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FROM THE PUBLISHER

Quirky destinations, a Summer Stir traveling cocktail party, and a columnist's Irish luck runs out

Welcome to another edition of your locally owned CITYVIEW magazine. You will find a great issue packed with local stories, photos, listings and events.

As you plan your summer trips, be sure to check out Sofia Dickens' feature story on Iowa's finest and quirkiest destinations.

In another feature, Jim Duncan writes about food and civic esteem in Des Moines, sharing the history of Des Moines' iconic restaurants in a way only the "Food Dude" can do.

Our cover story this month is on the trending subject of "cutting the cord." Read Colson Thayer's business feature and learn why central Iowans are continuing to change how they view programs on their televisions. Learn what is prompting these changes and what the future may bring.

Our Des Moines Forgotten column remembers Art in the Park and the 1991 rain that changed it forever. Kristian Day interviews those involved and details how the event transformed into what is now the Des Moines Arts Festival.

Columnist Joe Weeg's Irish luck ran out as he tested positive for COVID and was forced to extend his trip in Ireland. Read about his unscathed, thorn-in-his-family's-COVID-sick-sides, footloose-and-fancy-free days in Ireland in Joe's Neighborhood.

If you are a fan of our events (and why wouldn't you be?), then be sure to check out the full details on our upcoming Summer Stir traveling cocktail party in the Historic Court District.

Looking for a luxury SUV that commands attention? Do you like the color red? Then you will want to learn about the Acura MDX Jackie Wilson test drove for this month's Cars In The City column.

Inside the Mainframe Studios, you will find an incredible array of local artists and their works. The building's nondescript concrete exterior hardly represented what was inside its doors — until now. Molly Spain painted the building's exterior with an array of colors and totem shapes called "Critical Mass." Look to our Iowa Artists story by Jackie Wilson for details.

While we are on the subject of Mainframe Studios, be sure to read Jim Duncan's Lunch With column, where he shares his conversations about art and economic development with Siobhan Spain, the director of Mainframe Studios, over Margherita and arrabiatta pizza at Franka.

In Center Stage, learn how Tallgrass Theatre Company is continuing a new tradition with musical theatre concerts at the Jamie Hurd Amphitheater on the City/School Campus. John Busbee reveals how the concerts began as a combination of pragmatism and an irresistible itch to get shows up and going again.

Of course, you will also find much more in the pages of CITYVIEW this month — and every month — in print or online.

Enjoy the issue, and thanks for reading. ■

Shane Goodman
President and Publisher
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CITYVIEW is delivered throughout central Iowa to more than 750 locations every month. To request delivery of CITYVIEW to your business, or to inquire about our distribution services, call 515-953-4822, ext. 304. Annual mailed subscriptions are available by mail at a rate of 12 issues for \$29. CITYVIEW is a monthly magazine published by Big Green Umbrella Media Inc., an Iowa corporation. Contents 2022 Big Green Umbrella Media, Inc. All rights reserved. Nothing may be reprinted in whole or in part without permission of the publisher. First copy of CITYVIEW is free at the newsstand. Subsequent copies are \$5 each. Copies of past issues, as available, may be purchased for \$5 each (plus shipping if required) from the CITYVIEW offices. One copy per reader, please. It is unlawful to remove copies in bulk; violators will be prosecuted to the fullest extent of the law. Editorial Policies: Contact the publisher for permission to reprint articles, cartoons or any other portions of the paper. CITYVIEW is not responsible for unsolicited manuscripts. All letters received become the property of the publisher. We reserve the right to print letters in condensed form and to edit them for libel.



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CUTTING THE CORD

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Are central Iowa consumers ready to drop cable and satellite forever?

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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. How many homicides have occurred in Des Moines and the suburbs so far this year?

A. At press deadline, the City of Des Moines reported eight homicides for 2022. Johnston reported one, and West Des Moines had charged one individual with homicide, although his case has not yet gone to court.

The cities of Ankeny, Clive, Indianola, Urbandale and Waukee reported zero homicides this year, as did the Polk County Sheriff's Office, which covers Grimes. Norwalk Chief of Police Greg Staples noted that the city's last case was more than a decade ago. Pleasant Hill and Altoona police departments did not respond.

To put these numbers in perspective, the same areas reported a total of 10 homicide offenses in 2021, according to the Iowa Uniform Crime Reporting System. There were 40 reported in 2020 and 23 in 2019.

Q. Why is the Iowa VA moving its outpatient clinic to Southridge Mall?

A. The Iowa Department of Veterans Affairs (VA) will soon complete construction on its new outpatient clinic on the south side of Des Moines. The clinic is located in Southridge Mall, in a 40,000-square-foot box store that formerly housed Toys "R" Us. The new clinic will join the Genesis Health Clubs Sports Complex, DMACC Southridge Center and other businesses revitalizing the blighted area.

"The location was chosen based on the proximity to VA's main campus and the space available needed to meet the design concept," said Dan Kuester, a public affairs officer with the VA's Beaverville office.

Once completed, Kuester said, all primary care services will be relocated from the main medical facility on 30th Street in Des Moines. Other support services in the new facility will include therapy, X-ray, women's health, mental health, pharmacy and nutrition.

"The design of the space brings the care to the patient. The Patient Aligned Care Team (PACT) design gives medical staff the ability to go to the patient instead of the patient moving from room to room during their appointment," Kuester said. There will be four PACT modules in the new clinic.

Development by Johnson Healthcare Real Estate began in August 2020 and was originally planned to be completed last March. However, delays in supply chains, network connectivity and other areas pushed the opening to this summer — although a date has yet to be specified. Kuester emphasized that, until the official opening of the new clinic is announced, veterans should continue going to the old facility.

The completion of the clinic comes with a recent announcement regarding a realignment of the VA health care system. The Asset and Infrastructure Review (AIR) Commission published their recommendations on how to modernize the system on March 14. Influencing these changes are the aging and southern migration of older veterans, and growing diversity — in both ethnicity and gender — among younger veterans.

According to Kuester, the AIR Commission report also recommended a VA presence in the Ames area.

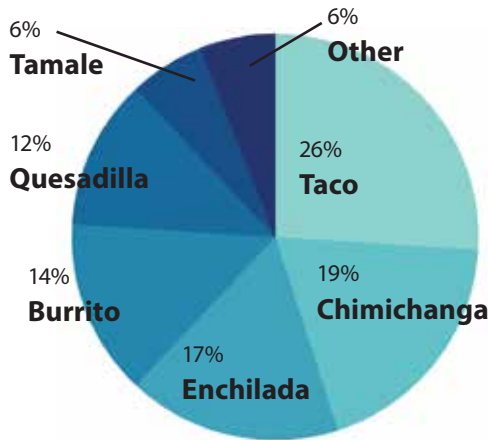
"Nothing is certain at this point, but it is possible that VA will have a permanent clinic in Ames within five to 10 years," he said. "So, with the opening of the South Des Moines Clinic and the possible Ames location in the next few years, veterans will be able to access care all around the metro."

The VA health care system serves qualified veterans who have served 24 continuous months of active duty, with some exceptions. More information at www.va.gov/health-care. ■

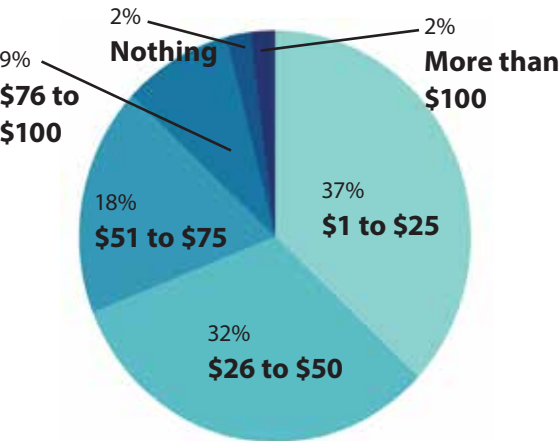
POLL POSITION

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

What is your go-to Mexican restaurant menu choice?



How much do you spend on gas each week?



cityview magazine (comments unedited)

Cityview Magazine: What are the best road trips you've taken within Iowa?

Deb Cooper: Prior to my son leaving for Navy boot camp, we spent several days in Clear Lake & then drove over to West Bend to see the Grotto of the Redemption before returning to Urbandale.

Michael H Hamilton: I think my best road trip through Iowa was trip up through the middle of Iowa to see the "Grotto of the Redemption."

Pauline M Hampton: Grotto

Amy Hansen: Okoboji and Decorah.

Carla Tolbert Schemmel: NE Iowa up the west side of the Mississippi from Dubuque to Lansing and then west to Decorah.

Kathy Hinrichs Boe: December 9, 2021. Went to Fort Madison, by myself, to meet a dog at a shelter. [...] She

RETWEETS (comments unedited)



- @LifePitts**
my inner child wanted to run and slide across the wood floor in my socks and now my outer adult has a hip out
- @BerrymoreBlue**
Baby will you be my friend with benefits cause I have an upcoming procedure and don't have health insurance.
- @notfunnyelle**
my sister: why do you delete so many tweets?
me: sometimes you don't know something's really stupid until you send it out into the world
my mother: *staring at me just a second too long*
- @MikeMitchNH**
If you want to know how the week is going, I just took a pillowcase out of the dryer, put it over my head thinking it was a t-shirt to wear to bed, spent 15 seconds inside it searching for the neckhole, and then mumbled "what is this, pants?"
- @lizzzzzielogan**
i'm a writer the way a potato is a battery
- @JimmerThatIsAll**
Turn ons include knobs, faucets, buttons, handles, cranks, and ignitions.
- @capnwatsisname**
Me: haha why would I stop eating cheese because of what you heard in a horoscope
Doctor: stethoscope
- @TheBoydP**
Call me crazy but it looks like cage free eggs come in little cages to me.
- @notfunnyelle**
my mother, staring down at my open casket: is that what you're wearing
- @Shen_the_Bird**
boss: what is the problem
coworker: [pointing to me] that guy stole my thesaurus
me: he peddles falsehoods
- @ShelbyWolstein**
i dont simply go through airport security. i have a goal. i want everyone in line to be blown away by my efficiency. i want to be celebrated as i push my belongings across the table. i want TSA to offer me a job (i'll decline). i want people talking about me at their gate. glory.
- @SvnSxty**
driving is absolutely insane. I'm gonna hop in this metal box and roll around so fast that hitting literally anything might kill me
- @kevinthedad**
My 5yo asked me if we could go to someone else's house because he says we go to our house a lot
- @ShortSleeveSuit**
PHYSICIAN: some truly wonderful news
CURED HAM: thank you so much doctor
- @mastrap84**
There's no "i" in team. Unless you're illiterate. Then there's an "i" in everything. More creim in mi cofii pleis
- @topaz_kell**
When smothering somebody, make sure not to use a memory foam pillow because it could testify against you in court.
- @bartandsoul**
Me: I have a Black Belt
Her: Karate?
Me: Faux leather. 40"
- @GeorgeNoble07**
There are two rules in life:
1. Never tell anyone everything.
- @BabyFishMouth5**
If I were a bumblebee, this leg hair would be an asset.
- @longwall26**
Commas make a big difference. For example "Don't eat that, grandpa" has a very different meaning than "....."
- @Smoohed**
This is my main handbag, and this is the handbag I have to fit everything that doesn't fit in my main handbag

was the perfect passenger and loved the ride home. Best road trip ever. [...]

Kim Kennedy-Jotzke: From Atlantic to Sioux City. The foothills of the Loess Hills.

Cityview Magazine: Do you still have landline and cable TV subscriptions? If not, when did you cancel them?

TonyandTroy Peters: Nope. Canceled both over 15 years ago.

Dan Gregory: No. Phone in 2003 and cable in 2012.

Michael H Hamilton: No landline, but I DO still have cable, much to my own chagrin. Honestly, when you are already spending \$150 a month for wireless internet through Mediacom, what's a few bucks more?

Julie Luepke: No. Never had either of my own.

Cityview Magazine: What is the worst part about having allergies?

Ryan Six: Having allergies

David Clippert: The "Really haven't been snorting cocaine" runny nose.

Anthony Garza: Watery eye-flare up when Shane comes on.

Brad Lovell: Itchy eyes

Stephanie Gonzales: Mowing.

Laura Lynn Dehnke: Not eating food you like

Cityview Magazine: Which is your favorite Star Wars movie and why?

Ryan Six: The one about the whales!

STRAY THOUGHTS

BY RANDY EVANS

Is it OK for teachers to push some views?

The disagreement over what is acceptable, and what is not, pits conservatives and progressives against each other.

I'm confused.

Some of our political leaders seemed to be talking out of both sides of their mouths about why it is wrong for public school employees to engage in what the leaders think is pushing a point of view onto students.

These leaders need to figure out whether it is good — or is it bad? — when school employees are involved in what critics call “indoctrination.”

On one hand, some K-12 school districts have been up to their chalk boards in controversy over allegations teachers are trying to pass on to students their own opinions on LGBTQ issues, transgender rights, or racial disparities.

But recently, the United States Supreme Court heard oral arguments in a case out of Bremerton, Washington, where a football coach's post-game prayers on the 50-yard line have divided residents and split politicians nationwide more than any football rivalry.

This disagreement over what is acceptable, and what is not, pits conservatives and progressives against each other. In the middle is past Supreme Court guidance on what is allowed under the First Amendment.

Don't look for common ground to emerge anytime soon, regardless of how the court rules in June. And don't be surprised if the court's conservative majority upends those past precedents dealing with public school prayers.

The case before the justices is Kennedy v. Bremerton School District. The legal dispute grew out of a practice by Joseph Kennedy, a football coach at Bremerton High School, who kneeled alone after every game to offer a silent prayer of gratitude.

Over time, players were invited to join him, and his prayers went from being silent to being said aloud. The parent of one player, an atheist, complained the boy felt obligated to take part or risk being ostracized and losing playing time.

School officials ordered Kennedy to stop the public prayers. They offered him other options, including private space at the school for him to pray alone or allowing him to pray alone on the field after fans departed.

He declined and announced he would continue holding on-field prayers. At one, dozens of supporters climbed over fences and rushed onto the field to join him, knocking some band members to the ground.

Kennedy was suspended with pay. He did not apply to coach the team the following season. But he did sue, alleging officials violated his First Amendment rights.

Kennedy said his prayers were never mandatory. But some parents said there was implicit coercion.

Kennedy's lawyers contend the Supreme Court's past decisions on school prayer involved a formal government role in the prayers — such as at the beginning of the school day. But Kennedy's case centers on the question of whether government employees give up their own rights to free speech and free exercise of religion when they are on the job.

Laser told the Times a ruling in Kennedy's favor “would give a license to coaches and teachers across the nation to engage in coercive prayer.”

A group of eight Bremerton parents, athletes, community leaders and taxpayers filed a brief with the Supreme Court in which they defended the school district position.

“... A community is an ensemble troupe, not a one-man show,” their brief said. “It is a troupe of folks from all walks of life, brought together by their own unique faiths and beliefs. When [Kennedy] chose to center his own rights at mid-field of this once-celebrated community gathering, a community united quickly became a community divided.”

One of the signers of the brief, Jane McLemore, a Methodist minister's wife and former teacher, said any

reasonable observer would perceive the football field prayer was “stamped with the school's seal of approval.”

The residents' court brief said, “Petitioner, shrouded in blue and white with a ‘Knights’ emblem on his chest, standing on the school's logo for all to see, carelessly infringed on the impressionable minds of Bremerton youth for his own gain. In doing so, he stole from their parents the right to raise their children in a way that comports with their own belief systems.”

One member of the football team joined the brief anonymously. He did not want to be treated as an outcast for speaking against Kennedy.

The player said Bremerton coaches did not leave the field immediately after games ended, and players were not free to leave then, either. Instead, Kennedy would hold up a helmet to rally players at mid-field and players were directed to gather around him for “the coach's prayer thing.”

The players were expected to be there — whether they were Christian, as Kennedy is, or Jewish, Muslim, Hindu, Sikh, Baha'i, or non-religious, as others in Bremerton are.

One can only imagine the reaction of Kennedy's defenders if the coach were a member of one of those other faiths and was pressuring players to gather around for a post-game Muslim prayer or Jewish prayer.

And if it is OK for a coach or a teacher to organize such “optional” student prayers on school grounds, tell me how that differs from teachers engaging in “optional” discussions inside the same classrooms about LGBTQ issues, transgender rights or the treatment of black people since the United States was founded.

As I said earlier, I'm confused. ■

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



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12 1:05 TOL	13	14 6:38 OMA	15 12:08 OMA	16 6:38 OMA	17 7:08 OMA	18 6:08 OMA
19 1:08 OMA	20	21 6:05 LOU	22 11:05 LOU	23 6:05 LOU	24 6:05 LOU	25 6:05 LOU
26 12:05 LOU	27	28 6:38 COL	29 12:08 COL	30 6:38 COL		

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CIVIC SKINNY

BY CITYVIEW STAFF

Traditional parking meters on the out. Political campaign contributions on the rise.

As more employees return to the office and in-person events are scheduled, the City of Des Moines is nearing the completion of its transition away from traditional parking meters. The ParkDSM mobile app launched in December 2021, with all metered spaces expected to be fully converted by August this year, according to City Traffic Engineer **John Davis**.

Instead of simply dropping loose change into an individual meter, drivers must note their parking space number and find a multi-space pay kiosk. They can also pay via a mobile app.

The ParkDSM app was released through ParkMobile, a national brand present in 500-plus U.S. cities. Currently, ParkMobile is utilized in Cedar Rapids, Ames, Davenport, Cedar Falls and Sioux City.

On top of paying through city-branded apps like ParkDSM, drivers can use ParkMobile's

flagship app or its website ParkMobile.io. Physical kiosks accept cash and credit card payments. Des Moines will have nearly 400 kiosks once fully implemented.

More than four decades have passed since the first parking meters arrived in downtown Des Moines. While the new parking system eases the burden of maintenance and expense on the city, its main benefit is improving mobility. How? Through the use of data.

"We give cities a lot of data on who's parking when and where," said **Jeff Perkins**, CEO of ParkMobile. "That gives a city the ability to make smarter decisions around parking policies."

Those smarter decisions include hiking prices and lowering time limits in high-demand areas — and vice versa. Promoting turnover reduces traffic congestion.

But with data collection comes the ever-present threat of data theft. Data collected by the ParkMobile app includes the user's location, plate number, vehicle nickname, parking time purchased, billing zip code, payment information, email and password.

ParkMobile made headlines in March 2021 when a third-party software it used suffered a data breach. Hackers accessed general account information but not credit card numbers and passwords, Perkins said.

"We were the victim of a crime there, and it's very unfortunate," he said. "It's something that every technology company is dealing with: cybersecurity issues."

The company informed users of the data leak in May 2021. Perkins said they took steps to "really shore up our systems" and prevent any future leaks.



Singin' in the Rain
2021-22 season

SHOWS
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June 3-19, 2022

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Buffalo Women
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“We posed questions through our information technology department to ParkMobile and also looked at what the current standards are for security, especially data security,” Davis said. “While it’s always something we have in mind, we felt the answers we got from ParkMobile were satisfactory, and we were willing to proceed with contracting with them.”

Those who downloaded the app after March 2021 would not have had their data stolen, Perkins added.

A representative from ParkMobile said data is only stored as long as the user’s account is active. Financial and confidential data are encrypted. GPS data is not stored.

Some Iowans have been resistant to this change in the downtown area, but Davis noted smart parking technology is far from “cutting edge.”

“This is technology that has been out on the street now, in other larger communities, for over 10 years,” he said.

Those who do choose to pay via the ParkDSM or ParkMobile app — the user interface is virtually identical — will be able to extend parking time from their mobile device.

Additionally, the City is exploring an option allowing app users to book parking spaces in advance. This would only apply to parking garages, not on-street parking, Davis said.

Looking even farther ahead: Sidewalk real estate will obviously expand as the old coin meters are taken down. Perkins emphasized the benefits of this space for cities to plant trees, display art installations and even create

options for electric scooter parking. And as electric vehicles (EVs) grow in popularity, the city may need to factor that in, too.

“ParkMobile has integrations with EV charging stations,” Perkins said. “So, in the future, when there are more EV charging stations out there, people will be able to use the ParkMobile app to both park and charge their cars.” ...

The Iowa primaries are quickly approaching. On June 7, Iowans will take the next step toward electing their next U.S. senator, four U.S. representatives, and several positions at the state and county levels.

CITYVIEW gathered some of the most notable campaign contributions from 2021-2022. As of press time, the latest available data from the Federal Election Commission ran through March 31.

The race for the U.S. Senate seat includes incumbent **Chuck Grassley**, challenged by State Senator **Jim Carlin** for the Republican nomination. Democrats on the ballot include former U.S. Representative **Abby Finkenauer**, retired Admiral **Michael Franken**, and **Dr. Glenn Hurst**.

The biggest contributor to Carlin’s campaign has been Carlin himself. The attorney has spent about \$296,000 in his run against Grassley, who has contributed exactly \$0 to his own campaign. The same goes for the three Democratic candidates.

Speaking of Grassley’s campaign, Texas Senator **John Cornyn** donated more than \$316,000. Philanthropists **John and Mary Pappajohn** wrote a total of \$12,900 to Grassley, plus \$1,000 to **Zach Nunn** and \$1,000 to

Marianette Miller-Meeks, both Republicans eyeing seats in the U.S. House.

Other Grassley contributions of note: \$5,000 from **Tyler Kirk**, board chairman at Atlantic Bottling Company, \$2,905 from **BJ Baker**, CEO of Baker Group, and \$11,600 from businessman **Dennis Albaugh** and his wife. Activist **Jean Lloyd-Jones**, who lost the Senate race to Grassley in 1992, donated \$5,900 to Finkenauer’s campaign. In the last year and a half, she also made out checks to other Democratic candidates and organizations totaling \$40,259.

Running for U.S. House District 3 — which includes Polk County — are incumbent **Cindy Axne**, a Democrat challenged by three Republicans: **Nicole Hasso**, **Gary Leffler** and **Zach Nunn**.

The **Risewick** family of Seneca companies donated \$8,700 to Hasso’s campaign and \$7,800 to Miller-Meeks. **Steve Jennings**, former president of Simpson College, donated \$2,300 to Axne. Nunn received several checks from **Michael Krantz**, former CEO of Adventureland and long-time GOP donor. Combined with donations from his wife **Kimberly Krantz**, the family has contributed \$11,100 toward Nunn’s campaign.

