finds worthy initiatives in which to be involved. The Cloris Awards is one such project that benefits the Greater Des Moines community, sharing a strong legacy of locally produced theatre.



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BOOK REVIEWS

Courtesy of Beaverdale Books

'Country Dark'

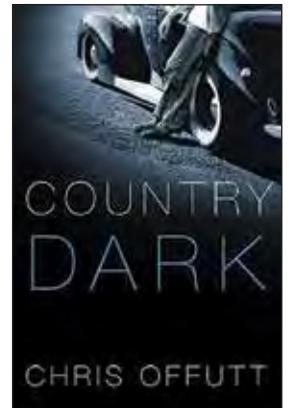
Chris Offutt deftly captures life in rural Kentucky. "Country Dark" begins in 1954 when Tucker, not quite 18, leaves Korea as a decorated veteran and heads toward his Kentucky home. Navigating life outside of warfare, he's not too far into the woods when he saves a young girl from being raped. They escape together, and Offutt fast-forwards 10 years when Tucker and Rhonda are married and have five children and a small, tidy home in the hills of Kentucky.

To support the family he loves and is devoted to, Tucker runs "shine at the tail end of the wild times" and "has a reputation for toughness and honor." Four of his children were born with disabilities, and Tucker takes matters into his own hands in order to keep them at home after a social worker threatens to take them into state custody. When his plan goes awry, his bootlegger boss, Beanpole, makes a deal with him, sending him to prison in an effort to derail the law and help Tucker avoid detection as the perpetrator of the misfortune that befell the social worker.

Tucker ended up in prison years longer than expected when he defended himself against enemies of Beanpole while locked up. Meanwhile, Rhonda "got the vapors and took to bed for weeks," so severely depressed that she cannot take care of her children or the household.

Once released from prison and again navigating a homecoming after an absence, Tucker sets out to protect himself and his family from impending trouble. Offutt delivers a thrilling tale of an honorable but fierce man and captures the diction and sense of place of a rich people and geography. ■

— Review by Fay Jones



By Chris Offutt
Grove Press
Publication date:
March 19, 2019
231 pages
\$16

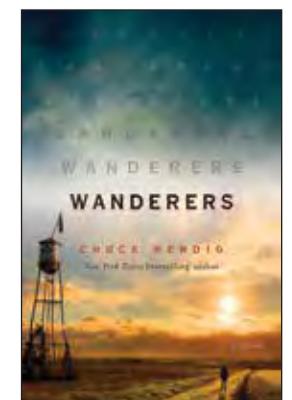
'Wanderers'

Asking you to read an 800-page book may be asking a lot. It might be worse when I tell you it's an apocalyptic, science-fiction horror story. Regardless, I hope you'll trust me when I say it's worth every page, even if you don't usually read sci-fi.

One day, a girl wakes up to see her sister sleepwalking. Nothing she says or does can wake her or stop her from walking toward... something. There's nothing to be done but follow and try to keep her sister safe. More sleepwalkers from all across America are found, and, soon, society begins to crumble. This is where the real horror comes in, not from monsters but from the remnants of a frighteningly familiar society in its death throes. The limits of humanity, the power of the crowd and so much more twist this tale into a story so full of emotion, I felt like I'd run a marathon when it was over.

With a depth of human understanding and a stunning amount of word-craft, Wendig has written a modern classic that will resonate far beyond genre and time. ■

— Review by Julie Goodrich



By Chuck Wendig
Del Ray
Publication date:
July 8, 2018
800 pages
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PARK HERE

Iowa State Fairgrounds area residents cash in on need for overflow parking.

BY MELISSA WALKER

Residents from nearly 5,500 homes surrounding the Iowa State Fairgrounds will allow fair-goers to park in their yards during the 11 days of the fair this month.

Isaac Swieter is one of those residents. He started parking cars in his yard when he moved into the neighborhood in 2004 by default. He was remodeling his house on Capitol Avenue, 1.5 blocks away from the Grand Avenue gate and left for work. When he returned, he couldn't park in his driveway or his yard. He didn't recognize any of the cars that were parked there, and the police were unable to help him get the vehicles towed.

"I had to bicker and fight with people when they came back to get their vehicle," Swieter says. "After that first Friday in 2004, I essentially don't leave my house."

For the remainder of that fair season, he parked cars in his

front and backyard. To this day, he parks 10 cars in the back and nine in the front.

The neighborhood surrounding the Fairgrounds is needed for parking, State Fair officials say, because between 3,000 and 5,000 vehicles can park on the Fairgrounds and an estimated 80,000 to 120,000 people attend each day of the fair. The fair also works with DART for a Park and Ride, where fair-goers can park at Southeast Polk High School or Junior High and ride to the fair.

"The public that live around the Fairgrounds that allow parking in their front yards provide a big service," says Kenny Hargis, parking supervisor for the Iowa State Patrol. "There's a lot of people who park. Otherwise, people would be parking who knows how far away if the neighbors didn't allow them to park in their front yards."

Fair construction affects parking

Officials will have a better idea of how many parking spots are inside the Fairgrounds after this year's season, Hargis says. A couple hundred spots were lost with the construction of the new Gate 13 entrance.

Between 1,500 and 2,000 cars can fit in the north lot; another 1,500 can park in the University Avenue lot if it doesn't rain. Rain causes portions of the lot to become too muddy for parking. Another 2,000 vehicles can be parked in the northeast lot.

The only paved parking at the fair is handicapped parking. Paved parking would be nice for fair-goers, Hargis says, but it's difficult to justify spending the money for an event that lasts 11 days out of the year.

The State Fair charges \$10 for on-site parking. While the lots require fair-goers to walk to activities, concessions and rides, members of Shriners International drive golf carts and give rides into the grounds for a free-will donation. There's also a tram that gives fair-goers rides from Gate 13 to the bottom of the hill in the northeast lot. It runs an hour after the concert to bring people back to their vehicles.

There are times when the Fairgrounds parking lots get full and close.

"Once we get enough people that have left, we reopen it, and it'll be open the rest of the night," Hargis says.

When fair officials make changes to parking or close a gate, it affects how much money residents make. When the northeast lot first opened, some residents initially noticed a decline in parking revenue. Once they decided they didn't want to walk from the parking lot to the fair, they went back to parking in neighborhood yards, Swieter says.



Isaac Swieter's setup during the State Fair season includes a television and chair, where he sits to watch Fox Sports.



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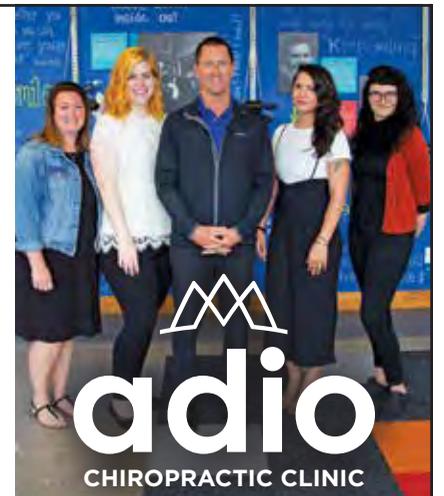
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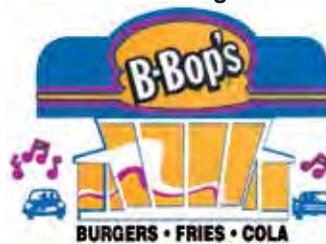
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Residents develop strategy, learn to handle disgruntled patrons

Through the years, Swieter has developed a system that he thinks is most effective: He does mostly chauffeur parking. Parkers pull in under a shade tree, gather their items and wait while Swieter parks their car. He gives them their keys, and they head to the fair.

