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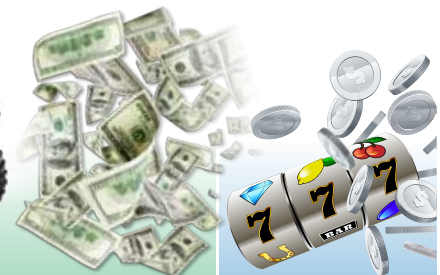
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FROM THE PUBLISHER

How about, Mow Less May?

Des Moines Mayor Frank Cownie says Des Moines residents should not mow their yards during the month of May. He signed off on a “No Mow May” proclamation a few weeks ago, asking residents to refrain from cutting their grass to help pollinators thrive by preserving native wildflowers and grasses.

To be clear, a proclamation is not a law but merely a suggestion. In other words, this “suggestion” will be encouraged but not enforced. It apparently is a suggestion for private property owners only, though, as there will be no change to the city’s mowing and maintenance schedule in May. Interesting. Meanwhile, the City of Des Moines will not enforce its lawn ordinances for residences until June.

The proclamation sounds nice, and although I am not a fan of bee stings, I do understand the value of bees and the need for better pollination to preserve certain flowers. Even so, if bees give you anxiety, you should know that a recent study found homes that didn’t mow in May had five times more bees compared to yards that were mowed. That’s something to think about.

If you live in an apartment or a condo, or don’t need to care for a lawn, not mowing may sound fantastic, but there are some things, other than bees, that you should consider, as noted by Iowa State University Extension and Outreach.

Grass will grow at least 12 inches during the month of May. Most mowers are not equipped to cut grass that tall. Experts say you should only remove one-third of the total leaf blade in a single mowing to avoid damage to your grass. That math doesn’t work.

Assuming you will mow in June, you should be prepared for some serious grass clipping clean-up. If left on the grass, those clippings will smother and kill most everything underneath and will leave bare spots in your lawn. Those bare spots will be filled by weeds like crabgrass, foxtail, purslane and spotted spurge, and these species do not support pollinators well. Hmmm.

If you stop mowing your lawn, it will become a collection of non-native plants allowed to grow unchecked. Lawns need management to avoid this. Ignoring the maintenance of the lawn is not a responsible way to manage non-native plants.

If you don’t live in Des Moines proper, you should check the weed ordinance for your city or municipality or homeowners’ association, or you risk getting fined. These ordinances are typically created to reduce noxious weeds, manage pest problems like mice or rats, prevent dangerous property conditions, minimize allergens, and maintain the aesthetics and property values in a community.

I have to admit, like many of you, I appreciate a well-maintained lawn. I also admit, like many of you, I typically break New Year’s Resolutions and Lenten promises after only a few days. I also happen to like Frank Cownie, and I appreciate his efforts (although I am going to check his lawn toward the end of the month).

As such, I am opting for an alternative to No Mow May, which may more appropriately be called, Mow Less May. Some studies show that mowing every two weeks can still significantly increase the bee population. By mowing every 14 days instead of every seven days, and by raising my mower blade as high as possible, I can manage my lawn in a way that supports pollinators with more flowers and avoids many of the drawbacks.

This “ask for a dollar and you may get a dime” approach may be exactly what Mayor Cownie was hoping for. Regardless, I appreciate his suggestion in an effort to get us to think a bit differently.

Thanks for reading. ■

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More than 28 pages of things to do in central Iowa.

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SUMMER ARTS & ENTERTAINMENT GUIDE

More than 28 pages of things to do in central Iowa.

Cover photo by Duane Tinkey

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Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. In what capacity am I allowed to use drones in Iowa?
Are there laws against where I can and cannot fly them?

A. Drones are becoming more and more popular, whether it be for recreational or commercial use, and state governments have had to keep up with the ever-growing use.

Federal law requires that all recreational flyers pass an aeronautical knowledge and safety test and provide proof of passage if asked by law enforcement or FAA (Federal Aviation Administration) personnel. The Recreational UAS Safety Test (TRUST) was developed to meet this requirement.

If you follow Drone Laws in the USA defined by FAA Part 107, you'll be in good shape.

If you plan on using a drone for your business, they are approved in the FAA part 107; however, it is important to check your local district regulations, as they do vary.

The Operations Over People rule became effective on April 21, 2021. Drone pilots operating under Part 107 may fly at night, over people and moving vehicles without a waiver if they meet the requirements defined in the rule. Airspace authorizations are still required for night operations in controlled airspace under 400 feet.

If your drone weighs less than 0.55 pounds, you can fly recreationally as well as commercially, as long as it isn't located in a no-fly zone. If your drone weighs more than .55 pounds, you'll have to pay \$5 to get it registered.

The easiest way to find out where these no-fly zones are is by using the B4UFLY app. It will tell you if there are any restrictions in your area.

No-fly zones include holding facilities, such as a county jails, municipal holding facilities, secure facilities for the detention or custody of juveniles, community-based correctional facilities, or institutions under the management of the department of corrections.

The only instance where you're allowed to use a drone in these areas is if you are operating it under law enforcement.

Law enforcement is allowed to use drones, but they have their own restrictions as well. If law enforcement finds something incriminating outside of the issued warrant, that evidence may not be used. The same applies for drones.

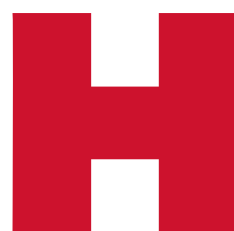
If the police obtain a warrant that allows the use of a drone to search someone's property, you are still protected under the same laws.

The law also states that it's unlawful for any state agency to operate UAVs to enforce traffic laws, so you don't have to worry about a drone catching you speeding or running a red light.

The Iowa House recently passed a bill (HF 572) related to intrusion and surveillance use of drones. The bill states that "a person commits intrusion by the use of an RPA if the person knowingly controls the flight of an RPA (remotely piloted aircraft) over a homestead or a secure farmstead area, if the homestead or secure farmstead area is not owned or leased by the person, and the RPA remains over the homestead or secure farmstead area." ■

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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 readers of CITYVIEW through this page? Use the hashtag #dmcityview on Facebook, Instagram or Twitter — or email editor@dmcityview.com.

LETTERS TO THE EDITOR

Readers miss the TV guide, too

I, too, miss The Des Moines Register's TV guide (Publisher's column, April 2023). Contrary to your CITYVIEW column, I have never watched Netflix or Hulu. Personally, I would prefer a TV guide that lists channels that carry Major League Baseball games that are actually shown because of the stupid MLB rule. Forget Netflix, Hulu, etc. Thanks.

— Dennis Eriksen

Shane, I appreciated and immediately related to your column about the absent TV guide (Publisher's column, April 2023). We also cherished that piece of the paper, almost more than the news (but not quite as much as the comics). The guide that came with our "smart" (yeah, right) TV is OK, albeit clunky, slower to load than flipping the old paper guide open. The online TV guide is so fat with advertising it is essentially worthless, as is their paper edition, which I subscribed to for a few months then canceled. None of them reliably tell me the most important (to me) thing: Is it a new

episode? The old one in The Des Moines Register was mostly accurate, but now it's the wild west — a crapshoot. So, to answer your question, I would love to see a reliable paper TV guide again, You have my vote.

— David Johnston

Hi Shane, I am a long time reader of the CITYVIEW and the Ankeny Living magazine, and I do appreciate the great effort and excellent products that you produce.

I do remember the TV guide that years ago was printed and was bummed out when it went away. It was such an easy thing to use and was very convenient. I know everything is at our fingertips with our devices, but in some ways the old TV guide was a lot easier and quicker in some instances to use. I really would appreciate a return of the TV guide. Thank you for the opportunity to give my opinion. I do appreciate it.

— Dave Beltrame

Story evokes more memories of Iowa Cubs games

Once again, CITYVIEW manages to stir my old memories. In this case, Michael Wellman's "The Iowa Cubs' Most Memorable Games" (feature story, April 2023) brought to mind a game I attended in 1968 as an 11-year-old. Our baseball coaches, Mr. Starkweather and Mr. Rocholtz, put out the money to take the entire team, the year's Little League Champion Norwalk Cardinals, to see what was then known as the Iowa Oaks. Each of us kids were outfitted in our uniforms and even toted our gloves. The "Day Game" was beautiful and sunny yet poorly attended. We were seated a few rows up and behind the third base dugout when I noticed a stadium worker who I thought I recognized passing through the tunnel. So I decided to confirm, as it were, that it was really him and jumped from my seat. As I approached, calling "Willie, Willie," he stopped, and I said, "You're Willie Wise, right?" To which he replied, "I am" and explained to me he was here working his summer job. That's when I asked for his autograph. He gladly asked if I had something to write upon, so I passed him my glove, a hand-me-down Spalding Six Finger that he signed. Imagine that! A Drake University basketball legend and future seven-year ABA and two-year NBA player signing a baseball glove!

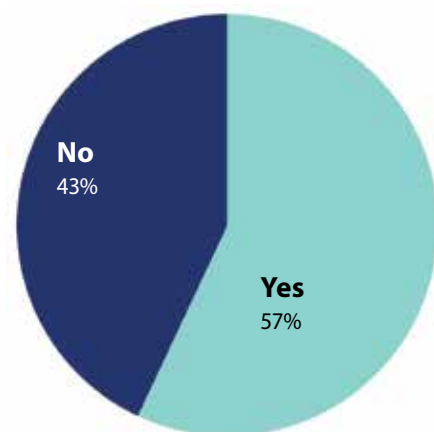
Thank you, Mr. Wellman and CITYVIEW for helping me remember several games all in one. BTW, I still possess that glove.

— Brent Hess

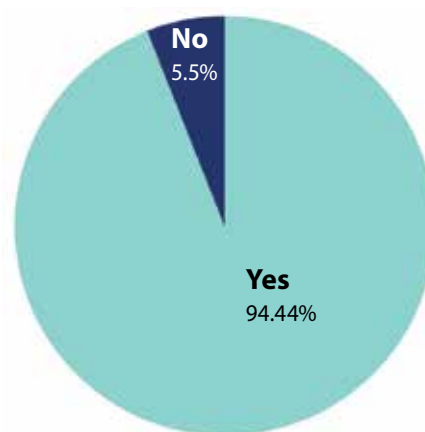
POLL POSITION

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

Have you ever personally seen a tornado?



Have you ever painted an easter egg?



FACEBOOK COMMENTS



cityview magazine
(comments unedited)

CITYVIEW magazine: Have you ridden a horse? What was your first experience riding a horse?

Tony Munoz: In the mountains with my mom and her horse decided to go in reverse and then ***** and got all over my mom's leg.

Lynn Fuller: On a family friend's farm...bareback down a gravel road...fell off into the ditch.

Chad Richardson: I used to love riding horses. My dad had horses. Then I had a bad fall off a horse and fractured three vertebrae in my neck and cracked my head open, and I've not gotten back on a horse in 32 years.

RETWEETS



(comments unedited)

@MoMohler

As a kid I wanted a Jetsons like future, but now I get emails from my vacuum cleaner so be careful what you wish for.

@SuitSentient

I used to hold the flashlight for my dad, but now I hold the flashlight for myself. I still can't see anything. The same amount of swearing is involved.

@dmc1138

I didn't read the safety instructions on the super glue at first, but now I can't put them down.

@mermaidsluvwine

Kids today don't know how easy they have it. When I was younger I had to walk 9 feet through shag carpet to change the tv channel.

@dave_cactus

If Jennifer Love Hewitt so much, maybe she should marry her!

@NolaChef504

"I could eat."

-me (right after I've eaten)

@StupiDucker

I couldn't figure out how I cut my arm but then I realized I brushed arms with the guy with the barbwire tattoo.

@KimmyMonte

opens your fridge and sees 2% milk hey, your milk's almost dead. ■

It was a week to celebrate accountability

April offered a week to savor. But it also was a week to reflect on how far we still need to travel to have true citizen engagement in our state and local governments.

First, some savoring.

The Iowa League of Women Voters honored me and the Iowa Freedom of Information Council, the nonprofit, nonpartisan education and advocacy organization I lead. The annual Defending Democracy Award means so much — knowing it comes from the organizational descendants of the women who pushed for an amendment to the U.S. Constitution giving women the right to vote and who rallied in countless places across America, including right here in Bloomfield, to make that happen.

I mentioned to the League of Women Voters audience that among their right-to-vote ancestors was a friend of mine from my years as a newspaper editor in Albia. Ruth Hollingshead, a feisty feminist with a wonderful smile, was, in 1938, the first woman in Iowa to run for a seat in the U.S. House.

The morning after the award ceremony, the Iowa Supreme Court handed down a decision all Iowans should celebrate — that Iowa's governor must provide public records when asked for copies.

The decision came in a lawsuit in which I and the Iowa FOI Council were plaintiffs, along with noted journalists Laura Belin and Clark Kauffman. Our lawsuit challenged Gov. Kim Reynolds' refusal for up to 18 months during the COVID pandemic to fill requests for state records.

Reynolds' attorneys contended the issues in the case were moot because she turned over the requested documents within days after the lawsuit was filed. She also contended that allowing the lawsuit to move forward would infringe on a governor's executive privilege.

There was much more at stake in this case than merely a legal dispute with the governor over access to documents. The Supreme Court's unanimous decision in favor of the plaintiffs was an important message to all officials throughout state and local governments that unlimited delays in responding to such requests are not

acceptable.

This was an important conclusion, because many government officials take cues from the governor on transparency and accountability matters.

And the outcome was especially noteworthy because the Supreme Court's decision quoted a 10-year-old Drake University Law Review article — one written by Brenna Findley, now Brenna Bird. She was Gov. Terry Branstad's legal adviser at the time. She now is Iowa's attorney general.

The Supreme Court concluded that allowing unlimited delays in filling records requests would hamper the free and open examination of public records. Citing the Drake article, the court wrote, "Providing information quickly and efficiently demystifies government."

Bird's article quoted Yale University law professor J.M. Balkin, whose comments the Iowa FOI Council echoes: "Only an informed public can perform its role in a constitutional framework: holding government accountable. Transparency of government functions and process is essential. A lack of transparency makes it difficult for citizens to hold their government accountable."

Access to letters, emails, memos and other documents written by or to government employees and officials is important if the public is going to be able to effectively evaluate the on-the-job performance of the governor, mayor, city manager, school superintendent or any of the people elected to serve on councils and boards.

Last week, before the League of Women Voters event or the Supreme Court decision, I talked with groups of citizens from southeast Iowa and northwest Iowa who were angered by decisions their local school boards had made with precious little public involvement.

In Fort Madison, these parents and grandparents were frustrated that the school board had decided to stop a longstanding practice of allowing students from the local parochial schools to participate on Fort Madison High School sports teams. The decision was reached without

the matter being discussed at a school board meeting and without a formal, on-the-record vote by board members.

Parents in the Cherokee School District have been frustrated by fees of more than \$500 for copies of some records pertaining to the recent decision by the school board to allow an undisclosed number of teachers and other employees to be armed with guns at the three local schools.

Parents' frustration climbed when they were told the makeup of the committee that will manage the program is confidential and when their questions have gone unanswered about the costs of the gun program, including training time, liability insurance premiums and costs for weapons and ammunition.

Officials in Fort Madison, Cherokee and dozens of other communities where citizens are being turned back from seeking information, either directly or in subtle ways, ought to read Brenna Bird's 2013 Drake Law Review article. Here are some highlights to digest:

"Transparency guards against an arbitrary and capricious element in bureaucratic decision making," Bird wrote. "... I believe transparency serves as a check against poor decision making and behavior that is not worthy of the call of public service. Each time poor decisions, processes, or behaviors are brought to light, it serves as a reminder of the importance of good work in the service of the public."

Bird continued, "Embracing transparency has several benefits for the political system as well as office holders. The bureaucracy is more accountable when it knows that its processes and dealings may see the light of day.

"Transparency is a valuable good that both parties can embrace. There is nothing inherently Republican or Democratic about transparency. ... When independent voters go to the polls I believe they see pro-transparency leaders in a positive light." ■

Randy Evans can be reached at DMREvans2810@gmail.com.



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CIVIC SKINNY

BY CITYVIEW STAFF

Spendy condos, a history of Iowa's closed colleges, and investments in Highland Park

After a long delay, sales prices have been recorded for the high-end Grand Avenue condominiums developed by **Harry Bookey** and **Pamela Bass-Bookey**.

The **Kathleen J. Fehrman Revocable Trust** paid \$2,838,799 for a unit that takes up half of the top floor in the eight-story building at 3750 Grand Ave. (Or, as the sign says, “3750 ON Grand.”) Fehrman is the developer of the Oak Park restaurant under construction a few blocks away on Ingersoll and is a commissioner and former chair of the Iowa Department of Transportation. According to the DOT, she is also the managing partner of Fehrman Investments, LLC.

Fehrman is married to **Bill Fehrman**, the president and chief executive of Berkshire Hathaway Energy, which owns MidAmerican Energy in Des Moines as well as energy companies throughout the world.

According to county records, the Fehrmans' new condo has ten rooms spanning 5,685 square feet — about 15% larger than a basketball court. It has three bedrooms, three-and-a-half baths and five “extra bathroom fixtures,” whatever that means. It also has two fireplaces (or maybe three, the filing is unclear) as well as a “scullery” and a “wine cave.” It has a 595-square-foot balcony. The price includes four indoor parking spots.

The Bookeys themselves have the second-costliest unit in the building, which sits on the south side of Grand, incorporates parts of the old Christian Science Church there and has unimpeded views in every direction. The Bookeys have a quarter of the top floor as well as a unit beneath that. They appear to have paid their development company \$1,866,200 for the combined units, which have three bedrooms, three and-a-half baths, and two fireplaces. They also own a unit on the first floor as well as six indoor and five outdoor parking spots, according to the filings.

The other quarter of the top floor, a 2,771-square-foot apartment configured as one bedroom and one-and-a-half baths, is owned by **Katherine Elsner** and **Steven Adelman**. They paid \$1,603,763, which includes two indoor parking spots. The apartment has a balcony and a fireplace but no wine cave.

Others who spent more than \$1 million for units at 3750 Grand include **Colleen Burgeson** (\$1,274,000), **Douglas Jeske** (\$1,234,800) and **Mark Feldmann** (\$1,078,000). Their units all are on the seventh floor. The remaining seventh-floor unit was purchased by **Daniel Boettcher**, who paid \$980,000, according to county records.

The lowest price paid for a unit in the building was the \$342,100 for an 1,116-square-foot unit on the third floor, which is the lowest residential floor. The

purchasers were **Dylan Lampe** and **Matthew Roghair**.

Until the sales of the units at 3750 Grand, the highest price paid for an apartment in Des Moines was the \$1,428,800 **Chuck Johnson** paid in 2007 for a 4,600-square-foot unit at the top of the Equitable Building downtown. ...

Iowa Wesleyan, the second-oldest university in the state of Iowa, announced it will be closing its doors at the end of the fall semester. That's somewhat rare. And tremendously unfortunate. After educating students for 181 years, the university announced it won't be able to remain open due to rising costs, a lack of fundraising and a denied request from Gov. **Kim Reynolds** for \$12 million from the American Rescue Plan Act.

Iowa Wesleyan will celebrate the graduating class of 2023 with its final commencement ceremony on May 6, recognizing more than 120 undergraduate and graduate students.

Gov. Reynolds stated in a press release that she denied the financial request after engaging an independent third-party accounting firm that said, “Providing one-time, federal funds would not solve the systemic financial issues plaguing the university.”

This news comes as a disappointment, and somewhat of a surprise, considering the recent rise in the university's enrollment numbers. In September of 2021, the university's website reported enrollment was up 15% from the previous semester, bringing the total number of students to 835. This was the largest increase in enrollment in eight decades, according to Meg Richtmen, vice president for enrollment, marketing and communications.

The Carnegie Classification of Institutions of Higher Education states that Iowa has 60 active colleges. Overall, sixteen colleges that originated in the state have closed since the first, Tabor College, was founded in 1853. A website maintained by **Ray Brown**, Ph.D., of Westminster College in Fulton, Missouri, includes information about more than 80 defunct Iowa institutions including Capital City Commercial College in Des Moines, Vennard College in Oskaloosa and Sioux Empire College in Hawarden.

The most recent college closure was in 2016 when AIB College of Business, located in Des Moines, closed its doors after being a mainstay in Des Moines for 95 years. Similarly to Iowa Wesleyan, AIB also struggled with rising operating costs and a lack of resources from the state.

In 2015, AIB was “gifted” to the University of Iowa with hopes of turning the campus into a more central location for students who lived or worked in the capital city. However, after offering classes for two years, the

University decided to sell the buildings in 2018 to The Village at Grays Lake LLC. ...

Invest DSM's goal has been to rejuvenate and improve Des Moines neighborhoods with funding from the City of Des Moines, as well as Polk County. That sounds nice. The four neighborhoods they're attempting to improve are Oak Park/Highland Park, Drake, Franklin Area, and Columbus Park.

The most recent project announced is a major development site for Highland Park on the southwest corner of Euclid Avenue and Sixth Avenue. Invest DSM Executive Director **Amber Lynch** said that early rough estimates show the project could cost upwards of \$10 million.

Lynch said ideas for the site include having a space for mixed-use activities, a ground floor for retail (a growing trend in recent projects) and two to three floors for housing. These units would boast affordable housing along with other units being set at market rate.

Invest DSM has been involved in the neighborhood. After seeing several new businesses opening up and older ones reopening, a new need for housing arose. Invest DSM also has several programs that have allowed them to continue building the community.

One of these programs is the Block Challenge Grant, which encourages groups of at least five neighbors within a visible distance of one another's front door to come together to make exterior improvements on their properties. Invest DSM will match \$1,000 to \$2,500 for those who participate. ...

More Iowans are working. At least according to the unemployment rate in Iowa, which dropped from 2.9 percent in February to 2.8 percent in March. This matches the 0.1 percent change that occurred nationally with the U.S., dropping from 3.6 to 3.5. The labor force participation in Iowa rose to 68.2%, with the state adding 2,700 new workers. That makes the total number of working Iowans 1,675,000 in March, which is 2,000 more than this time last year. ...

A CITYVIEW reader pointed out to Skinny a discovery on the Iowa Legislature website directory. Public officials such as the state's senators and house representatives traditionally have information available to the public on the directory. These items include emails, phone numbers, addresses, etc. Until now. Upon inspection, every Iowa House member's address was missing. CITYVIEW made calls to the capitol but were unable to receive a solid answer as to why the change was made or who made it. We were told that members of the Iowa Senate are required to have their address be public knowledge, but House members have the option to omit such information. ■

Remembering Sharon Malheiro

Sharon Malheiro died in her sleep the other day, apparently of a heart attack. She was 67 years old. She was a civil-rights lawyer who fought bravely and brilliantly against discrimination of all kinds. She was particularly vigilant and vigorous in her fight for gay rights. She was a co-founder of One Iowa, the statewide organization fighting for and defending gays and gay rights, and was instrumental in the successful efforts to have same-sex marriage legalized in Iowa. Her funeral was April 25 at Plymouth Church. Among the speakers was her friend Michael Gartner. Here are his remarks.

Everyone in this church knows of the wonders and the works of Sharon Malheiro — her founding of One Iowa, her relentless fight for equality, her diligence and determination, her mothering and mentoring, her devotion to the cause — and her devotion to her wife, Sue.

She was a terrific editor and writer — she was managing editor of the Register and Tribune Syndicate while I was running the newspaper a couple of generations ago, and that's when I first met her. And she was, of course, a first-rate lawyer, for a while running a large downtown law firm, which required the tact of a diplomat and the skills of a kindergarten teacher.

She always had a lot of balls in the air. But she always

had time to lend an ear, to soothe a friend, to write a brief. Or to pass along a tidbit or a story or a joke to a friend over a cup of coffee. And she always had time for that cup of coffee.