Rounding out other big donors this election cycle, **Bill Knapp** wrote a \$10,000 check to the Iowa Democratic Party (IDP) in May 2021, as did his wife last October. The **Hubbells** did the same — \$10,000 went to the IDP under Fred’s name in June 2021, and \$10,000 from Charlotte in September. ■

Got Skinny? Email tips to editor@dmcityview.com



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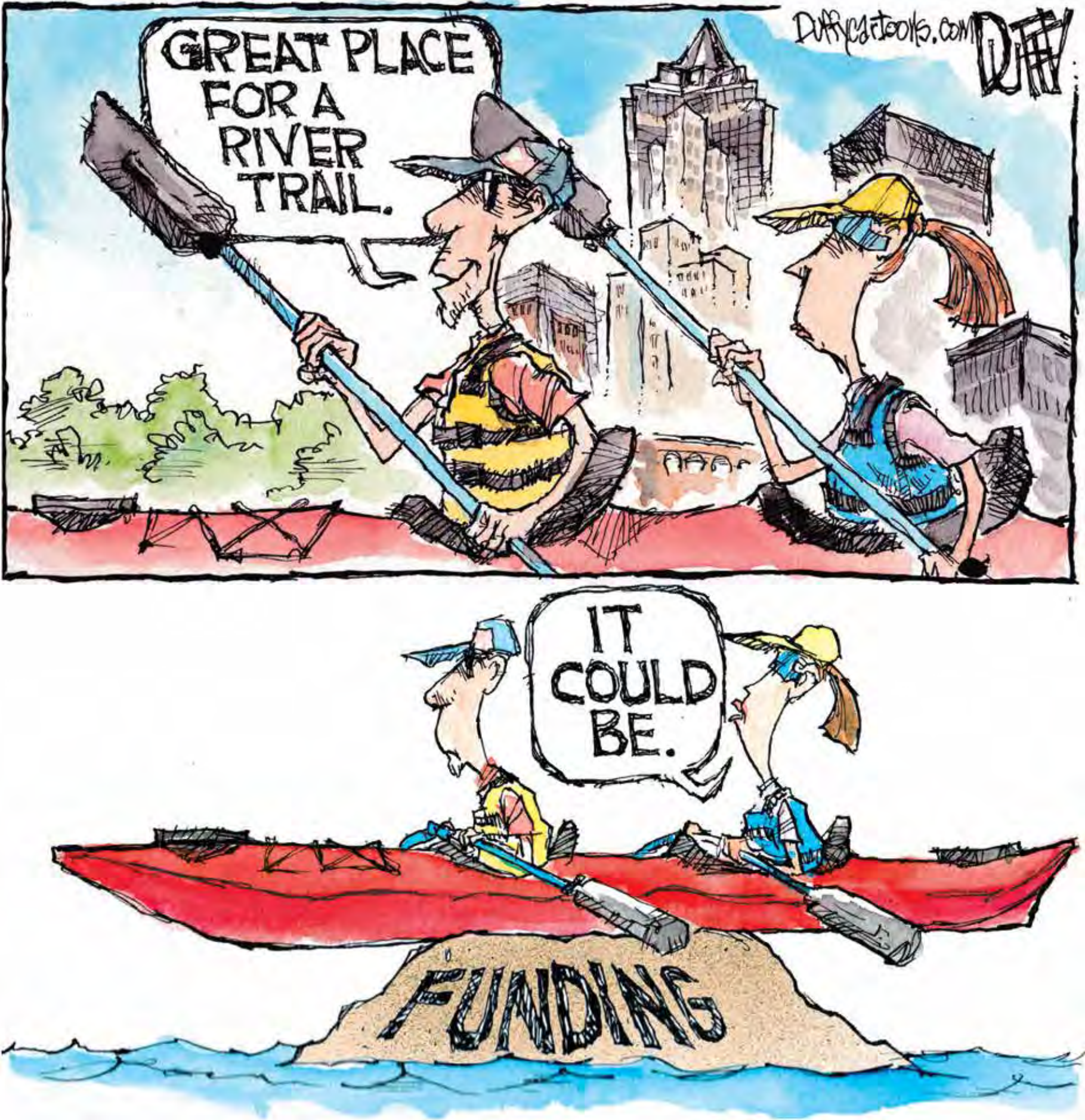
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DUFFY'S VIEW

BY BRIAN DUFFY



It's common sense, non-partisan Iowa group says of reforming cannabis laws

Bradley Knott says Iowa's current laws do not reflect the views of most Iowans.

Political Mercury's Douglas Burns recently conducted an interview with Bradley Knott, the founder of the Campaign for Sensible Cannabis laws. This week, Knott and his team launched the website FreethweedIowa.org.

Knott is a veteran political consultant who earned his bachelor's and master's degrees from the University of Iowa and law degree from Catholic University. He has a long history of involvement in Iowa politics.

Burns: What are you doing? Haven't you read what the governor and the Republican-controlled legislature are saying? No change of Iowa's cannabis laws.

Knott: In the novel, "The Sun Also Rises," Ernest Hemingway's character says of bankruptcy, "It came in two ways. First gradually, and then suddenly."

That's what's happening to Iowa's cannabis laws.

The good news is we're seeing change everywhere. Half the country lives in states where some form of cannabis is legal for adults. It's legal in Illinois and legalization passed in South Dakota, Montana and decriminalized in Missouri, Nebraska, North Dakota to name a few. These are states Trump won easily. Iowa's medical program passed in 2017 and was strengthened in 2020. That's gradual progress. This campaign will bring the sudden.

Burns: What campaign is that?

Knott: Pete D'Alessandro and I are starting a Campaign for Sensible Cannabis laws because Iowa's current laws do not reflect the views of most Iowans. In a true democracy, the people's voice is listened to by their representatives. That's not happening in Iowa on a lot of issues, including cannabis.

Republicans have controlled state government so long they stopped listening to ordinary Iowans. When three state senators introduced a bill to give Iowans a voice on reform, Republicans immediately declared it dead on arrival. Once Iowans are heard, and the reasons for cannabis reform are widely known, it will be clear Iowa cannabis laws make no sense. Not if you want to capture lost tax dollars, build on and diversify Iowa's excellence in agriculture, keep the young folks here and stop the brain drain.

Iowa's cannabis laws make no sense if you want to help people who suffer from, or care for someone with, chronic pain, autism and seizures. They make no sense if you believe in equal treatment or wise use of law enforcement dollars and keeping nonviolent offenders from crowding jails.

Burns: So what is the goal of this campaign?

Legalize cannabis for recreational use? Stronger medical program? Seems naïve to think you can pass that against the governor's opposition and her power over this Legislature.

Knott: I would be naïve to think reform will happen tomorrow. This is a multi-year campaign to educate Iowans and to change the elected officials' mind set about cannabis. Naïve is thinking you can ignore your constituent voices year after year. Look, there has already been some good work done to establish a medical marijuana program in Iowa. It was passed by a Republican-dominated Legislature and with Terry Branstad as governor. This campaign will build on that work. But to answer your question: The goal of the campaign is NOT to pass a specific bill. It's to give voice to the sensible voices. Let them be heard in a politically meaningful way.

Burns: And how do you do that?

Knott: First, we ask Iowans to sign a petition that asks the Legislature to reform the cannabis laws. That will show our elected officials, at all levels, there is support in Iowa for sensible cannabis laws. The Legislature needs to know Iowans will have their back if they debate reforming the cannabis laws. That they are not going to be whacked for doing their job by the conservative echo chamber that sees and uses cannabis as a cultural issue from the 1960s.

Burns: Get the hippies with long hair?

Knott: LOL — That feels like the attitude of the political leadership. I don't know what they are thinking. But we are closer to 2060 than 1960. And those hippies are now voters, business owners and pillars of their community. They have, or know someone with chronic pain, autism and other medical conditions that cannabis oil or a patch eases. But you wouldn't know it from the Republican leadership in Iowa. Right now the governor and her Republican colleagues are playing whack a mole with anyone who suggests even discussing reform. In January, three state senators proposed a bill to give Iowans a voice. Reynolds could not kill it fast enough. What are they afraid of?

Burns: You are talking about a state trending deep red.

Knott: I understand why you ask that. But I learned a long time ago at The University of Iowa that politics is the art of the possible. I see what neighboring states are doing. I read polls. I listen to what people are saying. Add a dose of optimism to that knowledge and you

have the Campaign for Sensible Cannabis laws. That may sound flip, but I am serious. Iowans are saying loud and clear they want cannabis reform. Fifty-four percent of all Iowans support regulating cannabis like alcohol; 78 percent support the medical program.

Among young people, including young Republicans, support for reform is above 60 percent. And you see it when Iowans cross the Mississippi to purchase cannabis legally, yet their voices are not being heard. And, pretty soon, they will literally cross that bridge and not come back to Iowa.

Iowa's political leaders — I am talking about the governor and the Republicans in power — punish or actively silence anyone who even mentions giving Iowans a voice on cannabis reform.

It seems they would rather play the politics of pot from 60 years ago than treat cannabis as it is — a proven and popular medical solution for multiple medical conditions including chronic pain and autism. Cannabis has been around for years. Cannabis is not going away. Current laws hurt Iowans and the state. More than half the states recognize they can regulate cannabis like alcohol. Iowa can do it, too. It makes no sense to ignore these facts. Just like it makes no sense to let \$50 million a year in tax revenue from cannabis sales to Iowans go to our neighbors in Illinois or deny proven medical solutions to chronic pain.

Iowa is renowned for its agricultural success. An Iowan, Norman Borlaug, started the Green Revolution. We host the World Food Prize for excellence in agriculture. Iowa State is one of the most advanced schools in the world in bio-tech. We also have one of the largest senior populations who are often forced to live with chronic pain. Common sense says put the two together and improve the lives of everyone. ■

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



Iowa political consultant Brad Knott found Campaign for Sensible Cannabis laws.



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

THINGS TO DO



SPORTS: IOWA CUBS

This month's home schedule
Principal Park, 1 Line Drive, Des Moines
Iowa's minor league baseball team affiliated with the Chicago Cubs. For more information, visit iowacubs.com.

- Wednesday, June 1 at 12:08 p.m. vs. St. Paul Saints (Twins)
- Thursday, June 2 at 12:08 p.m. vs. St. Paul Saints (Twins)
- Friday, June 3 at 7:08 p.m. vs. St. Paul Saints (Twins)
- Saturday, June 4 at 6:08 p.m. vs. St. Paul Saints (Twins)
- Sunday, June 5 at 1:08 p.m. vs. St. Paul Saints (Twins)
- Tuesday, June 14 at 6:38 p.m. vs. Omaha Storm Chasers (Royals)
- Wednesday, June 15 at 12:08 p.m. vs. Omaha Storm Chasers (Royals)
- Thursday, June 16 at 6:38 p.m. vs. Omaha Storm Chasers (Royals)
- Friday, June 17 at 7:08 p.m. vs. Omaha Storm Chasers (Royals)
- Saturday, June 18 at 6:08 p.m. vs. Omaha Storm Chasers (Royals)
- Sunday, June 19 at 1:08 p.m. vs. Omaha Storm Chasers (Royals)
- Tuesday, June 28 at 6:38 p.m. vs. Columbus Clippers (Indians)
- Wednesday, June 29 at 12:08 p.m. vs. Columbus Clippers (Indians)
- Thursday, June 30 at 6:38 p.m. vs. Columbus Clippers (Indians)
- Friday, July 1 at 7:08 p.m. vs. Columbus Clippers (Indians)
- Saturday, July 2 at 7:08 p.m. vs. Columbus Clippers (Indians)
- Sunday, July 3 at 6:08 p.m. vs. Columbus Clippers (Indians)



SPORTS: IOWA BARNSTORMERS

This month's home schedule
Wells Fargo Arena, 730 Third St., Des Moines
Iowa's professional indoor football league. For more information, visit theiowabarnstormers.com.

- Saturday, June 4 at 7:05 p.m. vs. Sioux Falls Storm
- Saturday, June 18 at 7:05 p.m. vs. Frisco Fighters
- Saturday, July 2 at 7:05 p.m. vs. Mass Pirates

SPORTS: DES MOINES MENACE

This month's home schedule
Valley Stadium, 4440 Mills Civic Parkway, West Des Moines
Iowa's semi-professional soccer league and current USL League Two champions. Find more information at menacesoccer.com.

- Saturday, June 11 at 7 p.m. vs. Minneapolis City SC
- Saturday, June 25 at 7 p.m. vs. FC Manitoba
- Friday, July 1 at 7 p.m. vs. Thunder Bay Chill



30 DAYS OF PRIDE

Every day in June
Various locations
Capital City Pride will offer 30 events scheduled over 30 days in honor of Pride Month this June. Individuals and families can celebrate all month long through educational activities, parades, concerts, and other family-oriented events that all can enjoy. The main event of the month, Pride Fest, will take place June 10-12 with headliners Todrick Hall and Matt & Kim, plus the annual Pride Fest parade through the East Village. A full list of events can be found at capitalcitypride.org.



JASPER WINERY SUMMER CONCERT SERIES

Thursdays, 6-9 p.m.
Jasper Winery, 2400 George Flagg Parkway, Des Moines
Enjoy drinks, food trucks and free entertainment. Guests may bring their own food and are encouraged to bring lawn chairs and blankets. Visit jasperwinery.com for details.

- June 2: Decoy
- June 9: Pianopalooza Band
- June 16: The Maytags
- June 23: Damon Dotson Band
- June 30: The Nadas
- July 7: Dueling Guitars featuring Brian and Brad
- July 14: Dirty Rotten Scoundrels
- July 21: Brazilian 2wins
- July 28: Dazy Head Mazy
- Aug. 4: Final Mix



CAJUN FEST BOIL & BREW

Saturday, June 4, 11 a.m. to 7 p.m.
JR's Southpork Ranch, Rock Island Ave., Des Moines
A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Plus: drinks, live music and kids activities. General admission is \$40 per person, \$140 for a group of four, and \$100 for VIP tickets with private accommodations and concierge service. Information and tickets at cajunfestiowa.com.

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



GARDEN ART SHOW

Sunday, June 5, noon to 5 p.m.
4320 Franklin Ave., Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Info at whirlythings.com.

FAMILY TEES GOLF TOURNAMENT

Wednesday, June 8
Toad Valley Golf Course,
237 N.E. 80th St.,
Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.



SHAUN CASSIDY

Friday, June 17 at 6:30 p.m.
Hoyt Sherman Place, 1501
Woodland Ave., Des Moines

80s heartthrob Shaun Cassidy will visit Des Moines for one night only. The singer, actor, writer and producer rose to fame in high school with hits like “Da Doo Ron Ron,” “That’s Rock n’ Roll” and “Do You Believe In Magic?”



Photo courtesy of Catch DSM

ARCHITECTURE ON THE MOVE

June 10, July 8, Aug. 12, Sept. 9, Oct. 14
Downtown Des Moines

The Iowa Architectural Foundation offers public tours of both contemporary and historical architecture in Des Moines. Sign-in starts at 5 p.m., in the atrium at Capital Square, 400 Locust St., Des Moines. Tours take off promptly at 5:30 p.m. Comfortable shoes and clothing are recommended. Cost is \$20. Advance tickets may be purchased on Eventbrite, with limited tickets available at the door. More information at iowaarchfoundation.org



Photo by Matthew King, Sara Moody, Bert Moody

NEIGHBORS DAY - JUNETEENTH

Saturday, June 18
Western Gateway Park, 1000
Grand Ave., Des Moines

Celebrate 32 years of Juneteenth in Iowa at the annual Neighbors Day festival. Proclaimed a federal holiday in 2021, Juneteenth celebrates the end of slavery in the United States. It marks the date in 1865 when the last slaves in Texas received word of the Emancipation Proclamation. Neighbor’s Day will run from 11 a.m. to 11 p.m. Find more details at www.iowajuneteenth.org.

BACoon RIDE

Saturday, June 18
Waukee Northwest
High School, 655 N.
10th St., Waukee

If you like biking and bacon, you’ll love the BACoon Ride. The annual 71-mile bike ride takes you along the Raccoon River Valley Trail, with several stops featuring bacon snacks and samples, plus bacon-themed drinks at bacon party stops. Start between 6 and 9 a.m. in Waukee, traveling counter-clockwise towards Dallas Center to finish back in Waukee between 2 and 8 p.m. Find more information at baconride.com.



IOWA NATIONAL GUARD CONCERT SERIES

Thursdays in June

Camp Dodge Pool Complex, 7105
N.W. 70th Ave., Johnston

Free and open to the public. Concessions and food trucks available starting at 6 p.m. Concerts start at 7 p.m. Lawn chairs, coolers and picnic baskets are welcome.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



ART WEEK

June 17-23

Various locations

Art Week is a genre-blending celebration of art and artists in the Des Moines metro anchored by neighborhood host sites. Events in past years have included slow-motion parades, live mural painting, plein air painting and more. Participating neighborhoods include Columbus Park, Drake/Dogtown, Franklin Area, Oak Park/Highland Park, The Avenues and Valley Junction. Find more information at artweekdesmoines.com.

30 days of PRIDE

**PRIDE FEST
JUNE 10-12**



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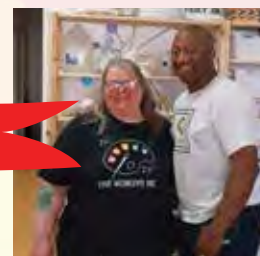
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JUNE 1

DRAG QUEEN BINGO
BLAZING SADDLE • 6 PM

JUNE 2

SCAVENGER HUNT
EAST VILLAGE

DOCUMENTARY "FLEE"
ART CENTER THEATER • 7 PM

JUNE 3

PRIDE PAGEANT
THE GARDEN • 5 PM

JUNE 4

DRAG BRUNCH
SURETY HOTEL • 9:30 AM,
11:45 AM, 2:30 PM
ONE IOWA GALA

JUNE 5

INCLUSIVE WORSHIP
THE GARDEN • 11 AM

JUNE 6

MINDFUL MONDAYS
DSM ART CENTER • 7:30 PM

JUNE 7

QUEENS IN THE KITCHEN
ONLINE • 6:30 PM

JUNE 8

FAMILY FEUD
NOCE • 7 PM

JUNE 9

STORYTELLERS
TEEHEE'S • 5:30 PM

PRIDE FEST

JUNE 10

SPEAKER SERIES
HOYT SHERMAN PLACE • 11:30 AM
POOL PARTY | SILENT DISCO
MATT & KIM | GLOW PARTY

JUNE 11

FUN RUN | PET PARADE
FAMILY, YOUTH, TEEN ZONE
HEALTH & FITNESS ZONE
LOVE IS LOVE | DRAG KING
TODRICK HALL | AFTER PARTY

JUNE 12

INCLUSIVE WORSHIP
COMMUNITY STAGE (E. 5TH) • 10 AM
PRIDE PARADE
E. GRAND AVE • NOON

JUNE 13

MINDFUL MONDAYS
DSM ART CENTER • 7:30 PM
SERVICE MONDAY
ADVENTURELAND • 10 AM

JUNE 14

QUEENS IN THE KITCHEN
ONLINE • 6:30 PM

JUNE 15

BROADWAY SINGALONG
NOCE • 6 PM / 9 PM

JUNE 16

PEOPLE LENDING LIBRARY
DSM PUBLIC LIBRARY • 6 PM

JUNE 17

I-CUBS NIGHT
PRINCIPAL PARK • TAILGATE 5-7 PM • GAME 7 PM

JUNE 18

JUNETEENTH EVENT/PRIDE FEST
MANIFESTIVAL • JUNETEENTH • 11 AM - 8 PM

JUNE 19

INCLUSIVE WORSHIP
THE GARDEN • 11 AM

JUNE 20

MINDFUL MONDAYS
DSM ART CENTER • 7:30 PM

JUNE 21

QUEENS IN THE KITCHEN
ONLINE • 6:30 PM

JUNE 22

GENERATIONAL PANEL
STONER THEATER • 6-7:30 PM

JUNE 23

THE GAG SHOW - COMEDY
TEE-HEES • 7-9 PM

JUNE 24-26

JUNE 27

FLAG CELEBRATION
EAST VILLAGE • 1 PM

JUNE 28

MINDFUL MONDAYS
DSM ART CENTER • 7:30 PM

FAMILY WEEKEND

JUNE 24

RAINBOW SAFARI
BLANK PARK ZOO • 5:30-9 PM

JUNE 25

DRAG QUEEN STORYTIME
STORYHOUSE BOOKPUB • 10 AM
KIDS POOL PARTY
ADVENTURELAND • NOON

DSM MENACE PRIDE NIGHT
VALLEY STADIUM • 6 PM

MOVIE UNDER THE STARS
SCIENCE CENTER • 9 PM

JUNE 26

YOUTH-FOCUSED INCLUSIVE WORSHIP
THE GARDEN • 11 AM

JUNE 29

QUEENS IN THE KITCHEN • ONLINE • 6:30 PM

JUNE 30

MEET THE BOARD • PEACE TREE • 6 PM

JUNE 31

PRIDE WALK • TBD • 7 PM

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PRIDE

WORSHIP

SUNDAYS

11AM

2018 ALLY OF THE YEAR

PASTOR DEBBIE GRIFFIN

#LGBTQ+AFFIRMING

down
town
disciples

JUNE 5 THE GARDEN ROOFTOP

JUNE 12 PRIDE STAGE EAST VILLAGE (10AM)

JUNE 19 THE GARDEN ROOFTOP

JUNE 26 THE GARDEN ROOFTOP

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Kerstmarkt- Dutch Christmas Market & Christmas Tour of Homes- December 1-3



Road Trip

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**Downtown
Guthrie Center**



UPCOMING EVENTS:



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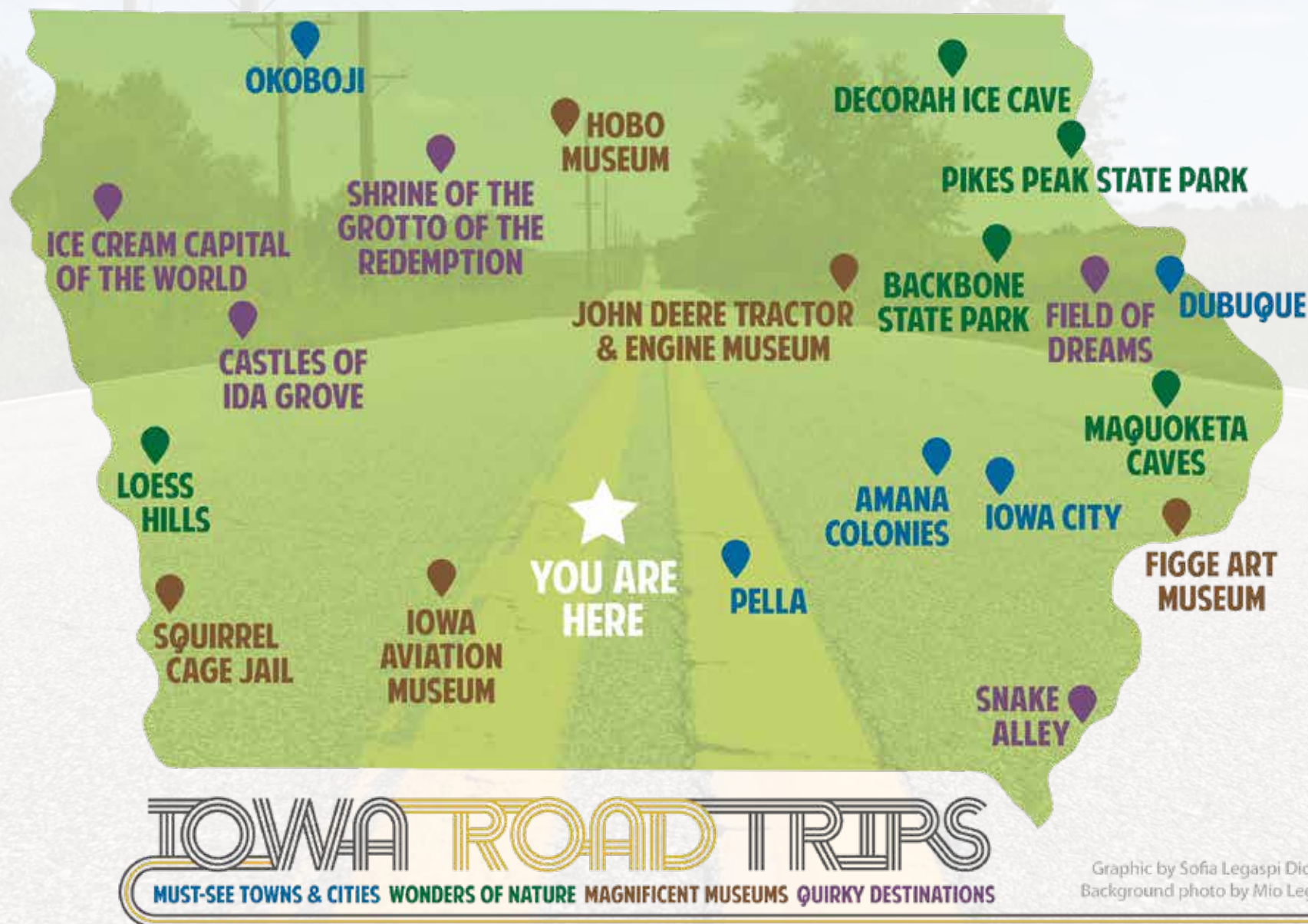


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HIT THE ROAD

The finest and quirkiest road trip destinations Iowa has to offer

FEATURE STORY



By Sofia Legaspi Dickens

One summer, my dad took our family across the state on a road-trip frenzy. Every weekend brought us to a new destination.

