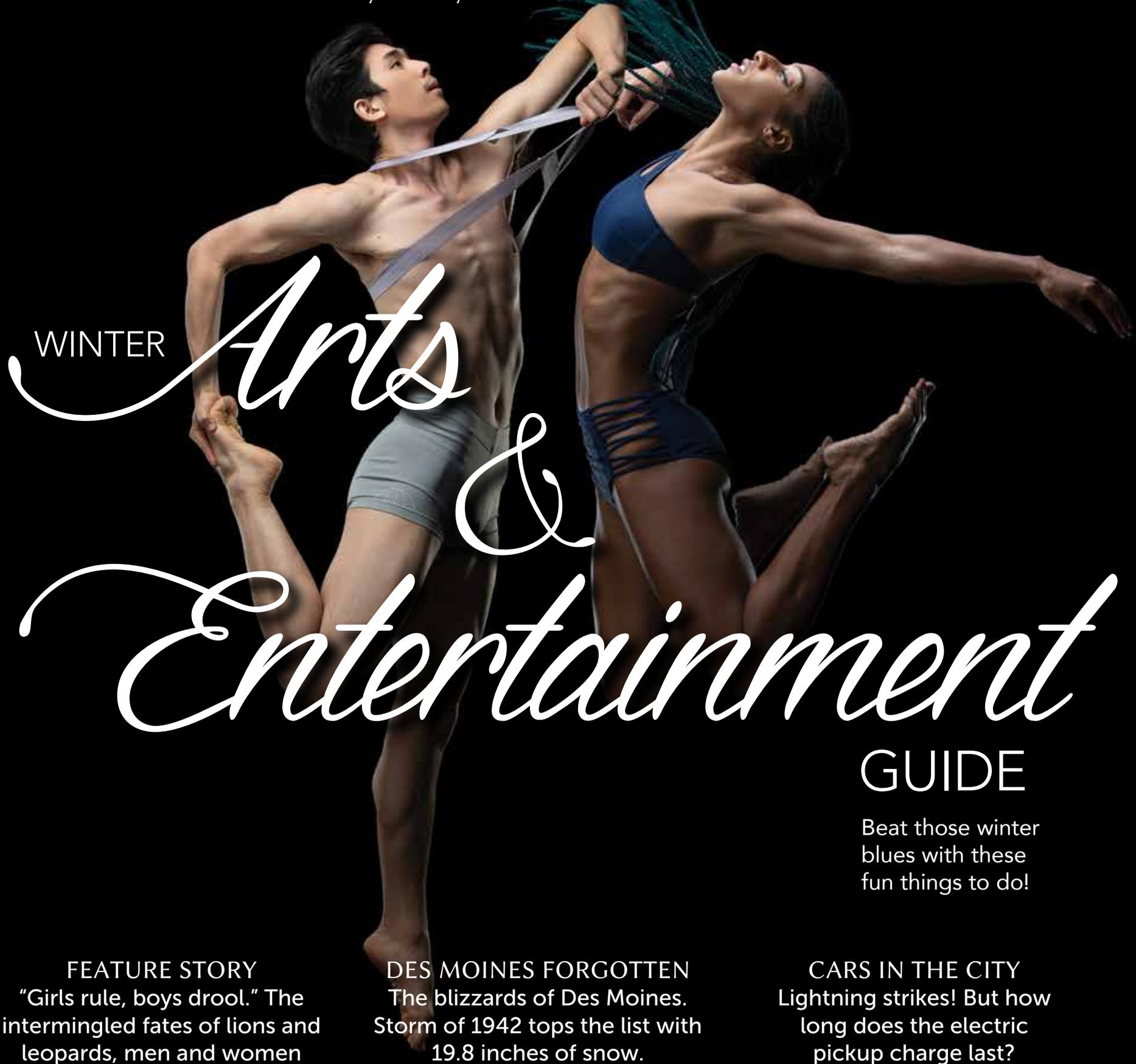


JANUARY 2023

# CITYVIEW

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WINTER

Arts

&

Entertainment

GUIDE

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FEATURE STORY

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# FROM THE PUBLISHER

## What did you get for Christmas?

I remember dreading those frequently asked 6 words of my youth. It was a common question among kids who were more eager to brag about what they received rather than hear what was under your tree.

In our elementary school, our teacher would ask the question, and we would all take turns sharing what gifts we received. It seemed awkward then, and even more so now. The kids from more prominent families would talk in great detail about all the gifts they received. The kids from families in need would humbly share what they received, if anything. The true meaning of Christmas seemed to get lost in all this gloating. I hope this is no longer a regular practice in classrooms today.

I came from a typical, blue collar family in rural Iowa, and I am proud, and grateful, for the upbringing I had. We didn't have a lot of money, but Mom made sure we had Christmas gifts. She worked at a local toy store, and I am convinced that most — if not all — of her modest paychecks went toward buying gifts for us kids.

The toy that stands out from my youth is, without question, my Big Wheel. This all-plastic, low-riding tricycle was the transportation of choice in my childhood neighborhood. Designed in red, blue and yellow with a big front wheel (hence, the name), this toy was popular with many kids in the 1970s.

The Big Wheel was created by Louis Marx and Company. Most any kid who watched Saturday morning cartoons in the 1970s was familiar with the Marx line of toys, but the Big Wheel was special, at least to me. Consumer groups even said it was a safer alternative to the traditional tricycle or bicycle because the large front wheel made it more stable. Of course, those folks never saw me fly it over the plywood ramp my brother made on our driveway.

As a result of those antics, I had a few Big Wheels. The first one was a hand-me-down from my brother that didn't survive the Evel Knievel adventures. The second one was a Christmas gift that I was more careful with, as Mom explained that there would not be a third. This one had a hand brake on the front of the right rear wheel, which allowed for some really cool spinouts. I eventually wore through those plastic tires, but not without hours of fun first.

I also acquired a special skill on my Big Wheel. I could ride it continually on two wheels. Not the traditional wheelie with the front tire up in the air, mind you. No, I learned to balance on the front wheel and one side wheel. Everybody has to have a claim to fame.

Other companies tried to imitate the Big Wheel, but none could do it as successfully as Marx. Unfortunately, the company filed for bankruptcy in the early 1980s, and the Big Wheel name and molds were sold to Empire Plastics, which then filed for bankruptcy in 2001. In 2009, the Big Wheel brand name was acquired by Schylling, Inc., a company that specializes in classic toys and games. I am hoping they will create a full-size model for adults. Maybe you got one for Christmas? If so, be sure to let me know. Just don't be gloating about it.

Thanks for reading. ■

**Shane Goodman**  
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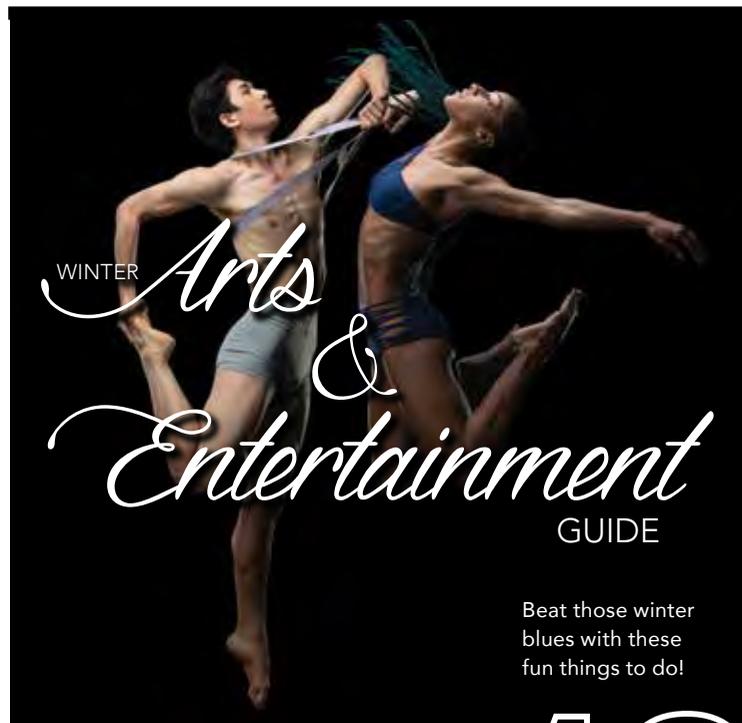
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JANUARY 2023



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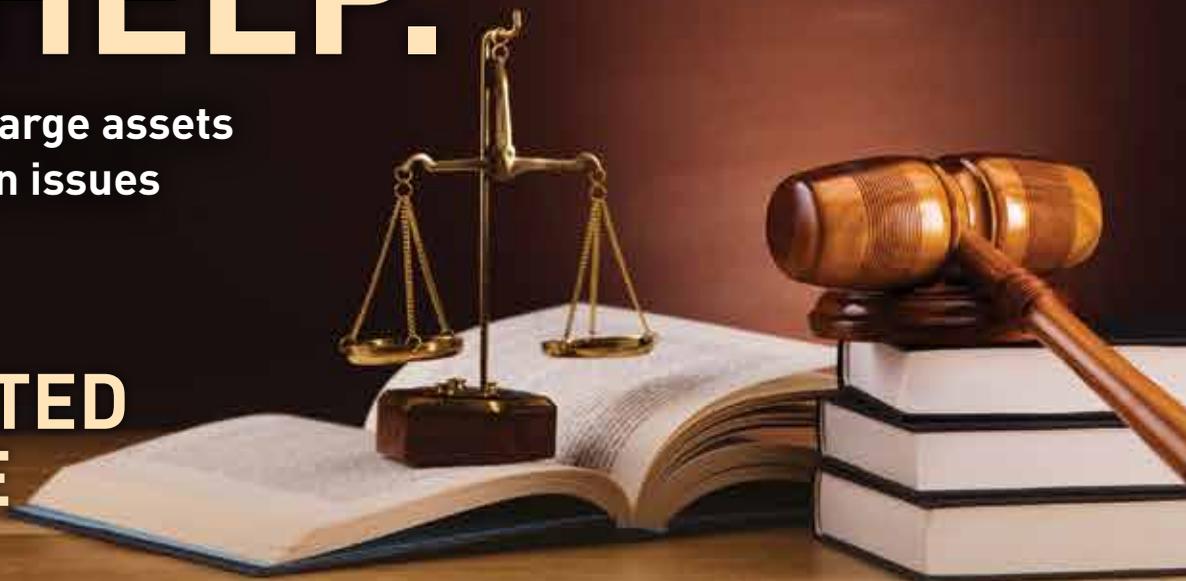
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# ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing [editor@dmcityview.com](mailto:editor@dmcityview.com).

**Q.**  
**A.**

**I really miss going to Fleur Cinema & Cafe; it's such a unique and fun atmosphere and experience. Do you have any idea when (or if) they will reopen?**

When we spoke to representatives from The Fleur last April, they said they were tentatively planning to reopen in the summer. Well, summer came and summer went, and still no Fleur.

Below is the latest statement we received from owner Michael Coppola: "As we have announced previously, we are hosting some special events. As for opening the theater to the public for theatrical releases, we have been working on an agreement to partner with an operator."

Coppola said they planned to restart those conversations after the holidays.

In the meantime, The Varsity Cinema has reopened its doors after being closed since 2018 and undergoing a \$5 million renovation project.

"We wish the best of luck to the Varsity," Coppola said. "The community needs to embrace this wonderful gem and support them however they can."

The Fleur opened in 2001 and shut down in the midst of the pandemic.

**Q.**  
**A.**

**What is the difference between a regular ID and a REAL ID? Why do I need to switch?**

A REAL ID is issued by the Iowa Department of Transportation and designated by a gold star in the upper-right corner of your driver's license or ID card. More than 1.6 million Iowans already have a REAL ID, or 63% of the Iowa DOT's customers. REAL IDs are obtained by applying in person, while standard licenses and IDs are often renewable online.

In the future, those who plan to travel by plane will need a REAL ID or another TSA-approved ID, such as a passport, to board domestic flights. You will also need a REAL ID to access federal facilities requiring ID or — as we know our readers often do — enter a nuclear power plant. The requirement was planned to go into effect on May 3 but was recently pushed back two years to May 7, 2025.

If you don't plan to use your state-issued ID to fly or enter a federal building (or nuclear plant), you have no further action to take. Your standard ID is still sufficient for driving, renting vehicles, purchasing alcohol and tobacco, entering casinos, etc.

To update your ID, you can visit any Iowa driver's license or ID issuance location in person. It costs \$10, unless your license or ID is already due for renewal. Bring physical documents providing the following information:

- Proof of identity (e.g., passport, birth certificate)
- Proof of social security number (e.g., Social Security card, W-2, 1099 form)
- Two documents proving Iowa residency (e.g., utility bill, bank statement, lease agreement)

The federal REAL ID Act was passed by Congress in 2005, with a phased enforcement plan announced in 2013. To learn more about REAL ID requirements, visit the U.S. Department of Homeland Security at [dhs.gov/real-id](http://dhs.gov/real-id). To schedule an appointment with the Iowa DOT, visit [iowadot.gov/mvd/realid](http://iowadot.gov/mvd/realid). ■

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# YOUR VIEW

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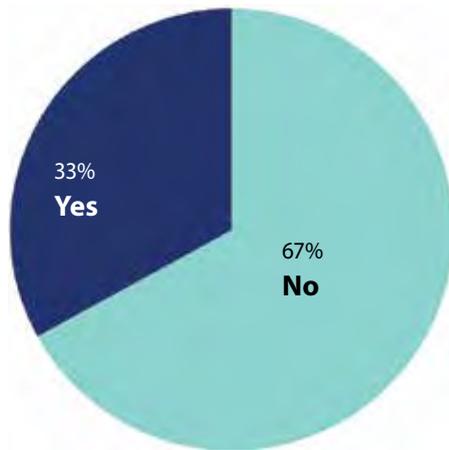
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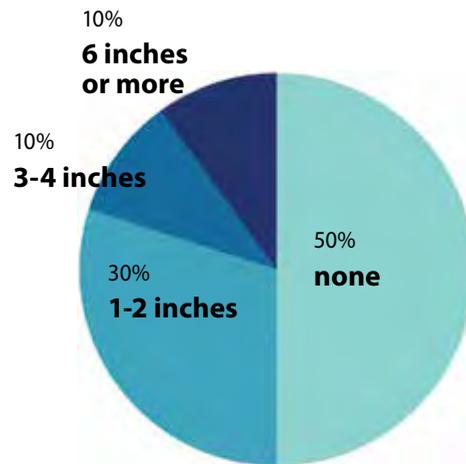
## POLL POSITION

Results from last month's polls at [www.dmcityview.com](http://www.dmcityview.com)

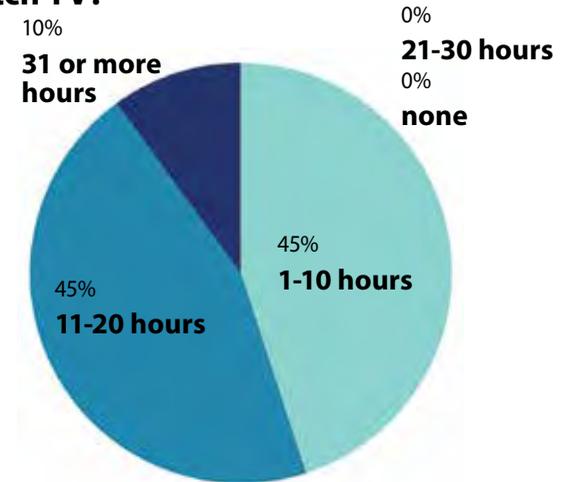
### Did you go out for Black Friday shopping deals?



### How much snow is just right?



### How many hours per week do you watch TV?



## LETTERS TO THE EDITOR

### A good holiday debate

I am a retired Roman Catholic priest living in a residence next door to Dowling High School, which is beautifully decorated for Christmas. But it isn't Christmas; it is Advent, a time of spiritual preparation, not celebration. In fact, once it was a period of penance like Lent. I told (and horrified) the people in the school office that when I was in parishes I discouraged all Christmas parties and programs until AFTER Christmas, which for the Church has always been the Christmas season. Martha Stewart does not know this, probably. Once upon a time, of course, Christmas was not spelled Chri\$tma\$.

At any rate, some groups in parishes took me seriously and delayed the parties — and probably hated me for it. In any Catholic church, though, no Christmas music is done during Advent. Take a poll if you like. Most Catholic churches and institutions have caved on other fronts, though.

In a serious vein, I do recognize that many folks are caught up in a special, good spirit this month. But as someone who has never actually been in Jordan Creek Mall and despises our consumerist culture, I will still have a few bahs and humbugs until the real thing arrives. Neither Walmart nor Amazon invented Christmas, after all. It had something to do with Jesus. - Fr. David Polich

## FACEBOOK COMMENTS



cityview magazine  
(comments unedited)

### Cityview Magazine: What are your thoughts on Iowa's loss of the first-in-the-nation Democratic caucuses?

**Dani Jo Adam Bruce:** Farewell headache, farewell.

**Suzanne Blum-Young:** First of all, I want to see the DNC dismantled. Secondly, there are 50 states. Change of PERSPECTIVE is good.

**Katie Marie:** It's really sad actually, because there is half a state not represented accurately by the elected officials and now even the DNC has given up on us. This state is the worst. This is a far cry from the great state we inherited from Ray.

**Diane Teppert:** If you can change parties on the night of the caucus how many people will caucus for both parties? Maybe we can get a moderate president this time.

**Anita Bailey:** Unfortunately we earned the loss.

My granddaughter won't have easy access to tomorrow's leaders.

**Jason Corbin:** Who cares? It's just a cheerleader event.

**Thomas Tully:** Iowa no longer deserves the privilege and the GOP centric State can now live without the financial influx of cash (media, hotels, restaurants, and all campaign related jobs)...all gone for good! Politically, Iowa will cease to matter for anything.

**David Clippert:** My first, only and last Caucus was a national embarrassment. Although I am a proud Iowan, it is clear that Iowa is a red state. Being 1st in the nation for a DNC Caucus is meaningless.

**Gary McKibben:** Reflects the HUGE divide between rural and urban America. Midwestern values don't count for much anymore, extremely sorry to say.

## RETWEETS



(comments unedited)

**@jovialjennay:** I tried to pause the baby monitor when my baby woke up early from a nap instead of the Netflix show I was watching. It didn't work.

**@scenesfrombfl0:** The first charcuterie board was just improvisation by some dude who didn't have enough snack bowls.

**@MaxStynn:** Just when I was finally able to see the light at the end of the tunnel, it turned out to be an oncoming train!

**@bamsisu:** heck is a place for people who don't believe in gosh. danged for eternity.

**@MartinPilgrim1:** People with good posture are so reckless. Why are you sticking your head into the sky with all the crows and frisbees? Come back down here where it's safe.

**@SuitSentient:** Cheer up! Your biggest mistake is probably still ahead of you.

**@mommajessiec:** DATING: Goodnight  
ENGAGED: Sweet dreams  
MARRIED: Is the car locked?

**@Browtweaten:** friend: I was named after my father me: \*aware of how time flows\* correct

**@PMiffed:** No, YOU forgot you colored your hair and nearly screamed because there was a strange woman in your hotel bathroom.

**@SashMoon83:** Wax museum director: What are we going to do with all this old wax?  
Twizzlers CEO: We'll take it.

**@skydogslim:** Turns out my get rich painfully slow scheme isn't working out either.

## If we aren't careful, we could fall on this slippery slope

The creative process involved in building websites does not excuse Lorie Smith from complying with the Colorado law.

Few people like being told what they must do. Lorie Smith is one of them.

The suburban Denver, Colorado, business owner, a devout Christian, builds websites for customers. She wants to expand her business and begin building websites for couples who are planning weddings.

But she is adamant that she does not want to be forced to build websites for same-sex couples. Doing so, she says, would violate her faith, which does not allow her to celebrate same-sex marriages.

For more than an hour last month, the U.S. Supreme Court listened to arguments for and against the position staked out by Smith, the proprietor of 303 Creative LLC. The court's decision is not expected until sometime in the first half of 2023.

An old attorney friend once made the memorable legal observation, "I never had a client listen himself into trouble, but I've had many who talked themselves into trouble." He also reminded me that only a fool predicts how judges or juries will decide a case.

That wisdom also applies to predicting a U.S. Supreme Court decision. But it does not take a wizard to foresee that the 303 Creative case presents the justices with a legal slippery slope if they rule in favor of Lorie Smith.

The court has the potential to drag our country back 75 years, before Congress and the courts made it clear there is no place for discrimination in the United States.

David Cole, legal director for the American Civil Liberties Union, told the New York Times recently, "If 303 Creative wins here, we will live in a world in which any business that has an expressive service can put up a sign that says 'Women Not Served, Jews Not Served, Black People Not Served,' and claim a First Amendment right to do so."

He added, "I don't think any of us want to live in that world, and I don't think the First Amendment requires us to live in that world."

In a "friend of the court" brief to the Supreme Court, the ACLU defended Colorado's anti-discrimination law. Cole described the contours of the potential slippery slope this way: "If 303 Creative is correct, could a bakery that opposed celebrating Black families refuse to sell a birthday cake to a Black mother? Could an architecture firm that serves the public refuse to design homes for Muslims because it opposes their religion? Could a test preparation business that objected to the number of Asians in elite colleges turn away Asian students? Could a restaurateur opposed to 'mixed marriage' put up a sign in its window saying 'No inter-racial or inter-faith couples served?'"

The creative process involved in building websites does not excuse Lorie Smith from complying with the Colorado law. Likewise, other businesses with "expressive" goods and services are not allowed to discriminate in their sales to the public, either — not theaters, jewelry design shops, hair salons, interior decorators, landscape design companies or similar businesses.

And therein is the problem Smith creates by asserting that her First Amendment, free-speech right allows her to refuse to serve certain customers who knock on the door of her design business. Colorado's anti-discrimination law does not require her to post signs in support of same-sex marriage. It only requires her to build websites for all couples planning weddings, regardless of a couple's gender or race.

Every state has similar anti-discrimination laws. In some states, these were a product of the turbulent 1950s and 1960s, when Black students were prohibited from attending schools with white students and when Black

people could not sit in certain bus seats or eat at certain lunch counter seats. They could not use "Whites Only" drinking fountains or restrooms.

By opening the door for businesses to serve some customers, but refuse others, the Supreme Court has the potential to take us back to those terrible times of government-sanctioned discrimination.

The ACLU legal brief illustrates the dilemma facing the Supreme Court by pointing to famed portrait photographer Annie Leibovitz. She does not offer her photo services to the public at large. Instead, she picks and chooses her subjects.

By contrast, JCPenney Portrait Studios welcomes any member of the public to sit for portraits. But the studios cannot refuse to take photos of customers because they are female or male, Jewish or Catholic, Black or Asian, heterosexual or gay.

The brief offers another example to help the justices grasp the issue. Under the Colorado law, a store that sells Christmas ornaments need not sell Hanukkah products. But such a store could not refuse to sell its Christmas ornaments to Jewish customers.

The ACLU said 303 Creative cannot get around the law's requirement by describing its service as "website design for opposite-sex weddings" — just as it could not offer "website design for white people's weddings."

The ACLU added, "If a business has to know who a service is for to decide whether to sell it, its decision is not about the content of the product, but about the identity of the customer."

That goes against what is right and proper. ■

*Randy Evans can be reached at [DMREvans2810@gmail.com](mailto:DMREvans2810@gmail.com).*



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# CIVIC SKINNY

BY CITYVIEW STAFF

## Hardenbrook owner speaks on State Fair audits. State reports on education, veterans home and more. Top baby names.

Last month, news broke that four popular vendors would not be returning to Iowa's largest annual event after state audits suggested fraud. The Iowa State Fair ousted Hardenbrook Concessions; Pete's Lemonade Shake Ups and Pete's Ice Cream & Snow Cones; Dad's Old-Fashioned Lemonade; and JR Services.

When reached for comment on the audit, Iowa State Fair spokesperson **Mindy Williamson** redirected CITYVIEW to the Iowa Department of Revenue (IDR). **John Fuller**, a public information officer with IDR, repeatedly stated he could share no details — even general information about the auditing process or how businesses are targeted for further investigation.

**Dustin Beener**, owner of Hardenbrook Concessions, shared his side of the story. His business operated six state fair locations in 2022, two of which were audited. For context: the fair began requiring vendors in 2021 to implement Clover point-of-sale (POS) systems, allowing all locations to accept debit and credit card payments.

"We had no idea they were going to audit until they showed up at one location with multiple armed state fair

police, three Iowa Department of Revenue agents and two admins from the state fair," Beener shared. "They informed us the audit was done because they observed cash sales not being rang up on the POS... This is not uncommon at this location due to the volume of sales, as well as the smoke, grease and application of it."

During the audit, Beener said there were between four to eight front sales staff members present, ages 14-16. The location was shut down for about 40 minutes while IDR agents counted product and cash on hand. A second location was approached in the same way but later cleared.

"I wasn't informed of what brought them to do the audit still to this day," Beener said. "The perception of the audit alone, from other vendors and customers, was damaging."

Hardenbrook has a "great working relationship" with the fair, Beener said, adding that officials should have contacted them to inquire about the issue beforehand, instead of assuming malice. The vendor was able to reopen for the remaining seven days of the fair "without

issue."

The Des Moines Register reported, "The auditors found Hardenbrook Concessions underreported sales by more than \$46,000 over five days at the fair; Pete's Shake Ups and Pete's Ice Cream & Snow Cones underreported by almost \$32,000 from Aug. 11-16, when it was audited; Dad's Old-Fashioned Lemonade underreported by an estimated \$3,450 over the same six days; and JR Services underreported sales totaling \$16,530 from Aug. 11-18."

According to Beener, fair vendors report their sales daily, at which time they pay sales tax and their percentage to the fair (19.5% of gross receipts after sales tax, per the fair's website). By the end of the fair, he said, all percentages and sales tax have been paid in full.

"To 'under-report' would insinuate you have knowingly reported a figure less than that truly made to short the commissions and sales tax that should be paid," he added.

Beener said he plans to attend the Iowa State Fair board meeting this month and request they reconsider

**Guys and Dolls,**  
2022-23 Season

**Harriet The Spy,**  
2022-23 Season

**RODGERS + HAMMERSTEIN'S**  
**Cinderella,**  
2022-23 Season

**SHOWS**

**Go, Dog, Go!**  
Jan. 6-22, 2023

**AUGUST WILSON'S**  
**The Piano Lesson**  
Feb. 3-19, 2023  
*Co-production with Pyramid Theatre Company*

**FRIDAY FUNDAY PRESENTS**  
**The Mitten**  
Feb. 10, 2023

**The Hundred Dresses**  
Feb. 24-Mar. 12, 2023

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Feb. 27, 2023

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the decision.

“I want them to be aware of the context of the issues. I know they are doing their due diligence. I want them to realize how special it is to have a vendor at our level at the fair for so many years. Our history is entwined with the Iowa State Fair.”

Hardenbrook Concessions has been at the fair for 109 years, beginning with Beener’s great-grandparents operating a cafeteria in the cattle barns. They have been invited back to other area events, including a local county fair headed by an Iowa State Fair board member. ...

The Iowa Department of Education released its annual Condition of Education report on the state’s PK-12 public schools. Verbatim, key data points from the 2021-22 school year include:

485,630: After experiencing a drop in 2020-21, public school K-12 enrollment increased slightly from 484,159 in 2020-21 to 485,630 in 2021-22.

26.8%: Minority students made up 26.8% of the student population in Iowa school districts, an all-time high, up from 26.1% the previous year.

40.7%: The percent of students eligible for free or reduced-price lunches decreased for the second year in a row, down slightly from 41.8% the year before.

