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JULY 2022

CITYVIEW

Your city. Your style. Your news. We are Des Moines!

A ballerina in a dark blue tutu is captured in a graceful dance pose on a stage. She is seen from the back, with her arms raised and hands open. The background is a dark, textured wall. The word "Dancing" is written in a large, white, cursive font across the middle of the image, and "IN DES MOINES" is written in a smaller, white, sans-serif font below it.

Dancing IN DES MOINES

The allegros and adagios
of professional dance in
central Iowa

FEATURE

CHOICE Awards recognize
the people and food institutions
of our city and state.

DES MOINES FORGOTTEN

KRNT Theater was a place
where people could see
Grandpa Jitters for 25 cents.

EVENTS

The Summer Stir
traveling cocktail party returns
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PHOTO BY RYAN MORRISON

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FROM THE PUBLISHER

CITYVIEW celebrates 30 years

CITYVIEW reaches an important milestone this month with its 30-year anniversary. Yes, it was July of 1992 when I read the first copy of CITYVIEW and then tried to diligently convince the local businesses advertising in it that my employer, The Des Moines Register, had a better option to promote their goods and services with its DATEBOOK publication. Like my Register co-workers at the time, I was convinced no other publisher could possibly ding the armor of Des Moines' daily newspaper. I was wrong.

At the time, CITYVIEW was owned by Business Publications Corporation, Connie Wimer's niche publishing company that focused mostly on The Business Record newspaper. Wimer is savvy and passionate, and she surrounded herself with other savvy and passionate people who cared about Des Moines and Iowa and the publishing industry. One former staffer told me, "You can't swing a dead cat in this town without hitting someone who once worked for CITYVIEW."

For a short time in 2001, I was one of them. I worked for Wimer, mostly managing the sales efforts for her niche publications and events but also helping out as needed with The Business Record and CITYVIEW. I enjoyed my time there, but I wanted to be the employer rather than the employee. So, three years later, my partners and I acquired CITYVIEW.

For the 12 years up to that point, Wimer allowed her editors and writers to experiment with CITYVIEW in an attempt to provide an alternative to the established news media in the city. Sometimes it worked. Sometimes it didn't. The publication didn't always fit well with Wimer's mix of publication titles and often caused headaches in her social circles. Regardless, she deserves credit for rolling the dice and establishing the CITYVIEW name.

For the following 18 years, I have been trying to give CITYVIEW a different feel. Sometimes it has worked. Sometimes it hasn't. But the publication does fit well with our mix of titles, and, once we were able to get the right people in the right places, it served as a springboard for us to launch new publications, too.

Today, CITYVIEW represents about 20% of our company revenues, but it continues to be our flagship publication, and we are proud of its history and looking forward to its future.

Some people say time flies when you are having fun. Well, we are enjoying ourselves so much that we don't even look at the clock — except every decade or so.

Happy 30th anniversary, CITYVIEW. ■

Shane Goodman
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
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EDITOR / PUBLISHER
Shane Goodman

VICE PRESIDENT
Jolene Goodman

STAFF WRITER
Sofia Legaspi Dickens

EDITORIAL CONTRIBUTORS

Douglas Burns
John Busbee
Kristian Day
Jim Duncan
Randy Evans
Lindsey Giardino
Julie Goodrich
Becky Kolosik
David Rowley
Colson Thayer
Darren Tromblay
Joe Weeg
Jackie Wilson

SALES MANAGER
Pat Checketts

ACCOUNT EXECUTIVES
Megan Pugh
Nick Noah

DESIGN MANAGER
Celeste Tilton

ADVERTISING DESIGNER
Jayde Vogeler

DIGITAL
Beckham Miller

BUSINESS OFFICE
Brent Antisdell

DISTRIBUTION MANAGER
Ken Landgrebe



ADDRESS: 8101 Birchwood Court, Suite D, Johnston, Iowa 50131

PHONE: 515-953-4822 **FAX:** 515-953-1394

WEB: www.dmcityview.com

EMAIL: editor@dmcityview.com

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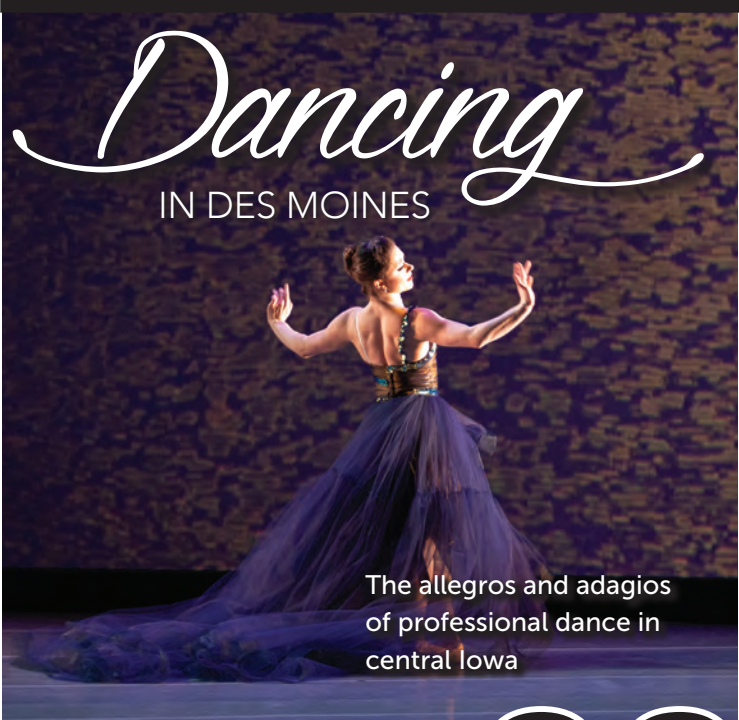


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The allegros and adagios
of professional dance in
central Iowa

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DANCING IN DES MOINES

The allegros and adagios
of professional dance in
central Iowa

Cover photo by Ryan Morrison

Start your morning off right with an update from the daily umbrella

Brief updates on local news, weather,
events, career opportunities and the
morning chuckle.



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Brought to you by the publisher
of CITYVIEW and the Iowa
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PHOTOS BY SARAH RIPPERGER

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THE FACE OF TATTOOS & PIERCINGS

Lucky Gal Tattoo & Piercing

Front row from left: Amy Ross, April Jeske, Ricky Hathaway, Michele Puisner, Abriana Timm, Macee Puisner, Ron Macken, Cody Anderson, Cait-O Conner and Denver Anderson. Back row from left: Henry Kaufmann, Chris Puisner, Charlie Fuller, Kendall McKay, Tanner Saltzman, Galen Thornburg, Ryan Anderson and Derek Mills

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Lucky Gal Tattoo and Piercing is a locally owned tattoo and piercing studio that helps make your tattoo vision become a reality. Each artist works closely with clients to assure their utmost satisfaction from design to completion of their tattoo. Chris and Michele Puisner, owners of Lucky Gal Tattoo and Piercing, promote a family-friendly, health-inspected and respected atmosphere at each location.

Lucky Gal has 16 knowledgeable artists and five full-time piercers spread over its four locations — Ankeny, Des Moines southside, Des Moines eastside and Clive. Their Ankeny location also offers laser removal for tattoos and body hair as well as medical reconstructive tattoos for those who have experienced a mastectomy and/or reconstruction.

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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmccityview.com.

Q. I've always wondered about those blue signs announcing gas stations and restaurants along the interstate. Do businesses have to pay for those?

A. They're called "logo signs," and the Iowa Department of Transportation (DOT) charges businesses \$230 per sign, per year. Businesses often have a set of four signs, totaling \$920 per year. According to Brooks Glasnapp, advertising management supervisor for the Iowa DOT, fees haven't been raised since 1996.

The logo program began in the 1970s and now generates approximately \$750,000 of revenue per year. Where does all that money go? As it turns out, not very far.

"The revenue is earmarked for a special fund that is not mixed with other road use or taxpayer funds. The funds pay for the administration of the program and also for the regulation of private billboards adjacent to the highways," Glasnapp said. "The program operates at essentially 'revenue-neutral.'"

The Iowa DOT doesn't utilize a rotation system as other states do. If a business wants its logo on the panel (which has a maximum capacity of six logos), it's left to chance in a DOT lottery drawing during the rare events vacancies do appear.

Businesses must also meet a plethora of requirements to qualify. A 5,500-word document includes guidelines on location — a maximum of three miles from the exit (one mile if in an urban area) — and a long list of specifications for each of the business categories: gas, food, lodging, camping and attractions.

Q. I'd like to know what the cost is to Des Moines taxpayers for repair and replacement of those traffic signs that are posted on the ends of raised medians on the busy streets around town. The signs seem perpetually to get knocked down in a matter of days after they are put up and re-welded to their base by a crew of workers. Because of this, the signs seem not to be functioning in any manner helpful to traffic safety.

A. Here's the answer we received from Chris Poole, State Traffic Engineer with the Iowa Department of Transportation (DOT): "We estimate that signs like this get knocked down about once per month on our primary roads in Des Moines, and an individual sign repair takes about 15 minutes to complete. The cost of a repair varies between \$100-\$200 depending on whether the sign, the post, or both, need to be replaced. Repairs are paid for out of the DOT's operating budget, which is funded primarily by vehicle registration fees and state taxes collected on gasoline sales."

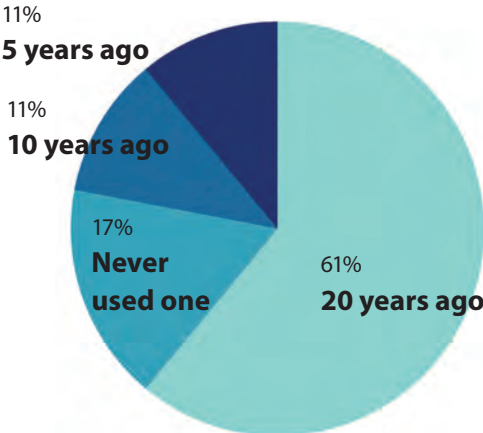
The DOT handles repairs to signs on state highways, including those running through Des Moines. The City of Des Moines handles repairs on other city streets. We reached out to City Traffic Engineer John Davis for these numbers but did not receive an answer by press time. ■

YOUR VIEW

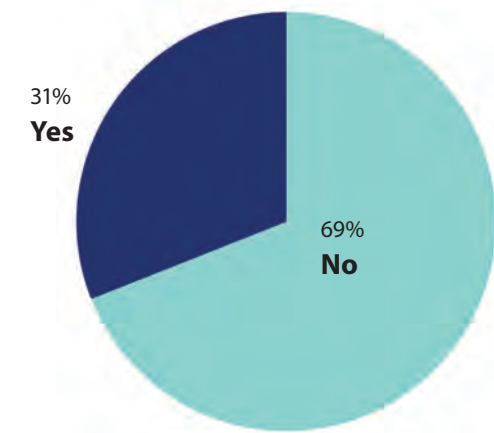
POLL POSITION

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

When was the last time you used a pay phone?



Do you currently, or have you ever, owned a gun?



cityview magazine (comments unedited)

Cityview Magazine: What are your favorite minority-owned businesses in the Des Moines metro?

- Dominic Rizzuti Jr.:** No such thing ... We are all American. This is a racist question. Trying to divide
- John Price:** In 1790 Congress declared only "free white persons, who have, or shall migrate into the United States" were eligible to become naturalized citizens. Italians faced horrible racism in America, especially darker skinned Italians. As far as recognizing minority businesses being racist in a white dominated power structure, it doesn't fit in the definition of racism, it's white fragility.
- Adam Jay:** I don't ask who owns the business, if it is a good business, I spend my money there. If it is not, I don't go there. I don't really care who owns it, or what they look like.
- Tony Pelham:** 100%. Kinda felt icky even reading the post.
- Susan Miller:** Or, could be trying to spotlight those businesses for future customers.
- Micklus Noble:** Hot tamale catering!
- Nicole Reinier:** Lifestyle Juices over by Drake
- Richard R. Mockobee:** Universal Barbershop hands down these guys are the best barbers in the Metro
- Holly Forsyth:** Beauty By Lyssi
- Danielle Adam Freeman:** Maccabee's

Cityview Magazine: What are your thoughts on greyhound racing?

Bari Lloyd: My grandpa is in the greyhound racing hall of fame. He was banned from being at the races because he yelled so loud at his dogs that he scared the others! His dogs just knew to keep going. I don't think he pampered his dogs but they weren't abused. But this was a long time ago.

- Dan Gregory:** Animal cruelty
- The Abandoned Iowa Project:** Seems irresponsible in a time when diesel prices are so high.
- Jordan Anthony Reeves:** Those buses aren't very fast anyway.
- Jana Happold Kooker:** The races go a lot faster than the horse races. Fun to wager on.
- Kurt Nicholson:** That's soooo 1982!

Cityview Magazine: What are your top three local restaurants?

- Cinnamon Dickens:** Classic: Felix & Oscar's. Newer: Fresh Mediterranean Express in Waukee. Even newer: Little Brother in Windsor Heights.
- Manda Miller:** F&Os, Little Brother, Angry Goldfish
- Jan Fox:** Cool Basil, cool basil, cool basil
- Kirby Brown:** 1) Pyra, the little Neapolitan pizzeria in Norwalk with the world-class dough and fresh made sauces, nobody has dough this spectacular outside of maybe a couple bakeries in France or Naples Italy 2) Flying Mango because of the creativity and care that goes into their specialty dishes and their world-class, one-of-a-kind bbq dishes, specialty cocktails and curated wines. 3) Harbingers because nobody else has that level of pure talent.
- Freddy Green:** Surprised no one said Smokey D's ?
- Amy Luebbert:** El Michoacano, Gursha, Lola's Fine Kitchen
- Carol Meyer:** Simon's, Christopher's, Greenbriar or Latin King
- Bret Dublinske:** Harbinger, Lucca, Panka (at least until Table 128 re-opens.)
- Cristy Bidler:** Kathmandu, The Olympic Flame, Hana Ramen Sushi
- Emma O'Neal:** Iowa Beef Steakhouse, Trostel's Greenbriar, Sakari

RETWEETS (comments unedited)



- @daemoni3**
[spelling bee]
judge: your word is "redacted"
me: ■■■■■■■■■■
judge: [looking around nervously] that's correct
- @Fulkery1**
Humans use the term "invasive species" like somebody invited them to all 7 continents.
- @Browtweaten**
date: I'm an archaeologist
me: my career is also in ruins
- @Browtweaten**
it'd be impossible to tell if a sloth was clapping sincerely

- @PopeAwesomeXIII**
Okay YouTube, if I'm gonna watch a 20-minute video and you want to show me a 15-second ad, fine, I'll wait. But if I'm going to watch a 2-minute video, that ad better be no more than a single frame of someone shouting "PIZZA HUT!"
- @jlock17**
Your car will never make that noise for the mechanic. Your car is like "That's our special noise. I only make that noise for you."
- @greek_heanen**
Everything is about balance. A sombrero with strawberries on the one side and melons on the other, can and will cause you certain problems, I know this now

- @emanbelanger**
me: *falls down stairs*
kind stranger: oh, you poor thing!
me: *tears in my eyes* why did you have to bring my finances into this
- @Rollintheseat**
[Spelling bee]
Judge: Your word is 'Invulnerable'
Me: "I-N-V-U-"
Judge: I am pretty awesome.
- @UnFitz**
They call it a Caesar salad because it's as bad for your health as receiving 23 separate stab wounds.

STRAY THOUGHTS

BY RANDY EVANS

Like it or not, we are all in this together

What is happening to us? What passes for public discussion these days certainly is not civil or thoughtful. Nor is it really much of a discussion.

If you read the comments from some supposed leaders, you find references to the members of the other political party being our enemies. It's not just Republicans doing this. It's Democrats, too.

Enemies are those people on the other side of the guns in a war. Our enemies are not the people in our own state, or around the nation, who disagree with us on some issue or another.

Nor are these people we disagree with lunatics, morons or imbeciles. They are not crazy, crooked or unpatriotic.

We would not think of using terms like these to describe our neighbors, or those serving us at the coffee shop, or ringing up our purchases at the grocery store.

So, why do we think this is acceptable when our political leaders do it?

The growing use of incendiary descriptions of people we disagree with is hurting our nation. It is long overdue for our mothers or grandmothers to grab us by the ear and lecture us about the importance of civility, politeness and the Golden Rule. They need to shake us by the shoulders and tell us to remember we are all in this together.

It wasn't always this way — even during some of the most trying times in our history. An unlikely friendship that sprang up under unlikely circumstances in an unlikely place provides a wonderful example for all of us.

Alan Simpson was born in 1931 and grew up during the Great Depression in the rugged remoteness of Cody, Wyoming. Norman Mineta was born in San Jose, California, also in 1931, and grew up there.

Mineta's parents came to the United States from Japan in the early 1900s. His father opened an insurance agency in San Jose, and Norm joined the family business after military service and college in the 1950s.

Simpson's ancestors were living in Wyoming for several decades before it became a state. The family business has always been the law. (His grandfather once prosecuted the outlaw Butch Cassidy.) After military service in the 1950s, Alan became a country lawyer.

How did a first-generation Japanese-American from California and the member of a pioneer Wyoming family become buddies? Thank the attack on Pearl Harbor and the U.S. government's misguided response back home to the surprise bombing by the Japanese navy.

President Franklin Roosevelt signed an executive order two months after Pearl Harbor that relocated 120,000 U.S. residents of Japanese descent to protect the U.S. homeland from possible espionage or saboteurs. Simpson reminded Cowboy State Daily readers recently, "Don't forget, we were at war with the Germans, but we couldn't tell who they were. And we were at war with the Italians, but we couldn't tell who they were. But we could sure as hell know who the Japanese Americans were, and they came to get 'em."

Ten "relocation camps" were built in remote areas of the West to house these Japanese American families. One camp, called Heart Mountain, was northeast of Cody. It had rows of military-style barracks surrounded by a barbed wire fence and patrolled by armed guards. The camp's residents included 10-year-old Norman Mineta, his four siblings and their parents, along with about 11,000 other Japanese Americans.

Families tried to live as normally as possible. Mineta, like other boys at the camp, participated in Boy Scout activities there. Sometimes, Scouts from nearby Cody would go to the camp to participate in those activities.

One who did was a kid named Al Simpson. The friendship between Mineta and Simpson blossomed over knot-tying, camping and other Scouting endeavors in the high country of northeastern Wyoming. The friendship flourished in Washington, D.C., in the halls of Congress 30 years later and lasted right up to Mineta's death last

month at age 90.

"It was the oldest friendship I had," Simpson told the Cowboy State Daily after Mineta's passing.

When Mineta was elected mayor of San Jose in 1971, one of the notes of congratulation came from Wyoming from a lawyer who identified himself as "that fat kid from the scout troop in Cody."

Mineta went on to represent California in the U.S. House for 20 years. He then served as commerce secretary under President Bill Clinton and transportation secretary under President George W. Bush.

Simpson represented Wyoming in the U.S. Senate for 18 years and remembers the phone call he received after his first victory. "When I got elected to the Senate in 1978, Norm called me and said, 'Boy, this is great. We'll both be in Congress together.' I said, 'It'll be great for the country and for us.'"

And it was.

Mineta was a true-blue Democrat; Simpson is a Republican. Together, the two engineered passage of a 1988 civil rights law that provided \$20,000 each in reparations to Japanese-Americans who were incarcerated at the relocation camps in the western U.S.

Mineta went on to lead the U.S. Department of Transportation through the chaos after 9/11. In 2010, a dozen years after Simpson retired from the Senate, President Barack Obama asked him to co-chair a bipartisan commission to recommend ways to reduce the federal deficit. The recommendations were derailed in Congress, however, by the same political pressures that paralyze us today.

Through everything, Mineta and Simpson showed that a friendship built on their shared interests, rather than emphasizing their differences, can last — for 80 years, in their case. ■

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



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CIVIC SKINNY

BY CITYVIEW STAFF

Prairie Meadows Casino gambling grows. Greyhound racing concludes. DART evolves.

Ever wondered about surveillance at **Prairie Meadows Casino**? With the jaw-dropping amount of cash traveling through the establishment every day, it's no wonder the casino needs an equally astonishing amount of surveillance to discourage criminal activities. Technology includes 1,264 cameras, five LPRs (license plate capture cameras), 12 servers and 47 switches, according to a report from Vice President of Security **Clint Pursley** in March. All in all, the casino records more than 11 million hours of video per year.

Prairie Meadows certainly cannot be too cautious regarding the copious amounts of money that comes and goes — but mostly stays. The financial year 2021 was the casino's "best year in history," as reported by Vice President of Finance **Elaine Castelline**. The company's December 2021 year-to-date financials showed \$243.4 million in net revenue. The bulk of that came from gaming revenue: 88 cents of every \$1 comes from the casino floor, which added up to \$225.4 million in 2021

— the highest in the state, trailed by \$204.8 million from Horseshoe Casino in Council Bluffs. Other sources of revenue come from Prairie Meadows' food and beverage departments, racing and simulcast racing, sportsbook, hotel and events center.

With the first quarter of 2022 seeing 6.8% increase in total revenue compared to 2021, Prairie Meadows is able to allocate more than ever toward its grant programs. And CEO Gary Palmer, who plans to retire at the end of 2023, received a 5% salary increase — plus an \$800,000 bonus, approved unanimously by the board.

So, despite Prairie Meadows being a non-profit entity surrounded by for-profit competitors, can Iowans conclude that gambling is profitable in their state? The answer is yes, definitely, and without a doubt.

Meeting minutes of the Prairie Meadows board of directors are available at prairiemeadows.com/about-us/our-company/meeting-minutes. ...