We visited the Field of Dreams, where the 1989 baseball flick of the same name was filmed. We took photos behind Buddy Holly's giant rimmed glasses, marking the site of the plane crash that killed Holly, Ritchie Valens and The Big Bopper "The Day the Music Died." We walked along the High Trestle Bridge, glowing with blue light on a windy night. We stood outside the American Gothic House, posing like the farmer and his daughter in Grant Wood's

1930 painting.

The highlight — or perhaps lowlight — of that summer culminated after nearly an hour drive to the small town of Adair. Looming up by the side of the interstate: a yellow water tower, with two cartoon eyes and a mouth printed on the side.

Was it interesting? Mildly, I suppose. Was it worth the hour's drive of gas? It was to PD Legaspi. Any excuse to load a few snacks, a mini Igloo cooler and the kids into the family Toyota Corolla. Good old Dad.

Although some of our family road trips were

hilarious flops, Iowa really does offer a wealth of things to see within a few hours of Des Moines. Although we couldn't include them all, we've compiled a list of our favorite road trip destinations in Iowa, from picturesque towns and natural wonders to fascinating museums and off-beat stops. They're at least as cool as a smiley face water tower — dare I say, even better.

EDITOR'S NOTE: *Remember to do your research before embarking on an hours-long drive. Open hours, admission pricing and event offerings are always subject to last-minute changes.*

MUST-SEE TOWNS & CITIES

FEATURE STORY

Pella

44 miles (1 hour)
east of Des Moines

Experience a “Touch of Holland” at this town founded by Dutch immigrants in 1847. Although best known for its annual Tulip Time Festival in May, there’s never a wrong time to visit. Appreciate Dutch history and architecture with historic buildings and gardens, the Klokkenspel carillon, waterway and drawbridge in Molengracht Plaza, and Vermeer Mill. Visiting foodies will love the town’s bakeries, meat markets and restaurants for Dutch letters, Gouda cheese, poffertjes and other delicacies.

Pella’s Vermeer Mill is the tallest working grain windmill in the country. Photo courtesy of Visit Pella



Amana Colonies

104 miles (1.5 hours) east of Des Moines

In the mid-19th century, German Inspirationists established a communal society of seven villages in east-central Iowa. Today, Amana offers visitors a quaint look at years past, where the pace of life seems to slow down. Stores sell antiques, plus local and handcrafted goods you won’t find elsewhere. Local breweries and wineries boast award-winning libations. The area hosts 10 festivals annually, including Iowa’s original Oktoberfest.

Iowa City

115 miles (2 hours) east of Des Moines

As the former state capital, Iowa City is home to a wealth of museums, many offering free admission. Those in Iowa City and its neighbor, Coralville, include: Old Capitol Museum, Iowa Children’s Museum, Antique Car Museum of Iowa, University of Iowa Museum of Natural History featuring Rusty the giant sloth, and the UI Stanley Museum of Art scheduled to open this fall. The city boasts top-notch restaurants, shopping, arts and, of course, the Hawkeyes.

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What's going on at THE LEARNING POST & TOYS?

MUST-SEE TOWNS & CITIES

FEATURE STORY

Dubuque

202 miles (3 hours)
northeast of Des Moines
Iowa’s oldest city became the place “Where Iowa Started” after French-Canadian fur trader Julien Dubuque arrived in 1785. Today, the city offers a picturesque setting for outdoor markets, ziplining, many miles of walking and hiking trails, the National Mississippi River Museum & Aquarium, Dubuque Arboretum & Botanical Gardens, and Fenelon Place Elevator — the world’s steepest scenic railway.

Okoboji

205 miles (3.5 hours)
northwest of Des Moines
The Iowa Great Lakes region includes the largest natural lakes in the state. Carved by glaciers, the chain of six lakes covers more than 12,000 acres with nearly 70 miles of shoreline. You could spend days on end enjoying parks, beaches, fishing, boating and water sports. Lake life! Also in the area: golf, vineyards, museums and Arnolds Park Amusement Park.



Arnolds Park in Okoboji includes a raceway and “Legend,” one of the oldest wooden roller coasters in the United States. Photo by Tom Gustafson

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WONDERS OF NATURE

FEATURE STORY

Loess Hills

143 miles (2.5 hours)
west of Des Moines
This unique landform rises from Iowa's flat terrain in sharp ridges and swelling hills. The formations consist of loess soil — wind-blown glacial silt deposits that are fine as flour. As you hike along the spine, you'll see some of the last remnants of prairie grass in Iowa. While they stretch 200 miles along Iowa's western border, the Loess Hills State Forest is located in the heart of the hills. Visitor center located at 206 Polk St., Pisgah.



The Preparation Canyon Unit of Loess Hill State Forest. Photo by Matt Scott of Iowa Parklands

Backbone State Park

180 miles (2.5 hours) northeast of Des Moines
Dedicated in 1919, Iowa's first state park contains the highest point in the region: The Devil's Backbone. Camp, climb, fish, picnic, boat, or hike through the 21-mile trail system. They're not your average trails — you'll climb rocky ridges and rough staircases through rugged cedar trees. Explore the park's history at the Iowa Civilian Corps Museum by the west gate. Located at 1347 129th St., Dundee.

Decorah Ice Cave

190 miles (3.5 hours) northeast of Des Moines
Need a natural way to cool off this summer? This cave stays icy year round — in fact, explorers of this geological phenomenon will find the thickest ice in June. Bring a flashlight and kneepads if you plan to explore the cave's recesses. Located at Ice Cave Road, Decorah. While you're there, stop by Dunning's Spring Park with its 200-foot spring-fed waterfall, and the Vesterheim Norwegian-American Museum.

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WONDERS OF NATURE

Maquoketa Caves

180 miles (3 hours) east of Des Moines
Didn't think Iowa's terrain encouraged spelunking? Think again! Maquoketa Caves State Park encompasses about 13 caves with varying degrees of exploration difficulty. Six miles of trails will take you to Dancehall Cave, Hernando's Hideaway, Wye Cave and others. The park also includes the "Natural Bridge" 50 feet above Raccoon Creek, the 17-ton "Balanced Rock," limestone formations and rugged bluffs. Located at 9688 Caves Road, Maquoketa

The 1,100-foot Dancehall Cave at Maquoketa Caves State Park. Photo by Lot Legaspi



LOVER'S LEAP SWINGING BRIDGE

Possibly haunted by a lovesick maiden — beware

Third St. and Elm St., Columbus Junction

Photo by Sara Kirk

Pikes Peak State Park

204 miles (3.5 hours) northeast of Des Moines
Pikes Peak is a must-see for lovers of the outdoors. An observation deck atop a 500-foot bluff offers panoramic river views, and a half-mile boardwalk takes visitors to Bridal Veil Falls. Plus: Bear Mound and 62 other effigy mounds, 11.5 miles of trails, and the Point Ann bluff overlooking the Mississippi River and town of McGregor. Located at 32264 Pikes Peak Road, McGregor.

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MAGNIFICENT MUSEUMS



The Iowa Aviation Museum is open daily through November. Photo by Debbie Bates

Iowa Aviation Museum

58 miles (1 hour) west of Des Moines

If you're an airplane buff or enjoy attractions off the beaten path, you'll love this place. The museum is home to the Iowa Aviation Hall of Fame and several vintage aircraft dating as early as the 1920s. Located at 2251 Airport Road in Greenfield. Hours are 10 a.m. to 5 p.m. Mondays through Saturdays and 1-5 p.m. Sundays. More information at flyingmuseum.com.



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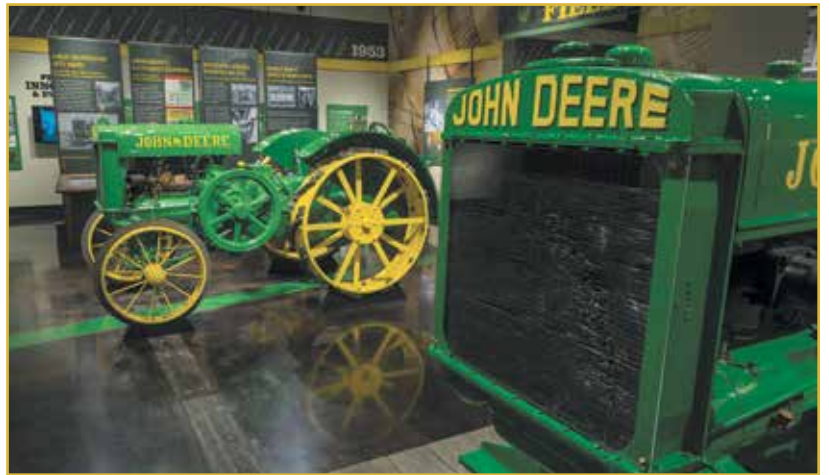
MAGNIFICENT MUSEUMS

FEATURE STORY

John Deere Tractor & Engine Museum

110 miles (2 hours) northeast of Des Moines

Hundreds of artifacts and historical John Deere equipment are displayed at the site of the first Deere tractor factory. Admission is free. Located at 500 Westfield Ave., Waterloo. While in the Waterloo-Cedar Falls area, look up area attractions: Lost Island Waterpark, Sullivan Brothers Iowa Veterans Museum, Phelps Youth Pavilion, Grout Museum, Hartman Reserve Nature Center, Bluedorn Science Imaginarium and the University of Northern Iowa.



Visitors to the John Deere Tractor & Engine Museum will trace Deere's history from the first steel plow to today's giant machines. Photo courtesy of John Deere Tractor & Engine Museum

Hobo Museum

118 miles (2 hours) north of Des Moines

"Hobos were migratory workers who helped satisfy America's labor needs starting after the Civil War. They were 'homeless' by choice; they worked to travel and traveled to work." That's how the Britt Hobo Days Association describes the group of people it commemorates. Not only do they have a museum — there's also the National Hobo Cemetery, Hobo Jungle with a boxcar, and National Hobo Convention and Hobo Days festivities on Aug. 11-14 this year. Museum at 51 Main Ave. S., Britt. More information at britthobodays.com.

Squirrel Cage Jail

127 miles (2 hours) west of Des Moines

The Historic Pottawattamie County Squirrel Cage Jail is one of a kind: the only three-story revolving jail ever built. Built in 1885, it was used until 1969 and preserved for historical purposes shortly after. The jail is also an official museum of the Iowa State Sheriffs' and Deputies' Association. Located at 226 Pearl St., Council Bluffs. More information at thehistoricalsociety.org.

Figge Art Museum

170 miles (2.5 hours) east of Des Moines

Davenport's premier art museum is located on the banks of the Mississippi River. The Figge houses thousands of pieces: the Grant Wood Archive, many historical and contemporary works, and one of the largest collections of Haitian art in the country. Located at 225 W. Second St., Davenport. More information at figgeartmuseum.org.

A green cartoon T-Rex is the central figure, holding a small sign in its right hand. The background is a stylized, colorful illustration of a prehistoric landscape with palm trees and a volcano.

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QUIRKY DESTINATIONS

FEATURE STORY

Shrine of the Grotto of the Redemption

132 miles (2.5 hours) northwest of Des Moines

Perhaps the most unique attraction in Iowa, the Grotto has been referred to as the “Eighth Wonder of the World.” Father Paul Dobberstein began construction in 1912, following a decade of collecting rocks and precious stones. Nine separate grottos portray the fall of mankind and its redemption by Jesus Christ. Admission is free. Located at 208 First Ave. N.W., West Bend. Information at westbendgrotto.com.

The Grotto of the Redemption is the world’s largest man-made grotto, with an estimated value of \$4.3 million. Its museum houses the largest collection of precious stones and gems in one location. Photo by Leziga Barikor



Castles of Ida Grove

138 miles (2.5 hours) northwest of Des Moines

Nestled in Ida County are several medieval-inspired castles — largely thanks to one man’s efforts. Byron Godbersen, founder of Midwest Industries in Ida Grove, began constructing castle replicas in the 1970s. Today, you’ll see them everywhere — from the town’s entrance, to the golf course, skating rink, and even an airport hangar. More information at idagroveia.com/activities/castles.

Snake Alley

167 miles (2.5 hours) southeast of Des Moines

Ripley’s “Believe It or Not” called Snake Alley “The Crookedest Street in the World.” With five half-curves and two quarter-curves, it’s actually shorter and steeper than the famed Lombard Street in San Francisco. While you’re in the Burlington area, visit Cobblestone Alley, Des Moines County Heritage Center, Garrett-Phelps House Museum, Crapo Park Log Cabin and Catfish Bend Casino.

Field of Dreams

178 miles (3 hours) northeast of Des Moines

“Is this heaven?” “No, it’s Iowa!” Get a taste of movie magic in Dyersville, where a baseball field carved out of a cornfield was the filming site of “Field of Dreams.” In 2021, the Chicago White Sox and New York Yankees made history by playing the first Major League Baseball game at the farm. This year, the Chicago Cubs will play the Cincinnati Reds on Aug. 11. Located at 28995 Lansing Road, Dyersville. More information at fieldofdreamsmoviesite.com.



The 1989 sports fantasy film “Field of Dreams” starred Kevin Costner and was nominated for an Academy Award. Photo courtesy of Field of Dreams Movie Site Content Creator



ELWOOD THE GNOME

The world's largest gnome stands 15 feet tall, with a very pointy red hat.

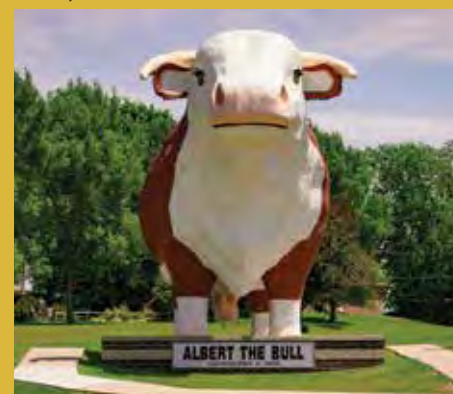
**Reiman Gardens,
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Photo courtesy of Reiman Gardens

Ice Cream Capital of the World

223 miles (3.5 hours) northwest of Des Moines
Home to the manufacturer of Blue Bunny ice cream, Le Mars is the perfect place to satisfy that summer sweet tooth. The Visitor Center and Ice Cream Parlor offers family fun with a theater, virtual soda fountain, freezer robots, and colorful Instagram-worthy backdrops. You can, of course, choose between 40 flavors of ice cream, plus other treats. The city's annual Ice Cream Days festival is June 16-18. Located at 115 Central Ave. N.W., Le Mars. Find information at ilovewells.com. ■

Photo by Mott Shot



ALBERT THE BULL

45 tons and 28 feet tall
E. Division Street, Audubon

NEARBY ODDITIES

Take the road less traveled to these unusual attractions, all within an hour of downtown Des Moines.

SOUTH DES MOINES SCULPTURE PARK

S.W. Eighth Street and McKinley Avenue, Des Moines
[facebook.com/
SouthDesMoinesSculptureParkArtFestival](https://facebook.com/SouthDesMoinesSculptureParkArtFestival)

The sculptures at this offbeat park include the world's largest binder clip, a flying woman, and an egg-shaped UFO hovering 27 feet above the ground. Step aside, Pappajohn Sculpture Park.

CAPITOL II THEATRE

116 First St. N., Newton | capitol2.com

This locally owned historical movie theater has something others don't: Joy the mini-pig! Visit her dressing room, or, if you're lucky, watch her perform tricks under the marquee between shows. Call ahead to make sure she'll be there — Joy has a full schedule.

Joy the mini-pig at Capitol II Theatre in Newton.
Photo by Audrey Oliphant Photography



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Can acupuncture & Asian medicine be used for preventive medicine?

Yes! The growing percentage of my practice over the years has been in providing preventive medicine through the use of acupuncture, Chinese herbal medicines, meditation instruction and health awareness and support.

What does Acupuncture help prevent?

Acupuncture will help with improved sleep, reduced pain, improved mobility and mental wellness. Acupuncture has also been shown in recent research to improve the immune system, helping people to resist colds and flu and improving seasonal allergies. Over the years, I have had patients report that acupuncture has helped them with reducing their cholesterol, improving osteopenia, and regulating blood sugars and blood oxygen levels. Now we have research supporting these observations by our patients.

For many patients I treat, they become more socially active, safer in their home, improve overall physical and mental health, and reduce the number of doctor visits and medications (all with the supervision of their physician). Many of my younger patients use Asian medicine and acupuncture to help manage stress and maintain their health.

Acupuncture is also very helpful for the management of chronic diseases such as asthma, COPD, pain, allergies, cancer, arthritis and digestive diseases, to name a few.

"The sages of antiquity did not treat those who were already sick, but those who were not sick...When a disease was already broken out and is only then treated, would that not be just as late as to wait for thirst before digging a well, or to wait to go into battle before casting weapons?" - Nei Jing ■

Information provided by Dr. Renee Dalrymple, L.Ac. SEED Meditation Instructor, Soaring Crane Acupuncture and Oriental Medicine, 14849 130th Ave., Indianola, 515-729-2705, call or text.

Orthodontics. Your questions answered.

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

A: Fortunately, in most cases the answer is no.

Many parents come in for initial exams with this question having noticed the same thing that I have as an orthodontist. It seems like more and more children are going through two different sets of braces (or other appliances), and the age at which the "first phase" starts seems to get younger and younger. In reality, it is best to treat most patients just once, comprehensively, after all or most of the permanent teeth have erupted. Why? Total time spent in treatment, number of trips to the office, and total cost of care are almost always higher if more than one phase is involved. In cases where a "phase-1" is recommended, the objective should be clearly defined and easily explained by the orthodontist. Common legitimate reasons for initiation of phase-1 treatment are:

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

Q: Do clear aligners work as well as braces?

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

Q: When should my child first see the orthodontist?

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

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

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How to deal with imposter syndrome

Have you ever received a job offer or promotion only to suddenly become anxious and fearful people will discover you are a fraud? Have you ever been accepted to a college, or passed a tough exam, and chalked up your success to “good luck”? What about receiving praise or an award in the field of your expertise, only to feel “unworthy” or “not good enough”? If you answered yes to any of these questions, you may be experiencing what is called “imposter syndrome.”

Don't worry, you are not alone. In fact, research estimates up to 70% of people in the U.S. struggle with feelings of imposter syndrome. This occurs when individuals are unable to internalize their successes, owing their accomplishments to luck rather than talent or hard work.

In a society that attributes value and worth to productivity and achievement, it is no surprise feelings of imposter syndrome are alive and thriving in today's workplace and culture. It is important to keep in mind that some level of “imposterism” is normal. It is how we respond to these thoughts that can make the difference. Do we let doubt kill our dreams or fears of failure

paralyze us? Not if we want to live the life we envision. So what can we do?

1. Talk with mentors: They can provide a more objective perspective and support to remind you that your hard work and successes are not simply a result of luck.

2. Have self-compassion: Mistakes make you human and do not take away from your accomplishments and strengths. What would you tell a friend with similar thoughts? We tend to be more compassionate with others than ourselves.

3. Challenge your thinking: Take a breath and take a step back. Ask yourself, what evidence do you have to support your thoughts? What evidence do you have to challenge them? Thoughts aren't facts, so taking time to challenge them can be helpful.

4. Reach out to a therapist: Imposter syndrome has been linked to anxiety and depression.

Those struggling with low self-esteem or

strong self-doubt can be more prone to unrealistic fears of humiliation and worrying that others may “find out” who they really are. Personality traits, environment and childhood experiences can all impact people experiencing imposter syndrome. Being raised in a family that emphasizes over-praise or strong messages of criticism in childhood can lead to negative beliefs of not being good enough, a fear of failure, or feelings of worthlessness. Therapy is a safe space to process your thoughts and feelings and explore the impact of your past and present beliefs and experiences on how you feel about yourself now. This process can help challenge negative thoughts and feelings.

Remember, life involves learning and growing. We may feel like an imposter at times along the way, but it doesn't have to stand in our way to a good life. ■

Information provided by Anna Zuidema, MA LMHC, NCC at Good Life Therapy, LLC, 5000 Westown Parkway, Suites 104 & 340, West Des Moines, 515-679-3947.

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Where to go for care: walk-in clinics vs. emergency department

With the many health care options available today, it may feel overwhelming deciding which option best fits your needs. Learn the best place to go for care now, before you or a loved one are not feeling well and need care fast.

For the everyday

For common, ongoing needs, like immunizations, medication refills or physicals, it's important to develop a relationship with a primary care provider who can get to know you and your medical history. Primary care providers, such as family medicine or internal medicine providers, are your go-to for preventive care.

Preventive care is just that: routine health care intended to prevent injury or illness before it happens. We recommend trying to schedule an appointment with your primary care provider before visiting walk-in care.

When to use walk-in care

Illnesses and injuries don't always happen during regular business hours. For non-life-threatening needs that can't wait for your provider's next available appointment, visit a walk-in clinic near you.

Convenient walk-in care options, like UnityPoint Clinic Urgent Care and UnityPoint Clinic – Express, offer the flexibility of extended evening and weekend hours. Plus, you can reserve your seat ahead of time and/or see how many people are ahead of you when viewing wait times online.