6.6%: The percent of students whose native language is not English (English learners), increased from 6.3% in 2020-21.

38,020: The number of full-time teachers in public schools remained steady in 2021-22, compared to 38,022 the year before. There was a 13.1% increase in

the number of full-time public school teachers from the 2000-01 school year (33,610) to 2021-22 (38,020).

\$59,492: The average regular teacher salary, up from \$58,771 in 2020-21.

47.1%: The percent of students from Iowa’s class of 2022 who took higher-level mathematics, including calculus, statistics and trigonometry. This is down from 48.8% the year before.

111,769: Students in grades 9-12 took an all-time high number of concurrent enrollment courses during the 2021-22 school year — 111,769.

1,065: The number of students who earned the Seal of Biliteracy, which recognizes students who have attained proficiency in two or more languages, one of which is English. This is an increase of 85.2% from its inaugural year in 2018-19.

\$11,431: The state’s average per-pupil expense in the 2020-21 school year, up from \$10,794 in 2019-20.

The report from 2022 and past years may be found at [educateiowa.gov](http://educateiowa.gov) at the “Education Statistics PK-12” page. ...

Auditor of State **Rob Sand** released a report on the Iowa Veterans Home in Marshalltown, which is overseen by the Iowa Commission of Veterans Affairs. In fiscal year 2021, the annualized cost per resident was \$182,990, a 15.5% increase from \$159,370 the year prior and \$147,938 in 2019. The average number of residents in 2021 was 427, compared to 488 in fiscal year 2020 and 498 in 2019.

Sand also released a report on the Iowa School for the

Deaf in Council Bluffs. The school provides an education for students with severe hearing loss who are less than 21 years old. Students must be Iowa residents, although the school also serves students from Nebraska, as laid out by the Board of Regents. An average of 92 students were enrolled in fiscal year 2021, with the average cost per student being \$110,937. The prior year reported an average enrollment of 85 students at an average annual cost of \$120,868. ...

Certified election results revealed that Iowa’s 2022 general election was the second-highest in state history among midterm elections. In all, 1,230,416 voters cast their ballots. Of those, 859,835 were cast on Election Day, and 370,581 were absentee. Fifty-five percent of registered voters and 65% of active registered voters participated in the election. As of Nov. 8, Iowa had 1,880,415 active registered voters. Eighteen Iowa counties reported 60% or more total voter turnout, including Dallas, Madison, Warren and Guthrie counties. Polk County turnout was 57.7%.

With all of Iowa’s U.S. senators and representatives now Republican, this marks the first time Iowa’s entire congressional delegation has been represented by a single party since 1955. ...

Maternity Services at UnityPoint Health - Des Moines put together its annual list of top names for babies delivered at their hospitals. In 2022, the most popular boy’s names were Theo/Theodore, Henry, Elijah, William and Brooks. Top girl’s names were Olivia, Nora/Norah, Everly/Everleigh, Charlotte and Emma. ■



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# EDITORIAL CARTOONS



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## Resilient, relentless C.J. Petersen should be Iowa Democratic Party chair

The Iowa Democratic Party, in a little more than a month, will elect a new state party chair.

A leader poised for the position is rural Iowan C.J. Petersen, the chair of the Iowa Democratic Party's Stonewall Caucus, a leader on LGBTQ issues, and the former communications director for U.S. Senate candidate Mike Franken.

Petersen would bring the right and relevant portfolio of professional, political and, perhaps more important, life experiences to the job.

He's 32, gay and rural. C.J. lives with his husband, Luke, in Templeton, across the street from the nationally known Templeton Rye Distillery. The couple are moving to Audubon County, near Exira, to a rural acreage. His roots stretch a little farther south into Cass County, too.

C.J.'s personal life story is one of remarkable resilience. He grew up poor, rural poor, and can recall desperate days of food insecurity in the Atlantic of his youth. He battled addiction to alcohol and struggled to emerge from the confusion surrounding his own identity into a man in a committed marriage, a person with a raft of friends, whom he looks out for with great care.

All of this background, of course, gives him an instinctive empathy, a kindness and a personality that allow C.J. to meet people where they are, as they are.

Over much of the last year, I watched C.J. masterfully manage Franken's message through ebullient days and challenging ones, crises and heady moments of great trajectory, that had U.S. Sen. Charles Grassley thinking seriously about how he might wrap a long career in government.

C.J. constructed what national political professionals widely regard as a brilliant social media strategy. C.J. traveled the state with Franken, seeing firsthand what messages resonate in its disparate reaches. He also brought a fierce

urgency, an ability to remain on offense.

The party is hungering for resilience, a modern reconstruction into a political coalition of imperfect allies. Having grown up in rural Iowa, C.J. knows how to take the fight to Republicans and what strategies will persuade independent and crossover voters, which the party needs but a slice to regain footing.

Having worked for U.S. Sen. Bernie Sanders' presidential campaign, C.J. has connections and credibility in the party's progressive wing.

And he understands the more traditional elements of the party having worked alongside Franken, who remains a personal friend of C.J.'s.

The road back for the Iowa Democratic Party runs through the rural part of the state. The mission isn't a fantastical full conversion of 70% Trump-King-Reynolds counties. It's persuading one of those seven voters, maybe two, to consider Democrats at least some place on the ballot, and adding new voters to the rolls.

Cities and the sprawl of the suburbs are essential, too, of course. But keep in mind, those suburbs are populated with people from Carroll and Algona and Oskaloosa who maintain strong cultural connections to rural Iowa. There are more than 1,000 Carroll Kuemper Catholic High School alumni (from a town of 10,000) living in the Des Moines area. Hit repeat on that where migration from other Iowa towns is concerned.

It will take a coalition of Democrats often at odds with each other for the party to rebuild. A small band of purists may as well just spend their time shopping at REI in West Des Moines in preparation for a future in the wilderness, a destiny of political obsolescence.

There are openings for a Democratic revival.

Gov. Kim Reynolds is likely serving the issue for a new Democratic rural-urban-suburban coalition as she appears ready to muscle through



C.J. Petersen speaks to Democrats earlier this year. He is a former chair of the Carroll County Democratic Party.

a regime of private-school boosts that will diminish, if not downright maroon, many public school districts in rural Iowa.

Dogged and disciplined messaging on this is part of the rebuild.

The bottom line with the choice of party chair, in what are urgent times for Democrats who are but a step or two from the Grim Reaper, is to find a person who understands and respects all elements of the Democratic Party and knows how to persuade Republicans and right-leaning independents when they are persuadable.

C.J. Petersen deserves full consideration, not just for the sake of the Democratic Party, but for all Iowans, including the Republicans who know in their hearts that this state is better off with more than one robust political party. ■

*Douglas Burns of Carroll is fourth-generation journalist and founder of Mercury Boost, a marketing and public-relations company.*



# 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

## 'CATS'

**Through Jan. 8**  
**Des Moines Civic Center,**  
**221 Walnut St. Des Moines**

Andrew Lloyd Webber's iconic musical comes to the Des Moines Civic Center. As the fourth-longest-running show on Broadway, it has won seven Tony Awards, including "Best Musical." Join the tribe of Jellicle cats on a magical and music-filled night as they make their Jellicle choice: which cat will ascend to the Heaviside Layer. Tickets \$40-\$125 at [dmpa.org](http://dmpa.org).



Photo by Matthew Murphy

## TAYLOR FEST

**Friday, Jan. 6 at 9 p.m.**  
**Wooly's, 504 E. Locust St.,**  
**Des Moines**

If you couldn't snag Taylor Swift tickets during that tour pre-sale debacle, never fear, as the popular Taylor Fest returns for the second time. Wooly's will play hits and lesser-known cuts from all eras of the star's career. Doors open at 8 p.m. Ages 21 and older. Find tickets at [firstfleetconcerts.com/woolys](http://firstfleetconcerts.com/woolys).



Photo by Raphael Lovaski via Unsplash



## BROADWAY KARAOKE

**Saturday, Jan. 7 at 6 p.m.**  
**2019 Grand Ave., West Des Moines**

Join Tallgrass Theatre Company for a unique karaoke experience. Come and simply listen, or enter the spotlight and belt your favorite Broadway tunes. Hosted by Michael Howland, with Francine Griffith on keyboard. A donation of \$10 is suggested. More information is at [tallgrasstheatre.org](http://tallgrasstheatre.org).



Photo by Dynamic Motion

## DES MOINES BUCCANEERS

**Buccaneer Arena, 7201 Hickman Road,**  
**Urbandale**

This month's home games for the Des Moines Buccaneers. Find tickets and details at [bucshockey.com](http://bucshockey.com).

- Jan. 7 at 6 p.m. vs. Sioux Falls Stampede
- Jan. 13 at 7 p.m. vs. Waterloo Black Hawks
- Jan. 27 at 7 p.m. vs. Sioux City Musketeers
- Jan. 28 at 6 p.m. vs. Lincoln Stars



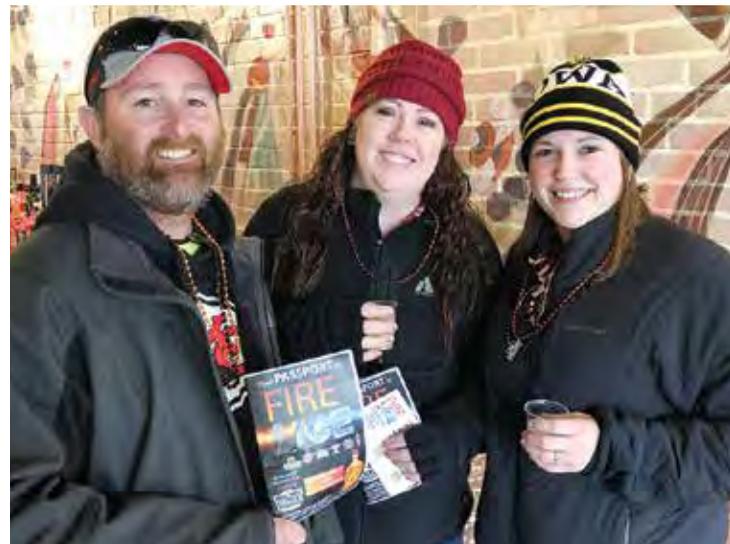
Photo courtesy of Tim Garland for Iowa Wild

## IOWA WILD

**Wells Fargo Arena, 233 Center St.,**  
**Des Moines**

This month's home games for Iowa's AHL team. More information at [iowawild.com](http://iowawild.com).

- Jan. 7 at 6 p.m. vs. Rockford IceHogs
- Jan. 8 at 3 p.m. vs. Rockford IceHogs
- Jan. 16 at 2 p.m. vs. Grand Rapids Griffins
- Jan. 20 at 7 p.m. vs. Milwaukee Admirals
- Jan. 21 at noon vs. Milwaukee Admirals
- Jan. 24 at 7 p.m. vs. Rockford IceHogs
- Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds
- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds



Fire & Ice event in 2020

## FIRE & ICE

**Saturday, Jan. 21, 1-4 p.m.**  
**Historic Valley Junction,**  
**West Des Moines**

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at [fire-and-ice.dmcityview.com](http://fire-and-ice.dmcityview.com) or \$30 at the door.

## CINCH WORLD'S TOUGHEST RODEO

**Friday - Saturday, Jan. 13-14**  
**Wells Fargo Arena, 223 Center St.,**  
**Des Moines**

Watch the world's toughest cowboys compete to be crowned ProRodeo's World Champion. The main event starts at 7:30 p.m., but doors open at 6 p.m. for a free pre-show event that includes pony rides, meeting cowboys, photo opportunities and more. Giddy up. More info at [worldstoughestrodeo.com](http://worldstoughestrodeo.com) or [iowaeventscenter.com](http://iowaeventscenter.com).

# COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



## 'AN EVENING WITH DIONNE WARWICK'

**Saturday, Jan. 21 at 8 p.m.**  
**Hoyt Sherman Place, 1501 Woodland Ave., Des Moines**

Spend your Saturday evening with the legendary Dionne Warwick, six-time Grammy award-winner known for hits such as "Don't Make Me Over," "Walk on By" and "Say a Little Prayer." Jan. 21 also marks the 100th anniversary celebration of Hoyt Sherman Place. Reserved seating is \$75, \$99, \$125, \$140 or \$250. Highest-tiered tickets include champagne and chocolate service. Learn more at [hoytsherman.org](http://hoytsherman.org).

By Raph\_PH - DionneWRAH180918-23, CC BY 2.0, commons.wikimedia.org/w/index.php?curid=73964665

## MAKE YOUR OWN HERBAL TEA BLEND

**Wednesday, Jan. 25, 6:30-7:30 p.m.**  
**Forest Avenue Library, 1326 Forest Ave., Des Moines**

What better way to beat those freezing temperatures than with a warm cup of tea? Stop by the Forest Avenue Library to taste test different tea ingredients and create your own perfect blend. For any questions, visit the library website at [dmpl.org/events](http://dmpl.org/events) or call 515-283-4152.



Photo via Pexels

THINGS TO DO



## ZA-GA-ZIG SHRINE CIRCUS

**Friday - Sunday, Jan. 27-29**  
**Jacobson Exhibition Center, 3000 E. Grand Ave., Des Moines**

The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to [zagazigshrine.org](http://zagazigshrine.org). For event information and tickets, visit [iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus](http://iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus).



Photo submitted

## KING BARTLETT & THE ROYAL BAND

**Saturday, Jan. 28 at 8 p.m.**  
**xBk Live, 1159 24th St., Des Moines**

Brother-sister duo Dan and Grace Bartlett will perform as King Bartlett & The Royal Band, with Neil Anders & Flash Floods. After getting their start during the pandemic, Dan and Grace have released an EP, two albums and are currently recording their third full-length album. They describe their music as a blend of "indie rock, shoegaze, country/folk and indietronica." Tickets are \$10 in advance at [xbklive.com](http://xbklive.com) or \$15 day of show. Learn more about the band at [facebook.com/kingbartlettmusic](http://facebook.com/kingbartlettmusic).



Photo by Rich Sanders

## 'POSTCARDS'

**Through April 16**  
**Des Moines Art Center, 4700 Grand Ave., Des Moines**

The first of several exhibits in a series, "Postcards" will display recent photography acquisitions by the Des Moines Art Center. Pictured is a piece by Peter Skaer American (born Denmark, 1901-1950). Untitled ca. 1935-1940. Vintage gelatin silver print, 5 7/8 x 7 5/8 inches. Des Moines Art Center Permanent Collections; Gift of Joel Meyerowitz, 2016.174. Art Center hours and more information may be found at [desmoinesartcenter.org](http://desmoinesartcenter.org). ■



WINTER

# Arts & Entertainment

## GUIDE

Beat those winter blues with these fun things to do!

By Sofia Legaspi Dickens

The sun may set earlier, but the fun is just getting started. If the snow and sleet make you want to curl up in a quilt until springtime, don't worry: CITYVIEW's annual quest to quell hibernation is underway. Flip through the following pages and find hundreds of reasons to venture outside this winter: from live music and theatre, to sports games and art shows, and everything in between. And don't you dare use this magazine as kindling! Tuck it away somewhere safe. It'll come in handy — promise.

**EDITOR'S NOTE:** *We strive for accuracy in these listings, but event details are subject to change. While many events are free, be sure to check event websites for any ticket and registration requirements before attending.*

Jesse Obremski and Rena Butler dance with the Gibney Company, which is coming to the Des Moines Civic Center on Feb. 24.  
Photo by Nir Arieli

# art

Ongoing and upcoming exhibits at local art hubs

## ANDERSON GALLERY

Harmon Fine Arts Center, 1310 25th St., Des Moines

[andersongallery.wp.drake.edu](http://andersongallery.wp.drake.edu)

**Through Feb. 17:** "A Thin But Powerful Difference: Race | Embodiment"

## ANKENY ART CENTER

1520 S.W. Ordnance Road, Ankeny | [ankenycartcenter.org](http://ankenycartcenter.org)

**Through Jan. 17:** Members Show

## DES MOINES ART CENTER

4700 Grand Ave., Des Moines | [desmoinesartcenter.org](http://desmoinesartcenter.org)

**Through Jan. 15:** "The Sum of It" by Alison Elizabeth Taylor

**Through Jan. 15:** "Iowa Artists 2022" by Miriam Alarcón Avila

**Through April 16:** "Postcards," recent photography acquisitions

**Feb. 10 - May 7:** "75 Years of Iowa Art"

**Opening April 21:** "Rembrandt and His World"

**Opening April 21:** "Before Modern Art"

## MAINFRAME STUDIOS

900 Keosauqua Way, Des Moines | [mainframestudios.org](http://mainframestudios.org)

**Jan. 6:** "Keep it Mellow" First Friday open house, 5-8 p.m.

**Feb. 3:** "Celebrate Center" First Friday open house, 5-8 p.m. Celebrates the historically Black neighborhood of Center Street with live music, art exhibitions and more.



"A Thin But Powerful Difference: Race | Embodiment" is currently on display at Drake University. Photo courtesy of Anderson Gallery

FEATURE STORY

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# theatre & dance

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FEATURE STORY

## ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames | actorsinc.org

**Jan. 26-28, Feb. 3-5:** "The Importance of Being Earnest"  
**March 23-25, March 31, April 1-2:** "Always a Bridesmaid"

## ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny | ankenycommunitytheatre.com

**Jan. 20-29:** "Exit Laughing"  
**April 14-23:** "Marjorie Prime"

## BALLET DES MOINES

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines | balletdesmoines.org

**Feb. 24-25:** "Balanchine+"  
**April 27-29:** "She"

## CAROUSEL THEATRE OF INDIANOLA

117 E. Salem Ave., Indianola | carouseltheatre.org

**March 10-12, 17-19:** "Rumors"

## CLASS ACT PRODUCTIONS

201 First Ave. S., Altoona | captheatre.org

**Feb. 17-19, Feb. 24-26, March 3-5:** "Singin' in the Rain JR."

## DES MOINES PERFORMING ARTS

Des Moines Civic Center, Stoner Theater, 221 Walnut St., Des Moines  
 dmpa.org

**Jan. 3-8:** "Cats"  
**Feb. 7-19:** "Six"  
**Feb. 18:** "In the Year of the Boar & Jackie Robinson"  
**Feb. 24:** Gibney Company dancers  
**Feb. 25:** "The Simon & Garfunkel Story"  
**March 14-19:** "1776"  
**March 30 - April 16:** Disney's "The Lion King"  
**March 31 - April 9:** "Trouble in Mind"  
 by Iowa Stage Theatre Company; iowastage.org  
**April 1:** "Ugly Duckling"  
**May 4:** Ronald K Brown's Evidence dance company

## DES MOINES PLAYHOUSE

831 42nd St., Des Moines | dmplayhouse.com

**Jan. 6-22:** "Go, Dog. Go!"  
**Feb. 3-19:** "The Piano Lesson" with Pyramid Theatre Company  
**Feb. 24 - March 12:** "The Hundred Dresses"  
**March 17 - April 2:** "Kinky Boots"

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## DMACC ANKENY THEATRE

Black Box Theatre, Building 5, 2006 S. Ankeny Blvd., Ankeny  
dmacc.edu/theatre/ankeny

**Feb. 24-26, March 2-5:** "No Exit"

**March 31, April 1-2, 5-7:** \*Title TBD\*

## DRAKE UNIVERSITY

Harmon Fine Arts Center, 1310 25th St.,  
Des Moines | drake.edu/theatre

**March 30 - April 2:** "The Bacchae"

**April 27-30:** "The Theory of Relativity"

## SIMPSON COLLEGE

513 N. D St., Indianola | simpson.edu/academics/  
departments/department-theatre-arts

**Feb. 17-19:** "Cabildo" and "Cendrillon"

**March 24-26:** "Twilight Bowl"

**April 20-22:** "Festival of Short Plays 2023: Commedia dell'arte  
and Molière"

## STEPHENS AUDITORIUM

1900 Center Drive, Ames | center.iastate.edu/events

**Jan. 15:** "On Your Feet"

**Feb. 3:** "Hairspray"

**Feb. 3-4:** "Barjché 23: Piece of Mind" by Orchesis I Dance Company at Fisher  
Theater

**Feb. 13:** "My Fair Lady"

**March 30 - April 2:** "She Kills Monsters" at Fisher Theater



Gugwana Dlamini as Rafiki in Disney's "The Lion King," coming to the Des Moines Civic Center this season.  
Photo courtesy of DMPA

**April 8:** "Snow White" by the School of Classical Ballet & Dance; myscbd.com

**April 17:** "Annie"

## TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines | tallgrasstheatre.org

**Jan. 7:** "Broadway Karaoke"

**Feb. 3-19:** "God of Carnage"

**April 21 - May 7:** "Wonder of the Word"

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# live music

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FEATURE STORY

## DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St.,  
Des Moines | dmsymphony.org

**Jan. 27-28:** "Harry Potter and the Goblet of Fire" in Concert

**Feb. 4-5:** "Mahler 5"

**March 11-12:** "St. Clair Conducts Tchaikovsky"

**April 22-23:** "April in Paris"

## HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines  
hoytsherman.org

**Jan. 21:** Dionne Warwick

**Feb. 13:** Bruce Cockburn

**March 2:** Three Dog Night

**March 11:** The Black Jacket Symphony presents Fleetwood Mac's "Rumors"

**March 20:** Amy Grant

**March 24:** Chapel Hart

**March 25:** Niko Moon

**April 15:** Gross Domestic Product music festival

**April 22:** HITS! The Musical

**April 24:** Chris Botti

**April 29:** Steven Curtis Chapman

## TEMPLE THEATER

1011 Locust St., Des Moines | dmpa.org

**Jan. 13:** Somi Kakoma

**Feb. 26:** Larry McCray

**March 15:** Tuba Skinny

**March 23:** Shayna Steele

**April 15:** Gina Chavez

**April 28:** Benny Benack III Quartet

## WELLS FARGO ARENA

223 Center St., Des Moines  
iowaeventscenter.com

**Feb. 10:** Winter Jam 2023 headlined by We the Kingdom and Jeremy Camp

**March 28:** Journey's "Freedom" tour with Toto

**May 4:** Thomas Rhett's "Home Team" tour with Cole Swindell and Nate Smith

## XBK LIVE

1159 24th St., Des Moines | xbklive.com

**Jan. 13:** Danielle Nicole

**Jan. 19:** The Astronomers

**Jan. 21:** King Pari

**Jan. 25:** DSM Soundcheck

# More live music

## CAPTAIN ROY'S

[captainroys.com](http://captainroys.com)

## DES MOINES CHORAL SOCIETY

[dmchoral.org](http://dmchoral.org)

## DES MOINES COMMUNITY ORCHESTRA

[desmoinescommunityorchestra.org](http://desmoinescommunityorchestra.org)

## DES MOINES GAY MEN'S CHORUS

[dmgmc.org](http://dmgmc.org)

## DES MOINES VOCAL ARTS ENSEMBLE

[dmvae.org](http://dmvae.org)

## GAS LAMP

[gaslampdm.com](http://gaslampdm.com)

## GREENWOOD LOUNGE

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## HORIZON EVENTS CENTER

[horizoneventscenter.com](http://horizoneventscenter.com)

## LEFTY'S LIVE MUSIC

[leftyslivemusic.com](http://leftyslivemusic.com)

## NOCE

[nocedsm.com](http://nocedsm.com)

## VAL AIR BALLROOM

[valairdsm.com](http://valairdsm.com)

## WOOLY'S

[firstfleetconcerts.com/woolys](http://firstfleetconcerts.com/woolys)

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Aubree Oliverson will play Bruch's First Violin Concerto at the Des Moines Symphony's March 11-12 concert. Photo courtesy of Des Moines Symphony

# events

Comedy, festivals, variety shows and some niche conventions

## JANUARY

**Weekends through March 31:** Dome After Dark on Friday evenings, educational lectures during Learn on Saturdays and, on Sunday afternoons, the Botanical Blues concert series, all at the Des Moines Botanical Garden; [dmbotanicalgarden.com](http://dmbotanicalgarden.com)

**Jan. 6:** Taylor (Swift) Fest at Wooly's at 9 p.m.; [firstfleetconcerts.com/woolys](http://firstfleetconcerts.com/woolys)

**Jan. 6-8:** Iowa Home Expo at the Jacobson Exhibition Center, Iowa State Fairgrounds; [iowahomeexpo.com](http://iowahomeexpo.com)

**Jan. 7-8:** Iowa Diecast Toy Show at Elwell Family Food Center, Iowa State Fairgrounds; [iowastatefairgrounds.org](http://iowastatefairgrounds.org)

**Jan. 7-8:** Iowa State Fair Flea Market at 4-H Exhibits Building, Iowa State Fairgrounds; [iowastatefairgrounds.org](http://iowastatefairgrounds.org)

**Jan. 8:** Game Day from 1:30-4:30 p.m. at Central Library; [dmpl.org/events](http://dmpl.org/events)

**Jan. 13-14:** Cinch World's Toughest Rodeo at Wells Fargo Arena; [worldstoughestrodeo.com](http://worldstoughestrodeo.com)

**Jan. 14:** Battle Zone Kickboxing at Elwell Family Food Center, Iowa State Fairgrounds; [iowastatefairgrounds.org](http://iowastatefairgrounds.org)

**Jan. 20:** Kids Night Out at Blank Park Zoo; [blankparkzoo.com](http://blankparkzoo.com)

**Jan. 20-21:** Battle at the Barn XV Coke syrup racing at Jacobson Exhibition Center, Iowa State Fairgrounds; [battleatbarn.com](http://battleatbarn.com)

**Jan. 21:** Collision of Rhythm, a tap dancing and beatboxing duo at 11 a.m. at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

**Jan. 21:** Fire & Ice, CITYVIEW's legendary interactive winter pub crawl in Historic Valley Junction. 1-4 p.m. Tickets at [fire-and-ice.dmcityview.com](http://fire-and-ice.dmcityview.com)

**Jan. 22:** Nate Bargatze in the "Be Funny" tour at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

**Jan. 25:** Make Your Own Herbal Tea Blend at Forest Avenue Library; [dmpl.org/events](http://dmpl.org/events)

**Jan. 27-28:** Indulge - A Wine, Cheese and Chocolate Affair at West End Architectural Salvage; [facebook.com/IndulgeDSM](http://facebook.com/IndulgeDSM)

**Jan. 27-29:** Za Ga Zig Shrine Circus at Jacobson Exhibition Center, Iowa State Fairgrounds; [zagazigshrine.org](http://zagazigshrine.org)

**Jan. 31:** Secret Life of Bears at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

**Jan. 31 - Feb. 2:** Iowa Ag Expo at Iowa Events Center; [iowaagexpo.com](http://iowaagexpo.com)

**Jan. 31 - Feb. 5:** "Forbidden Broadway: The Next Generation" at Temple Theater; [dmpa.org](http://dmpa.org)

**Jan. 28:** King Bartlett & The Royal Band

**Feb. 4:** Ax and the Hatchmen

**Feb. 18:** Dueling Fiddles

**March 12:** Clem Snide

**March 15:** MIKE

**April 28:** Tenci with Annalibera

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## FEBRUARY

**Feb. 1-28:** Explore Visual Black History at Forest Avenue Library; [dmpl.org/events](http://dmpl.org/events)

**Feb. 3-4:** I'll Make Me a World in Iowa, an African American Festival. Details TBA at [worldiniowa.org](http://worldiniowa.org)

**Feb. 4:** Hairball and The Pork Tornadoes at the Jacobson Exhibition Center, Iowa State Fairgrounds; [iowastatefairgrounds.org](http://iowastatefairgrounds.org)

**Feb. 4-5:** Iowa State Fair Flea Market at 4-H Exhibits Building, Iowa State Fairgrounds; [iowastatefairgrounds.org](http://iowastatefairgrounds.org)

