APRIL 2023

CITYVIEW

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

THE IOWA CUBS' MOST MEMORABLE GAMES

While any one game out of the 150 on the schedule isn't likely to be special, every season is — and the next one is here.

CARS IN THE CITY
Concrete Cruizers classic car club is 35 years strong.

COLLECTIONS AND HOBBIES
Felicia Coe became "Iowa Fly Girl" mostly by accident.

FEATURE STORY
Organizations work to end cycle of poverty and incarceration.

MORE OFFERS!

$10,000 Buckets of Cash & Free Play

DRAWING:

SATURDAY, APRIL 29 • 8PM

One will win $7,000 CASH!

Ten will share

$3,000 in Free Slot Play!

SWIPE FOR ENTRIES ALL MONTH

FREE ENTRY every day

BONUS ENTRY with every 100 slot base points earned

20X ENTRIES every Monday, Tuesday & Wednesday

SIGN UP FOR THE A-PLAY® CLUB!

IT'S FREE!

Sign up & Receive up to

$100 Free Slot Play and a FREE Gift!

Must be an A-Play Club Member. Offer not valid with any other like offer. Promotion subject to change. See the A-Play® Club for details. New Members only.

MORE
OFFERS · VALUE · REWARDS

EVERY FRIDAY | 8PM

APRIL THROUGH MAY

Collect entries playing your favorite table games for your chance to win

$125, $200 or $300

in **Free Bet Vouchers each week!**

LAKESIDE
HOTEL·CASINO
OSCEOLA, IOWA

777 Casino Drive, Osceola, Iowa I 877-477-5253

Must be 21 years of age or older with a valid ID and A-Play® Club Rewards Card. The offer is non-transferable and based on rated casino play. See the Lakeside Guest Services Center for complete details. Management reserves all rights to modify or cancel this promotion at any time. Terms and conditions apply. Gambling problem? Call 1-800-BETS-OFF or visit BETSOFF.ORG.

FROM THE PUBLISHER

Where's the TV guide?

My parents subscribed to the Sunday Register for all of my childhood years. They enjoyed the news. The sports. The inserts. The classifieds. But what Mom valued the most was the TV guide. That handy little insert was pulled out of the paper and placed on the end table by the couch where she relaxed. We all knew, if you took the TV guide, you better put it back where you found it — or there would be hell to pay.

This wasn't that fancy, digest-sized glossy magazine you could buy in the grocery stores that was officially called "TV Guide." That was too expensive. Ours was the tabloid-sized version printed on newsprint with the grids showing our local channels and shows.

Years later, when I worked for The Des Moines Register, I knew the power of the TV guide, and I confidently sold advertising in it to my customers. The daily paper may have been read and thrown away each morning, but the TV guide was held onto all week and referenced many times, giving the ads in it multiple impressions. It made sense to me, and it drove results for my advertising customers.

Even in my apartment of college buddies in the early 1990s, we used the TV guide regularly. With all the channels available by then, it was becoming less of a necessity, especially with the cable company having a channel with all the listings. Even so, maybe out of habit, we hung onto it.

As the years passed, this habit changed, and, eventually, The Des Moines Register and many other Sunday papers quit publishing a TV guide. Aside from the flurry of cutbacks directed by the corporations that owned these newspapers, the elimination of the TV guide also came from the increased use of remote controls and "channel surfing" that become commonplace. The hundreds of channels that were available also created a challenge to create a grid that wasn't overly complicated. The irony in all this was that, even with those hundreds of channels, we still couldn't find something we wanted to watch.

That hasn't changed. TV viewership today involves a barrage of streaming services like Netflix, Hulu and others, yet, if you are like me, you still struggle finding something you really want to watch.

I shared these thoughts in one of my Daily Umbrella columns (www.thedailyumbrella.com), and I was surprised at the number of comments from readers who also miss that TV guide. About a decade or so ago, we published a TV column in each issue of CITYVIEW that summarized new shows and new seasons. It was a well-written piece by Dean Robbins, who was the editor of Isthmus. When he quit writing the column, we quit our coverage of TV. With a common conversation topic now being what we are all watching on Netflix, I wonder if we should bring a new TV column to the pages of this magazine. What do you think? What would you like to see? Or is this a dumb idea? I welcome your input. Shoot me a note and let me know your thoughts.

Have a great April, and, as always, thanks for reading. ■

Shane Goodman
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305

CITYVIEW

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

EDITOR / PUBLISHER
Shane Goodman

VICE PRESIDENT
Jolene Goodman

STAFF WRITER
Sofia Legaspi Dickens

EDITORIAL CONTRIBUTORS
Chantel Boyd
Douglas Burns
John Busbee
Kent Carlson
Kristian Day
Brian Duffy
Jim Duncan
Randy Evans
Becky Kolosik
David Rowley
Colson Thayer
Joe Weeg
Michael Wellman
Jackie Wilson

ACCOUNT EXECUTIVES
Megan Pugh
Nick Noah
Mary Fowler

DESIGN MANAGER
Celeste Tilton

ADVERTISING DESIGNER
Jayde Vogeler

DIGITAL
Beckham Miller

BUSINESS OFFICE
Brent Antisdel

DISTRIBUTION
Mike Chiston

biggreen umbrella media

ADDRESS: 8101 Birchwood Court, Suite D, Johnston, Iowa 50131
PHONE: 515-953-4822 **FAX:** 515-953-1394
WEB: www.dmcityview.com
EMAIL: editor@dmcityview.com

CITYVIEW is delivered throughout central Iowa to more than 750 locations every month. To request delivery of CITYVIEW to your business, or to inquire about our distribution services, call 515-953-4822, ext. 304. Annual mailed subscriptions are available by mail at a rate of 12 issues for $29.

CITYVIEW is a monthly magazine published by Big Green Umbrella Media Inc., an Iowa corporation. Contents 2023 Big Green Umbrella Media, Inc. All rights reserved. Nothing may be reprinted in whole or in part without permission of the publisher. First copy of CITYVIEW is free at the newsstand. Subsequent copies are $5 each. Copies of past issues, as available, may be purchased for $5 each (plus shipping if required) from the CITYVIEW offices. One copy per reader, please. It is unlawful to remove copies in bulk; violators will be prosecuted to the fullest extent of the law. Editorial Policies: Contact the publisher for permission to reprint articles, cartoons or any other portions of the paper. CITYVIEW is not responsible for unsolicited manuscripts. All letters received become the property of the publisher. We reserve the right to print letters in condensed form and to edit them for libel.

AWN · CIRCULATION AUDIT BY CIRCULATION VERIFICATION COUNCIL · acp Association of Community Publishers · MFCP

TO SUBSCRIBE:

SCAN HERE

$29 per year for 12 issues mailed

Scan the QR code, mail in this form, call (515) 953-4822 x316, or online at www.dmcityview.com.

☑ **YES!**

Send me an annual subscription (12 issues) for $29. My payment is as follows:

❒ **Check enclosed** or ❒ **Credit card**

Full name _____

Address _____ City/State/Zip _____

Card # _____ Exp. _____ 3 digit code _____

Phone # _____ Email _____

Signature _____

CITYVIEW
8101 Birchwood Court
Suite D
Johnston, Iowa 50131

Kim Baer

Baer Law Office

ATTORNEYS AT LAW

838 5th Avenue // Des Moines
www.baerlawoffice.com

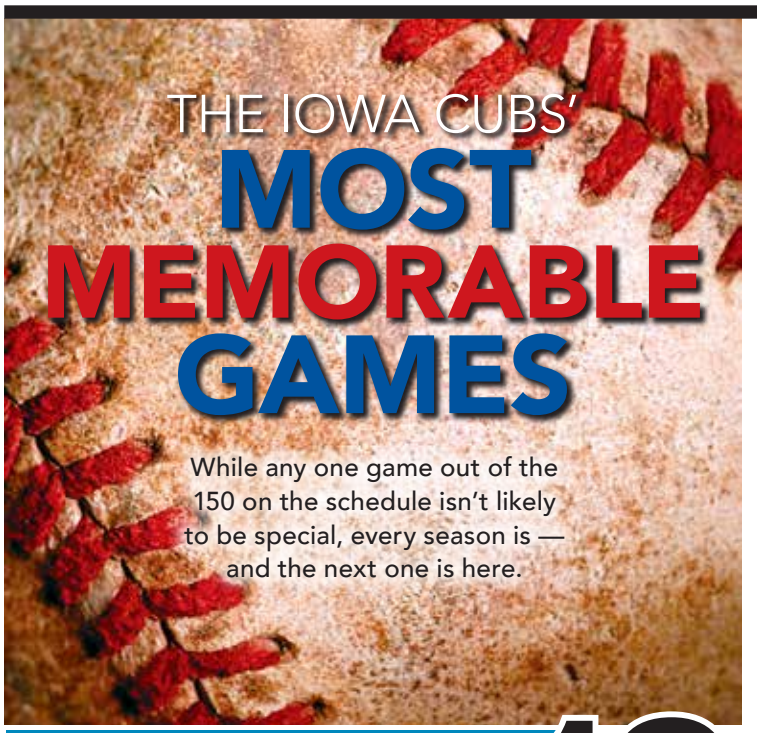
Hotline: 515-INJURED
Phone: 515-279-2000
Fax: (515) 279-2137
kbaer@baerlawoffice.com

The Baer Law office attorneys are an experienced smart team of lawyers. They know their clients need an attorney who will treat them with compassion and respect but also take their claim seriously. Whether it's a case involving a car accident, a wrongful death, setting up an LLC, negotiating a business lease or handling a divorce, attorneys Kim Baer, Jane Brennan and Jessica Shannon have the experience and grit to handle the case. Their support team is top-notch.

The Baer Law Office attorneys have worked on complex business matters, serious injury cases, death cases and complex divorces. They are respected in the legal community and often are hired by other attorneys. They understand customer service.

Don't settle for just any lawyer - hire the firm **VOTED THE BEST** by their clients.

CONTENTS



FEATURE 16

THE IOWA CUBS' MOST MEMORABLE GAMES

While any one game out of the 150 on the schedule isn't likely to be special, every season is — and the next one is here.

FEATURES

16 THE IOWA CUBS' MOST MEMORABLE GAMES
While any one game out of the 150 on the schedule isn't likely to be special, every season is — and the next one is here.

26 SHARED WORKSPACES
Less cost, more collaboration

50 SECOND CHANCES
Local organizations work to end the cycle of poverty and incarceration.

NEWS & COMMENTARY

9 STRAY THOUGHTS
Is it right to treat big whales differently from small fish?

10 CIVIC SKINNY
Who's running for mayor? Mari Culver's new job. Prairie Meadows update. Potholes — and more sabbaticals.

11 GUEST COLUMN
Your American dream becomes your worst nightmare.

13 POLITICAL MERCURY
Workplace law changes would exploit children, labor leaders say.

EAT & DRINK

44 LUNCH WITH
Connie Wimer at Bubba

45 FOOD DUDE
DZÔ Korean BBQ

46 BELLY UP TO:
Magee's Irish Pub & Eatery

SPECIAL SECTIONS

38 WEDDING GUIDE

47 MARGARITA WARS - VOTE TODAY!

60 SENIOR ANSWER BOOK

81 GET THE JOB
Job searching?

ARTS & ENTERTAINMENT

67 FILM REVIEWS
"John Wick: Chapter 4" is another example of great action-film making.

68 ART NEWS
In the year 2184, if man is still alive

69 IOWA ARTIST
Chris Vance

73 CENTER STAGE
Plenty of stage action in April

74 BOOK REVIEWS
"The Destroyer of Worlds" and "Madame Restell: The Life, Death, and Resurrection of Old New York's Most Fabulous, Fearless, and Infamous Abortionist"

76 CARS IN THE CITY
Concrete Cruizers

MUSIC

66 SOUND CIRCUIT
Blackberry Smoke

66 SOUND ADVICE
Chase Matthew, Fool House, Eli Alger, and more

PERSONALITIES

72 JOE'S NEIGHBORHOOD
Learning to ski for those older than 65 and for those younger than 5

75 DES MOINES FORGOTTEN
Bamie's Pizza

77 YOUR NEIGHBOR
Des Moines' top dog

78 PEOPLE & PETS
Amanda Nuzum and Shelly, the tortoise

79 COLLECTIONS & HOBBIES
On the rise

80 WALKS OF LIFE
In their footsteps

ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. I was reading your story on Des Moines bridges and saw that one of the bridges was raised several feet. How do you raise a bridge?

A. The bridge in reference has been called The Red Bridge, Des Moines Union Railway Bridge, and now the Principal Riverwalk Red Multi-Use Trail Bridge. In short, it takes cranes, jacks — and a lot of time. Here's the full explanation we received from Steven Naber, Des Moines City Engineer:

"The Principal Riverwalk Red Multi-Use Trail Bridge (originally constructed as a railroad bridge in 1891) was raised 4.5 feet to reduce the upstream flood profile of the Des Moines River.

"The bridge was raised utilizing cranes and hydraulic jacks at each pier location. The jacks were attached to the existing bridge piers, and elevated the bridge in small increments (inches) over a period of a couple months (about three weeks of jacking up the bridge, and the balance to raise the concrete piers). In this photo, taken during construction in December 2016, you can see the jacking support plates on the piers where the jacks would be placed to elevate the bridge.

"This could be compared to jacking up your car with four jacks at all four wheels very slowly (except for this bridge project: there were roughly 30 jacks, each with 55 tons of lifting capacity, used to raise the bridge weighing roughly 1.2 million pounds). Once the bridge was elevated with the jacks and cranes, the piers were raised with reinforced concrete up to the bridge support height.

"The construction contractor, Cramer & Associates, started elevating the bridge on Dec. 19, 2016, and by March 1, 2017 the bridge was resting on new supports 4.5 feet higher."

Q. Last month you answered questions about roadkill and mentioned that some animal carcasses are sent to Metro Waste Authority. What happens there?

A. Here's the response we received from a MWA spokesperson: "State regulations specify that disposal of deceased animals must occur as soon as reasonably possible, generally considered to be within 24 hours of death. When a deceased animal is brought to one of Metro Waste Authority's landfills, the carcass is immediately buried."

Now, if you really want to go down a rabbit hole, look into animal rendering services. It's defined by the USDA as "an off-site process that uses heat to convert animal carcasses into safe, pathogen-free feed protein and other valuable end products while reducing the negative effects of the carcasses on people and the environment." ■

YOUR VIEW

Letters are edited for space, spelling and clarity.

Join the conversation!
Do you have a comment or photo you'd like to share with the readers of CITYVIEW through this page? Use the hashtag #dmcityview on Facebook, Instagram or Twitter — or email editor@dmcityview.com.

LETTERS TO THE EDITOR

Evans misled by NYT article about the 303 Creative case

Note: *The following letter has been shortened and responds to Randy Evans' "Stray Thoughts" column published in December 2022. To read the full column or letter to the editor, scan the QR codes:*

SCAN FOR EVANS COLUMN

SCAN FOR LETTER TO THE EDITOR

Randy Evans, who is usually a defender of the First Amendment, has been misled by a New York Times article, written by David Cole, the national legal director of the American Civil Liberties Union, about the 303 Creative case, now under consideration by the Supreme Court. Evans correctly notes that Lorie Smith, "a devout Christian, builds websites for customers. She wants to expand her business [303 Creative] 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."

Lorrie Smith is challenging Colorado's anti-discrimination laws which outlaw her refusal to provide such a service.

Evan's article, "We Could Fall on This Slippery Slope," comes to the erroneous conclusion that the case could open the door to discrimination against gays, Blacks, etc. by any business with "expressive" goods or services, including, for Pete's sake, hairdressers and movie theaters. But the case is not about raw denial of all services to gays or any other group, but about being forced to express a pro-gay marriage message that violates the business owner's religious beliefs. How would a hairstyle communicate such a message? Nor is denial of admission to a theater an appropriate comparison. For the government to demand that a theater show "Brokeback Mountain" or another pro-gay movie that violates the theater owner's beliefs would be a far more appropriate comparison to the 303 Creative case. It is self-evident that such compelled speech would violate the First Amendment.

The key question here is, "Can the government, consistent with the First Amendment, put a legal gun to the head of an individual engaged in expressive conduct, such as a speech writer or web designer, and compel them to express support for ideas with which they disagree?"

I would strongly recommend that Mr. Evans read the rebuttal to Cole's article written by David Harsanyi, a senior editor at The Federalist in Real Clear Politics. The article is entitled, "The Future of the First Amendment Hinges on the 303 Creative SCOTUS Case." Harsanyi notes that Justice Sotomayor's proposition, that a victory for 303 Creative "would allow a business to refuse to serve a customer based on race, sex, religion or sexual orientation" is "the lie at the heart of the debate."

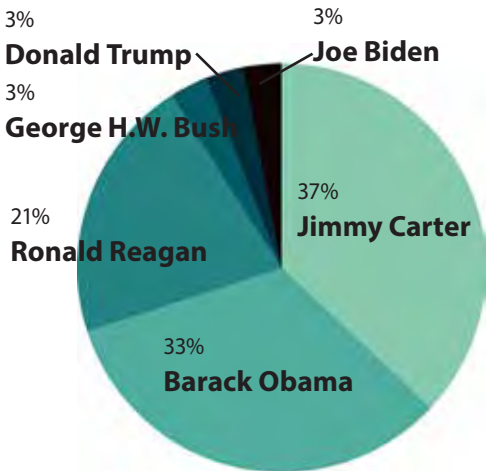
Harsanyi finds that Lorie Smith never "turned away any customer because of an immutable characteristic or sexual preference or religious belief. Rather, [she] refused to create a message that conflicted with sincere convictions. If a straight cousin of a groom asked for a same-sex wedding site, Smith would have turned that person away, as well. If a gay customer wanted a website for his business, Smith would have created it. If a straight couple asked for a bawdy website or a website that declared Xenu the one true Lord of the universe, they too would have been rejected, because that idea also runs afoul of her evangelical Christian beliefs." ... ***(scan QR code for full letter)***

–Donald W. Bohlken, Indianola

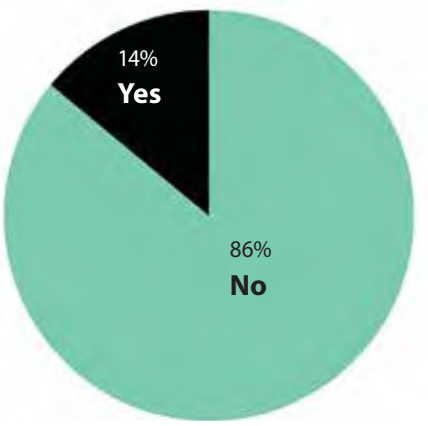
POLL POSITION

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

Which of the following U.S. presidents SHOULD be on Mount Rushmore?



Do you believe the COVID-19 pandemic began with a lab accident in Wuhan, China?



FACEBOOK COMMENTS

cityview magazine (comments unedited)

Cityview Magazine: How do you feel about the rise of AI chatbots?

Stan Walsh: I'm done with humans anyway
David Clippert: Well I'm old and can't comprehend what AI chatbots are

Cityview Magazine: Olive oil and coffee. Thoughts?

Robin Tompkins Spurgeon: I can't think that it's a whole lot different than butter, coconut oil or MCT in coffee. Bulletproof coffee.
Lisa M. Hanrahan: Starbucks is doing it! Try it.
Nick Meurer: Sounds like the recipe for instant laxative. No thanks
Dan Gregory: Together? At the same time?

Cityview Magazine: Would you pay to be verified on Facebook and other social media?

Scott Willsey: No to the nope
Teresa Baustian: Haven't we learned that the social media "verification" just means you paid for something? That everyone else gets for free?
Cactus Bob's BBQ Corral: Hell no
Verline Altomari: No
Julie Luepke: No, I would not
Lori Anderson: NO

Cityview Magazine: What are you willing to fight for?

Jacob Burkhart: Freedom
Peter Spaulding: My right to parrrrrrrty
Designed By The Streets: Family, Freedom and Chick-Fil-A

RETWEETS

(comments unedited)

@mitdasein: Formaldehyde implies the existence of casualdehyde.
@PhilipJFried: My brain: "safe place" or "safe spot"
My mouth: safe splot
@good_vibes_girl: i'm gonna start paying to get trapped in an escape room just for an hour of alone time
@EclecticHams: I'm so uncomfortable with confrontation, a waiter could bring me a bowl of cold black olives instead of my meal and I would quietly eat them and tip 30%.
@AnAppleHat: My 2yo was swinging a wooden spoon around and it hit me in the head so I told him "please be gentle with that." He paused for a minute then started petting the spoon like it was a cat.
@MartinPilgrim1: My neighbours are so judgemental about me working from home. Mostly because I use their home.
@MisterD78UK: Me in my 20's: Bad to the bone
Me in my 40's: Glued to my phone
@gbergan: When I first heard about it, I thought pickleball was some weird food at the state fair. ■

STRAY THOUGHTS

BY RANDY EVANS

Is it right to treat big whales differently from small fish?

On a late summer afternoon in Bloomfield 40 years ago, the people of Iowa learned about an unofficial government principle we have seen repeated in recent weeks.

Although this has played out in various ways through the years, it ultimately comes down to the same concept: If your problem is large enough, government will step in and lend you a helping hand. But if government decides yours is not a big problem, you probably will have to fend for yourself.

And we wonder why many Americans are disenchanted with government and its sense of fairness these days.

The stark contrast between the responses to "too big to fail" and "too small to save" was evident in the way the federal government stepped in to protect depositors when Silicon Valley Bank and Signature Bank failed this month.

Every bank has a placard on its doors, at its teller stations and on its website assuring customers their deposits are protected up to $250,000 by the Federal Deposit Insurance Corporation. But at Silicon Valley Bank and Signature Bank, most depositors ignored those cautionary notices.

Ninety-four percent of customers at Silicon Valley Bank had more than $250,000 on deposit. Ninety percent of Signature Bank's customers exceeded the FDIC coverage limit. Those percentages are about twice as large as the levels at most banks, experts said.

The amount of uninsured deposits is astronomical when you understand how big these banks were. Silicon Valley Bank had $175 billion, with a "b," in customer deposits. Signature Bank had deposits of $89 billion. By way of context, Bankers Trust, Iowa's largest privately owned bank, reported consumer deposits were $1.9 billion in 2022.

Many customers of Silicon Valley and Signature were venture capitalists and technology startup companies. These entrepreneurs presumably are very intelligent. They should have understood the risk of leaving tens of millions of dollars in the two banks, knowing only a sliver would be covered by FDIC insurance if the banks failed.

The banks did fail — but the depositors did not lose a nickel. That is because federal regulators and the Biden administration decided there was risk of a worse financial crisis if these depositors were not made whole.

I am not here to dispute their conclusion. I am not here to dissect the wisdom of the Trump administration's decision to roll back some banking regulations put in place after the 2008 financial crisis. Nor am I here to harp on the Biden administration's failure to restore some of those regulations in the past two years.

But I do wonder about the signal government sends when the big whales get taken care of in a crisis, while the small fish are left to cope on their own.

In the late summer of 1983, lots of people in Iowa were asking "didn't they understand the risk" when the Exchange Bank in Bloomfield was shut down by state banking regulators.

There was no FDIC insurance to protect depositors, not even up to the $100,000 limit at the time. The owners of the 112-year-old bank had chosen to operate without any government oversight or regulation.

Until that late September afternoon in 1983, Exchange Bank customers were not particularly worried about the lack of government insurance coverage — much the same way Silicon Valley and Signature customers were not worried about leaving huge deposits uninsured. Exchange Bank customers believed a bank that survived the Great Depression could weather the effects of drought and a three-year downturn in the farm economy.

About 4,500 customers had $17 million on deposit when the state banking superintendent was notified by owners the Exchange Bank was in trouble. After a weeklong review of the institution's records, the state locked the bank's door, taped a "Closed" notice on the glass, and touched off tremendous anxiety about the future of the community, its farms and businesses, and its residents.

Unlike the pressure this month about stemming what is politely called the "contagion" affecting some banks in 2023, back in 1983 no one from the state or federal governments talked about the need for the government to make the depositors in Bloomfield whole — even if they were not venture capital wizards or tech entrepreneurs.

No one from government, not the regulators nor elected officials, discussed ways to avoid further harm to the economy of Davis County. And those 4,500 depositors ended up getting just dimes on their dollars when the bank's assets were finally sold.

One retired farmer told a New York Times reporter days after the bank's failure he had about $47,000 in there, proceeds from the sale of his farm equipment. "I should have spread it around," he said of the money he lost.

Of course, the same could be said of those venture capitalists and tech company executives.

Raghuram Rajan, a finance professor at the University of Chicago, told the Associated Press, "Why is it sensible capitalism for somebody to take a risk and then be protected from that risk when that risk actually happens? It's probably good for the short term in the sense that you don't have a widespread panic. But it is problematic for the system long term."

And a related question: Why is it sensible for our government to take care of the whales but not the small fish? ■

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

CIVIC SKINNY

BY CITYVIEW STAFF

Who's running for mayor? Mari Culver's new job. Prairie Meadows update. Potholes — and more sabbaticals.

The race for Des Moines' highest office is stacking up. **Connie Boesen**, an at-large councilmember for the city, announced her run for mayor last month. Boesen has served on the Des Moines City Council since 2018. She previously served on the Des Moines School Board and owns two concession vendors at the Iowa State fair: Applishus and The Salad Bowl.

Boesen joins the race alongside fellow councilmember, **Josh Mandelbaum**, who is serving his second term representing the southwest quadrant of the city. Mandelbaum is a senior attorney with the Environmental Law & Policy Center. He announced his run for mayor in late January.

As their current terms don't expire until Jan. 1, 2026, both Boesen and Mandelbaum could remain on the council even if defeated in the mayoral election.

Also in the running is **Denver Foote**, a cosmetologist and community organizer/activist. They are involved with organizations including People's Town Hall of Des Moines, Iowa Citizens for Community Improvement and the Iowa Abortion Access Fund. Foote, alongside news photographer **Mark "Ted" Nieters**, is currently suing the Des Moines Police Department for injuries and losses incurred during city-wide protests following the 2020 death of George Floyd.

At press time, current Mayor **Frank Cownie** had yet to announce intentions to seek a sixth term. The city's longest-serving mayor has held the job since 2003. At Cownie's recommendation, the city council voted Boesen as Des Moines Mayor Pro Tem for the 2023 calendar year. Mandelbaum held that position in 2022.

The Des Moines mayoral election will take place on Nov. 7. Candidates may begin filing nomination papers with the Des Moines city clerk on Aug. 28. The deadline is Sept. 21 at 5 p.m. …

Former First Lady of Iowa, **Mari Culver**, was appointed assistant county attorney for Polk County, under new Polk County Attorney **Kimberly Graham**, who is a Democrat. The Polk County Board of Supervisors voted on Culver's salary of $98,880 at its Feb. 28 meeting.

Mari Culver was one of 19 employees asked to resign from the Iowa Attorney General's Office as **Brenna Bird**, a Republican, took over from Democrat **Tom Miller** in January. Her husband, **Chet Culver**, also a Democrat, served as Iowa governor from 2007 to 2011.

Culver's new county role came with a significant pay decrease from her previous appointment in the state's consumer protection division. She was appointed as a state lawyer in 2016 and was reported to have a salary of $122,000 in 2017. Prior to that, Culver had a lengthy career as a trial lawyer with the Duncan Green law firm in Des Moines.

Culver made headlines in 2019 when she was arrested on the midway during the Iowa State Fair for public intoxication. She pleaded guilty to a simple misdemeanor charge. In 2008, Culver was seen smoking in a state-owned vehicle while a state trooper was driving. Culver admitted to violating the state's smoking ban — which her husband had signed into law earlier that year. …

If you think you've been feeling more bumps in the road this spring, you're not the only one. It's pothole season in the Midwest, and the City of Des Moines has confirmed: It's more than twice as bad as last year. The city's public works department disclosed that they received 1,209 reports of potholes as of March 7, compared to just 578 during last year's milder winter.

On the state level, the Iowa Transportation Commission has addressed the pothole problem by approving an additional $15 million for maintenance on interstates and U.S. and state highways.

In the meantime, road patching is a temporary fix until the weather warms up. Cold-mix asphalt doesn't require heating during the patching process but "never truly sets," explained a city spokesperson. Its more permanent cousin, hot mix asphalt, won't hit the streets until construction season.

Potholes on Des Moines city streets may be reported at dsm.city/report or by calling the 24/7 Public Works Customer Service Center at 515-283-4950. …

Prairie Meadows saw a record year in 2022, and the trend has continued into this year. In February, gross revenues were almost $19.7 million. So far this year, revenues are nearly $38.2 million compared to this time last year, when they were nearly $33.6 million. Most is coming from slot machines.

At the board's March 22 meeting, casino lobbyist **Troy Skinner** reported that many large gaming businesses are pushing for the legalization of online gambling. Casino attorney **Tom Flynn** said it would bypass safeguards the state uses to prevent gambling abuses. It would also hurt brick-and-mortar casinos.

Despite success elsewhere, the buffet at Prairie Meadows has yet to reopen. CEO **Gary Palmer** told CITYVIEW it rarely made money and required 150 employees to operate — an infeasible number given the current labor shortage. Prairie Meadows is down from almost several thousand employees to about 900, with more than 100 open positions. Starting wages are now $16.50 an hour with an impressive benefits package — although perhaps none as impressive as Palmer's most recent bonus. The board approved $939,744 in February, or 150% of Palmer's base salary. Last summer, Palmer delayed his retirement plans for the end of 2023.

"They asked me to stay until the end of 2026," he told CITYVIEW. "I'm not sure I'll last that long — meaning I may retire before then."

Palmer, who is 75, said he couldn't consider retirement until a replacement is waiting in the wings. The search is currently at a standstill but is hoped to be restarted in a few months. Meantime, Palmer estimated staying with the casino for a minimum of two more years.

The board's next meeting is June 28. …

And finally, another sampling of professional development assignments granted by the Iowa Board of Regents to state university professors. A total of 109 faculty members will take paid sabbaticals either in the fall 2023 or spring 2024 semesters to work on these special projects, with $470,654 budgeted in faculty replacement costs.

Mark Berg, a sociology and criminology professor at the University of Iowa, will study how firearms have contributed to the lethality of violent incidents over the last three decades. He'll also develop a data infrastructure tool for researchers to assess lethality patterns.

An English professor at UI, **Stephen Voyce**, will complete two chapters of his book titled "Dark Worlds: Culture, War, & The National Security State." The project will address, among other questions: "How do artists, writers and filmmakers engage in the clandestine activities of National Security?"

Olivia Valentine, art and visual culture professor at Iowa State University, will "document and respond to recent ruptures in the urban fabric of Izmir, Turkey, due to a 2020 earthquake, through the creation of new works in the areas of textiles, sculpture and drawings."