For the past generation, or longer, she was involved in nearly every issue about equality and fairness and discrimination in this state — sometimes in the courtroom, sometimes in the meeting room, sometimes in the backroom. But, always, Sharon was there — strategizing, listening, briefing, arguing, consoling. Leading. Never did she seek publicity; always did she seek equality.

She didn't always win. But she viewed all losses in two ways — misguided and temporary. But I never saw her get really mad, and I knew her a long time, first as that editor and then as that lawyer. Later, as a father and grandfather, I knew her as she successfully fought all the way to the Iowa Supreme Court for the right of my granddaughter to have the names of both of her mothers on her birth certificate. Then, I knew her as she helped and guided my daughter Melissa to legally become my son River.

I saw her outwork and outsmart a lot of people. I saw her frustrated — she never really figured out why, in her view, Democratic Attorney General Tom Miller never really embraced and led the fight. But she viewed that as a

puzzlement, not an outrage.

She occasionally had some choice words for some mossbacks — and she had a wide vocabulary of choice words — but I don't think she was ever really mad at those Republicans in the state, and in the Legislature, and on the Court, who dismissed her at every turn. She personally liked some of them quite a bit. She just sort of pitied them for their narrow-mindedness, and she viewed them as potential converts.

Although she did occasionally wish that one or two of them would have a favored grandchild who would grow up to be gay — which she viewed as a great force for the fight against discrimination.

That fight against discrimination, discrimination of all shapes and forms and colors, was her cause, and she viewed it as America's cause — a cause of equality and fairness for all, a cause she believed in in every bone in her body.

Sharon Malheiro never lost her sense of passion — or her sense of humor.

She never gave up.

She always rose to fight another day.

But now she won't.

And that is a tragedy — an immense tragedy. Not only for all of us, but for all of Iowa. ■

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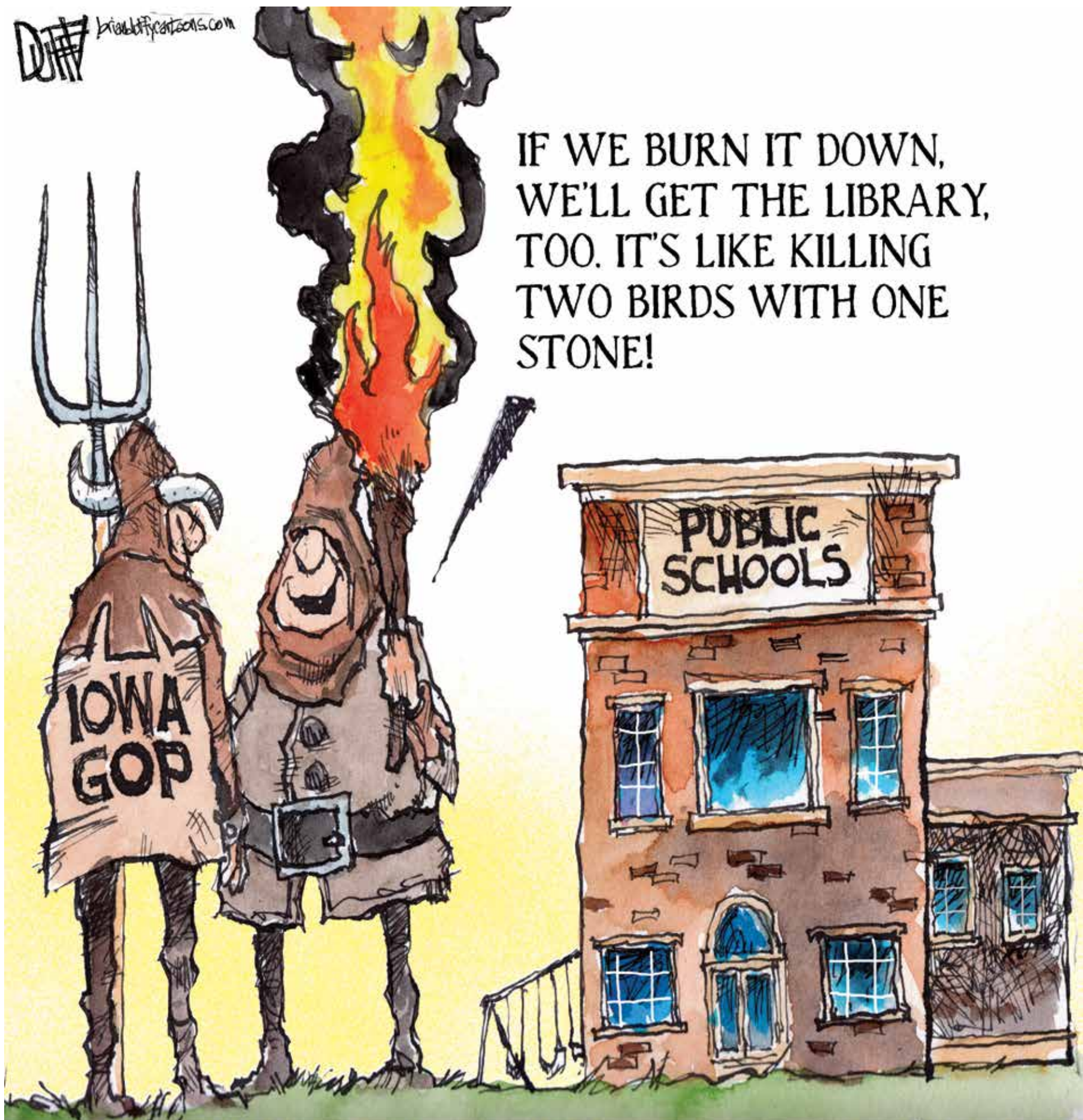


DUFFY'S VIEW

BY BRIAN DUFFY

Duffy brianduffy.com

IF WE BURN IT DOWN,
WE'LL GET THE LIBRARY,
TOO. IT'S LIKE KILLING
TWO BIRDS WITH ONE
STONE!



Obama Presidential Center should establish Iowa satellite branch

Museum could celebrate caucuses, spotlight rural life.

Hawaii is Barry Obama's home state, and Illinois is Senator Barack Obama's home state, but Iowa is President Obama's home state.

One of the last questions I asked President Barack Obama during an interview in his first term was this: Would he consider locating his presidential library and museum in Iowa?

It's not a silly or throwaway question, and the president answered it with great seriousness, giving it that distinctive Obama ponderous pause before his easy reach for penetrating eloquence, because it is in our state, within our early-nominating vetting, that Barack Obama rapidly matured into the nominee, and, eventually, the leader of the free world. The best-selling first volume of his memoirs features Iowa prominently.

"It is true that I feel sometimes like Iowa is a second home," Obama said in that 2011 interview. "Chicago and Honolulu might have some pretty strong claims for a library, but that's not what I'm spending time thinking about now. I can tell you this: When I go back to Iowa, it always makes me feel good. It's got wonderful people. There's a great community spirit. People are civic-minded. Maybe I'm just biased because I'm from the Midwest and I was raised by Midwesterners, but there's something about the people of Iowa that always cheers me up, and I'm so glad that I was able to spend a couple of days with all of you this past week."

As the first-in-the nation Democratic presidential nominating caucuses have a threadbare connection to the future political calendar, we owe it to ourselves as Iowans, in these very, very different times, to recall what we made possible — rural and urban Iowans, from Iowa City and Des Moines to a sweep of rural counties along the Mississippi and across Highway 30.

Barack Obama's presidency is as much a product of Iowa as it is Illinois, his native Hawaii, Columbia and Harvard universities.

An inspiring Obama Presidential Center is being constructed in the south side of Chicago. The architecture is cosmically cool, and I hope my

82-year-old mother, the former publisher of the Carroll Times Herald, remains in good health to see it. Our newspaper was the first in Iowa to endorse Obama for the presidency — and the call was as much Mom's as mine.

The brilliance of the Chicago plan considered, the Obama Foundation should construct an annex, an adjunct center, a satellite location, if you will, with a museum to chronicle his ascendency here in 2008, and commemorate the half-century of the Iowa presidential caucuses, both Republican and Democrat.

What's more, the center could work to elevate rural America, a reach of the nation that gave Obama's presidency that first proof of life, breaths of possibility.

Where should it go?

The Obama Foundation could put out a request for proposal for counties and cities in Iowa to make their cases.

I'd like to see it go in a rural area, but, sadly, even the mention of the possibility of an Obama-connected center in some parts of an increasingly intolerant Iowa would generate deal-killing and dangerous conspiracy theories.

It was not always so.

On a wintry night in 2007, Obama delivered one of his best speeches in Iowa. People remember the Jefferson Jackson Dinner in Des Moines. Indeed, Obama was brilliant on that Des Moines stage.

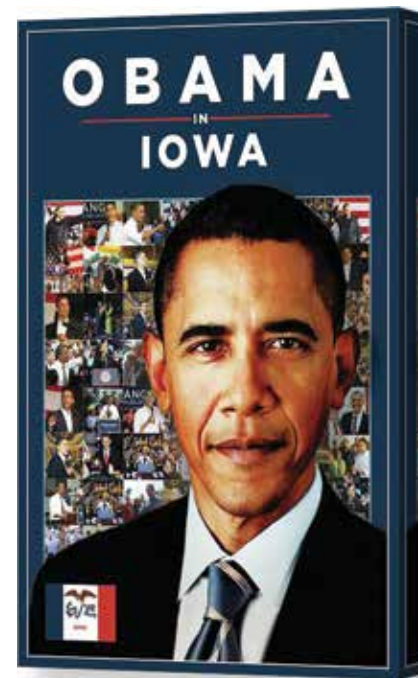
But the best Obama moment I witnessed in Iowa came in Audubon.

The lines at the school in this western-Iowa town snaked around the old school building.

An audience member, referring to Bill Clinton's infamous explanation of past marijuana use, asked Obama in the question-and-answer session, if he had smoked pot, and, in fact, inhaled.

"That was the point," Obama said, bringing the house down, and earning trust and converts in quicksilver speed.

But our collective reality has given way to tribal



Original artwork from Beckham Miller.

division. If an Obama center were proposed — with tens of millions of dollars in economic incentives in the balance — many cities in Iowa would strangle the vision in zoning boards.

But there are places in Iowa that would embrace it.

Ames makes sense with a central location, Iowa State University. Ottumwa needs something. Waterloo has industry and diversity. Denison and Storm Lake in western Iowa, immigrant-rich cities, are the state's future.

A 50-year run with the responsibility of vetting presidential candidates deserves celebration, an Iowa caucuses museum and center — and it should be tied to the candidate who found his presidential footing here, launching an historic campaign for the Oval Office. ■

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



COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

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

THINGS TO DO

'HOW I BECAME A PIRATE'

The Des Moines Playhouse,
831 42nd St., Des Moines
Through May 7

www.dmplayhouse.com

Sail off on a fantastic excursion when a band of comical pirates land at North Beach looking for an expert digger to join their crew. Braid Beard and his mates enlist young Jeremy Jacob as they look for the perfect spot to bury their treasure.

THE FREEDOM OF EXPRESSION PROJECT

Polk County Heritage Gallery,
111 Court Ave., Des Moines
May 1 - June 16

Jill Wells presents a 10-artist group project. The FOE project and exhibition promote the full participation of individuals living with disabilities in and through the arts.

UPCOMING SHOWS

Des Moines Performing Arts
Center, 221 Walnut St., Des Moines
desmoinesperformingarts.org

- **May 4:** Ronald K Brown's Evidence, a dance company
- **May 11:** Capital City Pride Speaker Series: Rutger Goehart
- **May 12-21:** "A Bright New Boise" by Iowa Stage Theatre Company
- **May 13-14:** DM Symphony - Giunta Conducts Rachminoff
- **May 16-21:** "TINA: The Tina Turner Musical"



BIG GROVE VINYL MARKET

Big Grove Brewery and Tap
Room, 555 17th St., Des Moines
May 22

From noon to 5 p.m., record vendors will be on hand selling all genres of vinyl records along with CDs and cassette tapes. Admission is free. Current vendor list includes Bog's Vinyl, ZZZ Records, Red Roosters Records, Vinyl Cup, Tim's Music Shop, Rochester Records and No Skip Records.

'WONDER OF THE WORLD'

Tallgrass Theatre Company,
2019 Grand Ave., Suite 100,
West Des Moines
Through May 7

tallgrasstheatre.org

Nothing will prepare you for the dirty little secret Cass discovers in her husband's sweater drawer. It is so shocking that our heroine has no choice but to flee to the honeymoon capital of the world in a frantic search for the life she thinks she missed out on.

UPCOMING GAMES

Iowa Cubs

Principal Park, 1 Line Drive, Des Moines

- May 9 at 6:38 p.m. vs. Toledo Mud Hens
- May 10 at 12:08 p.m. vs. Toledo Mud Hens
- May 11 at 12:08 p.m. vs. Toledo Mud Hens
- May 12 at 7:08 p.m. vs. Toledo Mud Hens
- May 13 at 6:08 p.m. vs. Toledo Mud Hens
- May 14 at 1:08 p.m. vs. Toledo Mud Hens
- May 30 at 6:38 p.m. vs. Columbus Clippers
- May 31 at 12:08 p.m. vs. Columbus Clippers



Photo by Dylan Heuer



Photo courtesy of the Des Moines Art Center

75 YEARS OF ART

Des Moines Art Center, 4700 Grand Ave., Des Moines
Through May 7

Kicking off the Art Center's 75th anniversary year, this exhibition will reflect the work of artists who have lived and worked in Iowa and their connections to the Des Moines Art Center.

DOWNTOWN FARMERS' MARKET

231-299 Water St., Des Moines
May 6 through October

The Market offers a variety of attractions and activities including shopping for fresh produce, seasonal flowers, farm fresh eggs and cheese, locally produced wine and fresh baked goods as well as a variety of Iowa-raised meat. Patrons can also eat breakfast, enjoy the atmosphere, meet with family and friends and enjoy live entertainment.



Photo courtesy of the Downtown Farmers' Market

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo by Picture Iowa

UPCOMING GAMES

Iowa Barnstormers

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

- May 6 at 7:05 p.m. vs. Quad City Steamwheelers
- May 13 at 7:05 p.m. vs. Massachusetts Pirates
- May 26 at 7:05 p.m. vs. Green Bay Blizzard

GREENBELT MUSIC FESTIVAL

**Horizon Events Center,
2100 N.W. 100th St., Clive
May 19-20**

www.greenbeltmusic.com

The annual music festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.



Photo by Doug Rants

SPARKLE RUN 5K

**DMACC Ankeny Campus
May 7**

sparklerun.org

This fundraising event is a way to remember the life of Erin Moomey, whose life was cut short by leukemia in 2013. The Run is a great way for families to come together for a good cause and enjoy family-friendly activities before the run begins. Proceeds from the run will go to Blank Children's Hospital.



BLUE RIBBON BACON FESTIVAL

**Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
May 12, 4-10 p.m. and May 13, noon to 10 p.m.**

Head over to the State Fairgrounds for two days of bacon-filled fun. Live entertainment and all the pork your heart desires will be available for consumption during the event's 15th anniversary.

Photo by Meena Photography and Kelly Chamberlain



CELEBRASIAN

**Western Gateway Park, 1205 Locust St., Des Moines
May 26-27, 11 a.m. to 10 p.m.**

Celebrate the largest Asian American event in Iowa as this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience everything that Asian culture has to offer.

Photo courtesy of the Blank Park Zoo



WILD LIGHTS AT THE ZOO

**Blank Park Zoo, 7401 S.W. 9th St., Des Moines
Through May 29**

www.blankparkzoo.com

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature 50 handcrafted, larger-than-life, illuminated Asian lanterns. This year's festival features underwater wildlife, giant insects, mythical creatures and endangered animals. Immerse your family in a magical night of light and culture in this visually stunning festival. ■

Summer ARTS & ENTERTAINMENT *Guide*

More than 28 pages
of things to do in
central Iowa.

By Cyote Williams

Another Iowa winter passing marks the start of an Iowa summer that will have something for everyone. Looking for a music festival to enchant your weekend? We've got it. Searching for the surrounding area's best festivals? Look no further. Hunting for the state's best fair? It's only a page away. Our comprehensive guide to all things entertainment in the metro area will take you on a journey to make the summer of 2023 the most memorable yet.

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

Captured during a performance of the Des Moines Operas Porgy and Bess from last summer. Photo by Duane Tinkey

Art

Breathtaking exhibits on display of area artists' works including sculptures, photography, prints and paintings.

VALLEY JUNCTION ARTS FESTIVAL

100-200 Blocks of Fifth Street, West Des Moines

May 21: The Valley Junction Art Committee has helped give the public the opportunity to meet, interact with and purchase original work by more than 50 artists.

13TH ANNUAL GARDEN ART SHOW

4320 Franklin Ave., Des Moines

June 4 at noon: mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, metal, glass beads, mosaics and sculpture.

DES MOINES ART CENTER

Des Moines Art Center, 4700 Grand Ave., Des Moines

www.desmoinesartcenter.org

"75 Years of Iowa Art," through May 7: Hours vary by day. Take in historical

artwork featured at the Des Moines Art Center throughout the institution's memorable 75 years.

"Rembrandt and His World," through Aug. 27: A brilliant painter, printmaker, and draughtsman, throughout his prolific career Rembrandt explored a wide range of subjects and styles.

"Underneath Everything," June 3 - Sept. 10: Displaying humility and grandeur in contemporary ceramics.

Des Moines Art Center Gala, Sept. 22, 6:30 p.m. The organization's only fundraising event, the funds generated at the gala support free admission, community access and museum education-related programming.

ANKENY ART CENTER

1520 S.W. Ordnance Road, Ankeny

www.ankenyartcenter.org

May 30 - July 25: Group show of pastel art pieces by Iowa Pastel Society, reception on Thursday, June 1.

May 30 - July 25: Fine art paintings from artist Robert Zeidler, reception on



DES MOINES METRO OPERA

2023 SEASON
JUNE 30-JULY 23

CARMEN Bizet
BLUEBEARD'S CASTLE Bartók
THE LOVE FOR THREE ORANGES Prokofiev
DWB (DRIVING WHILE BLACK) Kander/Gumbel
THE FALLING AND THE RISING Redler/Dye

TICKETS: www.dmmo.org | (515) 209-3257



Thursday, June 1.

Aug. 1 - Sept. 27: Artwork exhibit from artist Dina Bechman, reception on Thursday, Aug. 3.

Aug. 1 - Sept. 27: Multi-media style art from artist Christine Hilbert, reception on Thursday, Aug. 3

MAINFRAME STUDIOS

900 Keosauqua Way, Des Moines
www.mainframestudios.org

First Fridays of the month: See the creators behind the masterpieces while enjoying live music, food, and, of course, art.

June: Take Up Space: an experience in mental health and neurodiversity

July: Open Studios

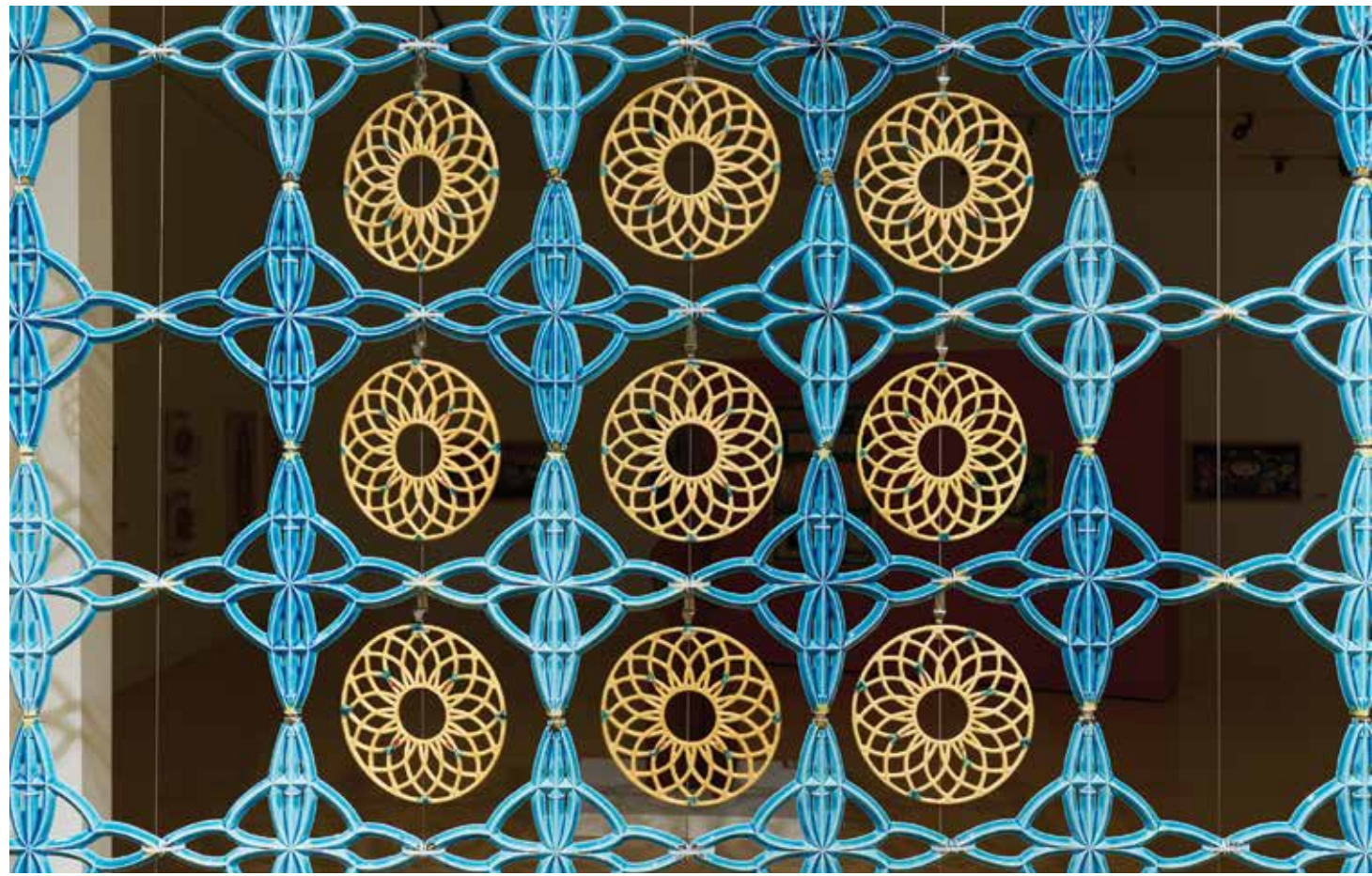
August: 60 FPS

September: Four Floors of Fashion

DES MOINES ART WEEK

www.artweekdesmoines.com

June 16-22: Des Moines Art Week returns for its ninth time of highlighting the city's best artists.



Join for a gathering of artists Katayoun Amjadi, Eliza Au, Heidi McKenzie and Ehren Tool. Hear them talk about various aspects of their work included in the exhibition, "Underneath Everything: Humility and Grandeur in Contemporary Ceramics." Exhibition Curator, Mia Laufer, Ph. D., will provide an overview of the exhibition and then each artist will introduce their work.

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Stage

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ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames
www.actorsinc.org

June 8-10, 16-17, 23-25: "Pump Boys and Dinettes"

ANKENY COMMUNITY THEATRE

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

June 9-18: "The One-Act Play That Goes Wrong"
Aug. 4-13: "Twelfth Night"

CAROUSEL THEATRE OF INDIANOLA

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

July 28-30, Aug. 4-6: Disney's "The Little Mermaid"

CLASS ACT PRODUCTIONS

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

June 2-4, 9-11: "Matilda the Musical JR."