**Feb. 9:** Drew Lynch stand-up comedy at Hoyt Sherman Place; [hoytsherman.org](http://hoytsherman.org)

**Feb. 10:** Mixology: Paleontology Party for adults 21 and older at the Science Center of Iowa; [sciowa.org](http://sciowa.org)

**Feb. 10-11:** Winter Blues Fest at the Downtown Des Moines Marriott; [cibs.org](http://cibs.org)

**Feb. 10-11:** Comedy XPeriment improv at the Stoner Theater; [dmpa.org](http://dmpa.org)

**Feb. 10-12:** Jurassic Quest for dino enthusiasts at Hy-Vee Hall; [jurassicquest.com](http://jurassicquest.com)

**Feb. 11:** The Greater Des Moines Heart Ball at Iowa Events Center; [iowaeventscenter.com](http://iowaeventscenter.com)

**Feb. 17:** Ancient Aliens Live: Project Earth at Hoyt Sherman Place; [hoytsherman.org](http://hoytsherman.org)

**Feb. 23:** Raise Your Paw Basket Party with the Animal Rescue League; [arl-iowa.org/events](http://arl-iowa.org/events)

**Feb. 23-26:** Des Moines Home + Garden Show at

Hy-Vee Hall; [desmoineshomeandgardenshow.com](http://desmoineshomeandgardenshow.com)

**Feb. 25:** "The Simon & Garfunkel Story" concert-style theatre show at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

**February, date TBA:** CITYVIEW's Chocolate Walk, featuring sample cocktails and chocolate dessert samples around West Glen Town Center; [chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com)

## MARCH

**March 3:** Wine, Food & Beer Showcase supporting the Des Moines Metro Opera at the Downtown Des Moines Marriott; [dmmo.org/wfbs](http://dmmo.org/wfbs)

**March 3:** Shane Gillis stand-up comedy at Hoyt Sherman Place; [hoytsherman.org](http://hoytsherman.org)

**March 3-5:** Iowa Deer Classic at Hy-Vee Hall; [iowadeerclassic.com](http://iowadeerclassic.com)

**March 10-12:** Iowa Spring Home Expo at the Jacobson Exhibition Center, Iowa State Fairgrounds; [iowahomeexpo.com](http://iowahomeexpo.com)

**March 10-12:** All Iowa Auto Show at Hy-Vee Hall; [alliowaautoshow.com](http://alliowaautoshow.com)

**March 17-18:** Comedy XPeriment improv at the Stoner Theater; [dmpa.org](http://dmpa.org)

**March 18:** Bored Teachers "We Can't Make This Stuff Up!" comedy tour at Hoyt Sherman Place; [hoytsherman.org](http://hoytsherman.org)

**March 21:** Improbable Ascent with paraclimber



This year's Winter Blues Fest will be held Feb. 10-11. Photo by Michael Rolands/CIBS Archives

Maureen Beck at Des Moines Civic Center; [dmpa.org](http://dmpa.org)

**March 21:** Harlem Globetrotters at Wells Fargo Arena; [iowaeventscenter.com](http://iowaeventscenter.com)

**March 24:** Mixology: Shocking Science for adults 21 and older at the Science Center of Iowa; [sciowa.org](http://sciowa.org)

**March 24-26:** Capital City Card Convention at Iowa Events Center; [theiowashow.com](http://theiowashow.com)

**March 25:** DSM Book Festival at Capital Square in downtown Des Moines; [dsmpartnership.com/dsmbookfestival](http://dsmpartnership.com/dsmbookfestival)

**March 29:** "Once Upon this Stage" at Hoyt Sherman Place; [hoytsherman.org](http://hoytsherman.org)

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## APRIL

**April 1:** Rickey Smiley and Friends present an “April Fools Comedy Show” at Hoyt Sherman Place; hoytsherman.org

**April 1-2:** Iowa State Fair Flea Market at 4-H Exhibits Building, Iowa State Fairgrounds; iowastatefairgrounds.org

**April 14-16:** Middle of the Map Tattoo Convention at Hy-Vee Hall;

middleofthemapattoo.com

**April 15-16:** Monster Jam at Wells Fargo Arena; monsterjam.com

**April 18-23:** “The Second City Swipes Right” at Temple Theater; dmpa.org

**April 21-22:** Comedy XPeriment improv at the Stoner Theater; dmpa.org

**April 22:** Raise Your Paw Auction, the Animal Rescue League’s largest annual event at Prairie Meadows; arl-

iowa.org/events

**April 28:** Rob Schneider in the “I Have Issues” comedy tour at Hoyt Sherman Place; hoytsherman.org

**April 29:** Air Play, a theatrical adventure utilizing comedy, circus and sculpture at Des Moines Civic Center; dmpa.org

**April 30:** Invisible Wonders with Nat Geo photographer Anand Varma at Des Moines Civic Center; dmpa.org

# sports

Home games for hockey, football, basketball and more



Pictured are Iowa Wild forward Nick Swaney, left; defenseman Joe Lizotte, middle; defenseman Joe Hicketts, right; and goalie Zane McIntyre. Photo by Tim Garland for Iowa Wild

## IOWA WILD

Wells Fargo Arena, Des Moines | iowawild.com  
Iowa’s professional ice hockey team is the AHL affiliate of the NHL’s Minnesota Wild. Scan the QR code to find this season’s remaining home games, from Jan. 7 through April 12.



## DES MOINES BUCCANEERS

Buccaneer Arena, Urbandale | bucshockey.com  
The Bucs are a member of the United States Hockey League (USHL), the only Tier 1 Junior Hockey League in the country. Scan the QR code to find this season’s remaining home games, from Jan. 7 through April 22.



## IOWA WOLVES

Wells Fargo Arena, Des Moines | iowa.gleague.nba.com  
Des Moines’ pro basketball team plays in the Western Conference of the NBA G League. Scan the QR code to find this season’s remaining home games, from Jan. 15 through March 25.



## DRAKE BASKETBALL

Knapp Center, Des Moines  
godrakebulldogs.com

The Drake University Bulldogs compete in NCAA Division-1 basketball in the Missouri Valley Conference. Scan the



Men



Women

QR codes to find this season’s remaining home games.

## IOWA STATE BASKETBALL

Hilton Coliseum, Ames | cyclones.com

The Cyclones basketball teams compete in the Big 12 Conference. The men are coached by T.J. Otzelberger and women by Bill Fennelly.



Men



Women

Scan the QR codes to find this season’s remaining home games.

## IHSAA & IGHSAU FINALS

Wells Fargo Arena, Des Moines  
iahsaa.org & ighsau.org

Watch the best of the best of Iowa’s high school athletes at these Des Moines-area Iowa high school championships and tournaments:

**Feb. 15-18:** Boys state wrestling championships.

NOTE: Girls state wrestling championships are Feb. 2-3 at the Xtream Arena in Coralville

**Feb. 27 - March 4:** Girls state basketball tournament

**March 6-10:** Boys state basketball tournament

## DRAKE RELAYS

Drake Stadium, Des Moines  
godrakebulldogs.com

Elite athletes, including Olympians, gather in Des Moines for the annual Drake Relays. The outdoor track and field event earned a Silver Level status on the World Athletics Continental Tour, only one of two U.S. competitions to do so. The 113th Drake Relays will be held April 26-29. ■

# xBk

## JANUARY LINEUP

1/06 2023 DESTROY WITH WIDOW7, THE IMPULSIVE & BLACKED OUT WORLD

1/13 2023 DANIELLE NICOLE WITH BRANDON MILLER BAND

1/19 2023 THE ASTRONOMERS

1/21 2023 GR!LIVE

1/21 2023 KING PARI

1/22 2023 BLOODY MARYS AND BLUES WITH AVEY GROUWS TRIO

1/24 2023 MOM & DAD'S NIGHT OUT: A BIRTHDAY BASH FOR JAC & GABE

1/25 2023 DMMC DSM SOUNDCHECK

1/28 2023 KING BARTLETT WITH NEIL ANDERS & FLASH FLOODS

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CITYVIEW'S

# BUSINESS JOURNAL



## Be our GUEST

Iowa's hotel industry is recovering from a pandemic and evolving for the future.

By Colson Thayer

Those looking to reserve a hotel room can find just shy of 800 hotels in Iowa — and a lot of vacant rooms. Like many businesses, hotels suffered hard times when COVID-19 hit pandemic levels. While many are well on the way to recovery, others still grapple with a change in business model, a slim workforce and low occupancy rates.

In March 2020, before the COVID-19 pandemic shuttered the country, the Iowa Lodging Association disbanded. This left the lodging industry without a voice when they needed it most. Two years later, Jessica Dunker, president and CEO of the Iowa Restaurant Association, was approached by some restaurateurs who also owned hotels. They needed a voice. In response, the Iowa Hotel & Lodging Association was formed in January 2022.

Scott Math is the vice president of operations for the Heart of America Group. Photo by Colson Thayer

## An industry ravaged by COVID

"Hotels were dramatically impacted by COVID," Dunker said. "It's hard to imagine how a lot of these hotels made it through."

In 2019, hotels in Des Moines were running at a 65% or higher occupancy rate. At the height of the pandemic, Dunker said some of Iowa's hotels were running at occupancy rates as low as 10%. On a slow path to recovery, Des Moines saw 45% occupancy rates in 2021 and 55% in 2022.

Because traveling was almost entirely halted during the early months of the pandemic, hotels needed to act quickly to stay afloat. Data released by the American Hotel & Lodging Association showed that 70% of hotel employees were laid off or furloughed across the country. Iowa shared a similar fate.

Hotels were also forced to accumulate debt while their occupancy rates stayed low.

"(Hotels) were decimated, but they still had to pay property tax," Dunker explained, adding that some hotels that weren't open had property tax costs of as much as \$35,000 a month.

Dunker pointed to a lack of government assistance for the industry. "The one piece of the hospitality industry that got no special carve-out program were the hotels," she said.

Restaurants, venues, musicians, breweries, and the arts qualified for grants and other assistance from the state and federal levels, but hotels did not.

"What happened during COVID is we didn't have any grant programs for hotels, but we did have the option to take out loans," Dunker said.

Hotels qualified for the Paycheck Protection Program (PPP) and Economic Injury Disaster Loans (EIDL) among other assistance, but they did not have programs like the Restaurant Revitalization Fund (RRF) or the Shuttered Venue Operators Grant (SVOG) that did not require repayment.

## Iowa Hotel & Lodging Association

One year ago, Dunker and six board members formed the Iowa Hotel & Lodging Association. The group is an advocacy organization that works at the state level with legislators, the governor's office and state agencies to make it easier for hotels to do business in the state.

Along with COVID-19 recovery, a few issues were of top concern for Dunker and the association. In 2021, the governor and secretary of state became interested in human trafficking prevention. A law passed in 2021 became effective Jan. 1, 2022, requiring every lodging establishment where state money was spent to do mandatory human trafficking training. However, only 17 hotels had completed the

Iowa Businesses Against Trafficking (IBAT) training by Dec. 31, 2021. Dunker said the hotels did not mind doing it, but no group existed to communicate the law to the industry.

Another major concern started in 2021 when a huge effort was made in the legislature to raise the Des Moines market hotel-motel tax by 3%, but the hotel industry was not aware of it.

"All of that money would have gone to underwrite public transportation or DART," Dunker claimed. This push was reintroduced in 2022 before it failed once again.

"COVID was a catalyst for the entire hospitality industry," said Dunker. She outlined three major shifts the industry will experience in the coming years: a change in service with fewer employees, creative hiring and workforce retention efforts, and automation of tasks like reservation or laundry.

## A changing business model

Scott Math is the vice president of operations for the Heart of America Group, which operates a variety of boutique and chain hotels throughout the Midwest. Their portfolio includes The Rewind Hotel in West Des Moines, both the Revel Hotel and Hotel Renovo in Urbandale, and a variety of Hilton, Marriott and IHG properties.

"We wear a lot of different hats," Math said of hotel employees. "In the hospitality industry, the guest doesn't care who it is (that does the job)."

Math said cross-training was the model even before the pandemic.

"There are some operational things that are very different in most Iowa hotels right now," explained Dunker. One of them includes housekeeping not coming into the rooms each day. Many hotel chains, like Marriott and Hilton, only offer daily housekeeping by request. Another service being dropped by many hotels is room service.

Staffing continues to be a challenge in multiple states for the Heart of America Group. However, Math said they try to do everything in their power to avoid slow service.

"But when you're spread real thin," Math said, "you might see that personal touch start to wane a little bit."

## An evolving workforce

The reality is the people who left their jobs in the hotel industry aren't coming back. Industry leaders recognize this and are relying even more heavily on an immigrant and refugee workforce. Building maintenance and housekeeping positions, for example, are jobs that can be filled by those who do not speak English.



Jessica Dunker is president and CEO of both the Iowa Restaurant Association and the Iowa Hotel & Lodging Association. Photo submitted

"The nice thing about a hotel is that you can be new to the country and a second-language speaker, and you can work on a crew. Perhaps the crew leader is bilingual and can communicate with the owner or the general manager," said Dunker.

Both Dunker and Math are encouraged by grants and initiatives that make it easier to hire a non-English-speaking workforce. In October, Gov. Kim Reynolds announced the Iowa Language Learners Job Training Program intended to support employer programs that improve English language proficiency among employees.

On the other hand, Dunker said she is not worried about the hotel management side of the industry.

"We will be able to find educated hospitality management people out of Iowa State or out of DMACC's program. Those folks are replenishing with their educational choices. But that entry-level position, where you're giving somebody a first opportunity or a second chance... those folks are fewer and fewer in number, and that can only be solved at the federal level because we have to have immigration reform."

According to Dunker, "The state can't do anything about it."

## The Surety Hotel

Located downtown on Sixth Avenue, the Surety Hotel is one of Des Moines' newest hotel offerings. So new, in fact, the hotel never saw a pre-COVID world. The staff knew it was going to be a challenge opening in November 2020, when the industry was

## FEATURE

in shambles.

Tara McFarling, director of sales for the Surety Hotel, explained they wanted to fill the needs of the downtown community.

“When we first opened, we really focused on what people were craving at that time. People had not been out to eat; they hadn’t been to see any sort of live music. There was very little socialization obviously during COVID.”

The Surety Hotel uses its historical architecture to create a unique experience for guests. Occupying a former bank and office building, the hotel makes sure to feature local art, furniture, coffee and food. The experience at the Surety Hotel is not something found at a branded hotel.

“We really believe in giving this back to the city,” McFarling said.

In 2021, the Surety slowly began to see an increase in guest bookings. In 2022, they had more than 50 couples book their weddings at the hotel.

But the Surety was not able to avoid the challenges faced by the entire industry.

McFarling explained, “Right after we opened, we were without full staff for a very long time.”

## New industry trends

One of the biggest trends Dunker is excited about is “Bleisure,” the blend of business and leisure, that encourages corporate travelers to bring their partners and children along on business trips.

The Iowa Economic Development Authority and Iowa Tourism Office has recognized bleisure travel and created the “Meet In Iowa” program. When an organization creates a meeting or conference in Iowa with a overnight hotel stay and a tourism experience on the front or back end of the trip, they can get up to \$25,000 of the cost back.

The program is “wildly successful,” according to Dunker; however, not all hotels are seeing the same results.

“We are starting to see some of [bleisure] in some of our markets,” Math said. “It hasn’t been a whole bunch.”

“[Bleisure] is not coming to Des Moines as much as you might think,” McFarling said.

In other developments, as the hotel industry responds to the new reality of hybrid and virtual work, Math and the Heart of America Group are working to upgrade properties with high-speed Internet and updated audio and visual equipment in their meeting spaces.

An industry veteran, McFarling has recognized more short-term booking windows. Large conferences and events were often booked out nine months to a year; nowadays, they are within six months. Business travelers now book their stays



Tara McFarling is director of sales for the Surety Hotel. Photo by Colson Thayer

within seven or eight days.

“It has changed a lot of the strategies that we have in play for how we price and how we sell our spaces and guest rooms,” he said.

As with many other industries, hotels are adapting and rising up to the challenges of the times and the changing needs and preferences of their

customers. With a new association now in place to represent and lobby for the industry’s concerns and to improve communication about issues facing hotels, the industry is better prepared for what is ahead. And, while not yet reaching pre-COVID occupancy rates, the numbers are improving — providing optimism for the future. ■

# CITYVIEW'S BUSINESS JOURNAL

# EXPERT ADVICE

## ON ISSUES THAT MATTER TO YOUR BUSINESS

### TECHNOLOGY

#### Have you tried turning it off and on again?

It's a new year, wouldn't it be nice to just start over or hit the reset button?

A very common joke in our industry but really, sometimes the humor is that most of life isn't like this. If we have challenges, we commonly must realize them, diagnose, and work to solve the problem.

IT can be as simple as rebooting. Shutting down and restarting a computer allows it to start from a clean state, and at times that is all that you need. Electronic devices can run many programs at once and at times some programs begin to conflict with each other. I'm sure you've ran into this and sometimes our immediate thought is I'm not technical and I have no idea what is causing this issue. Feel confident to give it a shot. Then, if the problem resurfaces, we can earn our money.

As in life, we tend to find out that our limits and abilities are far greater than we imagine. Time to reboot!!



**Scott Hardee**

Business Development Executive – Branch Manager



430 114th St., Urbandale,  
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### ACCOUNTING

#### Deducting vehicle expenses.

There are two different ways to deduct vehicle expenses.

- 1.) Use Mileage rate.
- 2.) Actual expense.

Mileage is to take the current tax mileage rate by the number of business miles that you put on our vehicle throughout the year. For 2022 that rate is 58.5 cents a mile for January through June 30, 2022 and 62.5 cents a mile from July 1, 2022 through December 31, 2022.

If you are using the mileage rate the IRS requires that the mileage be logged and that there is a written record of the date, location and what was the business purpose was for the trip.

If you opt to use actual expenses and the vehicle is not 100% used for business you would need to calculate the percentage business use of the vehicle and then you would take that percentage against all vehicle expenses. There is the option to depreciate your vehicle but those rules will be discussed in a future article.

You must make the determination of which method you are going to use at the time you purchase the vehicle and you have to stick with that method throughout the life of that vehicle.

These rules are complicated and require detailed record keeping.



**Ann M. Hartz**

CPA



7109 Hickman Rd., Urbandale  
515.259.7779  
CPADesMoines.com

### ONLINE REVIEWS

#### Why you should care about online reviews.

Do you know what customers are saying about your business online?

Online reviews can have a big impact on your business and making customer satisfaction an essential part of your business strategy can only help your sales and profitability. In fact, the majority of consumers rely on online reviews before making a purchase decision. Positive reviews can increase sales and build your local search presence.

Consumers searching for a local business regularly look at reviews as a source of information. Having a strong review profile will help your business stand out. There's a strong correlation between online reviews and building consumer trust. Trust is a currency — it's a means of securing a sale, a reservation, or a booking.

As Scott Cook, Founder of Intuit stated, "A brand is no longer what we tell the consumer it is – it is what the consumers tell each other it is."

Source: <https://www.brightlocal.com/learn/local-consumer-review-survey/>



**Megan Pugh**

Digital Account Executive



8101 Birchwood Ct Ste D, Johnston  
515.360.1225  
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## SMALL BUSINESS ADMINISTRATION LOANS

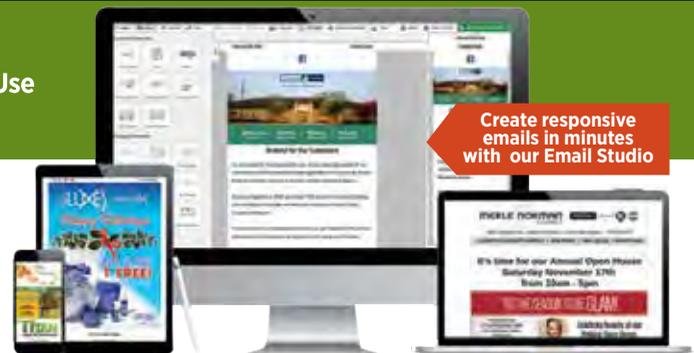
Borrower Name	City	County	Cong. District	\$ Amount	Jobs Created	Jobs Retained	Existing Jobs	New Vs. Existing	Business Type
DRS Enterprises, LLC	UNIONVILLE	APPANOOSE	02	\$134,400	2	0	0	NEW BUSINESS	N/A
DRS Enterprises, LLC	UNIONVILLE	APPANOOSE	02	\$56,300	2	0	0	NEW BUSINESS	N/A
DDK Holdings LLC	VINTON	BENTON	01	\$260,000	0	4	4	EXISTING BUSINESS	Solid Waste Collection
Hill Relocations, Inc.	Walford	BENTON	01	\$280,000	7	9	16	NEW BUSINESS	Services for the Elderly and Persons with Disabilities
Legendary Hospitality, LLC	Storm Lake	BUENA VISTA	04	\$715,200	6	14	16	NEW BUSINESS	Full-Service Restaurants
Klaes Enterprises, LLC	Guttenberg	CLAYTON	01	\$300,000	12	1	1	NEW BUSINESS	Breweries
Jacobs Plumbing & Pump Service LLC	CLINTON	CLINTON	02	\$185,000	0	1	2	EXISTING BUSINESS	Plumbing, Heating, and Air-Conditioning Contractors
Jacobs Plumbing & Pump Service LLC	CLINTON	CLINTON	02	\$115,000	0	1	2	EXISTING BUSINESS	Plumbing, Heating, and Air-Conditioning Contractors
Double S Logging LLC	BLOOMFIELD	DAVIS	02	\$75,000	0	2	2	NEW BUSINESS	Farm Supplies Merchant Wholesalers
TBF, LLC (EPC)	Altoona	POLK	03	\$286,800	0	5	5	EXISTING BUSINESS	Pet Care (except Veterinary) Services
Kingdom Spa LLC	Ankeny	POLK	03	\$503,200	0	12	12	NEW BUSINESS	Other Personal Care Services
Kingdom Spa LLC	Ankeny	POLK	03	\$25,000	0	12	12	NEW BUSINESS	Other Personal Care Services
LeJeune Ventures LLC	Des Moines	POLK	03	\$143,000	2	0	2	EXISTING BUSINESS	Upholstered Household Furniture Manufacturing
INGERSOLL OUTDOOR SUPPLY LLC	DES MOINES	POLK	03	\$15,000	0	0	1	NEW BUSINESS	N/A
Canoyer Grimes, LLC	Grimes	POLK	03	\$2,377,000	25	10	10	EXISTING BUSINESS	N/A
Scoop Capital LLC	PLEASANT HILL	POLK	03	\$1,264,500	2	20	20	NEW BUSINESS	Ice Cream and Frozen Dessert Manufacturing
Sojourners LLC	Urbandale	POLK	03	\$1,039,000	5	27	27	NEW BUSINESS	N/A
Kinzie LLC	URBANDALE	POLK	03	\$500,000	2	10	10	EXISTING BUSINESS	N/A
Electronic Asset Security, L.L.C.	Urbandale	POLK	03	\$299,000	8	1	1	NEW BUSINESS	Other Scientific and Technical Consulting Services
Five K Enterprises L.L.C.	WEST DES MOINES	POLK	03	\$350,000	30	52	52	EXISTING BUSINESS	Full-Service Restaurants
Strackbein SK 2 LLC	BETTENDORF	SCOTT	02	\$425,000	15	0	2	NEW BUSINESS	Snack and Nonalcoholic Beverage Bars
FTS Holdings, LLC	Riverdale	SCOTT	02	\$167,000	3	8	8	NEW BUSINESS	N/A
STR Holdings, LLC	Huxley	STORY	04	\$428,000	8	0	12	EXISTING BUSINESS	Landscape Architectural Services
2DA Investments, LLC	Kelley	STORY	04	\$245,000	2	0	0	NEW BUSINESS	Lessors of Miniwarehouses and Self-Storage Units
Hobbs Agency LLC	Ottumwa	WAPELLO	02	\$596,000	1	3	3	NEW BUSINESS	Insurance Agencies and Brokerages
Jed A Hill	OTTUMWA	WAPELLO	02	\$395,000	3	1	1	NEW BUSINESS	Recyclable Material Merchant Wholesalers
Happy Home Respite Services LLC	OTTUMWA	WAPELLO	02	\$175,000	6	17	17	EXISTING BUSINESS	Child Day Care Services



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**NO ADDRESS LISTED**

SALE DATE: 2022-11-07  
 SALE PRICE: \$1  
 SELLER: METRO FIBERNET LLC  
 BUYER: METRONET INFRASTRUCTURE GROUP LLC  
 SQUARE FEET: 672  
 ACRES: 0.528



**125 VALLEY WEST DRIVE, WEST DES MOINES**

SALE DATE: 2022-11-08  
 SALE PRICE: \$2,250,000  
 SELLER: IOWA ENT CENTER PLLC  
 BUYER: 105 LLC  
 SQUARE FEET: 18,176  
 ACRES: 2.347

**2565 E. EUCLID AVE., DES MOINES**

SALE DATE: 2022-11-09  
 SALE PRICE: \$450,000  
 SELLER: LARSON ENTERPRISES  
 BUYER: VIA REAL ESTATE LLC  
 SQUARE FEET: 0  
 ACRES: 0.827

**2444 E. WALNUT ST., DES MOINES**

SALE DATE: 2022-11-10  
 SALE PRICE: \$111,000

SELLER: A&E 113 ASSETS LLC  
 BUYER: MUNFORD, MATT T.  
 SQUARE FEET: 1,804  
 ACRES: 0.169

**113 SECOND ST. S.E., ALTOONA**

SALE DATE: 2022-11-10  
 SALE PRICE: \$43,000  
 SELLER: JJVINCENT LLC  
 BUYER: CITY OF ALTOONA  
 SQUARE FEET: 640  
 ACRES: 0.067

**909 E. FIRST ST., ANKENY**

SALE DATE: 2022-11-10  
 SALE PRICE: \$500,000  
 SELLER: EYERLY JR, RICHARD G. ESTATE  
 BUYER: OM SHREE GOPINATHJI LLC  
 SQUARE FEET: 2,880  
 ACRES: 0.731



**1435 MULBERRY ST., DES MOINES**

SALE DATE: 2022-11-11  
 SALE PRICE: \$2,343,250  
 SELLER: DES MOINES AREA RELIGIOUS COUNCIL  
 BUYER: 1435 MULBERRY LLC  
 SQUARE FEET: 9,016  
 ACRES: 1.365

**509 S.E. SIXTH ST., DES MOINES**

SALE DATE: 2022-11-11  
 SALE PRICE: \$330,000  
 SELLER: ONTIVEROS, LORNA A  
 BUYER: 509 SE 6TH LLC  
 SQUARE FEET: 3,780  
 ACRES: 0.818

**509 S.E. SIXTH ST., DES MOINES**

SALE DATE: 2022-11-14  
 SALE PRICE: \$330,000  
 SELLER: WARE, THOMAS E.  
 BUYER: 509 SE 6TH LLC  
 SQUARE FEET: 3,780  
 ACRES: 0.818



**4685 N.E. 14TH ST., DES MOINES**

SALE DATE: 2022-11-14  
 SALE PRICE: \$3,395,000  
 SELLER: SERENITY HOSPITALITY LLC  
 BUYER: RELIANSE IOWA LLC  
 SQUARE FEET: 75,007  
 ACRES: 4

**1940 ARLINGTON AVE., DES MOINES**

SALE DATE: 2022-11-15  
 SALE PRICE: \$575,000  
 SELLER: SOLID STATE PROPERTIES LLC  
 BUYER: ACT ARLINGTON EXPRESS LLC  
 SQUARE FEET: 4,858  
 ACRES: 0.358