From ISU's Department of Apparel, Events, and Hospitality Management, **Eunha Jeong** will explore "how restaurants can communicate food waste reduction practices directly to consumers" via transformative green marketing.

At the University of Northern Iowa, biology professor **Tilahun Abebe** will investigate the response of cereal crops to environmental stress, using barley as a model. He will also evaluate a crop new to Iowa called "tef." It is widely cultivated in Ethiopia, where Abebe received his bachelor's degree.

Gunwoo Yoon, a professor of marketing and entrepreneurship at UNI, will research whether AI-generated images of the future self are an effective way to promote "constructive changes" in conservation behavior — specifically, climate change. ■

GUEST COLUMN

BY KENT CARLSON

Your American dream becomes your worst nightmare

The term “American Dream” was coined by Pulitzer Prize-winning author James Truslow Adams in 1931. His dream was simple: “Life should be better and richer and fuller for everyone, with opportunity for each according to ability or achievement.” For many Americans, a piece of that dream includes home ownership. So, in 1934, at the height of the Great Depression, Congress created The Federal Housing Administration (FHA) to insure mortgages and allow more people to achieve that portion of their American Dream.

Of course, with home ownership comes responsibilities. Beyond the mortgage, there is the cost of utilities, upkeep and property taxes. And then there is inflation. According to the Bureau of Labor Statistics consumer price index, the cumulative price increase since 1934 is 2,132.61%... or a little more than 22 times higher. The good news is owning your home can be one of the best methods to hedge against inflation.

But perhaps the largest beneficiary of your inflation hedge is the cabal known as local government. It is in a unique position to not only cash in on the escalating value of your property but create the assessed value that determines their take. And the key word is “take.” After all, you are the inadvertent benefactor... NOT the fortunate beneficiary of their valuations. The net financial result of their efforts is a fine in the form of property tax they levy at their discretion.

The most insidious aspect is the fact the cabal extracts money from property taxpayers on unrealized gains. You aren’t worth a nickel more after the assessor’s valuation than you were before, but you will be forced to fill their coffers with real cash from the imaginary numbers they created. They attempt to make you feel better by telling you how much your property has appreciated, but unless you sell that piece of your American Dream, it’s a moot point. And there isn’t a lending institution on the planet that is impressed by the assessor’s valuation. You simply have to make more money to avoid your local government eventually owning your American Dream.

How did we allow this absurdity to take hold? The IRS may be the most deservedly unloved federal bureaucracy that exists. Yet even the IRS — or the politicians who create tax policy — haven't successfully figured out a method to squeeze taxes out of the unrealized gains in our stock market and retirement accounts. Granted, Joe Biden tried, but it seemed the Constitution got in his way. However, for some inexplicable reason, local governments are allowed to fleece taxpayers without anyone questioning their legal authority or, perhaps more troubling, their moral authority to do so.

Any discussion regarding property taxes usually ends up with policy wonks quibbling over millage rates and assessments. The broader conversation is lost in the shell games played amongst the bureaucrats. But that broader conversation should be blatantly obvious to anyone who actually takes the time to think about the subject.

The chief deputy for the Polk County Assessor's Office, Bryon Tack, said the average property assessments could increase 22%, “the highest percentage increase to residential properties in the history of Polk County.”

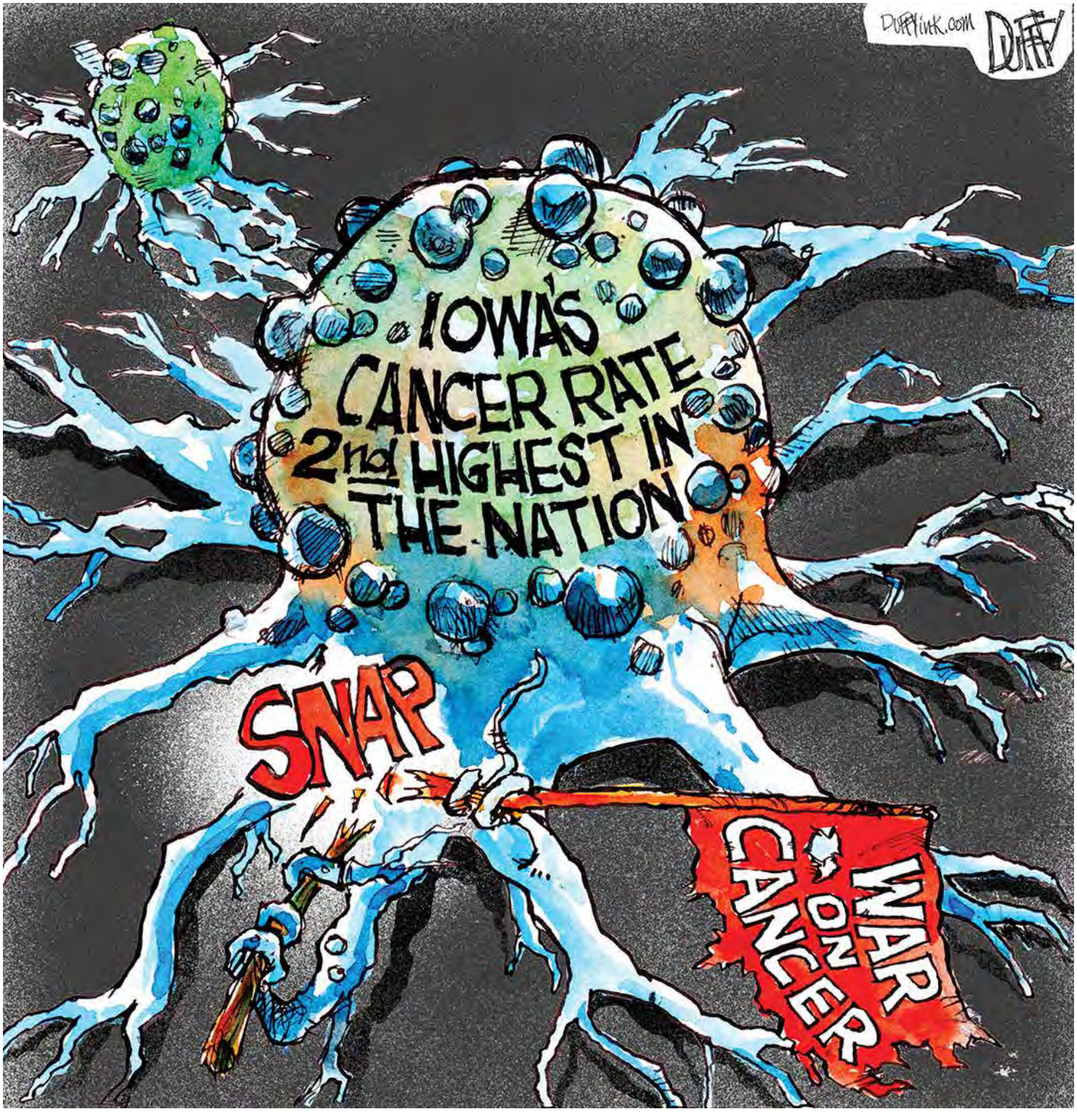
He was also quoted in The Des Moines Register, saying: “Typically it’s a good thing because that residential home is often times someone’s largest investment. And we’ve had a lot of appreciation over the last two years.”

Tell that to the retired homeowners who are forced to sell their homes, get a reverse mortgage or go back into the workforce to pay for an exorbitant tax increase. That's when local government turns the “American Dream” into a homeowner's worst nightmare. ■

Kent Carlson is a native Iowa artist interested in preserving Iowa’s architectural heritage and the common sense of its leaders.

DUFFY'S VIEW

BY BRIAN DUFFY



POLITICAL MERCURY

BY DOUGLAS BURNS

Workplace law changes would exploit children, labor leaders say

Republican advocates say they will boost the economy and create a new generation of skilled workers.

Labor leaders, parents and Council Bluffs community members say proposed radical changes to Iowa's child-labor laws would redefine what it means to be a kid in the state, placing young people in jeopardy while driving down wages for adults amid the tumult of a worker shortage.

From Keokuk to Council Bluffs, and other places across the Hawkeye State, labor leaders organized rallies, a "day of action," to catalyze opposition to Republican-led legislative plans, that, depending on their final incarnations, could allow children as young as 14 to work in meatpacking and mining — and work until 9 p.m. on school nights. Sixteen- and 17-year-olds may also be allowed to serve alcohol to customers.

"The folks that are for this bill want you to think it's about giving more opportunities to 14 year olds, that it's about them bagging groceries or working at the Dairy Queen," said Jen Pellant, president of the Western Iowa Labor Federation. "That is not what this bill is about. The bill is about billion-dollar corporations pressuring our Legislature to allow them to exploit our children."

The Western Iowa Labor Federation organized the Council Bluffs rally.

"Over 100 years ago, we decided that kids belonged in classrooms and not factories," Pellant said.

Meanwhile, key Republican advocates like State Sen. Jason Schultz of Schleswig, an architect of the more permissive child-labor laws, say they will boost the economy and create a new generation of skilled workers in the state as Iowans absorb early training.

About 30 people — with signs reading, for example, "Our kids are not for sale" and "Childhood means learning, not earning!" — protested the plans for child-labor changes in front of Wilson Middle School in Council Bluffs late one recent Saturday morning.

Former State Senate Majority Leader Mike Gronstal, a Council Bluffs Democrat, said the legislation rolls back protections for kids, pure and simple.

"As originally drafted, it would also have said that if a kid is injured or killed on the job, the employer has no liability. They are exempt from liability — so they could kill your kid, and you'd have to come up with the money to bury them," Gronstal said.

At this point in the legislative process, Republicans have removed that employer-liability provision.

Gronstal said the legislation is designed to skirt federal workplace rules. He sees the bills, with GOP backers in the House and Senate, as aimed at depressing wages for adults who should be earning more amid a labor shortage. But there are not enough people 18 and older to fill thousands of job openings, he said.

"In scores of different ways, Republicans have run people out of the State of Iowa," Gronstal said.

Jen Pellant, president of The Western Iowa Labor Federation, addresses a rally in Council Bluffs.

Mary Anne Kuhr, president of the Loess Hills chapter of the Association of University Women, made the case that relaxing child-labor laws will hurt girls and make it more challenging to achieve pay equity for women.

"This bill will allow young girls to work longer hours in work conditions that may not be conducive to good health, growing bodies, brain development and social and emotional development," Kuhr said. "Allowing this bill to pass could move us back in history."

Dr. Vergarie Sanford, pastor at Mount Zion Refuge Center in Council Bluffs, said history will judge Iowa harshly if the legislation passes.

"Why would we want to return to a time when the labor laws do not protect our children?" she said.

State Rep. Josh Turek, D-Council Bluffs, said the Legislature, led by Republicans, is now engaged in the destruction of the standards and customs that have made Iowa a strong state.

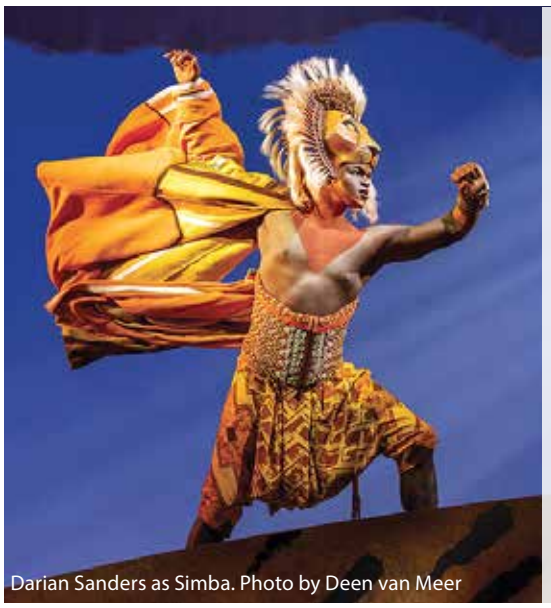
"We need our children to be in school and not in hazardous work conditions," Turek said. "I can tell you we are going to fight this bill." ■

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.



Darian Sanders as Simba. Photo by Deen van Meer

DISNEY'S 'THE LION KING'

Through April 16
Des Moines Civic Center, 221 Walnut St., Des Moines

More than 100 million people have experienced the wonder of Disney's "The Lion King," winner of six Tony Awards, including Best Musical. Stunning visuals combined with iconic music make this a show that shouldn't be missed. Tickets at dmpa.org.

WILD LIGHTS FESTIVAL

Wednesday to Sunday evenings
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

The Wild Lights Festival returns to Blank Park Zoo with 50 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. Presented in partnership with Tianyu Arts & Culture, this year's festival will include a 75-foot-long sunflower tunnel, giant 33-foot-wide octopus, and more animals and mythical creatures. The festival runs 7:30-10 p.m. on Wednesday to Sunday evenings, plus Memorial Day, through May 29. Tickets are $19-$25 and may be purchased at www.blankparkzoo.com/wildlights.

POETRY PALOOZA

April 6-8
Mainframe Studios, 900 Keosauqua Way, Des Moines

Poetry& presents a three-day festival celebrating Midwestern Poets Laureate and demonstrating the positive power of poetry. Thursday will open with the Iowa Poetry Association Poetry Slam Finals at Franklin Jr. High Event Center Auditorium from 7-9:30 p.m. Public happenings on Friday evening include interactive poetry events, guest performances, and a jazz poetry cafe and poetry readings as part of Mainframe Studio's First Friday event. Saturday will feature workshops led by guest poets, a networking coffee, and conclude with a panel lunch titled "Deepening the Poetry Community." Learn more and find a full schedule at www.poetryamp.org/poetry-palooza.

Photo by Dynamic Motion

DES MOINES BUCCANEERS

April 7, 8, 22
Buccaneer Arena, 7201 Hickman Road, Urbandale

This season's final home games for the Bucs. Learn more at bucshockey.com.

- April 7 at 7 p.m. vs. Fargo Force
- April 8 at 6 p.m. vs. Sioux City Musketeers
- April 22 at 6 p.m. vs. Cedar Rapids Roughriders

JAZZ CONCERT

Sunday, April 16, 11 a.m. to 6 p.m.
Turner Jazz Center, 2505 Carpenter Ave., Des Moines

Celebrate Jazz Appreciation Month with the Community Jazz Center of Greater Des Moines (CJC). They'll host six hours of local jazz, featuring everyone from up-and-coming students to seasoned pros. The lineup includes Drake Jazz II, Nola Jazz Combo, CJC Big Band, Nate Sparks & Anthony Orji Duo and Nick Leo Trio. The Turner Jazz Center is located on the north end of the Harmon Fine Arts Center. A donation of $10 is suggested for this event. For more information and a detailed schedule, visit www.cjc-dsm.org.

Photo by Tim Garland for Iowa Wild

IOWA WILD

April 7, 12
Wells Fargo Arena, 233 Center St., Des Moines

Only two home games remain this season. The Wild play the Chicago Wolves on Friday, April 7 at 7 p.m. during Fan Appreciation Night, with a trading card and team photo giveaway for the first 1,500 fans. The Milwaukee Admirals game at 7 p.m. on Wednesday, April 12 is Winning Wednesday, with a free ice cream voucher for the first 1,500 and, if the Wild win, a free ticket to a future game for all fans. Details at iowawild.com.

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

ROCK, PAPER, SCISSORS SHOWDOWN

Saturday, April 15

The Hall DSM, 111 S. 11th St., Suite 200, West Des Moines

Test your skills at the world's (presumably) largest rock, paper, scissors tournament. All ages are welcome, with a $500 cash prize for adults and $200 for the 14 and younger division. The entry fee is $10, with all proceeds donated to the Justice League of Food and the Rotary Club of Greater Des Moines. Register at the door starting at 11 a.m., or online by searching "Rock, Paper, Scissors Showdown" on EventBrite. The showdown begins at 12:30 p.m. and will run until 1:30 p.m.

Photo courtesy of Animal Rescue League of Iowa

RAISE YOUR PAW AUCTION

Saturday, April 22 at 5 p.m.

The Meadows Event Center, 1 Prairie Meadows Drive, Altoona

The Animal Rescue League's largest annual event supports hundreds of pets. The 31st annual fundraiser will feature live music, appetizers, Kitten Cuddle Lounge, the chance to win more than 250 silent and live auction items, and more. Find more information and purchase tickets/tables at arl-iowa.org/events.

IOWA BARNSTORMERS

Saturday, April 22 at 7:05 p.m.

Wells Fargo Arena, 233 Center St., Des Moines

Cheer on Iowa's very own professional football team at The Well. They'll face the Tulsa Oilers in their only home game for this month.

Photo courtesy of Ursula Guderian

JONATHAN FOSTER

Thursday, April 20 at 6 p.m.

Lefty's Live Music, 2307 University Ave., Des Moines

Singer-songwriter Jonathan Foster performs "authentic roots music for the ears of old souls." Hailing from Redding, California, he's toured across the United States and released five independent studio albums over the last 10 years, including his latest, Lantern Shade. Learn more about Jonathan at www.JonathanFosterMusic.com.

BOOK SALE

April 20-24

4-H Exhibits Building, Iowa State Fairgrounds, Des Moines

The Planned Parenthood Book Sale is one of the largest single charitable events run exclusively by volunteers in the country. All proceeds support sex education programs in Iowa. Shoppers come from across the Midwest for bargain prices on thousands of used and collectible books, plus records, CDs, DVDs, games, puzzles, and artwork. Hours are 3-9 p.m. Thursday; 9 a.m. to 9 p.m. Friday; and 9 a.m. to 6 p.m. Saturday through Monday. Admission is $20 on Thursday and free other days. All items are 50% off on Sunday and 75% off on Monday.

Deanne Edwards and Alexa Jones at last year's event. Photo by Christopher Maharry

BREAKFAST AT TIFFANY'S

Sunday, April 23, 11 a.m. to 1 p.m.

Willow on Grand, 6011 Grand Ave., Des Moines

Oakridge Neighborhood's annual fundraiser, featuring a new "Central Park on the Lawn" setting, will include Brunch and Bubbles, Bethesda Champagne Fountain, Strawberry Fields Dessert Station, Tavern on The Green Coffee Cart and Street Market featuring Janes Family Shop, Aimée and more. All proceeds benefit Oakridge Neighborhood's Oak Academy Early Learning and Preschool Program. Tickets may be purchased at https://one.bidpal.net/BaT2023.

DRAKE RELAYS

April 26-29

Drake Stadium, 2719 Forest Ave., Des Moines

Athletes from high school, collegiate and elite backgrounds — along with tens of thousands of spectators — will gather in Des Moines for the 113th edition of the Drake Relays. Additional information may be found at DrakeTix.com. ■

THE IOWA CUBS' MOST MEMORABLE GAMES

While any one game out of the 150 on the schedule isn't likely to be special, every season is — and the next one is here.

By Michael Wellman

1

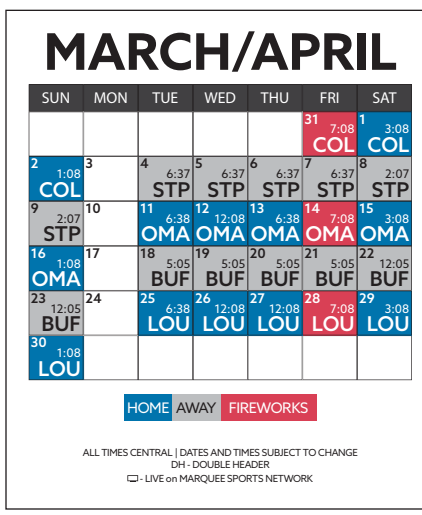
As minor league baseball seasons go, the 2022 campaign more or less resembled most others for the Iowa Cubs. Until, that is, the very end. Trailing as they loped in from their positions for the bottom of the ninth on Sept. 28, the "local boys" as they're labeled on the manually operated scoreboard at Sec Taylor Field, could have been forgiven for going through the motions and getting the game and the long season over with. After all, the team's record going into that last game was a lackluster 67-81. Nothing rode on the outcome.

When a solo homer tied the game at two, an awkward dynamic presented. No way, you figured, did the ballplayers and the coaches and the umpires want to go into extra innings in a meaningless finale, game No. 149. The fans, though, would just as soon baseball season was never-ending. Now there was the prospect that this one might continue a while longer. The crowd cheered like kids who'd been granted a stay of bedtime. But for how long?

Not very. Two batters later, another homer probably made everybody happy, even the defeated visitors (with the possible exception of the pitcher who served up those long balls). If the season had to end, how better than this? The fans headed home to hibernate with visions of walk-offs dancing in our heads.

They didn't last. If six games per week get to be a grind for the boys of summer by the time September rolls around, it's nothing compared to what we fans endure in the offseason. By November, I'm jonesin' hard for a matinee at the ballpark on a lazy summer day. In lieu of one, any excuse to visit there will do. I shopped the Black Friday sale at the I-Cub souvenir store. Besides the discount deals inside, I scoured the steep riverbank on the Raccoon River side of Principal Park and found three weathered foul balls, exposed now that the underbrush that saved them from watery graves and camouflaged their hiding places was gone. In December, I went back for the annual holiday open house and got another ball, this one a complimentary Christmas ornament. But, by the post-holiday bleak midwinter, all I had to fall back on was recollection of that dramatic exclamation point that ended the story of the 2022 I-Cubs. It had to rank No. 1 among the ballclub's, and my, most memorable games. Among which others, I wondered. The answers are these that follow, in no particular order, I decided.

Christmas shopping and scavenging help pass the offseason.



2 Mark Prior on a school night – May 7, 2022

Few I-Cub debuts are as ballyhooed as Mark Prior's was on May 7, 2002. Great pitching was expected of him, and he delivered in that department, striking out 10 batters in the seven innings he threw. Great hitting was not, but he stole the show at the plate, too, clouting a pair of homers in an impressive display of multitasking. I was there with our two sons, who were 10 and 8 at the time. It was a Tuesday, a school night. They probably don't recall that aspect, and neither did I, until I looked it up. But they both still remember that game as one that stands out among the many we attended when they were ballplayers themselves.

3 The championship – Sept. 15, 1993

It was cold the mid-September night in 1993 when the I-Cubs won the only championship in their history. That's one thing I remember about that game. A homer to win it in 11th inning walk-off fashion is another. So is jumping out of the stands onto the field to celebrate. And somehow wandering into the team clubhouse afterwards where pandemonium reigned, and beer and champagne sprayed. By then, I'd already had my fill of beer. That title led to one of the great gate promotions in team history when the I-Cubs gave away replica championship rings one night in 2018 as part of their season-long celebration of the 50th anniversary of Triple-A baseball in Des Moines. Until last year, 1993 was the only other one that ended with a walk-off homer.

No fan's uniform is complete without one.

HAVE AN ADVENTURE IN YOUR OWN HOME!

Perfect for birthdays, celebrations, or just for fun!

FOLLOW ON INSTAGRAM!
@letsgoglamping

Let's Go Glamping
Sleepover Parties
(217) 853-4904
mldiefendorf9614@gmail.com

Coming to Mugsy's
STARTING IN MAY

CAR SHOWS
Swap meet area available!
CRUISE NIGHT WEDNESDAYS & SHOW & SHINE SATURDAYS.
CLASSIC BEER SPECIALS!
Hamm's Beer on Tap.
Dedicated to the memory of Porky's Diner R.I.P. 9/21/09

MOTORCYCLE BIKE NIGHT
every other Tuesday

BICYCLE WEEKENDS
Free bottled water, free water tank refills, free air, free use of bike repair tools.
Hydration and energy drinks available.

MARTY TERRELL
Broadcasting from Mugsy's on Sirius XM Channel 217

FOOD & DRINK SPECIALS AT EVERY EVENT

Mugsy's PIZZA HOUSE IRISH SPORTS PUB
Flash Chilled
EXTRA COLD DRAFT BEERS TO AS LOW AS 27°
Home of the $4 Guinness Pint
40 FLAT SCREEN TVs
1225 COPPER CREEK DR. SUITE A, PLEASANT HILL
BEST Des Moines Style Pizza | mugsyspizza.com | 515-599-6215
OPEN DAILY 11AM-11PM • KITCHEN CLOSES AT 10PM
IOWA CUBS AND BARNSTORMERS SPONSORS!

Farmers Market

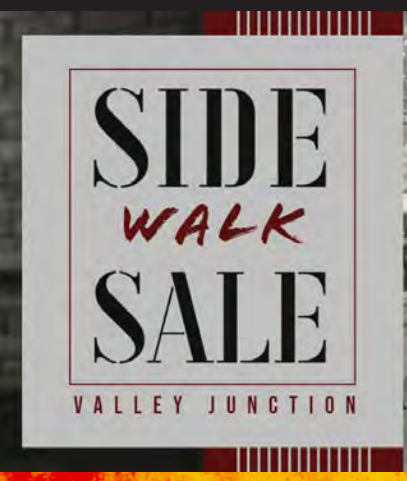
OPENING DAY: MAY 4

Thursdays 4-8pm through September

PRESENTED BY WEST BANK

Gallery Night

Friday, April 21
5pm-9pm



APRIL 29TH
10AM-4PM

EST. 1893
VALLEY JUNCTION
WEST DES MOINES

VALLEYJUNCTION.COM

Cinco de Mayo

SATURDAY, MAY 6
12PM-10PM

VALLEY JUNCTION arts FESTIVAL

SUNDAY
MAY 21
10AM-4PM

OPENING DAY
THURSDAY, MAY 4

May 4 - The Unfortunate Sons
May 11 - Molly Nova & the Hawks
May 18 - Black Diamond Loons
May 25 - Dick Danger Band
June 1 - Suede
June 8 - Gut Feeling
June 15 - Cover That
June 22 - Steam Boars
June 29 - Standing Hampton
July 6 - Simply Seger
July 13 - Toast3r
July 20 - Get Off My Lawn
July 27 - Fahrenheit
August 3 - Brother Trucker
August 10 - The Sons of Gladys Kravits
August 17 - Raquel & the Wildflowers
August 24 - Boomerang
August 31 - Gimikk
September 7 - Rhythmatics
September 14 - Drive Thirty 5
September 21 - The Uniphonics
September 28 - The Crust

MUSIC IN THE JUNCTION

EVERY THURSDAY
5:00PM-8:30PM

PRESENTED BY West Bank

4 My last beer – April 20, 1994

What I said back there about having had my fill of beer? Not exactly. Actually, my last beer wasn't until the night of April 20, 1994, an evening that began at an I-Cubs game, one I really have no memory of. I had to read the newspaper account of it to be reminded that it started raining. That's probably when my buddies and I left to continue drinking elsewhere — indoors. So that game was special for me, even though I can't remember it.

5 Andre Dawson and a downpour – June 30, 2018

June 30 in 2018 was a sweet and sour occasion. Prior to that night's game, I snapped a selfie with hall-of-famer Andre Dawson, one of my favorite former C-Cubs. He was there signing autographs for a charitable fundraiser of some sort. While we struck our pose, I reminded Dawson about his homer off Roger Clemens in the MLB All-Star game on July 9, 1991. Right after that my wife, Chris, went into labor with Max, the eldest of our three kids. He was born in the wee hours of July 10, which happens to be the birthday of Dawson, who was born in 1954, my rookie year.

Hey, Andre, remember the time…

I took a seat in the leftfield corner in time for the first pitch of the game and remember thinking what a pleasant evening it was looking to the south beyond home plate. Then I turned around and saw a bank of black thunderheads bearing down on the ballpark from the north. By the time I got home, less than half an hour later, a biblical deluge was underway. The creek bed across the street from our house that's typically tantamount to a bead of sweat trickling down my face while I mow the lawn in the summertime was flash flooding at a whitewater pace. Nine inches of rain pelted the Des Moines area that Saturday night in only a few hours. Sunday morning revealed lots of wreckage all over town in the wake of the midsummer monsoon. But it was a beautiful day for a ballgame, and there was one at Sec Taylor, one for which our family had reserved an outfield skybox to celebrate our July birthdays. That show went on as scheduled.

So, I guess this entry goes down as a doubleheader that straddled two dates.

6 The Road to Wrigley game – Aug. 9, 2009

I-Cub trivia time: What was the venue for the largest "home" crowd in team history? Wrigley Field! On Aug. 9, 2009, the "Road to Wrigley" game pitted the local boys against the Las Vegas 51s and drew 16,280 to the historic park that holds 40,000 and change. Luckily for me, the limited media credential I'm granted every season as a contributor to a C-Cub blog called The Cub Reporter was not limited to games the I-Cubs host in Des Moines. My personal road to Wrigley ran first north to Minnesota for our family vacation where I abandoned the rest of the team to head east and cover that minor league game with big league trappings. Access to the playing field, team clubhouse and press box were especially fun for me as I spent a day playing sportswriter. Who won? I felt like I did.

CRAFTSMAN
Bonus Days Sale!

10 DAYS ONLY! April 14-April 24, 2023

40% OFF

40% Off MSRP on all
SIMPLY AMISH PRODUCTS

Including:
Bedroom, Dining Room, Living Room, and Home Office Furniture!

FREE METRO DELIVERY*

12 MONTHS
*Interest-Free Financing***

WE OFFER MANY STYLES.
ONE STANDARD OF EXCELLENCE.

Amish Haus FURNITURE

CRAFTSMANSHIP PASSED DOWN FROM GENERATION TO GENERATION

3201 100th Street, Urbandale • www.AmishHausFurniture.com

Between Hickman & Douglas On 100th Street (515) 270-1133 Facebook: @amishhausfurniture Closed on Sundays

7 All the naturalization ceremonies

Since 2009, part of the I-Cub celebration of the Fourth of July has been a pregame naturalization ceremony for new citizens. I'm not sure, but I may have seen them all. No one in particular is most memorable. Each of them rendered the ballgame that followed a tad anticlimactic. There's always a big crowd on hand for these occasions, though, in truth, the postgame fireworks shows are a bigger draw than the pregame lineup of rookie Yanks. The team's list of all-time biggest crowds is highlighted by fireworks promos (the walk-off win in Game 7 of the 1993 playoffs isn't even listed among the top 40 crowds in team history in the I-Cub media guide). But 421 newly minted Americans in 14 years is a number to be proud of, one that continues to grow as part of the legacy of Michael Gartner, the former longtime majority owner of the team.

Every year, one rookie American also gets to throw out the first pitch.

8 The game that never happened – May 2, 1930

Next on my list is a game that was scheduled but never happened. In 2020, Wichita was to join the Pacific Coast League and make its first visit to Principal Park in early June. The Wichita Aviators were the opponent on May 2, 1930, when the Des Moines Demons hosted the first professional ballgame ever played under permanent lights, at a ramshackle old park that once stood where North High School's Grubb Stadium does now. When I first learned of that historic distinction for Des Moines by reading about it in an I-Cub yearbook, I was inspired to write "Versus

Protecting your sexual health is as easy as:
TALK • TEST • TREAT

Find testing near you: gettested.cdc.gov

TALK
Talk with your partner **before** having sex.
Talk about **when** you were last tested and suggest getting tested together.
Talk to your healthcare provider about your sex life and ask **what STI tests** you should be getting and **how often**.