“That’s the best way to do it,” he says. “It’s a game of inches, and a few inches makes it difficult for people to get in and out. It keeps liability at a minimum. Nobody hits my house, and nobody hits anyone else.”

Swieter considers the service he provides a true business and keeps his customers in mind. He doesn’t want anyone to be trapped in his yard or for their vehicle to be damaged.

Swieter sets up for customers about 7:30 or 8 a.m. The majority of his parking is reserved, and many of his customers have been coming to him long enough that the kids who used to be in car seats are now driving to the fair on their own. He stays out until the last customer leaves for the night, which could be 10:30 p.m. or 2 a.m., depending upon whether there’s a concert.

“I start with my vehicles and make sure

everything is good,” he says.

Swieter says it’s necessary to stay out because there have been other fair-goers who have tried to fight in his yard or driveway. Last year, he helped apprehend an individual who was trying to break into vehicles in a yard across from his.

Residents have many stories through the years of what it’s like to handle break-ins, those who have drank too much or people who are simply unhappy.

Vince Cooper, who lives on Logan Avenue, has been parking cars in his lawn for 21 years. His mother-in-law lived in his house before he and wife, Sharon, and she parked cars before they moved in.

Cooper has had intoxicated individuals wake him up early in the morning. He’s threatened to contact the police. He’s had to kick out people who have wanted to have parties in his yard. He has to clean up his yard almost every night.

“A lot of people like to clean out their car like they’re at Wal-Mart or something,” he says. “Actually, we provide a service for the state fairsgrounds. If it wasn’t for us, there’s no way they could handle the flow of cars that comes in.”

Cooper has called taxi for those who have drank too much. His wife, Sharon, has driven elderly people who have come back confused and lost from the heat to find their vehicles.

“I’ve kept vehicles overnight and called Ubers and taxis to get people home when they come back,” Swieter says. “They pay me a little extra to keep it overnight, and they come back in the morning when it’s safe for them to drive.”

Cooper says the best yards for parking have easy access in and out, and that the cars need to be well spaced out.

“You don’t want door-dings and stuff like that coming back on you,” he says, adding that he once had a man who had a banged-up car come in and later try to claim someone who parked next to him damaged his vehicle.

That’s why Cooper tries to park vehicles himself. He also stays up until the last car is gone.

Through the years, he’s established repeat customers. Many will call ahead and ask him to save them a spot and then tip him extra for holding them a parking spot. He parks many vehicles for elderly and handicapped people.

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Parking cars becomes party, extra income source for residents

Cooper and his wife are both retired and use the money they make — he charges \$6 a car — as part of their livelihood and to pay for bills.

Veronica Goltz, who lives a few blocks from the fair gates, makes up to \$200 a day parking cars in her backyard. She uses the money as part of her income and to pay for extras.

She can park 12 cars diagonally. The first weekend, the yard fills up within an hour. Throughout the rest of the fair, it depends on what act is performing in the Grandstand.

A decade ago, Goltz charged \$5 for a vehicle to park. Now, she charges \$10 along with most others in the neighborhood.

“They still pay it,” she says. “I get repeat customers.”

Some residents near the



Veronica Goltz parks cars in her backyard to make extra money during the Iowa State Fair. Photo by Melissa Walker.

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fairgrounds have parties and potlucks during fair season. Swieter says they're together more than they would be with their coworkers at a full-time job.

"We get to spend 10 days with the people in the neighborhood," he says.

Swieter fires up his smoker and cooks meat, while other neighbors make side dishes for a potluck the first Saturday of the fair. During the day, Swieter sets up a television and watches Fox Sports in between parking cars.

Depending upon the night of the fair and the Grandstand act, some residents will change their parking price.

Swieter, who declined to say how much he charges, keeps his rate the same regardless of when someone shows up to park for the day. He will park between 250 and 350 cars in a season. He's self employed and does landscaping and construction, so he takes off that time from his regular job to park cars during the fair. After his salary is paid for the week to cover bills, his family uses the extra money to pay the tuition for their children to go to Grand View Christian School. Before their sons were in school, they used the money to take a long

"I've kept vehicles overnight and called Ubers and taxis to get people home when they come back. They pay me a little extra to keep it overnight, and they come back in the morning when it's safe for them to drive."

— Isaac Swieter

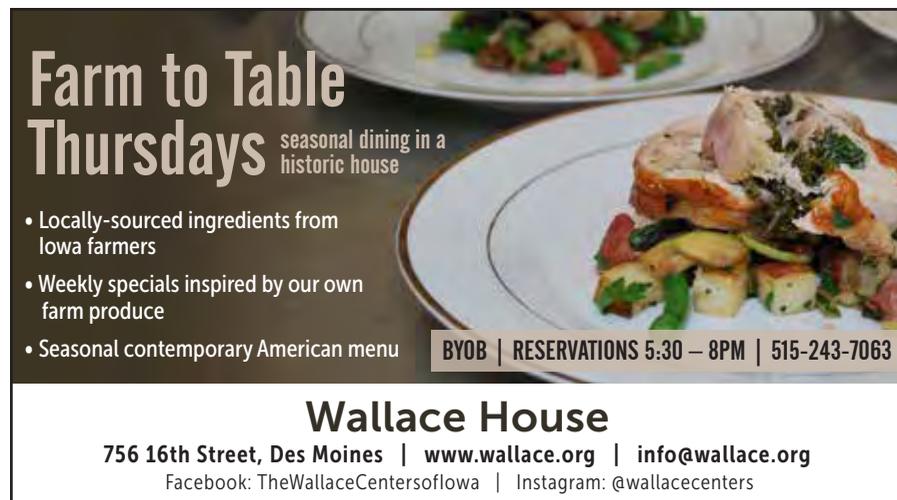
family vacation.

Judith Sanders has lived on Capitol for 40 years. She and her husband don't allow parking in their yard, partially because of their chain link fence, even though all of their neighbors do. She says it creates issues in the neighborhood with neighbors intentionally parking all of their cars and their friends along the street. One neighbor calls the police if someone parks too close to a stop sign or

makes another parking violation.

While parking is not typically allowed in yards, per city law, the City of Des Moines does allow temporary parking in residential yards for State Fair overflow parking, the Drake Relays and other events the City Council officially designates as allowable.

"I wish they had more parking over there because it congests it," Sanders says. "It's a free-for-all."



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CITYVIEW'S MARGARITA WARS

State requires tax permit, payments for income

Residents who receive payment for parking vehicles in their yard are required, by law, to have a sales tax permit and pay sales and income taxes.

The Iowa Department of Revenue issues sales tax permits. The department was unable to provide the number of permits issued for those who park at the State Fair because types of sales taxes are not tracked separately, says John Fuller, a spokesman for the department.

Every year, the department receives calls from residents about people who allegedly don't have a sales tax permit to park vehicles.

"We do, however, follow up on those we hear about that may not be complying with what the law requires, and this generally leads to increased compliance," he says. "Our goal is to try to get people to comply with the law, but we're realistic in knowing that everyone doesn't." ■



Kenny Hargis, parking supervisor for the Iowa State Patrol, stands in front of the University Avenue parking lot, where 1,500 vehicles can park.