**165 ADVENTURELAND DRIVE, ALTOONA**

SALE DATE: 2022-11-15  
 SALE PRICE: \$370,000  
 SELLER: VWM II LLC  
 BUYER: RMKJ 3 LLC  
 SQUARE FEET: 45,372  
 ACRES: 3.21

**4820 INGERSOLL AVE., DES MOINES**

SALE DATE: 2022-11-16  
 SALE PRICE: \$470,000  
 SELLER: AHC INGERSOLL LLC  
 BUYER: 4820 INGERSOLL PROPCO LLC  
 SQUARE FEET: 3,336  
 ACRES: 1.029

**5504 N.W. 88TH ST., JOHNSTON**

SALE DATE: 2022-11-17  
 SALE PRICE: \$4,379,661  
 SELLER: M&B INVESTMENTS LLC  
 BUYER: NPJTC LLC  
 SQUARE FEET: 27,827  
 ACRES: 2.893

**9201 NORTHPARK DRIVE, URBANDALE**

SALE DATE: 2022-11-17  
 SALE PRICE: \$10,820,339  
 SELLER: NORTH PARK TOWN CENTER LLC  
 BUYER: NPJTC LLC  
 SQUARE FEET: 66,056  
 ACRES: 5.946

**NO ADDRESS LISTED**

SALE DATE: 2022-11-18  
 SALE PRICE: \$6,500,000  
 SELLER: KOHL'S INC  
 BUYER: MERLE HAY ANCHORS LLC  
 SQUARE FEET: 75,064  
 ACRES: 2.539

**7177 HICKMAN ROAD, SUITE 1, URBANDALE**

SALE DATE: 2022-11-18  
 SALE PRICE: \$279,000  
 SELLER: HALL, NANCY A.  
 BUYER: JENNIFER PROPERTIES LLC  
 SQUARE FEET: 3,723  
 ACRES: 0.436

**672 19TH ST., DES MOINES**

SALE DATE: 2022-11-21  
 SALE PRICE: \$285,000  
 SELLER: TRADITION HOME BUILDERS LLC  
 BUYER: ESSEX HOUSE LLC  
 SQUARE FEET: 4,737  
 ACRES: 0.172

**235 ADVENTURELAND DRIVE N.W., ALTOONA**

SALE DATE: 2022-11-22  
 SALE PRICE: \$686,755  
 SELLER: F&S ROSENBERGER LLC  
 BUYER: DRAGONFLY HOSPITALITY LLC  
 SQUARE FEET: 0  
 ACRES: 3.055

**175 S. NINTH ST., SUITE 440, WEST DES MOINES**

SALE DATE: 2022-11-22  
 SALE PRICE: \$209,000  
 SELLER: MCLERAN INVESTMENTS LLC  
 BUYER: SWEENEY, SEAN  
 SQUARE FEET: 1,920  
 ACRES: 0.044

**5975 N.E. BERWICK DRIVE, BERWICK**

SALE DATE: 2022-11-23  
 SALE PRICE: \$11,500,000  
 SELLER: SUNNYBROOK MHC LLC  
 BUYER: SUNNYBROOK LE LLC  
 SQUARE FEET: 4,456  
 ACRES: 38.284

**NO ADDRESS LISTED**

SALE DATE: 2022-11-28  
 SALE PRICE: \$346,000  
 SELLER: IOWA NATURAL HERITAGE FOUNDATION  
 BUYER: POLK COUNTY CONSERVATION BOARD  
 SQUARE FEET: 0  
 ACRES: 66.527

**4919 DOUGLAS AVE., DES MOINES**

SALE DATE: 2022-11-28  
 SALE PRICE: \$390,000  
 SELLER: YOUNG PROFESSIONAL PARK  
 BUYER: FAM RENTAL PROPERTIES LLC  
 SQUARE FEET: 7,260  
 ACRES: 1.458



**5800 FRANKLIN AVE., DES MOINES**

SALE DATE: 2022-11-29  
 SALE PRICE: \$1,090,000  
 SELLER: BP FRANKLIN LC  
 BUYER: APG REAL ESTATE LLC  
 SQUARE FEET: 8,453  
 ACRES: 0.537

**1823 OHIO ST., DES MOINES**

SALE DATE: 2022-11-29  
 SALE PRICE: \$1,200,000

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SELLER: TRI-STATE INVESTMENTS LLP  
 BUYER: MARUCA LLC  
 SQUARE FEET: 9,952  
 ACRES: 0.627

**3580 EIGHTH ST. S.W., ALTOONA**  
 SALE DATE: 2022-11-29  
 SALE PRICE: \$2,005,000  
 SELLER: ALTOONA CROSSING LOT 4 LLC  
 BUYER: SIMMER, KEVEN  
 SQUARE FEET: 5,070  
 ACRES: 0.748

**3500 S.E. CROSSROADS DRIVE, GRIMES**  
 SALE DATE: 2022-11-29  
 SALE PRICE: \$150,000  
 SELLER: 141 PARTNERS II LC  
 BUYER: ROOKIE HOLDINGS LLC  
 SQUARE FEET: 3,644  
 ACRES: 0.626

**NO ADDRESS LISTED**  
 SALE DATE: 2022-11-29  
 SALE PRICE: \$500,000  
 SELLER: SANSGAARD GROUP INC  
 BUYER: PJC FAMILY TRUST  
 SQUARE FEET: 0  
 ACRES: 5.116

**1251 KEOSAUQUA WAY, UNIT 2, DES MOINES**  
 SALE DATE: 2022-11-30  
 SALE PRICE: \$1,650,000  
 SELLER: JGC HOLDINGS LLC  
 BUYER: BHA LLC  
 SQUARE FEET: 6,176  
 ACRES: 0.349

**1210 N.W. 18TH ST., ANKENY**  
 SALE DATE: 2022-11-30  
 SALE PRICE: \$2,075,000  
 SELLER: HAYDEN HOLDINGS LLC  
 BUYER: WENGER PROPERTIES LLC  
 SQUARE FEET: 7,478  
 ACRES: 0.724

**6095 N.E. INDUSTRY DRIVE., DES MOINES**  
 SALE DATE: 2022-11-30  
 SALE PRICE: \$3,177,108  
 SELLER: KINGDOM CARES CORP  
 BUYER: HOOP DREAMS LLC  
 SQUARE FEET: 30,000  
 ACRES: 5.436

**3615 SIXTH AVE., DES MOINES**  
 SALE DATE: 2022-12-01  
 SALE PRICE: \$279,938  
 SELLER: NEIGHBORHOOD DEVELOPMENT CORP  
 BUYER: ADAMSON PROPERTIES II LLC  
 SQUARE FEET: 3,500  
 ACRES: 0.149

**79 UNIVERSITY AVE., DES MOINES**  
 SALE DATE: 2022-12-01  
 SALE PRICE: \$875,000  
 SELLER: MICHAEL & LINDA TAYLOR TRUST  
 BUYER: ITB HOLDINGS LLC  
 SQUARE FEET: 10,614  
 ACRES: 0.942

**3810 INGERSOLL AVE., DES MOINES**  
 SALE DATE: 2022-12-01  
 SALE PRICE: \$840,000  
 SELLER: ARBOR COOPERATIVE HOUSING

ASSOCIATION  
 BUYER: SH PROPERTY LLC  
 SQUARE FEET: 5,720  
 ACRES: 0.25

**655 N.E. 56TH ST., PLEASANT HILL**  
 SALE DATE: 2022-12-01  
 SALE PRICE: \$6,670,000  
 SELLER: DALRICH LLC  
 BUYER: BOWLERO PLEASANT HILL LLC  
 SQUARE FEET: 38,172  
 ACRES: 3.273

**11410 FOREST AVE., CLIVE**  
 SALE DATE: 2022-12-01  
 SALE PRICE: \$5,945,946  
 SELLER: TWAS PROPERTIES LLC  
 BUYER: CLIVE TW LLC  
 SQUARE FEET: 3,205  
 ACRES: 1.5

**2105 S. ANKENY BLVD., ANKENY**  
 SALE DATE: 2022-12-05  
 SALE PRICE: \$2,709,888  
 SELLER: MJG DEVELOPMENT LLC  
 BUYER: LEEDS WEST PROPERTY GROUP LLC  
 SQUARE FEET: 6,900  
 ACRES: 1.105

**5730 MERLE HAY ROAD, JOHNSTON**  
 SALE DATE: 2022-12-05  
 SALE PRICE: \$1,574,400  
 SELLER: MJG DEVELOPMENT LLC  
 BUYER: LEEDS WEST PROPERTY GROUP LLC  
 SQUARE FEET: 5,824  
 ACRES: 0.841

**8665 HARBACH BLVD., CLIVE**  
 SALE DATE: 2022-12-05  
 SALE PRICE: \$480,000  
 SELLER: MFG INVESTORS 8665 LLC  
 BUYER: MOUNTZION PRAYER MINISTRIES INTERNATIONAL  
 SQUARE FEET: 7,200  
 ACRES: 0.66

**2742 HUBBELL AVE., DES MOINES**  
 SALE DATE: 2022-12-06  
 SALE PRICE: \$310,000  
 SELLER: COBALT MAINTENANCE LLC  
 BUYER: COIN & CARD AUCTIONS INC  
 SQUARE FEET: 2,152  
 ACRES: 0.523

**850 18TH ST., DES MOINES**  
 SALE DATE: 2022-12-07  
 SALE PRICE: \$650,000  
 SELLER: ELECTRICAL WORKERS FOUNDATION  
 BUYER: TRC HOLDINGS LLC  
 SQUARE FEET: 4,813  
 ACRES: 0.356

**1250 S. PLEASANT HILL BLVD., PLEASANT HILL**  
 SALE DATE: 2022-12-07  
 SALE PRICE: \$180,000  
 SELLER: BURKHEAD, DAVID A  
 BUYER: ECONOMIC CONCRETE SERVICES INC  
 SQUARE FEET: 2,108  
 ACRES: 0.46 ■

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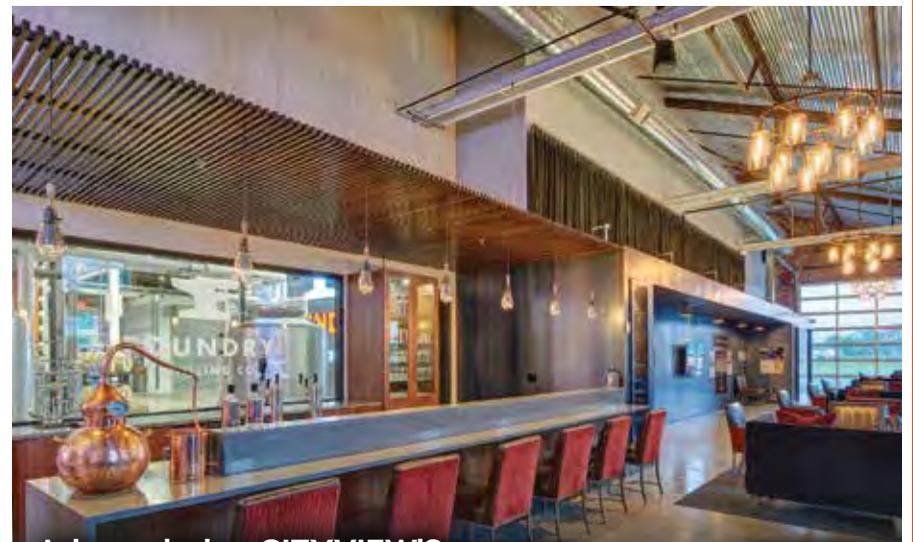
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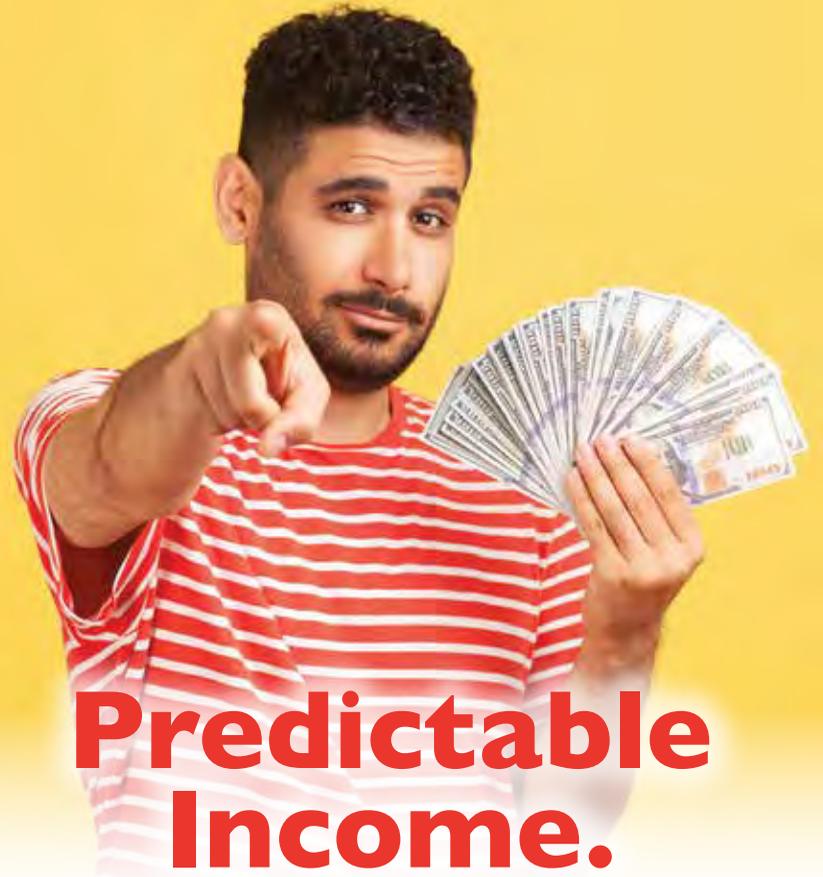
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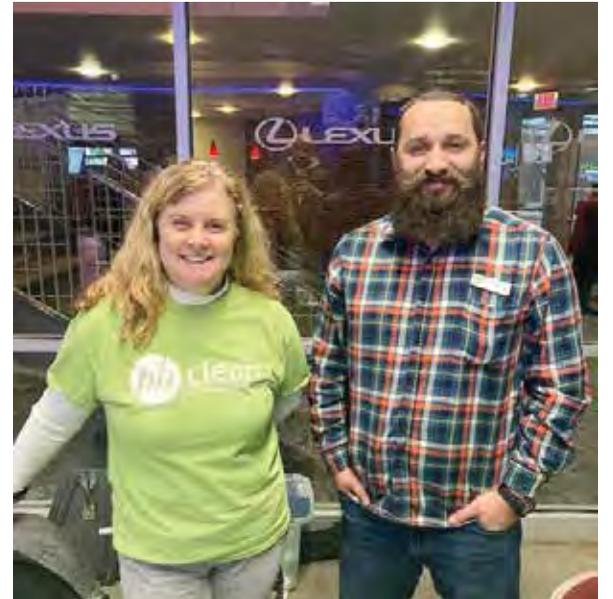
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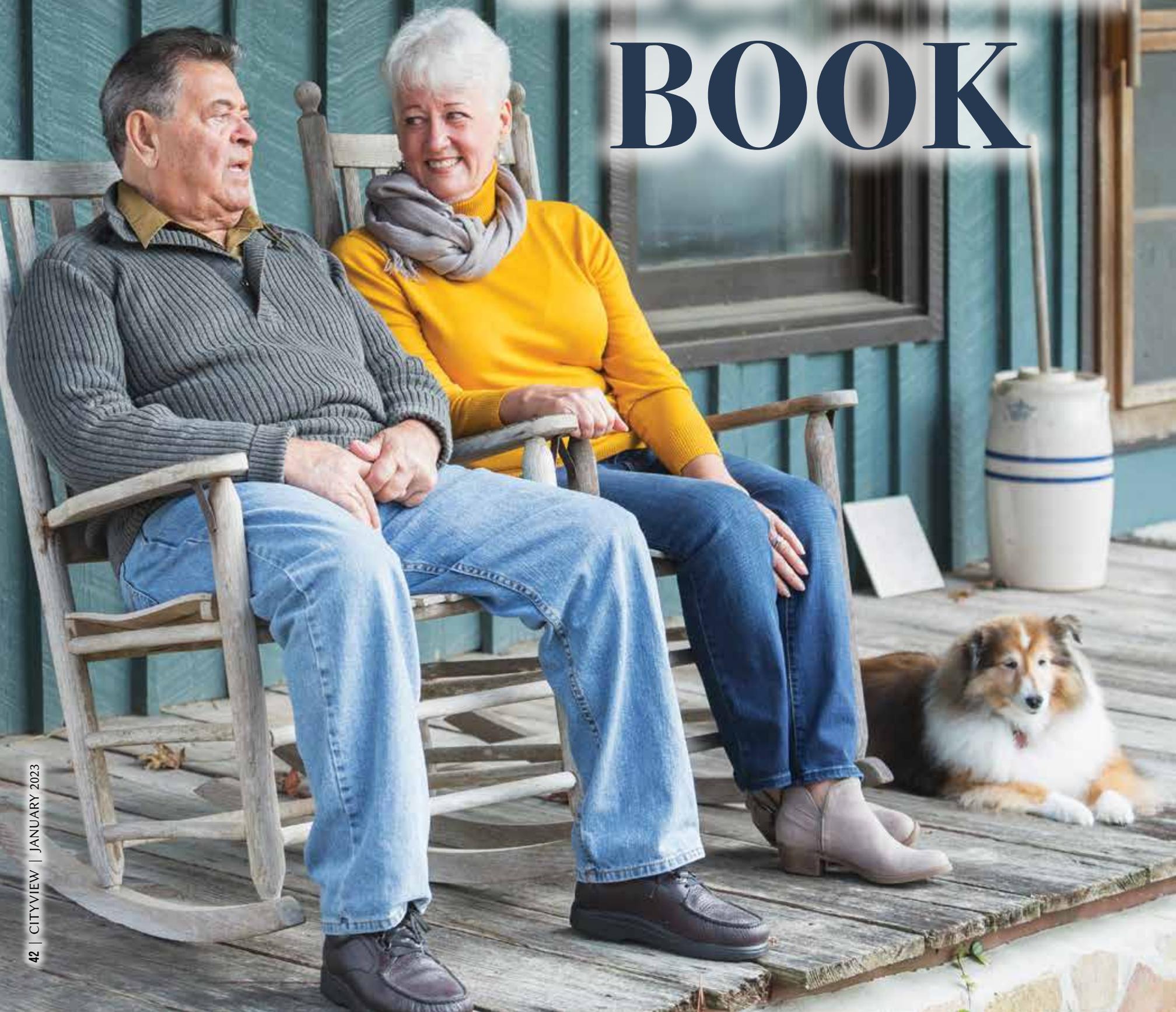


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# Dementia: advice for caregivers

Perhaps one of the biggest challenges we face as caregivers is communicating with someone who has dementia. Still, this can be accomplished while maintaining the dignity of the person with dementia.

Here are some simple suggestions:

- **Never argue.** Instead, agree. There's no point in winning the fight, and it's much simpler to agree and move on.
- **Don't try to reason.** Rather, divert the situation. Reasoning can cause more confusion and agitation. If you can master the art of diversion (or changing the subject), the outcome will be more favorable.
- **Don't lecture.** Reassure. A loved one with dementia needs your reassurance in a calm, even voice. Don't we all need a little reassurance every now and then?
- **Don't use the word "remember."** Instead, practice the art of reminiscing. Once you find a memory that sparks emotion, let them talk about it as many times and as often as they can.
- **Never say "I told you."** Instead, repeat what you have told them. You may have to do this several times. Practice patience.
- **Avoid the phrase "you can't."** Rather than focusing on activities they can't do, focus on the many things that they can do! It is important to let them do things for themselves as long as they safely are able.
- **Avoid a demanding tone of voice.** Rather than demanding that something be done, practice asking. A good example of demanding is, "Put this coat on for me." Instead, try this approach: "Would you be able to put your favorite coat on for me? It makes me happy to see you wear it!"
- **It's easy to sometimes get a condescending attitude.** The person with dementia can pick up on this tone. Practice a tone of encouragement and positivity: "Look at how well you did with getting your favorite outfit on today! You look so nice!"
- **Don't force your loved one with dementia to do anything.** Rather than force them, try to reinforce a positive behavior. If they enjoy an activity or a snack, sometimes following up with that reward will work well.

While communication itself can be challenging, it is even more so if the person you are communicating with has dementia. Practice and patience are key, and season it with love and understanding.

You can find more information regarding Alzheimer's and dementia at [www.alz.org/iowa](http://www.alz.org/iowa). ■

*Information provided by Shelly Charter, director of assisted living & marketing, Calvin Community, 4210 Hickman Road, Des Moines, 515-633-2566, [www.calvincommunity.org](http://www.calvincommunity.org).*

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### Why should I preplan my cremation?

There are many benefits of preplanning. It grants your family time to grieve your loss and celebrate your life rather than face confusing decisions about your final wishes during a painful time. The burden of dealing with these matters without preplanning can be physically, emotionally and financially draining on loved ones. Preplanning allows you to lock in what is often a more economical price. As with all other prices, the cost of cremation and other final arrangements is more likely to go up over time than to go down. You can lock in the prices that are relevant today during the preplanning process. No matter how the prices change, your paid-for services are guaranteed without any added expense to the family or estate. ■

*Information provided by Staci M. Hansen, service manager and funeral director, Neptune Cremation Service, 515-444-2881, 2900 University Ave., Suite 300, West Des Moines, Neptunesociety.com.*

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Staci M. Hansen, Funeral Director

# Estate planning tips and advice

Estate planning might sound like a process reserved for the wealthy, but the truth is everyone can benefit by pre-planning for the event of death or incapacity. The process of estate planning may seem daunting, but, often, the hardest part is deciding to start the process.

Like every end-of-life issue, it may not be the most pleasant thing to discuss, but making a plan for how your affairs will be handled is the best thing you can do for your loved ones, regardless of your financial standing.

It is vital for every person to create a plan, especially when others, like your spouse, children, parents or siblings, may be affected in the future by the plans you make now. Consider these tips for creating a sound, logical estate plan.

• **Advance directives.** First, you should have contingent plans — a Financial Power of Attorney, a Health Care Power of Attorney and a Living Will — that nominate somebody else to help you make decisions.

Through a Durable Financial Power of Attorney, you give another person the ability to help you with your finances while you are living but are incapacitated and unable to handle financial matters.

If you are too ill to speak for yourself, you can express your wishes and have your voice heard

through a Living Will. This advance directive lets you set out your preferences for your care. A Living Will should be accompanied by a Health Care Power of Attorney, which nominates a specific person to make medical decisions for you.

• **Will or trust.** Second, you should have plans which direct your assets. A Last Will and Testament directs the distribution of your property upon your death. Without a will, your estate will be distributed according to state laws. A will allows you to name a person — the executor — who will wrap up your affairs. You can select who will be responsible for ensuring that your wishes are carried out.

A trust is an alternative wealth direction tool and can help avoid the costs associated with probate. Trusts can be revocable or irrevocable. There are different types of trusts for different situations.

A will or trust is crucial if you have minor children or children with special needs. You can nominate someone to act as a guardian for your children if you are not around.

• **Tax considerations.** Third, good estate planning minimizes the impact of taxes. Careful planning minimizes death taxes and ensures that you can maximize the legacy you leave your family.

• **Long-term care.** Not only is it important for you to begin the process of estate planning, it is also

important that you consider planning for your (or your parents') long-term care, including residing in a care facility or a retirement home. This is particularly important if you have aging parents who need medical assistance.

• **Seek legal counsel.** From reviewing an independent-living contract to assisting with asset-protection planning, it is important to involve skilled legal counsel. You should seek experienced advice regarding guardianships, paying for long-term care, and Medicaid eligibility.

Remember, you are never too young or too old to think about estate planning. By preparing for the future, you gain peace of mind for yourself, your family and your loved ones.

It is essential that an experienced attorney advise you as you make these significant life decisions. You owe it to yourself to talk with an attorney who can address your specific circumstances and goals. Please contact a law firm so that they may assist you in estate planning and future care planning matters. ■

*Information provided by Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).*

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# What senior living is – and isn't

Is this the year you'll be considering a move to senior living, either for yourself or someone you love? If so — or if you're on the fence — here are just a few things to keep in mind about what senior living is and isn't, and why this might be the right time to make a change.

**Senior living isn't a "nursing home" experience.** If your idea of senior living revolves around your grandma's double-occupancy room in the 1980s and you haven't set foot in a community since, rest assured things have changed. Today's best communities know that the institutional model of care is a thing of the past, and they've replaced it with options, opportunities and experiences anyone of any age would be happy to be a part of.

**Senior living is more affordable than you might think.** Senior living isn't just for the wealthy; the last several years have brought an increase in financing options and a variety of price points. Although entry fees are still popular, many communities offer month-to-month lease options — enhancing affordability and providing a perfect fit for people with lifestyles that involve travel.

**Senior living is not about abdicating "care" for a loved one.** We've heard family members say, "Oh, no, we're not putting Mom 'in a home' — it's our job to take care of her like she took care of us." Senior living, depending on the level of living you're interested in, is not necessarily about "care." In independent living, for example, people live the kind of lives they'd live anywhere — but with opportunities to experience new things, optimize their health and well-being, eat wonderful food, make new friends ... the possibilities are nearly endless.

**Senior living is not about "endless moves throughout a complicated system."** Someone told me recently, "Oh, no — I'm not moving my mom into one of those places. Once you start that process, then you have to move somewhere else for one type of care and somewhere else for another type." Not true! A hallmark of today's senior living is the variety of levels of living — also known as a continuum of care — offered on a single campus. A person moves into independent living and enjoys all the community has to offer. Then, if their health needs change, they can receive a greater amount of care without having to relocate.

If you're considering senior living, do your homework, tour as many communities as possible and ask all your questions. There's no question your "just-right" community is waiting to welcome you or someone you love! ■

*Ward Phillips is vice president of market strategy and business development for WesleyLife, Iowa's largest nonprofit senior living provider, which offers a broad network of health- and well-being-focused communities and services for older adults. Call Ward at 515-669-2205 to learn more.*

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# The value of ceremony and gathering

The pandemic reaffirmed the value of ceremony and the power of gathering together. Funeral homes continued to serve many families who lost loved ones through the pandemic, and the COVID-19 era shed light on how important social aspects are to our existence. It is likely future college courses will be created to study the social impact the pandemic had on the human psyche.

A funeral ceremony marks the end of a person's earthly existence and is vital to survivors' psychological health. It is a chance to gather, connect, grieve and remember with others. This is part of the grieving process that helps heal. When that is denied, the pain may linger and be harder to work through alone.

In addition, many loved ones couldn't receive visits due to gathering restrictions. Some died alone as they could not have visitors. Therefore, loved ones were not part of this end-of-life process — which also helps in the grieving process. Imagine losing someone and not having the opportunity to acknowledge or be a part of the process or the loss. It is traumatic and sad for all who have suffered through it.

As with all traumatic human experiences, one can only hope that lessons are learned and social interactions are strengthened. Many families now have a better appreciation of the value of gathering when someone has died. We hear stories of many coming to support the survivors during funeral services because they were denied support when loved ones died.

The value of contact is heightened after it has been denied. Today's post-pandemic society is reaffirming the value of face-to-face social interaction. Each person's mental well-being is tied to social interaction with others. The world may have found that out the hard way, but we realize that now and can build upon it.