TEST
Get tested! It's the only way to **know for sure** if you have an STI.
Many STIs **don't cause any symptoms**, so you could have one and **not know**.
If you're not comfortable talking to your regular provider about STIs, find a clinic that provides confidential testing that is free or low cost.

TREAT
All STIs are **treatable**. If you test positive for an STI, work with your healthcare provider to get the correct treatment.
Ask about **partner services** to get your partner tested and treated.
Avoid having sex until you and your sex partner both **complete treatment**.

Public Health
IOWA HHS

2024
High School Seniors
Booking Now!

BOOK YOUR FREE CONSULTATION
by going to the website

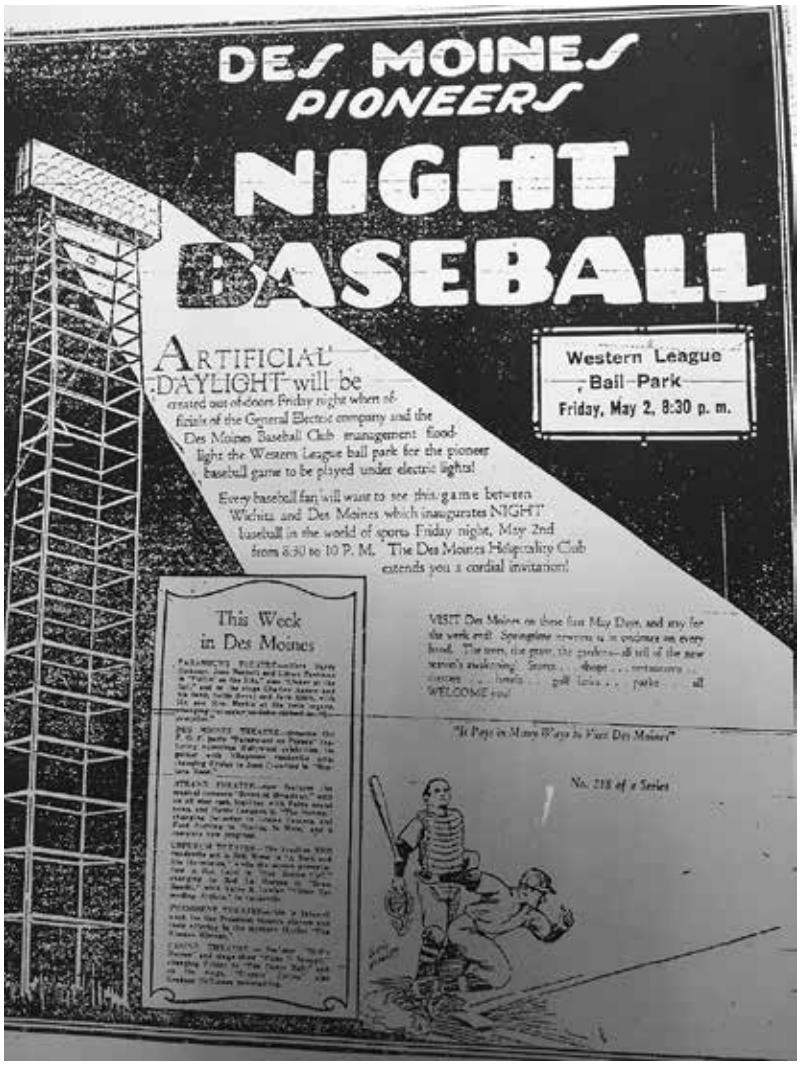
CITYVIEW BEST 2021 · CITYVIEW BEST 2023 · CITYVIEW BEST 2022

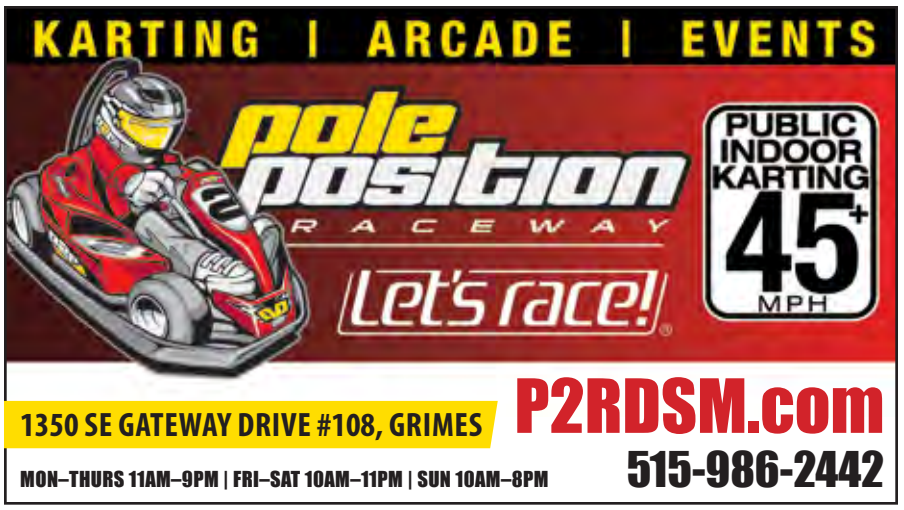
High School Seniors • Maternity
Couples/Engagements • Small Family

Tracy Marie
PHOTOGRAPHY
Specialized in natural light photography.
515-240-3648

WWW.TRACYMARIEPHOTOGRAPHY.ORG
Member of Professional Photography of Iowa and Professional Photography of America

the Demons," a novel that uses that game as its jumping-off point. I was excited about the prospect of a rematch of sorts 90 years after the fact of that notable first. Of course, the entire 2020 minor league season was ultimately cancelled on account of a global pandemic. Wichita never did take the field for a Triple A game as members of the PCL. In fact, the team owner died as a result of the COVID-19 virus, and the city was reassigned as a Double-A franchise when MiLB reorganized under the auspices of MLB prior to the 2021 season.





2020 and 1930 were especially historic seasons.

9 Chicago Cubs game televised live on video screen at Principal Park – Oct. 7, 2015

Lastly, in order that there will be nine counting last year's dramatic finale and inasmuch as nine's such a key number in baseball, is a game I watched at Principal Park even though it wasn't played there and didn't involve the Iowa Cubs. On Oct. 7, 2015, the C-Cubs faced the P-Pirates in a National League Wildcard playoff game. The I-Cubs hosted an "open house," as they called it, with the game televised live on the giant rightfield video screen. It was a beautiful night in both Des Moines and Pittsburgh. As was the case in No. 2 on this list, the Mark Prior Triple-A debut, I was there with our two sons. Max and Ben, by this time, were 24 and 21, respectively, instead of little leaguers. The game couldn't have played out better. Jake Arrieta pitched a complete game shutout. This was him at his peak. On Father's Day earlier that season, we'd seen him beat the Twins in Minneapolis in the game that began his improbable run of untouchability that lasted the rest of that season. Besides Arrieta's dominance from start to finish, the other highlight of the game was a lightning bolt homerun off the bat of Kyle Schwarber, one that might have reached the Des Moines River if he'd hit it at Principal Park instead of PNC Park. As it was, the ball must've landed in the Allegheny.

I'm still playing

If you're in the habit of ballgames at ballparks, you expect, on some level, that occasionally something unprecedented and unforgettable will happen right before your eyes. But, especially in a minor league town, that's not why you go. You're there because it's summertime and the livin' is easy. Like the old philosopher Harry Caray liked to say, "You can't beat fun at the ol' ballpark." And as the much older philosopher Aristotle noted, "The whole is greater than the sum of its parts."

Any one game out of 150 on the schedule isn't likely to be special, but every season is — and here comes the next one.

Opening Day for the I-Cubs was March 31, my long-gone dad's birthday. Sometimes when I was a teenager, he'd come home from work with tickets to that night's game, courtesy of a colleague who was a season-ticket holder. In those days, the local boys were known as the Iowa Oaks, and Sec Taylor was the proving ground for key cogs of the dynastic Oakland As teams of the early 1970s. I can still picture young Vida Blue standing on the mound, grinning at batters before he fanned them, like an executioner who enjoyed his job. Blue was called up in 1970 after the Oaks' season ended, and I went back to high school. He promptly threw a no-hitter and later proved he was more than a flash in the pan by winning the 1971 Cy Young and MVP awards. He retired in 1986 after a distinguished big league career.

I'm still stuck in Triple-A — but I'm also still playing. ■

REMAINING HOME GAMES

- April 11-16 vs. Omaha
- April 25-30 vs. Louisville
- May 9-14 vs. Toledo
- May 30 - June 4 vs. Columbus
- June 13-18 vs. Indianapolis
- June 20-15 vs. Memphis
- July 4-9 vs. St. Paul
- July 18-23 vs. Indianapolis
- Aug. 1-6 vs. Toledo
- Aug. 15-20 vs. Louisville
- Sept. 5-10 vs. Omaha
- Sept. 12-17 vs. St. Paul

Michael Wellman is the author of four books, most recently "A Scavenger's Digest." His work has also appeared in The Iowan, Iowa Magazine and on Iowa Public Radio. Since retiring in 2020 as staff writer in the communications department for Des Moines Public Schools, he spends a lot of time chasing baseballs in and around Principal Park. This is his first piece for CITYVIEW.

We can stop HIV, Iowa.

HIV treatment has come a long way, and it's extremely effective.

If you're living with HIV, getting medical care and taking your HIV medication will help you live a long, healthy life.

Staying on your HIV treatment almost eliminates the chance of transmitting HIV to your partners.

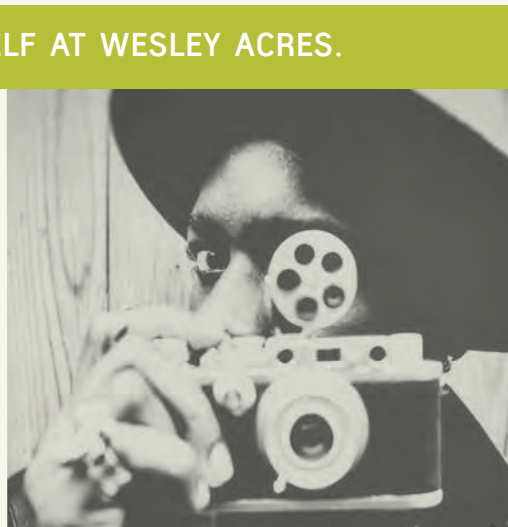
There are programs to support you and your family and help pay for your care and treatment.

Learn more at stophiviowa.org

STOP HIV IOWA

Wesley Acres
A WESLEYLIFE COMMUNITY

FIND YOURSELF AT WESLEY ACRES.



DANCING. PHOTOGRAPHY. SOCIALIZING.

When you live in a WesleyLife Community for Healthy Living, we take care of everyday chores so you can spend time on activities you enjoy. In assisted living, you'll lead the independent life you want … with a little help whenever you want or need it.

And with our $25 million redevelopment under way, our Des Moines community, Wesley Acres, is better than ever. Featuring restaurants, library, salon, new swimming pool, fitness pavilion and more, our vibrant lifestyle supports your well-being in every way.

The only thing you'll wonder is why you didn't make the move sooner.

3520 Grand Avenue | Des Moines, Iowa 50312 | WesleyLife.org/Wesley-Acres

Independent Living | Assisted Living | Memory Support | Short-Term Rehabilitation | Long-Term Care

WE'LL HELP YOU REKINDLE AN OLD FLAME.

Schedule a private tour today!
Contact Amy Bassett at
(515) 271-6505 or
abassett@wesleylife.org.

This institution is an equal opportunity provider and employer.

A free resource for the central Iowa business community

CITYVIEW'S

BUSINESS JOURNAL

biggreen

SHARED WORKSPACES

Less cost, more collaboration

By Colson Thayer

Maddy Fusco is a freelance illustrator in Des Moines. When she began her career, she primarily worked out of her home. However, as time went on, she needed some work-life separation. For some, the change to a work-from-home lifestyle because of COVID was a blessing in disguise; for Fusco, it was a different story.

"Getting out of my bedroom is honestly just the best thing ever because having that separation and having a designated space where I can create art or go over inventory… it's been a real game changer," she said.

Fusco found a small studio in downtown Des Moines. The building was still a work in progress, but it had promise. Gradually, it began to fill out. Now, it holds more than 200 professionals across several industries, but they all utilize a shared workplace.

Maddy Fusco, a Des Moines-based freelance illustrator, works out of her studio in Mainframe Studios. Photo by Colson Thayer

Mainframe Studios

900 Keosauqua Way, Des Moines
mainframestudios.org

Des Moines' Mainframe Studios is comprised of 180 studios and operates at 100% capacity. Some of the studios double up, meaning there are more than 200 artists in the space.

But what's unique about Mainframe is that it is exclusively for artists. Having recently finished the second floor, Mainframe Studios is the nation's largest nonprofit creative workplace. Within the walls are the traditional artists — like those who use paints, pencils, cameras and clay — but there are also nontraditional artists who design toys, blow glass, create storyboards for Warner Brothers, and work for Marvel Comics.

"We weren't afraid to think big, and a demand study early on proved that we could fill a building this size," said Siobhan Spain, executive director of Mainframe Studios.

Spain joined the project early on because she believed in the concept: to provide affordable workspaces for artists. She started in her role when the building was purchased in 2015 and has been there since. The idea was ambitious, and it wasn't until two years later that artists began to fill the studios.

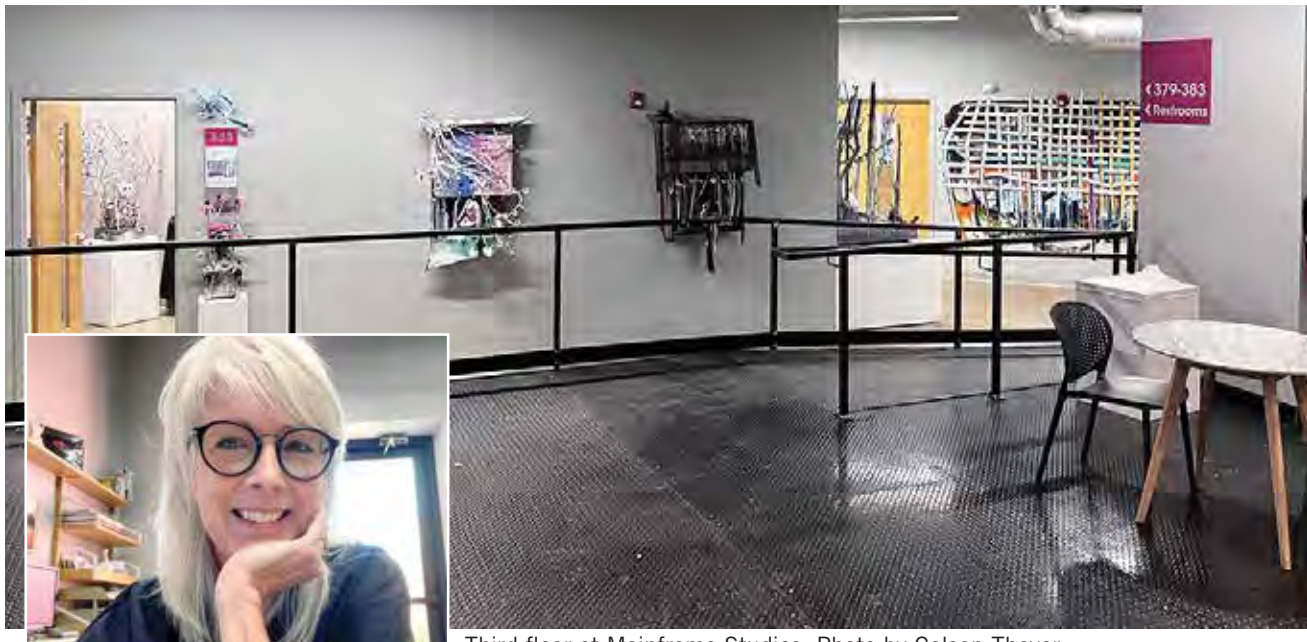
To make this dream a reality, the nonprofit had to secure funding from some of Des Moines' biggest names: the Lauridsen family, QuikTrip, Meredith Corporation, Fred and Emily Weitz, Fred and Charlotte Hubbell, among others. The funding was used to purchase the building and complete the build-out.

So, how affordable is it? The average studio rent at Mainframe is $1 per square foot per month. That rent comes with 24/7 access to the building, Wi-Fi, heating and cooling. There are three tiers when it comes to pricing: the first tier includes studios that have "half-walls" that don't reach the ceiling, for less than $1 per square foot; the second tier has full walls but without windows and is just more than $1 per square foot; the highest tier has full walls and windows for about $1.15 per square foot.

But the real luxury for tenants is having access to 200 other artists in the building. Together, they can exchange ideas, network and collaborate.

"Artists really get inspired by each other, and it's not from the same mediums oftentimes," Spain said. "It's just putting them under one roof, and it happens organically."

One way artists meet is through Mainframe's "First Fridays" events. On the first Friday of each month, Mainframe opens its doors to the public to hold what can be described as a farmer's market for artists.



Third floor at Mainframe Studios. Photo by Colson Thayer

At left: Siobhan Spain is the executive director of Mainframe Studios in Des Moines. Photo courtesy of Spain

"It's a great way to make a connection with people and other artists," Fusco said. "It's a great way to let the public know that artists have things to sell and allows the artists to become aware of one another."

Mainframe Studios reached its initial goal and brought artists to downtown Des Moines. But their work isn't finished. The next steps include partnering with community organizations like the Boys & Girls Club and getting the word out about the space and its mission.

"Our original vision has been realized, and that's why we had to do strategic planning in order to see what is next on the horizon," said Spain.

Collaborate DSM

3106 Ingersoll Ave., Des Moines
collaboratedsm.com

Six years ago, Jackie Bassman and her husband, Clinton Akerberg, were riding their bikes down Ingersoll Avenue. Along the way, Akerberg noticed a for-lease sign outside one of the buildings. It was his entrepreneurial spirit that led him to tell Bassman that this was his next business venture.

What had been on Akerberg's mind was to bring a coworking space to Des Moines. Akerberg got the idea from a friend who was managing one in Denver.

Bassman described lackluster nationwide chains as "cookie cutter" and thought they could do something different.

"We wanted to fill that void and provide a more flexible and fun professional solution," said Bassman, now the operations manager at Collaborate DSM. "We're kind of looking to offer a space for established or new professionals to work in a flexible environment."

Collaborate DSM houses a wide variety of members. Forty-five members represent nearly 30 different businesses including a yoga instructor, mental health therapists, a marketing company, attorneys and nonprofits.

Those interested in the space can purchase various membership plans, including a co-working membership, designated desk, private suites and a virtual membership. The co-working membership allows members to work from anywhere they like, Monday through Friday, 8 a.m. to 5 p.m. for $150 a month on a month-to-month basis. The designated desk membership is more suitable for those who need a dedicated workspace, as it includes a locked filing cabinet, desk and a chair for $250 a month with a three-month minimum. Private suites start at $650 a month for 100 square feet and go up to 450 square feet with a 12-month minimum. Virtual members are allowed access to the facilities, one co-working day per month, and a discounted conference room rental for $50 per month. However, the primary use of the virtual membership is to use the Ingersoll location as a mailing address for a business.

The space offers an on-site gym, a coffee and tea bar, a beer keg, dog-friendly spaces, large conference rooms, audio/visual equipment, free parking and printing. They also host members-only events like happy hours and lunches. Bassman said these events "bring camaraderie and conversation."

"People are naturally really collaborative in these walls," said Bassman.

With terminology like collaborating and co-working, you would think that the space boosts networking and cross-industry teamwork. However, the numbers share a different story.

WWW.DMSALESEVENT.COM

LIVE!

GAINING SALES AND LEADERSHIP MASTERY IN TODAYS UNCERTAIN TIMES

Jeffrey Gitomer and Monte Wyatt presenting insights that lead to income & impact in today's workforce economy!

MAY 4TH, 2023

Bold (Bald) • Bankable • Brilliant

We will share Cutting Edge Sales and Leadership strategies that can be implemented immediately resulting in quick cash, faster growth, and no more hair loss!

Des Moines Embassy Club
520 Market Street
West Des Moines, Iowa

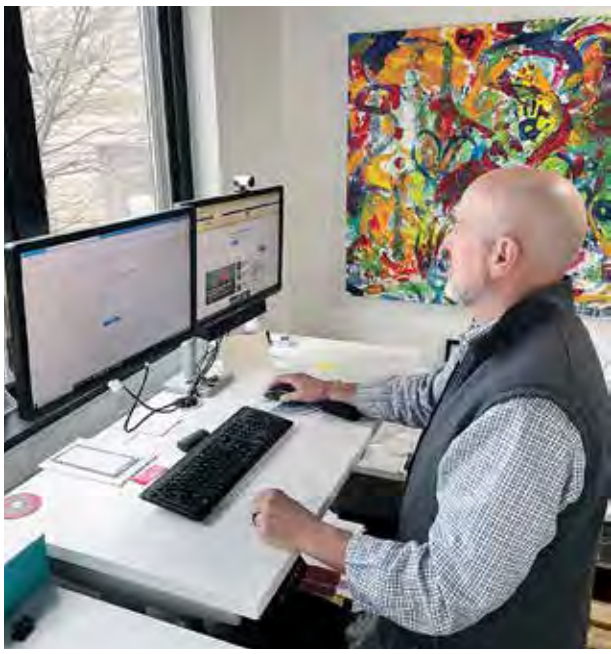
www.DMsalesevent.com

Jackie Bassman is the operations manager at Collaborate DSM. Photo by Colson Thayer

"Ninety percent of our business is private office suites and then designated desks. So, people have their own space. We only have a handful of coworking members," Bassman said.

Joel Drake with Wealth Consulting Group moved from a private office in West Des Moines to work in a private office within Collaborate DSM.

When the building first opened, Drake was seeing his physical therapist, Addie Anderson, at Collaborate DSM. A few years later, he joined Wealth Consulting Group and was placed in their Collaborate DSM office. It took him four years to learn that Clinton Akerberg, Collaborate DSM's co-founder, was also a financial advisor.



Joel Drake with Wealth Consulting Group works out of a private suite inside Collaborate DSM. Photo by Colson Thayer

"I'd come in, sit down, go see Addie and then leave," Drake said. "I don't need to be that guy where I'm trying to drum up business, I'd rather be friends."

The jury is still out on whether Collaborate DSM is truly a collaboration space or just a collection of offices.

Mickle Center Shared-Use Kitchen

1620 Pleasant St., Des Moines
wallace.org/community-kitchen

"Our mission with the Mickle Center Kitchen is to incubate small businesses," said Kitchen Manager Mary Kapler. "My goal is to kick you out."

The Neighborhood Investment Corporation invested in the Mickle Center to offer affordable workspaces to businesses and organizations. Upstairs houses a variety of office-type work; meanwhile, downstairs is a commercial kitchen that is used by more than 20 food businesses.

CITYVIEW'S BUSINESS JOURNAL

EXPERT ADVICE

ON ISSUES THAT MATTER TO YOUR BUSINESS

TECHNOLOGY

What's the best IT solution for my business?

Well, it's Spring again....

The answer to the question is commonly met with another question, right? Pun intended...

Tell me more about your current IT solutions you have today, what are the top 3 things that frustrate you with your current IT solutions you have today, what keeps you up at night, etc...? A very common answer to any of those questions is "I just want IT to work"

The reality is the best IT solutions for your business have to be flexible, scalable, reliable, and available. There is no silver bullet and IT is not a transactional solution. Many people have heard my analogy before, IT relationships are just as important as finding a great mechanic for your car. You MUST be able to TRUST that relationship because like Forrest Gump said when he stepped in an unfortunate pile. IT does happen, and when IT does you have to have the right people on your side.

Plant your seeds!

Scott Hardee

Business Development Executive – Branch Manager

Platinum information services inc.

430 114th St., Urbandale,

O: 515.644.7801 | C: 515.537.4176

www.platinum-corp.com

ACCOUNTING

What can I do after 12/31/2022 to reduce my taxes for 2022?

After the year is over is there anything I can do to reduce my tax liability? The answer is Yes, there are a few things you can do.

1. You can contribute to your IRA up to the due date of the tax return, which is 4/18/2023 this year. If you extend your tax return you can wait until the extension deadline which is 10/15/2023.
2. If you have a business you can also contribute to your SEP IRA or your Simple Plan retirement account in the same way, except the Simple Plan you cannot go out to the extension deadline. You have to contribute before 4/18/2023.
3. You can help reduce your Iowa tax liability by contributing to your Iowa 529 plan. This doesn't have to be for your personal dependents, it can be for grandchildren and/or any beneficiary that you would like to contribute to their college fund, You can contribute for 2022 through the Iowa deadline, which is May1st of 2023 this year.

These are a few ways you can reduce your 2022 tax liability even after 12/31/2022.

Ann M. Hartz

CPA

Ann M. Hartz CPA AND ASSOCIATES

7109 Hickman Rd., Urbandale

515.259.7779

CPADesMoines.com

ADVERTISING

Advertising adds credibility to your business

It is true. There is a perception and a reality that if a business can afford to advertise in established media, it must be doing well. This is a positive message to the consumer. When you advertise, you control the message. Another plus.

"Word of mouth" is good, as long the "word" is "good." We've all witnessed examples of negative "word of mouth," as well as what "free" social media methods can do to a business.

Take control of your image. Advertising allows you to share news, information, announcements and brand exactly the way you want it. This control lets you manage and protect your image. The best advertising campaigns and plans are ingenious and have a compound effect over time. The more advertising you do, the more effective they are. Just think about these great companies and their images: Nike, Target, Coke, Toyota, McDonald's, Budweiser.

How credible is your business?

Jolene Goodman

Vice President

biggreen umbrella media

8101 Birchwood Ct Ste D, Johnston

515.326.0082

biggreenumbrellamedia.com

Shared-use commercial kitchens are not a new concept — but they are to Iowa. The idea is to provide startup food businesses with an affordable place to prep, cook and package goods for sale. The main things the Mickle Center Kitchen offers to its businesses are time and space.

"That kitchen can produce a lot of food," Kapler said. "We can have easily two businesses working at the same time. Their space is divided… There is no working on the same piece of equipment or same table."

The kitchen charges $20 per hour to cook/prep and $10 per hour when packaging. There are low-cost charges for long-term dry and refrigerated storage.

Kapler's primary job is to help businesses get off their feet and navigate how to operate a food business.

"A big part of my job is often educating the businesses on food safety regulations, because that's not something people just normally know," said Kapler. "I'd say quite a few that come into this space don't have a background in food."

Before anyone can use the space, they have to spend $450 on a license and $150 for a Food Protection Manager certificate. That's $600 before they can turn a profit. Kapler said only the ones who are passionate about their business make it that far.

The low overhead costs for the use of the facility help businesses cut down on unnecessary expenses.

"We take care of the stuff they don't have to take care of. We take care of the sanitation, the garbage, recycling. We give all the inspections," said Kapler. "We've purchased the equipment, the coolers, the freezers, the mixers. They don't have that cost… They can focus on building their business."

Kapler said their current number of 23 businesses is optimal for operation.

More than 20 small food businesses use the commercial-grade kitchen at the Mickle Center Shared-Use Kitchen. Photo by Colson Thayer

The businesses simply need to email Kapler with their tentative schedules to request time and space in the kitchen. But, as the farmers market season quickly approaches, so does the busy season at the Mickle Center Kitchen.

Kapler said there is a need for more of these spaces. "We need them in West Des Moines, we need one in Ankeny, we need one south of town." ■

ASSISTED LIVING **PLUS.**

That's what our Residential Care Suites are all about.

- Flat monthly rate – no hidden charges or levels
- RN Manager 5 days per week/nurse on call 24/7
- Caregiving assistance 24/7
- Medication administration 24/7
- Variety of Life Enrichment Activities
- 3 nutritious meals per day
- Scheduled transportation available
- Physician, Dental, Vision, Podiatry, Psychiatry and psychological services available on site
- Housekeeping and laundry services

RAMSEY VILLAGE
Continuing Care Retirement Community

515.344.3507 · 1611-27th Street in Des Moines
Located in the historic Drake University neighborhood

Today's business landscape is more challenging than ever. But there's a window of opportunity, if you know where to look. **Fast, reliable, gigabit internet from Mediacom Business** offers a true solution that's helping businesses pivot to a brighter future of innovation, sustainability and growth.

MEDIACOM℠
BUSINESS

CALL TODAY **800-479-2091**

© 2023 Mediacom Communications Corporation. All Rights Reserved.

COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY FROM FEB. 2, 2023 THROUGH MARCH 18, 2023

2921 EUCLID AVE., DES MOINES
SALE DATE: 2023-02-02
SALE PRICE: $200,000
SELLER: REYNOLDS, LAURA E
BUYER: KALDENBERG ENTERPRISES LLC
ACRES: 0.201
SQUARE FEET: 1,661

1410 W. WALNUT ST., UNIT 201 BUILDING 2, ELKHART
SALE DATE: 2023-02-02
SALE PRICE: $1,318,200
SELLER: ELKHART PROPERTIES LC
BUYER: SCHUESSLER ENTERPRISES INC
ACRES: 1.077
SQUARE FEET: 14,400

218 SIXTH AVE., DES MOINES
SALE DATE: 2023-02-03
SALE PRICE: $9,200,000
SELLER: ND 22 FLEMING LLC
BUYER: KMC PROPERTIES LLC
ACRES: 0.202
SQUARE FEET: 93,654

1318 23RD ST., DES MOINES
SALE DATE: 2023-02-06
SALE PRICE: $115,000
SELLER: STROOPE, ANNIKA LISTER
BUYER: CLARKSON CORP
ACRES: 0.198
SQUARE FEET: 2,122

1005 S.E. 28TH ST., DES MOINES
SALE DATE: 2023-02-09
SALE PRICE: $200,000
SELLER: DAVIS, FRANCES I
BUYER: CEBALLOS, ENRIQUE AVILA
ACRES: 1.235
SQUARE FEET: 848

11140 HICKMAN ROAD, CLIVE
SALE DATE: 2023-02-10
SALE PRICE: $1,800,000
SELLER: 11140 HICKMAN LLC
BUYER: FORTRESS BANK
ACRES: 1.090
SQUARE FEET: 2,016

2832 BRATTLEBORO AVE., DES MOINES
SALE DATE: 2023-02-10
SALE PRICE: $215,000
SELLER: TEN 91 LLC
BUYER: CURRY, CHRISTOPHER
ACRES: 0.182
SQUARE FEET: 2,502

3410 FOURTH ST., DES MOINES
SALE DATE: 2023-02-13
SALE PRICE: $120,000
SELLER: NOOR, MOHAMED
BUYER: MARCOS, HUGO
ACRES: 0.177
SQUARE FEET: 2,598

1514 E. EUCLID AVE., DES MOINES
SALE DATE: 2023-02-13
SALE PRICE: $1,000,000
SELLER: EASTGATE PLAZA LLC
BUYER: VIA REAL ESTATE LLC
ACRES: 1.064
SQUARE FEET: 0

1730 E. ARMY POST ROAD, DES MOINES
SALE DATE: 2023-02-14
SALE PRICE: $150,000
SELLER: BEAUTIFUL LAWNS BY LONG'S LLC
BUYER: SCOTT, WILLIAM K
ACRES: 2.252
SQUARE FEET: 0

3301 N. ANKENY BLVD., ANKENY
SALE DATE: 2023-02-15
SALE PRICE: $4,290,945
SELLER: SPLASH EXPRESS LLC
BUYER: 3301 NORTH ANKENY BLVD CARWASH RE LLC
ACRES: 1.625
SQUARE FEET: 4,633

301 N.E. CYPRESS DRIVE, GRIMES
SALE DATE: 2023-02-15
SALE PRICE: $4,117,180
SELLER: SPLASH EXPRESS LLC
BUYER: 301 NE CYPRESS DRIVE CARWASH RE LLC
ACRES: 1.108
SQUARE FEET: 4,505

6035 MERLE HAY ROAD, JOHNSTON
SALE DATE: 2023-02-15
SALE PRICE: $4,171,700
SELLER: SPLASH EXPRESS LLC
BUYER: 6035 MERLE HAY ROAD CARWASH RE LLC
ACRES: 1.730
SQUARE FEET: 4,415

3125 KINGMAN BLVD., DES MOINES
SALE DATE: 2023-02-15
SALE PRICE: $175,000
SELLER: FINCH, ZACHARY
BUYER: INVEST DSM INC
ACRES: 0.567
SQUARE FEET: 5,666

1101 E. FIRST ST., GRIMES
SALE DATE: 2023-02-15
SALE PRICE: $5,250,000
SELLER: HOPE K FARMS LLC
BUYER: PRKG 2529 LLC
ACRES: 2.591
SQUARE FEET: 20,250

1372 72ND ST., WINDSOR HEIGHTS
SALE DATE: 2023-02-17
SALE PRICE: $440,000
SELLER: FUNK III, ALBERT D
BUYER: FRANCO, JESSICA S
ACRES: 0.409
SQUARE FEET: 4,586

108 FIFTH AVE. S.W., ALTOONA
SALE DATE: 2023-02-20
SALE PRICE: $2,245,550
SELLER: JWR PROPERTIES LLC
BUYER: COMO ALTOONA IA LLC
ACRES: 2.380
SQUARE FEET: 16,000

732 19TH ST., DES MOINES
SALE DATE: 2023-02-21
SALE PRICE: $405,000
SELLER: TMORROW PROPERTIES LLC
BUYER: CROWLEY HOLDINGS LLC
ACRES: 0.230
SQUARE FEET: 3,174

2635 ADVENTURELAND DRIVE, ALTOONA
SALE DATE: 2023-02-22
SALE PRICE: $3,450,000
SELLER: SK INVESTMENT LLC
BUYER: SK ENTERPRISES LLC
ACRES: 1.167
SQUARE FEET: 2,520

1615 S.E. CORTINA DRIVE, ANKENY
SALE DATE: 2023-02-22
SALE PRICE: $3,100,000
SELLER: CERTAIN HOLDINGS LLC
BUYER: PENTA PARTNERS LLC
ACRES: 1.998
SQUARE FEET: 23,795

1406 SEVENTH ST., DES MOINES
SALE DATE: 2023-02-22
SALE PRICE: $202,500
SELLER: BEAR STRATTEN LLC
BUYER: AP REAL ESTATE LLC
ACRES: 0.138
SQUARE FEET: 2,413

910 HEROLD AVE., DES MOINES
SALE DATE: 2023-02-22
SALE PRICE: $420,000
SELLER: SMOTHERS PROPERTIES LLC
BUYER: KDK PROPERTIES LLC
ACRES: 0.360
SQUARE FEET: 4,708

1205 11TH ST., WEST DES MOINES
SALE DATE: 2023-02-23
SALE PRICE: $23,300,000
SELLER: CAMBRIDGE COURT OWNER LLC
BUYER: CAMBRIDGE IOWA OWNER LP
ACRES: 13.182
SQUARE FEET: 235,620

2142 INDIANOLA AVE., DES MOINES
SALE DATE: 2023-02-23
SALE PRICE: $475,000
SELLER: OUR LEGACY PROPERTIES LLC
BUYER: VILLAGE MONTESSORI CHIQUI-SCHOOL LLC
ACRES: 1.069
SQUARE FEET: 3,481

2814 SEVENTH ST., DES MOINES
SALE DATE: 2023-02-24
SALE PRICE: $1,050,000
SELLER: SKJ LLC
BUYER: NEIGHBORHOOD DEVELOPMENT CORP
ACRES: 3.054
SQUARE FEET: 103,194

1311 GRAND AVE., WEST DES MOINES
SALE DATE: 2023-02-27
SALE PRICE: $625,000
SELLER: MAYFIELD & COMPANY LLC
BUYER: BETTER JUST TAKE TWO LLC
ACRES: 0.830
SQUARE FEET: 4,640

1454 30TH ST., SUITE 204, WEST DES MOINES
SALE DATE: 2023-02-27
SALE PRICE: $148,000
SELLER: THE IOWA FUNERAL DIRECTORS ASSOCIATION
BUYER: D&M HOMES LLC
ACRES: 0.248
SQUARE FEET: 2,933

1520 MICHIGAN ST., DES MOINES
SALE DATE: 2023-02-27
SALE PRICE: $85,000
SELLER: BENNETT, TIMOTHY T
BUYER: FEST PROPERTIES LLC
ACRES: 0.661
SQUARE FEET: 0

175 S. NINTH ST., SUITE 445, WEST DES MOINES
SALE DATE: 2023-02-28
SALE PRICE: $400,000
SELLER: 9TH STREET HOLDINGS LLC
BUYER: BLUE IGUANA INVESTMENTS LLC
ACRES: 0.088
SQUARE FEET: 3,840

2301 ROCKLYN DRIVE, URBANDALE
SALE DATE: 2023-02-28
SALE PRICE: $700,000
SELLER: LUCKY PROPERTY HOLDINGS LLC
BUYER: 2301 ROCKLYN LLC
ACRES: 0.577
SQUARE FEET: 4,038

936 EIGHTH ST., WEST DES MOINES
SALE DATE: 2023-02-28
SALE PRICE: $200,000
SELLER: BADGER JR, R JOHN
BUYER: VOS PROPERTIES LLC
ACRES: 0.197
SQUARE FEET: 2,257

5900 SUTTON PLACE, URBANDALE
SALE DATE: 2023-03-01
SALE PRICE: $1,600,000
SELLER: JAI ASHAPURI MA LLC
BUYER: URBANDALE EXTENDED STAY LLC
ACRES: 1.459
SQUARE FEET: 27,220

505 SHERIDAN AVE., DES MOINES
SALE DATE: 2023-03-01
SALE PRICE: $1,200,000
SELLER: JOCAR PROPERTIES LLC
BUYER: CM REAL ESTATE LLC
ACRES: 1.725
SQUARE FEET: 12,449

3261 E. EUCLID AVE., DES MOINES
SALE DATE: 2023-03-01
SALE PRICE: $1,290,000
SELLER: FIRST LINK 3 LLC
BUYER: KGJ PROPERTIES LLC
ACRES: 0.654
SQUARE FEET: 8,064

10411 HICKMAN ROAD, URBANDALE
SALE DATE: 2023-03-02
SALE PRICE: $6,450,000
SELLER: FORREST & LAURA RIDGWAY CHARITABLE TRUST
BUYER: WESTPORT CENTER LLC
ACRES: 6.658
SQUARE FEET: 68,333

295 NINTH ST. N.E., ALTOONA
SALE DATE: 2023-03-02
SALE PRICE: $337,500
SELLER: DASO ELECTROSTATIC REFINISHING INC
BUYER: FLAWLESS PAWS HOLDINGS, LLC
ACRES: 0.614
SQUARE FEET: 3,600

1311 N.W. LAUREL ST., UNIT 117, ELKHART
SALE DATE: 2023-03-03
SALE PRICE: $180,000
SELLER: ELKHART PROPERTIES, LLC
BUYER: LOPEZ TELLO FRAMING LLC
ACRES: 0.127
SQUARE FEET: 1,800

1615 LOCUST ST., DES MOINES
SALE DATE: 2023-03-03
SALE PRICE: $29,000,000
SELLER: MEREDITH OPERATIONS CORP
BUYER: MIDAMERICAN ENERGY COMPANY
ACRES: 5.697
SQUARE FEET: 180,222

98 GRANT ST. S., BONDURANT
SALE DATE: 2023-03-06
SALE PRICE: $165,000
SELLER: W W FUTURES LLC
BUYER: SUITES ON GRANT LLC
ACRES: 0.143
SQUARE FEET: 1,872

10922 MEREDITH DRIVE, URBANDALE
SALE DATE: 2023-03-06
SALE PRICE: $496,584
SELLER: WILLIAM C KNAPP LC
BUYER: PHAN PROPERTY LLC
ACRES: 0.928
SQUARE FEET: 0

1333 24TH ST., DES MOINES
SALE DATE: 2023-03-08
SALE PRICE: $220,000
SELLER: DECMORE LLC
BUYER: TICE, CHANDLER PAUL
ACRES: 0.199
SQUARE FEET: 2,018

3524 SIXTH AVE., DES MOINES
SALE DATE: 2023-03-08
SALE PRICE: $440,000
SELLER: 3524 6TH AVENUE LLC
BUYER: INVEST DSM INC
ACRES: 0.273
SQUARE FEET: 11,985

2200 GANNETT AVE., DES MOINES
SALE DATE: 2023-03-08
SALE PRICE: $875,000
SELLER: PREMIER CROP SYSTEMS LLC
BUYER: YUKON HOLDINGS LLC
ACRES: 2.000
SQUARE FEET: 5,760

602 S.W. THIRD ST., ANKENY
SALE DATE: 2023-03-08
SALE PRICE: $502,500
SELLER: DSK HOLDING LLC
BUYER: DREAM CHASERS PROPERTIES LLC
ACRES: 0.068
SQUARE FEET: 2,760

1002 SECOND ST. N.E., BONDURANT
SALE DATE: 2023-03-09
SALE PRICE: $900,000
SELLER: TMK PROPERTIES LLC
BUYER: TBS MOTOR SPORTS LLC
ACRES: 1.145
SQUARE FEET: 9,120

2708 GRAND AVE., DES MOINES
SALE DATE: 2023-03-09
SALE PRICE: $500,000
SELLER: CHILDREN'S CANCER CONNECTION INC
BUYER: DES MOINES THERAPY COLLECTIVE LLC
ACRES: 0.358
SQUARE FEET: 4,817

8850 N.W. 62ND AVE., JOHNSTON
SALE DATE: 2023-03-09
SALE PRICE: $2,700,000
SELLER: BANKERS TRUST COMPANY
BUYER: CRESCENT CHASE JV23 LLC
ACRES: 4.213
SQUARE FEET: 41,080

8700 CRESCENT CHASE, JOHNSTON
SALE DATE: 2023-03-09
SALE PRICE: $2,400,000
SELLER: BANKERS TRUST COMPANY
BUYER: CRESCENT CHASE JV23 LLC
ACRES: 2.493
SQUARE FEET: 30,184

2590 HUBBELL AVE., DES MOINES
SALE DATE: 2023-03-10
SALE PRICE: $5,700,000
SELLER: 2590 INVESTORS LLC
BUYER: AMERCO REAL ESTATE COMPANY
ACRES: 8.749
SQUARE FEET: 91,096

1311 N.W. LAUREL ST., UNIT 114, ELKHART
SALE DATE: 2023-03-10
SALE PRICE: $180,000
SELLER: ELKHART PROPERTIES LC
BUYER: RUBEK REAL ESTATE LLC
ACRES: 0.127
SQUARE FEET: 1,800

3416 INGERSOLL AVE., DES MOINES
SALE DATE: 2023-03-10
SALE PRICE: $300,000
SELLER: ROBESKY, JAMES W
BUYER: NHN HOLDINGS LLC
ACRES: 0.152
SQUARE FEET: 0

717 LYON ST., DES MOINES
SALE DATE: 2023-03-13
SALE PRICE: $2,500,000
SELLER: MENTZER PROPERTIES IV LLC
BUYER: UCI HOLDINGS, LLC
ACRES: 2.461
SQUARE FEET: 14,380

8481 BIRCHWOOD COURT, JOHNSTON
SALE DATE: 2023-03-15
SALE PRICE: $1,500,000
SELLER: DAVIS, RICK
BUYER: 8481 BIRCHWOOD LLC
ACRES: 1.518
SQUARE FEET: 5,988

7800 ILTIS DRIVE, URBANDALE
SALE DATE: 2023-03-16
SALE PRICE: $10,700,000
SELLER: TIMBERLAND PARTNERS XXVII LLP
BUYER: BEXLEY APARTMENTS LLC
ACRES: 8.640
SQUARE FEET: 114,048

NO ADDRESS LISTED
SALE DATE: 2023-03-16
SALE PRICE: $200
SELLER: 207 CROCKER LLC
BUYER: JENSEN OSWALD LLC
ACRES: 0.372
SQUARE FEET: 0

1107 24TH ST., DES MOINES
SALE DATE: 2023-03-17
SALE PRICE: $105,000
SELLER: MOHAMED, ABUBAKAR
BUYER: Q ENTERPRISES, LLC
ACRES: 0.072
SQUARE FEET: 2,192

NO ADDRESS LISTED
SALE DATE: 2023-03-18
SALE PRICE: $27,500
SELLER: SALACL LLC
BUYER: HOMES BY ADVANTAGE, LLC
ACRES: 0.161
SQUARE FEET: 0 ■

SMALL BUSINESS ADMINISTRATION LOANS

Borrower Name	City	County	Cong. District	$ Amount	Jobs Created	Jobs Retained	Existing Jobs	New Vs. Existing	Business Type
VO LLC	CEDAR FALLS	BLACK HAWK	01	$140,000	2	0	0	EXISTING BUSINESS	Nail Salons
EVERLY ENTREPRENEURIAL GROUP, L.L.C.	CEDAR FALLS	BLACK HAWK	01	$24,500	0	0	4	EXISTING BUSINESS	Textile Bag and Canvas Mills
Soulless Tattoo Collective LLC	MASON CITY	CERRO GORDO	04	$67,500	4	0	0	NEW BUSINESS	Other Personal Care Services
AKA LLC	CAMANCHE	CLINTON	02	$151,200	2	3	3	NEW BUSINESS	Drinking Places (Alcoholic Beverages)
T.J. Concrete L.L.C.	DE SOTO	DALLAS	03	$550,000	2	2	2	NEW BUSINESS	Poured Concrete Foundation and Structure Contractors
Nexus Aerial Ag LLC	BURLINGTON	DES MOINES	02	$86,700	1	0	0	NEW BUSINESS	Soil Preparation, Planting, and Cultivating
Radiant Lasers Studio LLC	OKOBOJI	DICKINSON	04	$97,000	1	0	3	EXISTING BUSINESS	Offices of All Other Miscellaneous Health Practitioners
Nekter of Dubuque, LLC	DUBUQUE	DUBUQUE	01	$265,000	6	2	2	NEW BUSINESS	Snack and Nonalcoholic Beverage Bars
Selections	IDA GROVE	IDA	04	$22,800	0	3	3	EXISTING BUSINESS	N/A
Mississippi Valley Metals LLC	MAQUOKETA	JACKSON	01	$541,000	4	4	2	NEW BUSINESS	Sheet Metal Work Manufacturing
Mississippi Valley Metals LLC	MAQUOKETA	JACKSON	01	$150,000	4	4	2	NEW BUSINESS	Sheet Metal Work Manufacturing
Northbrook Healthcare and Rehabilitation	Cedar Rapids	LINN	01	$3,648,000	63	3	3	NEW BUSINESS	Nursing Care Facilities
Epic Event Center Marion, Inc.	Marion	LINN	01	$1,076,000	4	0	0	NEW BUSINESS	General Rental Centers
TOTALSCAPES INC	SPRINGVILLE	LINN	01	$50,000	0	0	2	NEW BUSINESS	Landscaping Services
Imagination Street, LLC	Ankeny	POLK	03	$383,800	7	1	1	NEW BUSINESS	Amusement Arcades
MENDING MINDS LLC	JOHNSTON	POLK	03	$250,000	3	15	12	EXISTING BUSINESS	Offices of Physicians, Mental Health Specialists
LITTLE LEAPS LEARNING ACADEMY,	POLK CITY	POLK	03	$158,900	25	40	40	NEW BUSINESS	Child Day Care Services
Hartsmart Products, LLC	Urbandale	POLK	03	$250,000	0	5	5	EXISTING BUSINESS	Commercial Gravure Printing
The Lutherie Shop, LLC	URBANDALE	POLK	03	$19,000	1	1	1	EXISTING BUSINESS	Other Personal and Household Goods Repair and Maintenance
Firebird Fitness LLC	MOUNT AYR	RINGGOLD	03	$18,000	0	1	1	NEW BUSINESS	Fitness and Recreational Sports Centers
Central Iowa Engraving LLC	INDIANOLA	WARREN	03	$39,300	0	1	1	NEW BUSINESS	All Other Specialty Trade Contractors
SOUTHERN SUNFLOWER BOUTIQUE	LAKE MILLS	WINNEBAGO	04	$19,200	0	0	1	EXISTING BUSINESS	N/A
712 Sports, LLC	Sioux City	WOODBURY	04	$324,000	0	6	6	NEW BUSINESS	N/A

FRESH IDEAS FOR ALL YOUR CATERING NEEDS

Whether you need casual boxed lunches for a time-pressed staff or a sumptuous buffet for your best party ever, trust chef Cyd to bring joy and great taste to all your gatherings.

CATERINGBYCYD.COM
Since 1994

ABENDROTH RUSSELL BARNETT LAW FIRM

ESTABLISHED IN 1987

Charlotte Sucik

BUSINESS LAW
LANDLORD/TENANT MATTERS

Charlotte Sucik practices primarily in business and landlord tenant law. When working with business owners, Charlotte helps her clients establish and grow their business as they see fit, with the future always in mind. To protect her clients' interests, she crafts operating agreements, commercial leases, employee handbooks and more, and works with her clients to determine the best course of action.

Charlotte also represents residential landlords of all sizes to protect their legal interests in court. By gathering all necessary documentation and filing all required court documents, Charlotte is with her clients throughout the eviction processes, including in court. Because Charlotte offers flat-fee evictions, the client is never surprised with additional fees, hidden costs, or extra invoices.

Do you have questions about your business or property management company? Call Charlotte today.

2560 73rd Street, Urbandale • 515-278-0623 • www.ARPCLaw.com

Gail Barnett

SOCIAL SECURITY DISABILITY
MEDICAID & ASSET PROTECTION

Gail Barnett is the go-to attorney for people who deserve Social Security benefits or who have questions about paying for long-term care. Gail spent many years as a case manager for adults diagnosed with a chronic mental illness. Then, she went to law school and graduated with high honors in 2003.

Gail combines her practical experience and her expertise in the law to work with clients who have physical disabilities and mental impairments. She helps clients obtain Social Security disability and remain eligible for other benefits. Her knowledge of Medicaid allows her to assist clients apply for Title XIX benefits and guide them through asset-protection planning. She also works with families to establish guardianship and conservatorships and special needs trusts. Her expertise covers several practice areas.

When you need someone with the kindness, knowledge, and know-how to assist in a difficult time, Gail is your attorney.

2560 73rd Street, Urbandale • 515-278-0623 • www.ARPCLaw.com

CENTRAL IOWA BUSINESS CONFERENCE

HOSTED BY: THE URBANDALE CHAMBER OF COMMERCE

- **PREMIER EVENT FOR CEOs AND EXECUTIVE TEAMS**
- **TOP LEVEL SPEAKERS AND CUTTING EDGE TOPICS**
- **INSPIRATION, TEAM BUILDING & EDUCATION**
- **IMMEASURABLE CONNECTIONS**

KEYNOTE SPEAKERS

Tiffani Bova

Chief Growth Evangelist, Salesforce

Bova has been named to the latest Thinkers50's list of the world's top management thinkers and is a welcomed guest on Bloomberg, among others.

She is a change maker whose thought-provoking and forward- thinking insights have made her a frequent guest on a variety of industry-leading podcasts and live broadcasts.

Tommy Breedlove

Author and Feature Keynote Speaker

Tommy Breedlove challenges audiences to embrace a new kind of ambition to live a well-rounded life of purpose and abundance which, as he found out, leads to even more profitability.

He shares tools and simple steps to help audiences reclaim significance and meaning in their lives.

REGISTER NOW

MAY 23, 2023 | PRAIRIE MEADOWS EVENT CENTER

AROUND TOWN

PHOTOS BY NICK NOAH

PUPPY BOWL — IOWA WOLVES GAME

Wells Fargo Arena
Feb. 12, 2023

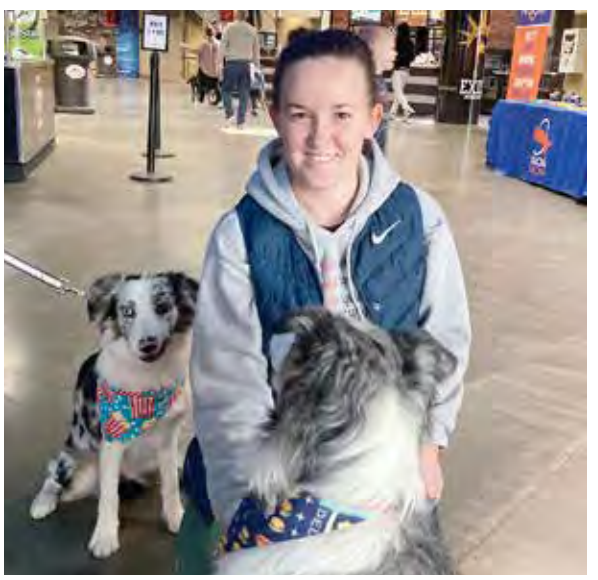
Cassandra Jansen and Ellie Gilkey

Lee Coons and Sara Schilling

Dustin Hall and Ashe

Lester Mwirichia

Cory Russo and Casey Russo



Ally Fillmore

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Earth Day Sale!

BUY 4 GET1 FREE! WINDOWS & DOORS!

PLUS! NO Money Down, NO Payments, NO Interest for 12 months

*Not valid with any other offers discounts or prior purchases. Interest accrues from date of purchase but is waived if not paid in full within 12 months.

OFFER ENDS APR. 30!

Call Today!
515-650-2293

RENEWAL BY ANDERSEN
517 Railroad Avenue
WDM | Valley Junction

*Offer expires 4/30/2023. Not valid with other offers or prior purchases. Buy one get one 40% off windows & doors, must have a 4 window minimum to qualify. 12 months no payments, no interest when you purchase windows or patio doors between 4/1/2023 and 4/30/2023 with approved credit. APR of 17.99% as of 1/1/2023, subject to change. Repayment terms from 0-12 months. Interest accrues from date of purchase but waived if paid in full within 12 months. Available only at participating locations. See your local Renewal by Andersen location for details. © 2023 Andersen Corporation. All rights reserved.

CITYVIEW'S

Wedding Guide

Planning what will likely be the biggest and priciest party of your life is no small feat. From bridesmaid colors and budgeting to party favors and photography, we've compiled these tips to help you on your special day — and beyond.

Photo by Wu Jianxiong on StockSnap

Ultimate life hack for managing your money after the wedding day

(NewsUSA) - While your love may know no bounds for your spouse, things can get a little more tricky when talking about finances.

Financial issues are one of the most cited causes of conflicts in a marriage, and financial problems, including debt and disagreement about money management, are among the top issues in divorce as well.

Merging your life, including your financial life, with someone else's can be challenging, but setting up a solid financial plan early in marriage can help preserve harmony and nip money conflicts in the bud. Data from Ameriprise Financial show that at least one-third of couples disagree about money at least once a month on topics including savings and discretionary spending.

Fortunately, today's technology offers new options to help couples navigate shared and individual finances. More American couples now maintain separate bank accounts instead of, or in addition to, joint accounts, and the latest banking apps offer flexibility, security and ease of use. MovoCash is one example of a digital payment card platform that offers consumers with a variety of financial life hacks as alternatives to traditional banking services. Anyone in the U.S. can open an FDIC-insured MOVO card account that is easy to use and doesn't require gold-plated credit.

MOVO's easy design offers a simple financial strategy for couples: each partner can open a separate account for immediate spending needs and personal discretionary purchases, and the couple also can maintain a joint account for major expenses such as savings, bills, and home expenses. Purchases and payments can be made quickly and directly from a phone.

In addition, funds can be transferred instantly between MOVO accounts, and the system allows for direct deposits to manage incoming paychecks and outgoing payments. The MOVO card can be used anywhere Visa is accepted, so that cuts down on the use of credit cards and the potential debt of credit-card bills. The app helps users track transactions and monitor balances, making it easier to avoid overspending and stick to financial goals while leaving room for each partner's pleasure purchases.

For more information about MOVO's mobile banking options, visit https://movo.cash.

Are you married with MOVO? Contact support@movo.cash and tell us how you use it, and you have a chance to be featured in a future article. ■

UNIQUE. MODERN. CUSTOMIZABLE.

Perfect for micro-weddings, bridal showers, bachelor and bachelorette parties!

ACCOMMODATES UP TO 90 GUESTS

Your PRIVATE BAR

Centrally Located in West Des Moines

1701 25th Street
Suite 100

www.yourprivatebar.com

There's a Difference in a Throne.

- Special Event Restrooms
- Deluxe Portable Restrooms (flushable & running water)
- Luxury Restroom Trailers

We now provide septic service as well!

A King's Throne
PORTABLE RESTROOMS

Call Today!
515.288.5464

www.AKingsThrone.com

Put more you into your wedding day

(Family Features) A wedding day is filled with symbolic tradition, from varied religious customs to the never-ending circle reflected in the rings and the types of flowers accentuating the celebration. Even with all the traditional rituals to consider, nearly every bride and groom can find ways to give their special day some unique touches that reflect their personality and love.

Music sets the mood for every wedding, and it's an easy place to put your own spin on the celebration. Whether you forgo the traditional bridal march entirely or simply look for an arrangement that gives an updated twist to the classic version, let guests know this isn't your average wedding by setting the festivities against a soundtrack that lets your true character shine.

The wedding party is intended to be a collection of those nearest and dearest to the bride and groom, who help ensure the day goes off without a hitch and who lead fellow revelers in celebrating the start of the new couple's life together. That being said, there's no reason this group must be limited to women on her side and guys on his, or even that it's limited to humans — a beloved pooch can make for an adorable ring-bearer, after all.

Photography is an essential element of your big day, but think beyond the images you'll capture throughout the wedding and reception. Photos lend a personal touch, no matter what your color scheme or theme. Integrate photos of the two of you at various stages of life, together as a couple and with loved ones (perhaps even some you're honoring in memoriam).

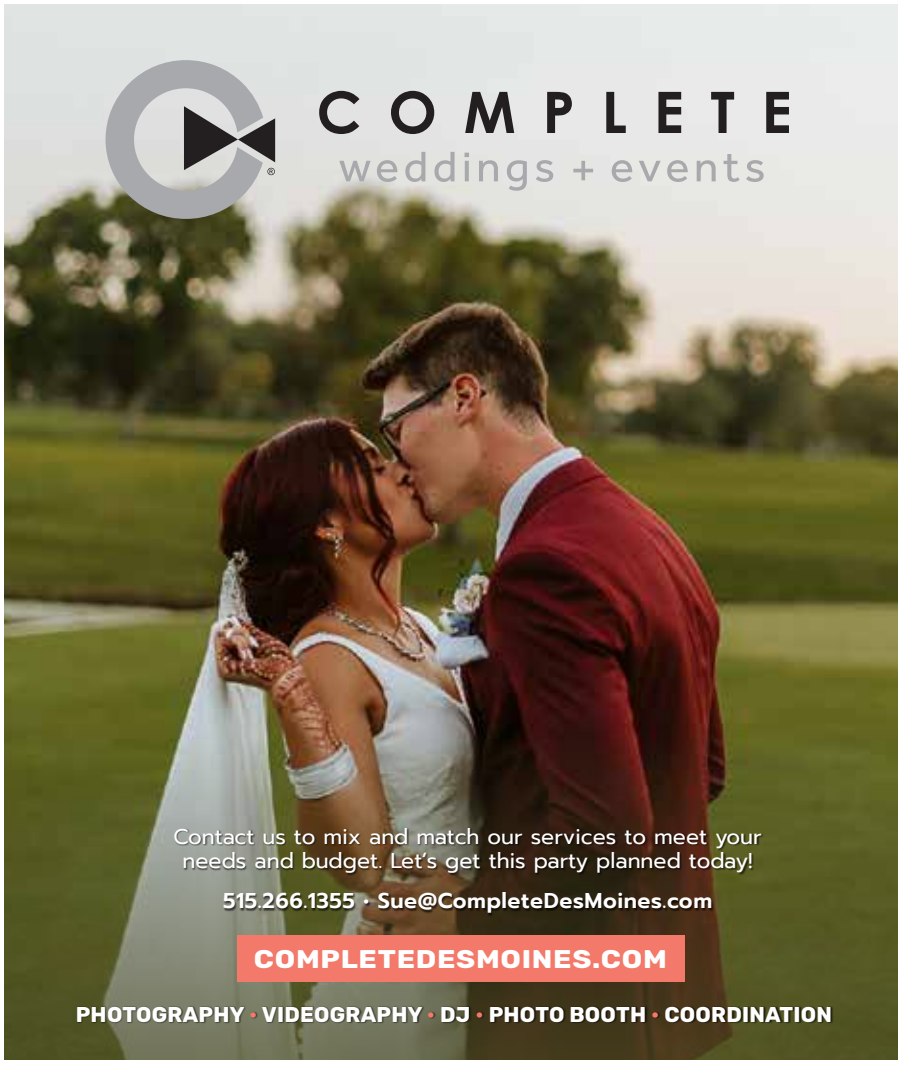
Photo courtesy of Getty Images

You can display these at a table with the guest book, as part of the table centerpieces, or even on the gift table. Or take things digital and load all your images into a slide show set to music.