UnityPoint Clinic - Express is a walk-in clinic focusing on a time-saving health care experience, with a goal of door-to-door service in around 30 minutes. On-site prescription medications are also available to help eliminate the need for an extra visit to a pharmacy. UnityPoint Clinic - Express is walk-in care that is open 365 days, all holidays and from 8 a.m. - 8 p.m. each and every day.

Walk-in clinics are not an alternative to the emergency room but instead offer the ability to get quick, convenient care for all patient ages, without an appointment. Common illnesses seen at a walk-in care might include:

- Cold and flu
- Coughs
- Earaches
- Fever
- Minor bites, burns or cuts
- Minor fractures
- Rashes
- Sore throat
- Sprains and strains
- Urinary tract infections
- Yeast infections

When to use emergency services

Emergencies are life-threatening and could be a traumatic injury or critical illness. Please go to the emergency department nearest you or call 911 immediately if you or a loved one experiences any of

the following:

- Chest pain or any symptoms of a heart attack, including severe chest pain, sweating or shortness of breath
- Symptoms of stroke including sudden dizziness, weakness, loss of coordination, balance or vision problems
- Sudden or severe abdominal pain
- Foreign body in eye
- Poisoning
- Head injury
- Choking
- Open fractures
- Severe lacerations (cuts)
- Loss of consciousness
- Sudden or severe headache
- Uncontrolled fever
- Injuries as a result of a car accident

The emergency room is always open, 24/7. At UnityPoint Health, one of their top priorities is providing care when and where their patients need it most.

Note: These are guidelines only and are not meant to replace seeking proper medical care. If you are experiencing chest pain or shortness of breath, go to the Emergency Department or call 911 immediately. ■

Information provided by Jennifer Ellis, Regional Marketing Director, UnityPoint Health. More information can be found at www.unitypoint.org

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(515) 965-7661

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www.sunflora.org, store code: IA479

‘Gummies or oil?’

‘What is a water soluble?’

‘I just want the kind of CBD for pain.’

These are all questions and comments we hear every day in the stores. So, what is the deal between different types of CBD? Short answer: it's all the same extract. No matter if you choose a gummy bear or a liquid you put into your coffee in the morning, they will all help in the ways CBD can. With that being said, there are certain formulations that can help certain ailments better than another. The biggest difference between methods is speed. If we break this down to molecule size, water solubles (a liquid you put into another liquid) are tiny particles that are absorbed by the body really fast; oils are a bit bigger than water and absorbed under the tongue; and edibles are the biggest and have to fully digest before they hit the bloodstream.

The right “type” of CBD depends uniquely on you.

If you're dealing with pretty fast-hitting panic attacks, you would probably want something to kick in fast to help, so I would recommend a water soluble.

If you maybe have some mood/mild pain issues throughout the day, an oil is very “steady Eddy” in the body and would be a good match.

If you're usually OK while you're getting your morning routine going, but once you get to work the stress and pain may be heavy all day, an edible would probably be great to last you through evening.

Often times I'm asked if you can do two different methods. The answer is yes. A lot of people find taking a water soluble or oil in the morning and then enjoying a hard candy or gummy in the afternoon is really helpful for them. The takeaway is all variations of CBD products will help in similar ways (with a couple of nuances), and you're going to experience relief no matter what type you choose. Our job here at the store is to listen to your story personally and guide and educate you to the best routine.

Cheers to green healing! ■

Information provided by Lacie Navin, Your CBD Store, owner of locations at 125 Fifth St., West Des Moines, 515-279-0150, 833 E. First St., #101 Ankeny, 515-964-9862, and at 264 Hickman Road, Waukee, 515-669-5438.

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CUTTING THE CORD

Are central Iowa consumers ready to drop cable and satellite forever?

By Colson Thayer

Leading cable and satellite TV providers in the Des Moines metro are losing subscribers. Fast.

Company-wide, Dish Network lost 583,000 pay-TV subscribers in 2021. Mediacom lost 71,000. DirecTV does not publish its metrics, but Leichtman Research Group estimates DirecTV lost 1.9 million subscribers.

This trend can be attributed to a phenomenon that arose in the last decade: cutting the cord.

As consumers end their cable or satellite TV subscriptions, many instead depend on their Internet provider to stream content from services such as Netflix or Hulu. However, are consumers ready to cut the cord on cable and satellite forever?

FEATURE

Consumer viewpoint

Sarah Miller decided to cut the cord in 2011. Her decision was not financially driven; instead, she wanted to challenge her family to go without cable TV. The Urbandale family was using Mediacom for their TV services until Miller discovered Mediacom kept changing their channel packaging.

"It got to the point where I pretty much had the same channels, maybe one or two more with cable than I would just going with the antennas," Miller said, saying it wasn't worth \$65 dollars a month for a few additional channels.

Today, Miller subscribes to Netflix, Hulu and has a free subscription to Apple TV+. She is happy overall with the content the family is consuming.

"I've never heard my kids complain," she laughed.

"[Sports] is one problem that I've had over the years. There have been times where we haven't been able to see a certain sporting event," Miller explained. She remembered times when they had gone out to a bar or restaurant to watch games.

While her family does not include any young children, she feels the content she does subscribe to would satisfy those needs. She pointed out that there are still options elsewhere to entertain kids. Raising her own kids, she used DVDs, which are still an option today. There is also plenty of free content on YouTube and other platforms.

When Miller first nixed cable TV, she thought she would miss it. But, to this day, she has no regrets.

"It's not for everyone, especially those who like their sports. But if you're on the fence about cutting the cord, I would challenge a person to try it and see if it works for their household," Miller suggested.

Cost differences

Most any TV consumer will agree that satellite and cable TV packaging is complicated. DirecTV, Dish Network and Mediacom all offer different channel packages at a variety of costs. DirecTV's cheapest satellite package starts at \$74.99 a month with 160-plus channels. Dish Network's cheapest package starts at \$69.99 a month with 190 channels. Meanwhile, Mediacom, unique in its position to offer both TV and Internet services, requires a consumer to couple Internet services in order to get their TV packaging. Their Xtream Internet with a local TV package that includes 50-plus channels is \$29.99



Sarah Miller decided to do away with cable TV in 2011. Photo by Colson Thayer

a month. However, a more comparable number of channels (170-plus) with their cheapest Internet is \$89.99 a month.

It is important to keep in mind that each of these companies offers a variety of promotions and deals to entice customers.

Alternatively, streaming services price their subscriptions at a much lower price. However, combinations will quickly add up. Netflix's cheapest plan is \$9.99 a month. Hulu offers an ad-supported plan at \$6.99 a month. Hulu + Live TV sits at \$70 a month. Disney+ is \$7.99 a month. HBO Max with ads is \$9.99 a month. Finally, YouTube TV promises 85-plus channels for \$64.99 a month.

This means a family that subscribes to Netflix, Hulu, Disney + and HBO Max will need to spend about \$35 a month, for the most basic plans. Adding a live TV service like YouTube TV on top of that will raise the cost closer to \$100 a month.

Content is a driving force

While cost might be a determining factor for one family's TV subscriptions, content is also important to consider. Phyllis Peters, Mediacom's senior director of communications, said, "I did see in industry trade news this week that data on consumer habits point to content availability as a more

important factor than costs as the reason for people to drop one video service and choose another."

Peters explained that linear TV networks — those only available through cable or satellite — decided to sell their content to streaming platforms like Netflix or Hulu. She said this ultimately changed where people are getting their content and weakened the linear system. For example, Hulu recently gained exclusive streaming rights to the popular show "Schitt's Creek."

"Consumers have shown they favor shows like 'Schitt's Creek,' 'Ted Lasso,' and others that are available on streaming service subscriptions or purchases," Peters said.

This might lend an idea as to why Disney+ added 7.9 million subscribers to its platform during the first quarter of 2022. Meanwhile, Netflix lost 200,000 subscribers. This was the first time the company dropped in subscribers in more than 10 years.

Regardless, Mediacom takes the position that they cannot do anything about "cutting the cord."

"The trend of consumers cutting the cord on subscription video is not new... a ship that already sailed, as they say," Peters said. "It's been reported for many years and offset, in a significant way, by the creation and adoption of more and more streaming services."

FEATURE

Growth of Internet business

The video marketplace has undergone a “seismic change,” but Mediacom was ready for it. At least, that’s what Mediacom CEO Rocco B. Comisso wrote in his chairman’s letter.

“Our early and substantial investments in broadband technology gave us the opportunity to shift our primary business from providing television services to delivering high-speed Internet access,” he wrote further.

Mediacom needed to change its business structure from TV services to Internet access. Peters explained,

“We have never been a content creator or owner,” adding, “It is absolutely not the main product or service we sell today.”

In fact, Mediacom’s TV earnings (in thousands) went from \$707,510 in 2020 to \$682,354 in 2021 — a 3.6% decrease. Meanwhile, their high speed data earning increased 14.3% from \$943,988 (in thousands) in 2020 to \$1,078,820 in 2021. However, their number of consumers only increased 1.7% from 1,438,000 to 1,463,000.

Companies like Mediacom, Mi-Fiber and Lumen Technologies, the parent company of CenturyLink, are investing in current Internet infrastructure to increase their broadband and fiber optic reach. For now, companies are limited in their reach as to who can receive high-speed Internet.



Luke Loney is the sales manager at CityAV, formerly known as Satellite City. Photo by Colson Thayer

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Existing demand for pay-TV

Despite the growth of consumers cutting the cord, there is still a strong demand for cable and satellite TV. However, businesses recognize that times are changing. CityAV describes itself as everything audio and visual, but it hasn't been that way forever. The name recently changed from Satellite City.

CityAV Sales Manager Luke Loney explained the reason for the name change, “Just to better incorporate everything we do as a company, instead of just being known as the ‘satellite guys.’ ”

The company is a Dish Network PREMIER Retailer and a DirecTV authorized retailer. The company works with both Dish and DirecTV to offer their TV services locally. The company also installs TV mounting equipment and security technology and does projects and walkthroughs for bars and restaurants looking to install new equipment. Additionally, they are a third-party seller for CenturyLink Internet. The more fiber lines are put into the ground, the more business for CityAV. Loney estimates that a quarter of their business comes from walk-throughs and projects, while 20-35% come from satellite TV installs, services and accounts.

“We’ve actually seen a lot of people come back to Dish Network after doing streaming. There’s just some limitations to it still, whether its Internet or channel packages. There’s just nothing that really incorporates a full package like what you would get with Dish or DirecTV,” Loney said.

There was a slight drop when streaming first took off, but it has remained steady since. He said the company can open a new Dish Network account every 2-3 days, estimating 150-175 new accounts a year.

CityAV finds that about 80% of new movers to the area sign up for both TV and Internet through them.

Loney joked that he does not see a whole lot of 20-year-olds coming in to set up a new account, but the demographic is generally 30s and above. He named a few reasons that streaming has not completely taken over: software that is not user-friendly, TV brands still do not have the apps to each service, and TVs do not come with full-sized remotes.

“In the next couple of years, I think [business] will stay relatively the same. I don’t think there’s any streaming platform that’s good enough to really kill any other method of getting TV,” Loney said, predicting that streaming needs about 10 more years of innovation.

“It’s definitely slowly getting there, but I don’t think it’s going to change fully for a while.” ■



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Barber Ventures, Inc.	Cedar Falls	BLACK HAWK	01	\$0	1	9	9	EXISTING BUSINESS	Sign Manufacturing
Barber Ventures, Inc.	CEDAR FALLS	BLACK HAWK	01	\$0	0	0	9	EXISTING BUSINESS	Sign Manufacturing
Rivers Edge Hair Studio	DUNKERTON	BLACK HAWK	01	\$0	1	1	4	EXISTING BUSINESS	Beauty Salons
Kelly Lumber Co.	LAKE CITY	CALHOUN	04	\$0	0	1	1	NEW BUSINESS	N/A
Tomman Properties, L.L.C.	CLINTON	CLINTON	02	\$0	0	6	6	NEW BUSINESS	Automotive Oil Change and Lubrication Shops
Chaos Tackle and Rods LLC	ADEL	DALLAS	03	\$0	1	2	2	NEW BUSINESS	Sporting and Recreational Goods and Supplies
Swatty, Inc	Dubuque	DUBUQUE	01	\$0	0	5	5	EXISTING BUSINESS	Merchant Wholesalers
Switch Homes, LLC	DUBUQUE	DUBUQUE	01	\$0	5	2	2	NEW BUSINESS	General Automotive Repair
ROWAN PROPERTIES LLC	DUBUQUE	DUBUQUE	01	\$0	0	1	1	NEW BUSINESS	New Single-Family Housing Construction (except Operative Builders)
Crow's Nest Tattoo, Inc.	Dubuque	DUBUQUE	01	\$0	4	0	8	EXISTING BUSINESS	General Automotive Repair
MOGICH INVESTMENTS LLC	DUBUQUE	DUBUQUE	01	\$0	12	2	3	NEW BUSINESS	All Other Personal Services
Davey's LLC	IDA GROVE	IDA	04	\$0	5	0	0	NEW BUSINESS	Portfolio Management
Davey's LLC	IDA GROVE	IDA	04	\$0	5	0	0	NEW BUSINESS	Full-Service Restaurants
Grasshoppers LLC	Fairfield	JEFFERSON	02	\$0	3	1	1	NEW BUSINESS	Full-Service Restaurants
ROEM Properties, L.L.C.	North Liberty	JOHNSON	02	\$0	2	0	6	NEW BUSINESS	Landscaping Services
A-1 Rental, Inc	Cedar Rapids	LINN	01	\$0	0	7	7	EXISTING BUSINESS	All Other Miscellaneous Crop Farming
Andy's Lawn Care	CEDAR RAPIDS	LINN	01	\$0	2	1	1	EXISTING BUSINESS	General Rental Centers
KCC, LLC	HIAWATHA	LINN	01	\$0	15	0	1	NEW BUSINESS	All Other Personal Services
Anadco, LLC	Glenwood	MILLS	03	\$0	6	0	18	NEW BUSINESS	Sports and Recreation Instruction
Orvis Horatio Group LLC	Ankeny	POLK	03	\$0	15	15	15	EXISTING BUSINESS	Used Car Dealers
HEARTLAND MILLWRIGHTS, INC.	DES MOINES	POLK	03	\$0	0	31	31	NEW BUSINESS	Full-Service Restaurants
Passion Fruit LLC	Des Moines	POLK	03	\$0	2	10	10	EXISTING BUSINESS	Industrial Building Construction
Kohlwes Truckline, LLC	DES MOINES	POLK	03	\$0	1	7	6	NEW BUSINESS	Limited-Service Restaurants
McDivots Sports Pub LLC	Grimes	POLK	03	\$0	10	2	2	EXISTING BUSINESS	General Freight Trucking, Local
FAMILY LOGISTICS TRUCKING COMPANY	PLEASANT HILL	POLK	03	\$0	0	0	3	NEW BUSINESS	Drinking Places (Alcoholic Beverages)
Herting Law, PLLC	West Des Moines	POLK	03	\$0	0	7	7	NEW BUSINESS	General Freight Trucking, Long Distance, Truckload
Powersportsprime, LLC	COUNCIL BLUFFS	POTTAWATTAMIE	03	\$0	1	2	2	EXISTING BUSINESS	Offices of Lawyers
River's Edge Properties, LLC	Bettendorf	SCOTT	02	\$0	4	0	7	NEW BUSINESS	N/A
Van Schepen Properties, LLC	Hull	SIOUX	04	\$0	0	20	20	EXISTING BUSINESS	Interior Design Services
CTC Barber Academy LLC	Ames	STORY	04	\$0	5	1	1	EXISTING BUSINESS	N/A
DD Story Holdings, LLC	STORY CITY	STORY	04	\$0	1	19	20	NEW BUSINESS	Cosmetology and Barber Schools
KJ and A 1974 Holdings, LLC	STORY CITY	STORY	04	\$0	0	3	3	NEW BUSINESS	Limited-Service Restaurants
The Fournier Group LLC	Story City	STORY	04	\$0	1	2	3	NEW BUSINESS	Fruit and Vegetable Markets
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SALE DATE: 2022-04-14
SALE PRICE: \$2,250,000
SELLER: EPC LLC
BUYER: INDIANOLA AVE APARTMENTS LLC
SQUARE FEET: 14,336
ACRES: 0.839

1301 S.E. GATEWAY DRIVE, GRIMES
SALE DATE: 2022-04-15
SALE PRICE: \$1,300,000
SELLER: DKP PROPERTIES LLC
BUYER: WELLS, DOUGLAS A.
SQUARE FEET: 26,444
ACRES: 1.384

7425 DOUGLAS AVE., URBANDALE
SALE DATE: 2022-04-15
SALE PRICE: \$3,250,000
SELLER: EMPLOYERS MUTUAL CASUALTY COMPANY
BUYER: CLOCKTOWER WOLF LLC
SQUARE FEET: 66,336
ACRES: 2.172

939 OFFICE PARK ROAD, WEST DES MOINES
SALE DATE: 2022-04-15
SALE PRICE: \$430,000
SELLER: HATCH, JOHN G.
BUYER: HSIEH, EMMA
SQUARE FEET: 3,939
ACRES: 0.184

7400 S.W. 22ND ST., DES MOINES
SALE DATE: 2022-04-18
SALE PRICE: \$2,097,850
SELLER: DANIELS 1717 LLC
BUYER: 1808 HIGH LLC
SQUARE FEET: 23,777
ACRES: 2.216

5554 N.E. 14TH ST., DES MOINES
SALE DATE: 2022-04-18
SALE PRICE: \$30,000
SELLER: COLUZZI CONSTRUCTION LLC
BUYER: VELAZQUEZ, GUILLERMO
SQUARE FEET: 0
ACRES: 0.122

2117 INDIANOLA AVE., DES MOINES
SALE DATE: 2022-04-19
SALE PRICE: \$1,900,000
SELLER: EPC LLC
BUYER: E. 26TH ST. APARTMENTS LLC
SQUARE FEET: 20,336
ACRES: 1.065

3417 E. 26TH ST., DES MOINES
SALE DATE: 2022-04-19
SALE PRICE: \$715,000
SELLER: EPC LLC
BUYER: STARLINK LLC
SQUARE FEET: 10,943
ACRES: 0.666

1900 ARLINGTON AVE., DES MOINES
SALE DATE: 2022-04-19
SALE PRICE: \$300,000
SELLER: CASA CAR WASH LLC
BUYER: WASH IOWA LLC
SQUARE FEET: 2,520
ACRES: 0.561

2101 UNIVERSITY AVE., DES MOINES
SALE DATE: 2022-04-19
SALE PRICE: \$295,000
SELLER: THE SALVATION ARMY
BUYER: LEGACY 515 LLC
SQUARE FEET: 2,436
ACRES: 0.212

1018 E. 12TH ST., DES MOINES
SALE DATE: 2022-04-20
SALE PRICE: \$179,500
SELLER: CAM FUND 2020 LLC
BUYER: WEB III INVESTMENTS LLC
SQUARE FEET: 1,960
ACRES: 0.179

1464 E. 14TH ST., DES MOINES
SALE DATE: 2022-04-20
SALE PRICE: \$835,000
SELLER: FLEUR PROPERTIES LC
BUYER: NEXT PHASE DEVELOPMENT LLC
SQUARE FEET: 0
ACRES: 12.094

2900 S.E. ENTERPRISE DRIVE, GRIMES
SALE DATE: 2022-04-21
SALE PRICE: \$705,995
SELLER: HORIZON HOTELS IOWA LLC
BUYER: BMP HOTEL DEVELOPMENT LLC
SQUARE FEET: 0
ACRES: 3.22

650 S. PRAIRIE VIEW DRIVE, WEST DES MOINES
SALE DATE: 2022-04-22
SALE PRICE: \$601,660
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BUYER: NJREC INC
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ACRES: 3.17

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SALE DATE: 2022-04-25
SALE PRICE: \$250,000
SELLER: AREA DIESEL SERVICE INC.
BUYER: BELL, JONI
SQUARE FEET: 0
ACRES: 1.759

2200 GRAND AVE., DES MOINES
SALE DATE: 2022-04-26
SALE PRICE: \$2,250,000
SELLER: LMO INVESTMENTS LLC
BUYER: DIZDARWAY LLC
SQUARE FEET: 9,040
ACRES: 9.437

696 18TH ST., DES MOINES
SALE DATE: 2022-04-26
SALE PRICE: \$1,600,000
SELLER: A&B PROPERTIES LLC
BUYER: FITZSIMMONS HOLDINGS LLC
SQUARE FEET: 7,476
ACRES: 1.278

1205 S.W. MERCHANT ST., ANKENY
SALE DATE: 2022-04-26
SALE PRICE: \$1,800,000
SELLER: BLACKS' 2014 LLC
BUYER: ZIEL, ERIC
SQUARE FEET: 18,000
ACRES: 2.408

520 35TH ST., DES MOINES
SALE DATE: 2022-04-27
SALE PRICE: \$17,510,000
SELLER: DSM INDUSTRIAL PROPERTY LP
BUYER: KASTNER, LLC
SQUARE FEET: 110,000
ACRES: 10.747

2602 S.E. HULSIZER ROAD, ANKENY
SALE DATE: 2022-04-27
SALE PRICE: \$400,000
SELLER: HIGGINS, LOIS JUNE ESTATE
BUYER: EVO REAL ESTATE LLC
SQUARE FEET: 3,004
ACRES: 0.524

4755 PARKRIDGE AVE., PLEASANT HILL
SALE DATE: 2022-04-29
SALE PRICE: \$751,000
SELLER: #16 LLC
BUYER: 2540 LLC
SQUARE FEET: 1,932
ACRES: 0.502

10021 HICKMAN ROAD, URBANDALE
SALE DATE: 2022-04-29
SALE PRICE: \$530,000
SELLER: JGC HOLDINGS LLC
BUYER: REAL ESTATE HOLDINGS I LLC
SQUARE FEET: 44,128
ACRES: 2.868

1425 SLOANS WAY, PLEASANT HILL
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SALE PRICE: \$29,700,000
SELLER: MRES WEST GLEN HOLDINGS LP
BUYER: MLG/PF WEST GLEN
INVESTMENT LLC
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ACRES: 25.706

12327 STRATFORD DRIVE, CLIVE
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SALE PRICE: \$15,750,000
SELLER: MRES WEST GLEN HOLDINGS LP
BUYER: MCR INVESTMENTS X LLC
SQUARE FEET: 172,832
ACRES: 2.63

207 CROCKER ST., DES MOINES
SALE DATE: 2022-05-09
SALE PRICE: \$12,100,000
SELLER: 207 CROCKER LLC
BUYER: JENSEN OSWALD LLC
SQUARE FEET: 63,330
ACRES: 1.367

622 S.E. FIFTH ST., DES MOINES
SALE DATE: 2022-05-09
SALE PRICE: \$1,300,000
SELLER: B&B MEYER LLC
BUYER: 622 SE 5TH ST LLC
SQUARE FEET: 9,760
ACRES: 0.854

619 17TH AVE. N.W., ALTOONA
SALE DATE: 2022-05-09
SALE PRICE: \$13,700,000
SELLER: NCT-164 LLC
BUYER: A MEADOWS I LLC
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ACRES: 5.571

5901 THORNTON AVE., DES MOINES
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SALE PRICE: \$2,600,000
SELLER: THORNTON AVENUE REALTY INVESTMENTS LLC
BUYER: CITY OF BELMOND, BELMOND COMM. HOSPITAL
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BUYER: TERRA PROPERTIES, LLC
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'Death Moans' no more

Food and civic esteem in Des Moines



This Victorian mansion was home to Chat Noir, Cafe di Scala and Aposto

By Jim Duncan

Webster defines pride as “a feeling of deep pleasure or satisfaction derived from one’s own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired.” The secondary meaning is “consciousness of one’s own dignity.” A tertiary meaning is “a social group of lions.” After all, the lion is the king of the jungle, so why wouldn’t a gathering of kings be proud?