Speaking of gambling, greyhound racing recently

came to an end in Iowa. Dubuque's **Iowa Greyhound Park** held its last races in May, nearly four decades after it first opened in 1985. The sport's popularity has steadily declined in recent decades amidst the rapid expansion of alternative gambling options, plus growing concerns of animal cruelty. Dog racing is currently illegal in 42 states, and by 2023, West Virginia will be the only state with an active track.

At its peak in the 1980s, Iowa had three active tracks in Council Bluffs, Waterloo and Dubuque. Participants wagered \$66,892,630 on live races in Dubuque in 1988. In 2021, that number dropped to \$1,824,552.

How does greyhound racing work?

You'll find the roots of the sport in hare coursing, an English hunting technique related to fox hunting. Modern greyhound racing emerged in 1912, with the dogs chasing an artificial lure suspended above an oval track. Greyhounds wear muzzles during races to prevent injury, but the breed is reportedly docile by nature.

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Animal rights advocates' main concerns are the greyhounds' quality of life during training and racing, plus their fate once their short careers are over.

Alan Hill has been involved with greyhound racing since 1983 and owns Superior Kennel in Radcliffe with about 25 dogs. Hill serves on the Iowa Greyhound Association Board of Directors and plans to continue racing in West Virginia.

"Raising puppies — it's just like one of your kids," Hill said. "When you go watch them race, it's like going to a track meet when your child is running."

In response to the public's concerns on animal cruelty, Hill explained said his dogs were raised in "wide open fields" and kenneled when it came time to race.

"The reason we do it is to make sure they get well-rested for when they are going to compete," he said. "They love it — when they go in the kennel, they want to go in there and sleep and get ready for racing. They know what's happening."

Hill's greyhounds are turned out five times per day and sprinted two to three times per week.

"They love their life," Hill said. "We spoil them a lot."

As for retired greyhounds, Hill said 100% of his were adopted out. Heartland Greyhound Adoption in Bondurant facilitates foster homes and adoptions for retired racers. Information at heartlandgreyhoundadoption.org. ...

The evolution of **Des Moines Area Regional Transit (DART)** continues.

The organization recently proposed its pilot DART On Demand service in West Des Moines. The point-to-point service allows riders to book smaller transit buses within a specified transit zone. It differs from DART's previous On Call service in that riders can book in real-time and hours are extended.

DART On Demand first launched in Ankeny last fall and received positive feedback with ridership tripling over the last six months, according to **Luis Montoya**, DART's chief planning officer.

In West Des Moines, the new DART On Demand transit zone would eliminate the fixed Route 72, which loops through Jordan Creek Town Center, the University Avenue medical corridor, Valley West Mall and Valley Junction.

According to a March 2022 report, the discontinuation of Route 72 would impact an annual ridership of 15,517. Note: that number includes the total rides taken, not

individual riders. DART does not break down its performance data by community or individuals.

"We just don't have that level of granularity," Montoya said.

A public survey conducted last month regarding DART's proposal received mixed results, including concerns from riders who regularly utilize Route 72.

"We've tried to explain that we're not eliminating transit access for them," Montoya explained. "We're just asking them to use a different type of service."

If approved, Montoya said West Des Moines likely wouldn't see these changes implemented until 2023. Decisions are ultimately made by the DART Commission, composed of government officials from each of its 12 member communities. The \$1.75 fare would remain stable and existing bus passes apply across both on-demand and fixed route services.

The operating cost of DART's current On Call services were reported as \$25 per customer. Since DART on Demand is relatively new, Montoya said costs have yet to be calculated but are hoped to be less.

Speaking of costs, DART hopes to diversify its funding model to reduce reliance on taxpayers. During its 2022 fiscal year, DART reported 64.1% of its revenue coming from local property taxes, 18.7% from federal funding, 12.8% from fares and contracts, and 4.3% from state funding. Montoya said finding alternative revenue options would require working with the state legislature.

A 92-page Transit Optimization Study published by DART last spring further outlines future recommendations. In the seemingly distant future are autonomous buses; in the nearer future are electric vehicles — currently in its pilot stage, according to Montoya.

As urban sprawl continues, more communities may see the switch to on-demand mobility services. However, Montoya said the traditional transit system will always remain.

"We believe that fixed route is always going to be the backbone of DART's service," Montoya said. "There's no more efficient way to serve corridors and major destinations than fixed route."

Those who wish to provide their input can contact DART customer service at 515-283-8100 or dart@ridedart.com. ■

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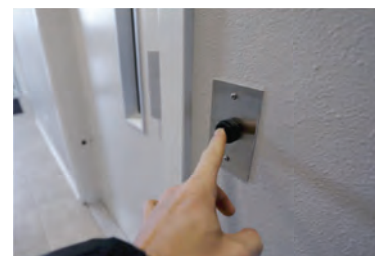
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COMFORTABLY DUMB

BY BRUCE QUAST



"So you've had some experience with vulcanizing?"



Takeaways from the Iowa Democratic Party State Convention

Deidre DeJear can win the governor's race.

Cocooned in angry social media corners, divided by geography and race and tribal fractions large and small, most Iowans, either consciously, or in spite of themselves, know this ugly brew we are collectively stirring is as exhausting as it is unsustainable.

They long for optimism, an Iowa they remember, or never knew. This optimism, a forward-motion default personality setting, is a shared trait Deidre DeJear and Eric Van Lancker bring to the Democratic gubernatorial ticket.

Yes, they come to the political partnership with decidedly different backgrounds, experiences, but they are hard-wired in the same way — and it is in this way: both DeJear and Van Lancker assume they are meeting people at their best during stops around the state, whether formal settings or in chance conversations.

Entering Hy-Vee Hall in Des Moines early Saturday morning (June 18) I noticed everyone in masks — something we haven't seen in some time.

The reason: the party imposed a mask requirement, and some attendees were intent on enforcing it, even in unofficial capacities, as a fellow member of the media was scolded for not getting a mask back on quickly enough after drinking his coffee.

The party, of course, has the right, and yes, even evidence, perhaps, to institute the mask mandate, but it came across, as much of what the Democratic Party does in Iowa today: disconnected.

The nomination of Deidre DeJear as the first Black candidate for governor of a major party in Iowa is a historic moment for all Iowans.

The attendance at the convention (400 delegates) did not meet that moment — with as many empty chairs as you'd see at a kid's dance recital where all the step moms and step dads (who don't really want to be there) were given a pass. Many counties sent paltry numbers to the convention. DeJear addressed it herself with class at the beginning of her remarks.

"Let's talk about those folks who aren't here today, but let's not throw dirt on their names; let's not shame them," DeJear said. "Let's talk about how we can do a stronger job of making sure they are seated where we are in the future."

We hear a lot of high-mindedness from Democrats on race. I guess it's easier for many, in the chase for those "likes," to fill their social media feeds with "ally" comments than show up for the convention where

DeJear would have benefitted from a larger supporting audience — one she deserved. Several key officeholders in the Democratic Party were noticeably absent. Do they not want to be photographed around people with masks? Or are they considering a triangulation strategy — running as Democrats, but not getting too close to DeJear?

It's hard to reconcile the thinking of people in the party who stand for Juneteenth but were not sitting in the chairs for the convention.

The retirement of Tom Harkin, a liberal lion of Iowa politics and the U.S. Senate itself, looms large. The party has been searching for the next Harkin since he left the scene in 2014, the year U.S. Sen. Joni Ernst, R-Red Oak, won her first election.

Harkin had an instinctive connection to working-class Iowans. At the ground-breaking for his Harkin Institute in Des Moines, well after his retirement from public life, I watched as Harkin stood and talked to two working people, shovels in hands, about their families, the project — a genuine conversation with no political gain, no photos — as well-heeled community leaders and prominent Democrats walked across University Avenue for a gala in a Drake University library. Harkin followed them 10 minutes later, after he talked to the working people, making his way across the street alone.

That's why Tom Harkin is Tom Harkin. Anointing a successor is a fool's errand, a ridiculous reach for a comparison that can never be made both because of the man himself — and the times in which he served. We hear echoes of Harkin in other politicians. J.D. Scholten comes to mind. But in this cycle, the candidate with perhaps the firmest grip on the Harkin mantle is Christina Bohannon.

"One of the happiest days of my life is when we went from our single-wide trailer to a double-wide," Bohannon said in fiery speech as an Iowa Democratic congressional candidate with references to her hard-scrabble youth.

She has the biography and the instincts to connect with working people in the state. It should help her in the 1st District.

What's the deal with Eric Van Lancker's bow tie?

Many newspaper editors (think Art Cullen) have worn bow ties. That goes back to the older days of American journalism when editors didn't want long ties getting caught in the ink and machinery of publishing. After a media gaggle, I chatted a few minutes with Van Lancker. "What's the deal with the bow tie?" Van



Democratic candidate for governor Deidre DeJear and the candidate for lieutenant governor in the party, Eric Van Lancker, the Clinton County auditor, talk with the media at Hy-Vee Hall in Des Moines Saturday, June 18. Photo by Douglas Burns

Lancker said he and his daughter both enjoy selecting and talking about clothes. That they bond over it. His daughter persuaded him to wear a bow tie once, and it just stuck, became a fun, father-daughter routine.

Democratic candidate for U.S. Senate Mike Franken, a retired admiral from western Iowa, delivered a powerful line on the insurrection at the capitol on Jan. 6, 2021.

"Jan. 6 was an assault on democracy," Franken said. "Senator (Charles) Grassley needs to come clean, and I believe this state deserves someone who would sit in that Speaker's chair on Jan. 6 and not leave, stay in the chamber."

Congresswoman Cindy Axne is the lone voice for Iowa Democrats on Capitol Hill.

"We have one federal Democrat left in Iowa — you're looking at her," Axne said.

Axne joined one Iowa Republican — Grassley — in supporting the federal infrastructure package. She will have ample projects to spotlight.

Axne is as skilled as any politician I've covered at explaining the inner workings of Congress, actual legislation. She makes it understandable and connects legislation to Iowans' lives in a way that sticks. That ability was on full display in a convention speech Saturday. She will need it in a tough fight for the 3rd District. ■

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



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

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

THINGS TO DO



Photo by Ben Easter for DMMO

DES MOINES METRO OPERA

Various dates in July
Blank Performing Arts Center
513 N. D St., Indianola

DMMO's 50th summer season will include four productions, beginning with "Porgy and Bess" featuring Simon Estes as Lawyer Frazier and a cast of 60+ of today's most remarkable Black operatic talent. This will be followed by "A Midsummer Night's Dream," featuring John Holiday of NBC's "The Voice." Then, "A Thousand Acres" will make its debut, based on the 1991 Pulitzer Prize-winning novel by Jane Smiley. Finally, DMMO will perform the new opera "American Apollo." Details at dmmo.org.

- July 8, 14, 16, 21, 24: "Porgy and Bess"
- July 10, 15, 23: "A Midsummer Night's Dream"
- July 9, 13, 17, 19, 22: "A Thousand Acres"
- July 20, 21, 23: "American Apollo"



Photo courtesy of Windsor Heights foundation

NIGHTS IN THE HEIGHTS

Tuesdays at 7 p.m.
Colby Park, 6900 School St., Windsor Heights

The Windsor Heights Foundation will host its Tuesday night concert series, with food trucks and free popcorn, starting at 7 p.m.

- July 12: The Flying Silos
- July 19: Burnin' Sensations
- July 26: Sons of Gladys Kravitz
- Aug. 2: Dick Danger Band

CENTER STREET FARMERS MARKET

Wednesdays, 4-6 p.m.
Oakridge Drive between 15th Street and Keo Way

A new farmers' market facilitated by Oakridge Neighborhood will feature vendors selling produce, eggs, dairy and meats, baked goods, health smoothies and juices, hair and body care products and more. The market will accept EBT SNAP cards and offer Double Up Food Bucks. Community partners will also be on hand to share timely and useful resources. The market will run through Sept. 14.



Photo by Kathryn Gamble for LSI



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.

- Tuesday, July 12 at 6:38 p.m. vs. Buffalo Bisons (Blue Jays)
- Wednesday, July 13 at 6:38 p.m. vs. Buffalo Bisons (Blue Jays)
- Thursday, July 14 at 6:38 p.m. vs. Buffalo Bisons (Blue Jays)
- Friday, July 15 at 7:08 p.m. vs. Buffalo Bisons (Blue Jays)
- Saturday, July 16 at 6:08 p.m. vs. Buffalo Bisons (Blue Jays)
- Sunday, July 17 at 1:08 p.m. vs. Buffalo Bisons (Blue Jays)
- Tuesday, Aug. 2 at 6:38 p.m. vs. Toledo Mud Hens (Tigers)
- Wednesday, Aug. 3 at 12:08 p.m. vs. Toledo Mud Hens (Tigers)
- Thursday, Aug. 4 at 6:38 p.m. vs. Toledo Mud Hens (Tigers)



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



BELIN QUARTET

July 15, 19, 26

Various locations

The Civic Music Association's Belin Quartet will perform three more concerts this month:

- **Friday, July 15, 10:30 a.m.:** Children's Concert, Saint-Saëns Carnival of the Animals at Des Moines Central Library, 1000 Grand Ave., Des Moines
- **Tuesday, July 19, 5:30 p.m.:** Mozart String Quartet No. 22 in B-Flat major, K. 589 at Salisbury House & Gardens, 4025 Tonawanda Drive, Des Moines
- **Tuesday, July 26, 5:30 p.m.:** Mendelssohn String Quartet No. 3 in D major, Op. 44 at Salisbury House & Gardens, 4025 Tonawanda Drive, Des Moines

CHRISTMAS IN JULY

Saturday, July 16, 11 a.m. to 2 p.m.

Evelyn K. Davis Park, 1400 Forest Ave., Des Moines

The Salvation Army and Douglas M. Woods will present a free event with food, fun and giveaways. Guests will enjoy a free lunch, ice cream from the Outside Scoop, a toy from Santa, live baby reindeer, bounce houses, street hockey with Iowa Wild, soccer with Des Moines Menace, and photo opportunities with Santa, Spider-Man and Elsa. Sponsored by Fareway, Mediacom, FOX 17, MidAmerican, Community State Bank, Green State Credit Union, Evelyn K. Davis Center for Working Families, UnitedHealth and others. Information at centralusa.salvationarmy.org/desmoines.



Photo by Gil Lea for Maxheim Photography

BEAVERDALE BLUEGRASS FESTIVAL

Saturday, July 16, 5-10 p.m.

Tower Park, 4900 Hickman Road, Des Moines

The Beaverdale Bluegrass Festival returns for its seventh year. This event is free and open to all. Beer will be available for purchase and food trucks on hand. Bring blankets, lawn chairs and water. Musicians include:

- Joseph Huber (Wisconsin), 8:45-10 p.m.
- Miles Over Mountains (Chicago), 7:30-8:30 p.m.
- Lori King & Junction 63 (Upper Midwest), 6:15-7:15 p.m.
- The Cardinal Sound (Des Moines), 5-6 p.m.



SPICE FEST

Saturday, July 16, 1-6 p.m.

Exile Brewing Company, 1514 Walnut St., Des Moines

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Photo by Kye Edwards

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, July 9 at 7 p.m. vs. St. Croix SC
- Saturday, July 16 at 7 p.m. vs. Peoria City

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trauma, PTSD, perinatal mood disorders, chronic pain, first responder mental health, relationship issues, grief and loss. As the need for mental health care continues to increase, Good Life Therapy has responded by expanding to a second office location. We are excited to welcome several new therapists and a medication management provider this fall. If you are considering starting counseling, give us a call!

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Dancing

IN DES MOINES

The allegros and adagios
of professional dance in
central Iowa



By Sofia Legaspi Dickens

This year, Ballet Des Moines celebrates 20 years since its founding and 10 years since its professional debut. Des Moines may boast the only professional ballet company in Iowa, but reaching this point was far from a waltz in the park. Beneath the dizzying whirls of tutus and gravity-defying grande jetés lay the gnawing anxiety omnipresent in the arts: funding.

PHOTO BY RYAN MORRISON

THE BALLET'S BEGINNINGS

The city's present-day dance industry began with one woman. Circa 1965, local dance teacher Mary Joyce Lind committed to bring Des Moines' ballet company to a ballet festival in Kansas City.

The only problem? A company didn't exist.

That didn't stop Lind, who gathered a corps of 10 girls for the performance. Three weeks later, the Des Moines Civic Ballet Company was formally founded. The company presented Des Moines' first locally staged performance of "The Nutcracker" in 1966.

Those who promote the arts often go un-thanked. For Joyce, her efforts were purely for the love of dance; she provided artistic direction free of charge for the ballet's first decade. Without a permanent home, the fledgling company taught classes in schools in exchange for studio space. Fast forward to today: Ballet Des Moines employs 18 artists and administrators, with a permanent space near Valley Junction.

But we're getting ahead of ourselves.

Back to 1978. It's been 13 years since Lind began the company now known simply as the Des Moines Ballet. To the shock of many, the board votes not to renew Lind's contract, and Jorge Samaniego takes her place at the company's artistic helm. Under his guidance, the ballet cements its reputation as a truly professional company. The ballet inaugurates the newly opened Des Moines Civic Center, performing the venue's



Elizabeth Harano Adams performs as Juliet in Ballet Iowa's 1992 production of "Romeo & Juliet." Julie Grooters, second from left, dances as a handmaiden. Photo submitted

first show in 1979.

The next years are a flurry of faces. Artistic directors Stephan Laurent and Ken Oberly come and go, and so do the dancers, both Iowa-grown and imported from across the country. Among the home-grown group are sisters and West Des Moines natives Julie and Lori Grooters — remember those names for later.

Among the imported group was Elizabeth Harano, now Adams. She fondly recalled the synergy between dancers from Ballet Iowa and other area dance organizations, like the Neuman Dance Project and Co'Motion Dance Theater in Ames.

"It was really cool to have all of that going on. There was a lot of dance actually happening around — and it was really high level," Adams said. "We all kind of helped each other out."

Through the 1980s and early 1990s, Des Moines' young ballet company forged through the tumult of shrinking and growing budgets. They renamed themselves Ballet Iowa in 1990. The troupe staged world-class classical and contemporary ballets, traveling the country on tour. Whispers of financial distress became shouts. It all came to a point under the leadership of Konstantin Uralsky, who hailed from the renowned Bolshoi Ballet.



Lori Grooters in Ballet Des Moines' performance of "Cinderella" in 2014. Photo by Ryan Morrison

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THE BALLET'S FOLD

What took 30 years to build crumbled within days.

Following years of financial mismanagement, newspapers began highlighting the \$600,000 of debt incurred by Ballet Iowa. The company canceled five shows mid-season in March 1997. Soon after, Uralsky, several staff members and all 23 professional dancers were let go. Followed by a trail of debt winding through the city, Ballet Iowa was unable to recover.

From the company's ashes rose the Vine Street Ballet school, an attempt to reestablish a professional ballet in the city with its offshoot, Des Moines Metro Dance Theatre. However, crippled once again by underfunding, the company shut its doors before it could even launch.

In 2000, the dilapidated Ballet Iowa building on Grand Avenue in West Des Moines was torn down, and the final remnants of professional dance in Des Moines were lost.

Cameron Miller and Savannah Cox performed in "Of Gravity and Light" with Ballet Des Moines last April. Photo by Ryan Morrison



THE SHOW MUST GO ON

Even as Ballet Iowa fizzled out, the fight for dance spread like wildfire across central Iowa. Inspect the faculty lists of today's area dance schools, and you'll trace roots back to Ballet Iowa, Mary Joyce-Lind or her teacher, Rose Lorenz. Many of these studios collaborate to present performances with Iowa Dance Theatre, a community-based company founded by Lind after being pushed from Ballet Iowa. Teachers and students perform with other semi- and pre-professional productions by the Pointe Academy Dance Ensemble, the School of Classical Ballet and Dance, Hurley & Dancers, Yaro Dance Company, Iowa Youth Ballet and many more.



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THE BALLET'S REVIVAL

Enter Julie Grooters.

After dancing around the world, the former Ballet Iowa artist returned home to open first a ballet school, then the Ballet Theatre of Des Moines in 2002, restarting the process of building a professional ballet from scratch.

Meanwhile — in Oklahoma, Julie's younger sister, Lori, had been dancing for the Tulsa Ballet. She'd met and married fellow dancer Serkan Usta, whose background is an entirely different story. In brief: a Turkish-born troublemaker raised in an orphanage moves to the United States on a scholarship to become a ballet star.

Grooters and Usta moved to Des Moines to become part-owners at Julie's school in 2004, and a year later, the directorship of the ballet company also fell into their laps. The couple rebranded the Ballet Theatre of Des Moines as Ballet Des Moines (BDM).

Rebuilding a professional ballet was no small feat. Although some years had passed since Ballet Iowa's fold, investors and donors remained wary.

"We'd go and try to get donations," Usta recalled. "They would always pat me and Lori

on the shoulders: 'Hey, ballet, it's a hard one — good luck with that.' "

But try they did. With an army of volunteers and a vigilant financial strategy, BDM slowly built support and funding. They spent their early years as a civic — not professional — company, and the husband-wife duo used their Ballet Tulsa connections to the fullest. Young local dancers comprised the corps of their ballets, while the company contracted professionals from Tulsa to dance as guest stars once their own season was over.

"Those principal dancers were my friends, and they would stay in our house, downstairs; I'd cook for them," Usta said. "And we would just show the community what they can have."

For some shows, Grooters and Usta emerged from retirement to dance the principal roles themselves. It wasn't until 2012 — a decade after BDM's founding — that the company was able to hire six of its own resident dancers. Today, BDM is home to eight professional dancers and one apprentice who perform four mainstage productions per season and several other events throughout the year.



Serkan Usta and Lori Grooters served as Ballet Des Moines' artistic directors for 16 of its 20 years to date. Photo by Jami Milne

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A DANCER'S LIFE

The life of a dancer can be unforgiving. A typical day for a BDM dancer starts with company class at 10 a.m., followed by rehearsals through 2 p.m., a short lunch, and more rehearsals until 5 p.m. For Cameron Miller, who joined the company in the spring of 2021, the remainder of his day is filled with keeping in shape at the gym, teaching at a local dance studio and serving part-time at a cocktail bar.