DES MOINES METRO OPERA

Pote Theatre, 513 N. D St., Indianola
www.desmoinesmetroopera.org

June 30, July 2, 7, 11, 13, 15, 23: "Carmen" by Bizet

July 1, 9, 14, 22: "Bluebeard's Castle" by Bartok

July 8, 15, 21: "Driving While Black" by Kander/Gumbel at Des Moines venue, TBD

July 8, 16, 18, 21: "The Love for Three Oranges" by Prokofiev

July 12: "Stars of Tomorrow Concert" at Sheslow Auditorium, Drake University

July 20, 22: "The Falling and the Rising" by Redler/Dye at Freedom Center, Camp Dodge



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A performance of Kinky Boots put on by the Des Moines Community Playhouse. Photo by Steve Gibbons, courtesy of the Des Moines Playhouse

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5.21 VALLEY JUNCTION ARTS FESTIVAL

6.25 VINTAGE IN THE VALLEY



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5/4 The Unfortunate Sons	7/20 Get Off My Lawn
5/11 Molly Nova & the Hawks	7/27 Fahrenheit
5/18 Black Diamond Loons	8/3 Brother Trucker
5/25 Dick Danger Band	8/10 The Sons of Gladys Kravits
6/1 Suede	8/17 Raquel & the Wildflowers
6/8 Gut Feeling	8/24 Boomerang
6/15 Cover That	8/31 Gimikk
6/22 Steam Boars	9/7 Rhythmatics
6/29 Standing Hampton	9/14 Drive Thirty 5
7/6 Simply Seger	9/21 The Uniphonics
7/13 Toast3r	9/28 The Crust



PRESENTED BY  West Bank

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner Theater, 221 Walnut St., Des Moines

www.dmpa.org

May 4: Ronald K Brown's Evidence, a dance company

May 12-21: "A Bright New Boise" by Iowa Stage Theatre Company

May 16-21: "TINA: The Tina Turner Musical"

June 6-11: "Dear Evan Hansen"

June 27 - July 2: "Ain't Too Proud – The Life and Times of The Temptations"

Sept. 15-24: "Persuasion" by Iowa Stage Theatre Company

DES MOINES PLAYHOUSE

831 42nd St., Des Moines

www.dmplayhouse.com

Through May 7: "How I Became a Pirate"

June 2-18: "Native Gardens"

July 14-30: "Little Shop of Horrors"

Sept. 8-24: "Once"

DES MOINES YOUNG ARTISTS' THEATRE

Various venues

www.dmyat.org

June 23-25: "The Wolves" at Tallgrass Theatre

Aug. 18-27: "Shrek: The Musical" at Stoner Theater

DMACC ANKENY THEATRE

Black Box Theatre, Building 5, 2006 S. Ankeny Blvd., Ankeny

www.dmacc.edu/theatre/ankeny

June 30: Summer Academy Performance

July 25-30: "The 25th Annual Putnam County Spelling Bee"

IOWA STAGE THEATRE COMPANY

Stoner Theater, 221 Walnut St., Des Moines

www.iowastage.org

May 12-21: "A Bright New Boise"

July 12-16: "Twelfth Night" (Shakespeare in the Park)

Sept. 15-24: "Persuasion"

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines

www.tallgrasstheatre.org

Through May 7: "Wonder of the World"

URBANDALE COMMUNITY THEATRE

Urbandale High School Performing Arts Center,

7111 N.W. Aurora Ave., Urbandale

www.urbandaletheatre.com

July 22-30: "The Drowsy Chaperone"

IOWA STATE FAIR GRANDSTAND

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines

Aug. 15: Jeff Dunham

Music

Musical events and artists from our local talent to the biggest names in the business



"Here Come the Mummies" performing at the Horizon Events Center. Photo courtesy of the Horizon Events Center

MAY

MAY 4: Thomas Rhett Home Team Tour at 7 p.m. at Wells Fargo Arena, 223 Center St., Des Moines; www.iowaeventscenar.com

MAY 4: Blackberry Smoke at 8 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

MAY 5: Grayson DeWolfe, Salt Fox, Kickstart the Sun at 5 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 5: Pet Rock – 1970s tribute band at 7 p.m. Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines; www.brentonskatingplaza.com

MAY 6: Anvil at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 7: Logan Mize at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 10: The Pilot in You at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 11: Brother Trucker at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

MAY 11: Josh Meloy at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 12: Yoke Lore at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 14: Psychostick & Bit Brigade at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 16: Martin Sexton & KT Tunstall at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

MAY 16: Giovannie & The Hired Guns at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

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xBk MAY LINEUP

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5/ PROBLEMS AND LARRY WISH
03 WITH RYAN LOMBARD

5/ CHASTITY BROWN AND
05 SAWYER FREDERICKS

5/ AVEY GROUWS BAND
06

5/ RIVER GLEN & BAND ALBUM
07 RELEASE WITH SPECIAL GUESTS

5/ MONDAY NIGHT LIVE
08 FEATURING ADAM BRUCE

5/ "SPEAK EASY" A SPOKEN
09 WORD AND OPEN MIC NITE

5/ SEAN MCCONNELL & GARRISON STARR
10 PRESENT: MY SISTER, MY BROTHER

5/ DANIEL RODRIGUEZ
11 WITH TRAPPER SCHOEPP

5/ RYAN O'RIEN BAND ALBUM RELEASE WITH
12 ANDY FLEMING & THE SWEET NOTHINGS

5/ FLASHFORCE UNIVERSITY
13

5/ OVERTIME X CRUCIFIX
14 SCARS 'N' STRIPES TOUR

5/ MONDAY NIGHT LIVE
15 FEATURING DIANA WEISHAAR

5/ IPR ALL ACCESS LIVE FEATURING
16 ABBIE SAWYER & THE FLOOD

5/ RHYTHM & PEP MONTHLY
17 OPEN STAGE VARIETY SHOW

5/ ME ND ADAM
19 TEXAS TO INFINITY TOUR PT. II

5/ MONDAY NIGHT LIVE: BOB
22 DYLAN BIRTHDAY CELEBRATION

5/ WILLIE WATSON
24

5/ PANIC! AT THE BURLESQUE
26 SHOW

GET TICKETS AT xBkLive.com



The lawn during Jasper Winery's Summer Concert Series held throughout the summer. Photo courtesy of Jasper Winery

MAY 17: Loudness at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 18: EmceeTv Presents One Night with Joey Cool at 5 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 18: Brian Herrin Band at Jasper Winery, 2400 George Flagg Parkway, Des

Moines; www.jasperwinery.com/summer-concert-series

MAY 19: The Nadas at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 19-20: Greenbelt Music Festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm

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UPCOMING EVENTS

May 16 - 21 **Tina: The Tina Turner Musical**
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Willis Broadway Series

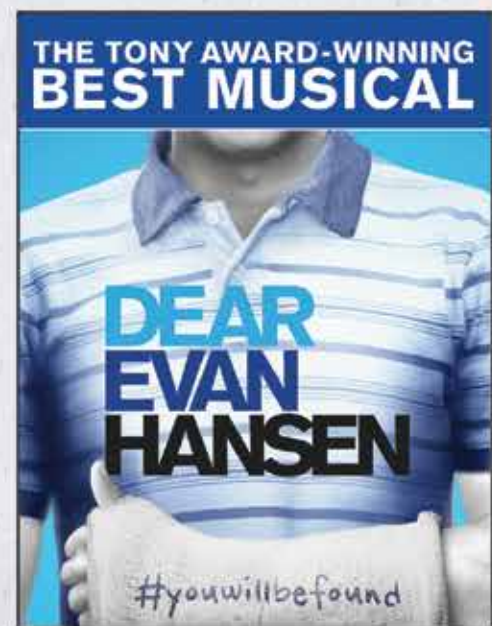
June 6 - 11 **Dear Evan Hansen**
DES MOINES CIVIC CENTER
Willis Broadway Series

June 27 - July 2 **Ain't Too Proud**
DES MOINES CIVIC CENTER
Willis Broadway Series

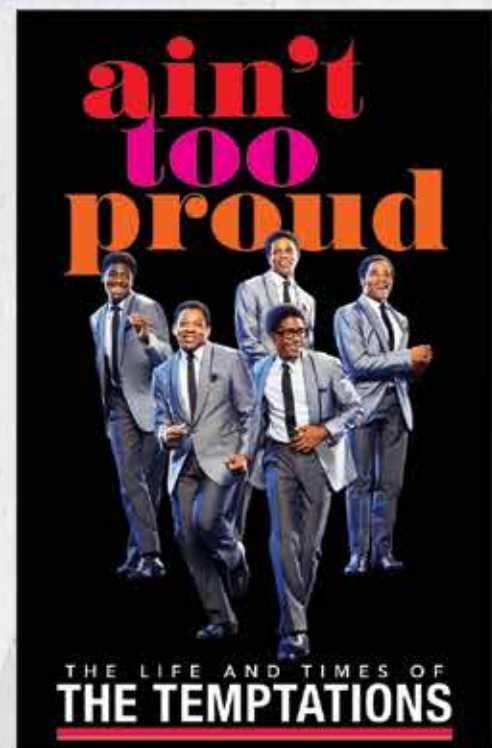
July 22 **An Evening With Tony Award
Winner Kelli O'Hara**
DES MOINES CIVIC CENTER
Willis Broadway Series

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 **DES MOINES
PERFORMING ARTS**



June 6 - 11
DES MOINES CIVIC CENTER



June 27 - July 2
DES MOINES CIVIC CENTER



July 22
DES MOINES CIVIC CENTER

weather returning to the state.

MAY 21: An Evening with Machine Head at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 21: COLD Year of the Spider 20th anniversary tour at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 21: Des Moines Community Orchestra performs its spring concert with a salute to the Big Bands and a tribute to Duke Ellington at 2 p.m. at Sheslow Auditorium, 2507 University Ave., Des Moines

MAY 25: The Schmidt Brothers at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

MAY 26: Jungle Rot at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

MAY 26: Got the Life: A Tribute to Nu Metal at 9 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 28: Sleeping with Sirens at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

MAY 31: The Last Gang, Thanks, I Hate it, The Slow Retreat, The Getaways at 7:30 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

JUNE

JUNE 1: Decoy at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JUNE 1: Lakeview at 7 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

JUNE 3: Wade Bowen at 7 p.m. Wooly's, 504 E. Locust St., Des Moines;

www.firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 6: The Murder Junkies at 8 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

JUNE 8: Dirty Rotten Scoundrels at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JUNE 9: Charles Wesley Godwin at 5:30 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar

JUNE 10: Waukee Palooza Music Festival, Tank Anthony Band, Suede and The Sons of Gladys Kravitz will take over Kinship Brewing Company for a summer night in June. 255 N.W. Sunrise Drive, Waukee; www.waukeepalooza.com

JUNE 14: Meet Me @ The Altar at 7:30 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 15: The June Bugs at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events.

JUNE 15: Larry June at 7 p.m. Wooly's, 504 E. Locust St., Des Moines;

www.firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 16-18: Bevington Bluegrass Festival featuring The Baberhood Bluegrass Band, Arkansauce, Deadline Stringband, Danny Spain Gang and others. Drive a half hour south from Des Moines to Briar Patch Amphitheater, Bevington; www.briarpatchamphitheater.com

JUNE 16: Tyler Booth Wooly's at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 17: K-Hôle: Drag Dance Party at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 18: The Blue Stones at 7:30 p.m. Wooly's, 504 E. Locust St., Des Moines;

www.firstfleetconcerts.com/first-fleet-venues/woolys

JUNE 18: The Doobie Brothers 50th Anniversary Tour at 7:30 p.m. at Wells Fargo Arena, Des Moines; www.iowaeventscenter.com

JUNE 19: The Blue Stones at 7:30 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys



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JUNE 22: Damon Dotson Band at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JUNE 22: Chris Stapleton's All-American Road Show with special guests **Marty Stuart and Allen Stone** at 7 p.m. at Wells Fargo Arena, Des Moines; www.iowaeventscenter.com

JUNE 23: Charley Crockett at 6:30 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar.

JUNE 28: Off With Their Heads at 8 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com.

JUNE 28: Young the Giant with Milky Chance and Talk at 6 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar.

JUNE 29: Brad & Kate at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events.

JUNE 29: T3R Elemento at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys.

JUNE 30: Koe Wetzal at 7 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar

JULY

JULY 4: Afroman at Briar Patch Amphitheater, Bevington; briarpatchamphitheater.com.

JULY 5: The Mountain Goats at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys.

JULY 6: 49 Winchester at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

JULY 6: Béla Fleck My Bluegrass Heart at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

JULY 6: Adé & The Soul Brothers at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

JULY 6: Dueling Guitars at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JULY 7-8: 80/35 offers two days of music and culture on both free and paid stages. Artists include headliners Big Boi and The War on Drugs, plus dozens of others. Proceeds support the nonprofit Des Moines Music Coalition and the local music economy. Western Gateway Park, Des Moines; www.80-35.com

JULY 13: The Dead South with Corb Lund at 6:30 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar

JULY 13: NOLA Jazz Band at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

JULY 13: Pianopalooza at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JULY 14: Styx at 7 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar

JULY 15: Walker Hayes concert at Iowa Events Center, Des Moines; iowaeventscenter.com

JULY 19: Altın Gün at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

JULY 20: Whiskey Myers at 7 p.m. at Des Moines Water Works Park, 2251 George Flagg Parkway, Des Moines; www.dsmwaterworkspark.com/event-calendar

JULY 20: The Sheet at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

JULY 20: B2wins at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JULY 27: Dazy Head Mazy at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

JULY 27: Max Wellman at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

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JULY 27-29: River Ruckus country music festival held in late July marks the event's 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice, and 10 others at Guthrie County Fairgrounds W., 408 W. State St., Guthrie Center; www.guthriesriverruckus.com

JULY 29: Diana Krall at 8 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

AUGUST

AUG. 3: Not Quite Brothers at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

AUG. 3: Son Peruchos at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

AUG. 4: Kansas, Another Fork in the Road – 50th Anniversary Tour at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

AUG. 4-6: Hinterland the largest music festival in Iowa makes its annual return to St. Charles, this time headlined by musical acts such as Bon Iver, Zach Bryan and Maggie Rogers. These big stars will be accompanied by 20 plus musical acts throughout the weekend at the Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles; www.hinterlandiowa.com

AUG. 10-20: Iowa State Fair is the host of a variety of musical acts that attend one of the country's most high-profile state fairs and this year will be no different. From pop, country, boy bands to rock, the state fair will have any music fans taste covered at Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; www.iowastatefair.org/entertainment/grandstand

AUG. 10: Surf Zombies at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

AUG. 15: The Wallflowers at 8 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines' www.hoytsherman.org



A concert goer during last years Hinterland rides a wave of attendees during the festival. Photo courtesy of Hinterland

AUG. 17: Damon Dotson at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

AUG. 19: Spitalfield at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

AUG. 24: Tom's Top 8 at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

AUG. 24: Sir Chloe at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

AUG. 25: An Evening with the Avett Brothers at 7 p.m. at Wells Fargo Arena,

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Des Moines; www.iowaeventscenter.com

AUG. 31: Cory Waller & The Wicked Things at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

SEPTEMBER

SEPT. 2: Rob Zombie and Alice Cooper on their Freaks on Parade Tour, with special guests Ministry and Filter at 6 p.m., Wells Fargo Arena, Des Moines; iowaeventscenter.com

SEPT. 7: Birdchild at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

SEPT. 14: Deafheaven at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

SEPT. 14: Parranderos Latin Combo at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

SEPT. 15: The Mavericks at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

SEPT. 15-16: Wild Cat Country Fest at Quarry Springs Park, 6232 County Highway S. 74 S, Newton; www.wildcatcountryfest.com

SEPT. 21: Gina Gedler at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

SEPT. 24: Iowa Blues Challenge at 1 p.m. Lefty's Live Music, 2307 University Ave., Des Moines; www.leftyslivemusic.com

SEPT. 28: The Feel Right at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

SEPT. 29: Lauren Daigle on "The Kaleidoscope Tour" at 7 p.m., Wells Fargo Arena, Des Moines; www.iowaeventscenter.com

SEPT. 30: Eric Hutchinson at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

Sports

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May 18-20: Boys and girls state track and field championships, Drake Stadium

May 20-22, May 30 - June 1: Girls state tennis team tournament, various locations

May 25-26: Girls state golf tournament, Marshalltown, Adel and Ankeny

May 26-27: Girls state singles and doubles tennis tournament, various locations

May 30 - June 3: Boys and girls state soccer tournaments, Cownie Soccer Complex

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May 9 at 6:38 p.m. vs. Toledo Mud Hens (Tigers)

May 10 at 12:08 p.m. vs. Toledo Mud Hens

May 11 at 12:08 p.m. vs. Toledo Mud Hens

May 12 at 7:08 p.m. vs. Toledo Mud Hens

May 13 at 6:08 p.m. vs. Toledo Mud Hens

May 14 at 1:08 p.m. vs. Toledo Mud Hens

May 30 at 6:38 p.m. vs. Columbus Clippers

(Guardians)

May 31 at 12:08 p.m. vs. Columbus Clippers

June 1 at 12:08 p.m. vs. Columbus Clippers

June 2 at 7:08 p.m. vs. Columbus Clippers

June 3 at 6:08 p.m. vs. Columbus Clippers

June 4 at 1:08 p.m. vs. Columbus Clippers

June 13 at 6:38 p.m. vs. Indianapolis Indians (Pirates)

June 14 at 12:08 p.m. vs. Indianapolis Indians

June 15 at 6:38 p.m. vs. Indianapolis Indians

June 16 at 7:08 p.m. vs. Indianapolis Indians

June 17 at 6:08 p.m. vs. Indianapolis Indians

June 18 at 1:08 p.m. vs. Indianapolis Indians



Christopher Morel connects with his swing for the home fans at Principal Park. Photo by Dylan Heuer

June 20 at 6:38 p.m. vs. Memphis Redbirds (Cardinals)

June 21 at 12:08 p.m. vs. Memphis Redbirds

June 22 at 6:38 p.m. vs. Memphis Redbirds

June 23 at 7:08 p.m. vs. Memphis Redbirds

June 24 at 6:08 p.m. vs. Memphis Redbirds

June 25 at 1:08 p.m. vs. Memphis Redbirds

July 4 at 7:08 p.m. vs. St. Paul Saints (Twins)

July 5 at 6:38 p.m. vs. St. Paul Saints

July 6 at 6:38 p.m. vs. St. Paul Saints

July 7 at 7:08 p.m. vs. St. Paul Saints

July 8 at 6:08 p.m. vs. St. Paul Saints

July 9 at 1:08 p.m. vs. St. Paul Saints

July 18 at 6:38 p.m. vs. Indianapolis Indians (Pirates)

July 19 at 12:08 p.m. vs. Indianapolis Indians

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July 20 at 6:38 p.m. vs. Indianapolis Indians
July 21 at 7:08 p.m. vs. Indianapolis Indians
July 22 at 6:08 p.m. vs. Indianapolis Indians
July 23 at 1:08 p.m. vs. Indianapolis Indians
Aug. 1 at 6:38 p.m. vs. Toledo Mud Hens (Tigers)
Aug. 2 at 12:08 p.m. vs. Toledo Mud Hens
Aug. 3 at 6:38 p.m. vs. Toledo Mud Hens
Aug. 4 at 7:08 p.m. vs. Toledo Mud Hens
Aug. 5 at 6:08 p.m. vs. Toledo Mud Hens
Aug. 6 at 1:08 p.m. vs. Toledo Mud Hens
Aug. 15 at 6:38 p.m. vs. Louisville Bats (Reds)
Aug. 16 at 12:08 p.m. vs. Louisville Bats
Aug. 17 at 6:38 p.m. vs. Louisville Bats
Aug. 18 at 7:08 p.m. vs. Louisville Bats
Aug. 19 at 6:08 p.m. vs. Louisville Bats
Aug. 20 at 1:08 p.m. vs. Louisville Bats
Sept. 5 at 6:38 p.m. vs. Omaha Storm Chasers (Royals)
Sept. 6 at 12:08 p.m. vs. Omaha Storm Chasers
Sept. 7 at 6:38 p.m. vs. Omaha Storm Chasers
Sept. 8 at 7:08 p.m. vs. Omaha Storm Chasers
Sept. 9 at 6:08 p.m. vs. Omaha Storm Chasers
Sept. 10 at 1:08 p.m. vs. Omaha Storm Chasers
Sept. 12 at 6:38 p.m. vs. St. Paul Saints (Twins)
Sept. 13 at 12:08 p.m. vs. St. Paul Saints
Sept. 14 at 12:08 p.m. vs. St. Paul Saints
Sept. 15 at 7:08 p.m. vs. St. Paul Saints
Sept. 16 at 6:08 p.m. vs. St. Paul Saints
Sept. 17 at 1:08 p.m. vs. St. Paul Saints

IOWA BARNSTORMERS

Wells Fargo Arena, 730 Third St., Des Moines
www.theiowabarnstormers.com
 Iowa's professional indoor football team led by Head Coach Dave Mogensen plays its home games at "The Well." This season's remaining home games:
May 6: at 7:05 p.m. vs. Quad City Steamwheelers
May 13: at 7:05 p.m. vs. Massachusetts Pirates
May 26: at 7:05 p.m. vs. Sioux Falls Storm
June 3: at 7:05 p.m. vs. Green Bay Blizzard
June 17: at 7:05 p.m. vs. Quad City Steamwheelers
July 8: at 7:05 p.m. vs. Sioux Falls Storm
July 15: at 7:05 p.m. vs. Frisco Fighters

DES MOINES MENACE

Valley Stadium, 4440 Mills Civic Parkway, West Des Moines
www.menacesoccer.com
 Iowa's semi-professional soccer league is considered one of the nation's top amateur soccer organizations. This season's home games:
May 13: at 7 p.m. vs. FC Wichita
June 3: at 7 p.m. vs. TBD (Exhibition)
June 10: at 7 p.m. vs. Springfield A.S.C.
June 17: at 7 p.m. vs. Chicago Dutch Lions
July 1: at 7 p.m. vs. Chicago City SC
July 8: at 7 p.m. vs. St. Charles FC
July 15: at 7 p.m. vs. Peoria City

PRAIRIE MEADOWS

1 Prairie Meadows Drive, Altoona
www.prairiemeadows.com
 On top of endless entertainment and wagering opportunities, Prairie Meadows also offers live and simulcast horse racing. Stake your bet and giddy up at these events this racing season:
May 12-June 17: weekends: Live thoroughbred racing only
June 19-Sept. 30: weekends: Live thoroughbred and quarter horse racing
July 7-9: Festival of Racing
Aug. 18-19: Regional challenge finals
Sept. 29: QH Championships
Sept. 30: Iowa Classic

KNOXVILLE RACEWAY

Marion County Fairgrounds, 1000 N. Lincoln, Knoxville
www.knoxvillraceway.com
 Originally used for horse-racing, the Knoxville Raceway now hosts a different type of sport: sprint car racing. Join more than 200,000 fans each year and visit the "Sprint Car Capital of the World" at racing events scheduled on most weekends, or at one of the major events below:
May 6: 5:30 p.m. Knoxville Championship Series, Weekly Racing



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www.TheCremationSocietyofIowa.com

June 2-3: at 6 p.m. Avanti Windows and Doors Corn Belt Clash

June 9-10: at 6 p.m. World of Outlaws presented by NOS Energy Drink

July 29: at 5:30 p.m. Weiler Night with Tezos All-Star Circuit of Champions

Aug. 3-5: 33rd 360 Knoxville Nationals presented by Great Southern Bank

Aug. 6: 12th Annual Capitani Classic presented by Great Southern Bank

Aug. 9-12: at 7 p.m. 62nd NOS Energy Drink Knoxville Nationals presented by Casey's

Sept. 14-16: 19th Lucas Oil Late Model Knoxville Nationals

BOONE SPEEDWAY

1481 223rd Place, Boone
www.raceboone.com

This 1/3-mile high-banked dirt oval is known as "Iowa's Action Track." Catch their weekly Saturday night series through Aug. 19, or other special events:

July 4: Eve of Destruction

Aug. 1: World of Outlaws Late Models

Aug. 26: ICMA Super Nationals Tune-Up

Sept. 2-3: Wild Rose Casino Prelude to the Super Nationals

Sept. 4-9: 2023 IMCA Speedway Motors Super Nationals



Catch more than just racing at HyVee's IndyCar series race weekend at the Iowa Speedway. Photo from their website

IOWA SPEEDWAY

3333 Rusty Wallace Drive, Newton
www.iowaspeedway.com

More racing — this time, paved. The Iowa Speedway boasts a 7/8-mile track. If you don't feel like sitting in a regular chair, bring your RV to the multi-tiered viewing

area situated along the backstretch. This season's events include:

July 15: ARCA Menards Series Race

July 21-23: Hy-Vee IndyCar Race Weekend, featuring concerts by Carrie Underwood, Kenny Chesney, Zac Brown Band and Ed Sheeran



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Every Monday at 6 p.m., the Major Taylor Cycling Club of Iowa meets at the Lauridsen Amphitheater for a casual 16- to 17-mile bike ride around the Metro that features a scenic loop around Gray's Lake. www.sites.google.com/view/mtccdsm/rides

May 6: High Trestle Trail Full Moon Ride. Leaving from the Flat Tire Lounge, the 14- to 28-mile long bike ride over the High Trestle Trail Bridge will give all participants a look at the full moon above starting at 8 p.m. Flat Tire Lounge 304 S. Madison St. Madrid; www.bikeiowa.com/Event/15413/high-trestle-trail-full-moon-rides

May 7: Sparkle Run at DMACC Ankeny Campus. The Sparkle Run helps raise funds in remembrance of Erin Moomey with this 5K walk/run at the DMACC Ankeny Campus, 2006 S. Ankeny Blvd.; www.sparklerun.org

May 13: Grind for Life Contest Series will be hosted at the Lauridsen Skatepark. This will be the first time the event has made its way to Des Moines since its inception in 2004. You can register for the event at www.theboardr.com/events/3886/Grind_for_Life_Series_at_Des_Moines

May 16: Gators On The Green annual golf tournament raises funds for the Blank Park Zoo's conservation and education efforts by hitting greens and playing

games with a shotgun start at 10:30 a.m. 400 Legacy Parkway, Norwalk; www.blankparkzoo.com/events/calendar/gators-on-the-green

May 20 – Sept. 24: Brewery Running Series: A series of 5k runs that spread across central Iowa at several breweries, including Coralville on May 20, Newton on June 10, Decorah on June 17, Clive on Aug. 26, Des Moines on Sept. 17 and Ankeny on Sept. 24. www.breweryrunningseries.com

June 3: Dam to DSM returns for its 44th year, taking half-marathon runners from the Saylorville Dam to downtown Des Moines starting at 7 a.m.; www.damtodsm.com

June 3, July 24, Sept. 5, 24: Iowa Trail Run Series boasts a tough challenge for anyone looking to test their trail running skills at parks scattered throughout Iowa including Boone at Ledges State Park on June 3, Ames at McFarland Park on July 24, Waubonsie State Park on Sept. 5 and Saylorville at Jester Park on Sept. 24. www.iowatrailruns.com

June 7-11: 37th annual Iowa Senior Games will host nearly 1,000 athletes ages 50 and older in 30 sports and nearly 100 events in various locations across the Des Moines Metro. www.iowaseniorgames.org

June 11: IRONMAN. Athletes from all walks of life will start the Des Moines

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centered Ironman race with a 1.2 mile swim in Grays Lake followed by a 56-mile bike ride throughout the city with a finish line in the heart of downtown Des Moines.

www.ironman.com/im703-des-moines

June 17: 2023 Leprechaun Open a two-person best ball format, the Friendly Sons of St. Patrick of Central Iowa host the annual tournament at Toad Valley, 237 N.E. 80th St., Pleasant Hill; www.friendlysonsiowa.com/events.htm

June 17: The Bacon Ride makes its return, getting its namesake from the Racoon River Valley Trail that it rides upon and bacon-themed food and drinks to raise money for local charities. www.baconride.com

June 17-18: Iowa Father-Son/Parent-Child Championship at Jester Park Golf Club, 11949 N.W. 118 Ave., Granger; www.amateurgolf.com/amateur-golf-tournaments/2025/Iowa-Father-Son-Parent-Child-Championship

June 19-22, Aug. 19-21: The Des Moines Disc Golf Challenge is an A-tier disc golf tournament that will feature more than 300 competitors at several locations. www.desmoineschallenge.com/info

June 20: Pedal for Paws takes on the task of an 18-mile round trip bike ride including stops at local businesses to raise money for the Animal Rescue League, 11



This is what riders have a chance to see during the High Trestle Trail Full Moon Ride. Photo by Doug Rants

a.m. 5452 N.E. 22nd St., Des Moines; www.arl-iowa.org/events

Sept. 30: DMACC 5K Walk/Run around the DMACC Ankeny campus hosted by the DMACC Alumni Association starting off at 8 a.m. 2006 S. Ankeny Blvd., Parking Lot L2, Ankeny; www.dmacc.edu/alumni/5K/Pages/welcome.aspx

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FARMERS MARKETS

DES MOINES FARMERS' MARKET - Located in the Historic Court District, it's the largest farmers market in the state and operates every Saturday morning from May to October.

ANKENY FARMERS MARKET - Operates every Saturday from May through September, located at the Market Pavilion in Uptown Ankeny.

VALLEY JUNCTION FARMERS MARKET - Operates every Thursday evening from May to September, located in Historic Valley Junction.

ALTOONA FARMERS MARKET - Operates every Tuesday evening from June through August, located at Sam Wise Youth Complex.

JOHNSTON FARMERS' MARKET - Operates every Tuesday evening from June through September, located at Johnston Commons.

INDIANOLA FARMERS MARKET - Operates every Saturday morning from June through September, located on the Indianola Square.

BEVERDALE FARMERS MARKET - Operates every Tuesday, June 6 through Sept. 12, 4-7 p.m., 4801 Franklin Ave., Des Moines.

MAY

THROUGH MAY 29: Wild Lights Festival at the Blank Park Zoo. Have your imagination captured by 50 handcrafted, illuminated Asian lanterns. Visit between 7:30 and 10 p.m., Wednesday through Sunday weekly, including Memorial Day. 7401 S.W. Ninth St., Des Moines; www.blankparkzoo.com/events/calendar/wildlightsfestival.

MAY 4-6: Tulip Time. Downtown Pella will be in full bloom offering a look into Dutch heritage and 300,000 colorful tulips. www.visitpella.com/tulip-time-activities

MAY 5: at 8:30 p.m. **FOOL HOUSE: The Ultimate 1990s Dance Party** at Wooly's, 504 E. Locust St., Des Moines

MAY 6: NANBF Natural Iowa Championships. The 29th annual competition



One of the Wild Lights Festivals butterfly's on display at the Blank Park Zoo. Photo courtesy of Blank Park Zoo

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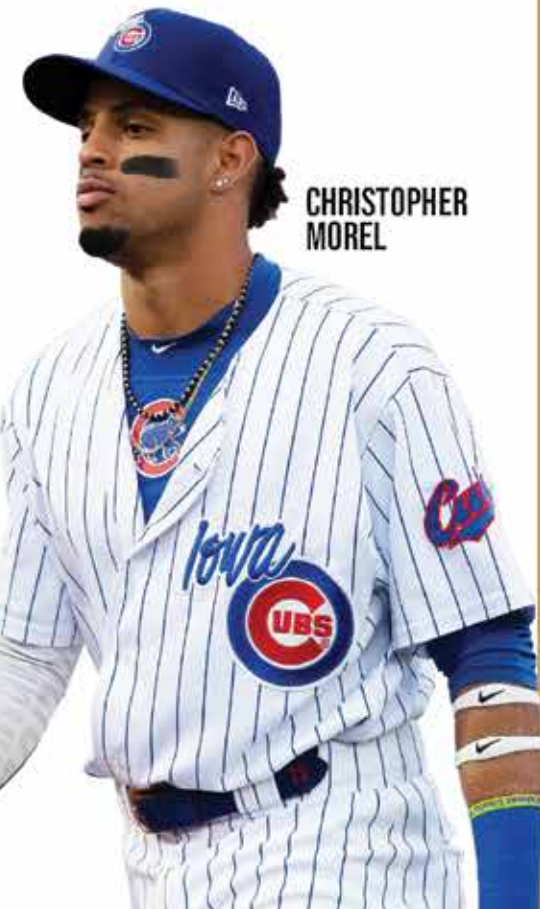
CAITLIN CLARK - JUNE 3

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 5:15 COL	3 5:35 COL	4 5:15 COL	5 6:05 COL	6 6:05 COL
7 12:05 COL	8	9 6:38 TOL	10 12:08 TOL	11 12:08 TOL	12 7:08 TOL	13 6:08 TOL
14 1:08 TOL	15	16 5:35 IND	17 12:35 IND	18 10:05 IND	19 6:05 IND	20 5:35 IND
21 12:35 IND	22	23 6:35 NAS	24 6:35 NAS	25 6:35 NAS	26 6:35 NAS	27 6:35 NAS
28 2:05 NAS	29	30 6:38 COL	31 12:08 COL			

HOME AWAY FIREWORKS

SCAN TO BUY SINGLE GAME TICKETS



CHRISTOPHER MOREL

highlighting natural bodybuilders returns hosted by the North American Natural Bodybuilding Foundation at Hoyt Sherman Place Theater, 1501 Woodland Ave., Des Moines; www.nanbf.net/nanbf-natural-iowa

MAY 6: We Give A RAM Kentucky Derby Party. Experience the most exciting two minutes in sports while taking in signature cocktails, live music and games at Copper Creek Golf Club & Events Center, 4825 Copper Creek Drive, Pleasant Hill; www.facebook.com/groups/wegivearam.

MAY 6: Kites on the Green. The annual festival will be held in the green space near the Johnston Public Library from 10 a.m. to 5 p.m. at the Johnston Commons; www.cityofjohnston.com/KitesontheGreen.

MAY 6-7: Iowa State Fair Flea Market at 4-H Exhibits Building; www.iowastatefairgrounds.org.

MAY 7: Festival Cinco De Mayo. Starting at noon. Be prepared to celebrate Mexican heritage with food, artwork, live music and activities the whole family can enjoy. 137 Fifth St., West Des Moines; www.valleyjunction.com/event/festival-cinco-de-mayo

MAY 9: Meghna Chakrabarti in conversation with Iowa Public Radio's Charity Nebbe at 7 p.m. Hoyt Sherman Place, Des Moines; www.hoytsherman.org.

MAY 10: EMO NITE: Featuring Plain White T's Tom Higgenson at 10 p.m. Wooly's, 504 E. Locust St., Des Moines.

MAY 11-14: The Spring Garden Festival will include drinks, live music, food and, of course, plants on display for all those ready for a bloom-filled weekend at Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events.

MONTHLY, MAY 11 THROUGH AUG. 20: Rise and Wine. Yoga and bottomless mimosas at Jasper Winery on May 11, June 18, July 16 and Aug. 20 at 11 a.m. Jasper Winery, 2400 George Flagg Parkway Des Moines; www.jasperwinery.com.

MAY 12: 15th Annual Blue Ribbon Bacon Festival. Hard to get more Iowa than this. Beer, bacon and beautiful weather at the Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; www.blueribbonbaconfestival.com.

SECOND FRIDAYS, MAY – OCTOBER: Architecture on the Move. The Iowa Architectural Foundation gives walking tours of the captivating architecture that paints downtown Des Moines. Dates are May 12, June 9, July 14, Aug. 11, Sept. 8 and Oct. 6. Iowa Center for Architecture, 400 Locust St., No. 100, Des Moines; www.iowaarchfoundation.org.

MAY 13: Fido on the Farms. Bring your dog to historic Living History Farms at 11121 Hickman Road, Urbandale; www.lhf.org.

MAY 13: Winterset Wine Walk. Visit county merchants and wineries in Winterset; www.madisoncounty.com/special-events.

MAY 14: Des Moines Regional Sports Card Show. The rarest cards and collections on display at Hilton Garden Inn West Des Moines, 205 S. 64th St., No. 8623, West Des Moines; www.facebook.com/groups/IowaCardShows.

MAY 19: Sip and Stroll with a glass of wine through the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com.

MAY 20: Spring into Action. The Iowa Natural Heritage Foundation heads into the woods to improve the health of our forests by removing invasive plant species at Fort Des Moines Park. www.inhf.org

MAY 20-21: Spring Fling Sleepy Hollow Renaissance Faire. A weekend in the past at Iowa's only permanent renaissance village will see events of old such as jousting, circus acts and live music. Sleepy Hollow, 4051 Dean Ave., Des Moines; www.sleepyhollowrenfaire.com.

MAY 20 THROUGH SEPT. 16: Cars and Coffee. Bring your favorite ride and see others from 8-11 a.m. at the REI parking lot, on May 20, June 10, July 8, July 22, Aug. 19 and Sept. 16, West Des Moines; www.carsandcoffeeds.com.

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Sun: \$13 Buckets

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MAY 26-27: CelebrAsian. The largest Asian American event in Iowa, this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience much that Asian culture has to offer at Western Gateway Park, 1205 Locust St., Des Moines; www.iowaasianalliance.com.

MAY 26-27: John Wayne Birthday Celebration in Winterset; www.johnwaynebirthplace.museum.

MAY 27: Decoration Day at Living History Farms reenacting America's early Memorial Day traditions, concluding with a historic baseball game at 3 p.m.; www.lhf.org.

MAY 27: Shrek Rave, 9p.m. at Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/woolys.

MAY 28: SpringFest with the Central Iowa Blues Society, location TBA; www.cibs.org.

MAY 31 - JUNE 3: Iowa Quilt Festival in Downtown Winterset, Madison County; www.iowaquiltmuseum.org.

LAST SUNDAYS, MAY - AUGUST: Music in the Park concert series at Haines Park, Altoona; www.facebook.com/musicintheparkhainespark.

JUNE

FRIDAYS JUNE-JULY: Chill on the Hill. Local bands perform while attendees enjoy the music, drinks and, hopefully, sunny weather. 4390 E. University Ave., Pleasant Hill; www.pleasanthillchamber.org.

JUNE THROUGH JULY: Movies under the Stars showcases movies for families to enjoy under the night sky at Ankeny's Wagner Park Bandshell on June 9, 16, 23 and July 14, 21, 28. www.ankenyiowa.gov/464/Movies-Under-the-Stars

FRIDAYS IN JUNE: Rendezvous on Riverview features live musical performances at Riverview Park with more dates to be announced. www.facebook.com/riverviewparkdsm

WEDNESDAYS, JUNE THROUGH AUGUST: Zoo Brew allows you to enjoy your brew at the Blank Park Zoo, 7401 S.W. Ninth St., Des Moines; www.blankparkzoo.com.

JUNE 1-4: Principal Charity Classic at Wakonda Club, 3915 Fleur Drive, Des Moines; www.principalcharityclassic.com.

JUNE 1: Indianola Summer Bash brings on food trucks, ice cream, bounce houses and live entertainment at the Indianola Public Library, 207 N. B St., Indianola; www.indianolaiowa.gov/832/Library.

JUNE 2: Altoona's Wine and Craft Beer Fest. Craft brews, wine, whiskey and cigars with live music to boot. 119 Second St. S.E., Suite A, Altoona; www.altoonachamber.org.

JUNE 2-4: Greek Food Fair Festival. An inclusive weekend showcasing all the culture Greece has to offer. Greek Orthodox Church of St. George, 1110 35th St., Des Moines; www.stgeorge.ia.goarch.org.

JUNE 3-4: Des Moines Con celebrating, comics, film, art and all things nerdy with plenty of celebrity guests at Hy-Vee Hall, Des Moines; www.desmoinescon.com.

JUNE 3: Celebrate Bondurant. The city of Bondurant hosts its annual summer festival with family-friendly entertainment and live music at Bondurant City Park. www.cityofbondurant.com/community-events-and-festivals.

JUNE 3: Iowa Craft Brew Festival. A day filled with unlimited samples of all the craft beer Iowa has to offer including live music and local food vendors at Lauridsen Amphitheater at Water Works Park, 2201 George Flagg Parkway, Des Moines; www.iowacraftbrewfestival.com.

JUNE 7-9: World Pork Expo is the largest pork industry-specific trade show that brings together pork producers and professionals at the Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; www.worldpork.org.

JUNE 8-10: "Cages or Wings" PRIDE cabaret with Des Moines Gay Men's Chorus at the Temple Theater, 1011 Locust St., Des Moines; www.dmgmc.org.

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affects men.

FACT

Syphilis quadrupled
among Iowa women
from 2019 to 2022.

Syphilis is a sexually transmissible infection (STI) that may have no symptoms. If left untreated, it will stay in your body, and it can cause serious, long-term health problems. Syphilis can also be passed on to sexual partners or to an unborn baby during pregnancy.

Thankfully, it's easy to test, treat and cure! If you're sexually active, make sure that getting tested for STIs, including syphilis, is part of your regular health routine.

Find a testing
location near you:
gettested.cdc.gov

Free and low-cost
options available.





Onlookers watch the Omeyocan Dance Company perform during the 2022 Latino Heritage Festival. Photo courtesy of the Latino Heritage Festival

JUNE 8-10: Governors Days festival in full bloom in Grimes including a talent show, parade and carnival held at the Grimes South Sports Complex, 750 S. James St., Grimes; www.business.grimesiowa.com/events/details/governors-days-2023-1751.

JUNE 9: Summer Stir. Hosted by CITYVIEW, the traveling cocktail party returns to Downtown Des Moines. <https://summerstirs.dmcityview.com>.

JUNE 9-23: Juneteenth Week will have several events across several locations in the metro; www.iowajuneteenth.org.

JUNE 9-11: The 44th Capital City PrideFest marches into the Historic East Village during their parade alongside a celebration of pride throughout the weekend in Iowa's capital. www.capitalcitypride.org/pride-fest.

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JUNE 10: Emancipation Day: A Juneteenth Event including presentations, performances and hands-on activities with a historic baseball game played by 1876 rules at Living History Farms; www.lhf.org.

JUNE 10: The Children's Charity Car and Bike Show. A fun little car show for a great cause at DMACC in Ankeny. www.web.ankeny.org/events

JUNE 10: The Barn Town Get Down. Held in the parking lot of Barn Town Brewing, 9500 S.E. University Ave., Suite 1110, West Des Moines; www.barntownbrewing.com.

JUNE 11, AUG. 27: The Iowa Reptile Show hosts thousands of reptiles, amphibians, feeders and invertebrates on display. Hilton Garden Inn West Des Moines, 205 S. 64th St., Des Moines; www.coldbloodedexpos.com/reptile-shows/category/iowa-city-reptile-shows/list.

JUNE 13-17: Des Moines Latino Film Festival returns to Valley Junction's Railroad Park for its third year to celebrate all aspects of Latino culture. www.latinocenterofiowa.org

JUNE 15-18: Green Days Festival is a community celebration involving a beverage tent, parade and live entertainment for the whole family located at Terra Park, 6400 Pioneer Parkway, Johnston; www.johnstongreendays.org.

JUNE 16: Impractical Jokers comedy show on The Drive Drive Drive Drive Tour at 7:30 p.m.; Wells Fargo Arena, 223 Center St., Des Moines; www.iowaeventscenter.com.

JUNE 17: SpiceFest vendors will offer samples and be judged to see who has the city's favorite spices, including the hottest hot sauce. Hosted by the Iowa International Center at Exile Brewing, 514 Walnut St., Des Moines; www.iowainternationalcenter.org.

JUNE 17: Macksburg National Skillet Throw. A pedal tractor pull, parade and skillet throw at Macksburg city park, Macksburg; www.macksburgskilletthrow.com.

JUNE 17: Authors on the Riverwalk showcases talented authors from all genres from across the country for a one-day book signing at the Hampton Inn & Suites,

120 S.W. Water St., Des Moines.

JUNE 17: Cajun Fest. All things Cajun make their way into Downtown Des Moines including a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires at Cowles Commons, 221 Walnut St., Des Moines. www.cajunfestiowa.com/cajun-fest-2023.

JUNE 24: Irreverent Warriors Silkies Hike brings together humor and camaraderie to improve mental health and prevent Veteran suicide. World War II Memorial Plaza, 1305 E. Walnut St., Des Moines; www.vetsguardian.com.

JUNE 30 - JULY 2: Goodguys 32nd Speedway Motors Heartland Nationals (a.k.a. America's Favorite Car Show) at the Iowa State Fairgrounds; www.good-guys.com.

JULY

JULY 1: Independence Day at Living History Farms. Parade, family fun and games, and a game of historic baseball played by the Walnut Hill Bluestockings; www.lhf.org.

JULY 1: Dude Perfect's Panda-Monium Tour at 7 p.m. at Wells Fargo Arena, Des Moines; www.iowaeventscenter.com.

JULY 1-4: Celebrate America at Adventureland Resort with live music, food, fireworks, and of course, fun rides and attractions. 305 34th Ave., N.W., Altoona; www.adventurelandresort.com.

JULY 2-4: Urbandale 4th of July Celebration. The long-standing tradition will include a 2-mile long parade, a premier carnival, entertainment garden, live music and a variety of other family friendly activities at Lions Park. www.urbandale4thofjuly.org

JULY 3: Yankee Doodle Pops holds their annual Independence Day concert at the Iowa State Capitol, 1007 E. Grand Ave., Des Moines; www.dmsymphony.org.

JULY 3-4: Celebrate Norwalk 4th of July, with breakfast at the Norwalk Fire Station on Sunday followed by Monday's events and a parade, party in City Park, and live music with fireworks when dusk falls at City Park, 907 North Ave.; www.norwalkchamber.org/fourth-of-july.

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JULY 3-4: Waukee's Celebration of Independence includes a sand volleyball and bags tournament, a movie in the park, pancake breakfast, parade, live music, the Des Moines Skydivers and fireworks at the end of the night at Centennial Park. www.waukee.org/777/Celebration-of-Independence

JULY 4: Altoona Fourth of July. Enjoy a day of rides, mini golf, food trucks, and live music with fireworks at Lakemont Park, 700 Park Ave., Altoona. www.visitaltoona.com/event/altoona-fourth-of-july-parade

JULY 7-9: Ankeny Chamber SummerFest will include a grand parade, carnival rides, an entertainment garden and live music at The District at Prairie Trail. www.ankenysummerfest.com

JULY 8: Fortune Feimster: Live Laugh Love comedy show at 7 p.m. and 9 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; Des Moines; www.hoytsherman.org.

JULY 12-16: Dallas County Fair in Adel; www.dallascountyfair.com.

JULY 14-15: Four Seasons Festival at the Polk City town square. Last year's festival included family activities over the weekend including balloon artists, a petting zoo, carnival games, miniature golf, a photo booth, inflatables and a ring toss. www.fourseasonsfestival.com

JULY 14-15: Waukee Arts Festival is one of the area's fastest growing summer events with over 100 artists, food trucks, beer garden and concert at Waukee Centennial Park; www.waukeeartsfestival.org.

JULY 14-20: Marion County Fair in Knoxville; www.knoxvillraceway.com/Pages/Marion-County-Fair.

JULY 14-20: Jasper County Fair in Colfax; www.jaspercofair.com

JULY 15: Bags Tournament with the Friendly Sons of St. Patrick of Central Iowa at Sully's Irish Pub, West Des Moines; www.friendlysonsiowa.com.

JULY 15: Moonlight Classic, a nighttime bike ride through downtown Des Moines for children's mental health; www.orchardplace.org/moonlight-classic.

JULY 15: Polo on the Green hosted by Variety - the Children's Charity of Iowa at Powder River Ranch, Cumming; www.poloonthegreen.com.