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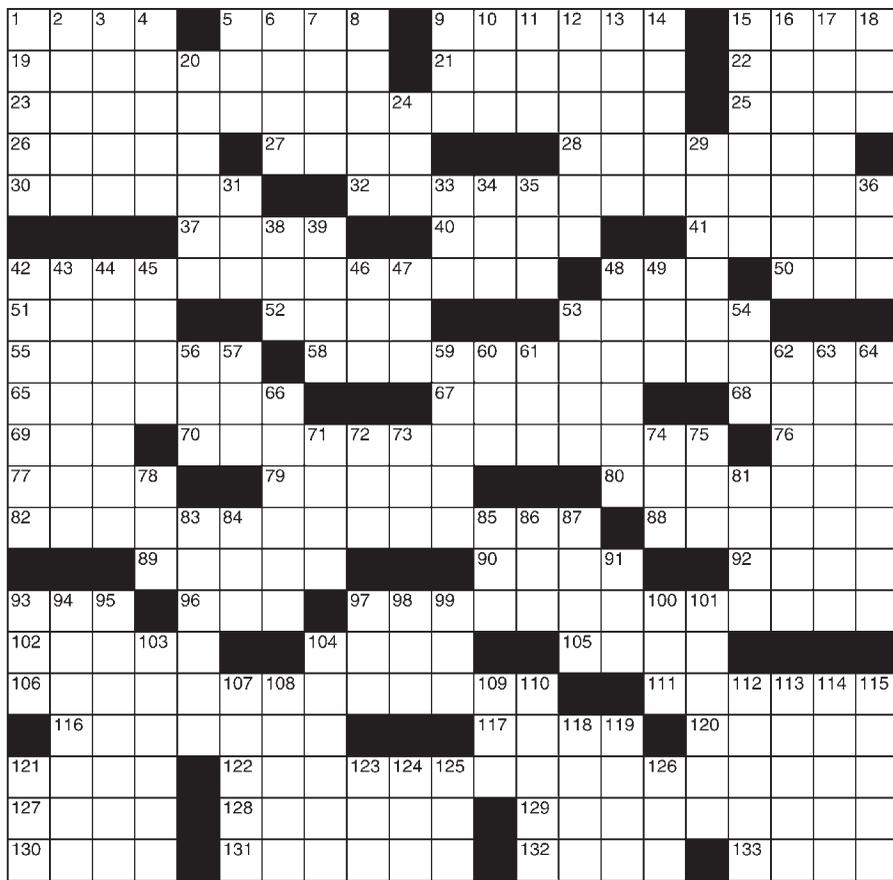
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"THAT'S MY CLUE"



- ACROSS**
- 1 Inuit vehicle
 - 5 In -- (as first placed)
 - 9 Total fan
 - 15 Insolent talk
 - 19 Law enforcer
 - 21 Actress Peet or Pays
 - 22 Andy Taylor's boy
 - 23 Flatfish that was there first?
 - 25 WWII attack time
 - 26 Quality
 - 27 '63 Liz Taylor role
 - 28 Couple taking off to tie the knot
 - 30 Lookout person
 - 32 Product for whitening NASCAR drivers' garb?
 - 37 Kappa preceder
 - 40 Smell -- (be suspicious)
 - 41 Willing to do
 - 42 Wild horse's boastful talk?
 - 48 Battle milieu
 - 50 China's Mao -- -tung
 - 51 Classic New York City theater
 - 52 Actress Gilbert
 - 53 Vex no end
 - 55 Single-celled swimmer
 - 58 Trajectory of a thrown winter weapon?
 - 65 Place affording a good view
 - 67 Related to kidneys
 - 68 Black bird
 - 69 Ending of pasta names
 - 70 The cry "Hah, I scaled that peak and you didn't!?"
 - 76 Be obliged
 - 77 Rose Bowl org.
 - 79 Take for one's own use
 - 80 Manufacture
 - 82 Huddle of military officers?
 - 88 "Short and stout" vessel
 - 89 His cube became a craze
 - 90 Novelist Hunter
 - 92 Viral net phrase, say
 - 93 Anvil's organ
 - 96 Pill, e.g., briefly
 - 97 Powerful machine that pulverizes car splash guards?
 - 102 Censoring tone
 - 104 Opera part
 - 105 Mavens
 - 106 One who would've taken on Goliath if David had been unavailable?
 - 111 Take stock of
 - 116 Russian ballet company
 - 117 Tableland
 - 120 Sunni's deity
 - 121 Web app language
 - 122 Narratives recorded on CD?
 - 127 Prayer's end
 - 128 Beatified French lady
 - 129 Put in a different key
 - 130 Minstrel
 - 131 Ecstatic
 - 132 "Auld Lang --"
 - 133 White bird
- DOWN**
- 1 Notices
 - 2 Peter of "M"
 - 3 Gonzalez in 2000 news
 - 4 Pinkie, e.g.
 - 5 Capitol fig.
 - 6 Apple type
 - 7 7'0", say
 - 8 In need of nourishment
 - 9 -- Zedong
 - 10 -- Darya (Asian river)
 - 11 Bread with vindaloo
 - 12 Put right?
 - 13 "A Passage to India" woman
 - 14 Substitute for chocolate
 - 15 Hit a homer
 - 16 It lifts a kite
 - 17 Debacles
 - 18 Comic Tina
 - 20 -- acid (lime ingredient)
 - 24 Mauna --
 - 29 Not singular
 - 31 "--- hoo!"
 - 33 Sun -- -sen
 - 34 Uno + due
 - 35 Rowing need
 - 36 Charles V's realm: Abbr.
 - 38 "Conan" channel
 - 39 "Ah, so sad"
 - 42 Facing with courage
 - 43 Film genre
 - 44 Student at England's oldest university
 - 45 Nikita's "no"
 - 46 Samovar
 - 47 -- Paulo
 - 48 Whack hard
 - 49 Justice Dept. raiders
 - 53 Israeli flier
 - 54 Twitch
 - 56 "Socolo!"
 - 57 In past time
 - 59 Legal papers
 - 60 Actor Affleck
 - 61 Director Lee
 - 62 Placed into categories
 - 63 "Why?"
 - 64 Woofer's counterpart
 - 66 Old Greek geometrician
 - 71 Arrow notch
 - 72 "My Mama Done -- Me"
 - 73 TV's Kwik-E-Mart clerk
 - 74 Renoir's skill
 - 75 Foot 4-Down
 - 78 -- Lingus
 - 81 Accurse
 - 83 Ado
 - 84 "Honest" guy
 - 85 Turner of TV
 - 86 First mate?
 - 87 -- avis
 - 91 Network for Jimmy Fallon
 - 93 Recede
 - 94 Part of ASU
 - 95 Salvage
 - 97 Thu. follower
 - 98 A, in Vienna
 - 99 Hound
 - 100 Grazing field
 - 101 Op-eds, e.g.
 - 103 Actress Britt
 - 104 R&B artist Keys
 - 107 Aspect
 - 108 L.A.'s region
 - 109 Rescue squad VIP
 - 110 Takes ten
 - 112 Insults
 - 113 Pipe shape
 - 114 Taco topper
 - 115 Soft luster
 - 118 Nimble
 - 119 Film scorer Menken
 - 121 Quick hit
 - 123 Can. province
 - 124 Plains native
 - 125 Beatty of "The Toy"
 - 126 Hex- ender

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!



"Don't you think you should wear your glasses when you _____?"