“Unfortunately, doing what you love doesn’t always come with a high paycheck,” Miller said, also citing the challenge of constant self-scrutiny. “Looking at yourself every day in the mirror for six, seven, eight hours can put a lot of mental strain on you.”

Plus, a dancer’s career is short-lived. Only 26 years old, Miller is already one of the oldest dancers in BDM, and he must take special care to avoid injuries.

Adams, who was a principal dancer with Ballet Iowa until 1994, recalled surviving off unemployment insurance during summer layoffs.

“I did that for six years because ballet is seasonal work,” she said. “So you just assume you’re going to be unemployed during the off-season.”

Despite the struggles, many continue to perform, teach and promote dance — through the injuries, part-time jobs, criticism and uncertainties. Even in the peak of the COVID pandemic, Ballet Des Moines managed to provide performances that were broadcast through PBS (and nominated for a Midwest Emmy).

The stubborn tenacity of dancers and dance-lovers is rooted in a deeply held conviction in the performing arts.

“Dance is very important in the community,” Usta said. “It’s a soul need; it’s not a luxury.”

THE BALLET’S EVOLUTION

Last summer, after 16 years with Ballet Des Moines, Usta and Grooters stepped down as artistic directors, due to conflicting visions with other leadership regarding the future of the company. They plan to focus on their dance school, which recently presented its first full-length story ballet. The couple also hopes to establish another nonprofit dance company, although plans have yet to be set.

In the meantime, BDM forges ahead with its new artistic director. Tom Mattingly came to Des Moines from Madison (Wisconsin) Ballet last November and is ready to take BDM to “the next level.”

For him, that looks like showcasing a more diverse range of choreographers and voices, both on and off the stage.

“I think the community is ready to be challenged a bit

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artistically,” he said.

Audiences got a taste of that change during Mattingly’s first “Nutcracker” last December. The Act Two celebration of sweets that traditionally included Spanish Chocolate, Arabian Coffee and Chinese Tea was replaced by graceful does, swirling betta splendens and sparkling dragonflies.

“We reimagined the storyline of ‘The Nutcracker’ to eliminate what can often be very hurtful and racist caricatures,” Mattingly said.

Last April, the company concluded its season with “Of Gravity and Light,” which became the most highly attended contemporary show in its history. The interdisciplinary ballet combined a brand-new score, video installations, and more than 30 on-stage musicians to portray the science and mystique of the cosmos. BDM recently announced a summer tour that will bring “Gravity” across the state, concluding in Des Moines on Aug. 3.

THE FUTURE

Prior to the pandemic, BDM passed its first ever budget topping \$1 million. But, Mattingly said, it all comes down to taking calculated risks and targeting the right audience — all while keeping a careful eye on financials and avoiding an encore of the past.

“As a newer director, my No. 1 goal is: don’t put the company in debt, don’t tank this company!” Mattingly said, laughing.

And each day that Des Moines’ professional dance scene grows, hundreds of aspiring dancers train, scattered across dozens of studios, dreaming of their time in the spotlight.

“We’ve graduated some amazing dancers out into the professional world, and it’s because we’re able to have performances. What we don’t have is audiences,” said Adams, who now directs the Pointe Academy in West Des Moines. She deemed it the “Iowa inferiority complex,” the phenomenon prompting talented artists to emigrate from the state. “It’s unfortunate that people aren’t aware of all the amazing stuff that’s here in Iowa.”

Ultimately, the success of professional dance in a city depends on the support of its community. And while dance in Des Moines may be young in that regard, Mattingly seemed confident in its future growth.

“The response and the support from the community is really overwhelming,” he said. “It gives me such confidence, moving forward with the company, that we can keep building and building and building. I really do think that Ballet Des Moines can be the most envied small ballet company in our region.” ■



Tom Mattingly directs Ballet Des Moines dancers in their studio near Valley Junction. Photo by Jami Milne

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GATEWAY DANCE THEATRE

Celebrating 50 years of moving to the rhythms of the world

BY SOFIA LEGASPI DICKENS

While ballet and modern companies ebbed and flowed in Des Moines, there was a different type of dance group that chugged along — slowly and steadily. Gateway Dance Theatre (GDT) utilizes multiple art forms to enrich lives through residency programs, workshops, classes and outreach events.

GDT marks its 50-year anniversary this year. Its founder, Penny Furgerson, said the company's greatest accomplishment was surpassing its first month.

Furgerson came to Des Moines from Mumbai in 1956 and is trained in classical Indian dance. She didn't plan to start her own company, but a lack of diverse dance opportunities prompted her to explore the possibility.

"When you say 'dance,' people think of tutus and ballet slippers. So I was trying to explain to [people], there's dance all over the world," she said. "I felt when I came here, people's perception of dance was very Eurocentric, even now. And so I want them to see that there's more to it."

The "more" manifests itself in a rich fusion of worldwide dance forms: African, Asian, and Caribbean, just to name a few. But as Furgerson pondered over the last five decades of GDT, the list of dance styles the company has performed was too long to recount.

"If you're looking for specific dance names, you won't find them because it's always a mix of different cultures," said Debina Nath, associate director of GDT. "If we're doing a modern dance, we might add hand gestures of Indian dance into it."

GDT choreographers and instructors come from near and far. Some are natives of the country whose dances they share; others have studied internationally. But wherever they're from, GDT's artists work faithfully to maintain the integrity of each culture.

The company defies traditional expectations not only in dance styles, but also its members. Dancers of all backgrounds are welcome, from those with decades of experience to those who have never stepped foot on a stage. Currently, the group's oldest dancer is 75 years old, and its youngest is 4. Inspired by the likes of Arthur Mitchell, Katherine Dunham and Alvin Ailey, inclusivity is key in GDT's membership.

"As I like to put it, we're the America of dance companies — we're the melting pot," said Sydney Furgerson, Penny's granddaughter and GDT's program and project coordinator.

This month, GDT will present the classic Indian play "Shakuntala." The company first performed the love story in 2016, not knowing how audiences would receive it.

"We didn't typecast at all," said the elder Furgerson. "Shakuntala happened to be Indian. The hero was Brazilian, her brother Chinese, her father African American."

Despite GDT's work, its leadership said Des Moines still has a long way to go in promoting diversity in the arts. Twenty years from now, Furgerson hopes to see "all kinds of dance" celebrated in the city.

"I think we've got some excellent dancers that you only see during the heritage festivals," she said.

Furgerson emphasized that diverse performances will only become mainstream as Des Moines residents get involved — whether as a dancer, audience member, volunteer or donor.

GDT will present "Shakuntala" at 7:30 p.m. on July 9 at Westminster Presbyterian Church, 4114 Allison Ave., Des Moines. More events will be soon announced, and classes are offered weekly on Wednesday evenings. Find information at gatewaydance.org, or email info@gatewaydance.org. ■



Gateway Dance Theatre performs a fusion of worldwide dance styles. Photo by Eric Salmon

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To learn more about Penny Furgerson and Gateway Dance Theatre, turn to CITYVIEW's "Neighbors" section on page 93.

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PHOTOS BY PAT CHECKETTS



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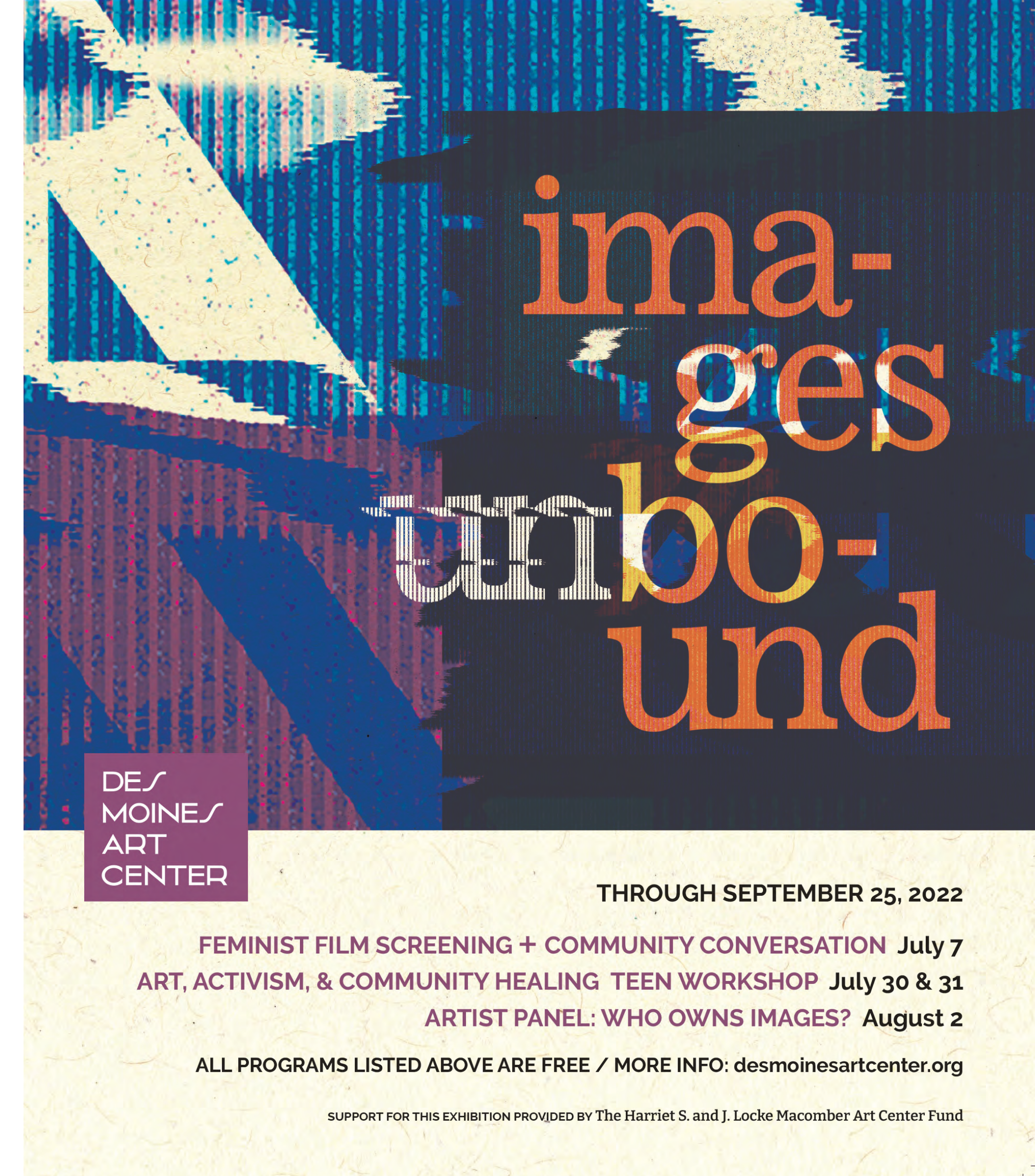
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The annual summer Dew Tour competition returns for a second year to Lauridsen Skatepark in Des Moines and will host some of the world's best women, men and adaptive athletes in skateboarding.

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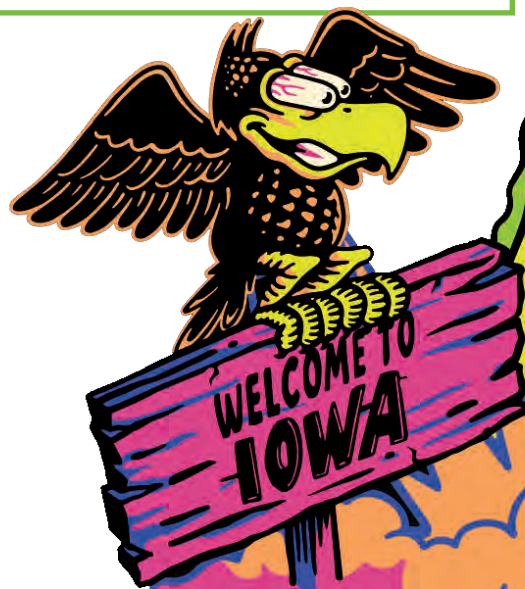
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NO TICKETS REQUIRED

Dew Tour has been and continues to be a free event open to the public to attend.

This year, no tickets or reservations are required, although, due to COVID concerns, if you are feeling sick, running a fever, or have been exposed to COVID-19, please stay at home until you are healthy.

For more guest information and policies, visit www.DewTour.com/skate/guest-info.





DEW TOUR 2022

The annual Dew Tour pro skateboard competition and festival returns to Des Moines on July 29 and 30 at Lauridsen Skatepark for the second consecutive year.

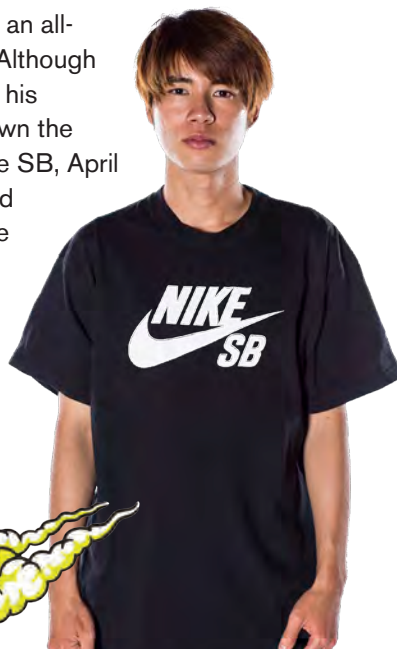
The event brings together the world's best women, men, and adaptive park and street athletes to compete and celebrate the culture, creativity and style aspects of skateboarding. This year also marks the return of Battle of the Shops, featuring five Midwest regional skate shops coming to Subsect Skateshop's hometown to compete on the street course.

The all-free Dew Tour Experience – a festival-style fan activity – spreads throughout the Principal Riverwalk area and is located adjacent to Lauridsen Skatepark on Second Avenue. Dew Tour offers fans a fun and free sponsor village, food and beverages, pro athlete meet and greets and more. The Dew Tour event is free and open to the public, with general admission entry. A limited number of VIP ticket packages will be available; more details are available at DewTour.com.

SKATER PROFILES

YUTO HORIGOME

If there's ever any proof that skateboarding is a universal language all of its own, it's Yuto Horigome. Hailing from Tokyo, Japan, Yuto enters the 2022 Dew Tour Des Moines as skateboarding's first-ever street Olympic gold medalist. His skating is a shocking combination of massive rails and gaps and hyper-balanced flip-in, flip-out ledge wizardry. If that weren't enough, he's got vert skills, as well – including padless McTwists. Yuto is the definition of an all-terrain vehicle. Although he's still young, his skating has drawn the attention of Nike SB, April skateboards and others. Because when you're ripping that hard, you don't need a translator.



SEAN MALTO

Sean Malto, a member of the Mountain Dew skateboarding team since 2013, hails from Leavenworth, Kansas, where he started skating with his brothers when he was just 10 years old. His easygoing attitude matches his smooth, relaxed style, which is almost supernaturally consistent. His consistency, paired with a seemingly endless bag of tricks, from lightning-quick ledge combos to heavy flip-in rail tricks, to buttery waist-high switch ollies, earned him TransWorld Skateboarding's "Rookie of the Year" in 2009. His two-song, nine-minute part in Girl's 2012 movie Pretty Sweet was an unrelenting barrage of hammers. He won the Street League Championship in 2011, took silver at X Games in 2011, and placed fourth at the Dew Tour Toyota City Championships in 2013. An ankle injury sidelined Sean for 2014, and after a long road to recovery, which included multiple surgeries, he's ready to skate at his peak once again.



See all details on DewTour.com



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RAYSSA LEAL

Before her 2021 Olympic silver medal triumph, Rayssa Leal had already won the world over in 2015 from her hometown of Imperatriz, Brazil, with her sensational heelflip down a three-stair video while donning a blue-winged dress. She was a mere seven years old then and progressed at leaping levels. From there, Leal went on to win several competitions before her banner year in 2019, where she made her first international and SLS Tour appearance in London. Leal podiumed at all three stops but most remarkably won top honors in Los Angeles, bringing her to tears.



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AORI NISHIMURA

Rails beware, Aori Nishimura is coming to slay! This Japanese jousei is an absolute rail ripper, and if there is one thing we can be sure of from her footage and contest lines, it's that she has no shortage of tricks to choose from. Aori also possesses a style reminiscent of the one Lizard King (Mike Plumb). Fitting, considering she happens to be one of Deathwish's destroyers. Not only does Aori have the street cred, but she is also proven in contests. Leading into the 2021 Summer Games, the Tokyo-based skater ranked No. 3 in the world and No. 1 for Japan in the World Skate rankings. Talk about Big Biz.



SAKURA YOSOZUMI

Sakura Yosozumi, a native of Wakayama, Japan, is one of the handful of Japanese women skateboarders to dominate the sport. Initially picking up a skateboard as a way to bond with her brother, her relationship with skating quickly developed, and she found herself on the competition path. Yosozumi's career began to fast track after winning the All Japan Ladies in 2016, which led her to make her first international appearance in 2017 at the Vans Park Series Asia Continental Championships in Singapore, where she took third place. She took home her first Dew Tour top podium finish in 2021, where she would secure her spot for the Olympics and go on to take gold in the 2022 Summer games in Tokyo.



See all details on [DewTour.com](https://www.dewtour.com)



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BRYCE WETTSTEIN

Once you've seen Bryce Wettstein skate, you realize it's what she was born to do. Bryce is a pure example of skateboarding's power to open endless creative avenues that go beyond four wheels and a wooden plank. This energy is most apparent through her vibrant life lived in the SoCal town of Encinitas, California, where she delves into painting art, music, and, of course, surfing. As skateboarding made its inaugural debut in the 2021 Tokyo Olympics, Bryce was the only female athlete of eight finalists to represent team USA in the park competition. She's part of the new wave of female skateboarders gearing up for a long career, so keep your eyes on Wettstein when she's in the bowl — she's keeping her eyes on the podium.



KEEGAN PALMER

A park champ who is not afraid to step up and take his tricks to monster-sized transitions, Keegan Palmer carves it all with ease. At an early age, Palmer spent a fair amount of time flying around the world, from his home in Australia to international contests worldwide. Now residing mainly in the United States, Palmer keeps his skills sharp with the plethora of skateparks found in SoCal. His tricks are a solid mix of rarely seen moves, such as the BurnTwist, and the classics like Madonnas or spinning under 720. This Australian has proved his way through the competition circuit since his Amateur years from 2016 to 2018. Palmer has transformed into a full-fledged threat in pro competitions and has since become the first-ever Olympic gold medalist in park skateboarding.



GAVIN BOTTGER

The first time Dew Tour caught a glimpse of Gavin Bottger was back in 2017 in the parking lot of Long Beach, California. The 10-year-old was one of the biggest surprises of the Amateur park competition, where he finished in third place with jaw-dropping trick selection and style. From there, judges and fans walked away knowing they'd see him on podiums for years. And they did as Gavin went on to win first place as the youngest park skateboarder at Dew Tour in 2018. Fast-forward to 2022, and the skateboarding world continues to watch the now 15-year-old flying phenom grow into his power.



See all details on [DewTour.com](https://www.dewtour.com)

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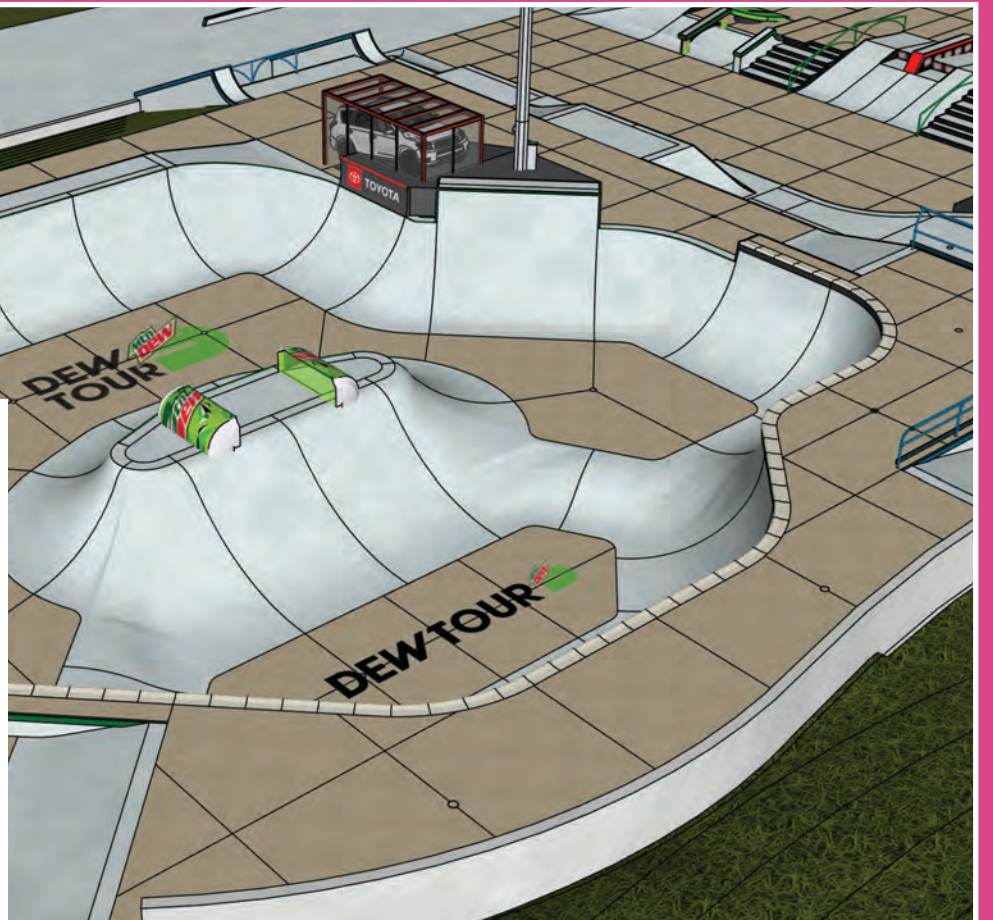
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Join us for a discussion about costs associated with the different levels of senior living. Our expert guest panelists will discuss frequently misunderstood benefits such as the Veterans Aid and Attendance, Reverse Mortgages, Medicare and Medicaid. Knowing the facts about the options available to you will help you plan for your future.