JULY 15: Water Lantern Festival at Riverview Park, Des Moines; www.waterlanternfestival.com.

JULY 15: #IMomSoHard: Ladies' Night comedy show at 7:30 p.m. Hoyt Sherman Place, Des Moines; www.hoytsherman.org.

JULY 15-21: Polk County Fair at the Iowa State Fairgrounds in Des Moines; www.polkcountyfairiowa.com.

JULY 15: Bondu Blues & Brews Festival. Enjoy the blues and other family-friendly activities at the Bondurant Regional Trailhead, 2 Main St. S.E., Bondurant; www.cityofbondurant.com.

JULY 19-23: Madison County Fair in Winterset; www.madisoncountyfair.net.

JULY 19-23: Story County Fair in Nevada; www.sc-fair.com.

JULY 20-23: Boone County Fair in Boone; www.boonecountyfairia.com.

JULY 21: Summer Stir. Traveling cocktail party hosted by CITYVIEW in the historic East Village from 5-9 p.m. <https://summerstirs.dmcityview.com>.

JULY 21-22: Clive Festival at Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more on the east side of N.W. 114th Street in Clive. www.cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php.

JULY 25-30: "The 25th Annual Putnam County Spelling Bee," DMACC Ankeny Campus, 2006 S. Ankeny Blvd., Ankeny; www.dmacc.edu/theatre/ankenypages/welcome.aspx.

JULY 26: Des Moines-Apalooza sees RAGBRAI cyclists enter Des Moines after attempting a record-setting ride for a night of music, food and celebration for a festival-style event at Water Works Park, 2201 George Flagg Parkway, Des Moines; www.ragbrai.com.

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JULY 26-31: Warren County Fair in Indianola; www.warrencofair.com.

TUESDAYS JUNE 27 – AUG. 1: Nights in the Heights acts will include Jana West & Retrospect, Faculty Lounge, Bob Pace and the Muddy Walter Band, Burnin' Sensations, Get off My Lawn and Sons of Gladly Kravitz at Colby Park in Windsor Heights; www.facebook.com/profile.php?id=100057307606688.

JULY 28 – AUG. 5: National Balloon Classic takes your eyes to the skies as pilots from all over the world suspend more than 100 hot air balloons accompanied by live music, food vendors, balloon rides, fireworks and much more. Memorial Balloon Field, 15335 Jewell St., Indianola; www.nationalballoonclassic.com.

AUGUST

AUG. 3-4: Over the Edge fundraiser. Get your adrenaline pumping as participants get the chance to rappel off the Wells Fargo Arena; www.iowaeventscenter.com.

AUG. 4-6: Pufferbilly Days celebrating the railroad history of Boone with live music from Blessid Union of Souls, art in the park and food vendors in various locations; www.boonecountychamber.com/pufferbilly-days.

AUG. 10-20: Iowa State Fair. Widely considered one of the best state fairs in the country, the Iowa State Fair has everything and then some to offer all comers. More than a million visitors each year attend to try out the newest food trend, live music on the grand stand, award winning animals and carnival. Whether you're a long-time resident or a first-time visitor to Iowa, the State Fair is an event that simply can't be missed at the Iowa State Fairgrounds; www.iowastatefairgrounds.org.

AUG. 12: Sweet Corn Festival in Adel features an Iowa staple, corn, alongside family fun entertainment including a 5K run, car show, street party and the largest parade in Dallas County; 28057 Fairground Road, Adel; www.adelpartners.org/sweet-corn-festival.

AUG. 25-26: Savannah Bananas bring their unique style of baseball to the home of the Iowa Cubs for two nights that the whole family can enjoy at Principal Park, Des Moines; www.thesavannahbananas.com/ontheroad.

AUG. 25-27 World Food & Music Festival. A weekend of international cuisine, live music and performances Downtown Des Moines at Western Gateway Park, 1205 Locust St., Des Moines; www.dsmpartnership.com/worldfoodandmusicfestival.

AUG. 26: Ingersoll Live is a family-friendly block party from 3-10 p.m. featuring live music, food and art in Des Moines along the 2800 block on Ingersoll Ave.; www.theavenuesdsm.com.

SEPTEMBER

SEPT. 1-2: Taste of the Junction, a multicultural festival entering its 10th year features live bands, food trucks and a pop up museum at Historic Valley Junction; www.tasteofthejunction.org.

SEPT. 2-3: Kids Fest brings family-friendly activities and entertainment to Adventureland Resort to celebrate the end of summer. 3200 Adventureland Drive, Altoona; www.adventurelandresort.com.



Parade entertainers demonstrating Asian culture at last years CelebrAsian festival. Photo by Meena Photography and Kelly Chamberlain

SEPT. 2-4, 9-10, 16-17: Fall Renaissance Faire. Missed it in the spring? Experience it in the fall at Sleepy Hollow, Des Moines; www.sleepyhollowrenfaire.com.

SEPT. 10: Des Moines Concours d'Elegance car show from 10 a.m. to 4 p.m. at Pappajohn Sculpture Park, Des Moines; www.desmoinesconcours.com.

SEPT. 15-16: Beaverdale Fall Festival. Enjoy live music, carnival rides and local food vendors as Beaverdale celebrates their history with this family friendly event in the heart of Beaverdale; on Beaver Avenue and Urbandale Avenue; www.fallfestival.org.

SEPT. 16: Applefest at Living History Farms will have all things apple, from cider, pie bobbing and everything in-between, 11121 Hickman Road, Urbandale; www.lhf.org.

SEPT. 16: Woodland Cemetery, from 10:30 a.m. until 3:30 p.m. there will be a metro-wide celebration of the 175th anniversary of the Woodland Cemetery.

SEPT. 16: Glow Wild celebrates public land in Iowa at Jester Park Nature Center with plenty of family-friendly activities including performances by local bands. 12130 N.W. 128th St., Granger; www.glowwildiowa.com.

SEPT. 17: Halfway to St. Patrick's Day Car Show with the Friendly Sons of St. Patrick of Central Iowa at Mugsy's, 1225 Copper Creek Drive, Unit A, Pleasant Hill; www.friendlysonsiowa.com.

SEPT. 22-23: Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. Along Fourth Street, downtown Des Moines; www.oktoberfestdsm.com.

SEPT. 23: Log Cabin Days Festival. The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fairgrounds, 1400 W. Second Ave., Indianola; www.lasr.net/travel/city.php?Indianola+Events&TravelTo=IA0712009&VE=Y.

SEPT. 23-24: Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines; www.latinoheritagefestival.org

SEPT. 30: Anthony Jeselnik: Bones and All comedy show at 7 p.m. and 9:30 p.m. Hoyt Sherman Place, Des Moines; www.hoytsherman.org. ■

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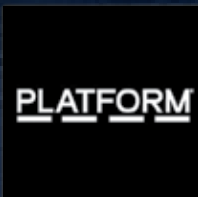
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BUSINESS JOURNAL



HOW TO DEAL WITH SHOPLIFTING

What business owners should do — and not do — in addressing loss threats

By Colson Thayer

On the afternoon of March 23, three women visited West Des Moines' Historic Valley Junction. They began at Coffee Cats and made their way south. Along the way, they stopped at Bing's, Sister's, Memory Lane Antiques and Bozz Prints. While the group made their way around the district, Bing's Owner Val Veiock was on the hunt.

"They acted really sketchy," says Veiock.

One moment, the students had things in their hands; the next moment, they were gone. The number of items on the shelves no longer matched the inventory online. And they were carrying reusable tote bags. Veiock wasted no time pulling up her security camera footage.



Bing's Owner Val Veiock

This little cardinal will bring good luck to you, with renewal and faith.

“People of all ages like to take our stuff without paying for it. I don’t think people think about how violating it is to the person they’re stealing from. No matter how many times it happens to me — and I know it happens more than I’m catching people, obviously — it doesn’t ever get easier.”

— Val Veiock

“Once I found them on the video, I immediately ran down to Coffee Cats to see if they had used a credit card,” she says.

But Coffee Cats had no card information on file. She ran down the street but couldn’t find them. She went in and out of neighboring businesses describing what the suspects looked like. Nothing turned up. However, when she arrived back at her store, Veiock got a text from her friend saying they spotted the group.

“I ran down to the other end of the street and stood in front of their car so they wouldn’t leave,” Veiock says. “And they immediately tried to give me the stuff back. They were trying to hand it to me out the window.”

The Bing’s owner had already called the police.

Heightened by the threat of shoplifting

This was not the only instance of shoplifting at Bing’s. Veiock estimates she has caught almost 20 people in the last three years. But what was unique about this time was the number of people shoplifting.

“There was three of them, which I’m not used to,” says Veiock. “Usually, it’s like one person on their own coming in and stealing stuff, but to have three people was really disappointing.”

Veiock says the shoplifters often bring in a reusable tote or canvas bag, or they just use a large purse.

“A lot of times people will go in the deep corners of the store,” Veiock says. “Or they’ll go to the front where I don’t have as good visibility and just wait for me to turn my back.”

After events like this, Veiock and her staff are heightened to the threat of shoplifting. Veiock instructs her staff to engage with customers entering the store. She encourages them to ask how the customers are doing, what they are looking for and what brought them to Valley Junction. She also says employees should offer counterspace to hold

customers’ items so they do not walk away without paying for them.

But, by far, Veiock’s biggest preventative measure is her cameras. Veiock spent \$5,000 for 10 in-store cameras. She says they are “100% worth the investment.” But, according to Veiock, many of the businesses in Valley Junction don’t make the similar investment.

“People of all ages like to take our stuff without paying for it,” says Veiock. “I don’t think people think about how violating it is to the person they’re stealing from. No matter how many times it happens to me — and I know it happens more than I’m catching people, obviously — it doesn’t ever get easier.”

“At the end of the day, I know those girls wouldn’t have stolen from me on the street personally. But it’s the exact same thing when you come in here. I own all this merchandise you just stole from me personally. This is what I do to make my living.”

Online program designed to address loss threats

Robert Hanson is the Loss Prevention Management Department head at Northern Michigan University. The program started in 2007 and is geared toward loss prevention professionals who have management skills and positions but need a degree to give them credentials. In conjunction with the National Retail Federation and experts in the field, Northern was able to create an online program designed for full-time employees. However, the loss threats at the beginning of the program are completely different from the threats of today.

“When we started back in 2007, credit card fraud was unheard of,” Hanson says. “The idea of organized retail theft, where gangs of people come in and steal...merchandise out of stores, (was) unheard of.”

According to Hanson, there are many kinds of loss. The type of loss a business might experience



Robert Hanson is the Loss Prevention Management Department head at Northern Michigan University.

largely depends on the business itself. The most obvious one is people coming into a store and stealing, but that might be the least of a small business owner’s concerns. Sometimes paperwork is not completed properly, sometimes a store gives credit for returned merchandise that was stolen, and sometimes even bigger legal issues arise.

“The private sector is open to all kinds of lawsuits,” Hanson says. “And, in fact, in some places, it’s slip and fall. Fake slip and fall accidents are a cottage industry. So, people will come in as a team and pour some liquid on the floor, then their confederate comes along and pretends to fall down.”

Hanson says a well-managed business will have a plan for an internal investigation to avoid these allegations.

“The first thing is to identify what are the areas where you could sustain loss. And then you need to think about what you can do to mitigate that loss... It would depend upon an assessment of what you could actually afford to do because, if it is more expensive to do the prevention than to suffer the loss, the prevention isn’t worth it.”

Hy-Vee grocery stores made news when they began rolling out armed security guards that Hanson describes as “people dressed almost like SWAT team members.”

To determine the effectiveness of loss prevention strategies, each company needs a metric to track its return on investment. Hanson suggests managers ask whether the expense involved reduces exposure to loss and if it impacts the bottom line.

But there is another thing to consider: customer

“You should never chase people out of the store. It doesn't pay dividends.”

— Jacque Brittain

experience.

“Myself, when I go into a store, and I see that kind of armed protection, what kind of store am I going into?” Hanson asks. “It would be very interesting to see what the customer perception is.”

One loss prevention strategy that does not negatively affect customer experience involves internal cameras. Placing a monitor at the entrance of the store signals to customers that they see them. And, if someone is coming into the store to steal, they have a picture of them walking in. The price of internal camera systems has significantly declined in recent years. Hanson says the investment might be worth it to avoid slip-and-fall lawsuits.

Many resources exist for small business owners to better prevent loss. Hanson suggests reaching out to local associations, federations and chambers of commerce to connect with those who have more knowledge and experience.

Jacque Brittain

Jacque Brittain currently serves as the editorial director of Loss Prevention Magazine, the official loss prevention industry publication. Before his current role, Brittain spent years in the loss prevention industry. In collaboration with the Loss Prevention Foundation, he helped develop the internationally sanctioned LP credentials LPQualified and LPCertified. The magazine gathers editorial content from staff and loss prevention experts bi-monthly.

“We will tie in things that are important to every

retail store,” says Brittain.

According to Brittain, the goal of loss prevention is to enhance the profitability of a company. In other words, you cannot sell stuff that's stolen.

“Opportunity plus desire equals theft,” says Brittain. But theft does not always come in the form of a shoplifter.

Internal loss, loss caused by an employee, is a huge threat to a business. Plus, employees are the ones who have the most opportunity. Brittain suggests business owners recognize the opportunities employees have and mitigate them.

Another example is assumed deliveries. Brittain says business owners should check their merchandise shipments for accurate counts. A company he previously worked for lost \$3,000 a month on empty boxes of chewing gum.

If a business does catch a shoplifter in the act, Brittain says there is a five-step apprehension process to confirm the crime:

- 1. Did you see the suspect enter the area where the product is stored?**
- 2. Did you see the suspect select the merchandise?**
- 3. Did the suspect attempt to conceal the merchandise?**
- 4. Did you maintain observation from the area toward the exit?**
- 5. Did the suspect leave the store without paying?**

Without these five steps, Brittain says businesses create a liability. Business employees should never



Jacque Brittain currently serves as the editorial director of Loss Prevention Magazine, the official loss prevention industry publication.

use excessive force, he says, but can detain a suspect if they are sure of it. A business owner or employee should also contact law enforcement.

Brittain says business owners should never retrieve the merchandise themselves.

“There's nothing in a store that's worth someone getting hurt,” he says.

“The worst thing to do is leave the store, even if a business owner is sure of the crime. Shoplifters could have a weapon. If chasing them out of the store means chasing them into the street and someone gets hurt, the business becomes liable.”

Brittain says if a shoplifter is chased into the street and dies, the business owner has a murder investigation on his or her hands.

“You should never chase people out of the store,” Brittain says. “It doesn't pay dividends.” ■

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SMALL BUSINESS ADMINISTRATION LOANS

Borrower Name	City	County	Cong. District	\$ Amount	Jobs Created	Jobs Retained	Existing Jobs	New Vs. Existing	Business Type
Snortys, LLC	MORAVIA	APPANOOSE	02	\$64,700	4	8	4	NEW	Supermarkets and Other Grocery (except Convenience) Stores
Snortys, LLC	MORAVIA	APPANOOSE	02	\$47,000	4	8	4	NEW	Supermarkets and Other Grocery (except Convenience) Stores
Snortys, LLC	MORAVIA	APPANOOSE	02	\$33,200	4	8	4	NEW	Supermarkets and Other Grocery (except Convenience) Stores
Le Petit, LLC	Cedar Falls	BLACK HAWK	01	\$400,000	20	5	5	NEW	Full-Service Restaurants
Trask Design, LLC	Waterloo	BLACK HAWK	01	\$150,000	0	1	1	NEW	Computer Systems Design Services
Kreger Logistics LLC	Waterloo	BLACK HAWK	01	\$114,000	0	1	1	NEW	General Freight Trucking, Local
Kelly Tree Farm, LLC	CLARENCE	CEDAR	02	\$100,000	0	4	4	EXISTING	Nursery and Tree Production
AKOJJT, LLC	CLEAR LAKE	CERRO GORDO	04	\$365,000	4	4	4	NEW	Drinking Places (Alcoholic Beverages)
Deetz Consulting LLC	MASON CITY	CERRO GORDO	04	\$100,000	1	1	1	NEW	Administrative Management and General Management Consulting Services
Family Waterfowlers LLC	THORNTON	CERRO GORDO	04	\$54,000	1	1	1	NEW	Sporting and Athletic Goods Manufacturing
New Hampton Cabinetry LLC	NEW HAMPTON	CHICKASAW	04	\$327,500	0	4	4	EXISTING	Wood Kitchen Cabinet and Countertop Manufacturing
Mine2hodl, LLC	Spencer	CLAY	04	\$967,000	3	2	2	EXISTING	Offices of Real Estate Agents and Brokers
Elena's Touch of Class, LLC	DENISON	CRAWFORD	04	\$261,900	1	6	6	NEW	Beauty Salons
JC Wellness, LLC	Adel	DALLAS	03	\$375,000	4	4	1	NEW	Other Personal Care Services
DSM Skin Solutions, LLC	West Des Moines	DALLAS	03	\$349,500	15	15	1	NEW	Beauty Salons
Boldt Nutrition, LLC	HUMBOLDT	HUMBOLDT	04	\$120,000	0	8	8	NEW	Snack and Nonalcoholic Beverage Bars
Colfax Lodging LLC	COLFAX	JASPER	02	\$825,000	0	3	4	NEW	Hotels (except Casino Hotels) and Motels
South 12 Co.	Coraville	JOHNSON	02	\$305,000	12	13	1	NEW	Fitness and Recreational Sports Centers
South 12 Co.	Coraville	JOHNSON	02	\$50,000	12	13	1	NEW	Fitness and Recreational Sports Centers
Jacob Dyson	NORTH LIBERTY	JOHNSON	02	\$50,000	1	1	1	EXISTING	Offices of Chiropractors
Perfect Game Group Inc	CEDAR RAPIDS	LINN	01	\$850,000	5	150	200	EXISTING	Agents and Managers for Artists, Athletes, Entertainers, and Other Public Figures
WaxLife Cedar Rapids, LLC	CEDAR RAPIDS	LINN	01	\$257,700	1	8	8	NEW	Other Personal Care Services
Coffee Emporium LLC	CEDAR RAPIDS	LINN	01	\$130,500	3	0	15	EXISTING	Limited-Service Restaurants
ZUCK AESTHETICS PLLC	MARION	LINN	01	\$15,000	0	0	1	NEW	Other Personal Care Services
LITTLE LEAPS LEARNING ACADEMY, INC.	EARLHAM	MADISON	03	\$885,100	15	40	40	NEW	Child Day Care Services
Mid West Pride Athletics, LLC	Ankeny	POLK	03	\$305,000	4	1	1	EXISTING	Sports Teams and Clubs
TODD CONSTRUCTION	ANKENY	POLK	03	\$20,000	0	0	1	EXISTING	Finish Carpentry Contractors
TODD CONSTRUCTION	ANKENY	POLK	03	\$20,000	0	0	1	EXISTING	Finish Carpentry Contractors
Bik & Bold, LLC	Des Moines	POLK	03	\$2,500,000	4	12	12	EXISTING	Other Miscellaneous Nondurable Goods Merchant Wholesalers
SUBWAY	DES MOINES	POLK	03	\$450,000	3	27	27	EXISTING	Limited-Service Restaurants
Best Heating, Cooling and Electric Inc.	DES MOINES	POLK	03	\$350,000	2	18	6	EXISTING	Plumbing, Heating, and Air-Conditioning Contractors
Stenger, LLC	Des Moines	POLK	03	\$211,000	3	0	7	EXISTING	Plumbing, Heating, and Air-Conditioning Contractors
JOSHUA HAKE FOOD STYLING	DES MOINES	POLK	03	\$32,000	1	1	1	EXISTING	Food Service Contractors
Invictus Media, LLC	DES MOINES	POLK	03	\$30,000	0	7	7	EXISTING	Motion Picture and Video Production
BRAFFORD BROS. LLC	DES MOINES	POLK	03	\$25,000	20	0	2	NEW	Mobile Food Services
TAKE Fitness Grimes LLC	Grimes	POLK	03	\$350,000	7	1	1	NEW	Fitness and Recreational Sports Centers
Golden Ops LLC	URBANDALE	POLK	03	\$1,900,000	3	4	4	NEW	All Other Business Support Services
Golden Ops LLC	URBANDALE	POLK	03	\$150,000	3	4	4	NEW	All Other Business Support Services
Law Enforcement Video, LLC	URBANDALE	POLK	03	\$25,000	0	1	1	EXISTING	Other Scientific and Technical Consulting Services
Canvis, LLC	WEST DES MOINES	POLK	03	\$350,000	3	0	10	EXISTING	Computer Systems Design Services
The Sweet Spot of Des Moines LLC	West Des Moines	POLK	03	\$250,000	0	6	6	NEW	Baked Goods Stores
Shaxes Enterprises LLC	BETTENDORF	SCOTT	02	\$977,000	13	2	2	NEW	Full-Service Restaurants
TERRY AND ANDY'S TACOS, INC.	AMES	STORY	04	\$150,000	10	3	39	EXISTING	Full-Service Restaurants
Remedy Training Co.	Ames	STORY	04	\$130,000	3	1	1	NEW	Fitness and Recreational Sports Centers
IOWA FILM PROS LLC	AMES	STORY	04	\$15,000	0	0	1	NEW	Automotive Glass Replacement Shops
The Kindred House of Ottumwa LLC	OTTUMWA	WAPELLO	02	\$2,670,000	19	2	2	NEW	Continuing Care Retirement Communities
Ottumwa Foods LTD	OTTUMWA	WAPELLO	02	\$286,500	0	9	9	NEW	Full-Service Restaurants
23:20 Fitness, LLC	OTTUMWA	WAPELLO	02	\$28,800	2	2	0	NEW	Fitness and Recreational Sports Centers
Hobbs Agency LLC	OTTUMWA	WAPELLO	02	\$25,000	0	2	2	NEW	Insurance Agencies and Brokerages
PC Matic, Inc.	SIOUX CITY	WOODBURY	04	\$2,000,000	10	70	70	EXISTING	General Automotive Repair

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TECHNOLOGY

What's the difference between IT Security and Cybersecurity?

In today's world, most of our companies depend on utilizing internet access to operate. Cybersecurity focuses on protecting access to our information online. IT focuses on confidentiality, availability, and the integrity of our business' information internally and externally.

The fun part of those descriptions is they sound a lot alike, right? The importance of implementing the correct procedures to address the risks can and sometimes do overlap. The focus of the two are strategically aligned but also specific for good reasons.

As I mentioned last month regarding the analogy of IT providers being like mechanics, Cybersecurity experts are your specialists. Know the differences between the two as it's extremely important how they are woven into your overall success.

May the force be with us all!



Scott Hardee

Business Development Executive – Branch Manager



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ACCOUNTING

Business Bookkeeping

It is important to have your business bookkeeping handled by a professional.

There are a lot of software programs that are written to do bookkeeping, however, just because they are written to do bookkeeping does not mean you don't need to know how bookkeeping works. There is a big difference between data entry into a software program and being a true bookkeeper.

Things to know if you do your own books.

- 1) Loan payments are not deductible. They are payments that reduce your loans. Loans are liabilities that are on the balance sheet. The payments should NEVER be included on the Profit and Loss statement.
- 2) Payments to the owner of the business are not deductible expenses. Unless you are paying yourself through an actual W2, it would be considered an owner's draw and that is just the owner taking out the profits and should show up on the balance sheet in the Equity section.
- 3) Any expense that the owner pays out of their own personal account should be included as a journal entry and recorded as an expense and then the offsetting entry would be a contribution to the company through Owner's Draw/Contributions.
- 4) If you purchase an asset, such as a large piece of equipment or a vehicle, that needs to be reported as an asset on the balance sheet and will be depreciated through your tax return.
- 5) You can use your P&L report as a tool to compare prior year amounts to find out where you are over-spending or to determine how much to spend in the upcoming year.