What creates civic pride? Anyone who has ever been to Green Bay in the fall would answer sports teams. But no other city has a loyalty to a team

like Green Bay does. The team is publicly owned by citizens. University towns feel similar pride in the achievements of their schools, sports and other wise. Alumni donations rise dramatically when a school wins a big title. Small towns and suburbs are similarly involved with their high schools.

Some cities have similar pride in the glory of their museums. Florence, Paris, New York, Washington, London, St. Petersburg, Madrid, Mexico City, Xi’an, Agra, Gettysburg, San Antonio and Marfa, Texas, are at the top of that list. Other places pride themselves on singular

associations with great people. Hodgenville, Kentucky, and Springfield, Illinois, both claim Abraham Lincoln and even Van Buren County, Iowa, makes spurious claims that he visited there courting Ann Rutledge.

Nothing is as universally inductive of pride — individual, civic and national — as good food. Food taboos in Hinduism, Judaism, Islam, Jainism and even Buddhism double down on the pride or shame people feel about what they eat. Many wars in history were motivated by one tribe wanting to steal the foods of another tribe.

No place on Earth has been victimized more frequently by wars of food lust than Champagne, France. Half the region's wineries have secret underground hideaways, not for people, but for sparkling wine. German and French armies have taken and retaken the province more times than even winery owners can count. Iowa and Missouri engaged in a three-day "honey war" to determine which state owned a honey-rich area on the border. That war was decided in Iowa's favor by the U.S. Supreme Court.

Wars over fishing waters have been continuous since the invention of war ships. Unlike most other food raiders, fish thieves are alive and rampant today. They are considered smugglers as nasty as drug dealers, sex traders and child slavers. Spanish, particularly the mafia of Vigo, and Chinese pirates are the worst, but at least six other nation's ships have been nabbed in the act. Some smugglers have been caught stuffing illegal drugs into illegal fish bladders. Main victims are West Africa and Norway. The latter nation told the United Nations they "haddock enough of it."

The Roman Empire was the greatest siezer of good food ever. The Romans, often considered to be the greatest gourmets and gluttons of history, stole hams from Belgium, oysters from Brittany, wild game from Tunisia, silphium (a seasoning and aphrodisiac) from Cyrenaica, garum (precursor of both ketchup and Vietnamese fish sauce) from Mauritania, lettuce from

Cappadocia, wheat from Egypt, and fish from Pontus. Even today, one of the only plausible explanations for Russia's brutal invasion of Ukraine is that Ukraine produces the majority of Europe's wheat.

Such things happened because good food adds value to everything it graces, including pride. Some historians, plus botanist Michael Pollan, consider John Chapman (Johnny Appleseed) among the greatest figures in the westward expansion of America. Interestingly, Chapman's apples were almost exclusively used to make hard cider, the beverage that settled the Midwest. Who else ever added so much value to real estate?

Developing a reputation for having great food can be as valuable to a city as world class museums, famous battlefields, or championship sports teams.

Larry Cleverley moved to Iowa from New York City 26 years ago to farm things that sold well in Gotham but were often unknown to Iowans. One of the first farmers at the downtown farmers market, he also increased his food vocabulary with frequent world travels. We asked him what cities have managed to put themselves on the food traveler's map in the last two decades

"Portland, Maine, came from nowhere to become a famous food town. Jersey City didn't used to be known for much of anything good. Now, it is the place to go in metro New York for dining. The best pizza in New York



Larry Cleverley brought New York City delicacies to Des Moines beginning 26 years ago.

City is in Jersey City, and the word is out. But all genres of dining have been elevated. Bridges and tunnels are now bringing Manhattanites west for dinner."

What would the "Sex and the City" girls think of that?

"It used to be that San Francisco was the great food town, and Los Angeles was anything but that. But L.A. has totally elevated its scene. Nancy Silverton has a lot to do with that. She has several excellent cafés including Pizzeria Mozza in Los Angeles and Newport Beach, as



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— Larry Cleverley

well as Osteria Mozza, Mozza2Go and chi SPACCA in Los Angeles. Silverton also founded the La Brea Bakery, as well as Campanile Restaurant.” She won the James Beard Award as the nation’s best chef in 2014. Cleverley also touted the restaurant in the Hollywood Roosevelt, where Bobby Kennedy was assassinated.

Also helping L.A.’s reputation is Monterrey Park, a suburb next to Pasadena that is America’s first city with an Asian majority population. It’s a wealthy town with dozens of great Asian restaurants. Australian Alex Hall



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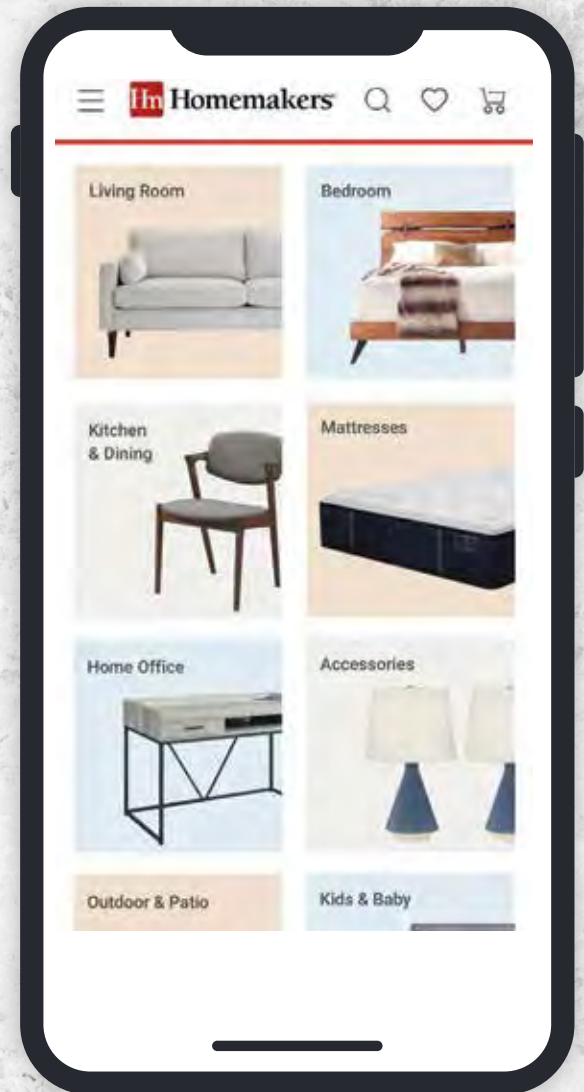
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of St. Kilda’s and Franka in Des Moines told us that Sydney and Melbourne in his native land are similar. Melbourne, like San Francisco, used to be the food town and Sydney the beach town. But the food gap closed there, too.

Cleverley is off now on a food tour of southern Italy.

“We are going from Naples to Roma, with the highlight being two days in Caiazzo, a town that one restaurant put on the map — Pepe in Grani. Katie Paula (American-born Roman food writer) told me about it, and this is my second trip,” he said. Most Americans visit Rome, Milan, Venice, Naples and Florence, but food travelers prefer Bologna, Parma, Modena, Torino and now Caiazzo. Similarly, Japanese food tourists prefer Osaka to Tokyo or Kyoto, and French foodies flock to Lyon and Strasbourg. Most people visit Oahu or Maui in Hawaii, but foodies go to Big Island for the world’s most diverse array of fruits.

In the early 19th century, French novelist Gustav Flaubert wrote about Parisiennes flocking to Augsburg for the Swabian Hall pork. That breed of pig is a cross of Russian wild boars with Chinese Meishan, the world’s fattiest pig. It became extinct despite winning four World Fairs, but Iowa farmer Carl Blake has recreated the breed now.



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WHO GREW UP WITH THEM LOVE THEM.”

— George Formaro

Death Moans no more

Forty to 50 years ago, few young locals felt much pride in Des Moines — or its food. It was popularly called “Death Moans.” That is not the case today, at all. What changed? We are still a minor league town in baseball, hockey, soccer and basketball. In fact, we lost our major league teams in women’s basketball and indoor football. Our symphony, Civic Music, the state fair, and Des Moines Metro Opera have not seriously upgraded either. The Drake Relays, if anything,

has downgraded, with smaller crowds and a tiny fraction of the top college teams attending as used to. We now have a casino but so do Osceola and Jefferson. We built bike paths, but who didn’t? Our sewer system is messed up. The Civic Center and Wells Fargo are well managed entities that have booked over their weight class, and the Art Center has brought impressive shows to town. We built a nice ice skating park and fabulous skate boarding and sculpture parks.

That does not add up to a big bump in pride. Most cities our size have done similarly well. The pride comes from the huge strides forward made by our food scene, restaurants particularly, has made in 40 years. We asked Cleverley and restaurant owner George Formaro (Centro, Django, Gateway Market Café, Zombie Burger, Malo, Regency and South Union) about the signal events that changed Des Moines’ attitude about Des Moines’ food.

The Italian scene then became the only scene. Ralph’s, Babe’s, Compiano’s, Rocky’s, Aunt Jenny’s, Wimpy’s, Johnny & Kay’s, Vic’s Tally Ho, Christopher’s, Hilltop, Mr. V’s, Chuck’s, The Latin King, Noah’s, Sambetti’s, Baratta’s and Riccelli’s were among those places. All were basically selling the same thing — steaks, chops, fried chicken, pasta dishes and Italian specialties in fine dining atmosphere that included tablecloths and wine. Tumea & Sons and Noodles came later, and Jesse’s Embers became Italian-owned much later. Johnny’s Vets Club was cut from the same cloth, but it was Greek-owned.

“An amazing percentage of those places are still around. Many with new owners. That shows how much people who grew up with them love them,” Formaro added.

Also among survivors of a previous era are AE Dairy, In’tveld’s Meat Market, B&B Grocery, Meat and Market, and Graziano’s. Miriam Erickson Brown of AE said, when her grandfather started the business in 1930, AE was one of 130 dairies in Des Moines. It’s been the only one for a long time now. Cleverley said growing up in Jasper County, his school took the same road trip every year, and it always included AE.

Graziano’s was one of four Italian grocery stores within two blocks of where it still stands, alone for decades now, according to Formaro. B&B is another icon with more than 100 years of history. One In’tveld’s counter worker recounted that, when he was growing up in Pella, there were 18 places selling their own Pella bologna. Now there are two.

Perhaps Iowa’s greatest contribution

The building blocks

First of all, let’s not forget the basic structure of the food scene that predated the new attitude.

“Des Moines had a solid Chinese restaurant scene here the first part of the 20th century. A good Italian scene developed mostly around WWII,” Formaro said. The Chinese restaurants in the 1920s were notorious. Des Moines newspapers frequently recounted raids in which “solid citizens, out slumming, would cheer as restaurant owners and prostitutes were hauled out to the paddy wagons.” One account suggests that Des Moines bribed the Chinese owners to leave town.

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to pop food culture is Myron Blank's invention and patent of movie theater popcorn, a machine and recipe that remained state of the art everywhere until the late 1970s when politically correct protestors shamed theater owners into removing coconut oil and its seductive aroma.

The changers for the better

Formaro, who has been in Des Moines much longer than Cleverley, dates the current restaurant revival to The Metz, LaValle's, City Grille, City Deli and Guido's, all of which happened before Cleverley came back to Iowa.

"I also think that Jimmy Lynch deserves credit for his vision — 801 Steak & Chop House made Des Moines famous in New York and Washington. (The greatest of New York Times political analysts, R.W. Apple, had his personal table at 801, and a seat there was coveted by most all TV news people during caucuses.) Pain Pane, Baja, Eighth Street Seafood and Jimmy's American were also major elements of change. Cosi Cucina was a big deal, especially after Clint Eastwood hung out there during shooting of 'Bridges of Madison County.' Scott Carlson's CABCO was the first serious brew pub with great food," he said.

Cleverley credits Cosi and its chef Doug Smith for

being the first local chef to order rare produce for his restaurant. Baked garlic was a specialty, and it was Cleverley's first crop here.

"Doug taught me how to sell to other restaurants," he recalled. "Jeremy Morrow and Gary Hines (Bistro 43), Andrew Meek (Sage) and George (Formaro) also raised the bar to the point where people were talking about local restaurants with pride. I still dream about the bread pudding and milk rolls at Bistro 43. What Mike LaValle was doing was simply ahead of his time. Maybe that is why the private club fit him better. Jim Mondanaro's Mondo's changed the suburbs. He had 432 seats, and there was a waiting list. He really upgraded food quality," he said.

Don Hensley and his Danielle, plus Chat Noir and Butch's Hollywood Bistro, should be added to the list. Danielle and Sage opened at the same time and signaled that Bistro 43 was a trend and not a one-and-done. Chat Noir and Butch introduced a lot to town and in elegant trappings.

"Later came Tony Lemmo (Café di Scala, Aposto) and Joe McConville (Gusto, El Guapo), who did similar, exciting new things. Cyd Koehn on the catering end really raised the bar with ingredients. Joe and Steve Logsdon (La Mie and Lucca) changed things, particularly the quality of breads.



On the catering side, Cyd Koehn upgraded the use of ingredients.



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Dom Iannarelli (Splash and Jethro's) innovated. No one dreamed of an oyster bar till Dom and his boss Bruce Gerleman opened one. Jason Simon came and recruited Joe Tripp and Nick Gonwa. Rob Beasley (Varsity) and Derek Eidson (now at Django) brought more innovation," Cleverley continued.

Beyond restaurants, both Larry and George recognized Iowa's extraordinary dairy products, from AE to organic farms of Woodward, Kalona and Fairfield. They both said Seed Savers settling in Iowa was a huge advantage, bringing heirloom seeds to gardeners and farmers. Both agreed that Paul Rotenberg of Orchestrate Management cannot be replaced, and that Bill Niman and Paul Willis bringing Niman Ranch's pork division to Iowa was a huge boon to Iowa farmers and restaurants.

"The taco trucks have been great educators, but let's not forget the Mosqueda family. Their Tasty Tacos are a definite Des Moines legend and something everyone wants to try," concluded Cleverley.

There was a period that started a dozen years ago and ended five years ago when James Beard Awards were naming multiple Des Moines chefs, bakers and restaurateurs among the top 10 in the Midwest or even the nation. That justified civic pride.

Both Larry and George agreed that Bob Ray was as important as anyone to upping the food bar here. As governor, he welcomed Asian refugees from the Vietnam War, and later Mexican immigrants, like no other governor in America. Both brought fabulous new ethnic restaurants, stores and farmers market vendors that completely changed Des Moines minds about what Asian and Mexican cuisine could be.

In the case of Vietnam, sometimes losers of wars end up with the bounty of the victor's foods, whether they wanted them or not. ■

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LUNCH WITH...

BY JIM DUNCAN

Siobhan Spain at Franka

We talked art and economic development over Margherita and arrabiatta pizza.

EAT & DRINK

Siobhan Spain is the director of Mainframe Studios, a lower-rent facility for artists and not-for-profit organizations. She has worked with a dozen internationally famous artists in New York, Los Angeles and Santa Fe. Mainframe is in the stretch drive of fundraising with a \$500,000 matching grant from the Lauridsen family at stake. We asked her to lunch recently, and she chose the East Village Franka, a pizzeria that features a hanging sculpture by Siobhan's sister Molly Spain.

Franka is owned by Alex Hall, an Australian who gave up five restaurants in Brooklyn, New York to move to Des Moines. Keep that in mind, as it will seem like a motif in this interview. Over Margherita and arrabiatta pizza, we talked art and economic development.

Mainframe is full now with one floor remaining to open. Is demand for studios keeping up with new rollouts?

"Definitely. We have had a waiting list since day one.

Right now, the waiting list is over 100 strong. We had to instigate a one-studio limit because of the demand, because we want to include as many artists and groups as possible, and because we feared people might just use the second studio for storage."

Are you surprised at the demand?

"I am not and Justin (Mandelbaum, the developer) is certainly not. His pitch was that the model would be a huge draw."

And the suck of that draw extends far and wide?

"Yes. From the beginning, 20% of our artists moved here from out of state. Our latest artist is moving here from Brooklyn, for the affordable rent. Studios in New York City are pricing artists out of the market."

Artists being priced out in other places was a pitch for the model, I think?

"Exactly. That is why Justin believed this would be such a success here. We believe that this building can recruit creative entrepreneurship and develop the local

economy."

An oft-repeated scenario is that artists are attracted to low rents. Then art lovers visit the art neighborhoods, and restaurants follow. Soon, the rents go up to the point that only restaurants can afford them. But restaurants fail because no one is coming for the art anymore. Howard Johnson was a struggling restaurant when "Desire Under the Elms" was banned in Boston. It moved to Johnson's town, and HoJo became the world's largest restaurant chain.

"That pattern still repeats itself. Artists have been priced out of Austin, San Francisco and Seattle. Landlords allow artists to move into crappy old buildings and then price them out. That's why they are called 'starving artists.' I hate that term. If we started recognizing artists for their magnetic pull on economic development, they would not be starving."

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“Gretchen Bohling was a Chicago artist who moved here for the Mainframe opportunity. She wanted to design sustainable fashion. She began teaching at Mainframe, and that led to teaching at DMACC. She started getting Instagram requests for fashion and tailoring. Those became business off-shoots. She calls her style ‘slow design,’ meaning no waste. She designs clothes on demand so that nothing sits on a rack in a store. She says her reach has developed more than 10 fingers wide because Mainframe is a catalyst that creates new opportunities. We are so lucky to have her here.

“Tone is a southside Chicago artist who moved here. His company is called Design by the Street. He is a knowledge sponge, and he preaches to kids that they can make it creating art as easily as by selling drugs. I always take school group tours to see Tone, and a high school teacher told his class they would never hear a better life talk. Tone has one of only 10 machines in the world that can dye fabric as it embroiders it. Nike is one of the other nine who use it. So, he is creating state-of-the-art embroidery in this building, in Des Moines.”

Has Mainframe incubated any entrepreneurial success stories yet?

“Yes. Bozz Prints started here and, when they were financially able, moved to Valley Junction. Knotty Nail is a string art and laser sign studio. They began here and moved to Valley Junction to explore the possibility of franchising. It is possible to shape young, creative minds in Des Moines. That is our mission.”

Gerard Peters Gallery in New York represents some superstars like Tom Joyce and Jun Kaneko. They

only represent 23 total artists, yet one of them is a Mainframe artist?

“Yes, Don Stinson. He came here when his wife, Barbara Stinson, became director of the World Food Prize. He is a landscape painter, and we are so proud to have him here.”

What domino effect is Mainframe having on Des Moines’ economy?

“Well, Don Stinson uses Blok. That is a new art supply store; we didn’t have one until they opened here. Because of Mainframe, there is a demand for things like clay. You had to go out of state to buy clay before Blok. They can frame 3D art, too — that is state of the art.”

Can Mainframe make it with low rents? And how low are those rents?

“Basically, rents are about \$1 per square foot. And, yes, we are paying our entire expenses with only three of four floors open. When the fourth floor opens, all those proceeds will go to our endowment. The model is working so well that Hot Shots in Omaha is copying it after trying it as a for-profit.”

Both Iowa State and Drake are tenants. What are they doing in their studios?

“Both schools use them for residencies or internships for students. They will rotate residents out every two or three months. The Alex Brown Foundation also uses their studio for residencies in Des Moines. They focus on East Coast artists.”

Any final thoughts on Mainframe’s mission?

“Yes, we want to give artists the confidence to dream bigger. The talent is here. Des Moines artists just need to believe in themselves.” ■







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The Reinhardt Room is for showing off

RR is designed for special events — evenings that outlive the daylight and conclude after Piano’s genius for lighting is in its full glory.

EAT & DRINK

Four decades ago, the wise men of Des Moines invited architect and prophet Mario Gandelsonas of Princeton to town. Gandelsonas presented a vision of a future Des Moines that predicted the allure of East Village, a developed right bank of the Des Moines River and the western gateway. As soon as it looked clearly like the Pappajohn Sculpture Park was going to become a magnificent asset to the city, while cementing the prophecy of the western gateway, new wise folk began scrambling for real estate best equipped to take advantage. Kum & Go won that scramble and added a building as marvelous as any sculpture or park.

The Reinhardt Room (RR) has now won the exacta, taking best advantage of both the sculpture park and the Renzo Piano Kum & Go headquarters. The RR sits on the south side of Locust directly in front of Jaime Plensa’s “Nomad,” the park’s star attraction. Directly

north of “Nomad” sits the Kum & Go building. There is no better view in town. RR is designed for special events — evenings that outlive the daylight and conclude after Piano’s genius for lighting is in its full glory. The facility can host 100 in a cocktail mode and 80 seated guests for dinner.

It has its own banquet kitchen and shares staff with Django, including executive chef Derek Eidson. When not booked for private events, RR hosts special dinners, tastings, and beer and wine dinners. We attended a recent beer dinner that featured Funk Factory Guezeria (FFG), a Madison company that began 10 years ago in owner Eric Funk’s basement. The brewery makes mostly lambics — beers that are fermented by exposure to wild yeasts rather than the tamer brewer’s yeasts. My fun table included a construction engineer, an accountant, a professional drag queen, a political consultant, a wine

steward and a nurse.

Eidson created seven plates to complement six lambics. We started with an oishi oyster with bosbes mignonette, cucumber and fennel. The oishi is low in salinity, and the berry flavor of the bosbes mignonette thrived with it. Next came a potato tot with caviar, crème fraiche and chives. This is something Eidson likes to do, mixing a common thing with a fancy one.

Next up was a star of the night — rabbit roulade with puree of carrot, a pickled apricot and fresh ramps. That included all six flavors with an underutilized meat. It was paired with a similarly complex cervino, a very sour beer that had been blended with fruity white sangria.

Then came the superstar of the night. Lamb belly was crisped and served with peas, sorrel, preserved lemon, a buttermilk and chives dressing, and a crouton.