CBD for older adults: benefits and uses

Growing older gracefully can be challenging for everyone. CBD may show itself as a natural and safe alternative to pharmaceutical medications when it comes to addressing many of the health conditions prevalent among the older population.

Many studies are showing potential clinical benefits of CBD for a wide range of conditions. CBD is the most common chemical compound — also referred to as cannabinoil — derived from the Cannabis plant. Unlike tetrahydrocannabinol (THC), CBD isn't intoxicating as it does not give the highly stimulating feeling cannabis is sometimes known for.

You can find over-the-counter CBD in retail stores. CBD comes in many formulations including oils, creams, lotions, gummies, capsules, candy, coffee, tea and water. Hemp-derived CBD is legal in all 50 states, and you don't need a prescription to buy it.

Is CBD safe?

CBD has shown itself as a rising and promising natural option. It provides an alternative for those prescribed medical marijuana by their doctors. Medical cannabis is legal in Iowa, but some people do not like to experience the buzz when taking their medicine. CBD may give you the same benefits without the high feeling; however, this is also dependent on the THC content.

CBD is usually tolerated by most people with very few side effects. CBD does not lead to abuse or dependence, provided people do not mix it with other addictive substances. A consultation with a holistic health care provider experienced in CBD will help you get a bigger picture of the pros and cons of your treatment.

Potential health benefits of CBD

Although research is still in development, certain studies show CBD may become an alternative treatment option for seniors.

Arthritis is one of the major causes of disability in the U.S. Recent reports from the Arthritis Foundation have shown the two most common types of arthritis may be successfully managed with CBD.

Further research has shown CBD helped reduce pain, sleeplessness and anxiety among patients living with pain and inflammation. Its anti-inflammatory properties help in reducing joint pain. Its anti-oxidative, antiemetic, antipsychotic, and neuro-protective properties have made CBD a reliable option for many. Patients with a variety of health conditions such as lupus, nausea, post-traumatic stress, fibromyalgia, and even neuropathic pain successfully use CBD. Studies have also confirmed CBD may be an alternative solution for stress and anxiety disorders.

CBD has also been recommended for people with sleep issues, Multiple sclerosis, Alzheimer's disease, depression, epilepsy, Parkinson's disease, cancer and migraines.

Things to consider before buying CBD products

You should consider certain factors such as safety, transparency of your vendor, and the product's quality when buying CBD.

- Make sure your vendor is licensed to sell CBD in Iowa.
- Confirm your CBD is third-party tested and has a Certificate of Analysis (COA) on the container or box.
- The retailer and manufacturer's reputation can be determined based on reviews, warning letters from the FDA, health claims made by the company (if it is unsubstantiated or not), and its certification status.
- Understand how your health would benefit from CBD. ■

For more information, contact HW CBD, 1821 22nd St., Suite 102, West Des Moines, 515-223-2370, www.hwcdbdiowa.com. Note: It's recommended to contact your physician when adding CBD to your general wellness program. These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, mitigate or prevent any disease.

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46% IMPROVED SLEEP QUALITY

30% STRESS RELIEF & REDUCED ANXIETY

89%

of seniors said they would recommend their family members and friends try CBD for better general wellness

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*Source survey of 1,047 seniors from Remedy Review

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Marketing to CONSUMERS by CULTURE

Local business owners who specialize in products and services for specific cultural communities stress how they exist to serve everyone.

By Colson Thayer

The United States has been renowned as a cultural “melting-pot.” As the demographics of the country continue to shift, so they do in Des Moines. A nation of immigrants brings cultural practices from all over the world. To serve their own communities, many businesses in Des Moines focus on cultural elements such as food and fashion. However, it takes a diverse set of customers to be successful in today’s economy.

Markeeta Brown operates Voila Hair Salon in Merle Hay Mall.
Photo by Colson Thayer

La Estrellita Fashion

Located on Easton Boulevard in Des Moines, La Estrellita Fashion offers apparel of all kinds. They sell party dresses, Colombian-style jeans, Western outfits, dresses for prom or homecoming, shoes and other clothes for special events. However, unique to their business is their line of quinceañera dresses.

Quinceañera, the word derived from “quince” meaning “15” in Spanish, is the celebration of a girl’s 15th birthday. It recognizes her transition to womanhood. Latino people across the world commemorate this milestone event with a large and often lavish celebration with friends and family. Quinceañera season typically takes place in the summer — in Des Moines, April through October.

The dress is the focal point of the celebration. La Estrellita Fashion operates year-round but sells most of its dresses in the summer. Each dress reaches the floor and is made with satin, lace and rhinestones. La Estrellita offers a wide array of colors, sizes and designs.

Quinceañeras often include a court of honor. The celebrant’s peers serve as damas (dames) and chambelanes (chamberlains) who also wear special attire.

La Estrellita not only sells the dresses but full sets dedicated to the events. Typically, quinceañeras incorporate bouquets, a crown or tiara, pillow and other elements. La Estrellita offers these in a package or separately. Additionally, La Estrellita also owns a venue on East Grand Avenue to hold an event. They offer decorations and catering for those using the venue for quinceañeras.

While Patricia Chavez serves the Latino community in Des Moines, her business would not survive without a diverse range of customers.

“I think if I don’t have African customers, I don’t have the business,” she said.

Chavez relies on word of mouth to support her business, as well as returning customers. Often, girls who purchased their quinceañera dress from her come back for prom or homecoming dresses.

Europa Groceries

Europa Groceries along Merle Hay Road in Des Moines has been in business for 18 years. The original owners spent 15 years building its reputation as a prime seller of European goods in the area. When it was time for them to retire, they handed over the business to their good friends. Today, Minka Kajtazobic and her husband, son, daughter and her fiancé operate and own the grocery store.

Europa Groceries carries a variety of products



La Estrellita Fashion sells dresses for quinceañera and other special occasions. Photo by Colson Thayer

directly sourced from Europe. Most of the goods are from Kajtazobic’s home country of Bosnia and former-Yugoslavia, but they have expanded to include goods from Germany, Poland, Bulgaria, Hungary, Ukraine, Russia, Greece and other countries. The products they sell include packaged goods, candies, chocolates, frozen and ready-to-eat meats, wine, cheese, sodas and coffee.

“Bosnian people drink a lot of coffee,” Kajtazobic shared. Along with the coffee, they sell coffee drinking sets with pots and cups. Kajtazobic also has a friend who makes cakes out of her home that she sells in the store.

There are other European grocery stores in the area, but Kajtazobic made a claim about the previous owners, “They’re known for the longest time.” The Kajtazobic family continues the success brought by the original owners. Kajtazobic explained she does not want much to change. Less than a year into their ownership, the world was struck by COVID-19, but the business stayed strong. Through the Internet and word of mouth, the business sees new and old faces every day. Kajtazobic explained that a lot of young people in Des Moines come in to try new things, but there are customers she sees almost daily.

“This store is not just for one type,” Kajtazobic emphasized. That is the reason why her business expands into other subcultures in Europe. While Kajtazobic is from Bosnia and that is where her expertise lies, she is more than willing to order products for anyone. She and her husband will go out to Chicago just to bring back a product they do not carry.



Minka Kajtazobic with Europa Groceries. Photo by Colson Thayer

Maccabee’s Kosher Deli

Rabbi Yossi Jacobson defined “kosher” as “fitting and proper.” In Jewish culture, it is proper for a Jewish person to eat kosher foods. Kosher animals and meats are those that have split hooves and chew their food twice. Cows, sheep and goats are examples of kosher meats. Jacobson simplified it down to animals that do not eat their prey, or “petting zoo animals.”

Kosher comes down to the processing that ensures



Rabbi Yossi Jacobson owns Maccabee's Kosher Deli.
Photo by Colson Thayer

the foods are fitting and proper. Kosher meats must be slaughtered in the most humane way. Rabbis are trained to slaughter with a clean, sharp knife and drain all the blood out.

Jacobson owns Maccabee's Kosher Deli on Polk Boulevard in Des Moines and claims to be the only kosher deli in the state of Iowa. The business is primarily an eatery but also sells groceries, sandwiches, sides, Jewish staples and dabbles in catering. However, no kosher processing is done in house.

"I cheat; I just get it already made," said Jacobson. He sources his products from Agri Star, a kosher processing house in Postville, Iowa.

While he himself is a kosher-practicing Jew, there are many Jews who are not. Pew Research reported that only 17% of U.S. Jews keep kosher in their homes. Alternatively, Jacobson serves many customers who are not Jewish but practice kosher. He said he found about half of his customers are Jewish and half are not.

"I don't just rely on the Jewish community," he said.

Instead of viewing the deli as a business, he sees it as a resource for both Jews and non-Jews.

"Many people feel this is not just a kosher deli, but it's such a welcoming arena for everyone to bring their platform on my stage."

Voila Hair Salon

African hair is generally characterized by its tightly coiled, upward-growing nature. While some may prefer to have their hair done by someone with hair similar to their own, a lesson taught in beauty school is "hair is hair." No matter one's ethnicity, everybody's hair is different. Markeeta Brown, owner of Voila Hair Salon in Merle Hay Mall, operates her salon with that lesson in mind.

Brown primarily serves Black customers — she estimated that 90% of her customers are Black. However, she will do anybody's hair. Hairstyling basics apply to all hair. To stay relevant and up to date, Brown attends hair shows and online classes.

Brown has been a hairstylist since 2004, but this is her third year at Merle Hay Mall. Her location in the mall has helped her business grow. Mall walkers often stop by and inquire. Sometimes they ask if she only does Black hair, but she will assure them she can do anyone's.

Besides hairstyling, Brown sells hair care products. She carries her own line of hair growth oil and edge tamer.

"In Des Moines, there's a lot of African American hair stylists," Brown said. Being in the field, she knows the majority of hair stylists around the area. However, in other areas, Brown is concerned there may be a lack of stylists with knowledge about African hair.

Iowa Henna

When she was 14 years old, Divya Grimes visited India with her family. When she arrived, her sister-in-law wanted to show her something "cool."

"We kind of joke, it just kind of not only seeped into my skin but seeped into my brain," Grimes shared.

Her sister-in-law introduced her to henna, the practice of temporarily staining skin with dye prepared from plants. For 25 years, Grimes has solely owned and operated her business Iowa Henna. Iowa Henna uses natural henna as opposed to chemical products. Grimes attends a wide variety of events, festivals and celebrations to share her henna talent with fellow Iowans.

"I started off doing an Asian festival, and it just expanded into one thing after another," Grimes explained.

Grimes offers to do henna for anyone older than the age of 3. She also does face paint and sells sewn clothes and other trinkets at her stand.

Grimes will do almost any design. She began with traditional Indian designs she learned from books, practicing until she could do them from memory. Today, she asks her customers to challenge her. At Capital City Pride 2022 in Des Moines, a



Divya Grimes enjoys experimenting with her non-traditional henna designs. Photo courtesy of Iowa Henna

customer asked Grimes to do a panda, and so she did a red panda design.

"The coolest thing is with henna versus a real tattoo — if I goof up, I can wipe it off and start again," she said.

More and more people recognize henna from social media.

"Back then, I was explaining more than I was actually doing it. Now it's the opposite," Grimes reflected.

"It really pulls together all these different races and cultures and people," Grimes said. She has friends online from all over the world who practice henna. At the events she goes to, there is not only one group of customers, but a variety of ages and ethnicities.

Henna grows in China, India, the Middle East and northern Africa. Each of these places use different techniques and designs for different purposes.

"In our Indian culture, we do it mostly for weddings, and it's to ward off the evil eye," Grimes said. Nowadays, henna appears at all sorts of events including weddings, baby showers, music festivals, small-town events and generally positive occasions. ■

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COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY THROUGH JUNE 20, 2022

5128 MEREDITH DRIVE, DES MOINES

SALE DATE: 2022-05-19
 SALE PRICE: \$2,500,000
 SELLER: MEREDITH DRIVE REFORMED CHURCH
 BUYER: MIZO CHURCH OF IOWA INC
 SQUARE FEET: 33,701
 ACRES: 7.044

1200 N.W. 36TH ST., ANKENY

SALE DATE: 2022-05-20
 SALE PRICE: \$856,870
 SELLER: JORDI PROPERTIES LLC
 BUYER: MJPD VENTURES LLC
 SQUARE FEET: 0
 ACRES: 1.582

751 SHERRYLYNN BLVD., PLEASANT HILL

SALE DATE: 2022-05-20
 SALE PRICE: \$60,000
 SELLER: A&G PROPERTIES LC
 BUYER: T&A GROUP LLC
 SQUARE FEET: 0
 ACRES: 0.282

1117 26TH ST., DES MOINES

SALE DATE: 2022-05-23
 SALE PRICE: \$139,250
 SELLER: ANCHOR INVESTMENT GROUP LLC
 BUYER: MUNOZ DE LA CRUZ, ALEJANDRO JOSE
 SQUARE FEET: 3,130
 ACRES: 0.141

2170 E. FIRST ST., GRIMES

SALE DATE: 2022-05-23
 SALE PRICE: \$1,600,000
 SELLER: KL RESTAURANT MIDWEST PROPERTIES INC
 BUYER: EDOTTO SLIMS 1 LLC
 SQUARE FEET: 2,831
 ACRES: 1.241

3505 S.W. NINTH ST., DES MOINES

SALE DATE: 2022-05-24
 SALE PRICE: \$39,900
 SELLER: DANDA LLC
 BUYER: A&B PROPERTIES INC
 SQUARE FEET: 0
 ACRES: 0.38

1614 E. GRAND AVE., DES MOINES

SALE DATE: 2022-05-25
 SALE PRICE: \$295,000
 SELLER: 1614 EAST GRAND LLC
 BUYER: USS GRAND LLC
 SQUARE FEET: 2,238
 ACRES: 0.241

4328 HUBBELL AVE., DES MOINES

SALE DATE: 2022-05-25
 SALE PRICE: \$565,000
 SELLER: PAUL, MICHAEL K
 BUYER: DIVERSIFIED ENTITIES LLC
 SQUARE FEET: 6,008
 ACRES: 1.69

2428 HUBBELL AVE., DES MOINES

SALE DATE: 2022-05-25
 SALE PRICE: \$6,175,000
 SELLER: QUIKTRIP CORP
 BUYER: FOXHILL DES MOINES LLC
 SQUARE FEET: 5,745
 ACRES: 1.871

114 N.W. NINTH ST., ANKENY

SALE DATE: 2022-05-25
 SALE PRICE: \$843,000
 SELLER: TOP FARMS LLLP
 BUYER: PHOEBE PROPERTIES LLC
 SQUARE FEET: 6,277
 ACRES: 0.617

NO ADDRESS LISTED

SALE DATE: 2022-05-26
 SALE PRICE: \$1,942,500
 SELLER: RIVER POINT WEST LLC
 BUYER: MERIDIAN AT GRAY'S LANDING LLC
 SQUARE FEET: 0
 ACRES: 2.656

1549 VERMONT ST., DES MOINES

SALE DATE: 2022-05-26
 SALE PRICE: \$700,000
 SELLER: DARLENE M THOMPSON REVOCABLE LIVING TRUST
 BUYER: VERMONT BUILDING LLC
 SQUARE FEET: 10,950
 ACRES: 0.552

5519 N.W. 88TH ST., JOHNSTON

SALE DATE: 2022-05-26
 SALE PRICE: \$190,000
 SELLER: WESTFIELD COMMONS LLC
 BUYER: WC JOHNSTON LLC
 SQUARE FEET: 0
 ACRES: 3.101

901 PARK AVE., DES MOINES

SALE DATE: 2022-05-31
 SALE PRICE: \$125,000
 SELLER: LAMBERT, GARY
 BUYER: DENNE, TODD
 SQUARE FEET: 480
 ACRES: 0.114

7700 FLEUR DRIVE, DES MOINES

SALE DATE: 2022-05-31
 SALE PRICE: \$350,000
 SELLER: FLEUR PROPERTIES LC
 BUYER: JW CONGREGATION SUPPORT INC
 SQUARE FEET: 0
 ACRES: 2.417

2501 WESTOWN PARKWAY, UNIT 6000, WEST DES MOINES

SALE DATE: 2022-06-02
 SALE PRICE: \$319,900
 SELLER: GREENSTATE CREDIT UNION
 BUYER: CURLY TOP LLC
 SQUARE FEET: 0
 ACRES: 0.895



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1000 73RD ST., UNIT 5,**WINDSOR HEIGHTS**

SALE DATE: 2022-06-03

SALE PRICE: \$280,000

SELLER: O E JOHNSON & SON
COMPANY

BUYER: EARL GREYACRE LLC

SQUARE FEET: 3,550

ACRES: 0.277

1200 KEOSAUQUA WAY,**DES MOINES**

SALE DATE: 2022-06-06

SALE PRICE: \$1,300,000

SELLER: QUIKTRIP CORP

BUYER: 1200 KEO WAY LLC

SQUARE FEET: 5,390

ACRES: 1.599

611 16TH ST., DES MOINES

SALE DATE: 2022-06-06

SALE PRICE: \$1,100,000

SELLER: MURILLO FLATS LLC

BUYER: ROCK STREET PROPERTIES
LLC

SQUARE FEET: 8,912

ACRES: 0.4

202 N.W. COLLEGE AVE., ANKENY

SALE DATE: 2022-06-07

SALE PRICE: \$1,024,000

SELLER: D&L BANH RESIDENTIAL HOUSING
COOPERATIVE

BUYER: JORDI PROPERTIES LLC

SQUARE FEET: 8,704

ACRES: 0.975



The sale of the Des Moines Social Club's former facilities was recently finalized. The club first opened its headquarters in 2014 to promote the arts and community enrichment. Following financial woes, their building was listed for sale in early 2021. After a Kansas City buyer backed out of a \$3.1 million deal last fall, the renovated art deco-style historic firehouse was sold to Dingle Properties LLC and Millang Properties LLC for \$2.3 million. Todd Millang is part-owner of local Latin restaurant Malo, located on the first floor of the building. Paul Rottenberg, president of Orchestrate Hospitality, which manages Malo, confirmed the restaurant will remain in its current location. Des Moines Firefighters Union Local 4 plans to lease space in the building to be used as a union hall. Other discussions for future development have included office space, events space and a coffee shop.

900 MULBERRY ST., UNIT 4, DES MOINES

SALE DATE: 2022-05-31

SALE PRICE: \$2,300,000

SELLER: DMSC BUILDING

BUYER: MILLANG PROPERTIES LLC

SQUARE FEET: 24,432

ACRES: 0.911

1801 INDUSTRIAL CIRCLE, WEST DES MOINES

SALE DATE: 2022-06-07

SALE PRICE: \$3,300,000

SELLER: BARKER LEMAR PROPERTY
MANAGEMENT INC.