Make favors meaningful. Forgo more common items like bubbles and chocolate, and instead send a little of yourself home with your guests. Maybe it's a memento from a place with special meaning to you both, or a bottle opener shaped like a bicycle to represent the way you met. Just think about the moments and things that define you as a couple and do some searching online. You'll probably be surprised by how quickly the options pile up.

Serve up a menu that shows guests more about your life together. Your loved ones can order basic beef or chicken anywhere. Instead, give them a glimpse into you. Make your main course the same food you enjoyed on your first date or during another monumental moment in your courtship. Or plan the entire menu around a region you hold close to your heart.

Weddings are filled with traditions, but that doesn't mean you can't put your own touches on the day for a special event filled with memories that are uniquely your own. Find more advice for life's special moments at elivingtoday.com. ■



THREE SISTERS BARN

WEDDINGS & EVENTS

Marissa Kelly Photography

Jason Thomas Crocker Photography

Bailey Wilmes Photography

Can accommodate up to 354 guests

Open Catering Policy

No hidden fees for use of the venue

Includes tables and seating, set up and break down, and cleaning

CALL TODAY TO SCHEDULE YOUR TOUR! (515) 717-0757

21663 R AVENUE, DALLAS CENTER, IA | WWW.3SISTERSBARN.COM

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.

Photo courtesy of Getty Images

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

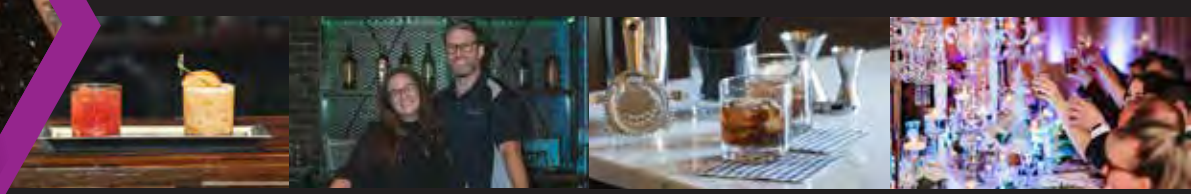
When building a registry, it's never too early to start. People want to give gifts as soon as they know a couple is engaged. Start by taking inventory of what you already have, what you need and what you want to upgrade. It's also recommended to update the registry regularly so there are enough gifts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

A PERSONALIZED BAR SERVICE for your event.

Crafted cocktails catered FOR YOU by our mixologist

We work together to ensure that your bar is tailored specifically to you and your event. We will work with you every step of the way.



TOP IT OFF LIQUID CATERING

Scan to see our specialty drinks and crafted cocktails

515-402-0660 ◆ www.topitofflc.com

Exclusive liquor license at The Loft DSM and The Temple of Performing Arts

LUNCH WITH...

BY JIM DUNCAN

Connie Wimer at Bubba

'The upside of being inexperienced is that you don't know what you can't get done.'

Connie Wimer has racked up a lifetime of "firsts." She was the first female owner of a title company in Iowa, the first owner of a computerized title company anywhere, the first female owner of an alternative newspaper and of a business paper in Iowa, and the first Iowan to bring a wine festival and glossy magazines to the state. We asked her to lunch in March, and she selected Bubba, a downtown café specializing in southern cuisine and bourbons.

Bubba likes Wimer as much she likes them. They have a cocktail named after her. Like its namesake, it is both traditional and specifically unique in details. The "Ms. Wimer" is a classic martini that demands Cocchi Americano aperitif, Tanqueray gin, Vya vermouth and lemon. We ordered crab cakes and chicken sandwiches and talked about her business. (Disclosure — Wimer hired me to write for CITYVIEW's predecessor, The Skywalker, in 1988. She sold CITYVIEW to Shane Goodman in 2004. I have been contributing regularly to one or another of the publications she founded ever since then.)

Wimer's late husband, Frank Fogarty, had an incredible resume that included experience all over the world. He spoke several languages. There were rumors that he had been a CIA operative. Was he a spy?

"I never wanted to put him on the spot about that, so I didn't ask. But there were interesting encounters I observed in places like Russia with mysterious strangers that he seemed to know."

Wimer did not have much support from the local, male-dominated establishment when she determined to buy and remake Iowa Title Company.

"An attorney who was a friend of Bill's (Wimer) let me know he did not care for me when I bought it. He said, 'This time you finally bit off more than you can chew.' Things like that incentivize me.

"A few years later, I called a meeting of the Planned Parenthood board to discuss attracting a bigger crowd. He pops up and says, 'What are you thinking. It's not like you can get Norman Borlaug to come to Des Moines.' Borlaug was the Nobel Peace Prize winner in 1970 and was living in Mexico City. I went home and got on my rotary phone and dialed the operator. I told her I wanted to make a long distance call to Norman Borlaug in Mexico City. Remember those days? The operator looked up the number and dialed me through.

"A couple minutes later, Norman answers the phone and says hello. I introduce myself and congratulate him and invite him to come to Des Moines to speak to Planned Parenthood. He immediately said he would love to, but his time was managed then by the Ford Foundation. They called me and said that the date we had discussed wouldn't work because Borlaug had a conflict. I said we would change the date, they said he had a conflict then, too. We went back and forth on dates. I told them, 'Look, he wants to do this.' They finally found a date. When he arrived here, in a big March blizzard, the first thing he said to me was, 'My staff tells me you are the most persistent person ever.' "

Wimer also was advised not to computerize Iowa Title, which quickly took the company from the smallest in Des Moines to the largest in Iowa.

"Oh, even IBM told me not to, and I was buying from them. I wanted the IBM 34. No one had ever bought one in Iowa at the time, 1978. It was gargantuan. IBM told me it was impossible, but I demanded two weeks of operational training. They finally agreed. I hired two positions just to enter the data, but soon we could deliver a real estate abstract in two days instead of two weeks. Since Realtors don't get paid till the paperwork is all done, they all pressured their companies to switch to Iowa Title. We became the largest title company quickly, and yet it was 10 more years before any others computerized."

It took her longer to make her purchase of Daily Record successful.

"I knew it was a good fit for the title company because everyone was listing properties there. I had to ask the McIntyre family three times before they agreed to sell to me. It had been in the family 80 years without making any changes. But I had a 20-year loan to pay them off, and it wasn't making money.

"At that time, I asked to meet with the Register and Tribune brain trust to try to persuade them that covering small business news would be a good plan. They only covered the big four Des Moines companies at the time. They shot me down and changed nothing. So, I decided to turn the Daily Record into the Business Record and cover the community. I had to sell advertising to make money, and that was hard with a circulation of less than 700. Business news grew that, but I wanted to up our game regarding reporters. To attract them, I decided to start The Skywalker, Iowa's first weekly alternative paper. Of course, I was advised not to. But by merging the papers, I could hire people like Rob Borselino.

"The papers lost money for three years, and I was making mistakes. I heard about a national association of similar publications and petitioned to attend a meeting. They refused me, so I asked them to poll the membership about it, all 35 members. They said OK, and I learned so much. I read all their papers for one thing. Four years later, I was their president, and I still go to all their meetings."

Wimer was also advised not to start a wine festival in Iowa, or a glossy lifestyle magazine (DSM).

"People told me that Iowa wines were not that interesting. I don't know why they thought I would not also bring in top wineries from the West Coast. They also told me that I could not find competent staff. So, I hired Carrie Weinhardt, and the two of us did everything to get it off the ground. Natasha Sayles does a fabulous job running it now. The constant negativity was that Des Moines was too small to need a business paper, an alternative, a lifestyle magazine, or a wine festival.

"The upside of being inexperienced is that you don't know what you can't get done." ■

FOOD DUDE

BY JIM DUNCAN

DZÔ Korean BBQ

Ingersoll restaurant fits well within the new category of experiential dining.

DZÔ KOREAN BBQ
2611 Ingersoll Ave.
515-216-1472
Monday – Thursday, 5-10 p.m.
Friday – Saturday, 5-11 p.m.
Sunday, 5-9 p.m.

What's in a name? Would a dzo, by any other, not taste the same? In Des Moines, it would not because this Korean steakhouse uses beef, not the offspring of a cow and a yak that is its namesake. Too many years of watching Andrew Zimmern's "Bizarre Foods" made me ask.

DZÔ Korean BBQ fits well within the new category of experiential dining. Diners cook their own dinners over sunken, gas fired grills in the middle of tables that seat six people. Rather loud music also encourages them to feel something different from traditional dining.

Korean cuisine is taking off on the west coast; it has been for years. Korean food burst out of Koreatown in Los Angeles via food trucks, where it merged with Mexican flavors and spread like all tasty things will. Korean cuisine has long been dismissed by the Japanese for using bold, unrefined ingredients like garlic, chilies and fermentation. Korea and Japan actually had an international conflict because Japanese "kimchi" was not fermented. Japan quit using the word. Today, the bolder flavors are popular with younger Americans.

DZÔ has a full line of banchan. Those are small, usually pickled dishes meant for sharing. Our meals included seven banchan including winter radish, cabbage, spinach, bean sprouts, potato salad, chilies, cucumber, salted fish and squash. These change from one visit to another and are refilled.

Those are not the only appetizers; in fact, they aren't even on the menu. Chick-charron were a Korean take on Mexican pork skins. They were made with fried chicken skins. If this is where all the skins go when they are rejected by "boneless, skinless" chicken butchers, then it's all good. They were crispy and crunchy wonders. "Boom boom bao" were delicious mini tacos — pork belly, radish, cucumber kimchi and hot sauce on steam buns.

Korean fried chicken and fried chicken sliders (on brioche) were made with thighs and wings; egg rolls with pork and vegetables. Blistered shishito peppers were served with garlicky soy sauce.

Noodle dishes included both Italian-type wheat pasta and sweet potato pastas, both served as stir-fried offerings. Rice entrees included vegetarian and pork versions with kimchi and also "bimbimbap" which included grilled steak, fried egg, spinach, cucumber and bean sprouts, raw, cooked and fermented.

The dishes I found myself remembering days later were both called stews. One was "haemul sundubu jjigae" — a combination of tofu, calamari, shrimp and mushrooms. The other "kimchi jjigae" — a hot and sour mix of tofu, pork belly and mushrooms.

The stars of the show are the meats. Kalbi is short rib of beef that has been flankened, meaning cut thinly and against the direction of the bone. This is eschewed by Europeans who prefer cooking short ribs slow to tenderness. It is loved by Koreans and Mexicans who want to grill it fast to chewiness. Ribeye, filet, flat iron, New York strips and tri tip (California BBQ) are treated more familiarly. Pork belly won over my groups. It was sourced from kurobuta pigs, which are pampered Japanese Berkshires.

DZÔ offers upgrades to wagyu cuts. Those are heavily marbled meats that come from the same special cattle breed as Kobe. Steaks are all cut thinner than in American steakhouses. The grills in the tables never really get hot enough to sear beef like "Pittsburgh" fans like, so thicker cuts would not work.

Kalbi and ribeye at DZÔ Korean BBQ.

The restaurant consists solely of six-top tables, plus bar seating without grills. This is awkward for couples who take up four extra potential seats. We arrived once at opening, 5 p.m., on a Monday, and people without reservations were already being turned away. No table that night had six, and only two had more than two. Make a reservation!

Parking is difficult, as the restaurant's lot is shared with a bar and another restaurant, and Ingersoll has destroyed most street parking. ■

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

BELLY UP TO:

Magee's Irish Pub & Eatery

Slainte! to pub in Ankeny's District

BY JACKIE WILSON

When's the best time to write a Belly Up column on an Irish place? After the St. Patrick's Day shenanigans.

I headed to Magee's Irish Pub & Eatery following their three-day St. Paddy's day celebration. A few leftover green decorations dotted the place. But no worries — there was plenty of Irish food and drink.

Magee's is located in The District at Prairie Trail in Ankeny and opened in December 2019. It's named after co-owners Dawn Magee Martin and Andrew Martin. With several other businesses, the Martins wanted a place Ankeny didn't have: an Irish pub.

The brick and black décor outside match the interior, with deep cherry wood and a brick wall behind the bar. Several booths separated with stained glass offer privacy. Irish beer signs and slogans provide a right mix of authentic, homey interior.

"We've heard from a lot of people who have been to pubs in Ireland that this is realistic, with an American twist," said Trevor Perez, director of operations.

The food menu consists of Irish favorites, including their popular fish and chips, corned beef and cabbage and Shepherd's pie. Some unique foods include Reuben egg rolls, kilted banger bites with banger sausage and cheese, wrapped in a puff pastry and Guinness dip — a hot crock of chipped corn beef, cheese, sauerkraut and Guinness beer served with flatbread.

What's an Irish pub without alcohol? You're in luck as they have a wide selection of beers. With many Guinness options, Magee's is the No. 1 seller in Iowa, according to Perez. A 20-ounce pint costs $8. They've partnered with Ankeny's Firetrucker Brewery for their Mollie Magee, which is an Irish-style red beer, brewed with Bushmills Irish whiskey.

Glenfiddich. Balvenie. Tullamore. Glenlivet. Can't decide from the 75 or so varieties of Irish and Scotch whiskeys? Then choose a whiskey flight, which offers four tastings for $30.

Weekend brunch on both days offer up flavorful hangover-cure breakfast cocktails. Swap out your coffee creamer for some Bailey's Irish Cream to go with your scotch eggs and bangers and mash. Soon you'll be declaring "Top of the mornin' to ya' " in your best Irish brogue.

With a full bar, domestic beers and wine by the glass or bottle, there are drinks to please all the lads and lasses. Try a shamrock shake — and not the McDonald's style. This shake includes Tullamore Dew Irish Whiskey, crème de menthe, Godiva chocolate, Hershey's syrup and cream.

A raised stage offers live music. The second Tuesday of the month is an Iowish (Iowa/Irish) jam session, for musicians to play Irish music. The wrap-around patio outside overlooks the District's bustling downtown.

Happy hour, Mondays through Thursdays from 2-5 p.m., includes $2 off select pints and appetizers, $5 well drinks and $1 off wine.

Magee's recently took over the building next door, creating more seating along with a private tasting room, wine cellar and private party space.

Head to Magee's in Ankeny for the luck o' the Irish — even if it's not St. Paddy's day. ■

MARGARITA WARS

Tell us who you think has the best margarita in the Des Moines metro area. The winner will be named in June! **Support your favorite and cast your vote today!**

- ❍ **300 Craft & Rooftop,** 300 W. Martin Luther King Jr. Parkway, Des Moines
- ❍ **5 de Mayo Mexican Restaurant,** 5118 S.E. 14th St., Des Moines
- ❍ **Alegrias Seafood & Mexican Cuisine,** 2809 Sixth Ave., Des Moines
- ❍ **Amigo Mexican Restaurant,** 8510 Birchwood Court, Johnston
- ❍ **Amigos Mexican Grill,** 502 N. Ankeny Blvd., Suite 5, Kimberly Plaza, Ankeny
- ❍ **Antojitos Mexicanos,** 4100 S.W. Ninth St., Des Moines
- ❍ **Bellhop,** 440 E. Grand Ave., Des Moines
- ❍ **Black Sheep,** 223 E. Walnut St., Des Moines
- ❍ **Cabo Sol,** 5010 Mills Civic Parkway, Suite 100, West Des Moines
- ❍ **Cancun Grill & Cantina,** 3855 121st St., Urbandale
- ❍ **Casa Margarita Mexican Bar & Grill,** 1106 Army Post Road, Des Moines
- ❍ **Cazador,** 103 N.E. Delaware Ave., Ankeny
- ❍ **Ceviche Bar,** 233 East Walnut St., Des Moines
- ❍ **Coa Cantina,** 425 E. Grand Ave., Des Moines
- ❍ **Destination Grille,** 2491 E. First St., Grimes
- ❍ **El Aguila Real,** 4351 Merle Hay Road, Des Moines
- ❍ **El Azteca,** multiple locations
- ❍ **El Barco Mexican Restaurant,** 8801 Hickman Road, Suite B, Urbandale
- ❍ **El Dorado Mexican Restaurant & Grill,** 1327 Sunset Drive, Unit 100, Norwalk
- ❍ **El Fogon,** 1250 Eighth St., West Des Moines
- ❍ **El Guapo's Tequila + Tacos,** 8950 University Ave., Suite 105, West Des Moines
- ❍ **El Huapango Mexican Restaurant,** 3600 S.E. Crossroads Drive, Suite D, Grimes
- ❍ **El Mariachi Mexican Restaurant,** 5825 Merle Hay Road, Johnston
- ❍ **El Patio Mexican Restaurant,** 611 37th St., Des Moines
- ❍ **El Patron Mexican Restaurant & Cantina,** 6350 Douglas Ave., Urbandale
- ❍ **El Rey Burritos,** 1310 Grand Ave., West Des Moines
- ❍ **El Rodeo Mexican Restaurant,** multiple locations
- ❍ **El Toreado Mexican Bar & Grill,** 3751 EP True Parkway, West Des Moines
- ❍ **Fiesta Mexican Restaurant,** 2025 Grand Ave., West Des Moines
- ❍ **Fuzzy's Taco Shop,** multiple locations
- ❍ **Gilroy's Kitchen + Pub + Patio,** 1238 Eighth St., West Des Moines
- ❍ **Guadalajara Mexican Restaurant,** 3221 Adventureland Drive, Altoona
- ❍ **Habanero,** 6110 N.W. 86th St., Johnston
- ❍ **Habanero's - Drake neighborhood,** 3200 Forest Ave., Des Moines
- ❍ **Hacienda Vieja,** 1149 S.E. Third St., Grimes
- ❍ **Hidalgo Mexican Bar & Grill,** 2675 100th St., Urbandale
- ❍ **Iowa Distilling Company,** 4349 C Ave., Cumming
- ❍ **Isla Del Pacifico Mexican Restaurant,** 1434 Des Moines St., Suite 8, Des Moines

See more on the next page and vote!

VOTE FOR RITA'S

IN CITYVIEW'S MARGARITA WARS!

STOP IN FOR OUR DELICIOUS MARGARITAS AND QUESO FLIGHTS!

Rita's Cantina

CHECK OUT OUR FULL MENU!

RITASCANTINADSM.COM

401 SE 5TH ST, DES MOINES

(515) 777-1012

- ❍ **La Baja Cocina Mexicana,** 1938 S.E. Sixth St., Des Moines
- ❍ **La Cabaña Mexican Bar & Grill,** 1435 Army Post Road, Des Moines
- ❍ **La Feria Mexican Restaurant,** 4450 E. University Ave., Pleasant Hill
- ❍ **La Hacienda Mexican Restaurant,** 4450 E. University Ave., Pleasant Hill
- ❍ **La Rancherita Taqueria Y Gordita,** 1106 Army Post Road, Des Moines
- ❍ **Lina's Mexican Restaurant,** 1221 Keosauqua Way, Des Moines
- ❍ **Los Altos,** multiple locations
- ❍ **Los Laureles,** 1518 E. Grand Ave., Des Moines
- ❍ **Los Tres Amigos,** 63 N.E. Carefree Lane, Waukee
- ❍ **MALO,** 900 Mulberry St., Des Moines
- ❍ **Mi Mexico Restaurant,** 11407 Forest Ave., Clive
- ❍ **Mojito's Mexican Restaurant,** 802 S.E. Oralabor Road, Suite 102, Ankeny
- ❍ **Monterrey Mexican Restaurant,** multiple locations
- ❍ **Mugsy's Pizza House & Irish Sports Pub,** 1225 Copper Creek Drive, Unit A, Pleasant Hill
- ❍ **Nacho Tequilas,** 6401 S.E. 14th St., Des Moines
- ❍ **Old West Mexican Restaurant,** 4138 Fleur Drive, Des Moines
- ❍ **Paleteria La Michoacana,** 1552 E. Grand Ave., Des Moines,
- ❍ **Pour Choices Neighborhood Bar,** 1895 S.E. Grimes Blvd., Suite 101, Grimes
- ❍ **Primos Tex Mex Bar & Grill,** 1140 E. Army Post Road, Des Moines
- ❍ **Pueblo Viejo,** 3841 E. 14th St., Des Moines
- ❍ **Revival House,** 316 Court Ave., Des Moines
- ❍ **Rita's Cantina,** 401 S.E. Fifth St., Des Moines
- ❍ **RoCA,** 208 Court Ave., Des Moines
- ❍ **Senor Tequila,** 3411 S.E. 14th St., Des Moines
- ❍ **Star Bar,** 2811 Ingersoll Ave., Des Moines
- ❍ **Tequila Mexican Restaurant,** 2824 Easton Blvd., Des Moines
- ❍ **The Winchester Public House,** 224 Fifth St., Unit 102, West Des Moines
- ❍ **Viva Mexican Restaurant,** 4531 86th St., Urbandale

VOTE HERE!

www.dmcityview.com/margaritawars

First round of voting ends April 17!

VOTE FOR US

IN CITYVIEW'S

MARGARITA WARS!

El Barco Mexican Restaurant

8801 Hickman Rd, Urbandale

515-276-0162

www.elbarcodm.com

VOTE FOR US FOR

THE BEST MARGARITA

El Huapango

MEXICAN RESTAURANT

OPEN FOR DINE-IN AND CARRY-OUT!

515-986-0741

View our menu at www.elhuapango.com

3600 SE CROSSROADS DRIVE, SUITE D, GRIMES

VOTE EL FOGON!

FOR MARGARITA WARS

HAPPY HOUR

(ONLY AT MILLS CIVIC LOCATION)

SMALL HOUSE MARGARITA $4

Mon-Fri 11am-5pm

All day Wednesday!

CITYVIEW BEST 2021

El Fogón

ORIGINAL LOCATION

1250 8th Street

515-635-0133

5465 Mills Civic Parkway #101

515-221 7981

SE corner across from Target

NEW!

Please Vote Us

for your favorite margarita!

Browse our menu!

La Rancherita

1106 Army Post Rd, Des Moines • 515-630-6755

VOTE FOR SEÑOR TEQUILA IN CITYVIEW'S

MARGARITA WARS!

WEEKLY SPECIALS

SUNDAY THROUGH THURSDAY

TRY OUR TEQUILA & MEZCAL FLIGHTS!

DES MOINES' *AWARD-WINNING*

TEQUILA BAR!

SEÑOR TEQUILA

MEXICAN CUISINE & TEQUILA BAR

SENORTEQUILADSM.COM

3411 SE 14th St., Des Moines 515.528.2050

SECOND CHANCES

Local organizations work to end the cycle of poverty and incarceration.

By Sofia Legaspi Dickens

When Todd Cappel finished serving nine months in prison, he hesitated to apply for work. Thankfully, unlike many others emerging from incarceration, he had plenty of community support.

"Part of the whole recovery process is being honest," he said. "So, once I got out, I was a little nervous about getting out in the community and what people would say, but they were nothing but supportive."

Prior to his felony charge, Cappel had graduated from Iowa State University and spent 14 years in sales: a career he had imagined himself retiring from. After prison, he focused on his service work and recovery — but his career was at a standstill.

"I just was stuck and afraid to apply to any sort of positions, and I didn't want to just go into an entry-level position with my education and experience. I was just afraid to get my resume out there because I had that felony on my record," he said. "I needed some routine in my life. Because I'm not one that likes to sit around. And I knew I needed some sort of help to do it and the confidence to do it."

Cappel found help in Change Course, just one piece in a network of organizations serving citizens reentering their communities from prison.

Through Change Course, Cappel has submitted job applications, practiced interviews and grown his career network. He's completed a 30-hour OSHA training course and is looking to enter the construction industry.

"The ultimate goal is employment — and to be happy, start my life over. Because I knew going to jail that it was going to be a fresh start for me. And along the way, I really realized: The best is yet to come."

CHANGE COURSE

Learn more at… change-course.org

Change Course launched last year, but its roots go back to 1995, when founder Joseph Johnson began a sentence in a federal prison camp in South Dakota.

"I was always one that grew up thinking everybody in the United States can make it — because if you live in the U.S., everybody has the opportunity to succeed. I met some men that would change my view of that."

In prison, Johnson heard story after story from other inmates of dysfunctional upbringings, traumatic life experiences, and unsupportive communities.

"I could see men come back to prison while I was there, and I'd ask them why they came back. The most consistent answer was, 'Nobody would give me a job. Nobody would give me an opportunity. I had to survive, so I'd steal and sell drugs again.' "

When Johnson finished his sentence, he was embraced by his family and church community. He found a job running a company — at the suggestion of the very person he had wronged, leading to his conviction. The company owner hesitated: Johnson was not only a felon, he had 18 months of remaining probation.

"But they still took a chance on me because of the recommendation of the community around me that said, 'Take a chance; trust me,' " Johnson said.

He spent the next 25 years at the executive level in small businesses, seeing great success. Yet, in the back of his mind, a calling persisted. Since incarceration, Johnson had long dreamed of establishing a prison reentry center that not only provided practical career and personal development skills, but a loving and healthy community.

"I was waking up at night thinking about this training center, and I felt like: It's time. We need to do it now."

So, Johnson retired and, alongside wife, Karin, and son, Bradford, launched a nonprofit near Drake University. Change Course welcomed its first cohort last November and hopes to see at least 10 participants graduate this summer. By 2025, they hope to graduate three classes of 50 leaders annually.

"Our participants we call 'leaders,' because they're the leaders of their lives," Johnson explained.

The program lasts six months, starting with eight weeks of personal development. After this, leaders embark on their chosen career path. The nonprofit partners with schools and organizations like DMACC, Penn Foster College and Broadlawns Medical Center to help leaders obtain short-term workplace certifications.

Each Monday night, Change Course staff, leaders and allies (volunteers) have a "family gathering" for fellowship and encouragement. Once leaders secure employment in their field, they graduate from the program — complete with a cap and gown and celebration with their families.

Todd Cappel, right, with fellow Change Course leader Jordan Garrett and Director of Programs Karin Johnson. Photo submitted

A regular reward system and constant encouragement are paramount to the program, said Johnson's son, Bradford, who is a recovering addict himself.

"These are people that have never won anything

in their lives," he said. "It means so much to them because they've never been recognized or empowered or told they're anything special. They've always just been grinding and fighting just to live."

Notably, Change Course is tuition-free. In fact, if leaders adhere to the program rules, they earn a $100 biweekly stipend to cover transportation costs.

"One of the things that we hear from them is, 'What do you really want from me? You mean, you don't want anything?' " Joseph Johnson said. "We want to see you succeed. We want to get behind you. And we want to enter into that joy with you."

As a nonprofit, Change Course relies largely on community support, whether that looks like referring potential leaders to the program, volunteering as an ally, or committing to regular donations. They are always seeking businesses willing to hire felons and provide second chances.

Johnson's end goal is ambitious — but clear.

"We just feel like there's no reason we can't end poverty. Why shouldn't we think that way? There's enough money in the city — and it's not just throwing money at it. It's wrapping your arms around the pain of these people and building a relationship. Poverty is more about broken relationships than it is money, and when we can restore relationships, we can eliminate poverty."

Joseph Johnson, left, was inspired to create Change Course after his own experience with incarceration. He serves alongside his son, Bradford. Photo submitted

"What we've found is the only way to really get people out of the places that they feel like they can't is not by giving them money," added Johnson's son. "It's by getting down on their level and walking them out with them."

BY THE NUMBERS...

9
Number of state correctional institutions in Iowa (closest to Des Moines is the Iowa Correctional Institution for Women in Mitchellville)

7,951
State-wide institution population

13.75%
Percent by which these institutions are overcrowded

41,410
Individuals in community-based corrections (probation, parole, work release, etc.)

37%
Three-year recidivism rates for FY 2022

Source: Iowa Department of Corrections, statistics as reported as of press time.

Randi Radosevich noted many Immersion clients return, if only to say hello or thank you. She received these three paintings from a client after they had provided basic needs, met several times and helped him on his journey. Photo submitted

IMMERSION AT ST. VINCENT DE PAUL

Learn more at… svdpdsm.org/immersion

Designed and developed 100% in Des Moines, the Immersion reentry program has been replicated in 10 other sites across the nation, impacting upwards of 12,000 individuals last year. It operates through worldwide service organization, the Society of St. Vincent de Paul (SVdP).

The society has had a presence in Des Moines since 1924. Immersion found its start in 2016, said SVdP Des Moines Executive Director Steve Havemann.

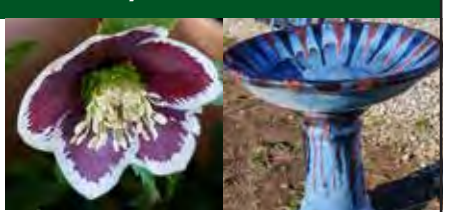
"St. Vincent de Paul talks about meeting unmet needs in the community and helping individuals with the most barriers to success," he said. "If you look at success rates for high school graduation, employment, income — some of those traditional barriers that people look at around poverty — the populations that are most

QUILTED GARDENS AND NURSERY

SEASON OPENING

MAY 6, 10AM TO 5PM & MAY 7, NOON - 5PM

- New and Unusual Perennials
- Unique Confers and Trees
- Hydrangeas, Asparagus, Rhubarb, Peonies
- Flowering Trees & Japanese Maples
- Containers, Garden Art and Wind Spinners
- Proven Winners Shrubs



May Hours after May 7th
Thursday, Friday, Sunday: Noon - 5pm
Saturday 10am - 5pm

PREORDER ONLINE AT QUILTEDGARDENS.COM

19635 130th Ave, Indianola (7 miles south of Indianola, off Hwy 69)
www.quiltedgardens.com • 515-720-3089

Happy Hour

EVERYDAY 3PM-6PM

Irina's
STEAK & SEAFOOD

650 S Prairie View Drive
West Des Moines

515-225-8020 • www.irinassteakandseafood.com

disproportionately represented are individuals that have been incarcerated and young people aging out of foster care."

About 1,200 individuals age out of the Iowa foster care system each year, but Havemann said they realized the magnitude of incarceration-impacted individuals in their service area. Of the approximately 35,000 individuals SVdP serves annually, nearly one-third of those are directly impacted by incarceration.

"We really felt the need to do something specific to help them transition to a more positive and productive life," Havemann said, "so that's where Immersion was born."

Randi Radosevich serves as the program's coordinator. When the program first launched, she said they struggled to find more than 10 people each month. Now, they see between 70 to 80 appointments each month, with active annual enrollment hovering around 500.

Through the years, she's seen attitudes shift among incoming clients and previously incarcerated mentors. Now, she observes more open conversations and less judgment.

"I think the vibe within the prison system is, finally, there's somebody that will help them."