As a business owner it is important to stay in tune with your financials and use the information to build your business in the future.



Ann M. Hartz
CPA



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ADVERTISING

How are you different from your competition?

Often, this is an overlooked method of advertising, but an effective one. Every business should own and embrace their position in the market. Every business has their niche. Or has your niche changed? Why are your customers coming to you?

Let potential customers know why they should be buying from you. Are you more convenient? Have more locations? Open longer hours? Do you have the latest technology? Are you more friendly? Have a bigger selection? Do you have an award-winning business? Are you expanding? Do you have 24-hour service? Are you the cheapest? Do you have the best quality? Have you been in business the longest? Are you the most experienced?

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



Jolene Goodman
Vice President



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COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY FROM MARCH 19, 2023, THROUGH APRIL 17, 2023

1327 13TH ST., DES MOINES
 SALE DATE: 2023-03-20
 SALE PRICE: \$395,000
 SELLER: LANGWORTHY ENTERPRISE XIII LLC
 BUYER: CASA 29 MANAGEMENT LLC
 ACRES: 0.172
 SQUARE FEET: 3,102



2701 86TH ST., URBANDALE
 SALE DATE: 2023-03-21
 SALE PRICE: \$2,650,000
 SELLER: WESTMINSTER PROPERTIES LLC
 BUYER: JPE FAMILY CORP
 ACRES: 2.520
 SQUARE FEET: 22,000



2575 N. ANKENY BLVD. UNIT 205 BUILDING 2, ANKENY
 SALE DATE: 2023-03-23
 SALE PRICE: \$715,000
 SELLER: NJS NORTHPOINTE LLC
 BUYER: BOTY HOLDING COMPANY LLC
 ACRES: 0.269
 SQUARE FEET: 2,500



6901 CENTER ST., WINDSOR HEIGHTS
 SALE DATE: 2023-03-24
 SALE PRICE: \$195,000
 SELLER: SERIES 11 OF JGC HOLDINGS LLC
 BUYER: CUNARRO REAL ESTATE LLC 0.256
 ACRES: 1,376
 SQUARE FEET: 0



5360 N.E. 14TH ST., DES MOINES
 SALE DATE: 2023-03-27
 SALE PRICE: \$1,690,000
 SELLER: ALBA, ANDREA
 BUYER: CARMIA ENTERPRISES LLC
 ACRES: 2.165
 SQUARE FEET: 20,352



2679 MAURY ST., DES MOINES
 SALE DATE: 2023-03-28
 SALE PRICE: \$350,000
 SELLER: COLBERT PROPERTIES LLC
 BUYER: H&M CONSTRUCTION LLC
 ACRES: 1.740
 SQUARE FEET: 5,151



6300 HICKMAN ROAD, WINDSOR HEIGHTS
 SALE DATE: 2023-03-28
 SALE PRICE: \$950,000
 SELLER: QUIKTRIP CORP
 BUYER: IA10 WINDSOR HEIGHTS LLC
 ACRES: 2.070
 SQUARE FEET: 0

117 N.W. COLLEGE AVE., ANKENY
 SALE DATE: 2023-03-21
 SALE PRICE: \$1,070,000
 SELLER: ANKENY 8 LLC
 BUYER: BIG SKY PROPERTIES LLC
 ACRES: 0.987
 SQUARE FEET: 11,200

114 N.W. STATE ST., ANKENY
 SALE DATE: 2023-03-21
 SALE PRICE: \$2,300,000
 SELLER: ANKENY 8 LLC
 BUYER: BIG SKY PROPERTIES LLC
 ACRES: 1.494
 SQUARE FEET: 20,320

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1409 N.W. LAUREL ST., ELKHART
 SALE DATE: 2023-03-28
 SALE PRICE: \$784,080
 SELLER: TANAM ELKHART LLC
 BUYER: C&A INVESTORS LLC
 ACRES: 5.996
 SQUARE FEET: 0

1407 N.W. LAUREL ST., ELKHART
 SALE DATE: 2023-03-28
 SALE PRICE: \$914,760
 SELLER: TANAM LLC
 BUYER: C&A INVESTORS LLC
 ACRES: 6.004
 SQUARE FEET: 0



325 GRAND AVE., DES MOINES
 SALE DATE: 2023-03-28
 SALE PRICE: \$1,800,167
 SELLER: IOWA STATE BANK
 BUYER: 611 FIFTH AVENUE LLC
 ACRES: 0.499
 SQUARE FEET: 24,538

5900 THORNTON AVE., DES MOINES
 SALE DATE: 2023-03-29
 SALE PRICE: \$1,239,500
 SELLER: AIRPORT DEVELOPMENT LC
 BUYER: CLOP DES MOINES IA LLC
 ACRES: 8.127
 SQUARE FEET: 0



1880 N.W. 86TH ST., CLIVE
 SALE DATE: 2023-03-30
 SALE PRICE: \$1,758,500
 SELLER: 2420 WEST BROADWAY LLC
 BUYER: BDB-86TH DSM LLC
 ACRES: 1.381
 SQUARE FEET: 3,758



1091 26TH ST., DES MOINES
 SALE DATE: 2023-03-30
 SALE PRICE: \$243,000
 SELLER: DOBSON, KEEGAN
 BUYER: MUNOZ DE LA CRUZ, ALEJANDRO J
 ACRES: 0.212
 SQUARE FEET: 3,875

7680 S.W. 22ND ST., SUITE 107, DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$199,000
 SELLER: 7600 SW 22ND STREET LLC
 BUYER: CASSON, BRIAN C
 ACRES: 0.110
 SQUARE FEET: 1,500



1631 N.E. 55TH AVE., DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$450,000
 SELLER: BR ALLEN PROPERTIES LLC
 BUYER: BOS HOLDINGS LLC
 ACRES: 0.999
 SQUARE FEET: 4,760

7680 S.W. 22ND ST., SUITE 109, DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$185,000
 SELLER: 7600 SW 22ND STREET LLC
 BUYER: STRAT-PATT VENTURES LLC
 ACRES: 0.110
 SQUARE FEET: 1,500



1195 N.W. AURORA AVE., DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$725,000
 SELLER: EPC LLC
 BUYER: AURORA AVE LLC
 ACRES: 0.790
 SQUARE FEET: 10,708

7680 S.W. 22ND ST., SUITE 101, DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$185,000
 SELLER: 7600 SW 22ND STREET LLC
 BUYER: CDM RENTALS LLC
 ACRES: 0.110
 SQUARE FEET: 1,500

7680 S.W. 22ND ST., SUITE 102, DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$370,000
 SELLER: 7600 SW 22ND STREET LLC
 BUYER: CDM RENTALS LLC
 ACRES: 0.220
 SQUARE FEET: 3,000



820 LYON ST., DES MOINES
 SALE DATE: 2023-03-31
 SALE PRICE: \$950,000
 SELLER: EPC LLC
 BUYER: LYON ST., LLC
 ACRES: 0.430
 SQUARE FEET: 12,480 ■



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Rick Tollackson at Des Moines Golf and Country Club

Rick Tollackson is the most recent inductee of the Iowa Business Hall of Fame. He has been president and CEO of Hubbell Realty since 2004, a golden age for that venerable company. We asked him to lunch recently, and he chose Des Moines Golf and Country Club.

Is that his favorite lunch spot?

"I only go to four places for lunch. I like Biaggi's (5990 University Ave., West Des Moines) and have for long time. I recently discovered Cooper's Hawk (12801 University Ave., Clive). I rediscovered how much I like Club Car (13587 University Ave., Clive). And then, I like it here. I usually get the buffet here. They do a great job on that. Today, I needed to be here because I have been getting fitted for golf clubs."

Fitted for golf clubs?

"Yeah, it's so high-tech now that they measure everything about you and personalize the clubs. I am a short guy, so I benefit from the fitting. They check for all kinds of tendencies, too. I only started playing golf after I turned 60, so I can use any advantage I can find. I just spent two and a half hours on the 'fitting.'"

There is a bar and grill on the lower level of the Country Club, so it's possible to walk in from the clubhouse or the golf course. The club has produced several of the area's top chefs over the years. What does Tollackson appreciate about fine dining?

"I am a pretty simple guy. I don't get into wines much at all. They push them at Cooper's Hawk, but I am not interested. I do like to ask about Iowa Culinary Institute (at Des Moines Area Community College) grads in kitchens. That is something I picked up from Rob Denson (DMACC president)."

Googling Tollackson's name, I found more about his connection to Iowa Waterways Alliance than about his amazing business career. He appears in many photos paddling kayaks and canoes with a big smile on his face. Did he pick up his love of kayaking and canoeing growing up in Alaska, then Palmer and Hampton, Iowa?

"Ha. What love of kayaking and canoeing? I have no love for those things. That all started with Tina Hadden (Iowa Equity Group). She is involved with lots of marketing, leadership projects and programs. She told Todd Ashby (executive director of Des Moines Area Metropolitan Planning Commission) that I would be a good person to head a waterways trails program. 'Why me?' I asked. All I knew about water trails at the time was that there was a sign by Johnston's boat ramp that said, 'water trail.' But I agreed. It sounded like water trails might be an encouragement for people buying real

estate."

How does one get involved in something he knows next to nothing about?

"I started attending meetings. I could not believe how many people were excited about developing water trails. It was contagious. I started taking groups to places where successful water trails had developed. We went to Manchester here in Iowa. They took out a dam, added lots of big rocks and anchor systems to channel the flow of the Maquoketa River into a whitewater park."

It was instantly popular, drawing canoeists, kayakers, tubers, rafters, boogie board surfers, and swimmers. Where else did Tollackson visit?

"I am an engineer, so I believe in learning by observing. We also went to Eldridge in Iowa. There is a water trail there within 7.5 miles of Lost Grave Lake. That provides much calmer paddling. Then we visited Columbus, Georgia, and Boise, Idaho."

Columbus is famous for repurposing their dams, which were built for powering cotton factories. When the cotton industry left, they were redundant. The great food writer John T. Edge made a TV show about how dam removal transformed the city, considered one of the most cosmopolitan food towns in America now.

"They took out two dormant dams. The textile industry had been gone a long time. And they now have 20 miles of water trail on the Chattahoochee. The chamber of commerce there told me that downtown occupancy went from 50% to 100% since then. It's an exciting scene with people grilling food and throwing rod and reels on the river side. They've hosted national kayaking championships. The town has also shed its bad image — it's 'red neck no more.' I think the food scene has something to do with Fort Bragg being there. (Paratroopers from all over the world train there.)"

Boise is also a boom town.

"The scene is very progressive there. They have a wave shaper on their watershed, which is a simulated, two-acre river. It's also a learning center."

What is the next step in Iowa waterways development?

"You have to have flow to do it. So, we need to clean up the weeds in waterways. And, particularly the trees that end up in rivers at winter's end. That takes volunteers. Water trails need to mesh with bike trails. West Des Moines is ahead of the pack on this with Raccoon River Park and their boathouse. I hear that's very popular."

What about downtown?



"I don't see that happening any time soon. The water is so shallow that once I was freaking out about my boat filling up with water. Nate Hoogeveen (director of Rivers Program for Iowa Department of Natural Resources) had to tell me to calm down, get out of the boat and pour it out. I was only in about 3 feet of water. The Army Corps of Engineers saves most of the water for Saylorville, so it is very shallow water downtown. The development potential is further upstream."

What brought Tollackson to Des Moines?

"I had been working on projects in Iowa after getting my engineering degree at Iowa State. I am a construction engineer, not a hydraulics engineer. I came here to build The Hub for Hubbell Realty. I figured on being here four or five years and moving on for another big project. But things changed downtown. The skywalk era was ending. Once we lost JC Penney, that was clear."

"Business was leaving, but, ironically, people wanted to live there for the first time. Hubbell Realty has built one downtown housing project after another for decades now. People (like this writer) used to say downtown apartments were overbuilt, but now we have 98% leased. The trick in Des Moines is to get leases to expire between April and November, when downtown is at its best for renewals."

Why did he stay here?

"When I turned 50, I told Jim Hubbell I planned to retire at 55. He said that was a problem because that was when he planned to retire. So, I became CEO, and Jim retired." ■



CENTRAL IOWA BUSINESS CONFERENCE

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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.

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Terra Grill is a draw for people who like endless portions of meat sliced at their table.

EAT & DRINK

Because soccer and Caitlyn Clark are best appreciated with a crowd, this writer ventured out to many new sports bars since autumn became spring. The owner of Terra Grill and Churrascaria generously hosted watch parties of Brazil's World Cup games. A new Brazilian Café has since opened in the same Clocktower Square strip mall.

Terra Grill is the only remaining Brazilian steakhouse in central Iowa. Because it shares a parking lot with my favorite supermarket, I have noticed that license plates come from several Iowa counties. It's a draw for people who like endless portions of meat sliced at their table.

Churrascaria is a Portuguese word for BBQ, but meats are not smoked; they are flame roasted. Servers bring them around on skewers and slice them on your plates. Most cuts of beef are sirloins and tri tips, but there is flank steak for dinner only. Linguiça (a sausage) is my favorite of five pork cuts. Chicken seems to be breast meat in many styles, but hearts are available on request.

Terra's salad bar is extraordinary. Among the delights I have found are biquinhos — teardrop-shaped peppers that look like and have the texture of tomatoes. They are drop dead delicious with a light chili flavor. Also on the salad bar are superb beet salads, potato salads, black beans and rice, chicken stroganoff, crab salad, fresh fruits, pasta salads, pastries and soups.

Next door, Terra Café offers Brazilian style pizza and sandwiches. Owner Kleber (not just Brazilian soccer stars go by a single name) is from Parana, which he says is as Argentinian as it is Brazilian. The pizza reminded me of the best cheese pies I ever tasted, in Argentina. Cheeses used at Terra are imported from south Brazil. Sandwiches made with sirloin and flank rocked.

Refillable non-alcoholic beverages included Pepsi products, coffee, tea and Brazilian lemonade made from fresh limes and sweetened condensed milk. Guarana Antarctica is a Brazilian soda that packs a wallop of stimulation. Coffee and hot chocolate are Brazilian good.

Caipirinha is the signature cocktail of Brazil. It's made from cachaça, which is brandy-like, made from fruits and about 60 to 80 proof. It's also like tequila in that its variations are classified by color. Terra touts a variation called the copa caipirinha made with Leblon cachaça, simple syrup and lime juice, along with a choice of muddled strawberry, pineapple or mango. Specialty juice beverages like pineapple-guava, coconut-mango and açai-pomegranate are also available.

Because Royal Mile was closed on Easter, Arsenal and Liverpool fans ventured to Tito's Lounge for a big morning game. Tito's is resourceful. They took their name, logo, font and signage from the vodka company. Why not? They invested the savings

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Sandwiches at Terra use exceptional rolls and churrascaria meats.

in a first rate Bosnian-American kitchen. Pljeskavica (veal/beef patties) and cevapi (beef/veal sausages) were superb. Calamari strips were tender. Burgers and fries were first rate, and flatbreads were tasty. I had my first rakija (a sort of brandy) and will have more.

The state of the art sports bar now in the metro is Bix & Company. They make superb pizza, pork tenderloins and burgers. Thin fries and onion rings are a strength. Toasted cheese sandwiches are made with smoked Gouda, an idea that should be copied. They have more than 30 super-high-def TVs. ■

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

BELLY UP TO:



Vibes Kitchen & Bar

Downtown's fusion of flavors

BY JACKIE WILSON

Patio weather. Central Iowans love dining outdoors and with good reason — we only get about six months of lounging outside to enjoy a cold beverage and good eats. Patio lovers desire a place with an all-around good vibe. We found it for you at the Vibes Kitchen & Bar.

Located at 1303 Walnut, it's just a short walk from the Pappajohn Sculpture Park. The place formerly housed the Grumpy Goat. New owners took over, remodeled, renamed the place and opened in May 2022. The business is minority-owned and owners hail from mixed backgrounds, which creates a fusion of interesting menu items.

The large patio has many seating options and is undercover from the elements but breezy enough for a comfy patio dining and drinking experience. In fact, a few raindrops sprinkled on the awning during the visit, but we stayed dry.

The bar has seating accessible both indoors and outside. Inside includes dark booths with sparkly mood lighting. Sit on seafoam green crushed-velvet bar stools for a comfy spot.

This particular evening, most everyone sat outside. A highlight is the happy hour, which starts at 5 p.m. and goes until 8 p.m., even on a Friday night. Buy one, get one free includes select beers, wines and well drinks.

Tony Pruong, bar manager, explains why the late happy hour.

“Happy hour typically used to be early so people could get home to be with their family. But not everyone has a job who gets off by 5. We want to provide a happy hour so more people can unwind and enjoy it,” he explains.

The kitchen is open until 11 p.m. and includes an eclectic variety of sandwiches, flatbreads, wings, shrimp, burgers and appetizers.

The bao buns was a special for the evening. These fresh steamed buns included slow-cooked pork belly, pickled carrots, radishes, cucumbers, jalapenos and cilantro, drizzled with a special sauce. Served like a taco, these fluffy buns were tasty at \$8 for two buns.

Don't like getting your hands messy when you eat chicken wings? Then request a disposable plastic sheath (some call it a finger condom) to put over your thumb and forefinger to protect your hands. Or use their gold-colored flatware to eat the rest of your meal.

The menu includes a fusion of flavors, from a crab Rangoon flatbread and Nashville spicy chicken; to a bang bang shrimp or a veggie panini. Pruong says the kitchen is constantly evolving.

“People's taste buds — especially in Iowa — have evolved. Patrons expect a higher level of creativity, which makes sure our chef and menu stays on the edge,” he says.

Handcrafted signature drinks run from \$12 to \$14.



The standard well drinks, beers and wine cost less. The bartender concocts new drinks frequently. That evening was a grilled pineapple old fashioned poured over a large ice ball and garnished with a large chunk of juicy pineapple.

On a Friday evening, the atmosphere was a welcoming vibe to all patrons. ■



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- El Huapango Mexican Restaurant, 3600 S.E. Crossroads Drive, Suite D, Grimes
- Fiesta Mexican Restaurant, 2025 Grand Ave., West Des Moines
- El Mariachi Mexican Restaurant, 5825 Merle Hay Road, Johnston
- Fuzzy's Taco Shop, multiple locations
- Hacienda Vieja, 1149 S.E. Third St., Grimes
- La Cabaña Mexican Bar & Grill, 1435 Army Post Road, Des Moines
- La Rancherita Taqueria Y Gordita, 1106 Army Post Road, Des Moines
- Mi Mexico Restaurant, 11407 Forest Ave., Clive
- Rita's Cantina, 401 S.E. Fifth St., Des Moines
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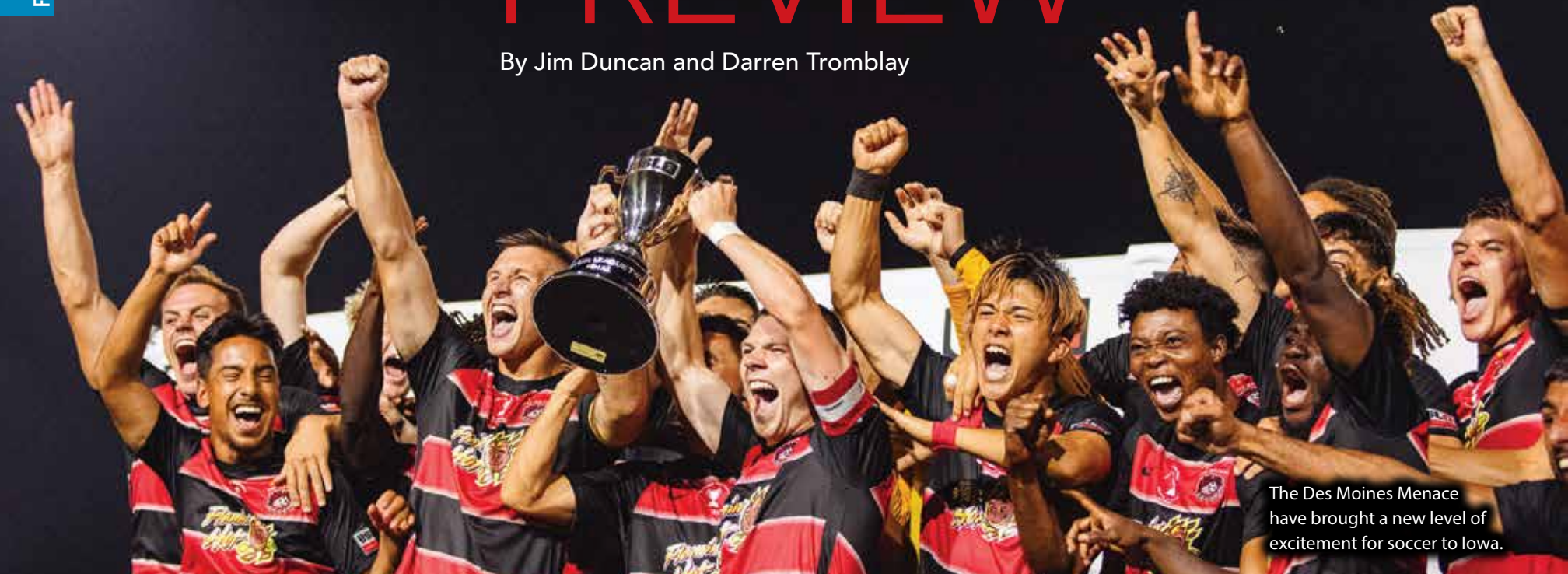


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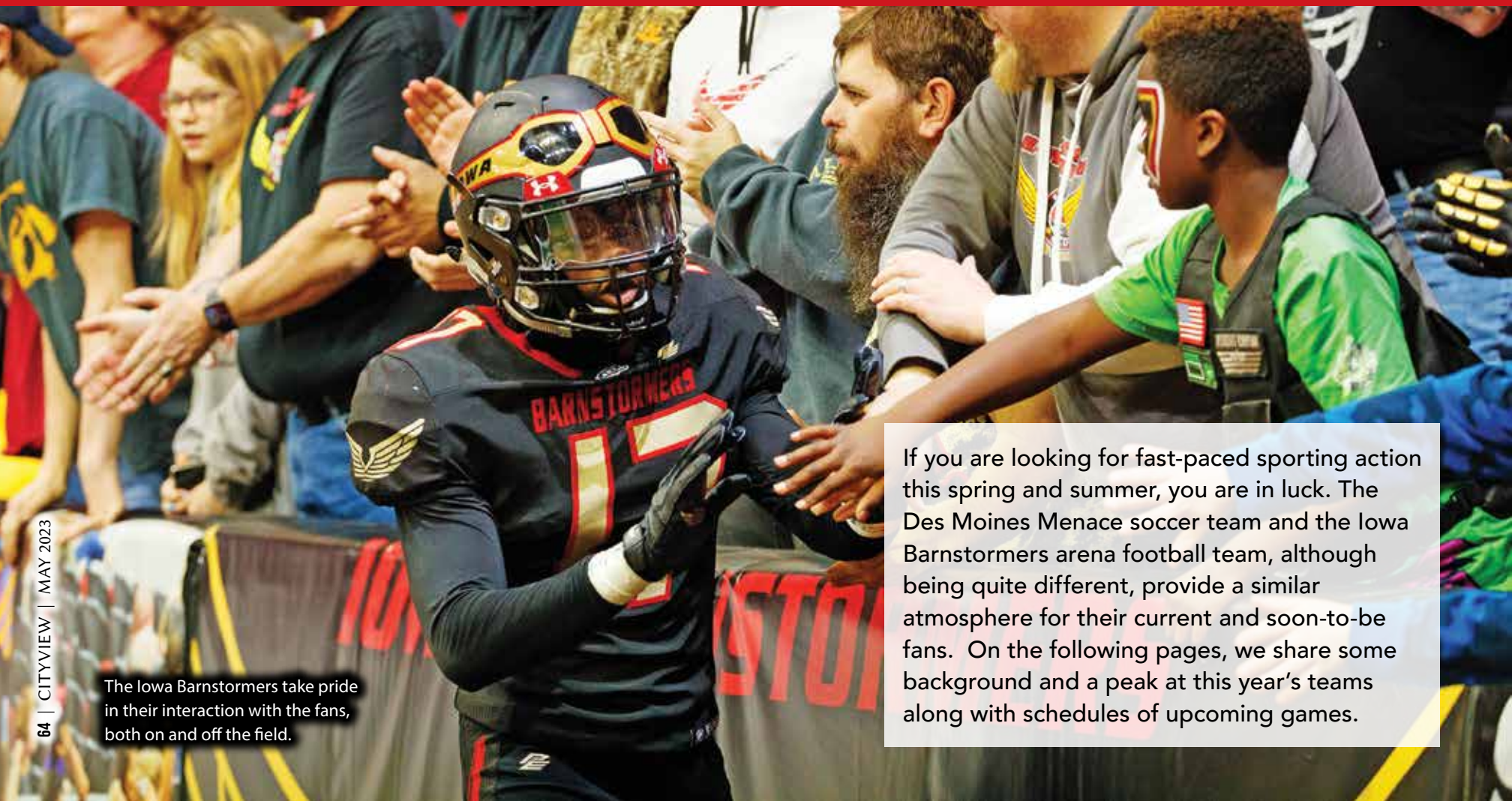
FEATURE STORY

By Jim Duncan and Darren Tromblay



The Des Moines Menace have brought a new level of excitement for soccer to Iowa.