BUYER: HURD INDUSTRIAL CIRCLE LLC

SQUARE FEET: 27,668

ACRES: 4.083

755 W. BRIDGE ROAD, POLK CITY

SALE DATE: 2022-06-09

SALE PRICE: \$650,000

SELLER: LUANA SAVINGS BANK

BUYER: SAMCAT HOLDINGS LLC

SQUARE FEET: 3,216

ACRES: 1.08

3701 86TH ST., URBANDALE

SALE DATE: 2022-06-09

SALE PRICE: \$16,250,000

SELLER: URBAN TOWN CENTER LLC

BUYER: TL URBAN TOWN CENTER LLC

SQUARE FEET: 124,759

ACRES: 12.897 ■



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UNITED TREE SERVICE	CENTERVILLE	APPANOOSE	02	\$16,000	1	1	1	NEW BUSINESS	Landscaping Services
Maynard Tree Service	EXLINE	APPANOOSE	02	\$160,000	4	4	4	EXISTING BUSINESS	Landscaping Services
Kyra Blix LLC	Cedar Falls	BLACK HAWK	01	\$270,000	16	1	1	NEW BUSINESS	Beauty Salons
Iowa Pump & Compressor, Inc.	Cedar Falls	BLACK HAWK	01	\$260,000	4	2	2	NEW BUSINESS	Commercial and Industrial Machinery and Equipment (except Automotive)
JS Builders LLC	CEDAR FALLS	BLACK HAWK	01	\$100,000	0	1	1	EXISTING BUSINESS	Roofing Contractors
DCP Properties LLC	CLINTON	CLINTON	02	\$117,000	1	0	0	NEW BUSINESS	Other Activities Related to Real Estate
RailRock, LLC	DENISON	CRAWFORD	04	\$475,000	0	4	4	NEW BUSINESS	Other Building Material Dealers
Batz Pizza, LLC	PERRY	DALLAS	03	\$597,000	20	2	16	EXISTING BUSINESS	Limited-Service Restaurants
Manchester Furniture Mart, LLC	MANCHESTER	DELAWARE	01	\$275,000	1	5	5	EXISTING BUSINESS	N/A
Coppes Chiropractic, Pc	Burlington	DES MOINES	02	\$325,000	4	1	1	NEW BUSINESS	Offices of Physicians (except Mental Health Specialists)
Land Group, L.L.C.	Charles City	FLOYD	04	\$248,000	2	0	12	EXISTING BUSINESS	Roofing, Siding, and Insulation Material Merchant Wholesalers
Pampered Pets LLC	KANAWHA	HANCOCK	04	\$275,000	7	0	14	EXISTING BUSINESS	Pet Care (except Veterinary) Services
Ishika Hospitality, Inc	North Liberty	JOHNSON	02	\$1,055,000	0	8	8	NEW BUSINESS	Hotels (except Casino Hotels) and Motels
Luke & Sarah Home Improvements LLC	SOLO	JOHNSON	02	\$150,000	5	5	1	NEW BUSINESS	Residential Remodelers
Dave's Place, LLC	KEOKUK	LEE	02	\$1,408,100	0	20	20	EXISTING BUSINESS	Homes for the Elderly
El Bajio 2, Inc.	Cedar Rapids	LINN	01	\$600,000	25	2	2	NEW BUSINESS	Full-Service Restaurants
e4o6 Inc.	MARION	LINN	01	\$1,170,000	2	3	4	NEW BUSINESS	Farm Machinery and Equipment Manufacturing
Garrett Neville	UTE	MONONA	04	\$193,000	0	2	2	EXISTING BUSINESS	General Freight Trucking, Local
Pearl City Chiropractic, LLC	MUSCATINE	MUSCATINE	02	\$405,000	1	6	6	NEW BUSINESS	Offices of Chiropractors
Progressing Poky, LLC	POCAHONTAS	POCAHONTAS	04	\$680,000	10	0	1	NEW BUSINESS	Full-Service Restaurants
T & K Ventures II LLC	Ankeny	POLK	03	\$760,000	50	2	2	NEW BUSINESS	Full-Service Restaurants
360 Medspas, LLC	Ankeny	POLK	03	\$596,700	2	5	5	NEW BUSINESS	Offices of All Other Miscellaneous Health Practitioners
Midwest Meal Prep, LLC	Ankeny	POLK	03	\$156,500	3	8	8	NEW BUSINESS	Limited-Service Restaurants
SARA HOPKINS REAL ESTATE, LLC	Des Moines	POLK	03	\$183,000	0	0	0	EXISTING BUSINESS	Offices of Real Estate Agents and Brokers
Anderson Heemstra, LLC	DES MOINES	POLK	03	\$50,000	0	2	2	EXISTING BUSINESS	Metal Coating, Engraving (except Jewelry and Silverware), and Allied Services
Prime Pest Control of Nevada LLC	URBANDALE	POLK	03	\$1,201,000	2	6	1	NEW BUSINESS	Exterminating and Pest Control Services
You First Holding LLC	URBANDALE	POLK	03	\$100,000	0	6	18	NEW BUSINESS	Used Household and Office Goods Moving
Salon Amavi	Urbandale	POLK	03	\$50,000	1	1	1	EXISTING BUSINESS	Beauty Salons
Global Brothers Davenport LLC	Davenport	SCOTT	02	\$2,049,000	15	0	40	NEW BUSINESS	Hotels (except Casino Hotels) and Motels
B5Branding LLC	Ames	STORY	04	\$162,000	2	2	2	NEW BUSINESS	Commercial Screen Printing
Sugared Magnolia Cafe, LLC	Ames	STORY	04	\$105,000	7	2	2	NEW BUSINESS	Limited-Service Restaurants
Milton Creamery, LLC	MILTON	VAN BUREN	02	\$1,750,000	0	31	31	EXISTING BUSINESS	Creamery Butter Manufacturing
Milton Creamery, LLC	Milton	VAN BUREN	02	\$1,495,000	1	31	31	EXISTING BUSINESS	Creamery Butter Manufacturing
Milton Creamery, LLC	Milton	VAN BUREN	02	\$1,000,000	0	31	31	EXISTING BUSINESS	Creamery Butter Manufacturing
Underground Barbell	OTTUMWA	WAPELLO	02	\$130,000	1	1	1	EXISTING BUSINESS	Fitness and Recreational Sports Centers
Fox Ridge Farm, Inc.	Cumming	WARREN	03	\$1,812,000	135	0	133	EXISTING BUSINESS	Apple Orchards
Fox Ridge Farm, Inc	CUMMING	WARREN	03	\$677,600	35	0	8	EXISTING BUSINESS	All Other Miscellaneous Crop Farming
Fox Ridge Farm, Inc	CUMMING	WARREN	03	\$500,000	35	0	8	EXISTING BUSINESS	All Other Miscellaneous Crop Farming
SalesGiant, LLC	RIVERSIDE	WASHINGTON	02	\$114,000	4	6	7	NEW BUSINESS	All Other Business Support Services
MIDDLEBROOK AUTO & COLLISON LLC	CORYDON	WAYNE	02	\$200,000	5	5	5	EXISTING BUSINESS	General Automotive Repair
Stone Ave Properties, LLC	Sioux City	WOODBURY	04	\$593,000	0	5	5	NEW BUSINESS	Hotels (except Casino Hotels) and Motels



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2022

CHOICE Awards

CITYVIEW's Hall of Iowa Culinary Excellence

A veritable hall of fame for people and food institutions that gave our city and state a singular quality and identity

By Jim Duncan

The idea for the CHOICE awards originated eight years ago and was inspired by Japan's Living National Treasures. That program honors "preservers of important intangible cultural properties." In the years after World War II, anxiety arose in Japan that their unique cultural traditions — noh, kabuki, origami, kumi, sumo, teapot ceramics, noodle making, etc. — might be swamped by the Western culture. By honoring revered masters of these arts, they saved them and made them important to a new generation.

Our original intention at CITYVIEW was to do something similar for Iowa's venerable, living food pioneers. That evolved into a veritable hall of fame for people and food institutions that gave

our city and state a singular quality and identity. CITYVIEW's Hall of Iowa Culinary Excellence (CHOICE) awards began at a time when locals rued the passing of two of the most memorable food icons in Iowa history. The Younkers Tea Room was lost in a fire, and Dahl's stores were sold or closed.

For the charter edition of the awards, we focused on venerability — enduring traditions and pioneers who were still alive. The Japanese word "sabi" refers to a kind of beauty that is attained by aging, when an object's elegance is evidenced by a changing patina. The word is most often applied to tea pots whose glaze has been changed by decades and even centuries of having tea intentionally

poured over the top to drip down over the pot. In that spirit, our charter members in 2015 all had histories dating back to at least the mid-20th century. Several topped more than a century of service to central Iowa. The following year's class of honorable food pioneers was younger, but all blazed new trails that influenced the culinary scene of Des Moines in unique ways. Since then, we have expanded upon both categories of excellence.

This year's class reinvigorates the venerable status. Some of these institutions have changed life for all America and the world. A couple of them are probably taken for granted, until one thinks about how much texture they added to our food culture.

FAREWAY STORES

Four score and four years ago, the first Fareway store opened for business in Boone. Self-service grocery stores were a new concept then. Shoppers took to the notion of picking out their own groceries rather than submitting a list to an attendant. The Iowa Liquor Board would not provide that service for another 51 years. Fareway shoppers also liked shopping carts, which were so new at the time that they were called “rubber-tired gliders.”

Fareway’s first ad featured coffee at 14 cents a pound and Wheaties for 10 cents a box. Clear back then, the store was committed to only selling USDA choice or higher graded beef. Both sirloin and T-bones were advertised for 25 cents per pound.

As a meat supervisor of large chains, founder Paul S. Beckwith noticed a gradual shift in how both employees and customers were being treated. He envisioned a store where happy employees served satisfied customers. The Boone store was successful enough that additional locations soon were added in Ames, Webster City, Fort Dodge, Estherville, Carroll and Oelwein.

When it came to choosing where the next Fareway would be built, Beckwith was fond of saying “follow the black dirt.” He believed the company’s values were in perfect sync with the country’s rural Midwest — people who were hard-working, understood the value of a dollar, and to whom family was everything.

According to their corporate website, the name “Fareway” was originally chosen to convey several meanings: a wide range of “fare,” or foods; a “bill of fare,” a commonly used phrase for a grocery list; and treating customers and employees in a fair way.

Today, Fareway is known for its full-service meat departments, farm-fresh produce, competitive prices, and a level of customer service that includes asking if an employee can carry your groceries to your car. They are one of the largest employers in Iowa, currently operating more than 120 store locations in Iowa, Illinois, Minnesota, Nebraska and South Dakota, with more store openings coming soon. They also own Fareway Meat Markets in four cities and Brewers, a popular meat distributor from Des Moines.

CHOICE CHARTER MEMBERS

- Mr. V’s
- Noah’s Ark
- Tursi’s Latin King
- Graziano Brothers
- George the Chili King
- Crouse Café
- In’t Veld’s Meat Market’s Pella bologna
- Maytag Blue Cheese
- The Iowa State Fair
- Anderson Erickson Dairy
- B&B Grocery, Meat & Deli

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SEED SAVERS EXCHANGE

Seed Savers Exchange was founded in Missouri in 1975 by Diane Ott Whealy and Kent Whealy. Diane's grandfather entrusted her with two heirloom seeds — "Grandma Ott's morning glory" and "German Pink tomato." Those seeds were brought by Grandpa Ott's parents from Bavaria when they immigrated to Iowa in 1884. Diane began thinking about the importance of the inheritance and about how many other unique heirloom seeds were being lost to future generations. She determined to form a network of gardeners interested in preserving heirloom varieties and sharing seeds. Today, with 13,000 members and 20,000 plant varieties, Seed Savers Exchange makes its home on 890 scenic acres in Winneshiek County, Iowa, at Heritage Farm.

Why is this so important? Humans, and a strangely high numbers of their pets, rely on plant materials for clothing, shelter and transportation. We admire beautiful places because of the diverse plants that grow there. What would the north woods be without white birches, the Texas Gulf Coast without bluebonnets, or the Midwest without its green and amber fields of grain?

Most importantly, we eat plants. Plants determine the cuisine of a region and keep mammals, insects,

birds and reptiles alive. They make up more than 80% of the human diet. The abundance of plant varieties is encompassed in the word "biodiversity."

But diversity in the plant kingdom has been on the run since modern agriculture began tearing out orchards, gardens and grazing fields to plant more cash crops. To understand the danger of this, look at the Irish potato famine. If Europeans had planted several different types of potato, like South Americans had done for centuries, there would have been no famine — and likely many fewer Irish bars in America.

Seed Savers Exchange conserves biodiversity by maintaining a collection of more than 20,000 different varieties of heirloom and open-pollinated plants, varieties with the ability to regenerate themselves year after year. These seeds have the power to withstand unforeseen pestilence and plant diseases, climate change and limited habitat. In the last century, the world lost 75% of its edible plant varieties. According to the United Nations' Food and Agriculture Organization, only five cereal grains now make up 60% of our calories. A system that depends so heavily on so few crops is fragile.

In the United States in particular, genetically engineered (GE) plant varieties have had a devastating

impact on biodiversity. According to the USDA's Economic Research Service, since their commercial introduction in 1996, use of GE crops by U.S. farmers has increased steadily. In 2013, 170 million acres of GE crops were planted in the U.S., seeds that are patented and cannot be saved and planted again next year.

In Diane Ott Whealy's words, "We can only preserve heirloom seeds through active stewardship. If we don't use them, if we don't allow them to grow again, they become lost."

PRACTICAL FARMERS OF IOWA

Practical Farmers of Iowa was founded in 1985 when farmers were under great economic pressure. Evidence of the negative ecological consequences of current farming practices was mounting. The collapse of commodity prices threw doubt upon the economic sustainability of agriculture. The demise of thousands of farms was draining the vitality of rural communities. Farmers sought ways to bring greater diversity to their farms as a means of reducing the need for costly inputs. A group of like-minded farmers came together looking for answers to how to make crop and livestock diversity work for them.



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Firebrand farmer Dick Thompson died in 2013, but his vision and philosophy lives on in Practical Farmers of Iowa. Photo courtesy of Practical Farmers of Iowa

Larry Kallem, a staff member with the Iowa Institute for Cooperatives in Ames, attended a field day at the Boone-area farm of Dick and Sharon Thompson. Impressed by the scientific methods the Thompsons used to conduct research trials on their farm — and their sustainable, low-input, practical approach to farming — Kallem invited the Thompsons to present at an Iowa Institute workshop on low-input farming.

Kallem and the Thompsons then co-founded the fledgling organization, rallying farmers across Iowa to conduct randomized, on-farm research to improve their

profitability, efficiency and stewardship — sustainable agriculture goals that became the heart of Practical Farmers' mission to strengthen farms and communities through farmer-led investigation and information-sharing.

Early work focused on field crops and livestock. Later, interests expanded to include horticulture, small grains, on-farm energy and local foods. In recent years, Practical Farmers has experienced rapid growth. Today, membership comprises nearly 5,000 farmers and friends of farmers located across Iowa and beyond.

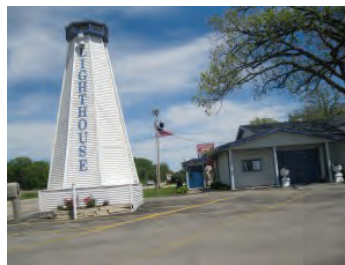
THE LIGHTHOUSE INN, CEDAR RAPIDS

"Linn County has many interesting places on the outskirts of towns, in large part because we had Prohibition going back to 1915. So 'supper clubs' sprouted up on the edges of towns," historian Mark Stoffer Hunter explained.

The Lighthouse began in 1912 as a supper club with cabins in back. The Lighthouse shines with gangster lore. In April 1934, John Dillinger and Homer Van Meter spent a few nights in Evening Star Tourist Camp outside Cedar Rapids. They tried to rent a cabin but were told the place was not yet open for business. So, they broke in and made the place home for a few nights. That was in the midst of Dillinger's infamous run as the FBI's "Public Enemy No. 1." During that period, they ate at The Lighthouse. Dillinger's gun accidentally went off once at the supper club, and a bullet stuck in the wall, like an icon. He then fled the place and

escaped for three more months before he was killed in Chicago.

An even more famous gangster also stopped here. Al Capone cooled off there, too, according to a newspaper in which former Lighthouse bartender Theo "Mugsy" Davis talked about serving "Scarface" in 1932. Today, the supper club attracts crowds of both golden agers and young kids on weekends, year round. Jazz trios have come from the legendary Cotton Club in New York City. The building is original but has been remodeled so many times only the bar is true to the old design.



The Lighthouse shines with gangster lore.

ADDITIONAL PAST INDUCTEES

- Robert Anderson
- Pam and Harry Bookey
- Scott Carlson
- Larry Cleverley
- Don and Simon Cotran
- Kathy and Herb Eckhouse
- George Formaro
- Lisa and Mike LaValle
- Ralph Compiano
- Tasty Tacos
- Mrs. Clark's
- Full Court Press
- Bruce Gerleman
- Shad Kirton
- Darren Warth
- Moe Cason
- Eric Ziebold
- Wayne, Hing and Mei Wong
- The Better Homes and Gardens New Cookbook
- Pioneer Hi-bred
- The Acorn and Sibley Squashes
- The Talerico-Compiano Steak de Burgo
- Jerry Talerico
- Mama Lacona's
- Bianchi's Hilltop Restaurant
- Dave Stark and Barbara's Champagne Cake
- Paul Willis
- Centro
- World Food Prize
- Logsdon brothers
- Christopher's
- Dive Bars of Des Moines
- Coney Island
- Hy-Vee
- Ron Pearson
- Leopold Center
- Fred Kirschenmann
- Bob Johnson
- B-Bop's



CHUCK'S

Chuck's was opened in 1956 by Chuck Bisignano. It soon moved from a bar to a restaurant with Calabrese specialties and a legendary pizza oven. Chuck's daughter Linda Bisignano ran the place from Chuck's death till her own a decade ago. She was a larger-than-life figure who instituted a huge Thanksgiving feast for the needy. Emily Jones bought the place in 2014, keeping all traditions and remodeling to the tune of \$1.5 million.

ARCHIE'S WAESIDE, LE MARS

Established in 1949 by the late Archie Jackson, Archie's has been a family tradition for more than 70 years. Having escaped from Russia during the Bolshevik Revolution, Jackson spent time learning the art of cutting and dry-ageing beef in packing houses in Sioux City in the 1930s and Los Angeles in the 1940s. The techniques he learned were used to create a distinctive flavor of steak that he featured on the original menu at Archie's, which consisted of a sirloin steak, pan fried chicken, deep fried shrimp, and chicken livers and gizzards. Aided by his daughter Valerie Rand, Archie's business grew and underwent building expansions in 1957 and 1963 to increase the size of the kitchen, coolers, garden and dining area. Val's youngest child, Robert Rand, took over the family business in 1995 at the time of his mother's retirement.

Archie's, with lazy Susans that include house cured corned beef, is a popular spot with national airplane pilots who meet there regularly from all over America. It is one of only two Iowa restaurants to win a James Beard American Classic award.

LOOSE MEAT SANDWICHES

They are adored in Iowa and barely known elsewhere. Best known as Maid Rites, they also go by the aliases "taverns," "tastees," "Charlie Boys," "made rights," "beefburgers" and, when tomato sauce is added, "sloppy Joes." Maid Rite opened its first store in Muscatine in 1927 and its first franchise in Durant a year later. The first four franchises are still operating, including Taylor's in Marshalltown, which is the most talked about. Today, there are 32 Maid Rites, with 21 in Iowa.

The oldest other restaurant specializing in them is Canteen Lunch in the Alley in Ottumwa. It's been around since 1927 and at its current location since 1936. There are only 16 seats, and lines form outside. The place is so popular with Ottumwa fans that the city canceled a plan to tear it down to build a parking ramp. Instead, the garage was built around the diner.

Sioux City has the richest tradition. The Miles Inn goes back to 1927, and Charlie Miles named the Charlie Boy sandwich. It's been a bar since the early 1950s, but no one is sure when the sandwich first was served. Taste Inn & Out calls them "taverns" and only exists because the town was long deemed too small for a national fast food franchise. Their onion chips are another legend of Iowa. In Greek cafés like Milwaukee Wiener House in Sioux City and the Coney Islands in Des



Loose meat sandwiches go by many aliases in Iowa.

Moines, they are called beefburgers and served on hot dog buns. In Le Mars, Bob's sells them as "taverns." In Bondurant's Brick Street Market & Café, they are called Butler's, after the long-gone Butler Café that opened in 1946. They also offer those in sourdough bread baskets. Paula's in Valley Junction calls them "Made Rights" in an agreement with Maid Rite. ■

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Many Hands Thrift Market opened its doors in Grimes in 2016. Voted DSM Best Local Thrift Store for the second year running, they have expanded into Clive and Des Moines, opening their third metro location in 2021. With four locations in Iowa, the nonprofit continues to grow.

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machines make the arcade home. One flat price for all-you-can-play (no coins, no tickets). Don't forget the munchies! Satisfy your hunger with a mouthwatering grinder featuring Graziano's sausage, or an all-original pizza creation made with Mama Rosa's and Young Guns sauce. Wet your whistle with an energy-infused specialty gamer drink (all non-alcoholic). Monsterama Arcade is open Tuesday through Saturday, noon to 8 p.m., Sunday noon to 6 p.m. Closed on Monday. Follow them on Facebook @monsteramaarcade for daily specials.

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Three Sisters Barn was built in 2019 as a venue for gatherings in service to the ideals of rural life and the importance of family connections. The name Three Sisters Barn comes from the desire to pay homage to the owner's family with three generations of three sisters.

Three Sisters Barn is unique because of its location, design and for its modern amenities that are combined with a rustic appearance and the feeling that comes from being part of

a barn that operates within a working century farm. Three Sisters Barn provides a backdrop for the celebration of life and allows families and friends to join together in an atmosphere of relaxation in rural Iowa. The inherent beauty of farm fields and open sky coupled with the love of family are the core in which the Barn is founded and promoted. We take pride in excellent customer service and attention to detail. Come see for yourself!

BELLY UP TO:



Vista Pub is located at 7205 Vista Drive, West Des Moines.

Vista Pub

Suburb hangout is just right.

BY JACKIE WILSON

The corporate world is full of meetings, Zoom calls and an inbox of endless emails. A break in the daily grind seems hours away, until 4:30 p.m. finally arrives. The question is, where to go — and how fast can I get there?

In the midst of the corporate world in West Des Moines lies a getaway just minutes from the drab office scene: The Vista Pub.

The Vista Pub is aptly named as it's located on 7205 Vista Drive. The place, tucked in a strip mall, opened in 2014. A half block down the street is Jordan Creek Parkway, home to chain restaurants, hotels, retail — and of course, office buildings.

One former Wells Fargo employee used to call the Vista Pub “Conference Room North,” as employees joked about attending “required” meetings.

Inside, it's a smallish bar with high top tables and bar seating. In the back of the bar is a patio that's surprisingly quiet among the sea of concrete office buildings.

Happy hour is a hopping spot. Stop by between 3-6 p.m. on weekdays or any time on Sundays, and you'll get \$3.50 domestic beers and well drinks. A bonus? Their house vodka, Gotcha, is a local Iowa spirit and a great pour for a refreshing vodka cranberry at a happy

hour price.

With a varied selection of local IPAs and other brews, the drink prices are ideal for the 'burbs. It's not a dive bar, yet it's not a bar with fancy (translation: expensive) craft cocktails — which is OK. I like just-right bars that fall in the middle, offering a pleasing ambiance and stiff drinks that won't break the bank.

A new frozen shot vault includes frozen bottles of liquor, such as Fireball, Jägermeister, Patron and more. On a hot day, a cold shot is refreshing, without being watered down with ice.

Food consists of favorite bar foods, such as wings and pizza. The pizza crust is thin, with a just-right sauce and fresh toppings. A popular weekday lunch special includes a \$5.99 personal pizza with one topping and a soda. Or, add a pint of beer for \$2 or a Captain Morgan for \$3 to wash it down.