By partnering with other community organizations, Immersion offers a range of wraparound services, including access to food, clothing, hygiene products, plus assistance with SNAP enrollment, bus passes, driver's licenses and IDs. The program is also actively involved with other organizations tackling landlord and employer issues, Radosevich added.

SVdP's office on Army Post Road is uniquely positioned next to crucial resources, including its food, clothing and hygiene pantry, a health center, IMPACT Community Action Partnership, WIC (Women, Infants, and Children), and Iowa Workforce Development.

"We know, once people walk 60 feet out the front door, we've lost them. Even if we give them a bus pass, they're probably not going to make it two miles down the street to somewhere else," Havemann said. "But we can walk them across the street, across the parking lot to get rent and utility assistance or access to baby needs…. It really works well."

Beyond addressing clients' physical and logistical needs, Immersion and other programs like it provide an equally crucial necessity: compassion.

"If they get removed from a sober living house or residential facility, we don't kick them out of our program. We continue to walk with them," Radosevich said. "We are very open with them that we are not their probation officer or their parole officer — nor do we want to be. We are an arm of support, and we will put as much time into them and their recovery and not recidivating as they put into themselves."

EVELYN K. DAVIS CENTER FOR WORKING FAMILIES

Learn more at… evelynkdaviscenter.org

The Evelyn K. Davis Center for Working Families (EKD) provides opportunities to Des Moines' underserved populations. Around 7,500 individuals walk through its doors each year. EKD's director, Ahmed Agyeman, estimated more than 400 of those individuals have justice experience.

Like Immersion and Change Course, EKD works within the larger picture of area organizations to connect clients with necessary services like mental health and substance abuse counseling or food and rent assistance.

EKD also offers coaching in life skills including parenting, digital literacy and financial literacy. Through its Financial Empowerment Center, EKD organizes pre-release visits with inmates to provide financial training on credit, budgeting, savings and more as they prepare to reenter society.

Overall, the center operates eight different programs. Agyeman shared that what EKD does best is workforce training — not only providing one-on-one career coaching, but also filling in any gaps in clients' education and skill sets.

EKD's Men on the Move Career Closet partners with Mr. B Clothing and individual donations to provide attire for professional occasions. Photo submitted

"It becomes a major barrier when our clients return to the community and may not even have that education before they were incarcerated," he said. "They come back, and they are expected to work right away, find housing, food, transportation — all of those necessities that we all need to survive and thrive."

According to research cited by Agyeman, 40% of area housing complexes run background checks, with felonies being a major barrier. He added, 40% of inmates do not have a high school diploma or GED — another barrier to securing even basic employment, and thus housing.

By partnering with DMACC's Workforce Training Academy, EKD provides necessary education to move participants towards careers in high-demand industries such as healthcare, transportation and skilled trades. Tuition is free for many candidates who qualify.

In addition, EKD's Men on the Move Career Closet provides professional attire and hygiene kits for job interviews, current employment or other professional events.

"We can all be rehabilitated; we can all be given a second chance," said Agyeman of reentering citizens. "As we look at providing opportunities to our community, this is a group of individuals that — when provided with the right resources — they can definitely be very productive citizens. They can be the neighbors we all aspire to be or to have. They can be the colleagues at our job to fill, especially, a lot of the gaps that we have now in the workforce."

FULL CIRCLE RECOVERY COMMUNITY CENTER

Learn more at… recoverfullcircle.org

Full Circle Recovery Community Center emerged when two Des Moines nonprofits, The Beacon and Anawim Housing, joined forces to create a supportive space for the populations they served. Aside from their Des Moines location in the Waveland Park area, Full Circle operates two other centers in Sioux City and Council Bluffs.

Shannon Schott, senior program manager at Full Circle. Photo submitted

While Full Circle mainly serves those affected by substance abuse, Senior Program Manager Shannon Schott emphasized their center's overlap with reentering citizens — mainly through its Recovery Coaching program.

"The recovery coaches are people with lived experience," Schott explained. "So, people who are in recovery, or have a close personal connection to recovery, are able to provide that mentorship and support to someone else."

> "Sometimes, people feel like this is distant, it's far away, it doesn't really affect the people they know — but it affects everybody in every community. And if we care about our communities, then we need to care about people who are affected by incarceration."
>
> — Shannon Schott

Instead of counselors or clinical providers, recovery coaches are volunteers trained to mentor and support recovery and reentry — with added compassion and wisdom from their own backgrounds. Full Circle's volunteer coordinator, Tracy Gryp, came to the position because of her own experiences with incarceration and substance abuse.

One unique aspect of the coaching program is its channel. Facing barriers to physically entering Iowa prisons, Full Circle turned to CorrLinks, an email platform used by inmates to keep in contact with the outside world. It began with one organic connection and has grown to include more than 60 people.

Through CorrLinks, Full Circle can connect inmates with transportation resources, sober living facilities, or any other reentry needs. The recovery coaching relationship is flexible and often continues even post-release.

"If it's within our reach, we're going to try to get it done for them," Gryp said.

Full Circle offers volunteer orientations twice per month, and opportunities are plentiful: from those interested in assisting with day-to-day operations, to training as a recovery coach, whether in person or via CorrLinks. While a crucial part of a coach's responsibility is assisting with recovery plans, their overarching goal is simple.

"To just be an encouraging, non-judgmental, supportive person — an attachment to the outside, someone who cares and is going to be there for them," Schott said.

With her own background of incarceration, Gryp is familiar with the significance of empathy.

"Not everybody is in prison on violent crimes, or not everybody that's in prison is going to come rob your house," she said. "I know so many women from Mitchellville who are the kindest human beings I know — their crime was horrible, but there's a whole story behind it. That instant judgment that people place on others needs to change."

Tracy Gryp, volunteer coordinator at Full Circle. Photo submitted

Aside from accessing healthy and stable support systems, Gryp cited financial barriers to reentry: fines and court fees must be paid before obtaining a driver's license. Iowa code mandates a $300 supervision fee before being placed on probation or parole.

"I think it's absolutely unjust for our society to hold people's standard of successfully reentering when the systems are stacked against them being able to do that," Schott added. Full Circle supports recovery not only through its programs, but through policy advocacy. "If the laws don't change, then a lot of other things don't change."

So, why should the average person be involved? Because the criminal justice system affects everyone, Schott said.

"Sometimes, people feel like this is distant, it's far away, it doesn't really affect the people they know — but it affects everybody in every community. And if we care about our communities, then we need to care about people who are affected by incarceration." ■

EXPERT SEXUAL HEALTH CARE IN DES MOINES
THREE CONVENIENT LOCATIONS

PPNCS.ORG
1.800.230.PLAN (7526)

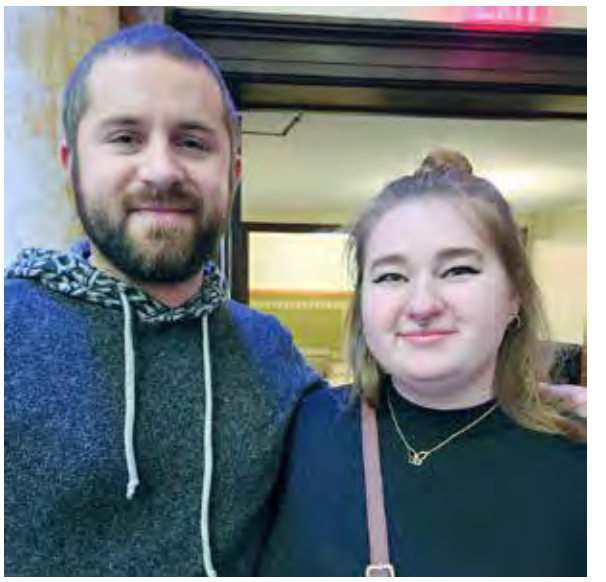
Planned Parenthood®

AROUND TOWN

PHOTOS BY MARY FOWLER

Rhonda Fingerman and Deb Madison-Levi

Collette and Frank Thomas



Ryan McCoy and Breanne Hall

Mark Pritchard and Pablo Bartesaghi

Maggie Kettwick, Steve Thomas and Ross Kettwick

Charles and Tanya Ericson

OPEN HOUSE

The Temple for Performing Arts

March 19, 2023

John O'Brien and Bonnie Rosa-Mosena

Lilly Zesch and Erika Ortiz

Hannah Aschley and Juliet Thompson

IOWA 2013 2023

2022-2023 IOWA WILD
PROMO SCHEDULE

PRESENTED BY MERCYONE

GAME DATE & PROMO

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

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

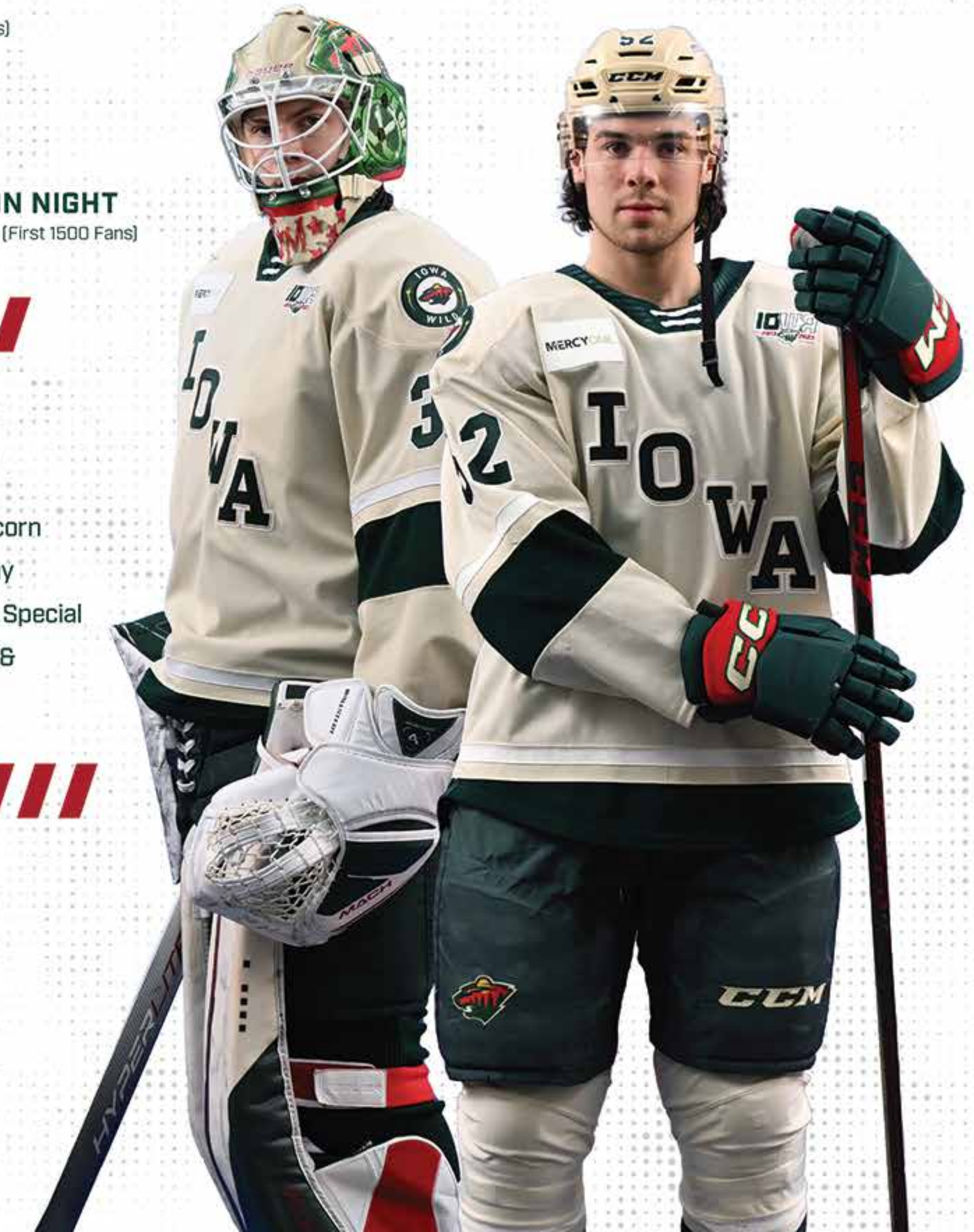
4/7 • FAN APPRECIATION NIGHT
Trading Cards & Team Photo Giveaway (First 1500 Fans)

DAILY SPECIALS

SUNDAY – Post Game Skate
MONDAY – $1 Hot Dogs
MON-THUR – $3 Off Tito's Drinks
TUESDAY – $2 Hot Dogs & $2 Popcorn
WEDNESDAY – Winning Wednesday
FRIDAY – $2 Beers & Fireball Drink Special
SATURDAY – Local Concert Series &
2 for 1 Confluence Beers

SEASON TICKETS

IOWAWILD.COM



CITYVIEW'S

SENIOR ANSWER BOOK

Whether you're caring for a loved one or learning to age gracefully yourself, check out these resources to make the most of those golden years.

Photo by Senior Living on StockSnap

THE CREMATION SOCIETY OF IOWA

Iowa's oldest and most trusted cremation society.

Simple Cremations
from $850

VISIT WEBSITE

Blair Overton
Owner
Locally Owned & Operated

7975 University Blvd, Clive | Tel: 515-277-8700
2135 SW 9th St, Des Moines | Tel: 515-282-7311

www.TheCremationSocietyofIowa.com

10 important facts about your VA burial/cremation benefits

Veterans and survivors may qualify for certain benefits, but they do not come automatically. Applying can be time consuming and daunting. As part of our services, Neptune Cremation can help with filing necessary paperwork to the VA for eligible benefits and military honors.

- Veterans Affairs does NOT cover all burial or cremation costs of honorably discharged veterans.
- Documentation is needed to verify military service.
- A U.S. burial flag must be requested.
- Military honor ceremonies must be scheduled in advance.
- Veterans' caskets and urns are not free.
- A Presidential Memorial Certificate must be requested.
- In order to receive burial and funeral benefits, and plot allowances, there are specific requirements that must be met.
- There are eligibility requirements for burials in a State or National VA Cemetery, which can be determined prior to death.
- Headstones, markers or medallions for a private cemetery must be requested.
- Requests for the issuance or replacement of military service medals, decorations and awards should be directed to the specific branch of the military in which the veteran served.

For further help, reach out to your local Neptune Cremation Service provider. We honor the service you have given to your country, and we work closely with veterans via affiliation with both the American Legion and VFW. ■

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, www.neptunesociety.com.

Neptune
Cremation Service®
AMERICA'S MOST TRUSTED

2900 University Avenue #300,
West Des Moines, IA 50266

(515) 444-2881

www.NeptuneCremationDesMoines.com

Staci M. Hansen, Funeral Director

SENIOR LIVING SERIES

STRAIGHT TALK
Senior Living Series
NEVER A SALES PITCH . . . JUST STRAIGHT TALK!

STRAIGHT TALK about
Emergency Preparedness FOR SENIORS

Thursday | April 20, 2023
10:00 - 11:30 AM
West 48 Conference Center
1601 48th Street
West Des Moines, IA

UPCOMING SEMINARS:
May 25, 2023 | June 15, 2023

RSVP ONLINE OR CALL

RESERVATIONS RECOMMENDED!
Log onto:
StraightTalkSeniorLivingSeries.com
OR call 515-321-7059

The definition of emergency is a sudden and/or unexpected event. In the last several years we've seen tornadoes, covid, floods, derechos, ice storms, blizzards and that's just in Iowa not including the what the rest of the country has seen. No matter where you are - you need to be prepared.

- Are you truly prepared for such an event?
- What does my age have to do with emergencies?
- What should my emergency kit have?
- What is your escape plan?
- What communication system do you have planned for family?

Our panel of experts will share with us the How's and Why's of being prepared for an emergency . . . all the time.

Founded and Moderated by:
Mary Eikenberry
Certified Senior Housing Professional
Certified Senior Downsizing Coach

CISEN Central Iowa Senior Educational Network
Seventh Annual Senior Life Conference
April 24th, 2023
9:00AM-3:00PM | 8:00AM DOORS OPEN
MidAmerican Energy RecPlex
6500 Grand Ave, West Des Moines, IA 50266

WE'RE BACK!! After taking a hiatus, we are back at a new venue!

The Senior Life Conference is a full day event offering education & resources about the ever-growing options for individuals as they navigate their golden years.

Your $10 Registration Fee Includes:

- Lunch
- Various Breakout Educational Sessions
- Variety of Exhibitors
- Medical Screenings
- Door Prizes & More!

PRE-REGISTER TODAY TO CONFIRM LUNCH
www.centraliowasenior.com/conference

You may pay online or cash at the door. Pre-registration is required for lunch.

Thank You To Our Sponsors!

- Cedar Ridge Village
- Kennybrook Village
- Prairie Vista Village
- Law Group of Iowa
- Coldwell Banker Mid-America
- Life & Legacy Advisors
- HealthPartners
- Unity Point Health

CBD for older adults: benefits and uses

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

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

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

Is CBD safe?

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

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

Potential health benefits of CBD

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

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

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

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

Things to consider before buying CBD products

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

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

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

DID YOU HEAR?

Cityview Best of Des Moines

Cast your vote **TODAY** for HW CBD in Cityview's Best Of Des Moines awards - **BEST CBD RETAIL BUSINESS**

Seniors may find improved health with CBD.

89% of seniors said they would recommend their family members and friends try CBD for better general wellness

Studies show CBD has a wide range of properties for potential clinical benefits for a range of conditions:

▪ **Pain** ▪ **Inflammation** ▪ **Stress** ▪ **Sleep** ▪ **Brain Health** ▪ **General Wellness**

HW CBD

PREMIUM + HEALTH + WELLNESS

1821 22nd St, Ste 102, West Des Moines | 515-223-2370

hwcbdiowa.com @HWCBD

Locally owned and operated • Over 10 years of industry experience
CBD Certification • Consultation/Education • Online Purchasing Available

8 tips on communicating to your loved one with dementia

Communication is a challenge in and of itself, but it is so much more challenging when you are tasked with communicating with someone with dementia. Here is an easy to follow "cheat sheet" that just might help you in your next conversation with your loved one.

1. Be supportive

Offer your support. Verbally tell them you're there for them or use a physical expression of comforts such as holding hands or hugging.

2. Stay calm

Your patience is the key to letting your loved know you're listening and trying to understand. If you get frustrated, take a moment to step away.

3. Bring back memories

Instead of asking them questions from their short-term memory, try asking them general questions from years ago.

4. Get their attention

Limit distractions and noise, address them by their name and use nonverbal cues such as touching their hand and eye contact.

5. Give step-by-step instructions

If you are helping with an activity, make it more manageable for them by breaking it down by step.

6. Let minor misstatements go

If your loved one says something confusing, it's OK to let it go. If you need to clarify what they said, repeat them without criticizing them.

7. Understand what to expect

Learning what dementia entails and how it may affect them is important to communicate effectively.

8. Be flexible

Over time, your loved one with dementia will become more dependent. To reduce frustration, stay flexible and adapt your routine and expectations as needed.

Patience and education are both key. If you need more information or resources, check out 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.

Live Your Best Life at Calvin West!

AMENITIES

- Convenient location with churches & shopping nearby
- Heated and fully enclosed garage space
- Social activities & wellness programming
- Satellite TV, paid utilities, & housekeeping service
- Full kitchen

READY FOR A TOUR?
CALL SHELLY TODAY!
515-277-6141
Ask About Our Move-In Specials!

Calvin Community
Calvin West Independent Living PLUS

4210 Hickman Road, Des Moines
515.277.6141 • www.calvincommunity.org

Follow us on Facebook! @CalvinCommunity

HEARTLAND
RETIREMENT GROUP
AN INTEGRITY COMPANY

www.yourhrg.com
9245 Northpark Drive, Johnston, IA 50131
1-833-YOURHRG

What you need to know about nonprofit senior living

Retirement living comes in all shapes and sizes. From amenities to square footage, there are a lot of factors to look at when considering a move. One aspect you may not have considered is whether the community is for-profit or nonprofit.

While many senior homes were founded by nonprofit charities decades ago, this is hardly the case today. With millions of Baby Boomers now in retirement, for-profit senior living has become big business.

In fact, many retirement living providers oversee hundreds of retirement communities across the country. Like restaurant chains, these communities are directed by the actions of leadership groups hundreds of miles removed, and decisions are often driven by the interests of shareholders.

Nonprofit senior living is different.

Mission-driven senior living

Nonprofit senior living providers are driven by a mission. The mission provides the framework for an organization's values. If you're looking to make a move to senior living, it's worth exploring whether the community's values align with your own.

During the COVID-19 pandemic, an organization's mission and values came into play each and every day. It guided leaders to extend compassion and hero pay stipends for their frontline staff and deliver meals to residents. It inspired daily check-ins, above-and-beyond-safe social experiences, and even assistance with groceries and household supplies.

These decisions were made without waiting for direction from a corporate office hundreds of miles away. These decisions were made through the lens of a mission and an overarching drive to always do the right thing.

People above profits

While for-profit providers are answering to shareholders, nonprofit providers have the freedom to put people first. Profits above operating expenses can be invested directly back into the community. That means residents see regular improvements to their apartments, common areas, services and amenities.

Programs may also be in place to lend a hand to residents in need. A foundation and resident assistance fund provide relief to residents experiencing unforeseen financial challenges. For-profit providers may show you the door, but at a nonprofit community, you may be extended a helping hand of compassion.

Non-profit or for-profit?

There's a lot to think about if you're considering a move to a senior living or retirement living community. Beyond the obvious choices, you should take time to consider the driving values of the organization you'll be living under. Not all communities are created equal, so take some time to consider your options.

Go ahead. Ask questions. You may be surprised by the answers! ■

Information provided by Cara Williams, marketing manager, Immanuel, 1044 N. 115th St., Suite 500, Omaha, NE 68154, 402-507-4899, https://immanuel.com.

Love what's next.

At Immanuel Communities, you'll find more smiles shared between family and friends. More services and amenities to make each day incredible. And more opportunities to find abundant retirement living. Enjoy life the way you imagined in retirement, and we'll take care of the rest.

Schedule a visit today at Immanuel.com

Deerfield
Immanuel Signature community

Copper Shores Village
an Immanuel community

Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

23_62_3

SOUND CIRCUIT

BY JACKIE WILSON

Blackberry Smoke

Americana band featured on "Yellowstone."

For fans of Americana and Southern country-rock music, musicians such as Lynyrd Skynyrd, Allman Brothers and Molly Hatchet often make the Top 20 lists. Adding to that elite list is Blackberry Smoke, an Americana rock band formed in Atlanta, Georgia.

Blackberry Smoke has embodied southern Georgia's rich musical legacy, honoring the people, places and sounds of their home state through their music. Fans can experience a Blackberry Smoke concert when they perform at Hoyt Sherman Place on Thursday, May 4.

Since their album debut in 2004, the band found success on the music charts. They've released six albums, including a No. 1 country album, "Holding All the Roses."

Their latest album, "You Hear Georgia," hit No. 5 on the Billboard Country Charts and No. 2 on the Billboard Rock charts. Recently, a few of their songs were featured on the Paramount Network television show, "Yellowstone."

The band consists of Charlie Starr (vocals and lead guitar), Paul Jackson (guitar and vocals), Richard Turner (bass and vocals), Brit Turner, (drummer) and Brandon Still (keyboard). In between sold-out European shows, co-founder Starr answered a few questions via email for CITYVIEW.

Blackberry Smoke is an Americana rock band from Atlanta, Georgia.

Your latest album "You Hear Georgia" celebrates your Georgia roots. Why is it important to recognize where your music comes from?

"I don't know if it's necessarily important to celebrate our Georgia roots as a band. I'm not sure it means much to other people. It just feels good to us, you know."

What differentiates between Georgia roots or some other region of music, such as Nashville?

"As far as what differentiates the Georgia and Nashville roots, I can't answer that… someone on the outside looking in would have to. You tell me, how do we sound different from Nashville bands?"

Blackberry Smoke formed more than 20 years ago. What are the band's strengths?

"We love one another, and we love the music we make together. It's as simple as that."

What's been the biggest change in music since the band first formed?

"Streaming instead of physical copies of the music."

Your concerts recently sold out in Europe. Why do you think fans in other countries like your music?

"I would say people are pretty similar the world over… just different levels of enthusiasm."

Recently Gary Rossington of Lynyrd Skynyrd passed away. Blackberry Smoke is often compared to Skynyrd. How influential has Skynyrd been for you and your band?

"Gary Rossington is a giant in rock and roll music. His legacy and influence will live forever. Any time we're compared to Skynyrd is an honor."

What's been the most gratifying venue you've played?

"They're all fun!"

What's the most surprising thing about your musical career?

"I'm surprised we're still together after 22 years."

Do you engage in social media to connect with fans?

"I only have an Instagram account. It's fun but I have to disengage from time to time and focus on more important things."

What's the most unusual question you've been asked in an interview?

"Once somebody asked if my Dad was in the Kentucky Headhunters (that's Black Stone Cherry)."

If someone has never heard you play, what's one thing they can expect at a concert?

"Loud guitars."

What's one musical dream you'd like to see happen in the future?

"I just want to continue to do what we do and make the music we love for the people we love."

What would you like to say to your fans in Des Moines before your concert here in May?

"We hope you enjoy the show and thank you for coming back year after year." ■

SOUND ADVICE

BY JACKIE WILSON

Nashville's hottest country newcomer, **Chase Matthew**, is set to bring his headline "Love You Again Tour" to Wooly's in Des Moines on April 6. Opening act is **Hayden Coffman**. $20 cover.

Backstreet's back — all right! Ready for an ultimate '90s sing-along dance party? Catch **Fool House**, when they recreate the sights and sounds of '90's bands like the Spice Girls, Backstreet Boys, NSYNC, Nelly and more. The concert is May 5 at Wooly's. $20 cover.

Korrupted Promotions presents, **"End The Silence"** at Lefty's on May 5. Proceeds from the door are donated to the Iowa Coalition Against Domestic Violence. It features live performances from **T-Bear, K.T. Izdope, Emmett Phillips, 2Tone 100, JBreed The Rebel & Jay Lively, Splashy G., Dynasti, Dirt Nasty Beats** and **Imma**. **DJ Bigg Ray West** will be playing old school hip hop between sets. $15 at the door; 21 and over show.

Eli Alger, a Dowling High School graduate and former wrestler, sang the national anthem at the NCAA Division I Wrestling finals in Tulsa, Oklahoma. Alger, who now lives in Nashville, recently released new music, "Blue Bellbottoms," on most streaming services. For more info on upcoming gigs, visit www.elialgermusic.com. ■

FILM REVIEW

BY DAVID ROWLEY

‘John Wick: Chapter 4’ is another example of great action-film making

John Wick may be the namesake of the franchise, but his journey has increasingly emphasized the importance of social contacts and shared history.

Ever since the original “John Wick,” the franchise has set the standard of what action in Hollywood ought to be. Thanks to Chad Stahelski’s knowledge of the technical aspects of shooting action, and Keanu Reeves’ commitment to the character, they’ve been able to deliver expertly choreographed, shot and edited films that are now the go-to examples of great action-film making.

And so, the expectations for “Chapter 4” were high — but a whopping 169 minutes long? Rest assured, however, as it delivers in spades. Everything we have come to know and love is here, with an infusion of creativity like we haven’t seen from the franchise.

Remember the crazy finale of the last movie? The climactic scene in the Continental Hotel where John Wick and the staff must fight an army of High Table soldiers with bulletproof armor? Well, in “Chapter 4,” that’s the level the action starts at. Each consecutive scene elevates the action and provides variation in the physical aspects where something visually spectacular is happening on screen.

As the film opens, we’re greeted by the Bowery King (Laurence Fishburne) walking through his kingdom in the sewers of New York while proselytizing “Abandon All Hope Ye Who Enter”-esque poetry before blowing out a match and cutting to the rising sun. (Cinephiles will catch literally dozens of callbacks to other movies like this.)

An early maneuver of John Wick forces The High Table past the point of no return. John Wick must be made an example, and that task falls to Bill Skarsgård’s Marquis, the first supervillain of this universe. As The High Table’s emissary, he drips (insanely so) entitlement and hypocrisy with every very French accented word.

John Wick may be the namesake of the franchise, but his journey has increasingly emphasized the importance of social contacts and shared history. That investment fully blossomed with “Chapter 4” in a murderer’s row of John Wick characters. Winston Sharon (Ian McShane) and the Bowery King (Fishburne) serve as John’s counsel, and while Charon’s (Lance Reddick) and Shimazu’s (Hiroyuki Sanada) presence is limited to only a few scenes, their impact is maximized based on those performers’ commands of their characters.

Of all the excellent new additions to the cast, though, Donnie Yen’s Cane stands apart as the

“John Wick: Chapter 4”
R | 169 minutes
Director: Chad Stahelski
Stars: Keanu Reeves, Laurence Fishburne, George Georgiou

imposing antagonist and longtime contemporary of John Wick. The blind assassin’s reluctance to enforce the Marquis’ orders without question echoes John Wick’s rejection of his own call to serve and be of service. The parallel adds a surprising amount of empathy to their encounters, but it doesn’t keep Cane from going after John Wick with everything he’s got. Yen’s affable demeanor and brutal efficiency give his flavor of the series gun-fu a lightness and style all its own, and Kane’s wild ingenuity in battle leads to delightful laugh-out-loud finishers.

Also, in the mix of Shamir Anderson’s unnamed tracker, I lost my balance on who bears the heavy burden of having a dog in a John Wick movie. That is one hell of an albatross to hang around your neck from the go. Trackers shifting allegiances, combat skills and a close relationship to his canine companion provide a nice simmering paranoia for “Chapter 4” to employ when a wildcard is needed to ignite an already incendiary scene.

As for the fight and action choreography, the stunt team at 87eleven continues to elevate the game. The film has three major, larger-than-life action sequences that outdo anything you will see in any other non-“John Wick” movie. As mentioned previously, the Osaka and Berlin scenes were high-energy, high-body-count affairs. They were complete with gun fights, sword mastery, gun play and one of the best nunchuck displays you will see outside of a Bruce Lee movie. As for the scenes in Paris, at the Arc de Triomphe, and on the Church steps, they are unlikely to be forgotten and unlikely to be topped for years to come, if ever.

While I have heard some say “John Wick: Chapter 4” is the best installment in the series, I must disagree. Nothing can top the original, but “Chapter 4” is a worthy installment for sure. ■

PREVIEWS

BY DAVID ROWLEY

“Air”

R | 112 minutes
Director: Ben Affleck
Stars: Matt Damon, Jason Bateman, Ben Affleck

The film is based on the true story of how Nike created its iconic sneaker, the Air Jordan, and the company’s relationship with basketball great Michael Jordan. Sonny Vaccaro (Damon) and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture with Ben Affleck as Nike’s CEO Phil Knight. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of a mother who knows the worth of her son’s immense talent, and the basketball phenom who would become the greatest of all time. As for Michael Jordan’s involvement in the film, well, while his parents have been cast, he has not. He will instead be appearing in archive footage.