When a loved one passes away, considering having a ceremony to say goodbye. Make it as simple or as elaborate as you want — but have something. We can now affirm the value of that experience. ■

*Information provided by Merle Hay Funeral Home, 4400 Merle Hay Road, Des Moines, 515-278-4633.*



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# Health & Wellness PROFILES

A healthy lifestyles section



## Can acupuncture and Asian medicine be used for preventive medicine?

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

What does acupuncture help prevent?

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

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

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

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

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

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# Using CBD for New Year's resolutions

Sticking to a New Year's resolution can be difficult. In fact, a recent survey found that while 60% of people make New Year's resolutions, only 8% of them successfully meet their goals. Here's how CBD can help you to keep some of the most common New Year's resolutions.

## Resolution: exercise more and lose weight

Burning fat and losing weight are some of the most common resolutions. They can also be some of the most demanding and hardest to keep. CBD can work to fight off inflammation and may even be able to alleviate certain kinds of pain, removing any physical barriers standing between you and your fitness goals. These effects may also make it beneficial for digestive issues such as irritable bowel syndrome (IBS) and leaky gut. Many athletes rely on CBD to help them recover more quickly and get back to training. Don't let inflammation or pain stand between you and your New Year's fitness and wellness resolutions.

## Resolution: quit smoking and drink less

Resisting familiar temptations can take an incredible amount of willpower and motivation, especially if some degree of addiction is involved. Luckily, CBD has shown potential in the treatment of addictions

and the elimination of cravings. It is thought that CBD may work to temporarily rewire the brain's reward circuit to minimize cravings. Additionally, CBD's well-documented anti-anxiety effects can help people relax, giving them fewer reasons to turn to these substances in the first place.

## Resolution: read more or learn a new skill

Often, staying focused or concentrated on new things can be difficult, especially if they are mentally demanding. CBD's calming and relaxing effects may help some people achieve greater focus and concentration. If you often find your mind wandering during mental tasks, CBD may be able to calm your racing thoughts and soothe your troubled mind.

## Resolution: live life to the fullest

If you're living with anxiety, pain or other problems, it can be hard to really appreciate life as you should. CBD has been found to work with the body's inner endocannabinoid system (ECS) to try and keep the body in balance (homeostasis). The ECS is believed to influence numerous basic functions including sleep, appetite, mood, pain and more. CBD's interactions with the ECS may explain its therapeutic potential, which so many people swear by.

## Resolution: travel more

Looking to travel to more places and experience more things this year? Don't forget your CBD! From topicals and edibles to tinctures and capsules, CBD comes in a variety of convenient forms that are easy to carry and consume. If you're traveling within the U.S., don't hesitate to pack your trusty CBD in your checked luggage. If you're traveling internationally, check ahead to make sure that CBD is legal in the jurisdiction that you are traveling to.

## Resolution: get organized

CBD's relaxing and centering effects can help to keep you cool, calm and collected all year long. If you're seeking to get a better handle on your personal and professional life, then CBD may be a good starting point. CBD can keep you on track by helping you to better manage any stress, pain or anxiety that may come your way. ■

*Information provided by HW CBD, 1821 22nd St., Suite 102, West Des Moines, 515-223-2370, [www.hwcbdiowa.com](http://www.hwcbdiowa.com). 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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# Where to go for care: walk-in clinics vs. emergency department

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

## For the everyday

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

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

## When to use walk-in care

Illnesses and injuries don't always happen during regular business hours. For non-life-threatening needs that can't wait for your provider's next available appointment, call or schedule an appointment online with a walk-in clinic near you. Due to extremely high patient volumes and a very busy cold and flu season, many clinics are currently experiencing longer-than-normal wait times. As a result, patients are required to reserve a time online instead of just walking in for care. By scheduling your arrival time online, clinics are better able to keep you and their care teams safe and reduce how much time you spend in a waiting room.

Convenient walk-in care options offer the flexibility of extended evening and weekend hours. On-site prescription medications are often available to help eliminate the need for an extra visit to a pharmacy.

Walk-in clinics are not an alternative to the emergency room but instead

offer the ability to get quick, convenient care for all patient ages, without an appointment. Common illnesses seen at a walk-in care facility might include:

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

## When to use emergency services

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

- Chest pain or any symptoms of a heart attack, including severe chest pain, sweating or shortness of breath

• Symptoms of stroke including sudden dizziness, weakness, loss of coordination, balance or vision problems

- Sudden or severe abdominal pain
- Foreign body in eye
- Poisoning
- Head injury
- Choking
- Open fractures
- Severe lacerations (cuts)
- Loss of consciousness
- Sudden or severe headache
- Uncontrolled fever
- Injuries as a result of a car accident

The emergency room is always open 24/7, with the top priorities of providing care when and where their patients need it most. ■

*Information provided by UnityPoint Health, [www.unitypoint.org](http://www.unitypoint.org). **Note:** These are guidelines only and are not meant to replace seeking proper medical care. If you are experiencing chest pain or shortness of breath, go to the Emergency Department or call 911 immediately.*

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For clinic hours or to reserve your spot ahead of time go to [unitypoint.org/urgentcare](http://unitypoint.org/urgentcare)



# Does my child really need to see an orthodontist?

Some parents look at their kids and just know that braces are in their future. Other parents have a lot of questions surrounding their child's teeth, which is perfectly normal. As a parent, you have so much on your plate, and worrying about your child's teeth shouldn't be one of them. Here some of the common questions parents ask before their first visit.

## Why would I need to see the orthodontist if my child's dentist didn't refer me?

Fair question. If your child is seeing a dentist for care every six months, then why would they need an orthodontist? The truth is, your child's dentist specializes in cavity prevention and correction, gum tissue and general oral health. Dentists are great at what they do; however, an orthodontist is trained an additional two to three years on the eruption of teeth (how and when they come into the

mouth) and the identification and correction of tooth and jaw alignment issues. An orthodontist can quickly and easily identify if teeth are coming in properly and intervene at the right time to avoid bigger issues such as surgery or permanent tooth extractions.

## Why would I need to see the orthodontist if my child still has baby teeth?

The perfect time to see an orthodontist is when adult teeth start coming into the mouth. At this point, a trained orthodontist can identify early issues that, when corrected at the right time, can cost you less time and money. Often, an orthodontist will not make any treatment recommendations at this visit but will instead establish a follow-up schedule to monitor the teeth as they erupt so that, if treatment is needed, it can be completed at the right time.

## Does my child really need treatment?

Obviously, this question cannot be answered for your child specifically because every child is different. There are numerous ways a child can benefit from orthodontic treatment. In general, the cosmetic benefit of orthodontics can increase a child's self-esteem, boost self-confidence and positively change the child in immeasurable ways. Other benefits include the teeth and jaw fitting together for a more comfortable bite and alignment, which makes it easier to clean on a daily basis.

Your child's smile is so important. If you still have questions, reach out to your local orthodontist. ■

*Information provided by Dr. Jim Stork, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-608-8722, [www.StorkOrtho.com](http://www.StorkOrtho.com).*

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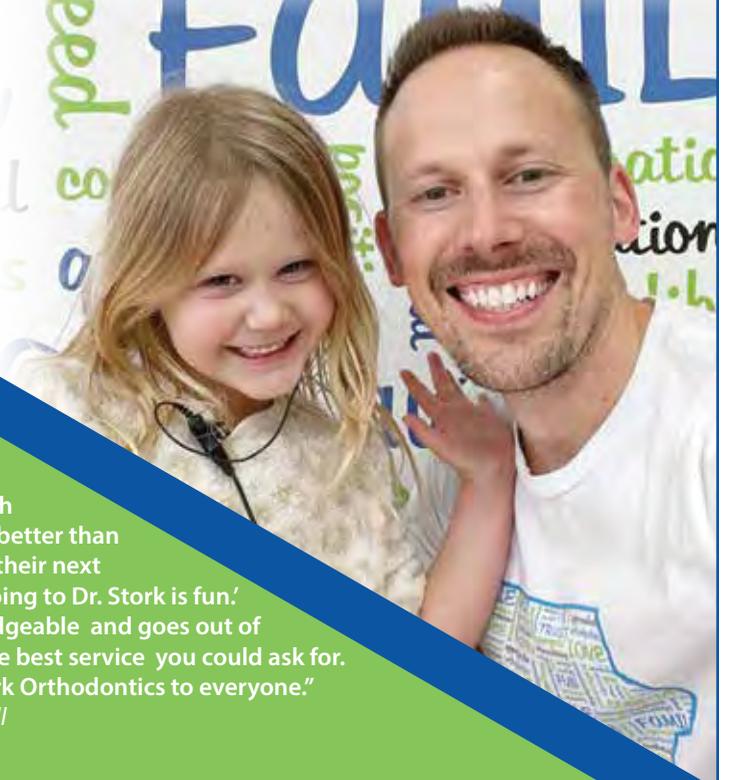
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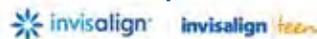


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*Information provided by Lacie Navin, Your CBD Store, owner of locations at 125 Fifth St., West Des Moines, 515-279-0150; 833 E. First St., #101 Ankeny, 515-964-9862; and 264 Hickman Road, Waukee, 515-669-5438.*



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# 'Girls rule, boys drool'

The intermingled fates of lions and leopards, men and women

FEATURE STORY



By Jim Duncan

A tidal wave of changes is affecting the intermingled destinies of boys and girls, men and women.  
Photo courtesy of Getty Images

In November, the New York Philharmonic became primarily female. Women outnumber men for the first time in its 180-year history. The New York Times termed it a “sea change,” noting that, when the orchestra’s Lincoln Center home was built in 1962, there were no women’s dressing rooms. The orchestra most associated with macho conductors like Bernstein, Mahler, Toscanini, Stravinsky, Mehta and Boulez is now a girl band?

That is just the most recent event in a tidal wave of changes affecting the intermingled destinies of boys and girls, men and women. Willie Nelson and Waylon Jennings sang, “Mamas, don’t let your babies grow up to be cowboys. Make them be doctors and lawyers and such.” But since Ed and Patsy Bruce penned those lyrics in 1975, cowgirls have been taking the advice more than cowboys.

In 2019, the Association of American Medical

Colleges reported that women had passed men as the predominant students in medical schools. The percentage has grown since, and this year women are expected to surpass men as med school graduates and new doctors. Women passed men in law school enrollment in 2016, and by 2021, they comprised more than 55% of all law school students. The percentages of women vis-a-vis men in law and med schools is much higher among Black people and Hispanic people.

That is the news in the two most well-regarded professions in America. It's even grimmer for men in jobs that are thriving in the new millennium. Nurses, physician's assistants, network systems analysts, data communications facilitators, customer service aids, retail salespeople and occupational therapists have been the fastest-growing jobs the last 15 years, and all have seen more women than men take them. Women are projected to pass men in wages earned by 2025.

For the first time in American history, more adult women are now unmarried than married. More adult men are unemployed than women. Women are more adventurous than men now by many accounts. Law professor Ellen Yee directs Drake University's law schools in France and Spain and chaperones work study trips to foreign countries. "Almost all the participants and applicants are female," she said. Hotels and resorts now cater specifically to single women.

One of the few fields where men still outperform women is competitive computer gaming. When a female gamer is successful, she is sexually, verbally and physically harassed by males, according to The Independent. More than 28% of female gamers reported such threats in that British paper. It is believed to be even worse in the U.S.

Even male sports dominance is under siege. Rodeo now has a women's circuit, which includes not just barrel racing but three additional events. In Iowa, girls' wrestling is exploding. "This year we have 2,300 wrestlers at 190 programs. That is up from 1,200 a year ago. We expected some growth, but we were planning on perhaps 1,800. Now we are scrambling to facilitate the numbers. We will have super regionals at four different sites, including Hy-Vee Center in Des Moines. The state finals will be at the new Xstream Arena in Coralville in front of 5,000 fans," explained Jean Berger, executive director of the Iowa Girls High School Athletic Union, the nation's first and only such organization for girls.

Gaming is part of the new millennial male identity, sadly so if you consider the new stereotype of unemployed and seemingly unmotivated adult males living in their parents' basements playing video games all day. Time Warner CEO Richard Parsons



One of the few fields where men still outperform women is competitive computer gaming. Photo courtesy of Getty Images

explained things this way in an interview with Guy Garcia. "Guys and gals didn't used to compete directly with each other as they do today. It's like leopards and lions. Lions don't eat leopards, and leopards don't eat lions. But they kill each other in the open if they get a shot because they compete for the same food. Fewer leopards, more gazelles, good for lions."

Men and women used to have different roles, but today they compete for the same food — and women are winning. This writer's granddaughter put it this way: "Girls rule, boys drool."

In this investigation, we look for reasons why.

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## “Where have all the cowboys gone?”

Paula Cole won a Grammy in 1996 for her song “Where have all the cowboys gone?” It is a lament about the loss of an American mythology. The cowboy era, the time of the cattle drives, lasted barely 20 years. When it ended, cowboys were lost. Their presence in Wyoming prisons increased 23 times over in the next five years.

Hollywood has had a soft spot for a lost cause, and it grew the myth of the cowboy exponentially. That created a valuable role model for American boys. Cinema cowboys represented the best characteristics of American men — loyalty, bravery, selfless behavior, self-control and self-reliance. John Wayne, Gary Cooper, Clint Eastwood, Steve McQueen and Tom Mix sold this myth to many generations of American boys as much as Wyatt Earp did. Earp, ironically, finished his life’s work in Hollywood as an advisor to Mix and several Western movie directors.

The symbolism of the lost cowboy is powerful because it is easier to talk about than the huge growth in fatherless American children, a trend that took off in the 1960s and kept soaring. It has affected boys more negatively than girls. Explanations are complex, but, when simplified, many observers think girls find better surrogate role models, like teachers, while boys too often look for role models in the street. The end of the cowboy resonates today with the end of jobs for the blue collar, mostly male, middle class — steelworkers, miners, factory workers, bottlers, canners, longshoremen, etc. All have been declining for decades due to

## “WHERE HAVE ALL THE COWBOYS GONE?”

Song by Paula Cole

One, two, three, four  
 Oh, you get me ready in your '56 Chevy  
 Why don't we go sit down in the shade?  
 Take shelter on my front porch  
 The dandelion sun scorching  
 Like a glass of cold lemonade  
 I will do the laundry  
 If you pay all the bills  
 Where is my John Wayne?  
 Where is my prairie song  
 Where is my happy ending?  
 Where have all the cowboys gone  
 Why don't you stay the evening?  
 Kick back and watch the TV  
 And I'll fix a little something to eat  
 Oh, I know your back hurts from working on the tractor  
 How do you take your coffee my sweet?  
 I will raise the children  
 If you pay all the bills  
 Where is my John Wayne?  
 Where is my prairie song?  
 Where is my happy ending?  
 Where have all the cowboys gone?  
 I am wearing my new dress tonight  
 But you don't, but you don't even notice me

Say our goodbyes  
 Say our goodbyes  
 Say our goodbyes  
 We finally sell the Chevy  
 when we had another baby  
 And you took that job in Tennessee  
 You made friends at the farm  
 You'd join them at the bar almost every single day of the week  
 I will wash the dishes  
 While you go have a beer  
 Where is my John Wayne?  
 Where is my prairie song?  
 Where is my happy ending?  
 Where have all the cowboys gone?  
 Where is my Marlboro Man?  
 Where is his shiny gun?  
 Where is my lonely ranger?  
 Where have all the cowboys gone?  
 Where have all the cowboys gone?  
 Where have all the cowboys gone?  
 Yippy-yi, yippy-yay, yippy-yi, yippy-yay  
 Yippy-yi, yippy-yay, yippy-yi, yippy-yay  
 Yippy-yi, yippy-yay, yippy-yi, yippy-yay  
 Yippy-yi, yippy-yay, ya-ya-ya, yay, ya-ya-yay



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 **1/8 • DECADE DAY**

 **1/21 • HAWKEYE NIGHT**  
Matt Boldy Bobblehead Giveaway (First 1500 Fans)

 **2/11 • PINK IN THE RINK**  
Specialty Jersey Auction & LED Wand Giveaway (First 5000 Fans)

 **2/19 • CRASH'S BIRTHDAY BASH**  
Youth Jersey Giveaway (First 1500 Fans, 12 & Under)

 **2/24 • PRIDE NIGHT**  
Pride Scarf Giveaway (First 1500 Fans)

 **3/11 • POSTGAME CONCERT**  
Featuring Russell Dickerson

 **3/12 • KIDS TAKEOVER DAY**

 **3/24 • JOE HICKETTS BOBBLEHEAD**  
Bobblehead Giveaway (First 1500 Fans)

 **4/1 • BEACH DAY**  
Beach Towel Giveaway (First 1500 Fans)

 **4/2 • PUCKS 'N PAWS**  
Rope Toy Giveaway (First 400 Dogs)

 **4/7 • FAN APPRECIATION NIGHT**  
Trading Cards & Team Photo Giveaway (First 1500 Fans)

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automation, off-shore competition and loss of value.

The end of the myth has left a void in the lives of men, and some women, as Cole sang. That void still has huge nostalgic value. Its magic created the most successful advertising campaign ever — the Marlboro man. That campaign took Marlboro from a 1% share of the cigarette market to the fourth-largest company in the world, in one year. Within four years, Marlboro was No. 1. The ad sold the image of the cowboy's freedom, adventurous spirit and manliness. The actor who played him died of lung cancer, and Congress banned cigarette advertising from TV. But it had already created a new, predominant genre of peddling — lifestyle advertising that increasingly panders to women.

The cowboy myth lives in television's most popular show — Taylor Sheridan's "Yellowstone." Cowboys in that series are mostly ex-convicts who renew their lives by embracing the old cowboy values. The series has, in just three years, created an unprecedented three different spin-offs. Actors from the show have become successful advertising spokespeople, including for Hy-Vee. The show also caters to modern times by making many of its top characters female. Western towns and counties now advertise themselves as "where the men are all cowboys, and so are the women."

Quentin Tarantino also retold the cowboy myth in "Once Upon a Time in Hollywood." His Hollywood cowboys are deeply flawed people who still garner



In Iowa, girl's wrestling is exploding. Photo by Matthew Putney

sympathy by battling the modern scourges of cults, laziness and hippiedom. The greatest chronicler of America without cowboys is Cormac McCarthy, who has written 12 novels, mostly on the subject of

postmodern cowboys and lost souls trying to protect children from a wasteland without cowboy values or hope ("Blood Meridian," "No Country for Old Men," "All the Pretty Horses," "The Road").

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## X or Y?

Can men change? Is it even possible? The fate of man might be written in his genetic code. The Y chromosome is what makes a man a man, or at least not a woman. Three hundred thousand years ago, the Y chromosome had 1,400 genes. Today, it is down to just 45. The X, from which the Y derived, is now much longer than the Y.

Scientists disagree dramatically about what this means for future men and women. One camp, led by Australian geneticists, thinks the Y is doomed. In fact they speculate there might already be a remote tribe on Earth with no more Y chromosomes. The other camp, led by MIT scientists, believes the Y has a built-in back-up plan that can trigger many new sets of genes.



## Left brain or right brain?

Much has been learned about the innate differences between girls and boys since Paul Warfield Tibbets, Jr. piloted an airplane, named after his mother, and dropped a nuclear weapon on Hiroshima on Aug. 6, 1945. That bombshell invaded the human conscience like nothing ever before. The horrible aggression dropped from the Enola Gay on a mostly civilian population of 250,000 people rocked the world mindset to a new level. The bomb had killed a quarter of those people by November with another 27% mortally wounded. At the time, it was estimated that the city would be uninhabitable for at least 75 years. It has, however, grown to more than 2 million today.

The fallout from that bomb was viewed along sexual lines. Though many women worked with men to develop the bomb, men were credited, and discounted, for what lead developer Robert Oppenheimer described as “the destroyer of worlds.” While credit was given for potential lives saved by a quick ending of a war, a widespread feeling was birthed that “its horrible beauty” must never again be unleashed. Research was initiated in many disciplines to determine what made men so aggressive.

The left-brain/right-brain saga arose. It reached its zenith in 1981 when Roger Sperry won the

Nobel Prize for his longtime work with “split brain” patients, individuals in whom the corpus callosum had been damaged, surgically severed, or failed to develop. From that came the characterizations of left- and right-brain influences and their associations with men compared to women.

It has been known since ancient times that the brain is divided into two lobes connected by a bundle of nerve cells called the corpus callosum. The left brain, deemed more influential in males of most species, is the processor of verbal ability, numerical thinking and orderly, logical thought. The right side is responsible for emotion, abstract thinking and visual perception. Conventional wisdom (some call it mythology) characterizes the (male) left side as more dispassionate and intellectual, the (female) right side as more emotional and creative.

For those reasons, traditional thinkers used to believe the left side was best equipped to control thinking, both individual and group. It is now known that the corpus callosum is much denser in female brains. That leads to the explanation that girls are more capable of processing more different kinds of information and of considering more variables than boys. As a group, girls develop physical coordination and communication skills more precociously than boys. The fact that girls

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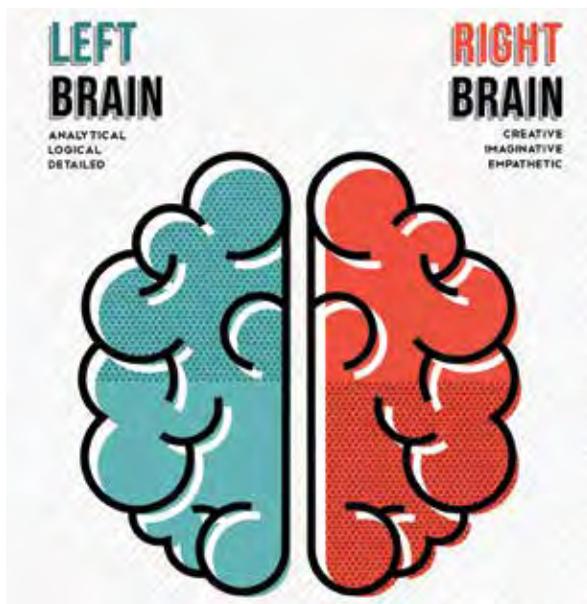
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can connect both lobes of the brain better is used to argue that the right brain needs to be in charge of the integrated brain.

Psychiatrist Iain McGilchrist, author of “The Master and His Emissary,” is changing the thinking about brain influences and their relative importance to human development. As explained in a major review of McGilchrist’s book, John Kruse wrote, “The right hemisphere, rather than being the minor player, is the true master. It takes in the whole world of experience, apprehends it, and presents and delegates to the left what areas to focus on. The left dissects, rebuilds,

understands and provides information back to the right. The left makes a good servant, but a bad master.”

It is now known that boys’ left brains grow faster than girls’ do. This explains why, as a group, they are faster to develop skills in mathematical reasoning, crossword puzzles, Rubik’s cube and chess. Because they process information mostly on just one side of the brain, they are more apt to compartmentalize emotions and focus on a singular problem.

### *Nature or nurture?*

Though boys have more testosterone hormones than girls before puberty, the difference increases with aging. Since testosterone is widely believed to be linked with aggressive behavior, males’ higher levels explain a lot of traditional ideas about the difference between boys and girls.

When men were decided to be innately more prone to aggression and violence, the nature-over-nurture argument gained momentum. Ann Mohr and David Jessel explained that in their book “Brain Sex: The Real Difference Between Men and Women.”

“Men did not learn aggression as one of the tactics of the sex war. We do not teach our boy children to be aggressive — indeed we try vainly to unteach it. Even researchers most hostile to acknowledgement of sex differences agree this is a male characteristic and one that cannot be explained by social conditioning.”

It needs to be noted that not all males and females are wired the same way. Guy Garcia, author of “The Decline of Men,” explains it this way: “The various differences between male and female behavior are increasingly overlapping and blurred. Are young men who date older, more confident women acting like women, or just enlightened guys? Were the women who abused prisoners at Abu Ghraib acting like men, or just being soldiers?... Are gender-bashing feminists out of touch with human nature or is it the ‘men are from Mars, women are from Venus’ crowd that is in denial of the human ability to morph and evolve beyond primitive impulses?”

One thing that is certainly morphing is the level of testosterone in both men and women. It has been decreasing considerably at all ages — and in both sexes — for decades. The main explanation is that people have, overall, become less healthy, particularly since 1980. Obesity, diabetes, fatigue and inactivity have been increasing as testosterone fades.

If both testosterone and the Y chromosome have expiration dates, are men obsolete? Have women already vanquished them from former superiority? Well, if Wyatt Earp could transform 30 seconds of personal reality at the OK Corral into 100 years of Hollywood myth, if Marlboros could kill the Marlboro man, and if Hiroshima could grow from its ashes to 10 times its pre-bomb size, anything is possible. ■

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## Cooper's Hawk Winery & Restaurant

The restaurant works to pair food with wine, rather than the other way around.

EAT & DRINK

The Cooper's Hawk is a marvelous-looking bird that preys on robins and chipmunks and such. It was not named for James Fenimore Cooper, who created the character Hawkeye in "The Last of the Mohicans." Do not go to Cooper's Hawk Winery & Restaurant expecting to find taxidermic hawks, which are not PC, or Iowa Hawkeye paraphernalia. The closest thing to either you will find is a feather in the restaurant's logo.

What you will discover is a brilliant business plan that would probably have many imitators if it wasn't so damn much work to implement. Cooper's Hawk is four separate entities under one roof — a tasting room/gift store, a party room, a bar and a handsome, leather and wood restaurant. Altogether they take up 11,300 square feet (commercial realtors and restaurateurs are doing the math now), and they complement one another, thanks to two other parts of the business plan — the Chicago chain's winery and each restaurant's wine club.

Here is where the hard work comes in. The company makes their own wines, without growing grapes, and only sells their own private label in the restaurants, the tasting room/gift shops, and, most importantly, in their wine clubs. "The best wine is the one you personally like," says Tom Koenigsberg, the chief marketing officer for the company. Tastings and suggestive descriptions help members discover the wine they like.

Cooper's Hawk makes half their revenue on their wine club, which has an amazing 600,000 members and is growing fast. The chain began in suburban Chicago in 2005, the brain child of Tim McEnery who had returned to Chicago from Napa. He brought a lot of Napa with him. Many Napa vineyards, even some famous ones, buy other growers' grapes to make their wines. Lodi, in fact, only came into its own as a winemaking appellation in the last two decades after growing grapes for mostly Napa winemakers before then.

All Cooper's Hawk wines are made in Illinois with worldly grapes. The wine club and its membership makes everything work. Cooper's Hawk has built 45 restaurants in 11 states since its founding, all without any public financing. "Each place brings in enough cash to finance the next place," Koenigsberg explained.

Man can't live on wine alone, so the restaurant works to pair food with wine, rather than the other way around. Wine suggestions are rife on the menu.



Short ribs were generous enough for three meals.

I tried a few of the restaurant's most popular dishes. Brussels sprouts (\$17) were described as the best-selling appetizer. They were crisped and matched with sweet Thai chilies, Sriracha and sesame aioli, cashew nuts and fresh mint. Drunken shrimp (\$19) wrapped in bacon had succumbed to tequila lime butter and were served with freshly made guacamole. Pork belly (\$17) was served with scallions, sesame seeds, cilantro, radish, avocado, sour cream and hard tortillas. The belly itself is a northern Iowa recipe. Pot stickers, lettuce wraps, egg rolls, sashimi, cheese boards and flatbreads completed the app menu in the \$14-\$24 range.

I also tried recommended entrées. A pan-roasted mahi mahi in Thai style curry (\$32) stood out for not being overcooked. Its coconut milk sauce included edamame beans, tomatoes, green beans and gingery rice. Braised short ribs (\$36) were served in decadent gravy on mashed potatoes with roasted root vegetables

and crispy onion strings. It was my star of the evening and was generous enough to provide three meals.