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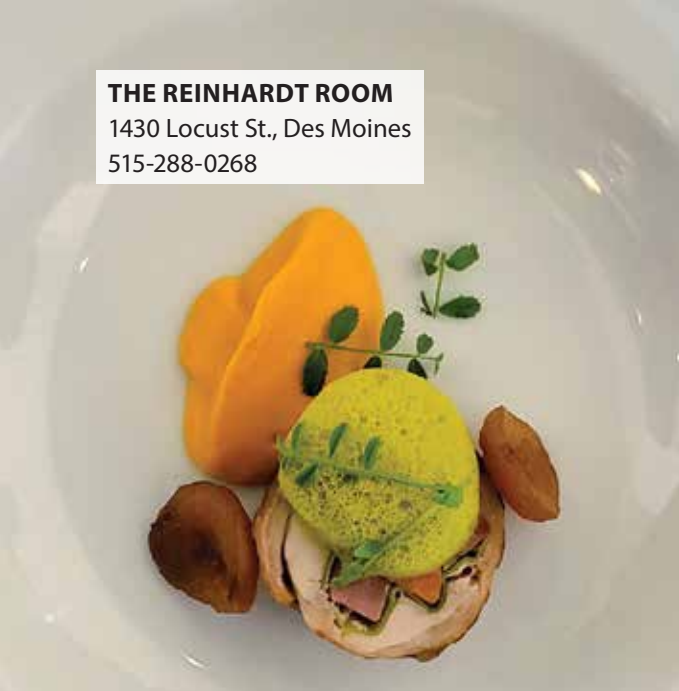
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Rabbit roulade with puree of carrot, pickled apricot and fresh ramps.



Tater tot with caviar, crème fraiche and chives.

EAT & DRINK

Why don't more restaurants serve lamb bacon? Again, all flavors paired this time with a twice-fermented beer blended with wine and seasoned with orange peels.

The next course featured roasted cauliflower paired with Mimolette fondue, leek ash and crunchy pine nuts. Mimolette is a French take on Edam and complemented rather than dominated the cauliflower. It was paired with a lambic that had been exposed three times to Wisconsin honey.

The main course of the evening was some halibut in mussel sauce with navy beans, chard and ramp oil. As almost always happens in a banquet setting, the fish was well done and needed the sauce and oil. This was paired with Funk's specialty called Four Winters as it takes three years to age in barrels before being blended with juice of unripened fruit and conditioned another year in bottles.

Dessert featured a magnificent rhubarb shortbread

tart, with candied Marcona almonds and vanilla sabayon (custard). It was paired with a lambic blended with juice of Door County cherries.

FFG beers are available at The Cheese Shop and soon at other outlets. They cost \$12 to \$25 for a wine bottle-sized serving. ■

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

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BELLY UP TO:

EAT & DRINK



The Cellar at White Oak

Relaxing winery specializes in cold-climate grapes.

BY JACKIE WILSON

It's 10 a.m. Sunday morning and, feeling discouraged, you realize the weekend is just about over. But wait — there's always an excuse for a Sunday fun day when you can head outside during the summer at a patio near you. Or better yet, head to a winery with wide open spaces, a cool breeze and a bottle of vino.

The Cellar at White Oak is just the place. It's located in Cambridge, off I-35, just a couple exits north past Ankeny. Take a leisurely drive along the rolling countryside and you'll discover an idyllic winery. The upper portion of the building houses an events center, ideal for weddings. In the lower part of the building, aka The Cellar, is the winery with tasting room. Stay inside and sip or head outdoors. On Sundays, The Cellar hosts Sunday Tunes by blues, rock and country musicians. On a recent evening, Blues Music Awards-nominated musician Matt Woods performed.

The vibe is quiet and peaceful, and probably a bit more relaxing as the wine bottle is emptied. With 8-13 varieties of wine, there's something for everyone. Buy it by the glass; or buy a bottle for \$17.50. Not a fan of crushed grapes? Then opt for six different beers, including local hops and cider.

For the munchies, order a charcuterie tray or a snack mix. On Sundays, grilled options or food truck offerings

are available.

The Cellar was purchased by couple John Barber and Barb Hokel in 2015. Barber worked as a civil engineer for 38 years before he searched for a retirement project. The winery is his final endeavor, he said.

"It's a passion business to take to the end," Barber said. "Growing up in Detroit, I loved blues music, and offering live music adds to the ambience. We throw out all genres of music, not just the blues."

Head wine chief Josh Ellenberg specializes in cold-climate grapes. With the pandemic last year, he and Barber were unsure of how much wine to make. If they need grapes, they'll purchase from any of the 1,400 acres of grapes grown in Iowa.

Barber serves on the board of directors for the Iowa Wine Growers Association. According to him, there's a misconception that all Iowa wines are sweet.

"These wines are completely different than California wines," he said. "It's a different region of grapes. We're constantly educating people about Iowa grapes, such as Frontenac and Marquette. We celebrate the differences from California."

While serving on the board, he's worked to change rules regarding wineries, allowing wineries to be more competitive with breweries and traditional bars. One



law Barber is excited to take effect Jan. 1, 2023, when wineries can offer spirits.

"We're going to have all the local spirits at The Cellar," he said. "We want to promote local, including microbreweries as well."

As Barber carries a glass of wine, chatting with patrons, it's his favorite part of being a winery owner.

"It's a dream to be sitting here in the vineyards," he said. "People tell us it's like a hidden gem. They come here once and always come back. The more the merrier."

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Tom Hambridge

Award-winning drummer, producer and songwriter opens for Buddy Guy.

Grammy award-winner Tom Hambridge's dual role at a June 15 Hoyt Sherman Place concert leaves little time for rest.

Hambridge is the opening act, singing and drumming his original music. At the end of the set, he'll meet a few fans, change clothes and rush into his next act: drumming for the legendary blues musician Buddy Guy.

Drumming for Guy is just a fraction of Hambridge's varied musical career.

His career started out as a session drummer for a variety of musicians. After the recording finished, he'd listen to the tracks and notice things were "off."

"I'd be disappointed," he recalled. "A link wouldn't work. I didn't want to hand it off."

Or, he'd drum to "mediocre" songs. He said, "I'd suggest writing a better one. We'd stop and I'd help rewrite it. I want everyone to dig the record. I'd rather keep the bar high."

Thus, his career in writing and producing other musicians' songs took off. He's produced, written or drummed with musicians such as George Thorogood, Delbert McClinton, Susan Tedeschi and more.

For his efforts, he's won four Grammy awards and been nominated eight times. He's won countless Blues Music Awards, including Blues Drummer of the Year in 2022. During the 2022 Blues Awards, three of the albums he either drummed for or produced won awards.

"I had my own records competing against each other for the same category for my drumming," he said. "But they all seemed to win."

Hambridge began drumming before he was in kindergarten. He started writing songs in third grade, when he played his first paid gig. As he drummed and

wrote, he'd suggest the band try his new songs.

"The guys in the band asked me, 'What are you doing?' They all wanted to keep playing their Led Zeppelin or Aerosmith songs," he recalled. "I was constantly the weird guy in the band."

Today, as he listens to the radio, he may hear six songs in a row in which he either played or produced — yet he doesn't always get the recognition.

"I've been able to play on so many amazing records," he said. "It's a secret smile. I like the fact that people don't realize I'm actually playing drums on the record."

In his long career, he's witnessed changes in music. Vinyl records is what Hambridge misses the most about how music is distributed.

"You'd find the record info in one place. If you were a player, your name would be on the album, along with the singer, guitarist. I'd always read the drummer's name and who wrote the song. I'd discover and learn about new people and buy one of his records."

He continues, "I feel bad for some young folks with Spotify and streaming — you don't get all that information when it's online."

He also recalls when one of his records hit the Billboard Music Charts, which documented how many fans bought the record

"If I had a song on Billboard, I could do the math and know I'd earn nine cents per record for royalties," he said.

His latest win was a Grammy for drumming on Buddy Guy's album.

"We were sitting in Buddy's limo, and I thought Buddy knocked it out of the park with the win, and thought that was the only one. Then Buddy said, 'Let's make another one.' "

Hambridge continues to write songs and perform



Tom Hambridge will open and play drums for Buddy Guy's concert at Hoyt Sherman Place at 7:30 p.m. on Wednesday, June 15.

with Guy.

"It's an honor to play with him. He's beyond legendary. He commands the stage," he says. "I hope in 50 years, my music stands the test of time and fans are still loving it." ■

SOUND ADVICE

BY JACKIE WILSON

Who says all the excitement happens on the weekend? Thursdays in the summertime includes numerous outdoor music options. The Iowa National Guard at Camp Dodge in Johnston is hosting a free summer concert series on Thursdays in June. Bring your lawn chairs and coolers; food and drink also available. June 9 is the **B2WINS**, June 23, **34th Army Band**,

June 30, **Dick Danger Band**. Jasper Winery has free concerts on Thursdays. Food trucks, wine and beer available. Bring blankets or chairs. On June 9, **Pianopalooza Band**; June 16, **The Maytags**; June 30, **The Nadas**. And don't forget Music in the Junction at Valley Junction in West Des Moines. On June 23, the **RhythMatics** and June 30, **Jimmy the Weasel**.

If Thursdays don't work, try Wednesdays at Gilroy's for live music on their patio. **Royce Johns** plays on June 8, **Damon Dotson**, June 15 and **Bruce Day**, June 22. Tuesday is an option as well. Nights in the Heights at Colby Park in Windsor Heights offers five free concerts this summer. On June 28, catch the **Muddy Walter band featuring Bob Pace**. ■

FILM REVIEW

BY DAVID ROWLEY

'The Bad Guys' enlivens a story familiar to cartoon fans young and old

Five creatures are dedicated to selfish villainy, usually in the form of theft. But to save themselves from prison, they'll have to become... good guys.

"We may be bad, but we're so good at it." Mr. Wolf (Sam Rockwell), the lupine leader of the larcenous critters at the center of the animated comedy "The Bad Guys," knows whereof he speaks.

His crew, the safecracker Mr. Snake (voiced by Marc Maron), the computer hacker Ms. Tarantula (Awkwafina), the sharp-toothed (and tongued) Mr. Piranha (Anthony Ramos) and the ever-hungry Mr. Shark (Craig Robinson) go about their wayward ways with undisguised glee. Panicked people run screaming when they see this mob coming, which brings fang-filled grins to their avaricious faces.

Crime is fun, and no one enjoys it more than these five. But there's an angry edge to their enjoyment as they acknowledge that their species is "the villain of every story! Guilty until proven innocent!" Mr. Wolf and his associates have a rep, perhaps not entirely undeserved, so they may as well live up to it.

The heists are several and complex (a museum piece is purloined), and the fortunes of the bad guys varies. Which is to say they get busted a lot and then set free to heist again.

As with the more grown-up heist movies that precede it, the style goes a long way toward enlivening a story that may seem familiar to cartoon fans young and old. Could doing good possibly feel better than being bad? An unanticipated feel-good sensation manifests itself in a telltale waggle of his wolfy tail. In other words, these are bad guys who are unexpectedly given the opportunity to improve themselves (e.g., "Despicable Me") and break out of the villainous role that society assigned them (e.g., "Wreck-It Ralph") based on the harmful stereotypes of their animal characteristics (e.g., "Zootopia"). This isn't even the first time DreamWorks has gone to this well; Megamind features a supervillain discovering his inner goodness as well.

Removing "The Bad Guys" from a superhero/supervillain context helps distinguish it from its many predecessors mentioned above. Mr. Wolf experiences doubt over whether he should continue to pursue a life of crime, but when he initially convinces



Governor Foxington (Zazie Beetz) to release his captured gang into the custody of known philanthropist Professor Marmalade (Richard Ayoade), whose motivations are strangely obscure, to be reformed, he has future heisting possibilities in mind. Other characters have secret agendas of their own.

The characters are well-defined, and Rockwell holds the picture together as he conveys Mr. Wolf's shifting emotional states: suave, vexed, and morally conflicted. It's a movie definitely for kids, but there's enough substance for adults as well.

The plotting consistently surprises as double-crosses abound. And the set-piece action sequences (car chases a specialty here) are quite something. Unfortunately, "The Bad Guys" forces in a musical number that's a painful bore. But what it occasionally misses along the way, it makes up for in a grand finale that involves clever narrative back-tracking and a jaw-dropping massive attack of hypnotized guinea pigs.

Should this film prove a hit, the book series it draws inspiration from offers plenty more to adapt, roping in aliens and extra-dimensional beings. But like the "Despicable Me" series, "The Bad Guys" may find ever-diminishing returns once the villain protagonists no longer qualify as despicable or bad. For now, at least, that mixed morality is not just part of the fun, but the primary selling point. ■

"The Bad Guys"

PG | 100 minutes

Director: Pierre Perifel
Stars: Sam Rockwell, Marc Maron, Anthony Ramos, Craig Robinson, Awkwafina, Richard Ayoade, Zazie Beetz

PREVIEWS

"Jurassic World Dominion"

PG-13 | 146 minutes

Director: Colin Trevorrow

Stars: Chris Pratt, Bryce Dallas Howard, Laura Dern



Finally, Universal

Pictures is set to release the epic conclusion to the Jurassic era as two generations unite for the first time. Chris Pratt and Bryce Dallas Howard are joined by Oscar-winner Laura Dern, Jeff Goldblum and Sam Neill in "Jurassic World Dominion." "Dominion" picks up after the events of "Fallen Kingdom" and takes place four years after Isla Nublar has been destroyed. Dinosaurs now live — and hunt — alongside humans all over the world. This fragile balance will reshape the future and determine, once and for all, whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures. "We're racing toward the extinction of our species," Dr. Ian Malcolm explains, setting the scene in the trailer. "We not only lack dominion over nature, [but] we're subordinate to it," he adds.

"Lightyear"

PG | 100 minutes

A sci-fi action-adventure and the definitive origin story of Buzz Lightyear (Chris Evans), the hero who inspired the action



figure owned by Andy and Bonnie throughout the original film franchise, "Lightyear" follows the legendary Space Ranger on an intergalactic adventure alongside a group of ambitious recruits (Keke Palmer, Dale Soules and Taika Waititi) and his robot companion Sox (Peter Sohn). While audiences might have assumed the Buzz Lightyear toy was a fictional spaceman, it turns out he's based on a real-life test pilot (at least within the universe of the films) who showed the world what humanity was capable of by launching into space.

"Spiderhead"

R | 106 minutes

"Spiderhead" is based on The New Yorker short story, "Escape from Spiderhead," by George Saunders. Steve Abnesti



(Chris Hemsworth) is a brilliant (if morally challenged) man who runs a high-tech penitentiary called Spiderhead where prisoners undergo a unique regimen in order to have their sentences reduced. All they have to do is wear a device that administers mind-altering drugs that helps them — in theory — become better people. In this facility, you won't find cells or prison yards or handcuffs, but what you will find are prisoners being pumped full of experimental drugs whose side effects can be, well, catastrophic. When two of those prisoners, Jeff (Miles Teller) and Lizzy (Jurnee Smollett), find solace in one another, Abnesti will only ratchet up his experiments until something, or many someones, have to give. ■

The Director

Jeff Fleming moved the Des Moines Art Center toward what was happening and what was about to happen with the grace and good manners of a North Carolina gentleman.

Jeff Fleming is in his final year as Des Moines Art Center director. He's been director since 2005 and has worked at the museum since 1999. He was the first director ever hired from within the ranks, and he has been the most successful director of my lifetime, which began before the DMAC did.

Rather than focusing on the past, Fleming moved the museum toward what was happening and what was about to happen. He did that with the grace and good manners of a North Carolina gentleman. The institution badly needed that after a previous director scandalized locals with strange behavior.

Fleming developed unusual contacts with the artists, agents and gallery owners of New York and Europe. He first cultivated those working in New York, and he used them to make amazing things happen in Des Moines. Fleming's exhibition projects focused on presenting the first one-person museum shows in the United States for younger, international artists. Those included American artists Tom Sachs, John Currin, Ellen Gallagher and Tom Friedman, as well as the British artist Glenn Brown, the German artists Christian Jankowski and Anselm Reyle, and the Chinese artist Yan Pei-Ming. Yan was an incredible coup for Des Moines as he was already the toast of Paris and China. Jankowski told me that he was having so much fun in Des Moines he decided not to sleep until he returned to Germany.

Additionally, Fleming presented the first survey exhibitions of the paintings of Cecily Brown, the drawings of Kara Walker, the ceramics of Sterling Ruby, and the drawings of Neo Rauch. Brown traveled here with her personal posse of mostly vegetarians. She told me that she had been dined in Des Moines at Machine Shed. I asked her what vegetarians enjoyed at that Iowa haven of red meat. "Lots and lots of cocktails," she replied adding, "Don't tell Jeff, these were nice people who meant well."

Group exhibition projects have included "Magic Markers: Objects of Transformation"; "Aisle 5"; and "My Reality: Contemporary Art and the Culture of Japanese Animation." In 2020, he coordinated the major exhibition, "Black Stories," and its accompanying publication of community stories with Jordan Weber, Mitchell Squire, and a community advisory committee. Those shows all drew young and



John and Mary Pappajohn Director Jeff Fleming with Artist Sterling Ruby in the I.M. Pei building during Ruby's ceramics exhibition in 2018

diverse audiences, something that the museum needed with an aging membership.

Weber and Squire are two local emerging black artists showing in Des Moines galleries. One gallery owner told me that "previous directors only visited local galleries to get things framed." Fleming genuinely loved the local art scene.

Rather than forget the historic past, Fleming assigned it to the marvelous Print Gallery and its longtime pathfinder Amy Worthen, now retired.

In 2009, Fleming, in collaboration with the City of Des Moines and its donors, created the John and Mary Pappajohn Sculpture Park. Located in the heart of downtown, the park includes 31 significant sculptures by 25 internationally acclaimed artists, such as Yayoi Kusama, Louise Bourgeois, Olafur Eliasson, Richard Serra, Ellsworth Kelly, Willem de Kooning, Keith Haring, Jaume Plensa and Yoshitomo Nara.

Fleming's initiatives have been to open DMAC doors to diverse communities, present thought-provoking

contemporary art, upgrade the physical facilities, and place the institution on solid financial ground. The mission is already accomplished, but the last act will be fun to watch.

TOUTS

More than 20 artists from around the world — Justin Beller, Derrick Breidenthal, Johanne Brouillette, Tibi Chelcea, Linda Coletta, Jeffrey Glossip, Chuck Hipsher, Al Harris-Fernandez, Leon Hodes, Anita Jung, Alyson Khan, Al Maser, TJ Moberg, Lola Montejó, Charoula Nikolaidou, Teo Nguyen, Conn Ryder, Daniela Schweinsberg, Ruben Sanchez, Alayne Spafford, Pamela Staker, and Deborah Zlotzky — comprise the lineup for Moberg Gallery's Contemporary Abstraction, through summer.

Olson-Larsen's annual, very popular Landscape Show is up through July 23. Artists include Jeff Baldus, Joshua Cunningham, Barbara Fedeler, Dave Gordinier and John P. Moench. ■

IOWA ARTISTS

Molly Spain

Designs outside Mainframe Studios

BY JACKIE WILSON

When Mainframe Studios refashioned an old Qwest Communications building off Keosauqua Way in 2017, the nondescript concrete exterior didn't resemble what was inside: a creative studio with talented artists.

In 2021, Mainframe approached one of its own artists, Molly Spain, to paint the building's exterior. Spain created a mockup of the building, which includes an array of colors, along with totem shapes, called "Critical Mass."

She designed a grid, mapping out the shapes for the professional painters with Heartland Finishes. The painting process took six months to complete.

"For such a big process, it was a positive, pleasant experience," she said. "The building is vibrant, and now people can find the building."

Spain has been an artist since childhood. Her parents both taught in Des Moines. Her mom was an art teacher and her dad a science teacher; both nurtured her passion.

She attended the University of New Mexico, obtaining a fine arts degree. There, she found creativity and inspiration in the rich landscape.

One memorable and inspiring college class was an outdoor studio. Every Friday, she and other students gathered art supplies and camping gear, finding an outdoor space to paint, draw, sculpt and camp for the weekend.

"Living in Santa Fe — the art and landscape collided. It gave me a great foundation outside of art school," she said. "Santa Fe was a critical part of how my life has imbued in art."

One of her talents was ironically discovered in a bathroom. A fine art class she attended was close to the downtown plaza.

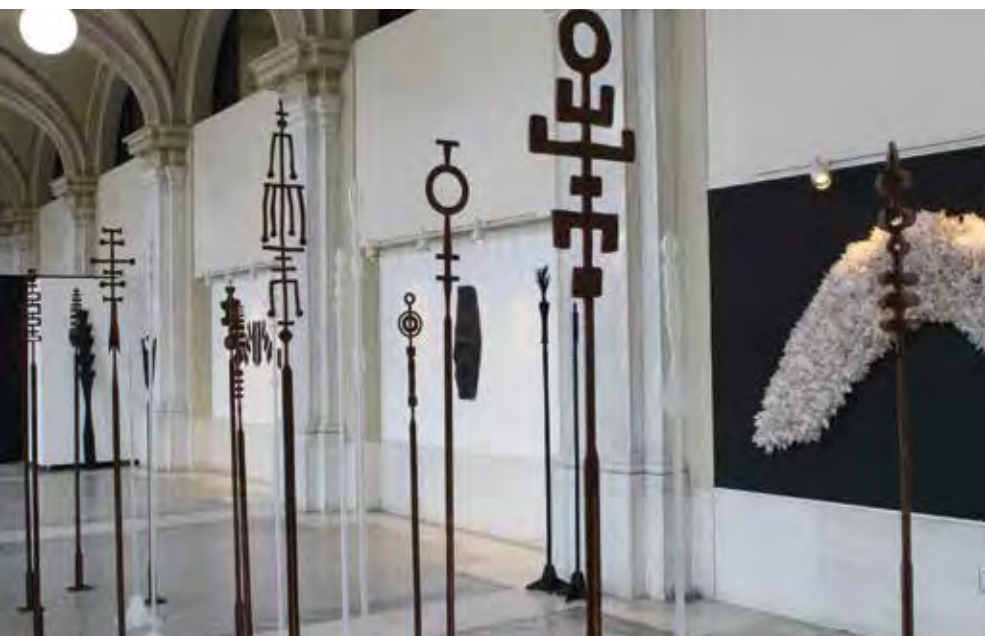
"The bathroom there looked terrible," she recalled. "I decided to paint it to look like a Grecian garden."



Spain created "Totemic Timber I" from charred wood and tar paper beads. Photo by Jackie Wilson



Molly Spain designed the exterior of Mainframe Studios, called "Critical Mass." Photo by Ryan Damman



Spain's show "Relic" showcased her new work at Polk County Heritage Gallery in March 2022. Photo by Jackie Wilson

One of her roommate's friends was in town for a video shoot when they used the bathroom, inquiring who painted it. After that, she painted a mural in the owner's home who shot the video.

From there, she took a "leap of faith" and opened a decorative painting and mural business. A friend in Beverly Hills encouraged her work, and she gained new clients.

"That's when faux painting was really popular," Spain said.

After doing mural and painting design work for 15 years, she put the career aside to focus on her art, which includes painting and other mediums.

"My art started taking off," she said. "I was determined not to be a starving artist."

She moved back to Des Moines and slowly built her art practice. She avoids being pigeonholed by just creating one type of art, as she's talented in various mediums.