Megan, who is the bar manager, has been in the bar business a “long time.” She says the patrons, pizza and drinks — coupled with longevity of the bar staff and the location — are a few reasons the bar is so popular.

On a Thursday evening, a mix of all-age patrons frequented the joint. Young men in khaki pants and polo shirts, along with a 60-something man with a



Bartender Angie displays the pub's frozen shot vault.



Vista Pub serves bar food favorites, including wings.

gray ponytail, all sipped cold drinks. A group of retired women who love pizza and happy hour opted to sit outside so they didn't need to shout above the music. The piped-in pop/rock/country music was a bit noisy at times, and requests to turn the volume up or down happened frequently throughout the evening.

When one patron plopped his bottom on a bar stool, bartender Angie smiled and poured his drink without asking what he wanted.

If you're looking for a causal hangout among the sea of corporate buildings, then try the Vista Pub. ■

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Double tasking done well

Maybe it's time for a revival?

EAT & DRINK

Despite what Karine Jean-Pierre keeps saying, it's hard to imagine gas becoming cheaper any time soon. That leads some to plan errands with military precision. It helps when you can do multiple things on the same trip. Chester's (fried chicken) made it their business plan to only operate within other businesses, mostly truck stops (I-80 in Walcott) and convenience stores (Fast Mart, RIA Money Transfer and Liquor Store at 1621 University). The Des Moines Art Center (Tangerine) and Greater Des Moines Botanical Garden (Trellis) include excellent cafés.

There used to be good places to eat in the State Capitol, the State Historical Building, Namaste grocery, Plaza Lanes, downtown Younkers and some Dahl's stores. For myriad reasons, all are gone, at least for now. Maybe it's time for a revival?

Tally-Ho to Go brings two of the city's all-time best

restaurants — Vic's Tally-Ho and Sam & Gabe's — together in the Merle Hay Mall food court, also known as Local Eats. Owner Jerry Talerico grew up in Vic's and owned Sam & Gabe's. He is known as a chef's chef, a guy who would prefer working in the kitchen than the front of the house.

Vic's version of steak de Burgo is one of two that people argue about being the original. Vic had it on a menu before anyone else, so we go with it. That divine civic heirloom recipe includes two beef tenderloin filets in a sauce of basil, garlic, olive oil and butter. Here "special herbs" are described. Two filets cost \$42, which is a bargain around town as it can feed two.

Tally Ho is one of the few places in Des Moines offering pizza by the slice. It's good pie, too. A large "supreme" included three meats and four vegetables and cost \$20. Slices start at \$3 according to the website,

but that might have increased. The Margherita here is fabulous, with fresh mozzarella dominant.

Jerry's lasagna, another bargain at \$10, is made with four cheeses and sausage with a choice of red, white or both sauces. Other Talerico classics include linguini with meatballs, penne Sophia in cream sauce, chicken asiago, half pound sausage sandwiches, muffaletta, and garlic cheese sticks. Sauces, sides and even de Burgo spices are sold to go. Lunches are all less than \$10.

The long-lived Phillips 66 station in Ames, near the Gateway Center, the sports complex, CY Stephens, Reiman Gardens and the Brunnier Art Museum, is now a full-service breakfast, lunch and brunch spot with excellent homemade BBQ, biscuits and pancakes.

On different trips I have enjoyed the homemade buttermilk pancakes (\$5), a brisket burrito (\$9.49) and a pulled pork sandwich on a homemade brioche (\$8.49).

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Yes, homemade brioche at the gas station. Truck stops used to be good for breakfast bargains. This place outdoes any Iowa truck stop I know.

West of Des Moines, the 60th Market and Grill offers a chance to eat Mediterranean food while shopping for rose or orange blossom water, mango pulp, ajvar, tahini, etc. This is not Gazali's, but it's a darn good café in a convenient place. Gyros here were sliced far thicker than I have seen elsewhere. I could not fathom why other places don't go this direction. If anything, the meat is moister.

Saffron-colored rice was a treat, and there is a good reason chicken shawarma is advertised in neon on the window. Hummus and falafel were good, and a friend tells me her pre-teen children think 60th makes the best burgers in town. ■

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

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Bye, Bye, Miss American Pie

Don McLean's classic song

The fifth most popular song of the 20th century, "American Pie," doesn't just refer to the death of musician Buddy Holly and the day the music died. The song is a complex masterpiece with more than a dozen different elements to it.

Don McLean, singer and songwriter of the famed song, spoke to CITYVIEW in advance of his concert at Hoyt Sherman Place on July 15.

His iconic song, "American Pie" was inducted into the Library of Congress' National Recording Registry in 2017. The song, recorded in 1971, was one of the longest single records at the time. It ran 8 minutes and 37 seconds — so long that some radio stations only played part of it.

Yet, people embraced it for its rich storytelling, which McLean said is far from being a "normal" song.

"It seems like it's six to seven hit records all at once. There's a lot of complexity on it, with politics and different elements. I have 100 different personalities, and the song was put into a format that works," he explained.

Singer Buddy Holly died in a plane crash on Feb. 3, 1959, outside of Clear Lake, after performing his last concert at the Surf Ballroom. At the time, McLean was just a teenager. He liked Holly songs but also embraced pop songs from the 1960s and 1970s.

McLean is finishing up a documentary, "The Day The Music Died." He's spent the past 10 years writing, recording and filming the movie, due to be released in 2023.

"I've thought about the song for years and years. The documentary tells my story of the song," he said. "I just played the Buddy Holly tribute at the Surf, and we finished up filming the movie."

His link with Buddy Holly goes one "woo-woo" step

further. McLean is a Western horseman who loves riding horses. He bought a quarter horse in Maine whose name was Buddy.

"It was a sweet horse. I looked at his papers and saw he came from an Allsup farm in Clovis, New Mexico. Clovis is where Buddy recorded his music," he explained. "Then I find out the horse was owned by Tommy Allsup's uncle."

Allsup, one of the musicians who was touring with Holly, didn't get on the plane, thanks to a coin toss that saved his life.

"Then I ran into Tommy Allsup's son, and I asked him about the horse. Is that nuts or what? I have a Buddy Holly horse at home," he exclaimed.

McLean is amazed at his 50-year music career and his fans' devotion.

"I've done 20 or so world tours and still sell a lot of tickets," he said. "I'm no Rolling Stones. These people have other things to do and spend their money besides listening to Don McLean. I respect and honor and try to be as prepared as possible for the audience."

He continues to write songs and has a new album out, "American Boy." He prefers melody song writing, of which today's modern music is void.

"I don't hear songs — I hear blasé music with no real melody. Writing melodies isn't easy to do," he said. "I



love lyrics that have romance and wisdom in the song."

He's recently embarked on a tour with 45 shows this year. In September, he'll hit Europe for a tour. He's fortunate to have been given musical talents and continually learns something new at each concert, he said.

"I can't believe my stamina and good health. I've had a wonderful life as I can imagine. Every night I get a standing ovation and applause. I'm so thankful," he reflected. "I love it, and it's all because of the fans and love from people."

He said his life is "basic" and offered up his long-held motto: "Every day above ground is a good day." ■

SOUND ADVICE

BY JACKIE WILSON

The Melvins are playing Wooly's on July 7. The band formed in 1983, has been credited with merging the worlds of punk rock and heavy metal music, forming a new subgenre all its own. Openers include **Helms Alec** and **Harsh Meadow**. Tickets \$25 in advance.

The Iowa Arboretum & Gardens is hosting its first-ever summer concert series at the Beckwith

Grand Pavilion near Madrid. Food trucks, beer and wine will be available for purchase. Bring a lawn chair and blanket and listen to music among the trees. On July 12, **NOLA Jazz Band**; Aug. 9, **Dueling Fiddles**. Tickets \$5 for non-members.

Ingersoll Live is back on Aug. 27. The Ingersoll street party includes two main stages with free live music, featuring **The June Bugs**,

Faculty Lounge, **Dueling Pianos of Andy Anderson & Mike Leeds** and **The Punching Pandas**.

The Val Air Ballroom continues to add concerts. **The Dearly Beloved Tour** on July 29 features rocker and award-winning **Daughtry** as the headliner, with opener **Black Stone Cherry**. General admission tickets start at \$49.50. ■

FILM REVIEW

BY DAVID ROWLEY

'The Man from Toronto'

The movie is brawn and bustling action with no bruise — no staying power.

"The Man from Toronto," starring Kevin Hart and Woody Harrelson, is another example of how COVID-19 is still making ripples through the movie industry. It was originally slated for a theatrical release by Sony in November 2020, then faced pandemic production delays, then was acquired by Netflix and pushed again.

But, the unceremonious streaming dump makes sense. The movie is brawn and bustling action with no bruise — no staying power. It's the film version of contactless boxing, one of protagonist Teddy Jackson's many absurd business plans that gets him fired from his local gym in one of the film's early scenes.

Teddy is a scrappy, hapless hustler. A failed fitness influencer and entrepreneur (three comments on one video, we're told) who struggles to be present for his wife Lori (Jasmine Mathews). He's the type of guy who forgets to list an address and phone number on flyers for his gym.

Woody Harrelson's Man from Toronto ("Toronto Man") is a knife-wielding cowboy assassin who sounds exactly like Woody Harrelson — as in, not at all Canadian. Fortunately, Harrelson is charming enough and seemingly having a good time. Not taking himself too seriously is the film's most redeeming quality. His hitman with a heart of gold (who clams up around women) shtick occasionally leavens the dull, meaningless plot.

That plot is dumb, which wouldn't be a huge problem if this movie were fun. But the conflict of the film hinges on printing off directions. Teddy is smart enough to put together business plans, edit and upload videos to YouTube, and book an Airbnb, but not smart enough to open his reservation's confirmation email? Thus, he misreads the address on a poor printout and accidentally intercepts Toronto Man's next hit. Even with the delayed release, this feels like a 2005 plot point.

Determined to show his wife a good time despite all his career setbacks, he books a nice weekend vacation, but his inattention to detail leads him to the wrong house, where Toronto Man is expected for a spot of torture and killing. Teddy gets mistakenly identified by other major players as the Man From Toronto, and under movie comedy rules, the U.S. government insists he plays along until they get some crucial, world-saving information.

Hart sticks to his tried-and-trusted persona,



cracking wise and becoming increasingly exasperated as events continue to spiral out of control. As a result, that leaves Harrelson to play the straight man, which isn't the best use of his talents when history has regularly shown that the actor's strengths in broad comedic fare are maximized when he's allowed to lean into his offbeat charisma and twinkle-eyed charm. It also doesn't help that the humor is too broad and scattershot to generate more than a snigger or a smirk.

Harrelson and Hart's buddy routine works less well here than, say, Hart and The Rock's in 2016's "Central Intelligence." Its moments of comedic tension fizzle out quickly.

There are a few subplots strewn throughout "The Man from Toronto," including Lori being cared for by a hunky FBI handler while her husband is away on world-saving business (much to insecure Teddy's chagrin), and Lori's friend Anne (Kaley Cuoco) having the instantaneous hots for Toronto Man. It's difficult to imagine why Cuoco accepted a thankless supporting part after her award-nominated performance in HBO's "The Flight Attendant."

Ellen Barkin appears sporadically as Toronto's mysterious and dastardly handler, and Toronto and Teddy are forced to contend with a rival assassin — Pierson Fode's The Man from Miami — while simultaneously developing a bond that benefits them both. Still, although those things happen, they're not of any consequence, leaving the impression that the film will be best suited for sleepy Sunday afternoon viewings when one can doze through portions of the proceedings and not miss a thing.

Like the Toronto Man passing through town, this movie might play well on Netflix for a while, but then it'll simply vanish into the ether, never to be seen or heard from again. ■

"The Man from Toronto"

PG-13 | 110 minutes
Director: Patrick Hughes
Stars: Kevin Hart, Woody Harrelson, Jasmine Mathews

PREVIEWS

"Where the Crawdads Sing"

Director: Olivia

Newman

Stars: Daisy Edgar-

Jones, Garret

Dillahunt, Harris

Dickinson

Based on Delia

Owens' critically

lauded page-turner,

"Where the Crawdads Sing" centers on Kya, the endlessly resourceful resident of a North Carolina marsh. We meet her as a child in the early 1950s, as she is abandoned by her parents and older siblings and learns to survive on her own. She is taught to read and write by her friend Tate Walker and falls for him but is left behind once again when he goes to college. Enter Chase Andrews, a quarterback who draws Kya into a tryst with promises of marriage that never materialize. After she ends their relationship, he attacks her, and she narrowly escapes. Then, while she's away, Chase is found dead, and Kya is engulfed in a murder trial — and the evidence against her seems insurmountable.



"American Carnage"

R | 98 minutes

Director: Diego Hallivis

Stars: Jenna Ortega,

Jorge Lendeborg Jr.,

Allen Maldonado

Body horror, cover-ups and social commentary look to abound in the

Diego Hallivis-directed film, and the cast he's assembled is bloody impressive. After a governor issues an executive order to arrest the children of undocumented immigrants, the newly detained youth are offered an opportunity to have their charges dropped by volunteering to provide care to the elderly. Once inside the eldercare facility, the volunteers discover the governor and the facility's supervisor have cooked up a horrifyingly depraved conspiracy that endangers the young and the old in this twisted thriller-comedy.



"Thor: Love and Thunder"

Director: Taika Waititi

Stars: Natalie Portman,

Chris Hemsworth, Taika

Waititi (voice)

The film finds Thor (Chris Hemsworth)

on a journey unlike anything he's ever

faced — a quest for inner peace. But his retirement is interrupted by a galactic killer known as Gorr the God Butcher (Christian Bale), who seeks the extinction of the gods. To combat the threat, Thor enlists the help of King Valkyrie (Tessa Thompson), Korg (Taika Waititi) and ex-girlfriend Jane Foster (Natalie Portman), who — to Thor's surprise — inexplicably wields his magical hammer, Mjolnir, as the Mighty Thor. Together, they embark upon a harrowing cosmic adventure to uncover the mystery of the God Butcher's vengeance and stop him before it's too late. ■



"Passage" by Derrick Breidenthal, 84 inches x 120 inches, oil on canvas.

Contemporary Abstraction at Moberg

Exhibition includes works by 20 artists from around the world.

BY JIM DUNCAN

"Contemporary Abstraction: Collaging Space and Color" is playing at Moberg Gallery through Sept. 2. It's an ambitious exhibition that includes works by 20 artists from around the world. All work in abstraction. That means this show is interactive. No two people take the same thing away from viewing an abstract painting. Everything is totally open to self-interpretation.

Charoula Nikolaidou's mixed media works on canvas, "Dream," "Truthful" and "Alignment," could be taken as old-fashioned abstraction. The young Greek artist barely disguises her admiration for Matisse's Mediterranean period. Gay colors, tropical fruits, a polka dot palm tree and an all-female cast of characters demonstrate why the artist is popular enough to be represented by Saatchi. From the sea to the mountains. Canadian Alayne Spafford's mixed media works use many of the same colors as Nikolaidou. Her technique, which she founded, is collage-like with drips. It is called "shou-sugi-ban," meaning burnt cedar. It's totally new to me, and I like it. There are letters in the collage, most in Swedish. So, there is mystery brewing in the Alberta mountains.

Teo Nguyen, a Vietnamese-born Midwesterner, is well known for his more realistic landscapes of prairie loneliness. These abstractions are less desolate, but large white space dominate like a forlorn winter

sky. Al Harris-Fernandez never lets his paint despair. "Jam," "Stacking" and "Map" are busy yet without confusion. The former director of the Sioux City Art Museum is a Google Earth painter, hovering over the grids of the world. Lola Montejo is English-Spanish and lives in Denver where she teaches painting at Metropolitan State. Her paintings here seem to be in metamorphosis — changing colors and shapes in front of our eyes.

Derrick Breidenthal is a Kansas City artist who steals the show for my eyes. He paints landscapes that are always abstract. Huge skies and intimidating weather threaten each place that poses for him. Ruben Sanchez is another star of this show. He describes himself as "born in Madrid but adopted by Barcelona and Dubai." He began as a graffiti artist who used paint to beautify, not to deface, and then became a serious skater. His works make one gleeful. Moberg archivist Michaela Mullin calls him "Almodovarian" after the great gender-breaking filmmaker Pedro Almodovar of Madrid. Fun amidst the chaos, and even squalor is here. But Sanchez also learned something daring and slightly off from Barcelona's great architect Antoni Gaudí. Gaudí died when he walked in front of street car, distracted. Today it might have been a skateboarder. That's the kind of goofiness Sanchez incites in viewers'

minds.

Speaking of Spanish influences, Omaha artist Justin Beller's "Navigate 1" and "Navigate 2" are reminiscent of Picasso's bull and war-torn scattering in Guernica. Only a bull-fighting country like Spain would know that those two subjects are more alike than incompatible. Orson Welles mused that the reason soccer players became bigger stars than matadors was a war-taught sympathy for the bull.

TJ Moberg's "Flyover Country" and "Hooping and Looping" are collages of latex paint skins. Adhered together to create a subtle layer cake of paint, these large-scale works are very tactile. In Mullin's commentary — "The former is made of mauve and gray skins, invoking the 1980s color code, which perhaps reached flyover country a little late. The latter is more vibrant, where Moberg uses bolder, vibrant colors to accentuate the many circles, their lost holes nearby, though forever separated from the original circle." Chuck Hipsher says he was taken to a psychiatrist at age 8 because of his obsession with art, particularly with painting three dimensional crucifixes. He is still making art that upsets some but moves others.

Twelve more artists complete this marvelous, international exhibition. ■

IOWA ARTISTS

Carski Studios

Featured artist at Waukee Arts Festival

BY JACKIE WILSON

A husband-wife team can complement and compromise in their home but not always in their careers. However, for married couple and artists Sarah and Mark Carson, both are each other's best cheerleaders.

When Mark noticed unique artwork in Sarah's sketchbook, she insisted it was a throwaway piece. Mark thought differently.

"One of her drawings in her sketchbook was a better piece, and we gave it to the world to see," he said.

Mark and Sarah are co-owners of the independent Beaverdale art studio, Carski Studios. It's a combination of her maiden name, Pargulski, and Mark's last name, Carson.

The duo works out of their home studio — a former living room renovated into a working studio. The pair met while in high school at the Des Moines Art Center, where they were working as art teaching assistants. Sarah attended Iowa State University for fine art, while Mark attended the Creative Center in Omaha.

They stayed friends, each day creating their own artwork, while working full-time jobs. Once they got together, the timing was perfect to meld their artistic partnership.

Sarah considers her work fine art, "dabbling" in landscape and still life. Mark's artwork consists of whimsical storybook-type drawings and characters.

"I'm more of a 'working from life' artist," Sarah explained. "Mark is into the digital realm and works from ideas inside his head. Our work from life and imagination has been really cool and how [both art styles] can mesh together in the real world."

Mark says both are heavily influenced by literature, including a favorite, "Alice in Wonderland." Hanging in their studio is an original illustration by John Tenniel, who illustrated the "Alice in Wonderland" book.

The pair each draws their own artwork and collaborates on about half of their works.

"If we get stuck in a rut, we help each other out," Sarah said. "A fresh set of eyes helps, and we encourage one another."

The toughest part of their art career is figuring out art sales.

"We're part of the 'starving artist' troupe," Sarah admitted. "Art is so difficult to peddle."

Sarah said they avoid commissioned work.

"I'm not a huge fan of commissions. There's lots of back and forth, and you lose creativity and calling something your own," she said. "We try to stick to our true self. As corny as it sounds, we try to stay true to our own vision."

Mark added, "We're not into the merch game. That's not us. We've tried to return to our roots and remember what works for us. We once catered to what we thought people liked — and it didn't work. Pieces sell best when we show a sense of honesty."

The couple displays their works at art shows and festivals and enjoys reactions from the crowd.

"The best part is seeing people. You witness them — for no reason — when



Mark and Sarah Carson operate an independent art studio in Beaverdale. They won best of show at the 2021 Waukee Arts Festival.



Sarah Carson's "Sticks"



Mark Carson's "Lucidia"

artwork speaks to them. It's awe-inspiring to have that connection," Sarah said. "Being an artist feeds my soul."

In 2021, Carski Studios won best of show for the juried Waukee Arts Festival. This year, they are the featured artists among 100 other artists.

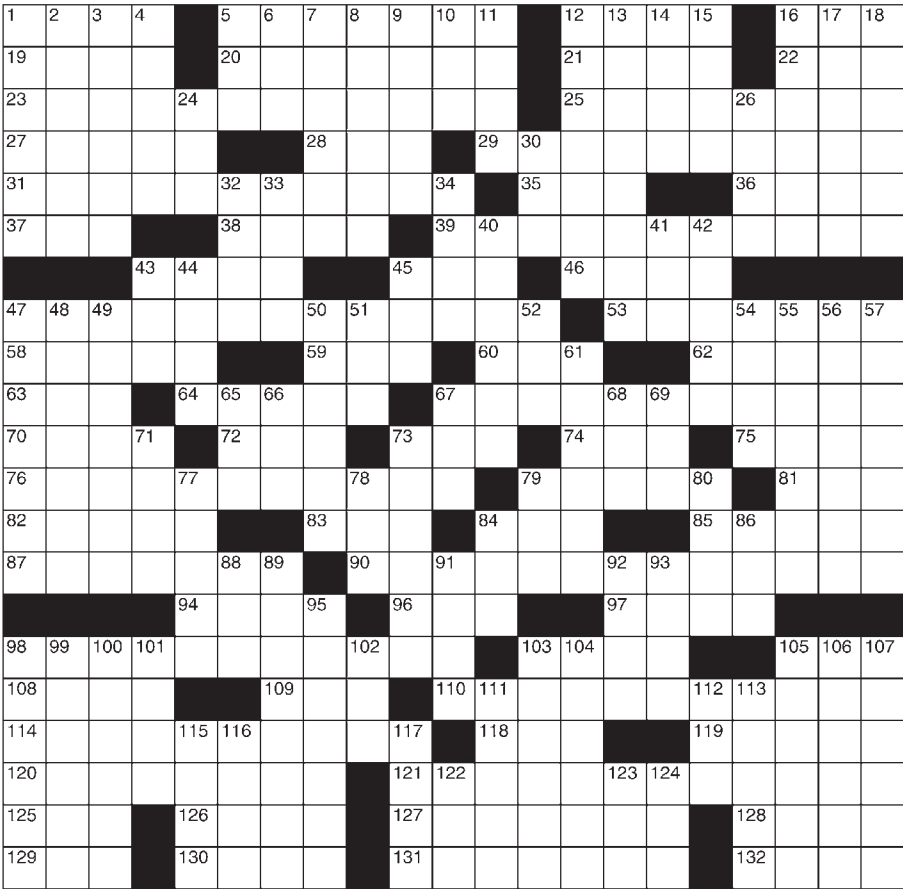
Mark said, "It was a huge surprise to win the best of show. It's pretty cool."