- Ship **ELVSS**
- Void **SCAHH**
- Harsh **EVERSE**
- Relief **SEREALE**

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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: ◆

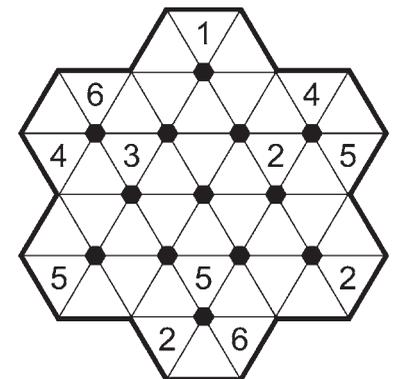
- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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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.

	÷		+		11
×		+		÷	
	-		×		6
-		×		+	
	×		-		12
12		10		10	

DIFFICULTY: ★★ ★

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

1 2 2 3 4 6 7 8 9

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Jim McCool



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Anna Hurley Nong

"Wow! Finally! Leftover Halloween candy really IS for breakfast!"

Suzie Anderson

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AROUND TOWN

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YANKEE DOODLE POPS

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Emilia Hugg, Yajaira Moreno and Priscila Piper



Joanna Burgerino, Ayden Pugh, Rebecca Reising, David Reising and Matthew Johl

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THE SOUND



‘Plain good rock music’

Foreigner performs at the Iowa State Fair on Aug. 15 with Night Ranger opening.

BY JACKIE WILSON

Before Tom Gimble joined Foreigner in 1995, he built an impressive resume. He’d played two world tours with Aerosmith and appeared in “Wayne’s World 2.” The tour wasn’t the “crazy” Aerosmith of the 1980s; it was the “clean and healthy” version. Gimble thought life couldn’t get any better — until he joined Foreigner, where he could play other instruments including his guitar, saxophone, flute and keyboards.

“With Foreigner, it was so much fun playing my guitar again,” he says. “Or playing ‘Urgent’ on the saxophone. I love all the instruments equally. My favorite is the one I’m playing at the moment.”

Gimble plays with the rest of the band at the Iowa State Fair on Aug. 15, with Night Ranger opening. He estimates he’s played nearly 100 shows a year, adding up to more than 1,000 concerts. With 50 million records sold and 14 top-20 singles, hits such as “Feels Like the First Time,” include lyrics that are “just plain good rock music.”

“Not every song is a headbanger or muscle and loud guitar,” he says. “Ladies come and like the

lyrics. It’s great harmonizing.”

The song, “I Want To Know What Love Is,” is sung by a gospel choir on the original album. During their concerts, they bring in local school choirs to sing back up, giving them a donation.

“It was Mick’s (Jones) idea to try to help the schools’ music programs. Funding keeps getting cut. Music helped me find my way in the school band. Maybe music can help a kid,” he says.

Gimble feels the lyrics and musical quality contributes to the band’s success.

“Our lyrics have emotions people can relate to. Most people want to know what love is,” he says. “Often we attach a memory or certain feeling or time in your life that takes you back to those days. I love that feeling of what music does.”

He dispels a myth of partying in his down time, keeping it low key.

“I go to the bar every day,” he says. “The salad bar, that is. Or I go to S.A. — Smoothies Anonymous. I’m up to two a day and trying to cut back.”

His favorite hobby is golfing. It keeps him out of

trouble.

“I used to chase women,” he says. “Now I chase golf balls; they’re harder to catch.”

He admits to being an open book and says he’s single, but married to his instruments. When told that Baby Boomer women are interested in him, he exclaims, “I need numbers. Where’s the evidence?” Whether it’s men or women, he appreciates the fans. He says music is the universal language between musicians and fans.

“To the fans, thank you for listening. They are as important as us making the music,” he says. “People who really love music, I think of them as fellow musicians.”

Gimble says he’s fortunate to have played nearly every venue, including Carnegie Hall (his mom’s favorite and most proud moment).

“I feel pretty good. It doesn’t matter where we are. It’s the people, seeing their faces light up and singing in the audience louder than the band,” he says. “It’s magnificent to be part of those moments where people come together.” ■

SOUND CIRCUIT

SOUND ADVICE

BY JACKIE WILSON

Ducharme Jones

Popular blues, rock musicians return to native Iowa.

The Ducharme Jones band is making the rounds at various Des Moines music venues. As a duo or with a full band, Dave and Annie Ducharme Jones both play guitars and sing, rocking out to Tommy Petty, singing “Jolene” or belting out one of their original blues, rock or roots tunes. CITYVIEW talked to the duo between music gigs.



CITYVIEW: Why did you move from Austin, Texas, after a successful 30-year music career?

Dave: I went to high school in Des Moines, playing with a band. Annie is from Okoboji, and we moved to the Bay area in California and then Austin. My dad had a stroke, and we wanted to be closer to family. While visiting in 2016, we played at Lefty’s and realized there was a vibrant music scene building right here in Des Moines. We told ourselves, change is good.

CITYVIEW: It seems you’ve performed together forever, but it’s only been 10 years.

Annie: Dave has played since high school. I supported Dave, while we raised our son. I used to have stage fright and struggled with anxiety. But when I started writing music, that disappeared. Now I feel more comfortable — almost at home — on stage.

CITYVIEW: Tell me about your albums.

Dave: We just finished our second album, “Vagabonds and Poets.” Many of the songs are heart-felt recollections of times spent together, pursuing music and the search for satisfaction in the artistic process. I’ve had two solo albums and three albums with my prior band, Rainravens. I feel like we stay in a certain genre without being predictable. It all makes sense whether we play jazz, rock or blues. We play on our strengths.

CITYVIEW: What’s your favorite venue?

Dave: Venues have their own personality, but we love the Greenwood Lounge. I love it when we see new faces in the crowd and when our audiences turn their friends onto us. There’s a big music community in Des Moines.

CITYVIEW: The friendly banter onstage doesn’t seem like an act.

Annie: There’s something special about watching Dave play guitar. One time he had a fever and hit the stage. By the end of the performance, it was like magic pouring through his fingers.

CITYVIEW: How do you define musical success?

Dave: I like my journey. I’m able to play with a passion and inspiration. I like it when I come out of a gig and go “Woo, that felt good.”

Annie: We love what we’re doing. We’re not in competition with other musicians. It doesn’t matter how many people show up; we put on our best performance.

You can catch the band on Aug. 16 at the Greenwood Lounge or Aug. 24 at Captain Roy’s. ■

Once again, August is here, and that means it’s Iowa State Fair time. With 10 days of free concerts — all with the price of admission, of course — on various stages, bars and tents, the fairgrounds is a huge entertainment venue. Free stage concerts include **Maddie Pope** on Aug. 8, Broadway’s **Rock of Ages** band on Aug. 11, **Jamestown Revival** on Aug. 13 and **Steven Adler** (formerly of Guns N’ Roses) on Aug. 14.

The Central Iowa Blues Society salutes Chicago blues legends at a concert at Lefty’s Live Music on Aug. 31. Performers include **John Primer**, **Joanna Connor** and **Lil’Ed and the Blues Imperials**. Tickets cost \$30.

Ingersoll Live takes place on Ingersoll Avenue on Aug. 24. Three bands perform free concerts on the street. Listen to **Ramona and the Sometimes**, **The Cardinal Sound** and **Damon Dotson Band**.

High South — a band from Nashville that plays Tom Petty, Eagles and original songs, performs a limited Iowa gig at Jasper Winery, benefiting a fundraiser for Mary’s Meals on Aug. 29, starting at 6:30 p.m. Admission is free, and patrons are encouraged to make a freewill donation to Mary’s Meals.