THE DES MOINES MENACE AND IOWA BARNSTORMERS PROVIDE COMPETITION, EXCITEMENT AND ENTERTAINMENT FOR CENTRAL IOWA SPORTS FANS.



If you are looking for fast-paced sporting action this spring and summer, you are in luck. The Des Moines Menace soccer team and the Iowa Barnstormers arena football team, although being quite different, provide a similar atmosphere for their current and soon-to-be fans. On the following pages, we share some background and a peak at this year's teams along with schedules of upcoming games.

The Iowa Barnstormers take pride in their interaction with the fans, both on and off the field.

HEED THE MENACE

Soccer is winning the hearts and minds of Des Moines sports fans. It's been a long time coming, but a perfect storm of circumstances has the sport on the brink of greater appreciation. Last year's World Cup was the best ever played. For the first time, it played out during the American holiday season, and more people watched. The game's greatest star and its best ambassador — Lionel Messi — finally won the biggest prize in all sports for his country. Caitlyn Clark has transformed an underappreciated sport into a state-wide coming together.

At a time when baseball and basketball are deemed too slow and taking too long, and when parents are pulling children from football's violence, and when American gymnastics reels from sexual abuse scandals, soccer is growing participants and fans. The games are always finished in less than two hours, and the best players are not oversized or overdosed on steroids. Messi is 5'8" and 157 pounds.

Des Moines has become increasingly more cosmopolitan, bringing more soccer lovers to town. World Cup watch parties were hosted here last fall by Brazilian, Bosnian, Peruvian, Mexican, French and English fan clubs, restaurants and bars.

Des Moines Menace is ready to seize this moment. Though their roster was still being recruited at press



FEATURE STORY

The Des Moines Menace already had players lined up from Spain, Liberia, Chile, Costa Rica, England, Canada, Libya, Jamaica, Bosnia and Herzegovina, Trinidad and Tobago, and Japan.

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time, the team already had players lined up from Spain, Liberia, Chile, Costa Rica, England, Canada, Libya, Jamaica, Bosnia and Herzegovina, Trinidad and Tobago, and Japan. Among those coming to town are popular players who played here last year — goal keepers Joey Batrouni and Grant Makela, defenders Kori Cupi and Zeron Sewell, midfielders Luka Nedic and Brayan Padilla, and forwards Leroy Enzugusi and Eliot Goldthorpe. Manager Dean Johnson, a London born American, also returns.

Most years, the Menace turns over much of its inner structure, including the manager. Not so much this year. Last year's team won 10 games and tied two in an undefeated regular season. Johnson prefers to play a 3-5-2 alignment. That is what France and Holland used mostly in the World Cup to success and lots of goals. It frees a team's best player (like Frankie De Jong and Kylian Mbappe) to roam and star. Goldthorpe scored a lot last year.

In Johnson's words, "I'm excited to get back to Des Moines for my second year with the club. Last summer didn't end the way we wanted it to, and I've brought back some returners that have unfinished business to see to. I've been hired by the club to add a third star (championship) to the crest, and we've assembled a roster to get that job done. Des Moines has the best fans in all USL2, and we want to reward their attendance and support with lots and lots of goals to celebrate.

"We will have some extremely talented players on



Valley Stadium provides a great atmosphere for Menace games.

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display at Valley Stadium this summer, which provides a great opportunity for young soccer players to watch and learn from young athletes that will soon be playing at the next level.”

The team has built on success. They won a national championship in 2021 in front of 7,342 fans in Valley Stadium. Last year, they lost in a penalty kick shootout to rival Flint City Bucks. They have not lost a regular season home game since 2017.

More than 50 Menace players have been signed by professional teams since 2018. They have won five regular season championships and two national titles since 2003. Menace alumni are now coaching big league pro clubs — Ezra Hendrickson (Chicago Fire), Mike Jeffries (Charlotte Independence), and Alen Marcina (San Antonio FC).

The league is built around college calendars, where many of its players compete. While most pro leagues in Europe open in late August and finish in late May, the Menace’s league opens in early May and finishes in mid-August.

“Our players, to a large degree, take their college finals and come the next day to training camp. As soon as the season ends, they go back to college,” Assistant General

Manager Charlie Bales explained.

This year’s home schedule is built for fans. All six games are played at 7 p.m. on Saturdays at Valley Stadium. Valley Stadium is a first-class facility.

“Teams come in here from all over, and they all marvel that this is a high school stadium. It can seat 10,000, and that is just on one side. We use the other side for signage,” said Bales.

Former main rival Thunder Bay is now in another division.

“Peoria might be our new chief rival, maybe Flint City, too,” Bales said. Not too many years ago players made money working in Kum & Go stores. “Now they all teach at our youth camps and clinics,” Bales said.

“We have a very family-friendly atmosphere. Tickets are only \$10 for adults and \$8 for ages up to 18. Season tickets are \$50. People show up early and tailgate. We have two fan clubs that sit together and sing — the DSM Society and the Red Army,” Bales explained.

The Menace has been practicing the Caitlyn Clark magic, too.

“Our players stay around after games to meet everyone, sign autographs, take photos. We give away posters then, too,” Bales said. ■

2023 MENACE HOME SCHEDULE

• Saturday, May 13

Des Moines Menace vs. FC Wichita at 7 p.m.

Theme: Make it Okay Night Presented by Iowa Healthiest State Initiative

• Saturday, June 3

Des Moines Menace vs. Des Moines United FC (Exhibition) at 7 p.m.

Theme: Des Moines Derby Presented by Kum & Go

• Saturday, June 10

Des Moines Menace vs. Springfield Athletic SC at 7 p.m.

• Saturday, June 17

Des Moines Menace vs. Chicago Dutch Lions FC at 7 p.m.

Theme: Pride Night Presented by Iowa Safe Schools

• Saturday, July 1

Des Moines Menace vs. St. Charles FC at 7 p.m.

Theme: Stars and Stripes Night presented by the U.S. Army

• Saturday, July 8

Des Moines Menace vs. St. Charles FC at 7 p.m.

Theme: Youth Soccer Night — stay tuned for more details to come!

• Saturday, July 15

Des Moines Menace vs. Peoria City at 7 p.m.

Theme: Fan Appreciation Night — stay tuned for more details to come!



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IOWA BARNSTORMERS CREATE A TRUE FAN EXPERIENCE

Iowa Barnstormer fans, are you ready for some (indoor) football? If the first few weeks of the 2023 Indoor Football League (IFL) season are any indication, the answer thus far has been a resounding yes.

SOME BACKGROUND

The Barnstormers began their storied indoor football history as members of the Arena Football League in 1995 and had great success thanks to players such as future National Football League Hall Of Fame quarterback Kurt Warner.

The original Arena Football League team played in Veterans Memorial Auditorium from 1995-2001 before moving to Uniondale, New York. After a couple of additional stops and starts, the Barnstormers began play in the AF2 in 2008, this time in its current home of Wells Fargo Arena. The team then joined a revamped AFL in 2010. In 2015, the Barnstormers left the AFL and became members of their current league, the IFL.

Juli Pettit became the team's general manager after her father, the late John Pettit, who served as the vice president and chief operating officer, passed away in 2020.

Pettit said having a strong history and fan base have been major factors in the continued success of the organization over the years.

"We have the best fans in the Indoor Football League," she said. "Our fan base is loud, fun, and always shows our organization support. We appreciate their continued support and look forward to seeing many new faces this season."

While the leagues and faces may have changed over the years, one thing hasn't: a winning tradition. The Barnstormers have made 10 playoff appearances in team history, including five of the last six seasons. The team also boasts two conference championships and one league championship in 2018.

This season, Dave Mogensen returned for his second year as head coach after helping guide the team to a 9-7 mark last season and yet another playoff appearance. The Barnstormers began the 2023 season with an 0-3 record, falling to the Vegas Knight Hawks, Green Bay Blizzard and Sioux Falls Storm on the road.

STEPPING UP

During the offseason, the IFL announced a new agreement ensuring that the next three Dollar Loan Center IFL National Championship games will air on CBS Sports Network. The deal also allows for additional games to be aired on CBS Sports Network throughout the agreement. A total of 14 teams are in the league, with two more set to join in 2024.

THE FAN EXPERIENCE

The fans not only get to watch a fast-paced, exciting brand of football, they also have the opportunity to get up close and personal.

"Barnstormers games are full of entertainment both on and off the field," Pettit



Barnstormers kicker Gabriel Rui was selected as Second Team All-IFL in 2022.

said. “Fans have access to the players like no other league offers. We welcome everyone to join us on the field after every home game to meet the team, get autographs and photos, and throw the football around.”

Digital and Game Production Manager Parker Robinson is also excited about the improvements the team has been using to make the fan experience even more enjoyable. That’s no easy task, especially in today’s ever-evolving world of technology in which the latest and the greatest can become yesterday’s news before a season is even completed.

Robinson, now in his third season with the Barnstormers, is very aware of this and is pushing to keep the Barnstormers at the front of the pack in presentation as well.

“I’m excited to show our fans what we’ve been working on in the off-season,” Robinson said. “We’ve stepped up our production both on and off the field, to make sure that every Iowa Barnstormers game is a fun time, whether you’re a season ticket holder or at your very first game.”

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THE EXTRAS

Going the extra yard for the fan base is nothing new for the franchise, and 2023 will be no different. On May 6, the team will hold Mascot Night and celebrate the birthday of team mascot Billy the Barnstormer. The first 1,000 kids younger than age 12 will receive a free jersey, and hot dogs will be just \$1 through the first half. Other nights include:

- **May 13 vs. Massachusetts Pirates**
EDUCATION NIGHT

- **May 26 vs. Sioux Falls Storm**
MILITARY NIGHT

- **June 3 vs. Green Bay Blizzard**
FAMILY NIGHT presented by J&D Restaurants.

This game will feature the Animal Rescue League of Iowa's Halftime Corgi Chase

- **June 17 vs. Quad City Steamwheelers**
FIRST RESPONDERS NIGHT.

The team will be wearing special First Responders Night Jerseys presented by DMFD Local 4 that will be auctioned off.

- **July 8 vs. Sioux Falls Storm**
90S NIGHT.

The game will feature throwback music, trivia and more.

- **July 15 vs. Frisco Fighters**

TAILGATE NIGHT. \$2 beers through the first half.

Pettit said the team is excited to be playing another season at Wells Fargo Arena and, despite the slow start, is looking forward to another banner year. "We have a lot of fun promotions coming up throughout the season," she said, "and it's going to be a great year for the Barnstormers." ■

2023 IOWA BARNSTORMERS SCHEDULE

(As of April 18, 2023)

March 25 vs. Vegas Knight Hawks L, 57-44

March 31 vs. Green Bay Blizzard L, 54-24

April 9 vs. Sioux Falls Storm L, 54-24

April 22 vs. Tulsa Oilers, Des Moines, 7:05 p.m.

April 28 vs. Massachusetts Pirates, Worcester, MA, 6:35 p.m.

May 6 vs. Quad City Steamwheelers, Des Moines, 7:05 p.m.

May 13 vs. Massachusetts Pirates, Des Moines, 7:05 p.m.

May 20 vs. Green Bay Blizzard Green Bay, WI, 6:05 p.m.

May 26 vs. Sioux Falls Storm, Des Moines, 7:05 p.m.

June 3 vs. Green Bay Blizzard, Des Moines, 7:05 p.m.

June 10 vs. Tulsa Oilers, Tulsa, Oklahoma, 7:05 p.m.

June 17 vs. Quad City Steamwheelers, Des Moines, 7:05 p.m.

June 24 vs. Quad City Steamwheelers, Moline, IL, 7:05 p.m.

July 8 vs. Sioux Falls Storm, Des Moines, 7:05 p.m.

July 15 vs. Frisco Fighters, Des Moines, 7:05 p.m.



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Growing healthy, happy kids

Whether your child is just learning to walk, a college athlete or anywhere in between, parents want their children to have the best opportunity for an active, healthy and happy life. Yet, from technology to physically demanding sports and hobbies, there are several ways in which a child's overall health and wellbeing can be negatively impacted.

Like adults, children's spinal columns are made up of 24 independent vertebrae that enable them to twist, bend and move throughout the day. It also protects the delicate central nervous system that communicates with every cell, tissue and organ of the body and controls the body's ability to grow, repair and function at its best. When two or more vertebrae become restricted and impede the body's ability to communicate with itself, a joint dysfunction can occur.

Everyday activities as well as a child's natural development cycle can cause joint dysfunctions, but simple lifestyle changes can help keep them at bay. For example, according to most car seat manufacturers, babies and toddlers should not be in a car seat or swing for longer than two hours in a 24-hour window. The American Chiropractic Association recommends that parents of school-aged children should keep in mind that, when fully loaded, a child's backpack should never weigh more than 10-15% of their total body weight. Teens and tweens with cell phones or tablets should keep their mobile device at eye level to avoid "tech neck" which can put up to 50-60 pounds of extra strain and pressure on the neck.

Finally, chiropractic care can also help relieve many of the common ailments or conditions that children of all ages experience throughout their daily lives. Routine chiropractic adjustments can also help children recover from injuries from falling or active play, provide comfort from growing pains and improve sleep, immune system function and behavior and attitude. ■

Information provided by Dr. Nellie Keys, D.C., The Joint Chiropractic, West Des Moines, 515-223-5529.

The cost of orthodontics

As soon as most people hear braces or orthodontics, they immediately think of the cost. It has been ingrained in us that braces are expensive. That was true many years ago. Now, don't get me wrong, I'm not saying braces aren't expensive. I'm just saying compared to the cost when we were young and before, the prices have not increased the same as all other goods and services. Braces used to cost the same as a car. Read that again. Braces price equaled the price of a car. Now, the great news is, that is not the same today. I'm pretty sure you can't find a car that runs for the price of braces today.

Let's look at it another way. With braces or aligners, we are typically moving 28 teeth for approximately \$6,500. Now, if you were to get an implant for one tooth, your all-in cost with implant and replacement tooth is approximately \$6,000 — for one tooth! A dental reconstruction, meaning crowns or dental work on just the top or bottom 14 teeth, not your whole mouth — ranges from approximately \$15,000 to \$30,000.

The great news is orthodontic treatment can improve your smile, your bite, your confidence, and, when you wear your retainers, can last for

life! Tell me where you else you can make that kind of investment? The confidence gained alone is priceless.

The actual cost of your orthodontic treatment will vary depending on your individual needs. First, you will want to schedule a consultation so you can discuss your desires and find out what treatment is right for you, how long treatment will take, and exactly how much treatment will cost.

PAYMENT PLANS

Your smile should last forever, not your payments. I paid for my own braces as a 19-year-old working two jobs. The only way I was able to afford treatment was because of the flexible payment options offered to me. Because of that experience, I believe in making payments work for each individual or family. Be sure to ask your orthodontic office what options you have for payments and if there is any interest.

INSURANCE

Your insurance may have a policy that covers a portion of orthodontics. Typically, there is a maximum amount the insurance company will pay

toward treatment; they will not cover the entire amount. Finding an orthodontist that will call to verify your benefits, explain them to you, and file all your claims can alleviate a lot of time and stress.

COURTESIES

Oftentimes, orthodontic offices offer different courtesies toward treatment. If you make your full payment at the start of treatment, have multiple family members, or work in the dental field, you could be eligible for money off of treatment. It never hurts to ask.

THE COST NOT TO TREAT

If you just write off orthodontics as expensive and never take the time to explore how it could work for you, you may be missing out on becoming who you really are or are meant to be. Can you really put a price on something that is scientifically proven to make you more attractive, increase your confidence, and decrease your stress? ■

Information provided by Dr. Jim Stork, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-608-8722, www.StorkOrtho.com.

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Body contouring: your questions answered

Q: What is the body's lymphatic system?

A: The lymphatic system is a network of vessels, tissues, and organs that work together to maintain fluid balance in the body, defend against infections, and remove waste and toxins from the body. It is an important part of the immune system and plays a crucial role in maintaining overall health and wellbeing.

The lymphatic system works by transporting lymph, a clear fluid that contains white blood cells, throughout the body. Lymphatic vessels are similar to blood vessels but are thinner and have valves that prevent the lymph from flowing backward. Lymph nodes, small bean-shaped structures, are located throughout the body and act as filters, trapping and destroying bacteria, viruses, and other harmful substances.

In addition, the lymphatic system plays an important role in maintaining fluid balance in the body. It helps to prevent the buildup of excess fluid in the tissues, which can lead to swelling and discomfort. This is especially important in the legs

and feet, where excess fluid buildup can lead to conditions such as lymphedema or swelling in the legs/ankle.

Overall, the lymphatic system is a complex and essential part of the body's immune and circulatory systems. Its proper functioning is critical for maintaining good health and preventing disease.

Q: What role does the body's lymphatic system play during non-invasive body contouring?

A: Non-invasive body contouring treatments, such as radiofrequency or ultrasonic cavitation, work by targeting and reducing the number of fat cells in specific areas of the body. As fat cells are broken down and eliminated from the body, they are processed by the lymphatic system and eventually excreted through urine.

Therefore, the lymphatic system plays a crucial role in the non-invasive body contouring process by helping to remove the broken-down fat cells and other waste products from the targeted area.

It also helps to transport the fat and waste to the liver and kidneys for final excretion from the body.

Some non-invasive body contouring treatments, such as lymphatic massage or manual lymphatic drainage, are specifically designed to stimulate the lymphatic system and improve its efficiency in removing the broken-down fat cells and other waste products. These treatments can help to reduce swelling, improve circulation, and enhance the overall effectiveness of the non-invasive body contouring treatment.

Overall, the lymphatic system is an important player in non-invasive body contouring treatments and can significantly impact the results of these treatments. It is essential to maintain a healthy lymphatic system to maximize the effectiveness of non-invasive body contouring and to achieve the desired results. ■

Information provided by Katesha Butler, RN, Sculpted 515, 2925 Ingersoll Ave., Des Moines, 515-654-5585.

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AROUND TOWN

PHOTOS BY NICK NOAH



Hailey Vierck and Adam Shorkey



Troy Tischler, Erik Jacob and Fletcher Barry



Jennifer and Jeff Wells



Esther Rose and Erica Krile



Wyatt Gornick

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TOUR 2023

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CONFLUENCE BREWING COMPANY

DES MOINES IPA American IPA 6.9%

As the capital of Iowa, Des Moines constantly surprises first-time visitors with its mix of expected agrarian heritage and influences and unanticipated cosmopolitan flare. So, too, with Des Moines IPA, an American take on a world beer: India Pale Ale (IPA). Iowa's steady, well-balanced nature is reflected in this IPA with its mix of medium body, lighter color and plenty of malt flavor to balance the massive hop impact. Citrusy and piney hops from the Pacific Northwest offset the robust malt flavor of the two-row barley and medium crystal malts. Des Moines IPA proudly represents the Hawkeye State in the category of American IPA, a favorite of beer connoisseurs all across the country.



LIGHT & SQUEEZY Lemon Raspberry Radler 4.5%



Radler may mean cyclist in German, but you definitely don't have to be a cyclist to enjoy one. And while it may be true that this incredibly refreshing beer and fruit soda hybrid tastes best after you finish some sort of activity that leaves you drenched in sweat, we promise it still tastes pretty darn awesome when you've been sitting in the air conditioning all day. We crafted this all-rounder by brewing up a Kolsch for an ultra light, ultra clean, and ultra crisp base to mix with a big ol' pile of juicy raspberries and some house-made lemon soda. A little tart, a little jammy, and a little sweet, we promise no law dictates that you can only drink one after a pulse-pounding workout. In fact, we recommend keeping a four-pack on hand so you can get your claws on one when the mood strikes. Cheers!

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Here Come the Mummies

Band performs in mummy costumes and their identities have not been revealed.

When interviewing musicians for CITYVIEW, we feature established musicians or up-and-coming acts, divulging the band's personality through a series of provocative questions.

But when interviewing Here Come the Mummies, I'm not sure exactly who I interviewed, except they were supposedly thousand-year old Egyptian mummies named Mummy Cass and Midnight.

Here Come the Mummies perform in mummy costumes, and the band's identities have not been revealed since forming the band in Nashville in 1999. According to sources (a.k.a. the Internet), the band consists of musicians supposedly under contract with other record labels or could be Grammy-award winning musicians. The other story is the mummies were cursed after deflowering Pharaoh's daughter.

Whoever they are, these musicians deliver a sold-out, high-energy performance with a soul, funk sound. With frequent visits on the Tom and Bob talk show, their sometimes-naughty lyrics ooze with inuendo, including "She Loves Dick," "Walk of Shame" and "Booty." Google the lyrics for an amusing, red-faced laugh.

Fans can hear Here Come the Mummies at the inaugural Greenbelt Festival in Clive on May 20. (See sidebar for more details on the festival.)

Mummies Midnight and Mummy Cass answered a few questions via email:

CITYVIEW: Where did the band form?

Mummy Cass: Back in ancient Egypt, when we were ordinary mortals, we played weddings and stuff. That was before we got on the wrong side of the Pharaoh, of course, before we were cursed to wander the globe forever.

CITYVIEW: What is the most difficult part of performing in a costume?

Mummy Cass: Is it a costume if you can't take it off? If you did try to pull these rags off us, the flesh

would come with 'em. But the hardest part is the little things, like when they get tangled in the guitar strings, or when it feels like there's a moldy wet blanket on you when you're trying to sing.

Midnight: Breathing.

CITYVIEW: How do you prepare for a concert?

Mummy Cass: Getting ready for a concert doesn't take too long, unless you count the centuries that have crept by like a sandy glacier, that is. All we really do is a few "mi, mi, mi, mi, mis" and take a daily multivitamin.

Midnight: Don't forget to eat a sensible breakfast, too, baby. Ribs, mmm.

CITYVIEW: What did think when "The Walking Dead" zombies debuted? Who would win in a battle?

Mummy Cass: When that show came out, we were like "huh, look at 'em go. Good for you, zombies."

Midnight: We'd win at certain things. Staring contests, hot dog eating, battle of the bands, 5Ks.

CITYVIEW: Do you do social media?

Mummy Cass: We do our best, but we are old and dusty, and our idea of technology was raising megaliths with our minds to build the pyramids.

Midnight: And we can't remember how that works.

CITYVIEW: What musical dreams do you have?

Mummy Cass: Baby, we are already doin' it! We just wanna keep bringing people together to have a good time.