View Carski Studios at the Waukee Arts Festival on July 15-16 at Centennial Park in Waukee. ■

PUZZLES

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

THREE-TO-FIVE FIRST NAMES



ACROSS

- 1 Jason's ship
5 Categorized
12 Schoolboys
16 Actor Ayres
19 Coffee bit
20 Sea cow
21 "Orinoco Flow" singer
22 Yes, to Yvette
23 Pigeonhole the 16th president?
25 Toy-package span
27 1950s politico Stevenson
28 ---CIO
29 Cut all ties with the star of "Our Miss Brooks"?
31 Sniff the singer of "Coca Cola Cowboy"?
35 Barber's stuff
36 Color shade
37 Senator Cruz
38 ---bitsy
39 Investigate the director of "Stand by Me"?
43 Barber's stuff
45 Positive vote
46 Writer Blyton
47 Bathe the star of "Caroline in the City"?
53 Didn't include
58 Gate joint
59 Light hit
60 Berg material
62 Bride in "My Big Fat Greek Wedding"
63 Hank in the Basketball Hall of Fame
64 Floats in the breeze
67 Make a genetic replica of the star of "The Wolf Man"?
70 Jules Verne captain
72 According to
73 Dawn goddess
- 74 Boxer Frazier
75 Muscle jerks
76 Mistreat the director of "Splash"?
79 In districts
81 Holy Fr. woman
82 Broadcaster
83 Rumpus
84 Stable feed
85 Pungent pizza topping
87 Quaint street lighter
90 Trample the playwright of "Travesties"?
94 "Me neither"
96 "--- so sorry!"
97 "--- so sorry!"
98 Extort money from the star of "The Europeans"?
103 Rational
105 Prefix related to birds
108 Helps out
109 Whirlpool site
110 Spill hot coffee on baseball's "Iron Man"?
114 Kidnap the star of "Madam Secretary"?
118 Mil. jets' site
119 Indistinct
120 Candy -- (hospital helpers)
121 Contradict the inventor of the cotton gin?
125 Certain pipe shape
126 Provided
127 Retired academics
128 Ladder rung
129 Certain pipe shape
130 Mimicked
131 Halter's cousin
132 Former times
- 2 Software instruction file, often
3 Like houses with pitched roofs
4 Hoops' Shaq
5 Roman 950
6 Chou En- --
7 Yearly records
8 Hit resulting in an out and an RBI
9 Absolut rival, for short
10 Sushi roll fish
11 Forest lairs
12 Do not disturb
13 Resident of "la-la land"
14 Batik worker
15 Gilbert of "The Connors"
16 Soho setting
17 Actor Levy
18 Hot dog
24 Mae West's "Diamond --"
26 Intro painting course, say
30 Self-love
32 Be inclined
33 Tingly feeling
34 1974 CIA spoof flick
40 Lubes again
41 Glass edge
42 Piaf of song
43 Phone game, maybe
44 Another time
45 Phone game, maybe
47 Gab, informally
48 African land
49 Infatuates
50 Capital of Canada
51 Moms
52 Sgt., say
54 Flawlessly
55 African land
56 Ballot caster
57 Bedtime hour
- 61 Delights in
65 Relief sound
66 "Alice" waitress
67 Cape --
68 Era upon era
69 Capital of Canada?
71 Law school beginner
73 Like amatory literature
77 Marvelous
78 Radio spots
79 Electric jolt
80 Dimwit
84 "Let's see..."
86 "Says You!" broadcaster
88 "Eat -- Chikin" (Chick-Fil-A slogan)
89 Pickle or cure
91 Acorn sources
92 Be inclined
93 Finished
95 Levied, as a tax
98 Droopy-eared hound
99 Diminutive
100 Channel swimmer Gertrude
101 Morales of film and TV
102 McKellen of movies
103 "On Language" columnist William
104 Even though
105 A lot like
106 Wood overlay
107 Composed and ready for printing
111 "The Alienist" novelist Carr
112 "As -- care!"
113 Crooner Cline
115 Women's Open org.
116 Hurdle
117 "Yeah, right"
122 Tall bird
123 164-nation commerce gp.
124 Au courant

DOWN

- 1 Something super-fun



"Sold to the man being _____
by his wife!"

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!

Ignite
LINKED
Chafe
CAPERS
Freed
OODLES
Support
HEROS

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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: ♦♦

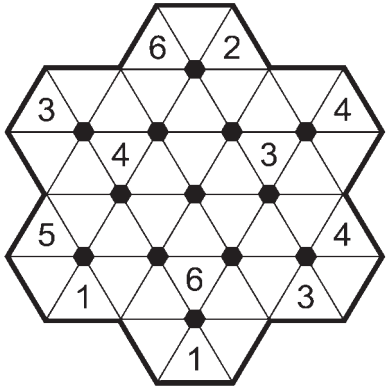
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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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!

	×		-		20
-		+		÷	
	+		×		24
×		×		+	
	-		×		28
20		13		11	

1 2 3 4 5 7 7 8 9

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WHAT THE...

Think you're funny?

Send us your best caption...

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

Next month's photo:



PHOTO COURTESY OF GRATISOGRAPHY

This month's winner

"Mr. Rooster is watching out for any chickens that might be looking to cross the street."

Cindy Goodrich



Runners-up

"The plumage of the yellow-breasted urban rooster was so attractive it could bend the space-time continuum."

Mark Alvord

"King of the block. Leads the flock. This proud rooster. Is a great business booster. He's the Cock of the Walk!"

Gordon Rowe

"It's at the corner of Cock and Red Balloon. If you get to Blue Balls and Cock, you've gone too far."

Kristen Hansen

"The mystery of where the 100th red balloon ended up has been solved."

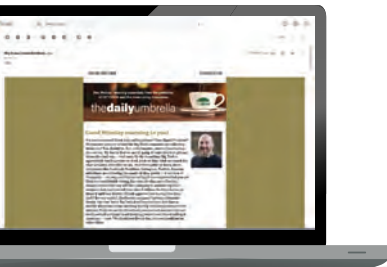
Ben Forest

Send your "What The..." caption and image entries to celeste@dmcityview.com.
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JOE'S NEIGHBORHOOD

BY JOE WEEG

A barber's life in 3 yellow pages

Lannie Hale spent 55 years as a Des Moines barber.

"I actually thought I'd die with the shears in my hands."

The old man stands behind his barber chair — his podium for an audience of one. He looks at me. He looks down at his notes. He reads carefully.

"But a young barber came to me and said he'd like to start his own business. 'The best time to sell is when you have a buyer,' is an old saying in real estate. I have an old clientele because I, too, am old, and with that, it made me think maybe it is time."

We just met, two old men, and I suspect he's worried that I won't get his life right. I don't tell him that no one gets a life right, even the person living it. But he's come prepared — three small yellow pages, one side only. Fifty-five years as a Des Moines barber distilled into a space small enough to fit on a retirement banner.

"My wife and I want to travel more to Arizona because I have a daughter there with her family. This shop is ready for some new blood. Ian and Travis will make it happen. I would like to thank Eric Hutchinson, Ian and Travis' previous boss, for his role in mentoring these young barbers into an entrepreneurial position."

Lannie Hale's ironed shirt is tucked tightly into his creased pants. Shoes are polished. Hair and beard recently trimmed. Intent gaze. He wants to exit stage left, but then there's always the final soliloquy.

I smile encouragingly as he reads from the prepared text that gives thanks to his clients and explains how he got where he is today.

He looks down at his last page.

"The old saying goes, find a job you love and you never have to go to work a day in your life. I will miss all of you a lot."

I remain quiet as Lannie shuffles the pages into a straight deck and hands them to me. Fifty-five years of barbering... that's a long time to do any one thing.

"You just think positive. I've been very fortunate to have loyal customers. You can make a living working 40 hours a week, but you can make money working 50 hours a week. I start at 7 a.m. and sometimes I don't end until 6 p.m. As I got older, my legs couldn't do it. I needed to pace myself."

But don't people really just want fast food? Whatever is quick and easy seems to be the first choice?

"Well, first, people want a good haircut, and they want it repeated — not one out of three. And price is important. And they want to be comfortable."

Lannie comes around the podium and sits at last. A long sigh.

"Listen to your clients. Remember what they talked about and bring it up again. It could be a trip, or something the grandkids were involved with. Keep it about them. By doing that, you really need to keep your mouth shut and your ears open."

I nod, but I can never remember what people say about the interesting bits, and I always flunk my wife's debriefing back home as to any good gossip.

"I would make notes. You have to. But after a while, you actually do want to hear the end of the story: How did that granddaughter do in the spelling bee? How was that trip to Florida? How do you like the guy your daughter is dating? You want a client, not a guy coming in the door. You want them to leave believing truly that Lannie wanted to hear their story."

And I suspect you've outlived a few clients after all these years.

"I've lost clients. I've been to too many funerals."

Lannie stops. Wipes his eyes. Breathes.

"They're family."

We pause.

"I've actually given haircuts to people in the casket where the wife has called and said, 'Lannie, we had a viewing, and he doesn't look like my husband. Would you come?' It's a little tough, but I do it. He's part of the family."

Lannie stops again.

So tell me how a typical haircut goes?

"Being an older barber in an old shop, you want something that the client remembers."

Of course.

"So first and most importantly, you give a good cut. Then, it is important to have a good hot lather shave around your ears when you are done cutting hair. It's kind of an old fashioned thing. And the bay rum aftershave. I love the smell in the shop and the talcum powder."

Lannie sprays bay rum in my direction. We both stop, take a deep breath, and smile.

"So when I'm done with the haircut, I warm up the lather, give the shave around the ears, wrap up the conversation, wipe off the lather, then the bay rum, then finish off with an electric massager on the shoulders and neck."

I roll my shoulders... imagining.

"OK, get in the chair," Lannie says to me.

As the massager shakes my shoulders, Lannie says, "You know, Joe, my only sadness is that I'll miss everyone."

I murmur something incoherent hoping he won't stop the massage.

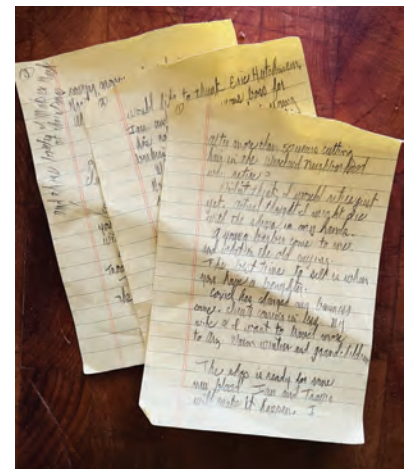
Lannie quotes from his last line on the last page of his yellow notes: "As Bob Hope would say to the troops, 'Thanks, guys — thanks for the memories — God bless.'"

And perhaps God will. But isn't it too soon? Don't you just sign up for another production? Audition for a new role? Become a different superhero?

And, by the way, wouldn't God want to know what happens in the fourth yellow page?

I do. ■

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.



BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

'Ordinary Monsters'

This one is a beauty of melancholy and the painful parts of humanity. It is atmospheric and seething with tension and grit with just enough heart to claw its way into your brain. I've been thinking about this book daily since I finished it months ago. I think it might've changed something inside me that needed changing.

In an alternate version of Victorian London, there are some special children gathering. Talents, as they are known, have extraordinary, somewhat creepy powers that draw in evil like a moth to a flame. In order to keep the children safe — and under control — a stream of adults with their own murky motivations try to lead the children to safety, but at what cost? Can they ever be truly safe in a world filled with monsters?

Gorgeously written and full of an intricate, shadowy plot, I adored this book so much I find myself longing to pick it up again and again. If you like gothic, labyrinthine, doorstopper-sized novels that will keep you up late, this is for you. ■ — *Review by Julie Goodrich*



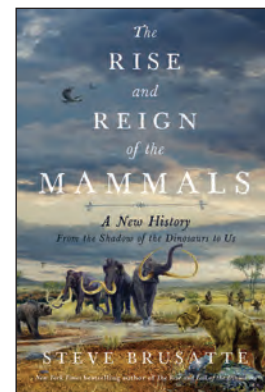
By J.M. Miro
June 7, 2022
672 pages
\$28.99
Flatiron Books

'The Rise and Reign of the Mammals: A New History, from the Shadow of the Dinosaurs to Us'

Did you know that Thomas Jefferson sought the Louisiana Purchase in order to look for mastodons? It seems crazy to think about, with our limited time perception, but mammals are so young in the grand scheme of the history of the earth. Steve Brusatte does an excellent job of telling the tale of our nearest ancestors in the animal kingdom, while keeping the perspective wide enough to never lose context.

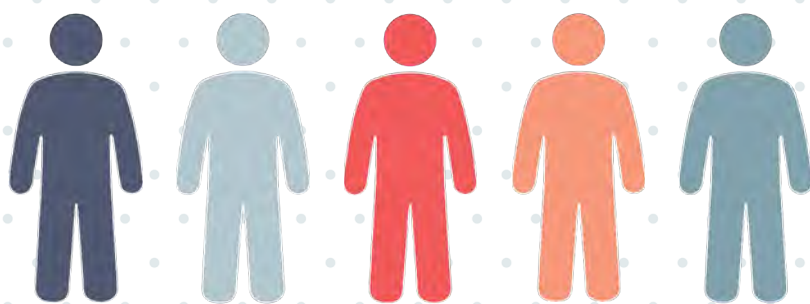
A story of perseverance, luck and astonishing adaptability, the rise of mammals picks up where the dinosaurs leave off — just after the asteroid struck Mexico, wiping out the former kings of the planet, and leaving room for the small, oddly built creatures that are our ancestors to fill in the gaps in surprising and unique ways.

It's not an easy feat to write nonfiction science in such a readable way without losing the plot, but this book hits that perfect mix. Filled with stories of amazing fossils, intriguing science, and drawing it all into a mesmerizing big picture, I can't recommend this one highly enough for all my prehistoric geeks out there. ■ — *Review by Julie Goodrich*



By Steve Brusatte
June 7, 2022
528 pages
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The opera world shines its golden light on DMMO

This summer marks Simon Estes' first appearance with Des Moines Metro Opera, and his Iowa operatic debut.

Central Iowa has an exceptionally high "cultural quotient." A constant bounty of productions, events and exhibitions await cultural adventurers. Occasionally, one organization elevates itself to a rare pinnacle of presentation and performance. This year, the Des Moines Metro Opera (DMMO) allows patrons to breathe deeply the rarified, golden air of their 50th Season.

Michael Egel, general director of DMMO, shares glimpses into this magical year. Their permanent staff of about seven will expand.

"This summer, the company will swell to more than 275. We are super-sized this year to celebrate this golden anniversary," he says.

"We started off this year with what we called Five Big Wow projects to celebrate this occasion. We did an epic production of Mozart's 'The Magic Flute' in March at the Civic Center. These (productions) have been many years in the making. All... will be brand new, top to bottom — new costumes, new sets, and everything original, nothing from an existing production. These new costumes and scenery elements were built all across the United States, and all designed here."

DMMO's sterling reputation gives it the clout to connect with the top creatives in design, importing stunning visual excellence into each work. The three shows, presented in DMMO's traditional repertory format in July, bring an unforgettable season to fruition.

Egel talks about the "commissioned new work, not just any piece, but something that was our story to tell, and that we were uniquely positioned to give that story life on the stage." This work is expected to begin its journey to other companies following its world premiere at DMMO.

"This (world premiere) is 'A Thousand Acres,' based on Iowan Jane Smiley's 1992 Pulitzer Prize-winning novel. This premiere will utilize video projections," he explains, sharing how a skilled team of technicians worked on custom-designing this concept for their unique performing hall. Smiley will attend the opening of this production.

"'A Midsummer Night's Dream' continues the Shakespearean theme ('A Thousand Acres' reflects a 'King Lear' storyline) with 'some of the most glorious and sumptuous costumes I've ever seen.' Headlining this production is countertenor John Holiday as Oberon, who spent part of the pandemic when opera wasn't being performed wowing judges to the final round in 'The

Voice.' "

Egel anticipates strong attendance this summer. Last year, even at 50% capacity, DMMO welcomed audience members from 42 different states.

"My work as general director is choosing a repertory to create a season that appeals to people from all over the United States that makes them want to come to Iowa," Egel says.

His keen abilities ably continue the tradition established by founders Dr. Robert L. Larsen and Douglas Duncan in 1973.

"Our anchor production this year is the Gershwin's 'Porgy and Bess' (George as composer, Ira as lyricist), and in my over 20 years in the business, I've never heard sounds as incredible and overwhelming as I have from these rehearsals," Egel shares. "This is undeniably the greatest American opera ever written. It owes nothing to European traditions. It is an American story, American music through and through that features an entirely Black cast. Within the first few minutes, its signature song 'Summertime' is performed."

Dr. Simon Estes, who serves as the production advisor, is Iowa's opera superstar.

"Many in the industry know him as a legendary, towering figure in opera who has, to his credit, many firsts and many barrier-breaking performances all over the world," Egel says.

This marks Estes' 40th anniversary since his Metropolitan Opera debut, 16 years after his professional debut. As the leading man in the Met's first ever performance of 'Porgy and Bess,' Estes' reviews were stunning. He would eventually sing the role 20 times for the Met throughout his career, more than any other role.

This summer marks his first appearance with Des Moines Metro Opera, and his Iowa operatic debut. Iowans have long awaited this moment in Estes' stellar career. The cast of DMMO's 'Porgy and Bess' are extremely excited, especially when they learned that he would be performing a small role in the production.

DMMO's final "Wow" is "American Apollo," a short performance of a new opera, with discussion and lecture. It will be presented in collaboration with the Des Moines Art Center and Pyramid Theatre at the Art Center.

This golden time in Iowa's cultural expressiveness will glow well into the future, and anyone who experiences even one of DMMO's performances will hold each memory forever. ■



Liam Beck-O'Sullivan as Puck in DMMO's production of "A Midsummer Night's Dream." Photo by Ben Easter

OVERHEARD IN THE LOBBY

Ankeny Community Theatre/Vagrant Fear Productions

• July 15-16. "Dark Side of Love"

Carousel Theatre, Indianola

• July 15-24. "The 25th Annual Putnam County Spelling Bee"

Des Moines Community Playhouse/Kate Goldman Theatre

• July 8-24. "Matilda the Musical"

Des Moines Metro Opera

• July 1, 3, 8, 14, 16, 21, 24. "Porgy and Bess"

• July 2, 10, 15, 23. "A Midsummer Night's Dream"

• July 9, 13, 17, 19. "A Thousand Acres"

• July 20-23. "American Apollo" (at the Des Moines Art Center)

Des Moines Young Artists' Theatre

• July 22-31. "Heathers: The Musical"

Iowa Stage Theatre Company

• July 13-17. "King Lear"

Urbandale Community Theatre

• July 22-31. "Bye Bye Birdie!"

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.



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DES MOINES FORGOTTEN

BY KRISTIAN DAY

KRNT Theater

This was a place where people could see Grandpa Jitters for 25 cents.

I am forever a student when I hear stories about Des Moines' music history. The majority of my passions stands with the state's punk rock scene, but I enjoy more sophisticated things, too.

In December 2021, my friend Matthew sent me a text stating that he had memorabilia from KRNT and the KRNT Theater. It was one of those "I'm leaving town tonight, no questions" type of deals. The collection was of KRNT Radio Theater recordings on vinyl. It wasn't just the music but also the advertising jingles from the show sponsors that were played between acts. These were low-budget deals, as the vinyl was thin and only meant for a of couple of plays around the needle.

In 1927, the Za-Ga-Zig Shrine Temple of Des Moines built the Shrine Auditorium at 221 Walnut St. in Des Moines. The venue was one of the largest of its time, sharing legacies with likes of The Paramount Theater that also once stood downtown. This was a place where people could see Grandpa Jitters for 25 cents. It is famous for giving birth to the Iowa Barn Dance Frolic, a hillbilly-styled version of "The Lawrence Welk Show." Technically, the Iowa Barn Dance Frolic started in Davenport at WOC radio and then moved to Des Moines to WHO. It went on to outsell venues such as The President Theater and expanded to a three-hour show at the Shrine Auditorium, which could hold 4,200 people. In April 1942, the Hollywood War Bonds Tour held a revue there after a parade down Locust Avenue that featured Laurel & Hardy, Cary Grant and James Cagney.

In 1946, Cowles Broadcasting (which owned KRNT Radio) purchased the Shrine Auditorium and built new television and radio facilities next to it. However, when WHO Radio's Iowa Barn Dance Frolic had to be moved over to the KRNT Theater, they didn't want to have confusion with branding. So, the KRNT Theater became "Radio Theater." They could have mass shows with a studio audience and live broadcasts on television and radio.