Grammy-award winning **Indigo Girls** bring their concert to Hoyt Sherman Place on Nov. 13. Tickets cost from \$44.50-\$75, available at the box office or Ticketmaster. ■

FRONT ROW



Fitz and the Tantrums
At Brenton Skating Plaza, July 2
Photo by Caleb Pike



Metric
At 80/35, July 12
Photo by Caleb Pike



The Struts
At Water Works Park, July 16
Photo by Tony Simons



Misterwives
At 80/35, July 13
Photo by Cady Colosimo

MUSIC

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JOE'S NEIGHBORHOOD

BY JOE WEEG

50 kids and a free lunch

Tell that to Sister Agnes.

Fifty kids were fed lunch on Monday in a little park in Urbandale — for free.

Chew on that.

The small parking lot at Murphy Park fills with a half dozen cars. The green totes and the blue coolers are unloaded from the trunks and carried up to the shelter. The workers gather in a clump. Their hushed conversation seems appropriate in the still summer air. Slowly, everyone takes a spot behind a bin. A cool breeze arrives from the woods, crosses the soccer field and drifts around the adults as they wait for their smart watches to say noon.

Yahoo. Lunch is served.



“Free lunch” is what was promised.

Really? This must be a joke. As in “there is no such thing...” I assume it must be a way to sell you life insurance, or to pump up your nonexistent investment portfolio, or for you to buy a retirement home on the floodplain near Gray’s Lake. It has to be a scam of some sort, right?

But there it is, in red, white and blue. Free lunch.

I love lunch, by the way. Yup, I was the guy at my desk for 32 years with a sack lunch and whatever goodie I could pull out of the fridge at the last minute. Although, I must admit that peanut butter and jelly sandwiches were the centerpiece of many of my culinary masterpieces. More than one search warrant left my office with grape jelly permanently staining the words “methamphetamine” or “semi-automatic 9 mm weapon.”

And, let’s face it, I charmed my soon-to-be wife over my sack lunches I brought each day to the Iowa Law School clinic.

“What are you eating today?” my future wife would ask while, unbeknownst to me, thinking only 8-year-old kids with Dory the Discoverer on their T-shirt would

carry a sack lunch to school.

“A BLT.”

“Really?”

“Yup,” I’d say, “but there’s no bacon, or lettuce, or tomato in it, but there are radishes.”

She’d force a thin smile and then try to figure out how she could transfer to another office with a less weird officemate.

Love at first sight.

And lunches in grade school when growing up? I dream about them. My fellow classmates would complain and stuff their green Jell-O dotted with yellow corn into their milk cartons to escape the scold of Sister Agnes, the looming protector against waste at the tray table. I, on the other hand, would be back in the kitchen trying to charm the older women in hairnets to plop another scoop of stuffing and chicken and gravy onto my plate. Older women in hairnets deserve their own national holiday, in my book.

“We had 50 kids on Monday. There are days we do 30. Every day is different.”

Christy Stroope is animated and friendly and broad-smiled as she stands behind a red bin in the lunch line. Christy is the juvenile court liaison and the family facilitator for outreach at Urbandale Schools.

“In summer, parents are working. And if kids can come out of their houses and into the neighborhood where we can provide them with fruits, a vegetable, a yogurt, then we know they are getting at least one good meal a day.”

Christy’s counterpart at Urbandale Middle School, Abby Schuller, behind a green bin, chimes in:

“With this kind of program, which we share with Johnston Schools, we see a high number of kids who even need breakfast. When families are working, it’s hard to get lunches. We can help alleviate that stress over the summer.”

And the kids come. Older sisters corral their siblings from the swings and slides and hanging bars. Kids flow in from 68th Street, and Roseland Drive and up from Urbandale Avenue. Everyone is seemingly well-mannered, gracious and happy to be there. They line up and are handed their food. It soon disappears with everyone fed. A grand success.

This same scene occurs at dozens of sites around the metro area every Monday through Friday. Funding comes from the U.S. Department of Agriculture and from the individual school districts. Des Moines Public Schools have been doing it for more than 30 years and have 21 sites this year alone.

Unfortunately, I’m over the age to qualify for a free lunch. And, at least today, no one has peanut butter and jelly sandwiches. And maybe older women with hairnets are a thing of the past now that I’m an old man. And if radish sandwiches were served, even if rebranded as BLTs, the free-lunch program would die an untimely death.

But, for all of us bemoaning politics and climate and the price of corn, 50 kids were fed on Monday. No questions asked.

Tell that to Sister Agnes when you drop off your tray. ■

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.



DES MOINES FORGOTTEN

The Magic Window

Betty Lou Varnum's show was a safe place for many central Iowa kids.

BY KRISTIAN DAY



Betty Lou Varnum on the set of "The House with the Magic Window" in the 1970s.

I wish I could have experienced television the way children and adults did back in the 1950s. I imagine it was similar to the first time many of us saw what the Internet had to offer in the 1990s: AIM chatrooms, forwarded email chains containing the worst pickup lines, and some online bookseller called Amazon. What made things really interesting was that we could remember life before the Internet. In the 1950s, television was new as well and was considered a luxury to many. Only a few channels were broadcasting, and none ran 24 hours.

In 1951, almost 20 years before Fred Rogers made his moving speech to the Supreme Court to ensure PBS had its \$20 million in funding (this was for all of PBS, not just "Mr. Rogers' Neighborhood"), our local WOI-TV had its own educational children's program: "The House with the Magic Window" also known as just "The Magic Window." WOI-TV was located in Ames at the time and was part of Iowa State University. This would have made it the closest thing to PBS before there actually was a PBS. The show was created by Joy Munn and Dick Hartzell and aired from December of 1951 until March of 1994. It ran for 43 years, which set a record for the longest running children's TV show in American history (at that time).

Betty Lou Varnum took over hosting the program around 1953/1954 when Joy Munn left the show. In a lot of ways, it was similar to "Mr. Rogers' Neighborhood" with puppets, educational guests, and arts and crafts projects. She even had a real dog on the show for a while named Domino.

I have never been a supporter of the idea that parents should use the television as a babysitter (an iPad is not a babysitter either, folks), but there are worse things

your kid could have been doing. Her guests included animal experts, painters, you name it. I came upon a Christmas episode that the Iowa State University Library Special Collections posted online that brought a bat expert. It was a strange combination to include a bat expert on a Christmas episode but, hey, I have seen weirder things. It was interesting hearing the expert say that the bats were "animals" and not "birds," confusing the word "mammal" with "animal." There was also some amazing cinema verité footage shot of this guy catching a bat inside someone's house. I love time capsules like these.

"Around 1978, when I was maybe 5 years old, I remember Betty Lou would introduce 'Felix The Cat.' The curtains would open up, the camera would push in, and the cartoons would start," Alissa Sheldon of Des Moines remembers. "It was like getting to visit with your grandma every time. I once saw her (Betty Lou) at the Des Moines Airport and was star struck."

Betty Lou did a lot of crafts on the air including place mats, paper stars and animals, and many other things from construction paper, pipe cleaners and tin foil. Parents likely got tired of taking their kids to the local Ben Franklin store on those hot summer afternoons.