“Tetris”

R | 118 minutes
Director: Jon S. Baird
Stars: Taron Egerton, Mara Huf, Miles Barrow

Taron Egerton stars as Henk Rogers, the founder of a company called Bullet-Proof Software, and a man who basically stumbled into the legacy of Tetris at a gaming convention in his new home country of Japan. He instantly realizes the potential of a game that had yet to make its way around the Iron Curtain to any part of the world other than Tokyo. And he wants a piece of it. Rogers narrates “Tetris,” a complicated film about a simple game. It’s just a rolling array of dropping blocks, but the details about market shares, legal rights and Cold War politics drive this plot, not the game itself. Rogers is a low-level player in the gaming world, and getting the rights to Tetris will require navigating around power figures in both business and politics.

“Dungeons & Dragons: Honor Among Thieves”

PG-13 | 134 minutes
Directors: John Francis Daley, Jonathan Goldstein
Stars: Chris Pine, Michelle Rodriguez, Regé-Jean Page

A charming thief and a band of unlikely adventurers undertake an epic heist to retrieve a lost relic, but things go dangerously awry when they run afoul of the wrong people. “Dungeons & Dragons: Honor Among Thieves” brings the rich world and playful spirit of the legendary roleplaying game to the big screen in a hilarious and action-packed adventure. The movie has been described by one of its stars as “ ‘Game of Thrones’ mixed with a little ‘Princess Bride’ [and] just a smidge of ‘Holy Grail’ ” … it’s “poppy, it’s eighties heartfelt, [and] there’s a bit of ‘Goonies’ in there.” ■

ART NEWS

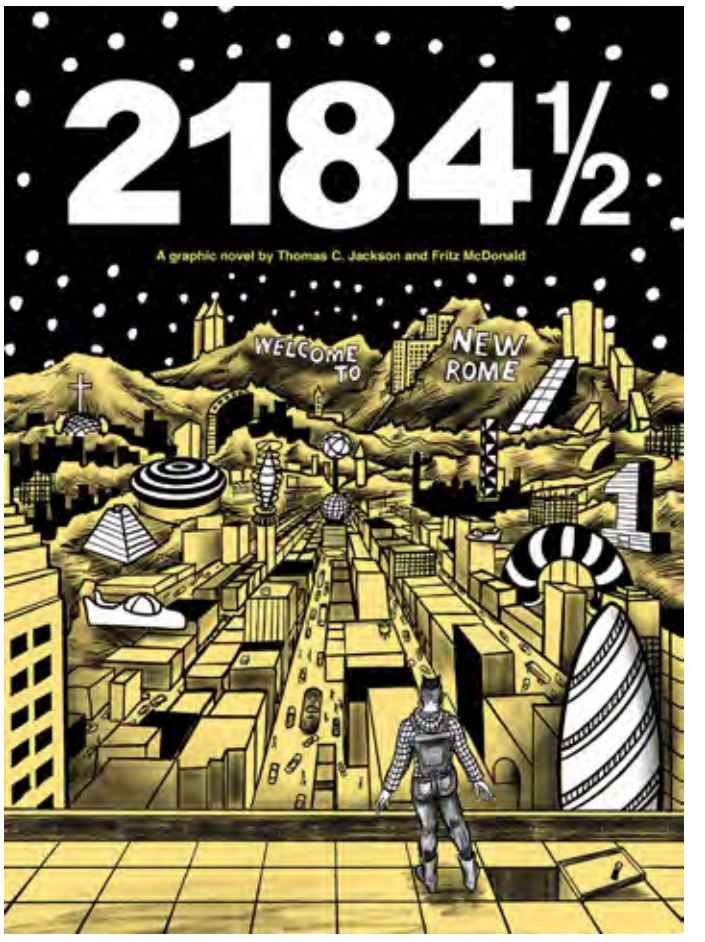
BY JIM DUNCAN

In the year 2184, if man is still alive

Tom Jackson identifies with America, its currency and its promises — kept and broken.

Tom Jackson is a dazzling, versatile Iowa artist. He has worked in painting, photography and ink brush drawing. His abstraction works tend to become fascinated with geometrics. His realist works hang their hats in a wind-grieved America with which the artist seems nostalgically engaged.

Carnivals, junkyards, highways, theme parks, motels, old-fashioned wedding trappings, pastries masquerading as animation, lemonade stands, giant roadside attractions, windows, wildflowers, and big skies are his milieu. The people who are also attracted to them are his kin. He can tell the tragic story of an American dream gone wrong in a triptych, like a cake left out in the rain.



Jackson worked in commercial advertising for 20 years before he became a full-time artist when the millennium turned. He identifies with America, its currency and its promises — kept and broken. And his American visions seem to ride on his shoulder like some blessed Yankee leprechaun. Jackson's good luck has given him inspiration to move all of his considerable archives out of a studio in downtown Cedar Rapids a short time before it was destroyed by a flood. He also moved from a farmhouse studio in rural Linn County a few days before it burned to the ground.

Jackson, a prolific artist, has not exhibited new work for five years. It turns out he has been immersed in the work of creating a graphic novel. It is no typical graphic novel either but 312 pages of 8.5 inch by 11.5 inch detail. At a show in Chicago's cutting-edge Packer Schlopf Gallery, he was told he should do a graphic novel. He came up with the story idea and characters, did some drawings and teamed up with Iowa City writer Fritz McDonald, probably best known for writing the PBS documentary "North Carolina." The result is "2184 ½" — a dystopian fantasy in the mode of George Orwell.

"In 2016, it was clear that politics were becoming Orwellian, that freedoms were threatened and that, if nothing changed, the future America was going to be a mess. I noticed New Yorker cartoonists were having a crack at this, and I thought they were quite funny. I wondered about 150 years from now with things continuing unchanged. I spent one year just conceptualizing, then three years drawing full time. Fritz and I collaborated all the time because I had no story — just characters," Jackson told us in March.

The hero of the book is a girl biker who travels about, in an America in which all travel is banned, to learn from the underground tribes who operate around a post-apocalyptic Denver. He and McDonald depict a nation where "protest has been reduced to a style show," drones shoot darts to keep workers stimulated on double shifts, suicide becomes a stage show, and mosquitos are genetically modified to spread impotency.

What were Jackson's artistic inspirations?

"Albrecht Durer, Toulouse, Goya's grotesqueries, Rembrandt's etchings, South African William Kentridge, and Anders Zorn, particularly his horizontal lines. All those were influences. I got the ventriloquist (in the story) from a friend who worked his way through law school with his act."

What did he learn about process?

"I did pencil drawings first and finished them with ink. The changes that brings about would have driven me crazy in traditional media. So I bought a tablet that has digital settings for all traditional media. That sped the process up tremendously. I learned a lot from YouTube videos."

What is the future of this futuristic novel?

"Fritz is a screenwriter. He read a lot of scripts working in Los Angeles, so that's in play. Moberg Gallery wants a relative mural."

Touts

Chris Vance's annual show opens Friday, April 7 at Moberg. That is always one the city's most entertaining events… On April 20, Joy Episalla and James Baggett will speak at the Des Moines Art Center about the legacy of Mark Lowe Fisher, an Iowa architect who died of AIDS in 1996 and arranged for his funeral to become a political parade in New York City on the eve of that year's political elections. ■

IOWA ARTISTS

"No Action Too Small," commissioned by Metro Waste Authority for their East Village office at 300 E. Locust St.

Chris Vance

Workaholic attitude helped his art progress faster.

BY JACKIE WILSON

Chris Vance in his studio at Mainframe Studios. Photo by Jackie Wilson

Artist Chris Vance sits casually on a paint-stained stool, wearing a black Metallica T-shirt and torn jeans, among tall walls, including dozens of half-started paintings. He points to his reserve paintings hidden behind a thick blanket yet won't reveal his work until his exhibit opens at Moberg Gallery.

Vance's 25-year art career has evolved over the years, initially with nods to graffiti, Beavis & Butthead and skateboard influences. A popular mural located at 300 E. Locust in Des Moines portrays almost alien-like characters.

As he's gotten older, his work has matured.

"I'm like a jazz musician. I try to slow down and make strategic moves," he said. "I'm showing more negative space and letting things breathe."

He went to Iowa State University for an architect program and admitted his GPA wasn't the highest. He liked drafting by hand; however, the program was just switching to computers.

"I called my dad and told him I was switching majors," he recalled. "My dad said it was dumb. I would never make money, and it was silly to do art."

Determined, his brain switched and he wanted to prove that art was a valid career. With what he called an "ADHD brain," he outworked everyone in college.

"If the professor asked for two pieces of work, I showed up with eight. The professors might give me at least one good grade."

He discovered a workaholic attitude helped his art progress faster. After graduating from ISU in 2000, he joined the Paintpushers, an artist group that critiques and supports other artists. Paintpushers put on a show at Kirkwood Hotel, which springboarded his career.

He was noticed by a gallery and traveled to various juried art festivals.

"Once I decided I could do this, I go all the way in. It's not sipping coffee and talking about it. It's learning and working 70 hours a week," he reflected.

His artwork bounces from character work to abstract.

"People ask how I do both. I get bored if I do the same thing."

He recently moved to Mainframe Studios, where his studio is more conducive to spray paint. As Vance approaches a canvas, his mind is open.

"I make new artwork in the moment. When I'm done, I think, 'Damn, it's the best piece I've made.' Then later I get another one done, and I think that's the best."

His teenage son, Colton, is doing art, too, and the pair are collaborating for the upcoming show. He gives his son room to grow, along with some advice.

"People see your art and they see success. They don't see the stack of rejection letters. It's the hustle. You have to have a thick skin. Badass work sells. It's putting hours in the studio — it's either five or 50, but it's 10 times better if you're working 50 hours."

"Back and Forth"

At age 47, Vance said his goal is to continue pushing himself.

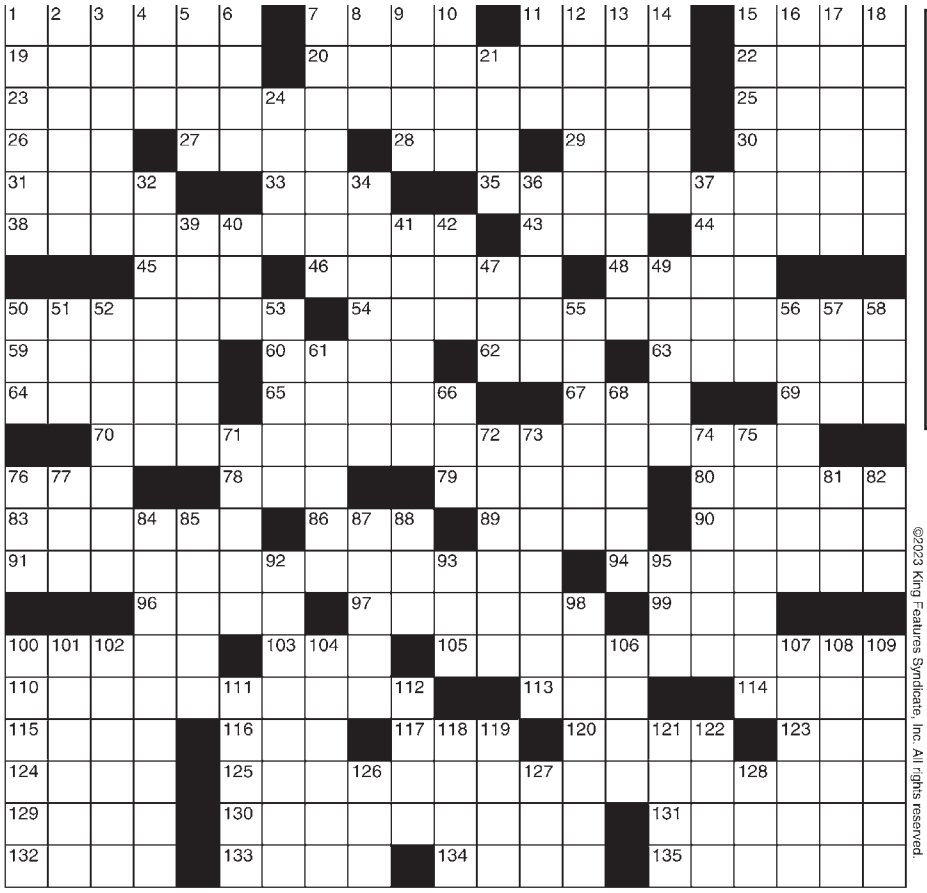
"It might be arrogant or cockiness, as my wife says. I told the gallery I'm on fire. If I make something, I can't stop staring at it. I have an emotional attachment that I did my job and now people want my work in their home."

The public is invited to attend Vance's gallery showing and reception, "Moderate Restraint," on April 7 at Moberg Gallery in Des Moines. ■

PUZZLES

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

THEATER FOOD



ACROSS

1 Sponsored part of a magazine
7 Probability
11 To be, in Toulouse
15 "Elizabeth" star Blanchett
19 Ripped into
20 Buccaneer's topper
22 Major Norse god
23 1940 drama based on a Steinbeck novel
25 Tri- tripled
26 Possible reply to "Are you?"
27 Become indistinct
28 Architect I.M. --
29 Five doubled
30 Endemic to
31 Bed for Baby
33 Pas' partners
35 2006 Jack Black comedy
38 1999 Jason Biggs comedy
43 Psi preceder
44 1950s Ford
45 Hoped-for altar reply
46 Live wire
48 Airborne toy
50 Andrew Carnegie's corp.
54 1970 Godfrey Cambridge comedy
59 Discoloration
60 Computer since 1998
62 Cellular stuff
63 Pipe mouth
64 Fly apart
65 Jazz singer Jones
67 Health resort
69 Unprocessed
70 1984 horror film based on a Stephen King story
76 Start-up loan org.
78 Cheyenne's state: Abbr.
79 French painter Dufy
80 Grace under pressure
83 Attempts something
86 Big ball of energy
89 Bawled
90 Observers
91 1987 film about a Vietnam War battle
94 Fruity wine drink
96 Alan who played Pierce
97 Muscles worked by doing squats
99 Give a massage to
100 Kinda
103 Falsehood
105 1988 coming-of-age film co-starring Julia Roberts
110 1947 romantic comedy co-starring Claudette Colbert
113 1099 fig.
114 "Va-va- --!"
115 Dual radio designation
116 Siouan tribe member
117 Gymnastics floor covering
120 "I wonder ..."
123 Manhattan sch.
124 New Haven school
125 2008 Seth Rogen comedy
129 "Son of --!"
130 Expert at increasing profits
131 Fisher who played Leia
132 Schoolbook
133 Not fooled by
134 Descartes of philosophy
135 New York college near Hyde Park

DOWN

1 Upstate New York prison
2 Be injurious
3 Early baby
4 "Life of Pi" director Lee
5 Attire
6 List abbr.
7 Divisor, e.g.
8 Trash-talk
9 Fall
10 Not injurious
11 Eternally, in verse
12 Roofing straw
13 Fed's interest increase, e.g.
14 Botany or history lead-in
15 Self-assured
16 Cute, in slang
17 Stannite, say
18 Glossy finish
21 Bed size
24 Cougar
32 Part of BBC
34 Invasive PC programs
36 Squirrel nosh
37 Divulge
39 -- -Kit (face reconstructor)
40 Former miler Sebastian
41 How soda is often sold
42 Devour
47 Dr.'s field
49 -- artery (aorta offshoot)
50 Kind of port for a PC
51 Poker great Ungar
52 Mocking irony
53 "Lucky" pilot
55 Eclectic fusion
56 "Grand" liqueur brand
57 Alias lead-in
58 Novel
61 Gloom-filled
66 Opposite of vertical: Abbr.
68 Animal skins
71 2004-09 Showtime drama, with "The"
72 "-- Towers" (telly sitcom)
73 Like sandals
74 Reveal one's inner self
75 Mnemonic for rainbow colors
76 "Be quiet!"
77 Lamb's cry
81 -- Lanka
82 That, to Alejandra
84 Reduction
85 Soviet prison camp
87 Impelled
88 Puck-pushers' org.
92 Addressee of a New Testament Epistle
93 Element name ending
95 Ellipse part
98 Declaration upon delivery of an item
100 Occupy, as a hotel
101 Electric resistance
102 Acid -- (cause of heartburn)
104 Part of the plan
106 "By the power vested -- ..."
107 Ones planning city partitions
108 Common lawn grass
109 One making others laugh
111 Decide to play for pay
112 Mosque chief
118 On -- with
119 Toll hwy.
121 Roman 1,095
122 Org. rating films
126 Brian of rock
127 Actor Cariou
128 Train lines: Abbr.

©2023 King Features Syndicate, Inc. All rights reserved.

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!

Bet — AGREW
Nearly — MALTSO
Rebuff — BUNS
Rescind — TRANCE

©2023 King Features Syndicate, Inc. All rights reserved.

"I've been losing _ _ _ _ _ _ _ _ _ with my husband."

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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!

© 2023 King Features Synd., Inc.

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

© 2023 King Features Synd., Inc.

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.

	×		−		9
+		−		−	
	−		×		12
×		×		×	
	×		+		12
11		18		9	

1 2 3 4 6 7 8 9 9

DIFFICULTY: ★★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

©2023 King Features Syndicate, Inc.

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

"When your dad is president of the Johnny Cash fan club..."

— Tom Geraty

Runners-up

"It is good to see that the son Johnny Cash had grew up friendly and got a normal job."
— Mark Alvord

"A grateful attorney offers pro bono advice right on his suspender."
— Dennis Moore

"Not wanting to be caught with his pants down in the courtroom, the litigious lawyer decided to wear 'sue-spenders' on the day of his hearing."
— M.A. Phat

"Howdy! Welcome to Sue's Subaru! Do I have a sweet deal for you!"
— Mary Wedewer

"I was grateful for the loan, but the tie didn't quite fit me. Thank you anyway, Sue!"
— John Flater

Send your "What The...?" caption and image entries to celeste@dmcityview.com.
BE SURE TO INCLUDE YOUR NAME.

mi-fiber®
Technology to power your life.
SUPPORT TO SIMPLIFY IT.
Our team strives to provide a best-in-class experience with our high level of customer service.
MAKE MI-FIBER YOUR FIBER!
515.850.0500
info@mi-fiber.net

OUR CUSTOMER REPRESENTATIVES
JAKE MACY ANDY MARIAH

YARD SIGNS, WINDOW SIGNS, AND STICKERS!
100% of profits donated to One Iowa and IA Trans Mutual Aid Fund
Bing's
213 5th Street, Valley Junction
bingsdsm.com • 515-279-3141
@bingsdesmoines

xBk APRIL LINEUP

4/01 2023	SKY CREATURE WITH HAPLOID AND V ELLSBURY
4/02 2023	LADDER TO TREEFORT TOUR SOCIAL CINEMA, THE CAVVES, KEO & THEM. RUDY LOVE & THE ENCORE, AND MR SOFTHEART
4/03 2023	MONDAY NIGHT LIVE
4/04 2023	D.R.I. 41ST ANNIVERSARY TOUR
4/05 2023	RHYTHM & PEP DEBUT OPEN STAGE VARIETY SHOW
4/06 2023	IPR ALL ACCESS LIVE: BUCKMILLER SCHWAGER BAND
4/07 2023	DAZY
4/08 2023	ABBIE AND THE SAWYERS ALBUM RELEASE WITH THE NIGHT LIGHTS AND AWFUL PURDIES
4/10 2023	MONDAY NIGHT LIVE
4/11 2023	THE CACTUS BLOSSOMS WITH RILEY DOWNING
4/14 2023	HUNTERTONES + AKIE BERMISS (OF LAKE STREET DIVE)
4/15 2023	CHICAGO FARMER & THE FIELDNOTES
4/16 2023	HALEN ALBUM RELEASE WITH ANDREW HOYT
4/17 2023	MONDAY NIGHT LIVE
4/20 2023	THE REVEREND PEYTON'S BIG DAMN BAND
4/21 2023	MAE SIMPSON WITH ELEVEN MOONS
4/22 2023	TWEN WITH MR. SOFTHEART
4/24 2023	MONDAY NIGHT LIVE
4/25 2023	MUSTARD SERVICE WITH TREESREACH
4/26 2023	THELMA AND THE SLEAZE
4/27 2023	GHOST FUNK ORCHESTRA WITH RUDY DE ANDA
4/28 2023	TENCI WITH ANNALIBERA
4/29 2023	WIDOW7 WITH MCHNZ, BACKHAND BLUE, & ELISON

GET TICKETS AT xBkLive.com
1159 24th Street | @xBkLive

JOE'S NEIGHBORHOOD

BY JOE WEEG

Learning to ski for those older than 65 and for those younger than 5

I must be having hallucinations from too much white snow glare.

The students are cautiously lining up. They are dressed in pinks and blues and reds and purples and whites… and, look, there's someone in a sparkling glitter affair good for both skiing and going to the club. Helmets are of all different shades, but it's difficult to ignore the one with giant eyes above the visor and three horns. Sure, this could be the Grand Concourse in August at the Iowa State Fair, but, no, this is spring break time on the slopes in Loveland, Colorado.

The students slide their skis forward, crouching low so as to be just that much closer to their inevitable destiny. Meanwhile, each instructor is trying to shepherd the group into the correct spot. Oops… one woman falls before getting to her class to learn how not to fall. The rest slowly gather around the teacher. There's my wife, all strapped in her helmet, goggles on, gloves pulled tight, skis on the ground, and just mildly terrified.

I applaud on the sidelines. I know of her early childhood history of three broken arms at various times from ice skating and roller skating. Sliding down a snow-packed hill on narrow sticks seems a little crazy. But here she is, 65 years old, absolutely not fearless, but ready to go for her ski lesson because "it looks fun."

And go she does.

While I watch the little kids ski.

These ski instructors are saints. They have the kids "walk like a penguin" to learn stops and turns, they shake their arms and legs in large, exaggerated movements to keep everyone warm and loose, they laugh and smile and cajole and praise, and then they guide these little tykes down the hill. On skis. Amazing.

How is this done?

Cody Ingram is lining all the kids up and making sure they get to the right instructor.

"I've been in the industry since 1997. It's very rewarding to teach kids. It's physically demanding, but when you take a kid that thinks he can't do it and turn it around, it's the coolest thing I've ever done."

A true believer.

"There's a lot of difficult challenges that come with teaching kids. But mostly we focus on, first, safety; second, having fun; and third, we hopefully learn how to ski."

Yup, I'm thinking the instructors must all be medicated.

"We are certified as instructors, and we have child specialist certifications, level one and level two, so we learn about different learning styles for different age groups and different techniques to connect with kids on different levels. We even have instructors trained to work with neurodivergent kids."

Sure, but what about the inevitable kid disasters?

"Kids get scared. We do a lot of emotional counseling, and we have a beautiful new children's center, opened this year. If someone is struggling, we can take them inside and have some Goldfish crackers and hot chocolate and maybe color a picture. They calm down and come back out to ski."

See? Saints. Although, as a student, I would have just bypassed the slopes and gone immediately to Goldfish and hot chocolate and coloring a picture. Who needs to walk like a penguin?

I go over to the bigger hill. My goodness, there's a kid on his hands and knees following his dad, with his older sister acting like every older sister the world over — equally embarrassed and resigned. Obviously she is thinking, "Why am I cursed with a brother wearing a three-horned helmet and crawling on his knees, who will certainly never get a date and will probably spend his life living in my basement when he's not wearing horned costumes at renaissance fairs?" Well, sis, I love renaissance fairs. So there.

And then I see Roger and his dad, Jonathon Jonse.

"We are done for the day. We only get a few runs. Roger's 2 and a half."

I shake my head in disbelief.

"This is our first season together, and this is our sixth time coming. It's getting easier every time. This is going to be something we do together for a lifetime, I hope."

Really? Why not watch TV sports and drink beer together?

"You know, right now it is just really hard. There's a lot of carrying. In the beginning, it is a lot of cajoling and a lot of hot cocoa breaks. But that's also good, too. What I really enjoy is when we are on a run and I let go for a second, he's going solo, and he's laughing. That's the best."

Obviously, these people are all crazy Coloradans. Duh. We Iowans know to keep our feet on flat ground and our heads focused on chores.

"Joe! Theresa! Is that you?"

Yup, among the 500 or so people in the warming house is Dr. Joel Westrum and his family from Des Moines. Our family optometrist. Go figure.

"It's our youngest's first day — she's 4. And this is another daughter, Rose."

I think I must be having hallucinations from too much white snow glare. Do you mean even non-Coloradans torture their children?

"I kind of like it," says Rose, who was in ski school all morning.

Dr. Westrum explains:

"I started skiing when I was 4 or 5. My parents took us out in 1980 in a Winnebago with chains on it, from Stratford, Iowa, and we stayed at Winter Park. And after that, we would come whenever we could."

I just shake my head and go try to find our car parked somewhere out in the foothills.

"And Theresa? How did your day go?"

"Well, I fell about 40% of the time just getting off the chair lift."

I'm not sure if I'm supposed to laugh or cry.

"But I survived and didn't hurt myself. And it was great! Let's go back later this week."

Wow.

Learning to ski when you're older than 65 and younger than 5 — a mystery to me.

Now, where are my Goldfish and hot chocolate and that great coloring book? ■

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:

CENTER STAGE

Plenty of stage action in April

BY JOHN BUSBEE

"The Circle of Life" from "The Lion King" national tour. Photo courtesy of "The Lion King" Marketing Department

Just like how Iowa's landscape seems to burst with springtime growth, the performing arts scene is bursting with a diverse range of tantalizing offerings in April. From national touring shows at Des Moines Performing Arts, to powerful locally produced shows from Tallgrass Theatre Company, Iowa Stage Theatre Company, Ankeny Community Theatre, and Des Moines Community Theatre, to new festival-format performances at Simpson College and Iowa State University, many evenings can be filled with the benefits and allure of live theatre. Consider this month's column your invitation to be a cultural adventurer and explore the options awaiting you.

Public demand produces extended run at Civic Center

"The Lion King" reigns on Broadway's throne as one of most appealing musical experiences of all time. Rightfully billed as "the show of a lifetime," the vision of Julie Taymor (director, costume/mask/puppet designer) and Garth Fagan (choreographer), with the rest of their creative team, conjured a sweeping masterpiece of storytelling through musical theatre arts. The accolades support the numbers: "There is simply nothing else like it" (The New York Times). More than 100 million worldwide audience members have seen the show, which has won 70 major theatre awards (including five Tony Awards, and eight Drama Desk Awards).

"The Lion King" returns to Des Moines through April 16. An audience favorite is Timon, the feisty meerkat who befriends Simba and is pal to Pumba. This role is played by uber-talented Nick Cordileone, who continues his artistic journey, having first been to Des Moines during the 2015 national tour stop.

When asked about the forced hiatus of live theatre from the pandemic, Cordileone replied, "It brought into sharp focus the privilege of telling that story ("The Lion King") and telling it to a packed house. It (forced me to) hit reset, and this is something to not be taken for granted. We're all amped and recharged, returning from the desert of creativity. We found our way back, and it's great.

"It ("The Lion King" story) is as old as Shakespeare. Usurping the throne, brotherly fratricide, young man coming into his own to reclaim his spot. (The creative team) took that familiar story and took ancient storytelling elements — puppetry, masks, silks, kites, shadow puppets — all of these from every culture that you can imagine, and we're going to tell this timeless story in a new/old way and see what happens. It was lightning in a bottle, and still is. I've been performing this show since 2010, and I still get goosebumps when I hear that opening call."

His passion in this show is as fresh as ever and one delightful reason of many to travel to grasslands and wonders of a magical Africa.

Two new festivals to consider

Iowa State University and Simpson College present two theatre events: ISU's Student Fringe Festival and Simpson's Festival of Short Plays. In Ames, encouraging and inspiring the students to create their own works within the usually edgy, funny and often stimulating fringe festival format brings a special zest to the creative process. While the public is invited, note that adult language and content will be presented in these shows.

In Indianola, Simpson's Festival of Short Plays brings a classic theme this year. This student-run production will focus on 15th-century Italian commedia dell'arte and the later theatre it influenced, with performances presented during a three-day run.

Under program director's mindful development, Carl Lindberg at the Ankeny DMACC campus continues their ascension with stronger productions. His programming should be watched, as he has transformed the program into one that guides students on career paths in theatre arts. "No Such Thing" is a world premiere on April 7, with free tickets.

But wait — there's more

Adding to the wealth of theatre options this month is Tallgrass Theatre Company, Kate Goldman Children's Theatre, the Temple Theater, Iowa Stage Theatre Company and Ankeny Community Theatre. "Wonder of the World" (Tallgrass) brings the whimsical wit of playwright David Lindsay-Abaire to vibrant life onstage. "How to Be a Pirate" will delight younger audiences at the Kate Goldman. Des Moines Performing Arts' Temple Theater welcomes the return of Second City, this time with "Second City Swipes Right." Iowa Stage, a skilled presenter of powerful drama, delivers "Trouble in Mind," the brilliant Alice Childress play that focuses on racism and sexism in American theatre. "Marjorie Prime" is Ankeny's thought-provoking Pulitzer Prize finalist exploration in the age of artificial intelligence.

April is a month filled with a wide range of shows, and the cultural adventurer will be able to experience a marvelous number of options. Sally forth, indulge and enjoy. ■

OVERHEARD IN THE LOBBY

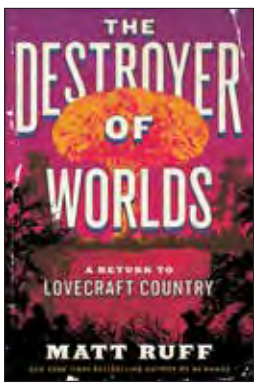
Iowa Stage Theatre Company
Through April 9. "Trouble in Mind"
Des Moines Performing Arts
Through April 16. "The Lion King"
Ankeny Community Theatre
April 14-23. "Marjorie Prime"
Pura Social Club
April 15. "Wildhorn Cabaret," featuring songs by Broadway composer Frank Wildhorn
Des Moines Performing Arts – Temple Theater
April 18-23. "Second City Swipes Right"
Simpson College
April 20-22. Festival of Short Plays '23: "Commedia dell'arte"
Tallgrass Theatre Company
April 21 - May 7. "Wonder of the World"
Des Moines Community Theatre – Kate Goldman Children's Theatre
April 21 - May 7. "How I Became a Pirate"
Iowa State University – Theatre Department
April 24-30. "Fringe Fest," ISU's inaugural student fringe festival

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.

BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

'The Destroyer of Worlds'



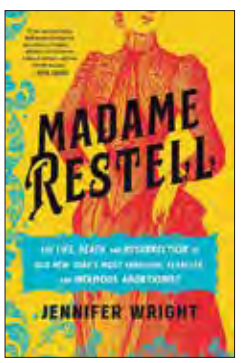
By Matt Ruff
2/21/23
305 pages
$30
Harper

The juxtaposition of sci-fi, the horrors of racism, and the twisted nature of HP Lovecraft's legacy make for some absolutely riveting fiction. So much is said between the lines of this sequel to the genre-bending "Lovecraft Country," it's like reading two stories at once, which makes perfect sense if you've read the first book. There's always two (or more) worlds: the one we see and the one we feel, just below the surface.

Atticus experienced the world behind the world in vivid, mind-melting fashion in the last book, and now he's setting off to come to terms with what he found — and with himself on a road trip to understand his roots. Others among his friends and family are also seeking understanding, hope and power amidst the ruins of what they've found on the other side of reality. Disparate narratives between the characters wind through a variety of horrors — mundane and magical — into an explosive ending that left me aching for the next book in the series.

I loved these characters so much the first time, I was delighted to find them just as enthralling a second time around. The strange and addictive mix of horror and history captured me immediately, and I finished this in one sitting. Fingers crossed we can get a second season of the show as well. ■ — *Review by Julie Goodrich*

'Madame Restell: The Life, Death, and Resurrection of Old New York's Most Fabulous, Fearless, and Infamous Abortionist'



By Jennifer Wright
2/28/23
352 pages
$29.99
Hachette Books

The fact that Ann Trow isn't a well-known feminist heroine is a travesty. Thankfully, Jennifer Wright is here with an extensively researched, compulsively readable account of this singularly fascinating woman and her extraordinary legacy that still affects so much of the country even today.

Madame Restell, as she titled herself, was a self-made millionaire and single mother who once possessed enormous fame and social power due to helping women of all social circles get access to medical care in 1800s New York City. This includes teaching herself to perform abortions and loudly leading the charge for women's rights when those in power decided to strip her of her influence. It's such a shame so few know of her, but I don't think it would be a surprise to learn why. Misogyny is a tale as old as time, after all.

Lost to history by the concerted efforts of power-hungry, sexist men, this remarkable woman is finally receiving her due in this fast-paced, whirlwind of a book. This book is more than a retrospective on the life of a forgotten heroine; it's a telling account of how women's health became both a commodity and a tool of oppression. Highly recommended for anyone with an eye on today's politics and wonders how we got here. ■ — *Review by Julie Goodrich*

DES MOINES FORGOTTEN

BY KRISTIAN DAY

Bamie's Pizza

A soaking fire extinguisher, a trombone with a boxing glove and Des Moines-style pizza

When I think of pizza, I believe there is hope in the world. It's one of the few foods that seems to unite everyone, regardless of social status. Growing up in a blue-collar house with a single parent, Fridays meant pizza. Even today, parents get off work and don't want to have to go home and cook after working five days. Pizza was the solution. Growing up in the Quad Cities, we had Harris Pizza (still there) that defined the Quad Cities style. It became a style when multiple employees who worked in Harris' kitchen quit and opened their own place. They changed the recipe just enough to make it their own. Whenever I am on the road for a project, I have two places I must visit: a local tiki lounge and the local pizza spot of the town. It is not an easy place to find because most of the small towns have been plagued with chains as their "pizza spot." A good pizza place is one that has been around for decade after decade.

David Boyer reached out to me about Bamie's Pizza, which was located on Des Moines' southside on the southeast corner of Fleur Drive and Army Post Road. Frank "Bamie" Bonanno opened the joint in 1963. Frank was known as the delightful maniac who wore firemen's garb and would squirt the customers with a fire extinguisher. Boyer remembers going there as a teenager in the 1980s.

In an interview with the food blog, "The Delicious Story," Ron Bonanno, Frank's son, said his father worked 18 hours a day, six days a week. That was the norm for someone determined to support his family. All the kids had their day working in the restaurant while they were growing up, which was the standard rite of passage you don't hear about much these days. That seemed to end with the Baby Boomers, who swore they didn't want to work as hard as their parents.

Anni Zika remembers when they used to take their kids to Bamie's Pizza.

"It was such a fun place," Zika said. "Bamie would squirt you with a fire extinguisher — mostly the kids — and they got such a kick out of it. He also had a trombone with a boxing glove on the end of it. He would carry a tray over his head — supposedly with food on it — and drop it on your table. He was a real character. Also, they had the best stromboli sandwiches, which are hard to find these days. We miss it."

George Formaro, a man who knows something about pizza, couldn't say enough about Bamie's.

"Man, I loved that pizza. It was, to this day, what I look for in a pizzeria and why I get so upset when we lose an iconic place like that," Formaro said. "For me, I love the feeling I get when I walk into a place like that, filled with memories and nostalgia. Few smells in the world rival that of the pizzeria."

Formaro said the trombone with the boxing glove on the end of it should be in the state historical museum.

"I can still remember the pizza like it was yesterday," Formaro added. "I'm not sure if it was what he always used, but the last pizza I had there used stick pepperoni that had been sliced, and then sliced again almost julienne, but I'm sure he did not call it by that fancy-pants name. Whereas the pizza can be replicated, you cannot replicate Bamie."

Bamie's closed in 1986, and the building was torn down to make runway space for the Des Moines Airport. I don't know if we have pizza like that in Des Moines anymore. We have lots of pizza places but nothing that defines "Des Moines-style pizza" or anything like that. I do frequent Big Tomato because they are the only ones that know how to make veggie pie that rocks your world (try their Crop Top with thin honey crust, spinach, olives, artichoke hearts and jalapenos). Noah's Ark also has amazing pizza, but I prefer the atmosphere of Big Tomato. And in case you are wondering, deep dish pizza is just a casserole. ■

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

Concrete Cruizers

Classic car club is 35 years strong.

BY JACKIE WILSON

When owning a classic car, you can't sit in the garage polishing it all day — you want to drive it. There's nothing better than comparing racing stripes, souped-up engines and oversized dangling dice with other classic car owners, such as those in the Concrete Cruizers car club.

The Concrete Cruizers was formed 35 years ago by a group of five men. Gary Pullen, co-founder, explains how he and another car owner attended a car show in Johnston. Both discussed how it would be "neat" if somebody started a custom car club. So, they ran a newspaper ad for a meeting, where 22 cars showed up.

"I was surprised," recalled Pullen. "I didn't think anybody would show up."

Five members came up with the name, whittled down from about 100 suggestions.

"We drove on cement, and we cruise in old cars. It made sense to call ourselves the Concrete Cruizers."

Club members attended cruise nights at the former Porky's, George the Chili King and a tenderloin spot on E. 33rd Street.

Today, there are approximately 80 cars with about 160 members who meet monthly and discuss car show attendance. The Cruizers began hosting their own car show, which serves as a fundraiser benefitting children's charities such as Camp Sunnyside and the Make-A-Wish Foundation.

Members are mostly retired, but some are younger folks.

"Usually, older people are more financially secure and can afford it," Pullen said. "I'd like to see younger people to keep the classic car movement going."

Club members travel to car shows including the Good Guys, Friday nights at the Iowa State Fairgrounds and a James Dean run in Indiana.

The club allows any type of car — not just custom hot rods but also older unique models. Cars and models run the gamut from every decade starting in the 1900s to the 2000s.

Pullen has owned about 25 custom cars over the years. He started out with a 1953 Chevy, paying just $750.

"I buy and sell cars, restore them, make some money and invest in another," he explained.

Pullen owns a 2006 Jack Roush Mustang and his favorite, a 1950 Mercury custom, which receives "nonstop attention." A custom car is a vehicle that has been modified, body parts altered, appearance restyled and more. For example, Pullen's Mercury includes a 1954 Chevy grill, a 1959 Cadillac taillight, a 1952 DeSoto bumper and includes A/C and leather seats.

Pullen restored a 1955 Oldsmobile, selling it to a man from New Jersey. He picked him up from the airport.

"It's funny — he never test drove it and just paid for the car with a wad of $100 bills that he kept in his boot," he recalled.

When "Happy Days" stars Big Al and Potsie opened up Big Al's Diner at Southridge Mall, Pullen drove the stars from the television show in his car.

He's received hundreds of awards over the years,

Gary Pullen and his 1950 Mercury.

and his basement and four-car garage is full of car show memorabilia. As he leafed through stacks of photos, he reflected on why he loves the car club.

"I've met hundreds of people, making friends from all over the world," he said. "There's such a variety of neat cars."

Attend the Concrete Cruizers charity car show at Deery Chevrolet in Pleasant Hill on May 20. For more information, visit www.concretecruizers.com. ■

NEIGHBORS

BY SOFIA LEGASPI DICKENS

Des Moines' top dog

And the human behind Drake University's live mascot

The beloved face of Drake University has a protruding jaw, wrinkly scowl and sad eyes. George, whose official title is Griff II, is the latest in a growing line of live mascots serving the school.

It began in 1910. Until then, the university mascot had been the Drakes (a male duck), the Ducklings, or Ganders. At the time, athletics coach John L. Griffith (founder of the Drake Relays) brought his two English Bulldogs to games and practices. When a local sports writer began referring to the Drake football team as the Bulldogs, the name stuck.

For decades, Drake University looked like many other schools, represented by a costumed mascot introduced in the 1930s. Spike the Bulldog remains an important part of Drake University, recently making a comeback after a few years out of commission due to the pandemic.

The school's mascot came to life in 2009, when Erin Bell and her husband entered their English bulldog, Porterhouse, into Drake's annual Beautiful Bulldog contest for the fourth year — and won. Normally, the winning bulldog is celebrated during the Drake Relays then resumes normal life, Bell said.

"But Porterhouse was just really uniquely embraced by the community. Students and the athletics departments and all kinds of people in the community kept asking him to come to events and to different things happening on campus."

Bell was a full-time registered nurse, and her husband was in law school, but on evenings and weekends, they were Porterhouse's posse. He was gentle, docile and loved by fans who cheered him on as he regularly led the Drake basketball team onto the court.

With Porterhouse's unexpected death in 2013, the university was left with a gaping hole in the community. Two years later, they introduced Griff, the school's first "official" live mascot — and asked Bell to head the program.

Although it meant leaving her nursing career, accepting the position was an easy "yes" for Bell.

"It's a weird life; I say that a lot," she said. As Bell heads the only live mascot program in the state, there are few who understand her situation. "I feel really lucky. It's definitely not something I ever imagined, but it's also a ton of work."

Unlike many other university employees, Bell's work requires around-the-clock care. Dog food, veterinary costs and grooming are covered through sponsorships and donations, but everything else falls on Bell. When the face of the university broke out in hives on a recent Tuesday evening, Bell stayed up with him all night.

"He was absolutely miserable. It was like having a newborn baby."

Griff II (George), left, and Griff I have both served as the faces of Drake University. Photos submitted

Actually, make that two newborn babies, since the original Griff began a well-deserved retirement after five years of service in 2020. He also lives with Bell and her family.

"He's almost 11, and he's just enjoying retirement, living his very best life right now," Bell said.

Griff I's successor, Griff II (known by his loved ones as George, in honor of the school's first president), is completing his third school year with Drake. His schedule is rigorous, to say the least, with more than 300 appearances each year. He's met countless political candidates during the caucus cycle, traveled to different states for basketball tournaments and even made an appearance on "CBS This Morning."

Despite the fuss, George hasn't let the fame go to his head. Stoic, unassuming, innocent: That's how Bell describes him. His predecessor, on the other hand?

"Griff I — he knew he was a big deal, kind of arrogant in a good way," Bell joked. "And this guy (George), he's still oblivious to it. He's very humble."

He stays humble even when he sits in his customized chair for events, poses for countless photos, and walks around campus attracting admirers, oohs and awes and cuddles.

Basking in celebrity isn't George's only job. He's an embodiment of what it means to be a Drake Bulldog:

Erin Bell and her husband, Kevin, with their first English Bulldog, Porterhouse, the dog that launched the school's live mascot program.

proud, smart, loyal, curious, friendly, gentle, stubborn, patient, happy, easy-going, affectionate. As a certified therapy dog, he serves the community in quieter moments, too.

"Being there for students when they're going through a hard time — he's just a good medicine for that kind of thing." ■

Griff II is currently trying to raise 15,000 pounds of pet food for the university's annual campaign, Griff Gives Back. Donations are accepted through April 24 at drop-off sites, by mail or online at alumni.drake.edu/griff-gives-back.

BY JACKIE WILSON

Amanda Nuzum and Shelly, the tortoise

Slow pace and friendly personality make for a unique pet.

As a teenager, Amanda Nuzum loved her sulcata tortoise, Daisy. After high school, she kept Daisy, but she was busy, working three jobs. To her dismay, she had to give her up.

"I couldn't give her the attention she needed. It was so sad. I didn't want her sitting in a tank all day," she recalled.

In 2018, she bought a Russian tortoise to give to her kids for Christmas — but she admits it was mostly her pet.

"I didn't force it on them at the time," she said.

Her kids named the tortoise "Shelly" for obvious reasons — her shell. Now, Shelly is part of the family. She's kept in a tank heated with a UVB light, which is essential to her survival. The heat lamp is her favorite hangout.

Tortoises and turtles differ in that a tortoise lives on dry land, whereas a turtle needs water to survive. This tortoise's diet consists of romaine lettuce, bananas and apples.

As Nuzum gently lifted Shelly out of her tank, she placed her on the floor, where she roamed freely in the family room.

"She has a little get up and go but is not winning any races," she said.

Her dogs, Kenzie and Izzy, are curious around Shelly.

"They will walk up and smell her," she said. "They are good dogs."

As Nuzum compared the three pets, she concluded the tortoise is easier to take care of and lower maintenance. The family bathes Shelly once a week, which is a simple task.

"They don't eat expensive food like the dogs or have high veterinarian bills."

Nuzum's love of tortoises also stems from when she worked at the Blank Park Zoo. She loved petting Barnaby, a 93-year-old tortoise that weighed about 500 pounds.

Nuzum said Shelly knows her voice.

"As I approach the tank, I talk to her in a certain voice. She comes out and lifts her head to me."

Although tortoises appear aggressive, they don't bite. It's a misconception that the creatures are "a snake with a shell."

"It's true they have a snake-like look and a rounded snout. But unlike a snapping turtle, they don't bite. If they are afraid, they'll put their head back in the shell."

As I pet Shelly, the shell felt dry and smooth, like petting a bumpy leather shoe. Nuzum said she pets Shelly every day.

"They can feel it through their shell. She loves having her head petted. I used to do that at the zoo. It's cool to get in there and rub them to see how they react."

She knows Shelly will live a long time and is committed to taking care of her.

"I'm in for the long haul. She could live dozens of years. Tortoises need a lot of attention, love and care."

Nuzum's kids and friends adore the unique pet.

"We know a lot about dogs and cats — but not tortoises. I find it fascinating and love seeing her personality come out. She's part of our family. It's been exciting having her as a pet." ■

COLLECTIONS & HOBBIES

On the rise

Acrobatics and circus arts community grows.

BY SOFIA LEGASPI DICKENS

Felicia Coe became "Iowa Fly Girl" mostly by accident.

Raised in Des Moines and recently arrived in Salt Lake City, Utah, she was driving to work when she heard the news on the radio: A local aerial arts studio was celebrating its grand opening.

"It was like, 'That is crazy.' I'd never wanted to do this; I never even knew it was an option," she said. "I did not know what to expect at all."

Coe doesn't remember much of her first class, but she does remember experiencing aerial's gentle, swaying motion for the first time — and being very sick afterward.

"I sat in my car for, like, 20 minutes," Coe recalled. "I couldn't drive home because I was shaky; I was nauseous."

But she had paid for a weeklong trial pass, and Coe was determined. After a few more classes, the motion sickness subsided, and she was hooked.

"I remember feeling — I still feel this way — very ethereal, very dancey," said Coe, who hadn't taken dance or gymnastics classes growing up. "I liked movement, but I didn't know what the possibilities were; I'd never explored it. So for the first time in my life, I felt like I had this outlet. And I was moving my body in this expressive way."

In 2011, Coe returned to Des Moines, armed with a newfound passion. Aerial opportunities were virtually nonexistent in the area, but she persisted on her own. Today, in what Coe called an "If you build it, they will come" scenario, she now teaches, performs and directs acrobatics for a living (and circus arts, but more on that later).

"When I started, it was just a fun, silly thing to try," she said. "But then it was, like, 'Oh, I freaking love this, and I never want to stop.' "

It's been just more than a year since Coe left a decade-long career in the nonprofit sector to pursue her hobby full-time. Her Valley Junction studio, Cirque Wonderland, launched five years ago and houses nearly 200 students, staff members and performers.

Watching others discover her passion for themselves has been rewarding. Many adult students have stories like Coe's. With little formal background in dance or acrobatics, learning new skills feels almost "childlike."

"It feels very playful. They're giggly and silly and willing to make a fool of themselves and fail. And that's always really awesome and special to see."

Of course, the artform comes with its risks, and student safety is top of mind for Coe — whose palms sometimes still sweat at the thought of climbing 30 feet in the air.

"I'm not a daredevil by nature. It makes me very nervous."

Beyond supplying mats and other physical safety precautions, Coe also works to cultivate an inclusive and supportive environment, one that is accessible to everybody.

"We really want people to feel safe being vulnerable and trying new things and looking stupid — because you're going to look stupid," Coe said. "It's part of the magic of it."

Aerial arts may have been Coe's introduction into this realm, but she has since expanded into the full circus experience. And, no, it's not just tiny clown cars, lumbering elephants and daredevil stunts.

"Circus is broader," she said. "It's a bigger community. It's more inclusive."

Felicia Coe established Iowa's first aerial teaching program in 2012. Her circus training facility, Cirque Wonderland, is in Valley Junction. Photo by Sofia Legaspi Dickens

For those adamant against being airborne, many circus skills are ground-based, like partner acrobatics and prop manipulation (juggling, hula hooping and, yes, fire).

While the circus has a long and storied history, the local community in Des Moines is small. But it's growing — starting with Coe. Through the years, she's produced events through Misfit Cabaret, the Aerial Expo, and Cirque Wonderland Entertainment, giving countless artists a stage and a voice.

So, where does Coe see herself going from here? Up!

"The work I'm doing now is making moves for this to be a more sustainable, bigger community that can reach more people."

Last year, Cirque Wonderland launched its Social Circus, using art as an outlet to reach underprivileged communities. Coe also hopes to collaborate with other Des Moines artists, crossing and blending genres.

"Des Moines is so great for that because we're big enough to have a variety of artists, but we're small enough that we can all work together," she said. "We have a lot of growth to do, and I think we could do a better job of supporting artists, but we're getting there. And hopefully I can help be a part of that and grow it." ■

WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

In their footsteps

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench or admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Amy and Teddi

LOVE OF DANCE

Amy Peel-Wood opened her first dance studio at age 17 on the south side of Des Moines. Her daughter, Teddi Wood, carried on Amy's tradition of young entrepreneurship and opened her first studio when she was 18: AT&CO Dance Studio in West Des Moines. The studio's name combines their names and pays homage to her mom's legacy.

Amy's passion for serving youth inspired Teddi to continue down the same path.

"As a child and growing up, I spent countless hours not only in the studio training but also going to many business meetings, designing costumes, choreography, building props and recital planning," Teddi says of all she learned from her mom. "I saw the joy that this brought my mother for so many years, and I wanted that for my life, too."

Amy is still available to help Teddi as she continues her career.

"Now, when questions or situations arise, I have great guidance to lead me through," Teddi says.

If others want to follow in a parent's footsteps, Teddi advises them to take it seriously.

"Be willing with an open heart and mind to learn from your parent and do so diligently and with responsibility."

Source: Norwalk Living, March 2023; by Chantel Boyd

Read the full story here:

Jeremy and Dave

PASTOR'S KID

As a pastor of one of central Iowa's largest churches, Lutheran Church of Hope, Jeremy Johnson wasn't always sure he wanted to follow in the footsteps of his father.

Jeremy's dad, Dave, was a pastor at a Lutheran church in Fargo, North Dakota.

"We led a public life. When I played high school sports, everyone knew that I was Pastor Dave's kid. I identified with that my whole life."

Later on, while serving in youth and adult ministry at his dad's church, he wanted to tell people about God, but not as a pastor.

"I was terrified of public speaking. I didn't want to be a pastor. There was no way I was going to be a pastor," he says.

Yet, one day, as he was driving along in Fargo, a deep flash of certainty filled his mind.

"I had an overwhelming sense of 'yes.' I tried to go every way around it. I exhausted all my options. It was then, in my car, I decided to be a pastor."

He called his dad that day and told him he was attending seminary school. He was going to go to school full-time, sell his house and move away from the only city he knew.

"It was a huge leap of faith. Not a single moment did I look back," he says.

Source: Jordan Creek Living, March 2023; by Jackie Wilson

Read the full story here:

Alex and Jeff

A FAMILY LEGACY

Helping people in their time of need is one of the most worthwhile aspects of being a funeral home director.

Alex Petersen says following in his father's footsteps boils down to two things: 1. His father's passion to serve others during one of the worst times in their lives, and 2. Carrying on the legacy of his family.

At one point in his life, Alex's goal was to move as far away from the funeral home business as possible. But as he grew older, he saw the impact his father had with grieving families.

"I see how my father strives to bring peace and dignity to people's loved ones and shows compassion to their family," he says. "I admire his sense of duty, passion to help others, and his love of people."

These days, Alex can't imagine being in another business. However, with a young family, he's tried to be more present at home. As his kids get older, he hopes to make more time to be involved in community organizations.

"It takes a lot of compassion to be in this profession, and being a third-generation funeral director is something I take pride in," says Alex. "I want to make my entire family proud and continue to impact people and this community."

Source: Indianola Living, March 2023; by Becky Kolosik

Read the full story here:

Jamie and Jodie

A PASSION FOR HOOPS

Usually, parents watch their kids' sports activities. But Jamie Steyer Johnson has been watching her mom's basketball games for four years.

Jamie is a professional radio analyst who covers her mom's games. Her mom, Jodi Steyer, is the associate head women's basketball coach at ISU.

"One of the best parts of the job is road trips where we get to hang out the whole time," Jamie says.

Jamie called games for Ames High School while in college, majoring in journalism (with interest in sports broadcasting), worked for Cyclones.tv in college, and was hired to call games for ISU after graduation.

"It's been the best of both worlds to cover ISU while doing something I love in broadcasting," says Jamie, adding she enjoys watching her mom and the other coaches in action.

"I have so much respect for what they do and how they do it, which I try my best to convey when calling games."

Jamie's advice for others following in their parent's footsteps is simple.

"There's no shame in making your own legacy, but if you have an affinity for something you grew up around, pursue it." ■

Source: Adel Living, March 2023; by Chantel Boyd

Read the full story here:

get the JOB

Helpful tips for your employment search

Job searching?

(StatePoint) Whether your career is just beginning or you're looking to shift gears, the insurance industry may be the right place for you. The industry employs nearly 3 million people in the United States and depends on a diverse workforce from various professional backgrounds. However, experts say that persisting myths may prevent talented job seekers from exploring these careers.

"Many job seekers have preconceived notions about what a career in insurance looks like, and they are not always accurate. The fact is that an insurance industry career offers virtually unlimited job opportunities and chances to learn, grow, benefit from new experiences and make a difference in your community," says Carrie Martinelli, vice president of Talent at Selective Insurance.

To help job seekers break into the industry and find success in their new careers, Selective Insurance offers the following tips and insights:

1. Don't assume your background isn't a fit: You may be surprised to learn that the industry does not just hire talent for traditional sales, underwriting, safety management, actuarial and claims roles. It also requires the expertise of legal experts, innovation strategists, and finance, marketing and IT security professionals. In fact, the Insurance Information Institute notes that even art historians and drone pilots are needed to make the industry tick.

2. Seek to grow in your new job: In a recent Conference Board survey, 96% of respondents said it was "important" or "very important" to develop their work-related skills continuously. There's a good reason this sentiment is so popular. Professional development helps employees grow, learn and thrive, preparing them for more advanced positions or new areas of responsibility. Consider how such opportunities can benefit your career and take time to learn about the company's professional development program during any interview process.

3. Find a sense of purpose: Insurance industry employees are unsung heroes who can help improve challenging situations. They provide expertise to help protect valuable assets like businesses, homes and vehicles. They also offer support and guidance after an unexpected loss, making these careers an ideal fit if you are passionate about helping protect your local community.

To learn about insurance industry job opportunities in your field, visit www.selective.com. ■

Microsoft Corporation currently has the following openings

in West Des Moines, IA (job opportunities available at all levels, e.g., Principal, Senior and Lead levels).

DATA CENTER OPERATIONS MANAGER: Understand workplace needs & dvlp processes, planning principles, & settings that support employees & work environments. https://jobs-microsoft.icims.com/jobs/32227/go/job

DATA CENTER OPERATIONS MANAGER: Understand workplace needs & dvlp processes, planning principles, & settings that support employees & work environments. Telecommuting permitted <50%/wk. https://jobs-microsoft.icims.com/jobs/32468/go/job

MULTIPLE POSITIONS AVAILABLE. Some positions req travel and/or permit telecommuting. For details (if applicable), including job descriptions & min reqs, salary range & benefits info, and how to apply, visit the website address listed. EOE.

EARN EXTRA CASH $$$

Up to $200 Weekly
as a Newspaper Delivery Contractor

Early morning hours
2 am to 6am

To apply, call
515.284.8209

WE ARE HIRING!

Des Moines Public Schools has great job and career opportunities for the 2022-23 school year.

Metro Kids After School Program
- 15-20 Hours a Week
  Monday-Friday: $13.71-$15.75/hour
  Substitute: $11.47-$13.17/hour

Food Service Workers
- General Worker- $14.64/Hr
- Clerks -$14.87/Hr
- Head Cooks - $15.33 - $15.53/Hr

Part-Time Bus Drivers
- 20-25 Hours a Week / $20.93 per hour
- $2,000 or $5,000 Sign-On Bonus
- CDL Training Provided
- Single and Family Health Benefits

Visit our web site to find great jobs for you... and the students of Des Moines.

APPLY TODAY AT JOBS.DMSCHOOLS.ORG

DesMoines PUBLIC SCHOOLS

THE BEST YOU

COME HERE. BECOME HERE.

NATIONAL MARKETPLACE

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344(mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a $200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today - 1-855-977-7030. (mcn)

CABLE/INTERNET

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time $20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-443-3789. (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! $59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirecTV Satellite TV Service Starting at $74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DISH Network. $64.99 for 190 Channels! Blazing Fast Internet, $19.99/mo. (where available.) Switch & Get a FREE $100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. $84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 844-878-2209. (mcn)

Dish Network: Only from Dish- 3-year TV Price Guarantee! 99% Signal Reliability, backed by guarantee. Includes Multi-Sport with NFL Redzone. Switch and Get a FREE $100 Gift Card. Call today! 1-855-434-0020. (mcn)

EMPLOYMENT/HELP WANTED

Worthing SD is hiring a full-time Utility Maintenance person with full benefits. Responsibilities include working in the city's water, sewer, streets, and park departments. Information can be found at www.cityofworthing.com.(mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have $10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

HEALTH & MEDICAL

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest #6258 (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just $149. Call 1-866-742-7290. (mcn)

HOME SERVICES

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-962-5554. (mcn)

MISCELLANEOUS

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award - even with smoking history. NO obligation! We've recovered millions. Let us help!! Call 24/7, 1-888-490-8260. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call 1-866-585-7073. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. $0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. $0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author`s Guide 1-877-516-0706 or visit dorranceinfo.com/Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over $50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Trouble hearing your TV? Try TV EARS Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time $50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-455-0505. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and $1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to $250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time offer! Get $50 off on any new account. Use code GIFT50. For more information, call 1-888-909-7338. (mcn)

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-680-3016 to get a free quote or visit mfcp. (mcn)

WANT TO BUY

PAYING TOP CA$H FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CA$H PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL $99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator $0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just $59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

DISH TV $64.99 For 190 Channels + $14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. $0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & $1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Switch and save up to $250/yr on talk, text & data. No contract or hidden fees. Unlimited talk & text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time get $50 off any new account. Use code GIFT50. 1-855-903-3048 (ACP)

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time $20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892 (ACP)

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have $10k or more in debt? Call National Debt Relief to find out how to pay off your debt for significantly less than what you owe! Free quote: 1-877-592-3616 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation ExpertsOver $50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package $89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit insurebarkmeow.com/ads (ACP)

Unlimited wireless 4G LTE or 5G internet. Only $50/month. 15-day trial. No contract. Includes hardware. Fast & reliable. 888-996-6799. https://broadbandq.com (ACP)

Diagnosed with lung cancer? You may qualify for a substantial cash award - even with smoking history. No obligation! We've recovered millions. Let us help!! Call 24/7, 1-877-648-2503 (ACP)

DES MOINES ART CENTER

75

1948 – 2023

FIRAT ERDIM

FIELD SOUNDINGS

AND Q+A

PLAY THE WEATHER AT THE DES MOINES ART CENTER

FREE | NO RESERVATIONS REQUIRED

PERFORMANCES APRIL 7, 6 PM | APRIL 15 & 30, 1:30 PM | MAY 5, 6 PM

LEARN MORE AT DESMOINESARTCENTER.ORG

"I love the community and the variety of the activities offered."

- Don J.

CITYVIEW BEST 2018 · CITYVIEW BEST 2019 · CITYVIEW BEST 2020 · CITYVIEW BEST 2021 · CITYVIEW BEST 2022

A Tradition of Senior Living Excellence

Jay Mathes

GREEN MEADOWS

6750 Corporate Dr,
Johnston

welcomegm@edencrestliving.com

515-204-7467

Shawn Kinnison

SIENA HILLS

451 SW Ankeny Rd,
Ankeny

welcomesh@edencrestliving.com

TUSCANY

1600 8th St SE,
Altoona

welcometuscany@edencrestliving.com

515-313-3814

Nathan Deutmeyer

LEGACY

2901 Cedar St,
Norwalk

welcomelg@edencrestliving.com

515-422-8096

TIMBERLINE in Urbandale COMING SOON!

Susan Babcock

BEAVERDALE

3410 Beaver Ave,
Des Moines

RIVERWOODS

2210 E Park Ave,
Des Moines

welcomebd@edencrestliving.com

515-250-3052

Edencrest™

INDEPENDENT, ASSISTED LIVING, CLOSER CARE & MEMORY CARE

INDEPENDENT LIVING • ASSISTED LIVING
CLOSER CARE • MEMORY CARE

Hubbell Realty Company · Jaybird Senior Living

WWW.EDENCRESTLIVING.COM