"Being self-employed, I can design a mural, build a gate or paint a house out of necessity," she said.

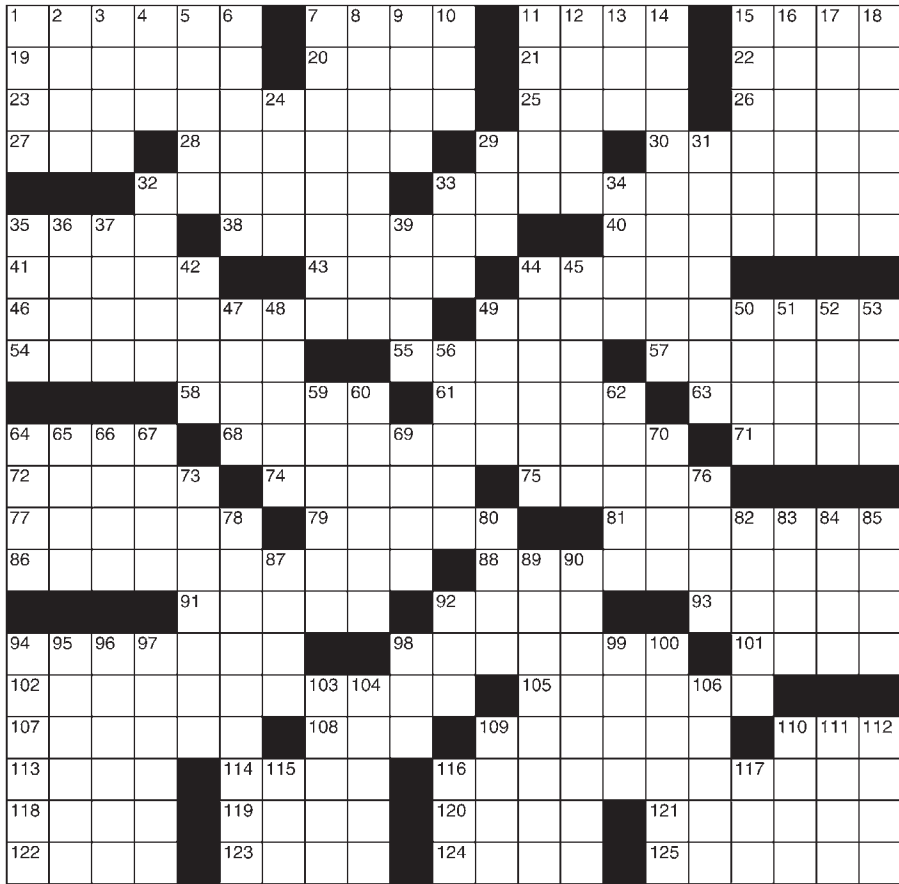
Her ideas and inspiration come from traveling the world. A recent trip to Spain and France was reflected in her most recent showing at Polk County Heritage Gallery last March.

"That's my vice — traveling — it's not a fancy car. Travel is central to my progress," she said.

As an artist, she relishes a full range of creativity in all her projects.

"My art isn't dictated by anybody. Nobody is telling me what to do. I have a lot of freedom with my art," she said. ■

PRIZEWORTHY



- ACROSS**

1 Classic Pabst beer brand

7 Place for hay or a choir

11 Facial mask offerers

15 Barter

19 Retort to "Am sol"

20 "La Traviata" solo, say

21 Many a smartphone message

22 By way of, for short

23 He played V in "V for Vendetta" [sci-fi writing]

25 Domain

26 German "a"

27 The, in Tours

28 Tarnish

29 Galahad's title

30 Tina of pop

32 Mogadishu resident

33 "Rags to Riches" singer [Broadway]

35 Capital of Italy, in Italy

38 Golfers' positions

40 Built on

41 Jungian inner self

43 Stallion, e.g.

44 Yellow shade

46 "Little Birds" actress [Canadian music]

49 Longtime member of the Four Tops [off-Broadway]

54 Fred dancing in films

55 Tile locale

57 Fly of Africa

58 Rice dish

61 Walton who wrote "The Compleat Angler"

63 Leaves port

64 Rub roughly

68 Ventriloquist with the
- dummy Charlie McCarthy [mystery writing]

71 Horse pace

72 "Incredible!"

74 Delight in

75 Bus stop

77 She's asked to "peel me a grape" in film

79 Call to a pig

81 1982 Dustin Hoffman film

86 "Shameless" actress [television]

88 "The Picture of Dorian Gray" novelist [film]

91 Panache

92 La -- Tar Pits

93 "The Piano" actor Sam

94 Remits in advance

98 Kids' racers on tracks

101 Lyric verses

102 American labor leader [French film]

105 Verbalized

107 Go- -- (no slouch)

108 Cager's hoop

109 Went flat

110 Be in arrears

113 Blind as --

114 Uncork, e.g.

116 What any of the eight people featured in this puzzle should be?

118 Dust particle

119 Blu-ray Disc producer

120 Work benefit

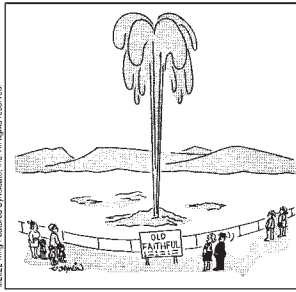
121 Puts into law

122 Squeezed (out)

123 Circus barker

124 Actress Harper

125 Least refined
- DOWN**
- 1 Witty Mort
- 2 Like facts
- 3 Rules, for short
- 4 1969 Beatle bride Yoko
- 5 "-- I love thee?"
- 6 Cooks, as asparagus
- 7 Kitschy 1960s light
- 8 First
- 9 High-quality
- 10 Gift label
- 11 Tarnish
- 12 "Firework" singer Katy
- 13 Tree topper
- 14 Governor's fiscal concern
- 15 "Tristram Shandy" author Laurence
- 16 Complained childishly
- 17 Actor Will of "30 Rock"
- 18 -- Rico
- 24 Amo, amas, --
- 29 Distress call
- 31 Strip down
- 32 Island group near Fiji
- 33 Summer shirt
- 34 Tiny toddler
- 35 Indian royal
- 36 Big burden
- 37 Breath freshener
- 39 Treble --
- 42 "Take -- from me"
- 44 On the train, e.g.
- 45 Illusion on a hot road
- 47 Sandusky's lake
- 48 Merges
- 49 Seep out
- 50 In good order
- 51 Move a bit
- 52 Capital of Norway
- 53 Sticky home?
- 56 Cuba -- (rum cocktail)
- 59 Tennis champ Andre
- 60 Courteous act, to a Brit
- 62 -- secret (didn't blab)
- 64 Judge's wear
- 65 "Pardon me"
- 66 Done the backstroke, e.g.
- 67 Prefix with 104-Down
- 69 House unit
- 70 Jordanian queen dowager
- 73 Major combat
- 76 Word before hall or crier
- 78 Jesuit college in Worcester
- 80 Part of NYSE
- 82 Attach with laces, say
- 83 Lost traction on the ice
- 84 Waste time
- 85 Bioelectric fishes
- 87 Tiara go-with
- 89 Five-armed echinoderms
- 90 Lots to leave autos in, to Brits
- 92 "Lowdown" singer Scaggs
- 94 World of Warcraft, e.g.
- 95 Nike rival
- 96 Grand home
- 97 Touched comfortingly
- 98 Jewel
- 99 Blabbed
- 100 Meat sticker
- 103 Boxing venue
- 104 Plastic for a waterbed
- 106 Suburb of Minneapolis
- 109 --'Pea
- 110 In time past
- 111 Makes moist
- 112 Word before while
- 115 "The Raven" poet
- 116 Inclined
- 117 Rustic denial



"It reminds me of when you "fixed" the _____."

SCRAMBLERS

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

- Murmur
- LUGGER
- Warble
- PIRCH
- Collect
- ANGLE
- Accuse
- AMBLE

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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: ♦

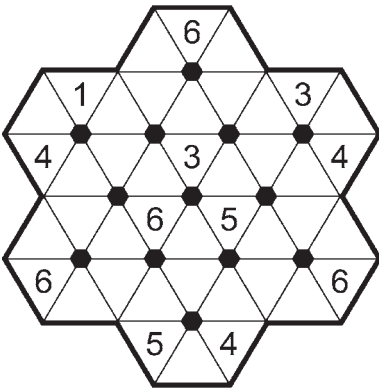
- ♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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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.

DIFFICULTY: ★

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

	-		×		9
÷		-		÷	
	×		+		15
+		×		+	
	+		×		11
10		20		2	

1 2 3 5 6 7 8 9 9

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JOE'S NEIGHBORHOOD

BY JOE WEEG

In the gutter in Dublin

It's difficult to see those stars when blocked by the ever-present clouds of COVID.

The rain is gentle in Dublin, Ireland, unlike the hard rain in Iowa this spring. The rain washes down the old slate roofs, flowing into gutters and spilling into private gardens hidden in the back of buildings. High stone and brick walls keep me from spying on people dallying inside those gardens as I look out a window high above. But there is nothing to hide today as most take cover from the rain while the gutters fill to the brim and the Irish green turns greener.

"We are all in the gutter, but some of us are looking at the stars."

This Oscar Wilde quote, carved in stone near Wilde's statue in Merrion Square Park, certainly sounds great. Who doesn't want to see stars? But, trust me, it's harder to see those stars when

blocked by the ever-present clouds of COVID.

Yup, COVID. Even though my wife is fully vaccinated and has two boosters on board, she was just diagnosed with COVID for the second time in the last six months. Really? Can't she get a break? I suspect the gods are frowning on her ill-advised marriage. But still. Really?

And to make matters even more daunting, my daughter and her partner, both living in Dublin, also tested positive for COVID. Yup, my family is a contagion.

And the cherry on top of this COVID sundae? We can't fly home to Des Moines. We have to cancel our flight and scramble for housing as my

wife sits in lockdown for the next 16 days.

Which leaves me. Unscathed. A thorn in all their COVID-sick sides. Footloose and fancy free in Ireland ... as long as I keep testing negative and wear a mask.

Which is why I'm in Merrion Square Park looking for good bread — "the staff of life," according to another Dublin writer, Jonathon Swift.

This is not a small matter.

Our daughter has already attempted to distract me with early morning Irish scones. Delicious in their own right. But not bread. Then she brought cinnamon rolls and donuts. Certainly a staple of the good life, but, let's face it, not bread. Then my daughter brought Irish




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Guinness, purportedly a beer that is the same as eating a loaf of bread. The jury is still out because of the need for multiple-day sampling, but I'm fairly certain it's not bread.

Where's the good bread?

Merrion Square park is tucked between massive homes that used to be where Oscar Wilde and William Butler Yeats and Daniel O'Connell lived and hung out. Of course, they were concerned with politics and writing and poetry, not food. Although, it was Oscar Wilde who said, "I can't stand people who don't take food seriously." So I'm looking to see if there might be good bread at the Thursday morning market in Merrion Square.

Leif Jensen hasn't begun selling yet. But I am drawn to stacks and stacks of heavy, crusty, just-made bread. The smell of sourdough and yeast is swoon-producing. The other stalls are just lifting their awnings. But Leif is ready to go.

"I am here because I was missing a good bread from home." Leif says in a German accent. "In Germany, we have a very high bread culture."

Leif actually left Germany 12 years ago as a chef.

"I worked in a lot of Michelin star restaurants. But I first left Germany to work as a chef on tall ships sailing around Scandinavia, the Mediterranean, and West Africa. I returned to Hamburg to be the head chef in a French restaurant. After that, I was a chef in Normandy, France, and then a chef in London."

I didn't tell Leif about my similar experience selling foot-long hotdogs around Iowa.

"But I was always traveling between these other countries and Northern Ireland because my wife lived there. Although, she is actually from Botswana."



Of course she is.

"She became pregnant, so I moved to Northern Ireland. And then, with all the COVID restrictions and my hunger for good bread, I decided to open a bakery. Now I am delivering to restaurants and cafes traditionally baked bread. The real bread."

I buy two loafs. Yup, he's not lying, it is the real bread.

Leif, what is next for you?

"I am 34. I'm trying to write a good life story. And I love to engage with people. Just yesterday, I had 15 young students in my kitchen as I taught them how to make sourdough bread. That is special."

Yes it is. A good life story. And it is special.

Leif goes back to selling bread, and I head back to our apartment.

Six days pass. Every day I have a negative COVID test. I eat Leif's bread. I walk in the rain. All is good.

On the seventh day, two colored lines appear in my test box. I'm positive for COVID. Aargh!

So now I stand in a shadowy alley in Dublin, masked and distanced, waiting for the side door to open so I can take a more definitive test as a marker to start the clock for qualifying to fly home. The graffiti-covered walls of the alley drip with the soft rain drizzling between the buildings. The gutters fill. There is not a star in sight.

But when I leave after my test, I take a wrong turn.



Wandering around the Temple Bar area in the rain, I come upon a closed bookstore — The Gutter Bookshop. Go figure. Named after that same darn Oscar Wilde quote about gutters and stars. I look inside the window that's holding in all those stories hidden behind their covers — as many stories as stars in the sky.

I make it back to our apartment — aka, the quarantine apartment — COVID central — the Dublin Annex for the Iowa Maximum Security Prison.

Safe and sound.

I cut a slice of Leif's bread. I watch the rain through the front window. And I think about Leif trying to live a good life story ... and other people I know and their good life stories.

Outside the window, the rain continues to softly fall. The streets fill with water. And the lamplights shine ... like stars?

At least that's the view from the gutter. ■

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



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BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

'How High We Go in the Dark'

Stories and people connected in surprising ways; the myths we tell ourselves even when reality is breathing down our necks; the absolute power of time. These are just some of the themes that explode from this shining debut book.

A plague that ravishes humanity may seem a bit on the nose for the moment, but the sweeping scale and powerful resonance Nagamatsu brings to his tale could not feel timelier and more urgent. This is an epic, interwoven series of stories that lead to both heartbreaking and surprising places. From an archaeologist in profound grief, to the remains of a family searching desperately for a new home, each story is both connected and stands on its own as a piece of a tale that seems to span all of humanity.

This book feels disjointed at times, until the end ties together both the melancholy and the hopeful bits that cross the centuries over which the story is set. It is a wholly satisfying ending — a rarity these days. I highly recommend this to anyone looking for a fictional way to process our recent troubled times. ■ — *Review by Julie Goodrich*



By Sequoia Nagamatsu
Jan 18, 2022
304 pages
\$27.99
William Morrow

'How to Read Now'

I love books about books. I like them even better when they are not the same old tired travelogue of classics with a bent toward old white men. My favorite, though, is an examination of society through the sharp-eyed lens of someone who can make me laugh out loud. Thankfully, Elaine Castillo manages all of those things so well in this new collection of essays that I feel like she wrote it just for me.

By turns painfully inciteful and uproariously funny, this careful and critical examination of modern literature is exactly what I did not realize I needed. There is more to reading than just bringing people together or seeing through another's eyes. The chance for unexpected intimacy, radical shifts in perception, complex emotions — these are all possible with a different view of my favorite hobby of reading.

There is so much in these connected essays that got me thinking about how I read, what I read, and even the pop culture I spend too much time consuming. If you are looking for something fiery and interesting that will definitely challenge your reading habits, this is an ideal choice. ■ — *Review by Julie Goodrich*



By Elaine Castillo
July 26, 2022
352 pages
\$27.99
Viking

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VA 2K WALK & ROLL

VA Central Iowa, Beaverdale
May 18, 2022



Carole Rowland



Erin Rieder and Shelaine Harbart



Daryan Schmidt, Jayme Brown, Shadonna Head and Teresa Glover



Paul Hamilton, Julie Cupp, Kyle Peterson and Stormy

Tallgrass continues a new concert tradition in WDM

Get ready for this summer's "Into the Woods."

In an interesting pondering of name origins, tallgrass prairie "is capable of supporting significant biodiversity. Parts of the ecoregion are among the top ten ecoregions for reptiles, birds, butterflies, and tree species."

Tallgrass Theatre Company (TTC) draws from that description, having sunken its roots deep into the West Des Moines community 20 years ago. Just as there is a movement to renew long-gone prairies with their tallgrasses, TTC has enhanced its community's cultural wellness with a steady, artistically appealing range of performing arts programming. Last year, a new variety popped through its cultural soil: its first musical theatre concerts at the Jamie Hurd Amphitheater on the City/School Campus, just one year after that new venue was christened. "The Bridges of Madison County: The Concert Version" (June) and "An Evening with Sondheim" (July) were resounding hits, and a new tradition was ready to grow. Get ready for this summer's "Into the Woods."

The concerts were a combination of pragmatism and an irresistible itch to get shows up and going again for this intrepid company. Their new performing hall would not be ready in 2021 for a show, the pandemic had quashed many productions during the height of its impact, and that venue was an intimate setting, not one suited for large musical theatre productions. TTC wanted to let central Iowa know that they did not disappear. They were ready to make their presence known.

"TTC already had a good working collaboration with West Des Moines Parks and Recreation with the Seedlings program," said Tom Perrine, the company's artistic director. The Seedlings program was an established children's theater program, introducing young ones to the benefits and appeal of performing arts.

"The (Jamie Hurd) Amphitheater was still fairly new, and everyone involved agreed that this was a great opportunity. Producing a musical event at the Amphitheater helped ease the concerns of audience members being seated in a closed theatre during a pandemic — being outdoors with plenty of seating area just seemed like a smart way to bring audience members back to live theatre."

Their instinct proved correct. TTC drew a stellar performing ensemble, and the hills truly were alive with the sound of music for their Sondheim show. Enter 2022. Another opportunity, and one the region is already eagerly anticipating. "Into the Woods" brings all the brilliance of Sondheim's music to life in a format that TTC can successfully produce. A hallmark of their steady growth includes many Cloris Award-winning shows, presented in their signature, intimate settings. While an amphitheater setting may not seem intimate, it is a refreshing and welcome expansion of TTC programming.

Lest anyone considering attending believes this is merely performers standing on stage singing songs, Perrine wants to educate.

"Producing a musical 'concert' performance is not much different than a fully staged production," he explained. "The costs for the rights for the show are the same, we are performing the entire show — all the dialogue, all of the music, memorized (as opposed to performing with librettos in hand). The rehearsal period is intense. There will be live musicians, all local. The production will be staged with minimal suggested costumes, some hands props, no scenery."

"We are adding a third evening for 'Into the Woods' — June 16, 17 and 18," Perrine continued. "A 'concert' version allows us to focus on the music, and the phenomenal amount of talented singers in the area."

So, while not wandering into any real wooded areas, this sounds like a perfect destination to experience one of Sondheim's great works. A rain date will be June 22.



Tallgrass Theatre Company presents a concert version of "The Bridges of Madison County" at the Jamie Hurd Amphitheater in West Des Moines in 2021. They will present "Into the Woods" there this season. Photo by Megan Helmers

Another noteworthy collaboration

The Des Moines Community Playhouse and Pyramid Theatre Company continue the growing series of cultural cross-pollinations in our community. Beaufield Berry's "Buffalo Women, A Black Cowgirl Musical Dramedy" opens Juneteenth and will be presented through June 26. It was workshopped at Omaha's Blue Barn Theatre in 2021. Now, central Iowa will have the opportunity to explore its rich historical themes: "Juneteenth. New lives. New freedoms." This captivating show delivers tales of black women of the frontier in the days after Juneteenth, finding a girl, faith, and their way. "Buffalo Women" is a tale of hidden figures living extraordinary lives on the frontier in 1865. Many have heard of the Buffalo Soldiers — take a more expansive dive into some fascinating history. ■

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



OVERHEARD IN THE LOBBY

Ankeny Community Theatre

• June 3-12: "Cry It Out"

CAP Theatre, Altoona

• June 3-12: "Into the Woods Jr."

Des Moines Community Playhouse/ Kate Goldman Theatre

• June 3-19: "Calendar Girls"

• June 19, 22-26: "Buffalo Women, A Black Cowgirl Musical Dramedy"; a coproduction with Pyramid Theatre Company

Des Moines Performing Arts

• Through June 5: "Hamilton"

DES MOINES FORGOTTEN

BY KRISTIAN DAY

Art in the Park in 1991

“You may recall there was some rain.”



The original Art in the Park. From the Des Moines Arts Festival Archive.



It's bittersweet to write this piece on the event that would eventually become the Des Moines Arts Festival (DMAF). Since 2011, I had been involved with DMAF and its Interrobang Film Festival as a programmer and event producer. In 2021, I retired from that position so I could focus on my film work and writing. As we are steamrolling into the summer of 2022, it is the first time in 10 years I have not been involved.

In 1983, before the Des Moines Arts Festival, as we know it today, there was Art in the Park. It had a few lives over the 30 years prior, including the All-Iowa Art Fair, Iowa Artists Exhibition, Iowa Artists Annual Show, and Iowa Art Show. The origins go back to 1953, when the Des Moines Art Center, wanted to celebrate its 10th anniversary with an event. It was held on grounds surrounding the Art Center including Greenwood Park.

Many of the same entertainment we experience today was around back then but at a reduced scale. Yes, there was a stage, but it was smaller. Yes, there were dancers, but they performed on the grass. Yes, there were more than a hundred artists, but they were spread out on the grounds of Greenwood Park.

Since my early days with the Des Moines Arts Festival, I have watched artist Judy Whipple sell out on opening day and have to leave the festival grounds to get back to her studio and paint more work. Her husband Joe would manage their tent while she would try to get more pieces completed as quickly as possible.

“I participated in Art in the Park from the beginning. Back then, one of the requirements to be a part of it was to have work in the Art Center Shop and/or have work on the walls in the main gallery,” Whipple said.



Eliot Nusbaum wrote in *The Des Moines Register* on June 2, 1983: “WHAT’S LEFT to be said about the Des Moines Art Center’s annual Art in the Park Fair? Well, it’s never been rained out... not once in its 30-plus years. So, set your alarm for early Saturday morning and plan to wash and wax the car, put up the screens and fix the shingles before heading over to Greenwood Park to take in the sights, food and entertainment — all starting at 10 a.m.” The rain could only hold off for so long.

“My husband and I used to attend that every year. It was a much smaller affair, of course, but it was in a lovely setting in the Art Center’s ‘backyard’... that is until the year that it rained and rained so the park was a quagmire. They put down straw to make a better surface, but then the sun came out and the temperatures climbed, and the straw began to smell,” said Jeannie Sheldon of Waukee.

In 1992, Art in the Park moved to the Iowa State Fairgrounds. In the Nov. 25, 1991, edition of *The Des Moines Register*, Kim Knutson, who was the events coordinator at Des Moines Art Center, was quoted: “The size of the fair and the number of visitors, the weather

and the impact on Greenwood Park... the park was extensively damaged last year — you may recall there was some rain — and the museum wound up spending a lot of money to repair and reseed the area.”