At lunch, I tried an excellent prime rib sandwich (\$23). The restaurant makes everything in their kitchen, and since they serve no prime rib for dinner, a freshly roasted prime rib, not leftovers, is used for sandwiches. That's quite a commitment. It came with a choice of sides.

Bottom line — this is good food, maybe a little pricey, but the wine club is the hook that makes things work. ■

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

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## Mariela Maya at Panka

Lima native is set to open new restaurant.

Mariela Maya is a Peruvian-born restaurateur who opened her dream bistro just before the pandemic and somehow managed to keep it alive by sheer determination, personal will and the help of good friends and family. She is now about to open a second restaurant, which, like her first, will bring entirely new cuisine to Des Moines. We asked her to lunch, and she suggested we meet at Panka, her café on Ingersoll.

**Peruvian food mingles more different culinary influences than most any other national cuisine. Why is that?**

“Because Peru accepted so many influences from both Asia and Europe, and from indigenous people, too. Chinese immigrants, then Japanese are a big part of Peru’s population and food. So, of course, is Spanish. The Incas were growing all kinds of different potatoes long before Europeans knew about them.”

**Incan precursors domesticated the potato 8,000 years ago. It only found its way to Europe about 80 years after Columbus’ first voyage to the New World and 40 years after Francisco Pizarro’s confrontation with the Incas. Maya serves a mashed potato dish like Chinese serve rice and Italians serve pasta – with any imaginable kinds of toppings.**

“Yes, causa de pollo comes with our homemade chicken salad and avocado; causa de pulpo is a cold dish with octopus and aji chili, which is a yellow pepper unique to Peru and Ecuador, it is covered in olive sauce; causa de cangrejo is another cold dish with aji plus crab meat and avocado; causa de camerones is similar but with shrimp instead of crab.”

**Pisco is the national spirit of Peru. Is it made with potatoes?**

“No, it’s made with grapes. It’s really a brandy. It uses the same distillation process, but it can be made in three months. (By law, cognac must be aged at least two years but many are seven to 20 years in oak barrels.) Our piscos are made from Quebranta grapes, but others are also used. They are grapes that grow in Peru and Chile. In colonial times, imported brandy was very expensive, so Peruvians made their own. Now it’s exported to Spain and Des Moines.”

**Gaston Acurio, who probably has done more than anyone to take Peruvian cuisine international, talks about Nikkei and Chiffa cuisines. What are those?**

“Nikkei comes from the Japanese and includes both cevicherias and pollorias. Tiraditos, I call them

sashimi with Peruvian spices, and ceviches are our most Nikkei dishes. Chiffa is Chinese-influenced and best known in Peru as lomo saltado, a stir-fried beef dish, which is practically the national dish of Peru. Steamed dumplings, ours are made with shrimp and chicken, are another Chiffa dish. Arroz norteno is, too. Ours is made with pork belly and Criolla sauce.” (Salsa Criolla is like a pico de gallo with more ingredients.)

**Tell us about your ceviches. They are different from the Cuban-influenced ones we are more familiar with in Iowa.**

“Our basic ceviche is called Peruano and is white fish in leche de tigre (ceviche marinade of citrus juice with onions, peppers, cilantro). Mixto adds corn and mixed seafood. Cremosa adds shrimp, corn and sweet potato. Tropical adds guindilla (a mild Basque chili), salmon and kiwi. We have one that adds salmon, avocado and mango. Another one mixes in chicharron (pork skin). One is vegetarian.”

**One item on the menu is a recipe from Maya’s grandmother.**

“Yes, it’s a Lima Creole favorite made with chicken, aji peppers and creamy cheese and served with mashed potatoes and rice.”

**There is a dessert at Panka called lucuma meringue. What is that like?**

“Lucuma isn’t really like anything else. It’s a superfood that is native to Peru. It looks kind of like an avocado, but it’s much sweeter. (Some people compare its flavor to maple syrup and butterscotch.) All our desserts are popular Peruvian dishes.”

**How did Maya find her way to Des Moines?**

“I grew up in Lima and moved to the U.S. 20 years ago. My husband then had friends in Rockford, Illinois, so that’s where we moved. I had a 2-year-old daughter, and I spoke no English at all, so I threw myself into learning it. Then I spent five years working for Holiday Inns and then three years in real estate. I knew I liked the hospitality industry. I had two sisters and a brother-in-law who had restaurants in Columbia. Hospitality is in my personality and also the Peruvian personality. Everyone is family. I talk to all my customers; I even know the names of all their kids.

“I got divorced and, because I knew people who lived in Des Moines, I moved here. When I knew my dream was to open my own restaurant, my brother-in-law and sister came here to help me set up and learn the basics. I



have always had great family support. I opened Panka in February 2019. Then the pandemic hit. I did not know how I was going to make it, but I was determined. I kept things going with just two employees. I did every job — I washed dishes, cleaned tables, fixed broken stuff, waited on people, took reservations, ran the cash register and cooked.”

**Her family has grown.**

“I have a new, wonderful husband. He’s from Venezuela. I have three kids now, 22, 18 and 16. But, in many ways, my employees are my family, too. We do everything together, and we are mostly women.”

**The music seems like a big part of the atmosphere?**

“Yes, that’s bossa nova. It’s not just Brazilian; there is bossa nova all over South America.”

**How will the new place be different?**

“The music will be chicha, for starters. That’s a combo of Andean folk music and cumbia. It’s popular in Lima. The art at the new place is chicha, too. I met an artist in Lima named Monkey who does chicha art. It is all original.

“We will be a chicken place. Peruvian chicken is rotisserie but with coals, not gas or electricity. We will marinate 24 hours. It’s a smaller place with just 32 seats. We will sell chicken and pork belly sandwiches and sausage sandwiches with fried potatoes on top, plus salads. We will have beer and wine, and because it’s by Drake, we will be open late — till 11 p.m. on weekdays and till 1 a.m. on Saturday and Sunday. ■

# BELLY UP TO:

## Juniper Moon

Enjoy a variety of craft cocktails on Ingersoll.

BY JACKIE WILSON

EAT & DRINK

Craving a hand-crafted cocktail? The craft cocktail craze in the Des Moines area has steadily increased in recent years, with bars offering their shaken-not-stirred concoctions. However, one strong contender in the cocktail world introduced the concept long before any other bar when it first opened seven years ago — Juniper Moon.

Located at 2005 Ingersoll Ave., Juniper Moon offers a warm, welcoming vibe. Inside, it feels as if you're hanging out at your friend's eclectic apartment, lounging among comfortable chairs and couches. The different seating accommodations include bar-height and low-top tables. The crystal and unique lighting fixtures set the just-right ambiance.

On a Saturday evening, Christmas party patrons celebrated, along with a mix of neighborhood friends gathering for a relaxing evening. As a bar only, it's refreshing to be around adults only and not worry about little ones running amok.

A highlight — besides the ambience — is, of course, the cocktails. With names such as Zac Saffron, Boulevardier of Wonka Memes, Rye Me Up Tai Me Down, lots of flavors are mixed into these drinks.

Jason Garnett, managing partner for six years, brings nearly 20 years of hospitality and cocktail expertise. Early on, he immersed himself in studying the recipes and flavors going into a cocktail. He offered his skills when the popular East Village restaurant Lucca first opened up. He says the concoctions benefit from a chef's help.

"There's a lot more chef work going on to understand what flavors go together," he explained. "We try to showcase several innovative drinks."

Drinks cost from \$10-\$12 on their extensive drink menu. They also serve wine by the glass or bottle, as well as a variety of beers and traditional spirits. Garnett realizes not every patron wants a drink with more than two ingredients in it.

"We're here to meet the people in their cocktail journey. If you want to order Bud or Busch Light, we've got that. Don't apologize for ordering a Busch Light. We're not drink snobs — we can do both."

Happy hour, Monday through Friday from 4-6 p.m., gets you half-priced Ingersoll Manhattans, Moon mules, sangria, Prosecco and draft beer.

A phone booth in the bar's corner was used as a direct line to order Gusto Pizza, which was across the street. Gusto moved earlier this year, so they no longer serve pizza. They do offer charcuterie trays and snack mixes to munch on. There's a nice patio outside to witness the action on Ingersoll and Martin Luther King Parkway.

As Juniper Moon was set to celebrate five years, the pandemic hit. They delayed their celebration and will be hosting a seventh birthday party this month.

If you're looking for a drink before or after a Des Moines Playhouse show, a concert at Hoyt Sherman Place, a Drake athletic game or an Ingersoll bar crawl, Juniper Moon is a close neighborhood joint with a classy vibe. ■



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# Wedding registry 101

*(Family Features)* For engaged couples, it can seem as if there are a million things to accomplish before the big day arrives. One essential piece of the wedding puzzle involves creating a registry that makes it easy for guests to celebrate your union with gifts that reflect your personality as a couple.

## Before building your registry

It's no wonder why guests love the ease and simplicity of a gift registry. But many couples may not know where to begin when setting out to create this useful list. Here are some helpful pointers from Macy's to help you get started on creating a perfect wedding registry:

**Meet with a consultant:** These trained professionals are on site to assist and discuss everything you want and need. It's a good place to start if you have questions on what items to include and what brands are available.

**Look for special programs:** Some stores offer special features, such as Macy's, whose Dream Fund allows guests to contribute any amount to the ultimate gift card, so the bride and groom can later choose exactly what they want.

**Start early:** Most couples like to register four to six months before their wedding date, which allows more time for choosing items, planning for showers and meeting other deadlines.

**Register together:** Whether it's in-store, online or both — make a day of it and have fun selecting all the things that will be part of your new life together.

**Choose different price points:** Guests will appreciate a varied list that has many gift options to fit their personal budget.

**Create a registry that reflects you:** If you're a laid-back, easygoing couple, consider registering for a more casual dinnerware pattern that you can use every day, then mix in some fancy pieces to use for those special occasions. If you enjoy entertaining friends and family, be sure to choose a range of serveware and barware.

## Making the right choices

With all the things needed to properly stock your home, selecting the right ones can seem overwhelming. Here are some tips to keep in mind while adding to your registry:

**Select your settings:** A five-piece setting is meant to serve one person and includes a dinner plate, salad

plate, bread and butter plate, tea cup and saucer. If you want to serve eight guests, you will need to register for eight five-piece settings.

**Factor in some extras:** When registering for drinkware, be sure to register for a few extras in each glass size in case some break down the road.

**Protect your cutlery:** Be sure to choose a sturdy cutting board to protect your knife blades from chips and cracks. You can keep your cutlery in top condition by registering for a honing steel and knife sharpener.

**Stock up on kitchen must-haves:** When it comes to cookware, make sure to stock up on the essentials. This should include a fry pan, sauté pan, grill pan, sauteuse (round, deep-sided design for sautéing on the stovetop or baking in the oven) and a chef's pan.

**Opt for the basics:** White dinnerware allows you to transform the look of your table year-round by changing the décor and accessories around it. The classic look will be a design that you can appreciate for years to come.

Visit [www.macys.com/registry](http://www.macys.com/registry) for a full registry checklist, helpful tips and more information on Macy's Dream Fund. ■

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# DIY *wedding trends*

*(Family Features)* Pinboards are buzzing with endless inspiration, bringing clever and colorful projects to life. For brides to be, the hottest looks in wedding decor can be yours with just a bit of creativity.

The evolution of touch is underway, with fabrics and embellishments featuring texture and intrigue becoming huge hits this bridal season. Take materials such as burlap, chalkboard finishes, monogram letters and mason jars to the next level by mixing and matching with the season's colors.

Picture your big day with pretty petals adorned in lace offset by rustic trimmings. This understated yet feminine look can be yours with these trending projects from the crafting experts at Jo-Ann Fabric and Craft Stores. Take these ideas and gather your girlfriends for a pre-wedding craft session. You'll love unleashing your creativity as well as the extra bonding time with the girls, all in preparation for the big event.

For more ways to add trending touches to your wedding, visit [www.joann.com](http://www.joann.com).

## Burlap Cone Floral Hanger

**Crafting time:** 1-2 hours

**Skill level:** No experience necessary

### Supplies and Tools:

- Cutting utensils
- Thin wire
- Wire or boutonniere pins
- Panacea burlap garland
- 2 Styrofoam brand foam cones
- Glue gun
- Glue sticks
- Ribbon of choice
- Hydrangeas: 1 green and peach, 2 peach and cream
- Green mini bundle

1. Cut wire into hairpin shaped pieces or use boutonniere pins.

2. Cut 1 yard of burlap per cone. Fold burlap in half and wrap cone from bottom to top. Pin burlap to cone. Not all of it will be covered. Run glue along seam; press to secure.

3. Attach ribbon to create hanger. Glue in place.

4. Trim hydrangea short. Glue to top of cone. Trim several clusters from hydrangea. Glue to cover exposed foam, creating a dripping ice cream affect.

5. Trim half of mini bundle and glue in center.

6. Trim blossoms of green hydrangea. Glue to both cones.

Note: Refer to photo often for placement of items.



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## Burlap and Lace Wrapped Floral Centerpiece

**Crafting time:** 1-2 hours

**Skill level:** Some experience necessary

### Supplies and Tools:

- Cutting utensils
- Pink roses stem
- White Queen Ann Lace stem
- White hydrangea bush
- Light blue small bush
- Pink small bush
- Teal small bush
- Teal tall bush
- Cream wisteria garland
- Panacea cloth-covered wire
- Glue gun
- Glue sticks
- David Tutera burlap ribbon
- Mason jar
- David Tutera lace ribbon
- Panacea crystal clear resin

1. Trim stems, removing lower foliage.

2. Form a hand-tied bouquet.

3. Tie off with wire.



4. Dribble glue around wire to secure. Let dry.

5. Wrap burlap ribbon around Mason jar, overlapping 1 inch. Glue seam.

6. Wrap lace around jar and tie in knot.

7. Pour resin in jar. Follow package instructions.

8. Insert bouquet. Allow to dry.

Note: Refer to photo often for placement of items. ■



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A ring might recall asking a father’s permission, sneaking a sample ring from a drawer to determine the perfect size, and even providing some inspiration for a design that would bring her to tears when she said “yes.”

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inherited the company from his father.

Visit [cornelishollander.com](http://cornelishollander.com) for more details and to explore a unique collection of handcrafted diamond ring designs. ■

Article from <https://about.newsusa.com/engagement-rings-bring-your-love-story-to-life>

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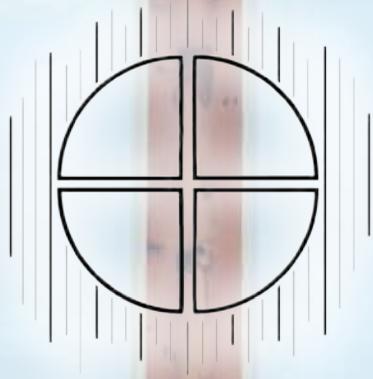
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# Wedding planning 101

*(Family Features)* First comes the proposal then comes the wedding planning. There are dozens of decisions that need to be made before it's time to walk down the aisle, which can be overwhelming for brides and grooms.

To help make it less stressful, these tips from Macy's can help couples through the entire wedding-planning process, from on-trend apparel and accessories for the entire wedding party to all the essentials to create a perfect registry.

## Dressing the ladies

When it comes to bridesmaid dresses, the mix-and-match approach is trending in popularity. Start by deciding on a color palette, such as lilac, champagne and petal pink. Then have each bridesmaid choose her favorite style within that range of hues. Bring it all together by choosing a uniform look for makeup, shoes and accessories.

There is no better time to thank the ladies than the morning of the big day. A few thoughtful gifts can go a long way, such as matching robes, tumblers to stay

hydrated throughout the day and cosmetic cases to stow makeup essentials.

## Dressing the gents

Similar to bridesmaid dresses, groomsmen attire can be dependent on the venue and overall event aesthetic. While a suit can fit the bill for a country club wedding, a city affair may call for the sleek finishes of a tux. Tuxedo accessories, such as cuff links or bow ties, make great groomsmen gifts and are classic pieces they can use time and time again.

## Creating the perfect registry

When building a registry, it's never too early to start. People want to give gifts as soon as they know a couple is engaged. Start by taking inventory of what you already have, what you need and what you want to upgrade. It's also recommended to update the registry regularly so there are enough gifts to choose from, especially if there is an engagement party and bridal shower coming up. To get started, some popular registry items include



Photo courtesy of Getty Images

stand mixers, craft beer glasses, Dutch ovens, bath towels and vacuums. For extra guidance, couples can speak to advisors who can help with the full registry building process at Macy's stores.

For more wedding ideas and inspiration, and to find the right attire and gifts for your wedding planning, visit [macys.com](http://macys.com).

Source: Macy's ■



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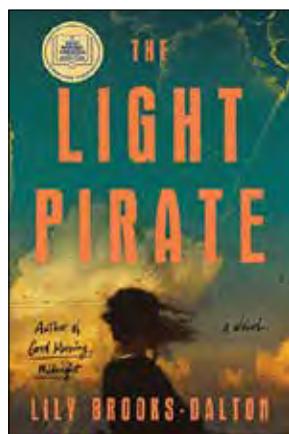
## 'The Light Pirate'

Change is an incredible, inevitable, potent beast, and I don't think I've ever read a piece of fiction that more aptly illustrates that point. This is an incredibly sad story that somehow manages to feel timeless and almost fairy-tale-like in its melancholy.

Wanda is named in the midst of a monstrous tragedy, and a fitting name it is — the hurricane that changed everything for her family and the entire state of Florida. Bombarded by storms and an apocalyptic change in landscape, Florida is now nearly empty and almost unlivable. Still, Wanda stays, using her lifelong skills to survive along with a rich and unique community of people determined to find life in a time of extreme chaos.

Filled with unforgettable characters, terrifying nature and a startlingly prescient message, "The Light Pirate" is a phenomenal book for anyone looking for a deep story of resilience and humanity at the extremes. ■

— Review by Julie Goodrich



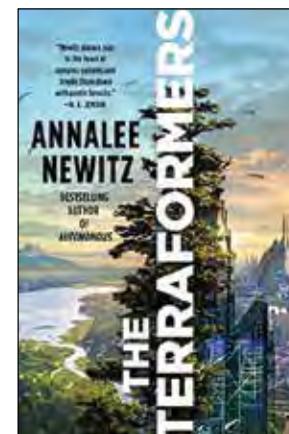
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## 'The Terraformers'

I love sprawling epics and interconnected stories. I love character-driven sci-fi even more. To top it off, I adore everything Annalee Newitz writes. Lo and behold, I absolutely loved their newest effort, "The Terraformers," a sci-fi epic presented as three interwoven novellas that managed to feel both huge and impactful while still clearly being an intimate character study across generations.

Meet the Rangers, a group that works to protect the environment of a planet set for development by corporations that want to sell that planet as a vacation property for only the wealthiest people. It's a dirty job, literally, and creates a number of scenarios and situations that offer an eerie parallel to our current times, despite being far in the future. The ramifications of the Rangers' actions over time form the plot of the story, but there are enough wild, silly and hilarious situations and characters to carry the heavy plot with a lot of joy. By the end, I had fallen in love with Newitz's inventive, poignant writing all over again. ■

— Review by Julie Goodrich



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## Warm your soul at Winter Blues Fest

Heath Alan to perform with blues expo.

In the midst of winter, Iowans need something to look forward to. How about a weekend full of blues music to warm the soul? The Central Iowa Blues Society (CIBS) is hosting its 28th annual Winter Blues Fest on Feb. 10 and 11 at the Downtown Des Moines Marriott.

This year, 20 regional bands will provide a foot-tapping, grooving two days of rock and blues. Scott Allen, president of the CIBS, says the nonprofit organization has been around for 30 years. Its mission is to promote blues in the city and provide blues programming and education.

They also offer the Iowa Blues Challenge, sending local winners to the International Blues Challenge in Memphis. An Iowa Blues Hall of Fame committee selects three to five blues musicians every year. Finally, the Winter Blues Fest is their largest fundraiser, attended by near-capacity crowds.

At the festival, musicians play on different stages. Allen said he tries for a diverse line up each year.

"I try not to book the same acts every five years. This year we've got a lot of rocking-style blues."

The CIBS is always recruiting blues fans.

"Blues has its fingers in all genres — country, rock, jazz — all different types of blues," Allen said. "People might not say 'I like the blues.' If you like rock 'n' roll, there's blues in there."

Nearly 100 volunteer members are needed for the festival, and get in free of charge. Allen suggests attending one — or both — days of the festival.

"If you're unfamiliar with the blues, give it a chance. See what we're all about."

### Heath Alan

Ask local blues fans who is the most versatile and talented musician in Des Moines, and Heath Alan's name will undoubtedly pop up.

For the Winter Blues Fest, Alan is coordinating an all-star lineup of Iowa musicians for a blues expo. This year's group includes himself, along with Vicki Strong, J.C. Anderson, Greg Sutherland, Tanner Taylor and Kris Karr.

Alan began his blues journey early in life. He grew up in the Cedar Falls area, home of the famed Blue Band. He began performing professionally at the age of 15 when he recorded his first album through his gospel church. His mom, who was a great blues singer, provided inspiration and connections with musicians.

He played with Blue Band and attended college, playing the saxophone. Years ago, he moved to Des Moines and searched for venues to play. He discovered the Greenwood Lounge, where he brought musicians together for a weekly jam and now performs regularly. He's been inducted in the Iowa Rock and Roll Hall of Fame. While singing and playing guitar or the saxophone, he plays with various bands and has recorded with dozens of musicians and genres, but he returns to the blues.

"Culturally, blues isn't in fashion — it's not on the mainstream radio," he said. "It's important; the greatest invention that Americans created is the blues. We want to keep the blues music alive and build on the understanding of cultural music."

Personally, Alan said he needs the blues music.

"It's more than a style or sound. It's being truthful. It's a way of crying in a positive way," he explained. "I've heard how men can't cry. With blues, I can release if I'm in pain. It's very therapeutic. I need the blues to feel



Photo by Mark Lage

better."

He feels fortunate performing with talented musicians and at venues that support local music in Iowa, including Noce and Iowa Public Radio. He's currently working on an Americana record called "Light Blue Hiawatha," due for release in summer 2023.

Supporting the CIBS comes easily to him.

"I love the CIBS. It's a big family I get to serve by bringing together people. It's the highlight of my year," he said. "Learn all about the great blues music at the Blues Fest."

For tickets and a complete lineup of the musicians, visit [www.cibs.org](http://www.cibs.org). ■

## SOUND ADVICE

BY JACKIE WILSON

**Hairball.** It's the one rock band you never tire of seeing. Hairball returns to the Jacobson Center Exhibition Center at the Iowa State Fairgrounds for the 13th time on Saturday, Feb. 4. Opening band is **The Pork Tornadoes**. Tickets \$28 advance; \$33 show.

Classic rock fans are singing joy to the world! Legendary band **Three Dog Night**, now in its fifth decade, returns to Iowa to perform at Hoyt Sherman

Place on Thursday, March 2. Reserved seating tickets run from \$45-\$89 at the Hoyt Sherman Place box office.

Country star **Russell Dickerson** will perform live after the Iowa Wild hockey home game on Saturday, March 11. Tix include both the game and concert; [www.iowawild.com](http://www.iowawild.com).

Gear up for some top music performances before and after the races at the Hy-Vee INDYCAR Race

Weekend at the Iowa Speedway. On Saturday, July 22, **Carrie Underwood** and **Kenny Chesney** each perform a concert. On Sunday, July 23, watch the **Zac Brown Band** and **Ed Sheeran** perform. Ticket prices include the race and two concerts. Tickets start at \$100 for Friday, \$100 for Saturday or a two-day pass for \$190 for four concerts and two races. For more info, visit [www.hyveeindycarweekend.com](http://www.hyveeindycarweekend.com). ■

## 'Avatar: The Way of Water' fails to evolve

The underwater physics and breathtaking reefs will leave you in awe, but impressive visuals do not make a story.

Rewind your mind to 2009: It was the worst financial crisis and recession since the Great Depression, Barack Obama is sworn in as president, and "Avatar" hit the big screen. The positive reception upon the film's release, however, has shifted arguably to much more critical (at least for critics vs. fans, though the re-release and re-re-release makes strong arguments against them). Many have likened it to "Pocahontas... IN SPACE!!!" I felt it was more "Dances with [Space] Wolves," but to each their own.

Ultimately, "Avatar" was visually stunning with a story told better by other creatives. And, much like the first film, "Avatar: The Way of Water" ("Avatar 2") leaves audiences reminiscing about other movies even as the visuals in this movie desperately try to keep your attention.

About 15 years after the conclusion of Avatar — which saw the "sky people" booted off the planet by the Na'vi — the indigenous people live peacefully. Jake Sully (Sam Worthington) has fully adapted to his avatar body, and, together with his wife, Neytiri (Zoe Saldana), he attentively watches the development of his four children, one of them the daughter of Dr. Grace Augustine whom the Sullys adopted. Naturally, harmony doesn't last forever, and the return of the sky people fosters in a new age of heartbreak for the Na'vi. To avoid further destruction to their forest home and the tribe that accepted him, Jake takes his brood and flees to another part of the planet to save his family.

The Sullys find themselves settling in — or attempting to — with the Metkayina water clan, led by proud warrior Tonowari (Cliff Curtis) and his wife, Ronal (Kate Winslet), who take in the refugees with some hesitation. Now, Jake and the rest of his family must adapt to yet another new environment: the lush, treacherous waters and reefs of Pandora's coast.

What follows in the second act is a visual delight to behold. It's clear director James Cameron has fallen deeply in love with his creation that he'd like nothing more than to linger on every flora or fauna. Which is fine, to a point. Yes, the underwater physics and breathtaking reefs will leave you in awe, but impressive visuals do not make a story. There's no doubt the movie's 192-minute runtime is weighed down by sequences in this section of the film.

Annoying foreshadowing and empty storytelling fill in blanks when the movie isn't doing its best impression as the prettiest screensaver you've ever seen in your life. Jake's adopted daughter appears to be water Jesus, his son befriends and figuratively frees Willy, and the movie then spends a fair bit of time showing the viewer



### "Avatar: The Way of Water"

PG-13 | 192 minutes

Director: James Cameron

Stars: Sam Worthington, Zoe Saldana, Sigourney Weaver

how hunting animals is bad.

Logic holes abound, as do inconvenient issues like why the "living planet" doesn't simply overwhelm the human beachhead with rampaging fauna the way it did in the original Avatar. The sequel doesn't have an answer, nor does it bother looking for one.

Addressing some of these gaps could have presented this movie as a proper sequel, but instead it leaves audiences feeling like they just watched "Avatar 1.2." A rift between avatars like Sully and Eywa could justify why Pandora refuses to act against the invaders. But, here again, Cameron doesn't invest anything further in the story, relying on the same formula that worked the first time and trusting the visuals to hide the recycled plot.

Sully's journey is a virtual mirror of the first film, as he leaves the life he knew and learns to adopt the ways of a new one. The only difference now is he is a terrible father, who plays favorites with his kids, gets enraged when they surpass expectations, and refuses to show them any emotion besides disappointment. Jake repeats that a parent should protect his children and that a father's job is to toughen up his sons. That might resonate with a more conservative parcel of Avatar's fans, but it doesn't really make sense to still reproduce this narrowminded mantra after spending 15 years living in peace and harmony among the Na'vi. Just look to Neytiri, who proves you can be a loving parent and still give everything you got to keep your family safe.

The final set piece harkens back to Cameron's greatest hits with visuals reminiscent of "Titanic" and "Terminator 2."