The most fascinating thing about television shows that last so long is that the world will watch the hosts grow old. We often look through old photos and wonder what happened to us, but you can't go back too often and see yourself in action at a different age. Iowa watched Betty Lou go from the young spry woman to everyone's



Betty Lou Varnum at the WOI-TV studios in 1957. Part of the Iowa State University Library Special Collections

favorite TV grandmother. We see mortality happen in real time. Part of me thinks something like that should be kept as "intimate awareness." (I made this term up.) Iowa State University sold WOI-TV in 1994 to a private company, and Betty Lou was not offered a contract to continue. It's hard to let go of someone you have spent so much time with. No, it's not a real relationship, but I can promise that, for some kids, Betty Lou was their safe place. Someone who was not going to get upset with them. Someone who would always talk sweetly. Someone who would share kind words.

I encourage everyone to check out Iowa State University Library's Special Collection for "The Magic Window with Betty Lou." We likely won't see this type of local programming ever again, but it's worth a deep dive to those nostalgia junkies out there. The biggest thing we should all take away from it is what made Betty Lou so enticing to children. In the world we live in today, we need to be the person that our kids see as a safe place. There are so many things in the world right now we all want to escape from, and we should take note to keep that fear out of our homes. ■

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





Heather Stolp and her dog, Griffin.

'Not just a dog'

Griffin, a rescue dog, watches over foster dogs.

BY JACKIE WILSON

At age 10, Heather Stolp started a pet-sitting business, caring for the neighbor's fish, dogs and cats. Their own family dog was treasured, until the dog passed away.

As an adult, she knew she needed her own dog and began searching adoption sites. She saw the perfect puppy, Griffin, on a rescue website at the Hope Animal Rescue of Iowa. Griffin had arrived from a sick, dirty litter from Oklahoma. As a foster dog, his foster mom worked to get him out of his shell, until he could get adopted.

Grateful for the foster care her dog received, Heather began fostering dogs. She now serves as an adoption coordinator with Hope Animal Rescue.

"There are so many dogs that are abused, not loved and not taken care of," she explains. "If they don't get our help, they'll be euthanized. Each dog we foster is just one more life we can save."

As a foster dog mom, she's taken in 11 dogs

over the past year. She says the dogs are often terrified, especially those who have been abused.

"It's sometimes difficult to gain a dog's trust and have them know you're there for them," she says. "But once you get past that, the hardest part is letting the foster go."

Griffin loves all the dogs that come into their home, even if they are only there for a short time.

"Griffin introduces himself. He shows them the ropes — this is where we potty, this is where we play. He's a caretaker and takes him under his wing," says Heather.

Heather admits to spoiling Griffin. He'll often travel with her on business or leisure trips, hanging out in the hotel together. They'll attend the farmers market and dog parks. She knows all the dog-friendly places in Des Moines.

"My generation has changed how dog ownership is. I go shopping more for things for

him than I do for me. He's like another family member with fur and four legs," she says.

Because of Griffin's fun personality and being a "rescue original," he has his own Instagram account. With more than 200 followers, she posts Griffin's antics of drinking water from the bathtub faucet, with his tail peaking from the shower curtain.

The next step is training Griffin to be a therapy dog, where she is ready to volunteer at hospitals and schools. So far, he knows his jumping limits and does well with folks in wheelchairs.

Heather says training a rescue dog is difficult, but it's worth it. She admits she could be a full-time, stay-at-home dog mom if it was an option.

"It's not 'just a dog;' he's my child. He's my best friend, and I love him so much it's hard to explain. I cherish every single moment I have with him," she says. ■

YOUR NEIGHBOR

Your new Mrs. Iowa is... Meghan Drane!

A childhood dream comes true.

BY JEFF PITTS

"I'm a military wife," explains Meghan Drane. "I'm a mom of four. I'm from Iowa. We've lived on the East Coast, West Coast and Europe."

That is her story, but it is not her whole story.

"That is who I'm married to," she continues. "That is who I parent, but that is not really who I am... I'm Meghan. I've been married almost 10 years. I think it's so common for women to get lost in their role as wife and mother, and they forget that, before that, they had some things they wanted to do. They neglect to make time to do that or to make it a priority."

After graduating from North High, Drane moved to Iowa City, fell in love, married a man who joined the military, and then had four babies in four years while zigzagging the country. She understands how easy it is for moms to lose their identity.

"I would have, too," she says. "If there wasn't something behind me pushing me."

Last year, Drane noticed a change in her 8-year-old daughter that she couldn't ignore.

"I was watching her change from a confident little girl into somebody who has hesitations and doubts, and I went to thinking, 'Where does that start? Where do we begin caring what other people think and having that negative self talk.'"

Thinking back on her own life, Drane remembered the same thing happening to her.

"When I was really little, I fell and I hit my head," she says. "And I remember looking in the mirror and crying and thinking, 'You're never going to be pretty enough to be Mrs. America now.' ... So I was thinking through that, and I was looking at my kids, and I thought, 'Ok, kids do what you do, not what you say.' So if want her to go after what she wants and be confident to do the things that she maybe thinks she's not good enough for or that she can't do, then I have to do that, too."

Drane was crowned Mrs. Iowa America for 2019 on June 22. The Mrs. America national competition will take place this month in Las Vegas.

"This was my very first pageant ever," she says.

Mrs. Iowa didn't grow up doing beauty pageants, but after speaking with friends who had previously participated, she found out it was relatively easy to enter. They told her you just get the paperwork, you apply, and then you practice, train and eventually compete.

There are several different pageants and contest formats. Each has its own rules and design. The Mrs. America Pageant conducts interview, swimsuit and evening gown competitions.

"Then, of course, there's a huge focus on community service, what you're doing and what you're passionate about," says Drane. She also won Mrs. Congeniality for the tri-state area of Iowa, Missouri and Kansas — those three pageants took place concurrently at one location in Missouri.

Being crowned on stage capped a lifelong dream for Drane, but what happened next was even better. As she began wrapping her mind around what she'd just accomplished, her husband and four kids — ages 4, 5, 6 and 8 — rushed the stage to give her a hug.

"For me, this is about stepping back into, 'OK, now I'm here to find the balance. I'm still going to be a wife, and I'm still going to be a mom, but I still have things I want to do as a person, too,'" she says. "So this is that first step forward in doing that. Hopefully it inspires others to make time for themselves, too." ■

The Mrs. America Competition was first held in 1938 and ran through 1968. In 1977, the event was revived. Now celebrating its 40th year, Mrs. America was the first competition of its kind to be limited to married women. Its judges look for the exhibition of beauty, poise and personality while judging the swimsuit, evening gown and interview competitions. Entrants must be at least 18, legally married at the time of competition and a state resident for three months.



Meghan Drane was crowned Mrs. Iowa America 2019 on June 22. The Mrs. America national competition will take place Aug. 24 in Las Vegas at the Westgate Las Vegas Resort & Casino on the same stage that Elvis Presley once performed.