Reportedly, even Des Moines Mayor Frank Cownie booked bands at the KRNT Theater. It went from the old jamboree style shows to the hip acts of Johnny Cash, Blood Sweat and Tears, and Buddy Rich. Unfortunately, it was also the location for the worst performance by The Doors on Sept. 27, 1967. The Doors sold fewer than 600 tickets, even with this being the summer that "Light My Fire" hit the airwaves.

The KRNT Theater closed in 1972. In 1974, Cowles Broadcasting sold KRNT to Stauffer Communications out of Topeka, Kansas, after they decided they wanted to concentrate on television operations more than radio. There was a lot of talk from the Federal Communications Commission about media conglomerates owning more than one radio station in the same market. My, how times have changed.

The Des Moines Civic Center now sits where the KRNT Theater once did. The theater was demolished in 1986, but salvaged materials from the building are spread across the city, including a Sherman Hill house. Mark Hagen, formerly of Des Moines, told me, "There is a small house in Sherman Hill that held a speakeasy in the basement, and their floorboards were part of the KRNT Theater Stage." On more than one occasion, I have also seen materials at West End Architectural Salvage and even some flea markets.

The records that Matthew brought to my house had been hoarded for many years, likely by more than one person. Their existence continues to teach me about Des Moines' music history, and I look forward to continuing as a student. ■

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



Crowd entering KRNT Radio Theater for the Metropolitan Opera's production of "Tosca." Courtesy of the Iowa Historical Society



Seating inside KRNT Radio Theater in 1955. Courtesy of the Iowa Historical Society



KRNT Radio Theater, with marquee promoting the musical "My Fair Lady." Courtesy of the Iowa Historical Society



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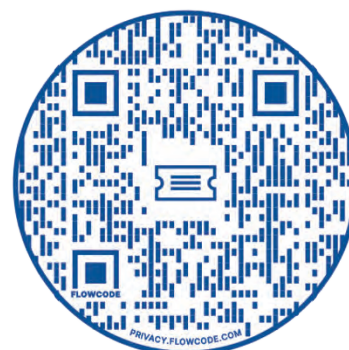
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3 6:08 COL	4 5:15 IND	5	6 6:05 IND	7 6:05 IND	8 6:05 IND	9 6:05 IND
10 12:35 IND		12 6:38 BUF	13 6:38 BUF	14 6:38 BUF	15 7:08 BUF	16 6:08 BUF
17 1:08 BUF	18	19	20	21	22 7:05 OMA	23 5:05 OMA
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CARS IN THE CITY

ARTS & ENTERTAINMENT



Three-wheeled adventure

Polaris Slingshot autocycle

BY JACKIE WILSON

As a new grandma, exploring a vehicle's safety features is important. Keeping the precious baby cargo safe is foremost on my mind. Yet, a grandma also needs some adventure!

I discovered a thrilling venture with just three wheels. The Polaris Slingshot offers the comfort of a convertible, but it's a motorcycle. Or is it? Whatever you call it, it's an exciting change of pace for our Cars in the City column.

The Polaris Slingshot SL is classified as an autocycle. It requires a motorcycle plate registration because it weighs less than 1,700 pounds, but a driver doesn't need a motorcycle license to drive it.

The completely open-air model doesn't have doors or a top. Unlike a motorcycle, you don't straddle it; you simply climb down into the cockpit. OK, it's not that simple, as it requires flexibility to maneuver body parts around the steering wheel. It is similar to sitting in a low sports car or a go-cart.

I drove the automatic version; however, reports say the manual version is more responsive. Remember, it's not completely car-like. If you've stopped on a hill, even in automatic, it will roll back.

The backup camera comes in handy. Look at your rearview mirror, and the seatbacks and rollbar obscure the view. The side mirrors are small, about the size of a

scooter's mirrors.

To start, you simply push a button. With AVS brakes, front-wheel drive and 178 horsepower, it's an energizing takeoff.

There's a small windscreen, which makes it completely open air. It runs noisy, but, obviously, you're not inside with the doors shut.

It's car-like with a 7-inch display panel, USB charger in the glove box and a Rockford Fosgate audio system. Cup holders and a small storage space in the center console hold a few items. Two small storage areas behind each seat accommodates an average sized duffel bag or a couple bags of groceries. You can't take this to Costco and expect to load up your vehicle with cases of toilet paper.

It's a different feel than a convertible; however, you can experience more "wind in the hair" moments. Steering is more racecar-like — it takes two hands to make turns. Here's my tip: If you're shooting video with your camera, try slowing things down to less than 70 mph.

The passenger is king. In a motorcycle, a passenger views the back of the driver's head. In a Slingshot, both the driver and passenger experience the same open-road feel.

There's no HVAC system. Nature cools you off

instead. There's abundant air flow; however, the black seats on a 90-degree day create a sweaty backside. Dress accordingly, or purchase the model with the cooled/heated seats option.

If it rains, no problem. Everything in the cockpit and seating area is waterproof. Water drains out the bottom if it gets wet.

For those wanting a motorcycle experience, it's easy to handle and maneuver. The model driven came in at \$28,000. Slingshots offer five models to choose from, and drivers can accessorize with an excursion top, colored lights and more.

Driving along in a Slingshot generates many stares from curious drivers along the road. You feel like you're in a Batmobile traveling out of Gotham City. Instead, you're just a grandma out for an adventure-filled ride. ■

Promoting diverse arts and dance in Des Moines

Penny Furgerson reflects on five decades of Gateway Dance Theatre.

When Penny Thomas arrived in Des Moines to study at Drake University, she thought she'd return home to India after earning her pharmacy degree.

Sixty-six years later, she is still here.

Even the capital of Iowa couldn't hold a candle to the bustling streets of her hometown.

"At the time, I thought Drake must be out in the outskirts," she recalled with a laugh. "I had come from Bombay, and they said Des Moines is a city, and I kept looking for the people."

The one person she did find in Des Moines was her husband, the late Lee Furgerson. They met at a mixer, the old-fashioned way.

"We met because we were both so interested in the arts and jazz, and we couldn't stop talking to each other," she explained. "One of the first questions he asked me was if I could dance. I thought, 'What a crazy question to ask.'"

One day, Furgerson was absentmindedly dancing to jazz music in the kitchen. Despite her protests that she had never choreographed before, her husband urged her to explore the movement. It became her first piece titled "Curried Soul" — classical Bharatanatyam dance steps set to jazz music.

"He wouldn't let me off the hook. He said, 'You need to pursue it,' " Furgerson recalled. "Otherwise, I don't think I would have done it. He felt that there was something there that I should share."

Furgerson's training in Indian classical dance was difficult to find in Des Moines, replete with modern, jazz and ballet. Together, the husband-wife duo stepped up to fill the void and provide a cultural "outlet for people of color."

"I didn't plan to start anything. No, I was looking for a place I could join," Furgerson said, laughing.

But start something they did. Officially founded in 1972, the community-based dance company hosted its first class in a community center with 30 students of all ages, many of whom had never had access to dance.

From the beginning, it was a family affair. Her sons provided music through percussion instruments. Her husband managed the technical aspects of their productions. Today, Furgerson's granddaughter, Sydney, plays a large role in running the company.

Although Gateway Dance Theatre now has a permanent home — their basement studios are tucked away in the East Village — their mission of promoting diversity in the arts remains the same.

Furgerson recalled the social climate during the company's early days. Des Moines was not racially



Penny Furgerson, center, performs her first choreographed piece, "Curried Soul," in 1975. Photo by Dave Penney

segregated by name in the early 1970s, she said, but disparities remained.

"There were schools mainly Black kids went to," she said. "And those places did not get the best teachers. They sent rookie teachers who didn't know how to manage kids. And so my husband, he went to the school board and said, 'You need to send your best teachers here in order to motivate the kids instead of sending people who are just learning how to teach.' We felt very strongly about that."

"We used the same thought in the dance company, to bring the best. So they can get motivated. The best that we could afford to bring. And we still do that — we still try to get the best."

The "best" have included dancers, choreographers and other artists from across the country and beyond. The company recently hosted a summer camp with resident guest artists Sarmishtha Sarkar, an international choreographer from India, and Cecil Slaughter, a dance professor from St. Louis.

"Penny just attracts people," said Debina Nath, who first joined Gateway as a volunteer and now serves as the company's associate director.

It's easy to see Furgerson's magnetic pull on artists. Although soft-spoken and unassuming, her petite frame exudes a passion for dance and the arts. One can visualize her graceful movements even as she stands still.

For Furgerson, life doesn't just imitate art — it simply is. The two are one and the same.

"It's really around us everywhere, and we don't recognize it," she said. "It really surrounds us, but we tend to separate the two. Having grown up in India — because it's part of your being — you don't separate and say, 'This is art; this is living.' It's a part of your culture."

For more information about Gateway Dance Theatre, visit gatewaydance.org. ■



Penny Furgerson founded Gateway Dance Theatre in 1972. Photo submitted

PEOPLE & PETS

PERSONALITIES



Alex Meyer obtained his black diamond stingray five years ago. Photo by Jackie Wilson

Black diamond stingray

Passionate about fish

BY JACKIE WILSON

As other fish enthusiasts fill their tanks with colorful orange clown fish or blue bettas, Alex Meyer's fish tank is a stark opposite.

Inside his freshwater tank lives a black diamond stingray, three bala sharks, an iridescent shark catfish and a Rhino Pleco bottom feeder.

The black diamond stingray is his prized possession. Most captive tank stingrays are colored brown or gray. The stingray he obtained five years ago is not full size yet — but it can grow to the size of his tank, which is eight feet long, and live up to 10 years.

When feeding fish or cleaning his tank, he treads carefully as the stingray barbs are extremely sharp.

"That's what killed Steve Irwin," he recalled. Irwin was a wildlife conservationist and television personality who tragically died from a sharp barb to the heart while filming his show.

The barbs have serrated teeth, so if it enters a body part, it doesn't pull out smoothly. As long as the barb is shed, it's not poisonous. As Meyer revealed a small

box full of barbs he's picked up from the tank floor, he admitted, "I've stuck myself on a barb once. It doesn't feel good."

As Meyer was fascinated with stingrays, he purchased two males and one female, planning to breed them. Unfortunately, the tank broke down.

"The pump malfunctioned, which made the water chemistry off. It was very tragic, and the two males died off. It was too expensive to get more."

The stingray and sharks eat mealworms, nightcrawlers, shrimp and tilapia.

"I'm eating ramen noodles and they eat gourmet," he said. "It's an expensive habit."

When Meyer moved into his new home, his old fish tank wouldn't fit through the basement door. He custom built a new stand to hold both the extensive filtration and tank system.

His fish collection started as a youth. Growing up on a century Iowa farm, the family owned a 10-gallon aquarium.

"It was either clean the fish tank or do the dishes,"

he recalled.

A fascination with his school friend's 125-gallon aquarium intensified his fish hobby. He had fish in college and has collected a variety of fish the past 25 years. The most difficult part of his hobby is the maintenance. He changes the water once or twice a week, each time taking up to an hour and a half. He's leery of power outages, which could kill off his fish. It's difficult to go on vacation.

"I need to find a reliable and trustworthy person who can also take care of my cat and dog, and not kill the fish," he said.

Next up, he's built a koi pond and a chicken coop, which helps keep him connected to his farming roots.

He also has a smaller tank upstairs. He said he likes to put up a fluorescent light and view the fish at night, which is peaceful and calming. He relishes the fact that he's unique among his friends with a stingray living in his basement.

"It's an obsession and passion with these fish," he said. ■



This stingray can grow up to eight feet long. Photo by Jackie Wilson

COLLECTIONS & HOBBIES

BY SOFIA LEGASPI DICKENS

From paralysis to the Paralympics

How an Ankeny teen turned a tragic incident into something more

At age 18, Justin Phongsavanh was shot in the parking lot of an Ankeny McDonald's and paralyzed from the waist down.

Today, the 25-year-old javelin thrower is a medaled Paralympian.

Following his paralysis in October 2015, Phongsavanh gave himself an ultimatum.

"I can sit here, wallow in self-pity, and that will eventually consume me," he said. "Or I can see what life has to offer, and I can try to deal with the struggles.

"I always thought, option one was always there, but let's just see what option two has."

Phongsavanh had recently graduated from Ankeny Centennial High School and was completing an electrician apprenticeship. It was the start of his 30-year career plan, he said. Instead, he found himself in the hospital and rehab for four months.

Two bullets, one fragmenting and lodging itself into his spine, altered the trajectory of Phongsavanh's life. He decided to enroll at Des Moines Area Community College. After obtaining two associate degrees, he went on to earn a bachelor's degree in accounting from DeVry University in Illinois, where he is currently working towards a double master of business administration (MBA) degree in accounting and marketing.

And amid all that schooling, he worked his way to Tokyo 2020.

Although Phongsavanh had been a four-sport varsity athlete in high school, the Olympics never crossed his mind.

"I never had the drive or outlook to become a professional athlete, or even a collegiate athlete by any means," he said.

But, finding himself bored at home with his life at a standstill, Phongsavanh explored adaptive recreational sports. It was the director of Adaptive Sports Iowa who introduced him to the Paralympics. He had never heard of it.

His first Paralympic competition was humbling, he said. As an athlete in the F54 classification, Phongsavanh throws the javelin from a seated position with his left hand gripping a pole.

"My first competition was eye-opening to all the different types of disabilities in the world and also all the different kinds of events that are offered in the Paralympics," he said.

Overcoming adversity was not new for Phongsavanh.

At the age of 2, his birth parents were incarcerated. He lived with relative after relative, eventually ending up in the foster care system before being adopted. Half Laotian by descent, he said he underwent the usual experiences of Asian American kids who grow up in predominantly white suburbs.

His experiences are featured in "TAAF AAPI Heritage Heroes," a Hulu special honoring Asian Americans and Pacific Islanders.

"I'm proud to be who I am and represent not only my fellow Asian Americans, but also all of my fellow Americans," he said.

Despite everything he's been through in his young life, Phongsavanh says he wouldn't change a thing. That is, except...

"I would probably change the lottery ticket number on my billion-dollar ticket," he joked.

There's something else Phongsavanh wouldn't change. Without that fateful October night, he wouldn't have proposed to his fiancé, Bethany — the accomplishment he says he's most proud of. The two met at an Olympic training center in California.

Last May, the couple moved to Georgia, where Phongsavanh can train outdoors year-round.

"Snow and wheelchairs don't mix," he explained.

Phongsavanh plans to finish his MBA degrees and start a family while continuing to pursue para-athletics at the highest level.

So far, his pursuit has scored gold at the 2017 U.S. Paralympics Track and Field Nationals and gold at the 2019 Parapan American Games. At the U.S. Paralympic Team Trials in 2021, Phongsavanh threw 33.29 meters, shattering the previous world record distance by more than 4 feet. He went on to win bronze in the Paralympic finals, just 0.26 meters short of the gold medal throw.



Iowan Justin Phongsavanh competed in the Tokyo Paralympics in 2021. Photo submitted

Although he has several medals under his belt, Phongsavanh doesn't plan to quit anytime soon.

"Paris 2024, L.A. 2028, Brisbane 2032 — I'll keep going in Paralympic sports until I can't anymore," he said.

And as he forges onward, Phongsavanh hopes to break down stigmas and eradicate ignorance surrounding para-athletics.

"There's people every day that have a disability that can't find an outlet, can't find a crowd to fit into, can't find peace in their situation or acceptance in their disability," he said. "I want more people to know about this outlet that is a team sport, an individual sport, a family and a phenomenal outlet to numerous different capabilities."

And another important thing about him?

"I might be in the Peach State, but I'll always be an Iowa boy." ■



Phongsavanh is featured in the recently released Hulu special, "TAAF AAPI Heritage Heroes." Photo submitted

PERSONALITIES

WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

Art for all

Art has been transforming public spaces since ancient times. A life without art is no life at all — and these advocates know it. Whether they are organizing a major art festival or simply painting a mural outside their business, these local residents have played an integral role in providing public art for their communities. ■



What and why: West Des Moines
ALLISON ULLESTAD

What exactly is public art? According to Allison Ullestad, culture and enrichment supervisor for the City of West Des Moines, a piece must meet three criteria to be considered public art by the City. The art must be accessible to the public, created with and for the public, and be installed or found only on public property.

When selecting art, the commission's mission is to appeal to the masses, avoid controversial art and allow the artist to have creative rein.

Ullestad says public art helps develop a sense of community among residents, resulting in a sense of pride in the diversity and culture of where folks choose to live, work or play. Art enriches everyday experiences.

"What is life without art? Very plain, in my opinion," says Ullestad. "When a city provides places and spaces that are enhanced by public art, it stimulates introspection as to how everyone is connected in their identity as a member of a community, yet valued as an individual with a unique perspective and insights to share. Public art is simply another way to 'enjoy the everyday' in West Des Moines."

Source: *Jordan Creek Living* June 2022; by Jackie Wilson

Read the full story here:



Spreading a little sunshine: Indianola
KAMIE HAYNES

When Gary and Kamie Haynes bought the new location for Lula Belle on the Indianola Square, they knew the exterior needed several repairs and a new paint job. Kamie had the vision to do something bright and eye-catching that would make people smile.

"I love bright colors, flowers, sunshine... and dogs," she says. "These were all important elements for me to incorporate."

Kamie consulted local artist Megan Shipley. They discussed incorporating all the things on her list: a red/gold flower to represent Simpson College; a polka dot heart to represent her shopping bags; her dog; and a spot on the mural where people could take their dog photos, too.

The project took just a couple of weeks to complete, and Kamie was so pleased that she had Megan paint the back of her building, too.

"The mural makes me smile every day," says Kamie. "So many people have told me how much they love to drive around the corner and see it. We can all use a little sunshine and something to make us smile."

Source: *Indianola Living* June 2022; by Becky Kolosik

Read the full story here:



Library Open Book Nook: Winterset
DAVID HARGROVE

In 2018, the "Open Book Nook" was installed on the south side of the Winterset Public Library. The nook includes four shaded seating structures with inscriptions, constructed of teak wood and ornamental iron. Inscribed passages highlight local historical connections to the Underground Railroad, George Washington Carver, John Wayne and more.

"The piece is uniquely designed for our outdoor setting, and with its proximity to Madison County's beautiful Monumental Park, we have a beautiful and welcoming public space," says Library Director David Hargrove.

Public art in general, Hargrove believes, has the power to bring people together.

"Public art reflects understanding and appreciation of a common, public culture that we all share in," Hargrove says. "At the public library, our space should reflect that. And, at the local level, despite the diversity and differences out there in today's world, there's also a lot of great work being done to build our sense of community. The Open Book Nook is a spatial and visual celebration of the work that brings us together."

Source: *Winterset Living* June 2022; by Lindsey Giardino

Read the full story here:



Accessible arts festival: Waukee
JENN HOFFMAN

Arts in the City of Waukee took root in 2004, when the Waukee Area Arts Council formed. In 2015, the council hosted the first Waukee Arts Festival featuring 23 artists.

In subsequent years, the festival has attracted nearly 100 artists per year with thousands of attendees for the now two-day event. Artists have praised the Waukee festival, billed as one of the Midwest's largest.

"Our biggest compliment is that Waukee's festival is accessible. At the Des Moines Arts Festival, most people can't afford the work," says Jenn Hoffman, president of the Waukee Area Arts Council. "Many times, the artists are not local. A lot more people buy art at our festival, with a variety of price points."

Hoffman joined the board in 2014 and became president in 2020. With a degree in art education, serving on the board allows her to stay involved in art. She says she is excited for the City's plans to install art.

"Waukee doesn't have a lot of public art — yet. We're working towards that and hoping to bring the community together and get involved in purchasing art for the city," she says.

Source: *Waukee Living* June 2022; by Jackie Wilson

Read the full story here:



get the **JOB**

Helpful tips for your employment search

5 tips to make a great first impression

(StatePoint) Interviewing for your dream job? Going on a promising first date? Meeting your girlfriend's parents? Here's how to make a great first impression during all the most important moments:

1. Be on time

To arrive at your destination calm, collected and without breaking a sweat, give yourself more than enough time for travel. Take into account such unforeseen circumstances as traffic, road closures and parking snafus. If you're in an unfamiliar area, consider mapping your route the day before.

2. Prepare for the unexpected

From coffee drips to spaghetti mishaps, unexpected wardrobe malfunctions can happen to anyone and any time. Always be prepared to remove the most common on-the-go stains. Pack a portable stain remover like the OxiClean On the Go Stain Remover Pen. Working like an eraser, it's designed to tackle

tough stains without leaving a residue, ensuring your outfit looks as fresh as it did when you put it on in the morning.

3. Pay attention to details

Other small details relating to your overall presentation matter. In addition to a portable stain remover, a small to-go kit in your car, bag or desk drawer can include dental floss, nail polish for touch-ups, an emergency pair of panty hose, lipstick or lip balm, breath mints, hair ties, moisturizer and anything else you need to make on-the-fly adjustments.

4. Dress for the occasion

It's important to dress right for the occasion, particularly in professional contexts. While standing out is often a good thing, following the (often unspoken) dress code will help ensure you're only doing so for the right reasons.



(c) fizkes / iStock via Getty Images Plus

5. Be well-rested

Get a great night's sleep. Not only will you look your best if you show up well-rested, you'll also be thinking more clearly, be more engaged, ask more insightful questions and field your own responses more carefully.

While you only get one shot at a first impression, there's no reason to stress. With a little preparation and attention to detail, you can ensure you're on top of your game, come what may. ■

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Shawn Kinnison
SIENA HILLS | **LEGACY**
451 SW Ankeny Rd, | 2901 Cedar St,
Ankeny | Norwalk
welcomesh@edencrestliving.com
515-313-3814



Nathan Deutmeyer
TUSCANY
1600 8th St SE,
Altoona
welcometuscany@edencrestliving.com
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