Overall, it's not a bad movie if you're just going to see some cool 3D and wonderfully realized, hyper-realistic animation in IMAX. Just expect more of the same with this sequel, as opposed to the evolving we would expect from a 13-year production. ■

### "A Man Called Otto"

Director: Marc Forster

Starring: Tom Hanks, Rachel Keller, Manuel Garcia-Rulfo

Based on the No. 1 New York Times bestseller "A Man Called

Ove," "A Man Called Otto" tells the story of Otto Anderson (Tom Hanks), a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around. A heartwarming and funny story about love, loss and life, "A Man Called Otto" shows that family can sometimes be found in the most unexpected places.



### "The Pale Blue Eye"

Director: Scott Cooper

Starring: Christian Bale, Harry Melling, Fred Hechinger

"The Pale Blue Eye" stars

Christian Bale as a retired constable in 1830 who joins forces with a young Edgar Allan Poe (Harry Melling) to solve a series of grisly slayings. The movie, based on a novel by Louis Bayard, is not based on true events, but it uses fiction to explore a truth familiar to anyone who has turned Poe's pages: Real horrors seldom have easy explanations. Bale's 19th-century detective, Augustus Landor, has devoted his life to using modern forensics to expose wrongdoers and bring them to justice. He's since ended his career and retired to the woods of upstate New York, but when men from the nearby military academy of West Point are found hanged — with their hearts cut from their bodies — he is recruited to solve the case.



### "White Noise"

R | 136 minutes

Director/Writer: Noah Baumbach

Starring: Adam Driver, Greta Gerwig, Don Cheadle

The film, being an adaptation, is based on Don DeLillo's famous postmodern novel "White Noise," a subtly satirical story about a professor of "Hitler studies" (Adam Driver's character) at a liberal arts college in middle America and his fourth wife. The couple must face their crippling fear of death when an "airborne toxic event" from a chemical spill creates potentially lethal clouds. This leads the cynically ruminative academic to gather his four precocious children and sarcastic wife and head through endless traffic to some kind of barely possible safety. At once hilarious and horrifying, "White Noise" dramatizes a contemporary American family's attempt to deal with the mundane conflicts of day-to-day life while grappling with the larger philosophical issues of love, death and the possibility of happiness in an uncertain world. ■



## A True Blue New Year

At Moberg Gallery, the annual winter group show is themed “Never Better Blue,” which celebrates winter in the color blue.

ARTS & ENTERTAINMENT

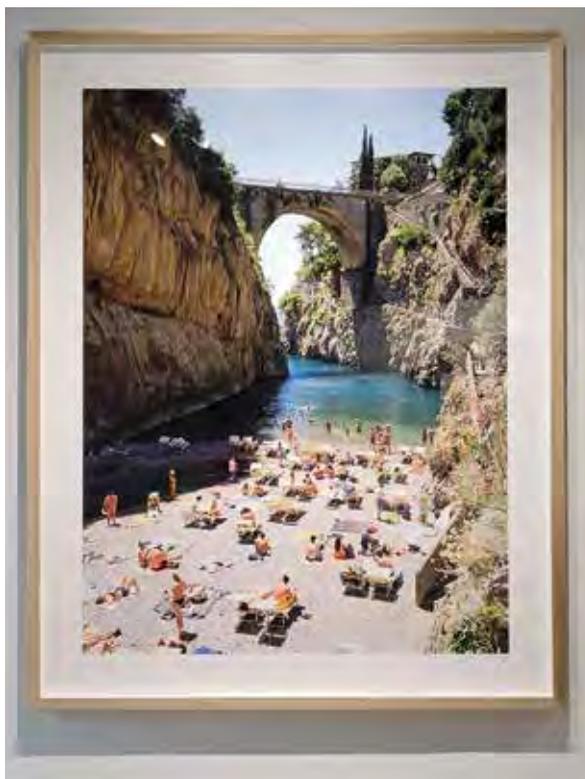
It's a very new year for the arts world. The Metropolitan Opera is back after a long shutdown in observance of New York's COVID dogma and then a system shutdown that prevented the company from selling tickets. They are open for business with a magnificent schedule featuring mostly beloved classics. Just across Lincoln Square Plaza, the New York Philharmonic, which just became predominantly female, celebrates the Western new year with seven performances starring piano mega star Yuja Wang. The lunar new year gala welcomes the Year of the Rabbit with erhu virtuosa Yuwen Lu and a cast of Asian stars, plus the West Side Story Suite.

Change never makes sense to everyone. In Des Moines, the new year is welcomed by the Des Moines Symphony's performances of “Harry Potter and the Goblet of Fire.” At Moberg Gallery, the annual winter group show is themed “Never Better Blue,” which celebrates winter in the color blue. It's not just for lonely people listening to Elvis' “Blue Christmas” lament anymore.

Blue features in various shapes, forms and strokes. Frankfurter Daniela Schweinsberg's “Sanctuary” is a virtual world map of green (blue plus yellow) hope. The abstraction is optimistic as a blue sky in January. Kansas City's Derek Breidenthal is a painter of weather as much as of landscapes. His focus is always the sky, usually ominous, always awesome from his point of view. In “Four Roads,” he offers a tiny, beckoning globe of sunlight on a horizon otherwise dominated by most fearsome shades of blue.

Prodigal Iowa daughter Kathranne Knight also covers the weather and the sky but not as realistically as Breidenthal. Knight's three works in the show use horizontal lines to focus and adjust attention. Marissa Voytenko, a native Californian now in Chicago, uses encaustics, beeswax and wood to beckon the viewer to follow the directions in her turning lines.

Floridian Jason Woodside's new “Hex” series — of Seaglass, Blue Red, and Midnight Orange, features crisscrossing patterns to avoid, in the artist's words, linear thought. Bellevue College (Seattle) Professor Jeffrey Glossip's three new works, “2022.447, .453, and .456,” are woven lines of color, sometimes vertical,



“Furore” by Troy House

sometimes horizontal and usually crisscrossing.

Des Moines-based Alexandre Shiffer paints tunneling in two new paintings, “Pipe Works” and “Orangeside.” Iowa painter Sarah Grant's “Sitting Duck Birds in Flight,” “Migration,” and “Unraveling Nets and a Hole in the Bucket” are large canvases of ontological deliberation. Des Moines' Chris Vance makes “Magic” with a very new evolutionary portfolio — it is a centralized tornadic movement, but it demands space — white space. Des Moines' Jeffrey Thompson shows two new paintings, “Untitled” and “Bougainvillea,” that remind us that flowers bring color and color makes light visible without blinding.

Brooklyn-based Andrew Abbott's work is always obsessive and demanding of attention to details. “Stately Room in Red, Inspired by Matisse” is a flattened dioramic room with many paintings. Troy House is an enigma. He graduated from Iowa State in architecture and moved to Los Angeles to become a lifestyle photographer. He lives in Brooklyn now, and his photo in this show, “Furore,” is dazzling. It's an Italian cove/



“Tasty Cakes” by Electric Coffin.

grotto turned into a beach and viewed by drone. A stone arch, a path, a villa, a stair stepping up and down, a patch of sand, a narrow shoreline — are all elements of architecture in service of welcoming.

Seattle's Electric Coffin (Duffy de Armas and Stefan Hofmann) lightens up the show with “Tasty Cakes” (Hostess brand fruit pies) and a Krylon spray paint can series of small bead works on canvas. This show plays true blue through the middle of January. ■

# IOWA ARTISTS

## Seso Marentes

Merging Iowa and Mexican roots in art

BY JACKIE WILSON

Seso Marentes is to be known as an Iowa artist — not just an artist whose ancestors came from Mexico.

He began his soul searching path to discover his Iowa roots. As a result, his artwork consists of a series of Mexican icons interlaced with symbols of Iowa.

“It’s a type of hybrid art between my Mexican and Iowan roots,” he said.

In his artwork, he’s painted the Des Moines bridges, interspersed with his Mexican icons such as El Chapulín and Frida Kahlo.

He says Chicano art often depicts a Southwest flair.

“I want to change that. As Mexicans, we’ve been in Iowa for so long. Why not make artwork for the community here?”

He dispels a myth that Latinos haven’t been in Iowa for long.

“My mom’s side of the family came here in 1912. She heard a tip that she could work or live in Iowa in July for just a quarter.”

Marentes was raised on Des Moines’ east side and attended Edmunds Academy. He began painting at an early age. He recalls drawing the character from the Lucky Charms cereal box when he was in second grade. His teacher then showed how people draw comic books, and he was fascinated with sketching cartoon-type characters.

Cheech Marin, actor and musician with Cheech and Chong, was one of the first Latinos that Marentes admired.

“Cheech was eye opening. His Mexican-American roots sounded just like mine,” he recalled. “He really spoke to me and what I could do.”

The first time he saw popular Mexican artist Frida Kahlo’s art was at a museum, and he imagined himself with her success.

“I thought it was too far off for me, that it will never happen to me,” he reflected.

As he pursued a degree in art, his financial aid was cut. He took a year off, and that’s when he realized he could make a



Seso Marentes painted this mural of El Chapulín at East High School.



Marentes works out of Mainframe Studios.



living selling his art.

He made enough money to return to college, graduating with a bachelor’s degree in visual arts from Grand View University. After that, he submitted work at the Des Moines Social Club and started a screen print design business.

Today, he has a studio at Mainframe Studios and does a variety of paintings and “whatever art method speaks to him.” He’s painted a mural over graffiti at the Friendship Center.

One rewarding mural he painted is located at East High School. After the school experienced a drive-by shooting, he and others wanted to bring hope and joy to the students. He painted El Chapulín, a red grasshopper Mexican superhero.

“We needed Chapulín: a hero. We want the kids — there’s 240 Latino students — to talk about community, culture and history. Let’s put it all together and talk about the Iowa Latino culture.”

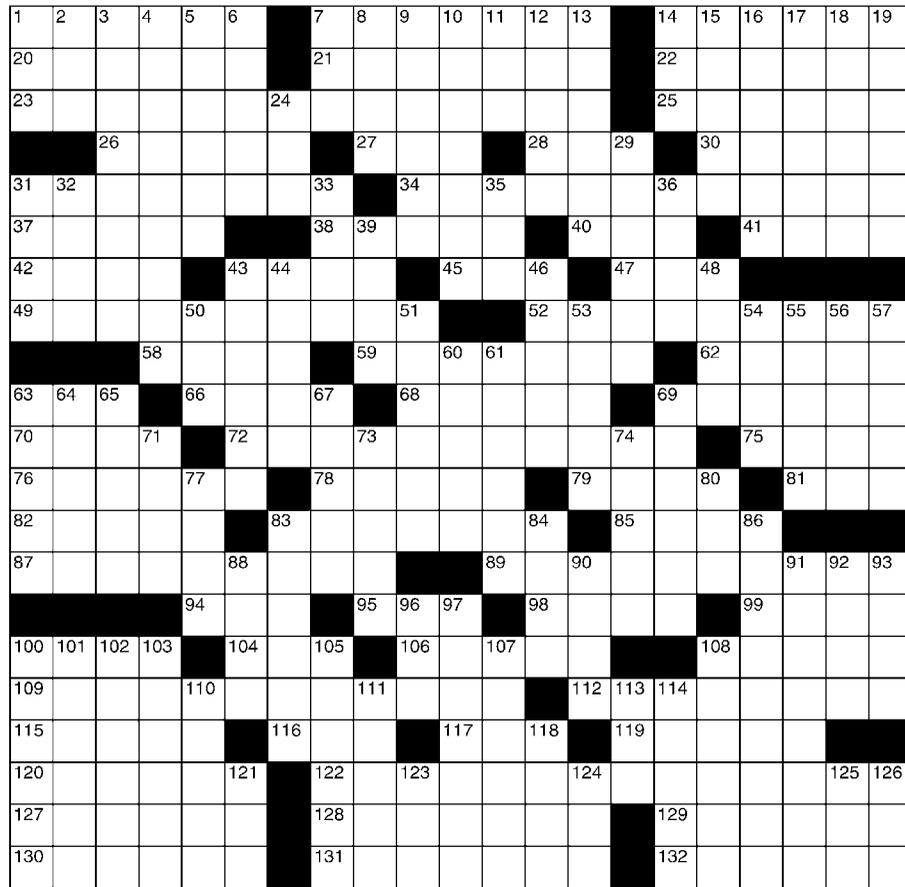
Marentes participated in Iowa’s Latino Heritage Festival and was surprised by the lack of Latino artist representation. He wants young Latino Iowans to realize that an art career is a valid profession.

“Yes — roofing is a great job, and it provides an income,” he said. “My whole goal as an artist is to show Latinos that they can do anything they want. If you have a dream, you can go anywhere. Be persistent and never give up. Keep following your heart.” ■

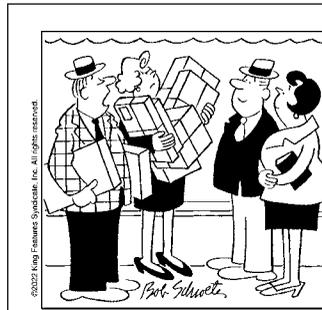
# PUZZLES

Find answers at [www.dmcityview.com/the-games](http://www.dmcityview.com/the-games)

## OBJECTS OF DEVOTION



- ACROSS**
- 1 Serengeti trek
  - 7 Freeway exit
  - 14 Calm assurance
  - 20 Neighbor of Saturn
  - 21 Sun porches
  - 22 Deli machine
  - 23 Aficionado of air ducts?
  - 25 Capital of Cuba
  - 26 Jean jacket material
  - 27 Email chuckle
  - 28 Soccer player Hamm
  - 30 Citrus peels in recipes
  - 31 "House" actor
  - 34 Aficionado of wild, irrational talk?
  - 37 Contributor
  - 38 -- spell over
  - 40 State of fury
  - 41 Fly with no co-pilot
  - 42 Thus
  - 43 Hail -- (yell "Taxi!")
  - 45 Las Vegas-to-Denver dir.
  - 47 Ending for Japan
  - 49 Aficionado of bellies?
  - 52 Aficionado of sweet fillings?
  - 58 Pet-rescuing org.
  - 59 Walked very stealthily
  - 62 San -- (California county or city)
  - 63 CIA missions, e.g.
  - 66 Give the boot
  - 68 River of Paris
  - 69 Louisianans of French descent
  - 70 Cafe au -- (light brown)
  - 72 Aficionado of confidential matters?
  - 75 Shapes of parentheses
  - 76 Member of a ruling family
  - 78 Sank, as a putt
  - 79 Writer Wiesel
  - 81 Once surnamed
  - 82 Cuban-born writer Calvino
  - 83 Downgraded
  - 85 Ward with Emmys
  - 87 Aficionado of wickedness?
  - 89 Aficionado of apartment managers?
  - 94 "Taking Woodstock" director Lee
  - 95 NFL stats
  - 98 Loch --
  - 99 Jethro -- (rock group)
  - 100 Do pool laps
  - 104 Sir, to Brits
  - 106 All mixed up
  - 108 High-quality black tea
  - 109 Aficionado of Mauna Loa snacks?
  - 112 Set free
  - 115 Fetus holders
  - 116 Be mistaken
  - 117 "-- culpa"
  - 119 "Going Rogue" author Sarah
  - 120 Sends in
  - 122 Aficionado of customs officials?
  - 127 Painting on plaster
  - 128 Made even
  - 129 Rocky's last name in "Rocky"
  - 130 Electronic keyboards, for short
  - 131 Escape artists, say
  - 132 Like finger paintings
  - DOWN**
  - 1 Chevy Equinox, e.g.
  - 2 "Rules -- rules!"
  - 3 Spanish dance in triple time
  - 4 Lobbies
  - 5 That which destroys
  - 6 Long Island airport town
  - 7 Opposite of west, in Germany
  - 8 Chocolate kiss wrapper
  - 9 Elevator stops
  - 10 Went longer than expected
  - 11 Dog noise
  - 12 Florida's "Magic City"
  - 13 Grilled Italian sandwiches
  - 14 Silvery-gray
  - 15 Town square
  - 16 Energizes
  - 17 Congress' Alexandria -- -Cortez
  - 18 Cerebral
  - 19 "Donnie --" (1997 Johnny Depp film)
  - 24 Current unit
  - 29 Assented
  - 31 Laudatory poems
  - 32 Funny Sahl
  - 33 Wound cover
  - 35 U-Haul rental
  - 36 Tableland
  - 39 Be up against
  - 43 Confront
  - 44 Rush after
  - 46 Cut-rate, in brand names
  - 48 "Easy A" star Stone
  - 50 Likely
  - 51 Model Buendchen
  - 53 Actor Christopher
  - 54 Mexican peninsula
  - 55 Road reversal
  - 56 Trespassing deterrent
  - 57 Dancer Bob
  - 60 Flying Pan
  - 61 Spanish squiggles
  - 63 Vintage tune
  - 64 Premium channels
  - 65 Mideastern peninsula
  - 67 "Danke --"
  - 69 "Hear ye!" yellers
  - 71 Like most NBA players
  - 73 Boisterous
  - 74 "That's somebody -- problem"
  - 77 Couch
  - 80 Pixie
  - 83 Pea or lentil
  - 84 Sandy hill
  - 86 Tiny blood vessel
  - 88 Actress Swenson
  - 90 Ring out
  - 91 Big pet food brand
  - 92 Mucho
  - 93 Painter Paul
  - 96 Aykroyd of "Soul Man"
  - 97 Up a tree
  - 100 Blue toons of the 1980s
  - 101 Aqueous
  - 102 Deliverers of frozen blocks
  - 103 The Red Foxes' college
  - 105 Macho
  - 107 TV sleuth Remington
  - 108 "The Taking of -- 123" (2009 thriller)
  - 110 Last -- effort
  - 111 Brand of cellulose fiber
  - 113 NYSE debut
  - 114 Fish piercers
  - 118 Big PC brand
  - 121 "Rescue us!"
  - 123 "Law & Order: --"
  - 124 NFL stats
  - 125 Neither hide -- hair
  - 126 Week division



"It all started when she found an empty  
in the closet this morning!"

## 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!

- Athletic  
**EIGAL**
- Portion  
**HEARS**
- Frail  
**RENTE**
- Turned  
**WEAKS**

**TODAY'S WORD**

## SUDOKU

by Linda Thistle

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

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

**DIFFICULTY:** ◆◆◆

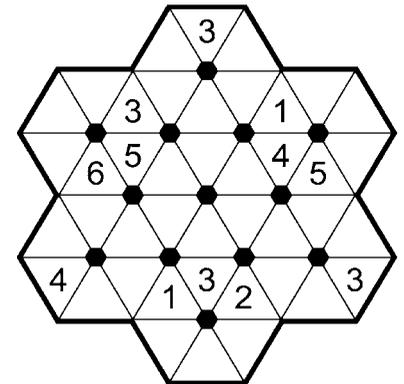
- ◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



**DIFFICULTY:** ◆

- ◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		7
+		×		-	
	-		÷		1
÷		+		×	
	+		÷		2
9		15		10	

**DIFFICULTY:** ★★

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

1 2 2 3 4 5 6 7 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

“Brian was ready for the Hawkeye's game at the Music City Bowl, except for one crucial item — a quarterback!”  
— Mary Wedewer



## Runners-up

“It looks like Linda cleaned out the passenger seat of her car again.”  
— Scott Davis

“The bachelor-uncle-at-Christmas starter kit.”  
— Staci Stanton

“There's nothing more important than my Hawkeye bug out/survival kit!”  
— Katie Sassatelli-McCoy

“All evidence suggests the victim was a folk singer overcome by caffeine toxicity.”  
— Sunny Liston

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# JOE'S NEIGHBORHOOD

BY JOE WEEG

## Why travel?

Yup, that's me dancing around the room with one leg in my pants and one leg doing the Macarena.

"It's not opening," my wife says with just a tinge of panic as the glass doors allowing us to leave the Paris train station stay firmly closed.

That's not the advertised deal. You are supposed to put your train ticket in the slot just like you did 10 miles earlier when the glass doors slid open and you got on the train. Now you are supposed to put that same ticket in this slot and the doors open to let you leave.

I try my ticket in the slot. The machine grabs it and shoots it out a different slot on top. Nothing opens.

"Yikes," I say profoundly.

We look at each other as the few remaining passengers who got off the train put their tickets in the slot, the glass doors open, and they walk through to freedom. Not us. We are trapped. Trapped on the train tracks of Paris, France. Backpacks on our backs, heads heavy with jet lag, and feeling just a wee bit old.

I should say I'm feeling old. Not so much my spry wife. I frequently try to pretend I'm not old, but then I attempt to slip on my pants in the morning. Yup, that's me dancing around the room with one leg in my pants and one leg doing the Macarena. But what the heck. Life is short.

So my wife and I fly to Paris . . .

Twelve hours later, the bright lights of Paris shine under the wings of the plane in the early morning dark. We unpretzel our too-big bodies from our too-little economy seats and flip our backpacks over our shoulders. Time to jump head first into traveling.



And that's really the issue. Why in the world would a person ever do this? Why go through the aggravation?

### The Checklist Traveler

Some people travel so as to fill in their bingo card. Ah, there's the Picasso Museum. Check, B35. And over there is a Rodin statute. N22. Two butter crepes from a street vendor. G12. Yahoo, we've almost won. Look, there's a Parisian woman tap, tap, tapping with high heels on a cobblestone street while wearing a wide-brimmed, red hat. BINGO!

This is not a silly way to spend your life. Sometimes, not always, you're lying in the dark on the grass with your sweetie, a glass of wine perched next to you, bread still hot in the paper from the boulangerie, and soft cheese tasting like dairy butter on a warm July day in Iowa. Suddenly, the Eiffel Tower lights flash and blink and dazzle . . . and you are transported. Bingo indeed.

But back to our present problem. Charles de Gaulle Airport is not Des Moines International Airport. We bend our heads back to take in the large space. Now how the heck do we get out of this airport? So we walk and walk and walk to find the metro into Paris.

At last we are on the metro as it rumbles to Paris. The stops are a blur of motion and whooshing brakes and stale air. It's early morning rush hour. Our metro car fills quickly.

Is this really worth it?

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### The Travel Junkie

Travel beckons some because it upsets the predictability of the apple cart. Sure, at 7 a.m. you can get up in Des Moines, wash your face, let the dog out and make coffee; or, at 7 a.m. you can be on the fast train to Paris where you don't understand a lick of French, have never eaten pâté, and aren't really sure whether you can fit in the tiny elevator at the hotel. It's an adrenaline high because you are alive and awake. And you no longer have to be Old Man Joe buying toilet paper at Hy-Vee, but you can be the dashing Monsieur Joseph buying lingerie for his wife at a Paris boutique.

Back on the metro, we are pushed toward the door with the surge of people getting out at Gare du Nord. But before we make the door, we are pushed back by the tide of people getting on the metro at Gare du Nord. Stalemate. Fortunately, I am a big Iowa boy who has pushed my way into Target at Merle Hay Mall on Black Friday, so out the door we go.

### The Student Traveler

Some people travel to learn. About a culture, about a language, about a work of art. It can be anything.

We are on a walking food tour in Paris. In the group is a young French couple. They are a bit hesitant to speak English, but they eventually are willing to answer our pesky questions about the French people. I ask if it is considered bad manners to eat while walking on



the street in Paris. They assure me that it is not bad manners, it's just not done. Why?

"Because eating is about 'un moment,' " the young man says, as if it is obvious.

Really?

In other words, you cannot be in the moment if you are not focused on the bread or the wine or whatever is going on right then and right there. You aren't focused if you are walking and eating at the same time. Ask

yourself how many times today you have not been in "un moment." Yup, me, too.

So why travel? You might learn a better way to be you. . . . Back in the bowels of Paris, my wife and I give up. There are no train attendants. No one around to give directions or take any bribe money. The only language heard is not ours, and we can barely hear the French above the sound of trains coming and going. We haven't slept for 24 hours, and now I have to pee.

Sadly, we will now live out our lives below ground in a sort of shadow existence, one step ahead of despair. "C'est la vie," as the French say with a shrug of the shoulders and a mournful look. Lordy, "c'est la vie" it is.

And then a French man comes through the glass doors using his ticket, sees our dilemma, and, without a word, uses his ticket to pay for my wife, and then for me, to get through the doors. He smiles at us, turns and rushes to his train.

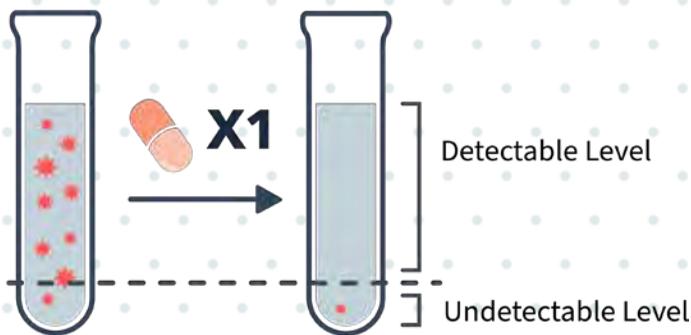
Thank youuuuuuuuu . . . . .

Hmmm, why else to travel? To be reminded that the world can be kind. ■

*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](http://www.joesneighborhood.com).*



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## New year, new audiences, new adventures

The Kate Goldman Children's Theatre has introduced generations of children to the magic of live theatre.

Each new year holds the annual promise of allowing us to refresh ourselves and sally forth into another 365 days of adventures. Regardless of age, many find a special joy in witnessing the reaction of children to creative wonders. The world of theatre is an especially vibrant gateway to imagination and creativity for young audience members, and the new year brings a new show and pending changes in one of America's best programs — and, it's right here in our own backyard. The Kate Goldman Children's Theatre (KGCT) has introduced generations of children to the magic of live theatre.

The KGCT was added in 1995 to the converted 1934 Roosevelt (movie) Theater that housed the Des Moines Community Playhouse since 1953, quickly becoming a beacon of success for children's theatre. To the imaginative eye, this black box theatre space seemed like a Seuss-ian expanded children's playground for imagination, and the adaptive creativity of the shows' scenic designs and costuming reflected this. The KGCT now prepares for its new evolution in 2023.

### From a myriad of literature-based options

Just because a popular children's book has been adapted to the stage does not mean it meets KGCT standards.

"We look for classic children's literature in addition to new works that have been adapted for the stage as both plays and musicals. We read scripts (good ones for children's theatre can be hard to find!) and weigh titles that will balance well with the rest of the season," explains Katy Merriman, Playhouse artistic director, adding, "It is also important to have a show that is good for younger audiences and still engage middle to upper elementary/middle school ages. Lots of balancing."

Each show offers a specially designed "P. Bill Jr." for its young patrons. This interactive bonus program includes cast pictures, with bios and actor responses to kid-friendly questions. For January's "Go, Dog, Go!," the question is, "If you woke up tomorrow and had turned into a dog, what kind of dog would you be and why?" Add info about the original book, language and visual arts activities, STEM activities, and questions for children to ponder with adults, teachers or peers, and patrons have the gift of engaging live theater that gives well beyond the find bows — or, in this show's case, "bow-wows."

### The KGCT legacy expands in 2023

This is the first time that the KGCT has produced "Go, Dog, Go!" Previous shows range from classics ("The Lion, the Witch, and the Wardrobe" and "Charlotte's Web") to standards (Junie B. stories and "Pippi Longstocking") to historical ("Boxcar Children" and "Little House on the Prairie"). The vision for a dedicated performing space for children's theatre was launched in 1992 when Jack Taylor evaluated possible areas for development to accommodate the burgeoning programming at the Playhouse. Not only was the board and staff surprised at his recommendation of a stand-apart children's theatre, but the Playhouse board embraced this challenge. Its namesake, Kate Goldman, guided the program's growth in the 1960s and 1970s, framing a vision for future success.