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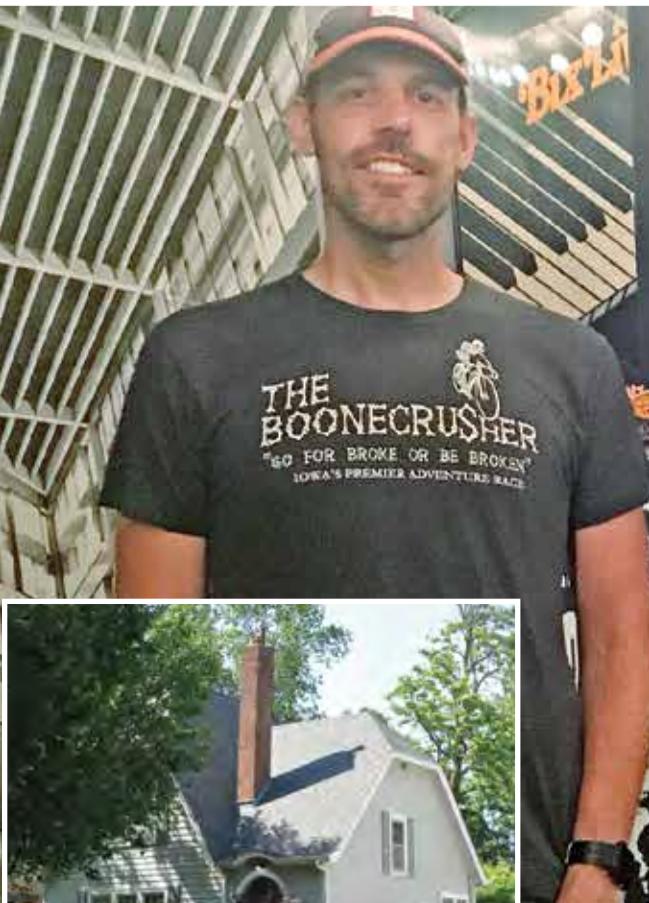
Source: <https://www.cdc.gov/hiv/risk/art/index.html>



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AT HOME WITH...



Foxholes band member and drummer Ben Barndollar made his basement into a family room for his indie rock group to practice, hangout and be creative every Tuesday. Photo by Trevor Babcock

Jam destination

Drummer Ben Barndollar transformed his unfinished basement into a rehearsal area for his band.

BY TREVOR BABCOCK

Inside Ben Barndollar's basement, underneath his cozy two-story home, he has made a place for his indie rock band — the Foxholes — to get together each Tuesday and channel their creative energy. Since 2014, the group has scarcely missed practice. The home's basement has become the band's "family room."

"It's like a creation zone," says bassist Jessica Villegas. "It really is like an adult musician fun zone."

Unbothered by the wailing guitars are Barndollar's wife and 1-year-old son.

"The neighbors are awesome," says Barndollar, who has only had to make peace with one disgruntled listener on one occasion.

Looking for a home after marrying in 2014, Barndollar's real estate agent was given the stipulation of finding a home with practice space for the band. Fitting the bill, the unfinished room below their home currently holds a plethora of instruments and gear compiled through the years.

"I don't play guitar or bass, but I've always wanted to have a guitar and bass down here, so if people come over

and say, 'Oh, yeah, I play guitar,' I can say, 'Alright, let's do it,' " says Barndollar. "That's what I've always wanted in a basement. That's what I've amassed all this for."

Resting in the corner is a crafted sign of the band's name, which is featured on the cover of its self-titled sophomore album. Lining the room's walls are dozens of flyers from previous shows along with thrifted art and mood lighting.

"It's kind of like a little booster," says Villegas. "Sometimes even when I'm feeling meh, then I can look up there and go, 'Oh, I remember that show.' "

Without the space, the band would be paying out of pocket for an alternative. Caked in sweat, the band previously practiced in an old, unairconditioned pool house in the heat of July. Vocalist and guitarist Trevor Holt would fix a single microphone in the center of a tiny room in Barndollar's old apartment to record demos.

"It's important to be able to all play together and also just to be able to see each other once a week," says Holt. "To have a practice space or space that everybody can

meet up, play and make noise and not have to worry about being kicked out."

Flooding occasionally threatens Barndollar's stash of instruments and music technology. Hard rain calls for an evacuation of all equipment. Luckily, not a single piece has been damaged.

"We've got it down to a science now," says Barndollar. "I know exactly where every trickle of water goes."

Providing the necessary environment, the practice space helped Foxholes achieve their goal of being a factor in the local music scene. The room is where seeds of the band's ideas sprout and creative juices flow. Holt remembers the room as the birthplace of their last album and EP.

"As we've gotten older, we've got a lot more things going on, but it's something," says Holt.

Outside of the room, members of Foxholes are unrelenting with their passion for music.

"Even when we're not down here, we're all doing something else with music," says Barndollar. ■

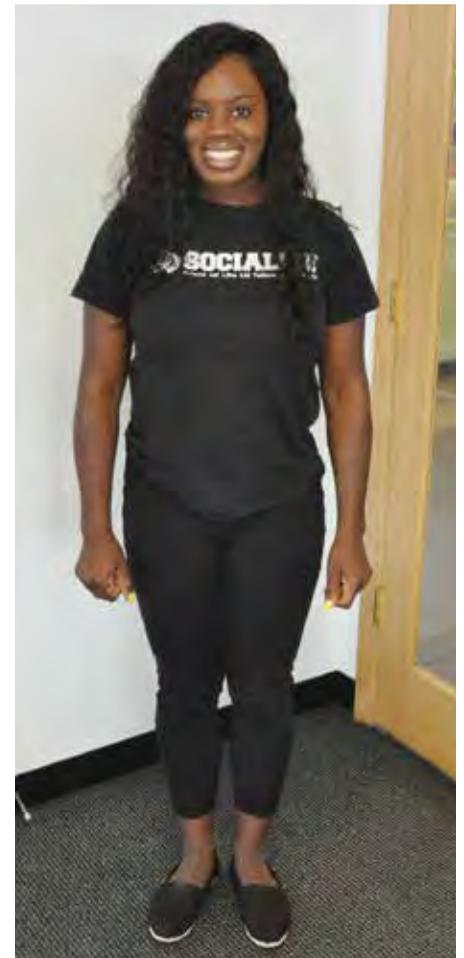
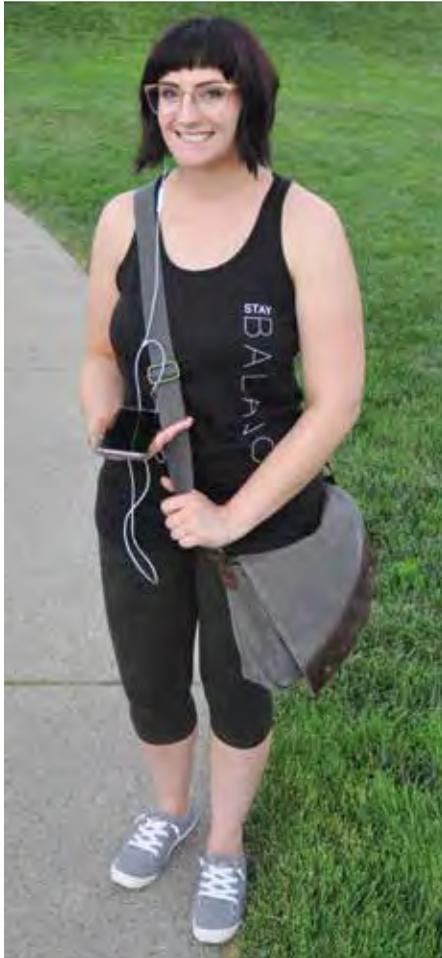
WALKS OF LIFE

BY JEFF PITTS

State fair or downtown farmers' market?

Nothing compares to the Iowa State Fair, and its annual attendance testifies to its popularity. But Des Moines' weekly Downtown Farmers' Market also draws jaw-dropping numbers. By no means is this a problem, but since the two events go head-to-head Aug. 10 and Aug. 17 this year, we couldn't help but ask:

"Which is more your style, The Iowa State Fair or the Downtown Farmers' Market?"