Art in the Park stayed at the Iowa State Fairgrounds until 1998, when it moved to the Locust Street, Walnut Street and Court Avenue bridges over the Des Moines River. This was also when the name changed from Art in the Park to The Des Moines Arts Festival. From 1998 to 2006, the festival lived on the river. However, once construction started and limited access to the bridges, the festival moved to Western Gateway Park and became the event we have experienced for 15 years. It’s still not a Des Moines Arts Festival without a storm to come through this city and remind us that we are just a guest in this world. ■

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



CARS IN THE CITY

ARTS & ENTERTAINMENT



Acura MDX A-Spec

Honda brand offers a solid ride.

BY JACKIE WILSON

I like the color red. So when I hopped into the Acura MDX with A-Spec package, I ogled over the red and black stitched interior. The exterior's premium platinum white stood out as well, with its pearlescent deep finish. It's not all about appearance, but when you're driving a \$60,000 vehicle, it'd better look outstanding.

Acura is considered the luxury brand of Honda, which is relatively new in the car manufacturing world and developed in 1986.

Initially, other foreign car manufacturers — such as BMW, Volvo and Mercedes-Benz — didn't think a Japanese car make could pull off a luxury brand. But Acura works.

Like other car models, their bestseller is an SUV: the MDX A-Spec. There are five different packages/trim levels. The test-driven A-Spec lands about in the middle of the price range.

New vehicles feel solid. The bucket seats (did I mention they were red?) consist of Milano premium leather with ultra-suede contrast stitching. The seats were so comfy compared to my 9-year-old sedan's nylon upholstered seats. The lumbar support hit the perfect spot on my aching back after spending all day hunched in the

garden.

The car takes off quickly and smoothly. The 290 horsepower V6 engine with all-wheel drive gives it “oomph.” A double wishbone front suspension means the front tires move independently, allowing for more precision while turning corners.

The paddle shifters take getting used to, when technically, you're not shifting a large gear stick. Comparatively, it's less work than pushing down the knob on your toaster.

As it was a sunny day, I opened the automatic panoramic moonroof. One unique feature is a moonroof retractable sunshade, so, if the sun is blazing hot, you just close the shade.

By the way, make sure you press the correct button to close the shade. I thought I was closing it, and, suddenly, I was connected to Acura Link, an app that connects with your vehicle. It asked if I had needed to make an emergency call to 911. Oops. Luckily, I canceled it in time.

Like many other luxury SUVs, the Acura MDX includes many safety features, with backup cameras, lane assist, pedestrian detection and more. With all the



summer road construction on Merle Hay Road, the collision mitigation braking system is tested continuously. As traffic crawled, the brake signal flashed on about a half dozen times in a four-block span. I found myself arguing with it — “What do you mean? I braked in time!” However, it did command my attention.

There's a wireless charging system, where you simply set your phone down and don't need to plug into a USB port. With its raised corners, it protects your phone from flying off the console during a hard turn.

The Acura isn't a top 25 best-selling vehicle. But the fact that it's made by Honda, the winningest brand in Car and Driver Magazine's 10 Best list, should be reassuring.

If you're looking for luxury and reliability — and a red interior — pick an Acura. ■

Media icon is also community hero

Lou Sipolt has quietly served in an endless number of Des Moines organizations.

In 1999, a dog named Louie was severely hacked by a machete.

How did radio host Lou Sipolt respond? He locked himself in a casket, entombed for three days.

“We went and had a radio promotion, and we buried ourself in concrete,” Sipolt said. He may have used the plural terms, but he was buried alone.

“I say ‘we’ a lot,” he confessed. “I don’t like taking singular credit for anything.”

Animal rights advocates needed 5,000 signatures to alert lawmakers to the issue of animal abuse. With Sipolt’s help, they secured 20,000.

Most Iowans will recognize Sipolt from his high-profile career on radio and TV. But beyond that — although he’d never admit it — Sipolt is an unsung hero in the Des Moines area, having leveraged his talents, platform and infectious compassion to benefit his community for nearly four decades.

“He’s humble in all he does, never wanting acknowledgement or thanks for his many efforts,” said Jeff Witzke, community/media relations specialist for St. Vincent de Paul and Disabled American Veterans. “He is loved everywhere he goes. I really think he has quietly become one of Des Moines’ favorite superheroes in all that he does to positively impact so many.”

“I love doing it, but I don’t like to showcase it — as long as the organization does well, and I can help them,” Sipolt said. “If I can’t help them, I don’t want to be in their way.”

And help them he does. His past and present involvement is overwhelming: facilitating free pet bed giveaways, emceeing fundraisers for the Animal Rescue League of Iowa, serving as a board member with Blank Park Zoo, and being devotedly involved with AHeinz57 Pet Rescue & Transport, Iowa Wildlife Center, Salvation Army, St. Vincent de Paul, Food Bank of Iowa — and the list goes on.

The subtlety of Sipolt’s volunteer work contrasts with the legendary volume of his career. It began at birth.

Sipolt’s father was the crew chief for Holman-Moody, Ford’s stock car division. The day Sipolt entered the world, one of the drivers built him a go-kart. When Sipolt’s younger brother was born, he received a go-kart, too.

“We were driving by the time we were 3 years old,” Sipolt said. “When most people were playing baseball, we were driving go-karts.”

In time, he and his two brothers were stunt car drivers known as the “World’s Youngest Professional Daredevils Stunt Driving Team.” In high school, Sipolt set a world record when he drove a car on two wheels for 7.5 consecutive miles at Pocono International Raceway.

Hop on Youtube and search “Lou Sipolt two wheel record,” and you’ll see a young Sipolt, nonchalantly cruising around the track at a perplexing angle. As he completes his record-breaking run, he spins his car and climbs out, waving victoriously to the cheering crowd packing the stands.

Sipolt would have pursued racing further if his media career hadn’t taken off. Although he never did abandon the sport — far from it. He is currently the president of the Dirt Truck Racing Association, heads a team with two dirt trucks, and frequents the PA booth at the Iowa Speedway.

How indeed did Sipolt end up in media? His fans can thank veterinary school for sending the Chicago native to Iowa.

Sipolt grew up wanting to help animals. But despite earning two degrees in pursuit of a veterinary career, radio always seemed to find him. He ended up as the general manager at the radio station at Cornell College, then at Iowa State University.



Lou Sipolt poses with Ozzie the “thera-pigeon” at the Animal Rescue League of Iowa’s “Raise Your Paw” Auction last April. Sipolt emceed the event. Photo submitted

While at Iowa State, Sipolt wrote a computer program to manage the station’s rotations, in the days when everything was filed through index cards. A colleague at Iowa State asked him to do the same at Des Moines’ classic rock station, KGGO.

“I didn’t charge them. I just did it and said, ‘Here you go,’ hoping to get concert tickets or something,” Sipolt recalled. “And they talked me into becoming a part-time DJ for them. One thing led to another, and before you knew it, I was filling in for the morning show host.”

Filling in transformed into a full-time gig: a morning show with Larry Morgan that ran for 10 years and became a cultural icon in Des Moines — and the avenue through which he met his wife, Kathy. Later, “Lou and Larry” became “Lou, Round Guy, and Heather.” The trio left radio for television in 2012, and Sipolt and Heather Burnside starred on Channel 23’s “Great Day with Lou and Heather” which became simply “Great Day.” Today, Sipolt hosts “Iowa Live” on Local 5.

Through it all, Sipolt’s mission has been the same: help others, help animals and help his community.

“Someone pointed out to me a while ago — doing what I do in media has helped more animals overall than I ever could’ve done as a veterinarian by myself,” he said.

This summer, Sipolt will host the American Heart Association of Iowa’s “Greater Des Moines Heart Ball” on June 11, Easterseals Iowa’s “Sunnyside Regatta” on July 14, Food Bank of Iowa’s “Smoke Out Hunger” on July 31, and Iowa C.O.P.S. “Black and Blue Ball” on Oct. 15. He showcases local businesses and organizations to uplift the community on “Iowa Live” every weekday at 11:45 a.m.

“There is nothing that compares to doing things for the community that really make a difference,” Sipolt said. “It is especially gratifying when it happens within the communities you call ‘home’ — a true sense of accomplishment for the betterment of others.” ■

PEOPLE & PETS

Corgi love

“Adopt A Corgi” group provides resources.

BY JACKIE WILSON

Stumpy legs and a full-sized body. That’s the reason Emily Orth likes her Corgi breed of dogs. The process of getting her two Corgis, Waylon and Piper, prompted her to start “Adopt A Corgi.” The Facebook group currently has more than 86,000 members and serves as a resource for current and potential Corgi owners across the U.S.

Before Orth acquired Waylon, she read three books about the Corgi breed. She knew they were herd dogs and difficult to adopt since the breed is popular, so she found a breeder with a Corgi. By the time Waylon was two years old, she was “itching” for a second dog.

“I knew I wanted to adopt. I tried to find any rescue, rehome or adoption site,” she said.

She found Piper with a rehome fee. A young woman had Piper, who was in dire shape.

“Piper lived in a kennel all day while the owner was at work,” Orth said. “After I took Piper to a vet, they said if I hadn’t gotten her, she would have passed away.”

It was because of Piper that she felt people needed more information about Corgis, which is why she started her Corgi Facebook group and Instagram page.

The group serves as a volunteer resource site so people can ask questions about Corgis.

“I want to be accessible to people if they need help with potty training or nipping. I try to be the advocate to keeping the pets in the home,” she said. “People are unsure of the breed. They are not a cute dog to have for looks. They are a working breed and like to herd you around the house. They aren’t always family-oriented, and hyper kids can clash. Some are rehomed because a Corgi nipped at a child.”

Both Waylon and Piper got along splendidly until Orth began working at home during the pandemic.

“The dogs stopped getting along. I worked with a behavior trainer,” she said. “The trainer observed Piper and thought she had a PTSD response, thinking she might get attacked again as she had in the past with a previous dog.”

Through Adopt A Corgi, Orth partners with other Corgi groups across the U.S., looking for Corgis to be adopted or rehomed.

“It’s frustrating. In the Corgi world, there’s none up for adoption,” she said.

People also share their Corgi success stories through the group. Personal emails and texts offer updates about Corgis adopted from the site.

“It’s a great feeling,” she said. “I used to cry in the beginning because I got so excited to hear success stories. It’s validating to show what I’m here for.”

Orth works with anybody local who needs help with a Corgi. One owner whose Corgi had lost its back legs needed a wheelchair fitted for a dog. Within a few days, Orth had a service lined up for them.

Orth said owners can feel stressed when their dog acts up.

“People can feel vulnerable at a stressful time,” she said. “I love to help. It never gets old. I’m excited about helping out the breed.”

To keep up with Orth’s Corgis, follow @Waylon.Piper on Instagram. ■



Orth’s second Corgi, Piper, was rehomed after being found in bad shape with her previous owner.



Emily Orth got Waylon from a breeder after she realized it is difficult to find Corgis for adoption.

The power of the dark side

Bad guys from “Star Wars” do good.

A long time ago in a galaxy far, far away... the “Star Wars” saga was born, and a cult following developed soon after. Not quite as long ago — in 2018 — Ryan Toney began building his first Star Wars costume.

Toney, who resides in Ankeny, is part of the 501st Legion, a worldwide costuming organization founded in 1997 with units on six continents, 69 countries and nearly 15,000 members. His local group, the Korriban Squad in the Central Garrison, has 60-plus members.

Each member owns at least one approved screen-accurate “Star Wars” costume, the majority of which are hand-built.

“These aren’t costumes where you could go into a Spirit Halloween store and pick something up,” said Toney, who serves as Garrison Merchandising Officer.

Toney has five approved costumes: Imperial Bridge Crew member, Biker Scout, TIE Pilot, TIE Reserve Pilot, and, of course, Darth Vader.

No, Toney isn’t fixated on the bad guys — the 501st focuses on the evil characters in the “Star Wars” universe. But while they may dress as villains, members of 501st are quite the opposite.

“The majority of what we do is kids events and charity work,” Toney said, “where we volunteer our time to just show up and make people’s lives just a little bit happier.”

The 501st encapsulates its mission in its motto, “Bad guys doing good.” While some costuming groups face the risk of intellectual property rights violations, Toney says Lucasfilm — the company that owns the Star Wars brand — “tolerates” the 501st because of the good work they do. In fact, the 501st is Lucasfilm’s preferred Imperial costuming group.

The work has been rewarding for Toney. His group has made appearances — always free of charge — at libraries, sporting events, fundraisers and more.

“We get a lot of chances to interact with kids of all types and different ages, including adults,” he said. “They see you and, immediately, they flash back to the first time they saw ‘Star Wars.’ They light up.”

Toney began participating in events over May the Fourth weekend in 2019. Because of the weekend’s significance in the “Star Wars” fandom, Toney attended six events over two days. The highlight: visiting patients at Blank Children’s Hospital.

“We just got to light up their day,” he said. “Just walked around the hospital for a couple of hours and gave

out hugs and high fives.”

Toney also enjoys meeting fellow costumers around the world, both online and through various in-person banquets and conventions.

“[It’s fun] being able to talk to them like you’ve always been friends, even though you’ve never met this person,” he said.

One thing costumers can bond over? The great commitment their hobby requires. Hand-built costumes tend to be pricey; Toney estimated having spent upwards of \$20,000 on his five costumes.

To get a costume approved, members must meet ultra-specific guidelines outlined in the Legion’s Costume Reference Library. The library determines three certifications for each character, beginning with a screen-accurate look at the most basic level, to the top tier that Toney deemed “absolutely crazy.”

For example, a level three certification for a Darth Vader costume includes requirements like these: “An odd number of cape chain links should show (more specifically five or seven) and it should be hooked onto the cape hook on the chest armor via through the center of the center link... The center of each coin slot [in the chest box] should have square corners, and contain a semi-translucent red material.”

Aside from including impressively intricate details, many costume parts are created from 3D printed and vacuum-formed plastic. And because plastic isn’t exactly breathable, Toney called the experience “extraordinarily hot.”

“Most of the time, most of us are wearing four to five different layers of items,” he said. “Some people have fans inside their helmets. I know there’s a Vader in Cedar Falls that has an ice vest he wears to keep cool.”

The uncomfortable costumes are worth it, though. In fact, they’re

The Korriban Squad will be at the following events this month:

June 3: Summer Kick Off Party, 6-8 p.m., Polk City Square, Polk City

June 14: Jedi Training Summer Camp at Jester Park Nature Center, Granger

June 18: Waterloo Bucks Star Wars Night, 6:30-9 p.m., Riverfront Stadium, Waterloo

so good that Lucasfilm sometimes relies on the 501st to provide characters at official events. Watch closely in season one of the popular series “The Mandalorian” — episodes 7 and 8 feature costumers from the 501st.

“They needed extra stormtroopers,” Toney said. “Instead of having to make the costumes and ship the costumes out to the shooting location, they called on the local 501st Legion garrison.”

Those interested in joining the Korriban Squad in central Iowa can visit www.centralgarrison.com. Members must be at least 18 years old.

“We’re a little bit weird, but we’re very open to other people,” Toney said. “Once you’re in, it feels like a second family.” ■

Ankeny resident Ryan Toney models his screen-accurate Darth Vader costume, worn as part of the 501st Legion costuming group. Photo submitted



Members of the 501st Legion exclusively portray villains from the “Star Wars” universe. Photo submitted



WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

Living with allergies

Sniffle, sneeze, cough — repeat. As warmer temperatures finally roll around, not everyone is celebrating. Many Iowans suffer an onslaught of symptoms in reaction to pollen, grass, dust, dander and other allergens. For some who suffer from food and drug allergies, the consequences can be not only bothersome, but fatal. ■



KAY THOMAS

Omnipresent maple trees

As Kay Thomas turned the corner into her 30s, she discovered an allergy to boxelder trees. Since these trees are part of the maple family, she must consider herself allergic to all maple trees.

Thomas didn't think much of it until one day, when she was on a road trip.

"As soon as we parked, and before I could even get out of the car, my eyes started watering, and I started gagging, there was so much drainage in my throat. I couldn't even talk," she remembers.

Thomas has a maple tree in her front yard, which may explain why she's sick all the time, she admits. The neighbors all have maple trees as well.

Relief comes via her chiropractor and a daily antihistamine. For now, her best bet, she says, is simply prevention.

But no matter what, Thomas still lives in Iowa, a state loaded with maple trees. A change of address isn't in the works. Yet.

"At some point, when I retire, I will probably research what states have the least amount of maple trees and potentially move," she says.

Source: Urbandale Living May 2022; by Darren Tromblay



LIZZY VELEZ

Allergic to cleaning

Lizzy Velez had an allergy-free childhood. In her 20s, she developed what she thought were seasonal allergies.

"It wasn't until about four years ago, at 33, that I saw an allergist, and it was discovered I am allergic to dust mites and cats, but not anything outdoors," she says. "The doctor told me that I was allergic to my house — and especially to cleaning."

While it might seem like an easy solution to get rid of the cats, Velez says her family is very attached to the felines.

So, instead, she keeps her clothes in drawers away from cat hair and dander.

"My laundry has to be folded and put away immediately after taking it out of the dryer," Velez explains. "If I let it sit in the basket for a day or so, I have to re-wash everything."

Sadly, she also can't pet or touch her beloved cats. But there's a bright side.

"I have a really good excuse to have my kids sweep, vacuum and do laundry," she says. "Mom's allergic to it. Doctor said so."

Source: Norwalk Living May 2022; by Lindsey Giardino



KEVIN TURNER

Shots combat seasonal suffering

The cycle of seasonal allergies has gone on for most of Kevin Turner's life.

"I'm allergic to every grass and tree native to Iowa, along with dogs, cats — you name it," he says.

He gets allergy shots about every three weeks and waits 30 minutes for a reaction. So far, it seems to work.

"I've got four more years of shots. I'll test again to see where we're at," he says. "It's a big time and expense commitment."

As he was used to sneezing up to 500 times a day, Turner says his son, who also has allergies, can tell his dad is getting better.

"My 9-year-old can see a difference," he says. "He told me, 'Dad, I think I'm going to do allergy shots.'"

Turner says he wishes he'd tried the treatment when he was younger.

"Don't wait," he suggests. "If the process of getting relief is through shots, hurry up and do it. Your body doesn't become immune. I felt relief after the first year. I wish I would have done it a long time ago."

Source: Jordan Creek Living May 2022; by Jackie Wilson



LAUREN NACHMAN

Celiac disease

Lauren Nachman grew up with a tree nut allergy. That was easy compared to her most recent diagnosis of celiac disease, which is technically not an allergy.

"Unlike allergies, there is nothing that can relieve this stress on my body if I'm 'glutened,' " she says.

A big misconception is that it is just a food allergy.

"In reality, the symptoms and damage can be much more long-term. I also struggle with communicating the severity, as 'gluten-free' is also viewed as a fad or voluntary diet," she explains. "I have to be very careful to communicate that I'm gluten-free for medical reasons and not voluntarily."

She's worked with a dietitian to figure out what foods she can eat. She's grateful when restaurants and food manufacturers disclose gluten in their products.

"I appreciate how people and restaurants acknowledge gluten allergies," she says. "I tried every gluten-free noodle, looking for one that doesn't fall apart. It's been fun trying to find replacements for recipes."

Source: North Polk Living May 2022; by Jackie Wilson

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get the **JOB**

Helpful tips for your employment search

3 tips for getting the most return on your college degree

(BPT) - With the rising cost of education, you might be thinking, is college really worth the investment? If you're heading to college soon and trying to figure out what your ideal degree will net you, here are a few considerations to keep in mind.

1. Research majors and corresponding career opportunities. A recent study by the Federal Reserve analyzed college majors that offer the most earning potential after graduation. Chemical engineering, aerospace engineering and computer engineering topped the list of degrees with the highest salaries for college graduates. Others near the top of the list included pharmacy, computer science, business analytics and finance.

"When deciding on your college major, don't solely focus on careers and salary. Take into consideration what you're most passionate about," said Brittany Mills, assistant manager of education lending at Navy Federal Credit Union. "Keep in mind that your interests may change throughout school, so be flexible and open to expanding the skills you want to build after graduation."

Additionally, some lenders provide online job search training and resources as a student loan benefit.

"For example, all Navy Federal student loan borrowers have access to a Career Assistance Program,

which allows them to search for jobs, get interviewing tips and assistance building a resume and much more," said Mills.

2. Weigh benefits of the type of school and hybrid vs. in-person learning. The College Board reported that tuition and fees was \$10,740 for in-state students at four-year public colleges, compared to \$38,070 for students at four-year private colleges in the 2021-22 academic year.

By attending school in-state, you'll save on transportation, as well as room and board if you live at home. But if you prefer to get the college experience away from home, an out-of-state college may be a good choice. Community colleges and trade schools also provide hands-on training and certificate programs for different skilled careers, if that's of interest to you.

Many schools are now also offering the option to attend school virtually or a hybrid environment (combination of in-person and virtual learning). As these options can save you money on your overall education expenses, be sure to factor them into your decision. Make a list of pros and cons to determine which kind of school best fits your budget and lifestyle.

3. Explore financial aid to lower college costs.

"Covering college looks very different for everyone, so

take time to understand the types of financing in the market and how to apply for them," said Mills.

Student loans are just one of several options to choose from when deciding how to pay for college.

Federal student loans are funded through the U.S. Department of Education and require you to complete the Free Application for Federal Student Aid (FAFSA). Private student loans are available through a bank or credit union, and are based on your creditworthiness. Private loans can be a great tool to fulfill any unmet funding needs after you've received financial aid through federal loans, grants, scholarships or the Post-9/11 GI Bill.

"We provide loans for a semester or the entire academic year up to the school-certified cost of attendance," added Mills. "We also offer in-school repayment options and a 0.25% interest rate reduction for setting up automatic payments to help reduce overall loan costs."

In the long run, exploring your passions and potential career possibilities will give you a solid plan for determining whether college is the best investment for you and your finances. ■

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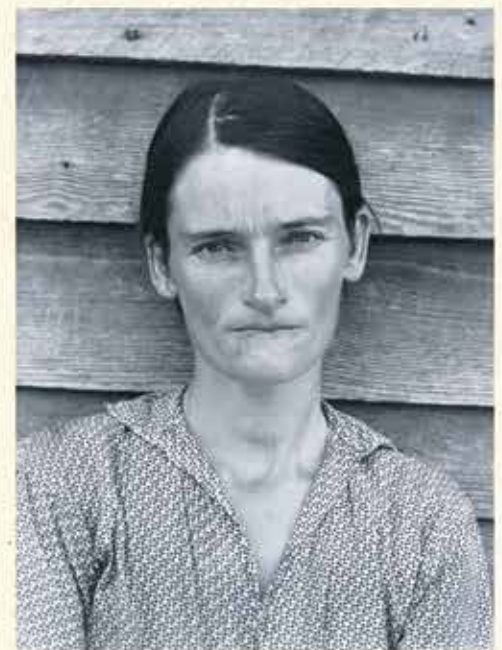
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UPPER

Jaune Quick-to-See Smith (American, born 1940)
Indian Heart, 1993

Lithograph and color photocopy collé on paper
29 7/8 x 22 1/4 inches

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LOWER

Walker Evans (American, 1903–1975)
Tenant Farmer's Wife, Alabama, 1936, printed 1971
Gelatin silver print / 10 x 8 inches

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