Following "Go, Dog, Go!," "The Hundred Dresses," and "How I Became a Pirate," renovations of this space will begin. Shows will continue. Anchored by an innovative expansion of the performing hall, plans call for doubling the Playhouse's classroom space and administrative offices. Building on its legacy into its second century, the Playhouse and KGCT embrace the present while planning for the future. That future is strongly anchored through its programming of engaging and introducing young people to the magic and vitality of live theatre, experiences that will prove beneficial throughout the rest of their lives.

### "Go, Dog, Go!" is an apt metaphor for racing into the future

Adapted from the P.D. Eastman book of the same name by Allison Gregory and Steven Dietz, with music by Michael Koerner, this has become a popular children's story. There is singing in the show and a live keyboard accompanying and underscoring nearly all of the show. Veteran keyboard artist Francine Griffith will be playing — from atop a dog house.

A hallmark of many of the children's shows is casts that bring experienced adult and older children often working with newcomers to the stage. Many have benefitted from classes at the Playhouse, but that is not a prerequisite to be cast. Add a talented production team that wraps the entire production in a creative



Ruth Christie is Hattie and Mary Bricker is MC Dog in "Go, Dog, Go!," Jan. 6-22 at The Des Moines Playhouse. Photo by Steve Gibbons.

### OVERHEARD IN THE LOBBY

#### Des Moines Performing Arts

Jan. 3-8. "Cats"

#### Kate Goldman Children's Theatre/Des Moines Community Playhouse

Jan. 6-22. "Go, Dog, Go!"

#### Tallgrass Theatre Company

Jan. 7. "Broadway Karaoke"

#### Pura Social Club

Jan. 14. "Best Original Song"

#### Ankeny Community Theatre

Jan. 20-29. "Exit Laughing"

#### Des Moines Performing Arts – Temple Theatre

Jan. 31 – Feb. 5. "Forbidden Broadway: The Next Generation"

professional look, and audiences are in for another delightful immersion into an imaginative, literature-based world of theatrical expression.

After all, perhaps something better than being a cultural adventurer is teaching a child or grandchild how to be one. ■

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.



**SUBMIT YOUR ORIGINAL PLAYS:** Local playwrights are encouraged to submit their original plays for consideration by Drake University Theatre. The selected play will be produced in two staged readings on Sept. 15-16 as the opener for the university's 2023-2024 Main Stage Season. The winning writer will also receive a \$500 prize and the chance to participate in a talkback session with cast, crew, director and audience after each performance. The deadline for submissions is Friday, March 10. For full entry requirements and other questions, email Michael Rothmayer, chair of the Department of Theatre Arts, at michael.rothmayer@drake.edu.

# DES MOINES FORGOTTEN

BY KRISTIAN DAY

## The blizzards of Des Moines

Snowstorm of Jan. 1, 1942, tops the list with 19.8 inches of snow.



The blizzard of early 1979 on 45th Street looking toward Kingman Boulevard. Taken by John Odden Larson.



Fifth Avenue and Walnut Street in 1949. Courtesy of the State Historical Society of Iowa

As I write this on the afternoon of Dec. 20, my phone is blowing up with warnings of the upcoming blizzard that is forecasted. The temperature has dropped significantly in recent days, and it feels more like the middle of January, less the anticipation of holiday festivities.

As of right now, I don't know if this forecast will become the real deal or not. By the time you are reading this, the truth will be told.

Back in 2012, or maybe even 2013, I remember an ice storm that hit Des Moines with the entire city having a glaze over it. I was a moron and went cruising around, and, thankfully, there was enough snow packed on the ice to help maintain tire traction. I can't handle cabin fever.

Years later, during the first polar vortex (at least that I remember being reported), I drove overnight to central Texas to shoot a documentary. It was so last minute that I think I got the call at noon that schools were canceling for the next day. While driving overnight, I was hearing all sorts of reports from news agencies telling people to hang blankets over their windows and that frostbite will take place if your skin is exposed for more than five minutes.

Jeanie Red had just moved from western Iowa a few months before the famous blizzard of 1961.

"I was working downtown Des Moines and living in the east side with three other girls. My roommate, who worked at Mercy Hospital, picked me up, and we headed home about 5 p.m. For hours, we struggled against blocked roads and traffic jams. Visibility was so low that we didn't see the giant drift across the road in front of

us until we were stuck in it. It was dark, it was cold, and the wind was howling. There was no way we could stay in the car, so we trekked through the snow to a light we could see ahead. I don't know what the people in the house thought when we knocked on their door, but they were kind enough to put us up for the night and help us dig ourselves out in the morning."

Jim Sheldon remembers the blizzard of April 1973.

"My wife and I had just gotten to work that morning downtown when we were then told to go home. Everything was shutting down. So, I picked her back up with my boss' car because I had already taken off my snow tires. We lived in Clive at the time. We got stuck on the freeway and, fortunately, a man in a Jeep got me going again. We made it to the 86 Street exit, then that was it. We couldn't go any further. Another man in a four-wheeler stopped and gave us a ride. Unfortunately, he was heading to West Des Moines, so he dropped us off at the gas station across from the old Dahl's on Grand in West Des Moines. By now, everything was coming to a standstill. Even the plows were getting stuck. A man at the station helped me get my wife across the street to Dahl's. Did I mention that she was eight months pregnant? That's where we spent the night. At least they fed us and made her as comfortable as they could."

JD Larson, who has contributed photography to this column, sent me a photo that was taken by his dad, John Odden Larson.

"A blizzard hit Des Moines in early 1979 and, for one reason or another, my dad decided to take photos to document it. This is 45th Street looking south

toward Kingman Boulevard and our house, 1115, would have been to his left. It's that Volkswagen that makes the scene, a true reflection of what an average street would have looked like during this era when those Beetles were everywhere," Larson shared.

I work with a lot of people from California. Many of those folks are former Iowans who moved there to work in the entertainment industry in some fashion. A lot of these folks grew up in the rural parts of the state and learned to handle dangerous or even life-threatening weather. Now their bodies have grown soft and can't handle anything below 50 degrees. To put it all in perspective, I was walking around in short shorts in 37-degree, wet and rainy weather. Living in a state where the weather is trying to kill you five months out of the year makes you feel alive in a way you never thought possible. ■

*Kristian Day is a filmmaker and writer based in Des Moines. He also hosts the syndicated Iowa Basement Tapes radio program on 98.9 FM KFMG. Instagram: @kristianday Twitter: @kristianmday*



Date	Record snow
Jan. 1, 1942	19.8 inches
Dec. 26, 1888	17 inches
Feb. 28, 1939	14.2 inches
Jan. 26, 1996	13.7 inches
Jan. 3, 1971	13.6 inches
Feb. 25/26, 1912	12.2 inches
Jan. 12, 1890	12 inches
March 8, 1999	12 inches
March 15, 2004	12 inches
Nov. 10, 1968	11.8 inches

# CARS IN THE CITY

ARTS & ENTERTAINMENT



## Lightning strikes

The big question is — how long does the charge on a Ford F-150 electric pickup truck last?

BY JACKIE WILSON

When electric vehicles hit the market, a small Prius was one of the first. Now, a pickup truck double the size is available with the Ford F-150 Lightning. Debuting in 2022, it's the second pickup truck to be all electric (the Rivian R1T was first).

I test drove a Lightning commercial pro, an entry-level vehicle, but with a surprisingly low price tag of \$41,769. With four different trim levels, you can pay up to \$92,669 with an extended-range battery, which runs an extra \$10,000.

As we've featured a regular Ford F-150, these trucks are similar in comfort, trim and other features. This crew cab comes with 5.5-foot bed. If you think you need more room for storage, use the frunk (yes, it's a word meaning "front trunk"). Since there's no engine, there's extra storage, plus four 120-volt outlets — for a total of eight outlets. Ford claims that, when fully charged, its pick-up truck could power a house for up to three days.

The Co-Pilot 360 is standard tech on all models and includes collision assistance with auto braking, pedestrian detection, rearview camera and more. Got a

passenger in the back seat? The info screen reminds you to check on them when the vehicle stops.

This electric truck has power. With two electric motors and two battery packs, the maximum towing is 5,000 pounds, plus more if you have an extended range battery. In comparison, a regular Ford F-150 V6 tows 9,000 pounds.

The big question is — how long does the charge last? This model runs about 230 miles per full charge. The truck tells you how many miles are left, based on braking, outside temperature or other variables. I think I got an "A" on my test, as my brake score was 99%, while my driving score was 93%.

But, remember, you don't just pop open the gas tank and fill up in five minutes (or, if you're in line at Costco, make that 25 minutes). At a 150-kilowatt fast charge station, you can get 41 miles for a 10-minute charge. A regular charge station gets you 19 miles in one hour. Or, plug in overnight for a full charge.

To demonstrate charging, Ford's commercial manager looked up a charging station on her FordPass

app. As we drove to Hy-Vee in Waukee, both charging stations were occupied. Not knowing how long the wait would be, we knocked on a lady's car door as her car was charging. She'd sat there about an hour and had about three hours left before a full charge.

Do we wait? Is there a limit on charging time? That's the potential problem. If you only have a few miles left, the same scenario could happen again, although the app should indicate available stations. Right now, Ford cannot plug into Tesla superchargers.

It isn't all on the automaker to solve this problem. The state of Iowa has \$51 million in federal money over the next five years to fund the national electric vehicle infrastructure law. In addition, MidAmerican Energy is constructing charging station networks across Iowa, roughly within 50 miles of each other.

A Ford Lightning is nearly identical to the regular F-150 with regards to features. If you plan it right with your charging schedule, it's a great first step in preserving the environment, saving some cash and getting your pickup truck fix. ■

## Popinjay makes it a family affair

Customizing children's books for modern family dynamics.

In 2023, the average family structure can look different from the typical nuclear family of years past. Non-traditional families often struggle to find themselves reflected in pop culture and media, particularly children's books. April Pearson-Decklever resolved to change that with her progressive publishing company, Popinjay Press.

"I got the idea for Popinjay probably 15 years ago, when I first became a stepmom," she said. "My stepson and I loved reading books together, but all of the books were traditional families. I really wanted books that had stepmoms and stepkids, and it was always in the back of my mind throughout the years."

Now, her stepson, Carter, is 20 years old. He's the step-stepson of Pearson-Decklever's husband, Lincoln, who is also stepdad to her 13-year-old daughter, Zoe. Together, they have a 2-year-old son, Gus.

"So, we have three kids that are half-siblings and two marriages in there," she said. "It's a modern family for sure, which is another reason why it's close to my heart."

Popinjay Press launched last spring, almost two years after Pearson-Decklever took a leap of faith and shifted her marketing career to full-time freelancing, allowing her to focus on publishing. She said it's been a very "bootstraps" effort. She's sourced the printer, learned how to build a website, illustrated many of the books and written all the stories. In the future, she'd like to have different authors and illustrators represented.

Popinjay currently has five books for sale at [popinjaypress.com](http://popinjaypress.com). Customers can choose the story's main characters: girls, boys, men or women — or simply kids and grownups. The story can be modified to reflect relationships as well: grandparents, foster parents, single parents, stepparents and siblings, adult siblings, aunts and uncles. For books with human characters, customers may also choose skin tone.

The possibilities are truly endless. While offering exponential custom combinations, Pearson-Decklever said she tried to make a complicated process simple and intuitive. Lots of work occurs on the backend, using a program that builds each book individually before sending it to press.

Pearson-Decklever pointed out that while Popinjay books can be customized, they are not personalized.

"Some custom books out there, you can plug in a kid's name — these aren't like that," she said. "So you're not going to have a little girl named Sofia in your book, but you will have a little girl who looks like you, who has a family structure like yours. The idea is to show the real-life little Sofia that she's not alone, and there are other kids just like her out in the world. It's more about representation than personalization."



April Pearson-Decklever started Popinjay Press after her own experiences with children's books. Photos submitted



Of the five published Popinjay books, two were illustrated by Pearson-Decklever.

Not only is Popinjay Press all about representation — it's about representing well. Pearson-Decklever seeks expertise from people in different communities, to ensure that books are as representative as possible, even down to details like a character's hair texture. And while nontraditional families are foremost at Popinjay, they purposefully are not central to the stories.

"I wanted to offer an option that normalized modern families and just made them part of the background of everyday life, just like it is in real life," Pearson-Decklever said. "Popinjay books are funny, colorful, fun, imaginative — just fun kids' stories. And the family dynamic just happens to be present."

Pearson-Decklever says business has been good, but it's hard to pinpoint exact sales numbers as she's donated more books than she's sold. Many go to Little Free Libraries; others go to schools.

"It's hard for me not to give away the books," she said, adding: "I think representation in kids' literature is paramount to the mental health and happiness of kids, not just in nontraditional families, but all kids. And I think it's such a gentle and positive way of introducing diversity to kids. Whether or not they experience it in their own families, they're going to see their peers with diverse families."

The response to Pearson-Decklever's efforts has been positive from caregivers and young readers alike.

"I had one gentleman order a book, and his son was looking through the pictures," she said. "He saw a little boy of color, and he shouted, 'That's me!'"

By the way — why "Popinjay"? It's an old-fashioned term for a parrot, Pearson-Decklever explained.

"Parrots are very proud, colorful creatures. I want kids to be proud of their unique, colorful, loud, quirky families." ■

## Trio of dogs

Sarah Jennings and Kristen Formanek are advocates for adopting dogs.

An abandoned street dog, a dog with two broken legs, and another dog weighing only 7 pounds all found love and healing with their new owners.

Sarah Jennings and Kristen Formanek are advocates for adopting dogs, especially of their shared favorite, chihuahuas. Jennings initially was unsure of the breed.

“I never envisioned a chihuahua. I wanted a German shepherd,” she said. “That changed with Guapo — my first dog. I never went back. It’s like potato chips — you can’t have just one. They have no conception of size. He’ll go say hi to the biggest dog at the dog park.”

Jennings adopted Jimmy at a Midlands Shelter gala fundraiser. They paraded dogs with little outfits at the events.

“He was so small and was the only dog not adopted from the gala,” she explained.

Their second dog, Lucy, is a Pekinese chihuahua. Formanek received an email from the Animal Rescue League (ARL) about a dog in distress.

“The picture of Lucy — she was skinny, sad and no color. She was found dragging her legs. We started fostering her. She had double knee surgery after that,” Formanek said.

Lucy and Jimmy bonded during foster care. Formanek is unsure of Lucy’s background.

“When we first adopted Lucy, she was very jumpy. We questioned what bad things happened to her,” she said. “But now, you see the change in her. She’s so sweet and funny and not jumpy anymore.”

When another ARL photo hit their inbox, it was a picture of a chihuahua pitbull mix.

“His front legs hadn’t healed, and he was walking on his elbows, weighing only 7 pounds. He was so emaciated, and his ribs were showing,” Formanek said.



Kristen Formanek and Sarah Jennings rescued three chihuahuas, Lucy, Rudy and Jimmy, and foster other dogs as well.

They weren’t sure of Rudy’s quality of life yet felt compelled to give him a chance, adopting him in 2021.

When adopting Rudy, they signed a “lemon waiver.” “It says that we know that there’s something wrong with the dog and that we’re OK with that,” explained Jennings. “They are the ones who need the owners the most.”

Jennings and Formanek also foster crisis care animals. A crisis animal may come from people who have suffered from domestic violence, homelessness or other situations.

“People need temporary help. We take the dog until they can find permanent housing or take the dog back,” Jennings explained. “We get the experience of fostering, without the temptation of getting another dog, as it’s too easy to become attached. It’s a good learning experience for us.”

The three dogs teach responsibility and provide

comfort to their kids.

“Rudy is so protective of our son. He watches him play, then jumps on his lap. When the dogs need medications, they tend to take it easier from them instead of us. It’s cool to see that emotional bond,” Formanek said. “The dogs feel our moods. If you have a bad day, they know to come and cuddle you.”

In addition to numerous veterinarian visits, they admit to spoiling the dogs. They’ve taken Jimmy to the Iowa Cubs dogs night, when he wore his Cubs jersey and was featured on the Jumbotron. The dogs are fashion divas, owning about 100 dog sweaters and outfits.

Jennings and Formanek suggest fostering or providing crisis care for animals.

“It’s a great way to find out what type of dog fits with your home,” Jennings said. “At the end of the day, you feel great. It’s such a rewarding experience.” ■

## From the floor to the ceiling

Larry Carroll collects Sid Dickens Memory Blocks.

Some people collect coins or stamps. Not Larry Carroll. Over the course of two decades, he has accumulated nearly 500 art tiles, each with its own distinct design.

Created by Canadian artist Sid Dickens and known as Memory Blocks, the three-dimensional plaster tiles are sculpted and painted by hand, portraying historic and symbolic images within a 6- by 8-inch space. They're popular and highly collectible — even among celebrities like Elton John and Bono — and Carroll may just have the largest collection in the state.

He first caught the bug in 2002, when he came across the blocks in a boutique shop.

“I started looking at them, and then I noticed other people looking at them as I was looking at them. And I said, ‘Well, maybe I should buy one.’ So, I ended up purchasing three.”

The rest is history, as they say. Carroll reached his latest milestone last fall, fully adorning a two-story wall inside the entryway of his home. The 22-foot wall is covered from floor to ceiling with tiles — 459 of them, to be exact.

He set that goal when he first began collecting, inspired by the artist himself.

“Sid Dickens — there was this picture that he had taken, in front of this wall,” Carroll said. “I thought it was the coolest thing. He’s sitting in his chair, and all the tiles are behind him. And I said, ‘I want a wall taller than that. I want to exceed that and send him a picture of that shot.’ ”

Now that he’s reached the ceiling, Carroll said he doesn’t have a particular goal number in mind. He has more tiles boxed up in his basement, with space to display 600 more. And he won’t run out of Memory Blocks to purchase any time soon, as Sid Dickens has thousands of pieces.

Part of the appeal is rarity. Tiles increase in value once the design is retired and no longer produced, Carroll explained.

“When we started collecting, we were paying \$45 to \$55 per tile. In the store now, each piece is about \$120, but then on his website, those will go for \$200 to \$1,000.”

Carroll has only made one online purchase, as he prefers to feel and see the tiles first. Locally, he works with Sheila Carmichael at Kenilworth House in Urbandale.

In the early days, Carroll tagged each block with information on the purchase, but he has since given up cataloging. He doesn’t have a favorite piece either. He



Larry Carroll began his collection in 2002. Photos by Sofia Legaspi Dickens

simply enjoys them.

“They’re just very inspirational,” he said. “Every day, I come home, I’ll sit down and just look at them and draw inspiration from one of the many on the wall.”

Several blocks hold special meaning for Carroll. Different letters spell out family names or initials. Some are placed randomly, while other groupings are intentional: birds, Christmas, royals, America, military. In the upper right wall section, a grouping of skull designs is followed by the letters GIF — meaning, “Even in death, God is faithful,” Carroll explained.

“The way I started doing it, I just lay them out on the floor and then start rearranging them. Every so often, I get bored, and then I just look at the wall and start rearranging stuff. Just for kicks and giggles.”

Carroll admitted to having spent hundreds of hours on his hobby. Planning and installing the entryway wall alone took about 60 hours. That’s 27 rows and 17 columns across. One tile at a time.

“They don’t make an A-frame ladder tall enough, so I’m literally hanging on the edge of my light,” he recalled. “That was going up, one at a time, with a tile. Up, down, up, down.”



Carroll’s Urbandale home displays 459 tiles on a 22-foot wall.

Since starting the collection, the Carroll family has moved homes 11 times — and so have the tiles. Astonishingly, his first broken tile occurred only recently, after they moved into their current home. It fell from the bottom row, of all places.

What’s the secret to safely transporting fragile items? “A good moving company — and standing there and micromanaging the process,” Carroll joked.

His wife, Dawn, isn’t quite as enthusiastic about the collection as he is. But she supports it.

“She lets me have this. This is kind of my thing,” Carroll said. “Guys — they have their car collection. I have my Sid Dickens collection.” ■

# WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

## The gift of time

For those who want to do more than open their wallets, another precious gift waits to be given: time. Volunteers find themselves rewarded in return by the joy of giving — and there are ample opportunities to serve right here in the Des Moines metro. Following are a few profiles of seasoned volunteers and the organizations with which they work.



### Roy Garcia

WEST DES MOINES

Roy Garcia has spent decades helping others. At age 98, he continues to serve.

Garcia's concern for others began at a young age. He was born during the Great Depression, when money was tight. He recalls a time at Thanksgiving, when parents brought in pie and milk to school — a treat for the kids.

"I saw how the kids reacted. I thought, I wanted to be that kind of person," he says. "I took some kids under my wing because I didn't like how they were being treated. It rubbed off on me — the caring aspect."

Serving veterans has been a passion. He's gotten calls from the VFW headquarters.

"I got the OK to make out a check. I visit those in nursing homes. The veterans are dying off — one right after the other."

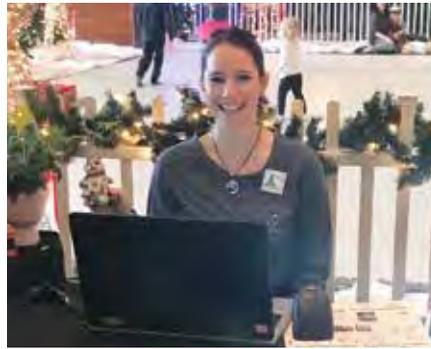
In addition to serving veterans, he's volunteered with the Knights of Columbus, West Des Moines Library Friends Foundation and West Des Moines Human Services, delivering food.

Garcia says he'll continue as long as he's able.

"I've had a caring and respect for others. You never know when you'll need help yourself. I've learned to be kind and respectful of others. How you treat people — if you treat them well, you'll be treated well in return. I enjoyed life so much. I'm fortunate."

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

Read the full story here:



### Lynette Hillabolt

JOHNSTON

Lynette Hillabolt is passionate about giving back, and her ability to do so isn't limited to helping out just one organization. She tries to stay busy helping out whenever and wherever she can.

Hillabolt started volunteering through UnityPoint, where she's worked since 2003. She became involved with the Festival of Trees and Lights and has been helping out there for years. This annual event is the largest fundraiser for Blank Children's Hospital and is a central Iowa tradition to kick off the holiday season. She has also helped out with Single Parent Provision, a Des Moines-based organization that works to strengthen the lives of single parents and their families.

Hillabolt says she is excited to see what other opportunities present themselves in the future.

"There are a couple of reasons why I volunteer," she says. "One, it gives me a sense of purpose, but also, I can now. My kids are 14 and 15, and I have more time now. There was something missing for me, and I needed more. I want to get my kids involved as they get older, and when November comes up and you're trying to give thanks, it's more in your head at that point in time. But there's a need throughout the year in so many places, and it doesn't stop just because the holidays are over."

Source: *Johnston Living December 2022*; by Ashley Rullestad

Read the full story here:



### Jennifer Frease

WINTERSSET

If you're new to volunteering, be inspired by this pro who has worked to make Winterset a better place for six years.

Jennifer Frease's first volunteer gig was directing traffic during the Covered Bridge Festival setup. It was a small job, but one she enjoyed, and it got her hooked on volunteering. Now she diligently serves on numerous committees in town including the Covered Bridge Festival, Winterset Little League, the Madison County Chapter of Bras for the Cause, and the Winterset Disc Golf Club.

While Frease is obviously all-in on volunteering now, she recommends new volunteers start slow. She suggests trying out small volunteer jobs like she did and landing on one that makes you feel good about yourself.

"Find something that you find meaning in," says Frease. "It will pay you back with the feeling of knowing you made a difference in some way."

Bringing family and friends along when you volunteer also helps make the experience successful, according to Frease.

"It is important to be involved in the great things happening in Winterset so, in turn, we can continue to make Winterset great and be a place people are proud to be from, and a place that people are proud to show off."

Source: *Winterset Living December 2022*; by Stephanie Lovelace

Read the full story here:



### Deb and Joel Hade

INDIANOLA

The Helping Hand of Warren County needs volunteers year-round, but November is the busiest month — whether it's helping clients shop for holiday meals, prepping for the Christmas sale, or helping with food rescue.

Joel Hade grew up in Indianola, and his mom was a believer in giving back, so that is a legacy he continues today. After moving away, he and his wife, Deb, came back to Indianola in 1993 and found many ways to get involved in the community.

After retiring four years ago, Joel wanted to do more volunteer work, and the Helping Hand needed help loading trucks on the clothing side a couple times a week. After COVID, Deb wanted to help, too, but was interested in the food pantry. The couple has been part of the "Thursday Crew" in the pantry ever since.

"There are really good people who just can't make ends meet for their family, even when they are working full-time," says Deb. "Everyone needs to eat, and our clients are so grateful for the help."

Joel grew up in a middle-class family with the things he needed and wanted.

"I've been lucky in my life," he says. "So many people just have situations where they are behind and don't have enough... food banks are a great thing."

Source: *Indianola Living December 2022*; by Becky Kolosik ■

Read the full story here:



# get the **JOB**

Helpful tips for your employment search

## What to know about a career in the growing home healthcare industry

(StatePoint) Medical professionals, patients and their families are increasingly seeing the value of home care, and the industry is expected to grow. In fact, home health and personal care aide job openings are projected to grow 33% from 2020 to 2030, with experts predicting an estimated 8.2 million job openings in home-based care by 2028. Industry experts say that workers from all backgrounds, not just nursing, will be needed now and in the future.

"If you enjoy working with people and helping others when they need it most, a job as a home care or hospice nurse, home health aide, personal companion or caregiver could be a good fit for you," says Jennifer Sheets, president and chief executive officer of industry leader, Interim HealthCare Inc. "Likewise, if you're currently a medical professional seeking more flexibility and to be reminded of why you entered the field in the first place, home healthcare can offer greater job satisfaction and a much-needed change of pace."

To help potential job candidates understand this growing industry, Interim HealthCare is sharing some quick insights:

### Why in-home care?

Home care describes personal care and support services provided to an individual in their home. Often referred to as senior care, it provides help with the activities of daily living as well as companionship to those who need support to maintain their independence at home. Home healthcare on the other hand, entails medical-based care to help patients recover from an illness or injury, or to provide in-home medical oversight and ongoing care for complex, chronic medical conditions. Many families and patients can testify to the various ways home care can be a game-changer, and a growing number of physicians and medical professionals are recommending home health services to patients of all ages because it delivers cost-effective, high-quality care in the setting where patients most often want to be — home. Among these services are in-home nursing, physical, occupational and speech therapy, hospice care and bereavement services.

### What employers want

Those in the know at Interim HealthCare say that being compassionate, trustworthy, dependable and having the ability to work independently can help you thrive in the field of home care. "Made for This," Interim's current recruitment campaign, highlights the company's need

for registered nurses, licensed practical and vocational nurses, along with certified nursing assistants, home care aides, home physical therapists, occupational therapists and speech therapists. Veterans, with their track record of serving and protecting others, are encouraged to apply for a home care job, along with anybody who thrives in a job that offers variety, challenge and new faces and places.

### What to look for in employers

Seeking a career in the field of home care? Be sure you work for a home healthcare organization with a positive work culture that has your best interests in mind. That includes offering good work-life balance, flexible schedules, rewarding assignments and competitive pay. The employer should also prioritize your continuing education and professional development by offering advanced learning opportunities and room for growth, along with additional perks like tuition discounts, to make it all possible.

For a home healthcare career guidebook, visit [info.interimhealthcare.com/jobs-in-home-healthcare](http://info.interimhealthcare.com/jobs-in-home-healthcare).

As demand for medical and personal care in the home grows, consider a career in this thriving field, whether you're entering the workforce for the first time or embarking on a career change. ■

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PHOTO: STEVE HALL

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- Forgetting to take medications
- Frequent falls
- Sudden weight loss or skipping meals
- Leaving the stove on
- Personality changes/Lack of motivation
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