MCKENZIE HANSEN

Fiction reader and a total nerd

"I'm just a girl that lives in Des Moines," says McKenzie Hansen.

This self-proclaimed bookworm is a complete nerd, according to her friends. But that is OK with her. She takes the term as a compliment. The Des Moines resident lives downtown, so her selection is no surprise.

"I would say the Farmers' Market," she says. "I just like the vibe a little better."

Be that as it may, she goes to the Fair every chance she gets, too.

1 Farmers' Market
0 Iowa State Fair

THOMAS TELIOS

Prognosticator prefers fresh food

Meteorologists predict cold fronts, storm events and precipitation levels. Political pundits prognosticate voter turnout, electability and the potency of various talking points. Thomas Telios is passionate about both the weather and politics, thus making predictions is par for the course, but he isn't predicting the winner of this unscientific poll.

If he had to choose between a day at the Fair versus attending the Farmers' Market?

"The Farmers' Market," he says. "Because it feels like the American heartland, and it has fresh food."

2 Farmers' Market
0 Iowa State Fair

KEVIN HERNANDEZ

Proud to be a police officer

"I'm just an ordinary guy from Cedar Falls," says Kevin Hernandez.

But the police officer is more than that. He is a good and loyal friend, and he proudly serves in uniform.

"I like to think I'm pretty good at what I do," he says. "I love helping out my community."

The out-of-towner is also the perfect person to survey for a fresh perspective as to which event would be preferable to a newbie, because he hasn't been to either.

"Depends on the day you go to the Fair," says Hernandez, adding that he has heard mixed reviews about some of the daily themes. As such, Hernandez goes with the Farmers' Market.

3 Farmers' Market
0 Iowa State Fair

SHEARELL HEYLIGER

Driven, persistent and hard working

This South Carolina transplant moved to the area four years ago. Shearell Heyliger says she misses family and quality peaches, but, besides that, she says she loves Iowa all the way. The single mother of two is looking forward to graduating from cosmetology school in August and beginning her career.

Heyliger may be new to the area, but she didn't waste any time getting to the Farmers' Market and the Fair — she has been to both. But which is her fave?

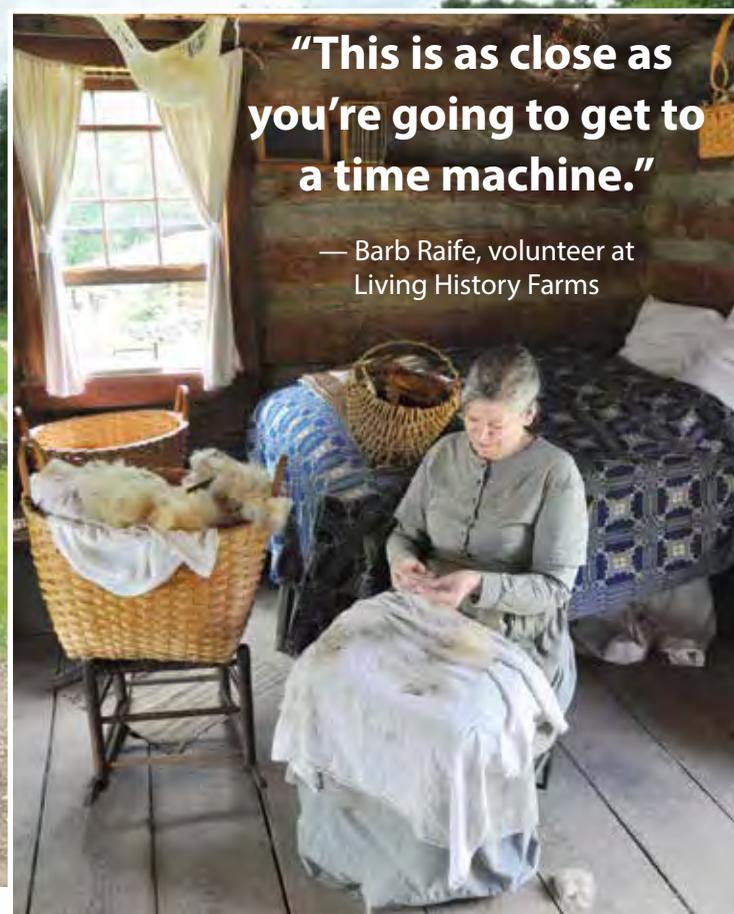
"The Farmers' Market," she says. "They have a lot of fun activities and food."

4 Farmers' Market
0 Iowa State Fair ■

COLLECTIONS & HOBBIES



Barb Raife volunteers at Living History Farms each Thursday. She has been involved there for 40 years in a variety of roles. She currently labors on the 1850 Farm.



“This is as close as you’re going to get to a time machine.”

— Barb Raife, volunteer at Living History Farms

Time machine

Interpreting history while living history and volunteering at Living History Farms.

BY JEFF PITTS

“Well, this is as close as I’m ever going to get to a time machine,” says Barb Raife, an interpreter at Living History Farms. “It’s my way to travel back in time.”

Living history can be a good way to learn history. Raife began by working at the 1900 Farm after she saw an ad in the newspaper in 1979, and she thought it sounded fun. She later went back in time to work at the 1850 Farm, and that is where she volunteers now — one day per week on Thursdays.

“My association with the farm goes back about 40 years, off and on, very intermittently,” she says. “I’ve just always been really interested in, how did people live? Whether it’s a castle or a manor house in England or a stone cottage in Ireland or a thatched hut in Ireland. How did they live? What did they eat? I always want to see the kitchen. I learn something every time I come back. Sometimes it’s from staff. Sometimes it’s from visitors or even little kids.”

Interpreters dress in period clothing and portray for guests what daily life would have been like during various time periods on Midwestern U.S. farms.

Daily chores begin with building a fire, bringing in water, making up the bed and shooing away mice.

“Next it is figuring out what we’re going to cook and get that stuff going,” she says. “If we’re going to bake, we need a lot of coals, so we have to build up a pretty good fire and keep that tended all morning.”

The interpreters prepare meals that would have been produced by a family in 1850. Cooking meals generally takes most of a given day. Add in gardening, working wool to prepare for spinning, cleaning the cabin and tending to the animals, and a day on the 1850 Farm can leave one tired.

“Tired,” Raife says. “But a good kind of tired.”

Most women during the period wore full-length dresses with long sleeves in both the winter and summer months. No shorts or short sleeves, partly for cultural modesty, but also for practical reasons.

“The answer is yes,” says Raife. “(It does get hot), but this is my sunscreen. This is my insect repellent. If you’re going to go pick raspberries, I can just go right in there and get wherever I want to.”

Living history is a labor of love for Raife, and

after 40 years, she has a lot of fond memories.

“I think the best moment is usually around the dinner table,” she says, referring to the daily meal the workers share after working hard to prepare it. “Because we usually have something really good to eat, and you don’t stick around out here if you don’t have some things in common. So the kind of people that tend to be out here, you just always have something to talk about.”

Still, if Raife had an actual time machine and was given the option, she wouldn’t trade 21st-century life for the 1850s, mostly for the lack of modern medicine.

“I wouldn’t have a tooth in my head if I was born in 1850,” she laughs. “If I lived to this age, I would not have any teeth, and I’ve had Lasik eye surgery because I was so nearsighted. So I wouldn’t be able to see to do anything.”

Living History Farms is a 500-acre outdoor museum located in Urbandale at 11121 Hickman Road. For more information, call 515-278-5286 or visit www.lhf.org. ■

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