Midnight: Duet with Bruno Mars, ON Mars.

GREENBELT MUSIC FESTIVAL

A first-ever Greenbelt Music Festival in Clive brings more than 20 bands to the Greenbelt Trail on May 19-



Photo by Matt Hillman

20. The family-friendly event takes place in the grassy area off the Greenbelt Trail and by the Horizon Events Center.

Tariq Lundy, operations and booking manager, says the Horizon Events Center is putting on the festival as a way to kick off summer with a community event and fundraiser. "It's to encourage the bike trail. Clive doesn't have a main street, and we consider the Greenbelt a type of main street."

In addition to Here Come the Mummies, headliners include Infamous Stringdusters, a jam-grass band, and country singer Jameson Rodgers. Other bands include the rock band Big Wu, local bluegrass band Cardinal Sound and more.

Patrons can bring chairs, blankets and ride their bikes to the festival. It's open to all ages, with food trucks and beverages, along with a silent disco, laser tag and games. Concerts take place on both indoor and outside stages. Kids younger than age 12 get in free. Tickets for each day of the festival are \$35; a two-day pass is \$64, VIP tickets \$139; plus fees. For more information, visit www.greenbeltmusic.com. ■

SOUND ADVICE

BY JACKIE WILSON

Summer is a great time to enjoy live music in the beautiful outdoors. Can we get a happy dance, woop-woop? May is when the calendar starts filling up with must-see music events. Visit Valley Junction in West Des Moines for the **Festival Cinco de Mayo** on May 6 including live music by **Guitarras ATM**, **Trio**

de Colores and **Grupo 515**. If you can't make it for the festival, you can always stop by for **Music in the Junction** every Thursday evening until the end of September. May 4 kicks off the first concert with music by the **Unfortunate Sons**; May 11 is **Molly Nova & the Hawks**. **The Field Daze Music series** at Lauridsen

Amphitheater hosts a series of concerts starting in May. Bike there for easy parking and access. On May 6, the **Pork Tornadoes** for a 1980s, 1990s and 2000s dance party, with the opening band **HYPE**, a 1980s glam rock experience. For more info, visit www.firstfleetconcerts.com/first-fleet-venues/lauridsen. ■

'The Super Mario Bros. Movie' flops

"The Lego Movie" and "Wreck-It Ralph" proved that films adapted from games could be plenty of fun. "The Super Mario Bros Movie" is not one of those films.

Nintendo's iconic Italian-American plumber has already inspired one flop — and this sluggish new animation isn't much better. In some respects, it might be worse.

Mario, also known as Jumpman, is the main protagonist of the Super Mario Bros. series and the mascot for Nintendo with a bottomless love for journeying and adventures. He is the older twin brother of Luigi. The character was created by Shigeru Miyamoto and has appeared in more than 200 games, making Mario one of the most beloved characters in the history of video games — known by most all, whether they play the video games or not. And while "The Lego Movie" and "Wreck-It Ralph" proved that films adapted from games could be plenty of fun, whether or not you're familiar with the games in question, "The Super Mario Bros Movie" is not one of those films.

Of the many disappointing aspects is that the early scenes set in Brooklyn are promising. Mario (Chris Pratt) and his nervous younger brother Luigi (Charlie Day) are established as good-hearted, bushy-mustached young guys who are trying to build their own independent plumbing business. There are some sly nods to the games and some witty explanations for the characters' more questionable qualities: their white gloves are a marketing gimmick, Mario tells his skeptical family, and their exaggerated Italian accents are put on for a marketing hook. The opening scene is an amusingly chaotic set piece that demonstrates Mario's physical and mechanical talents in which a tap-fixing job is sabotaged by an embittered dog.

Apart from some self-mockery and further comedy by playfully using things from the Nintendo game world, the film itself is not as comical as it could have been. Most comedy is still intended for younger viewers.

Anyway, one night the brothers investigate a flood, which is never explained. They find a magical pipe, which is also never explained. The pipe zaps them both to another planet, or possibly another universe. And, you guessed it, that's never explained, either. Mario finds himself dropped in the Mushroom Kingdom, where cheerful talking fungi are led by Princess Peach (Anya Taylor-Joy). But poor Luigi is dropped in the dark kingdom, led by the monstrous Bowser (Jack Black), the turtle/dragon leader of a race of turtles called Koopas. By a remarkable coincidence, the brothers arrive on this surreal planet (or, possibly, in this surreal universe) just after Bowser has just got hold of a glowing star that will enable him to conquer Mushroom Kingdom.

To the untrained eye, it looks as if he and his



"The Super Mario Bros. Movie"

PG | 92 minutes

Directors: Aaron Horvath, Michael Jelenic

Stars: Chris Pratt, Anya Taylor-Joy, Charlie Day, Jack Black

army are so strong that they could have conquered it, anyway, but I digress. "The Super Mario Bros. Movie" has the kind of baffling, nonsensical mythology you might expect when a Japanese game company creates an Italian-American plumber from Brooklyn, and then keeps developing that character's adventures for 40 years. But, after a few scenes, it becomes clear that the directors have given up on making a cartoon that anyone might enjoy and have concentrated instead on piling on references for the benefit of the games' devoted fans.

The studio is obviously so sure that they have a can't-fail franchise on their hands that they haven't even bothered with world-building. For instance, a flashback shows us that Princess Peach is a human who wandered into the Mushroom Kingdom from another planet — maybe even the same planet as Mario. But this mystery is neither cleared up nor mentioned again, presumably because the producers are saving it for one of the many sequels that they're planning. And why not? This film is approaching a \$1B payday.

The film doesn't just have quick references to these games; it has long sequences lifted from them. Rather than moving along the plot, the directors keep making the characters run around gravity-defying aerial assault courses, or drive racing cars along a rainbow, just because that's what happens in the games. They slow the film to a standstill every time Mario and Peach interact when they are supposed to be rushing to defend her realm from Bowser's invading army. Who knew that the slapstick with a dog in a Brooklyn bathroom would be its dramatic and comedic highlight?

"The Super Mario Bros. Movie" has an astonishing lack of jokes, twists, memorable lines, exhilarating stunts, touching emotional moments and anything else that might engage a viewer who isn't playing spot-the-allusion. Adults accompanying those children may wish they were watching the Hoskins and Leguizamo flick instead. ■

"Fool's Paradise"

NR | 97 minutes

Director/Writer: Charlie Day

Stars: Charlie Day, Jason Bateman,

Jason Sudeikis



"Fool's Paradise" is a satirical comedy following a down-on-his-luck publicist (Ken Jeong), who gets his lucky break when he discovers a man recently released from a mental health facility (Day) looks just like a method actor who refuses to leave his trailer. With the help of a powerful producer (the late Ray Liotta), Ken helps the man become a huge star, even marrying his beautiful leading lady (Kate Beckinsale). Their adventures lead them to cross paths with drunken costars (Adrien Brody), irreverent unhoused action heroes (Common), unpredictable directors (Jason Sudeikis), a super-agent (Edie Falco), and power-mad moguls (John Malkovich). Fame and fortune are not all they are cracked up to be, and the two men must fight their way back to the things that matter the most.

"Hypnotic"

R

Director: Robert Rodriguez

Stars: Ben Affleck, Alice Braga,

JD Pardo



Blending elements of science fiction with film noir, "Hypnotic" focuses on Detective Daniel Rourke, the kind of man who'll stop at nothing to crack a case. That's especially true when he stumbles across a bank robber who also happens to be — you guessed it — a hypnotic. That's someone who can use psychic powers to influence people. That skill comes in handy when you're trying to get away with stacks of cash. However, as Rourke pursues his powerful, psychic prey (and finds himself being hunted as well), he begins to realize that this trippy crime spree might be related to the mystery of his missing daughter, Minnie. In his quest to figure out what's actually going on, he joins forces with another hypnotic who may have her own motives in this mind-bending game. Needless to say, the further Rourke digs, the twistier and trippier things are going to get, and there might even be a government conspiracy at play, too.

"Blackberry"

R | 122 minutes

Director: Matt Johnson

Stars: Jay Baruchel, Glenn

Howerton, Matt Johnson



Two mismatched entrepreneurs — egghead innovator Mike Lazaridis and cut-throat businessman Jim Balsillie — joined forces in an endeavor that was to become a worldwide hit in little more than a decade. The device that one invented and the other sold was the BlackBerry, an addictive mobile phone that changed the way the world worked, played and communicated. But just as BlackBerry was rising to new peaks, it also started losing its way through the fog of Smartphone wars, management indecision and outside distractions, eventually leading to the breakdown of one of the most successful ventures in the history of the tech and business worlds. ■

Chris Vance's 'Moderate Restraint'

An indefatigable painter who has to be to keep up with demand and his personal standard

Chris Vance is Des Moines' artist. His murals are seen all over town. His paintings are so popular that even before his new show, "Moderate Restraint" at Moberg Gallery, opened, more than 30 new works had been sold. "That's confusing because his collectors buy several paintings at the same time. Probably only 12 sales accounted for over 30 works," explained gallery owner TJ Moberg. No one else in Iowa commands such respect.

Vance is an indefatigable painter. He has to be to keep up with demand and his personal standard.

"I could spend five hours or 50 hours on a painting, but I know it's going to be a lot better if I spend 50 hours on it. So I do."

To help with all that, his son Colton now collaborates, shares a studio, and is featured in "Moderate Restraint." This is great fun for those of us who have followed Vance since he broke away from "Sticks" to forge a personal career. We have watched his children grow up in his paintings.

Moberg archivist Mikaela Mullin explains the new show best. "Just in time for spring, Vance has created Euclidian bouquets that need no water and last forever. These geometric floral paintings and mixed media works not only explode in true Vancian fashion, but they bloom intelligently into the space of our eye and its line of sight, leading us to acknowledge relationships and how our life is about exchange and change."

I think a good part of Vance's wild popularity is that he incorporates parenting in his painting. For that reason, his most powerful new piece is the self-portrait "Empty Nest." Dad with a crown and a can of beer, jeans rolled up, smiling through his tears, as a little bluebird fledges from his hand.

"It's both goofy and poignant, which is Vance's forte, of course," Mullin explained.

"Moderate Restraint" shows through Saturday, May 6.

Moberg now represents Mr. Brainwash. Two of his works were shown during the Chris Vance exhibition. This is a huge deal. Mr. Brainwash, nee Thierry Guetta, is a French-born, Los Angeles-based street artist on the level of Basquiat. According to the 2010 Banksy-directed film "Exit Through the Gift Shop," Guetta was owner of a used clothing store and amateur videographer who filmed street artists through the 2000s and became an artist in his own right in a matter



"Empty Nest" by Chris Vance, 48" x 48", mixed media on panel 2023

of weeks after an off-hand suggestion from Banksy. He has designed album covers for Madonna and worked with many musicians, including Michael Jackson, Wyclef Jean, and the Red Hot Chili Peppers. He has taken over spaces for installation at the Opera Gallery London and at Art Basel Miami; showed during 2012 Olympics in London; and was part of Saatchi Gallery Art Wars. He does not lend paintings on consignment but made an exception for Moberg, because he is as whimsical as a Chris Vance painting. Like I said, a huge deal.

Following Vance at Moberg will be Jason Woodside. He has been making exterior walls all over the world that amazed viewers for years. His collaborative projects and commissions include high fashion and street

brands, boutiques, galleries and museums, such as Colette in Paris, Adidas, Faberge and Obey Clothing, as well as the New Museum in NYC, Saatchi & Saatchi, and Jeffrey Deitch.

Olson Larson Galleries is still in limbo. They were hoping to open the doors to their new permanent home in May, but it looks like mid-June now. Follow "From the Food Dude" on Daily Umbrella for the news when it becomes known. It's free. <https://www.thedailyumbrella.com/subscribe>

The Des Moines Art Center is leading a day trip to Iowa City May 6. A docent-led tour of the Stanley Museum of Art and lunch are included. Register now <https://desmoinesartcenter.org/event/member-day-trip-travel-opportunity-iowa-city>. ■

IOWA ARTISTS



Photo by Jackie Wilson

Genevieve Lavalle

Textile artist creates touchable art.

BY JACKIE WILSON

Art takes many forms. From oil paintings to charcoal drawings, to sculptures and statues. Art made from fabrics and textiles gives more depth — something you can touch.

That's what fiber and textile artist Genevieve Lavalle loves most about her artwork.

Lavalle is located at Mainframe Studios. Her craft consists of various fabrics and textiles, using different methods to create her artwork. For example, her tapestry uses a rug hook and punch needle or a tufting gun, which punches yarn in and out of the fabric. It may look like a rug, but she refers to it as a tapestry or rug art.

"Rugs — it sounds too informal. I don't walk on my artwork," she says.

Lavalle doesn't always create a set design.

"I can do anything simple. I like the slow process of intricate work. You can simplify as much as you want or get experimental," she says.

She grew up as a youth drawing and also witnessed her parents' entrepreneurial endeavors in the restaurant industry. In college, Lavalle took a weaving class and learned how to make pom poms and tapestry, which "snowballed" into other mediums.

Several years ago, Lavalle experimented with fabrics, posting ideas on her Instagram page ([lavalle_studio](#)). During the pandemic, she says her Instagram page "blew up," attracting more than 14,000 followers. She uses Instagram as a business tool and an inspiration page to

show products.

"It wasn't a goal. It just happened," she explains. "Just because you have followers, it doesn't mean you're successful. More followers doesn't equal sales."

Lavalle moved into Mainframe in 2021, sharing the studio with two other artists.

"Moving into the studio makes my work more legit," she says.

Lavalle likes how she can incorporate splashes of color into her artwork. A collection of a silhouette of Venus de Milo yielded 24 different colors.

"I like how the texture is. It's not stuck behind a glass, and it's super approachable," she explains.

Her passion is using donated or repurposed yarn and other fabrics.

"I found inspiration through repurposing and turning it into something else."

Friends whose grandmas have passed away have donated yarn to Lavalle.

"It's cool to give it a second life. Materials used to be higher quality back then. It's more meaningful to me than buying something brand new," she reflects.

Lavalle hopes to take that aspect of her art and turn it into a non-profit business venture.

"I'd like to open up a donation store that's not Michaels or JoAnne's with thrifted art supplies. So many families and kids waste and throw away art supplies. A lot of materials can be reused and repurposed. The lower



Photo by Jackie Wilson



Photo by Alyson O'Hara

cost means people could afford art supplies."

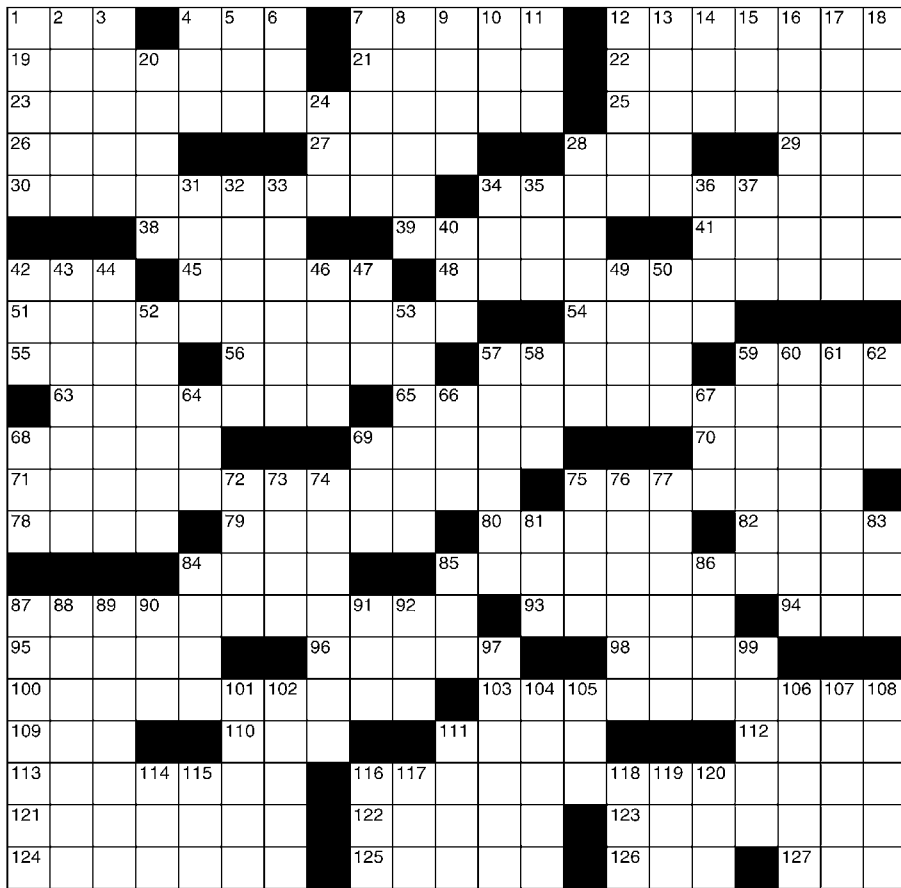
The most challenging part of her artistry is ignoring any self doubt that creeps in.

"You're completely working for yourself. To be an artist, you need to be vulnerable and show parts of yourself," she says. "But that's also the best part — sharing myself and my work with others." ■

PUZZLES

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

TWELVE OF DIAMONDS

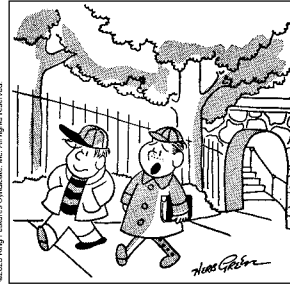


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- ACROSS**
- 1 -- Sharkey ("70s sitcom)
 - 4 Winter bug
 - 7 Corn, to Brits
 - 12 SoCal daily paper
 - 19 Mammal with a black mask
 - 21 Cook's wear
 - 22 Ant-Man's partner in a 2018 superhero film
 - 23 Oakland basebatter's footwear?
 - 25 Boarded, as a train
 - 26 Langston Hughes poem
 - 27 Stuff hitting an umbrella
 - 28 Fa-la linkup
 - 29 Coop female
 - 30 Calamari prepared by a San Francisco basebatter?
 - 34 Atlanta basebatter's collection of Kia cars?
 - 38 Son of Isaac
 - 39 Watch slyly
 - 41 -- Park (home of Edison)
 - 42 Atty's. gp.
 - 45 "Scorpio" co-star Delon
 - 48 Chicago basebatter moonlighting as a journalist?
 - 51 Detroit basebatter's Easter flowers?
 - 54 Vaping item
 - 55 Designer von Fuerstenberg
 - 56 Like many tiny headphones
 - 57 Put the -- (try to coerce)
 - 59 Oomph
 - 63 Gold lumps
 - 65 Money owed by a Washington basebatter?
 - 68 Tether again
 - 69 Actor Quinn
 - 70 OshKosh -- (kids' clothing brand)
 - 71 What a Minnesota basebatter sleeps on?
 - 75 Enormous
 - 78 Latin "to be"
 - 79 Litigious sorts
 - 80 Taunt
 - 82 Article in Ulm
 - 84 Pioneer Boone, briefly
 - 85 Cincinnati basebatter's chewy candy?
 - 87 Something a St. Louis basebatter confesses?
 - 93 "Oh My My" singer Ringo
 - 94 Ending with cash
 - 95 Kitchen range brand
 - 96 Warhol and Roddick
 - 98 Pixar's lost swimmer
 - 100 Kansas City basebatter's toast topper?
 - 103 Pennant won by a Pittsburgh basebatter?
 - 109 President pro --
 - 110 Right-angled pipe joint
 - 111 Sleek, in brief
 - 112 1993 Nobelist Morrison
 - 113 Some wind players
 - 116 Florida basebatter's rod-and-reel activity?
 - 121 Web page for aficionados
 - 122 Figure skating leaps
 - 123 Sideways
 - 124 Felt hats
 - 125 Dog strap
 - 126 Single bill
 - 127 "Nuts" actor Wallach
 - DOWN**
 - 1 Jenny with a diet plan
 - 2 Singer LaBelle
 - 3 Women's golf star Lorena
 - 4 Enemy
 - 5 Filming locale
 - 6 Bi- minus one
 - 7 Member of a Kenyan tribe
 - 8 Plant pests
 - 9 "Fe" element
 - 10 Saldana of "Guess Who"
 - 11 Type widths
 - 12 No. 2 in a statehouse
 - 13 Burn -- in one's pocket
 - 14 Vietnamese New Year -- Jima
 - 16 Search to find a criminal
 - 17 Actress Getty
 - 18 Subsidize
 - 20 Exact copy
 - 24 Grand -- (wine type)
 - 28 Riviera resort
 - 31 Old autocrat
 - 32 -- Mae (loan offerer)
 - 33 Charmingly old-fashioned
 - 34 Sch. in Provo
 - 35 Pilfer from
 - 36 Smelly city air
 - 37 Atop, in odes
 - 40 Old IBM products
 - 42 Noshed on
 - 43 The top story
 - 44 Rabbitlike rodents
 - 46 Lands in eau
 - 47 Actress Vardalos
 - 49 MBA subj.
 - 50 -- colada
 - 52 Motor
 - 53 Some Muppet dolls
 - 57 Just one little bite -- Tin Tin
 - 59 More antsy
 - 60 10th-century pope
 - 61 Lack
 - 62 Final degree
 - 64 Sparkly rock
 - 66 Spots on TV
 - 67 16-oz. units
 - 68 Numbered rd.
 - 69 Pt. of ETA
 - 72 Clumsy -- ox
 - 73 Skipjack, e.g.
 - 74 Reveal everything
 - 75 Grain in ale
 - 76 South Korean airline
 - 77 Confidential
 - 81 Koch and Asner
 - 83 Always, in odes
 - 84 Old TV part
 - 85 Letters after Sen. Javits' name
 - 86 "It's either you --!"
 - 87 Haul away
 - 88 One-celled organisms
 - 89 Actor Burr
 - 90 Genetic stuff
 - 91 Skit show since '75
 - 92 Mount -- (Charley Weaver's home)
 - 97 Hexes
 - 99 "King -- Hill"
 - 101 Volkswagen model
 - 102 Somebody -- problem
 - 104 From Erin
 - 105 Actor Ely
 - 106 French river
 - 107 Record of a single year
 - 108 2003 Ben Affleck flop
 - 111 Field of study
 - 114 Propyl lead-in
 - 115 Tristan's title
 - 116 Bad, to Luc
 - 117 Hatchet, e.g.
 - 118 "Alice" spinoff
 - 119 Holm of film
 - 120 Holy Mlle.

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!



"I've learned one thing in the third grade — when I get married it won't be to any _____!"

- Behind
FRATE
- Plenty
MAPLE
- Pierce
CLEAN
- Pursue
ACHES

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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

DIFFICULTY: ♦

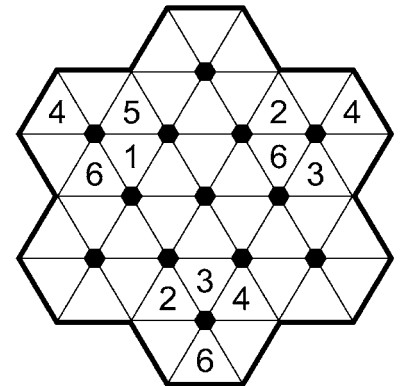
- ♦ Moderate ♦♦ Challenging
- ♦♦♦ HOO BOY!

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SNOWFLAKES

by Japheth Light

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



DIFFICULTY: ♦♦♦♦

- ♦ Easy ♦♦ Medium ♦♦♦ Difficult

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GO FIGURE!

by Linda Thistle

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

		-		x				8
x			+			÷		
		-			÷			1
	÷			x			+	
		-			x			14
6			6			9		

DIFFICULTY: ★★★

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

1 1 2 3 4 5 7 8 9

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WHAT THE...

Think you're funny?

Send us your best caption...

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

Next month's photo:



PHOTO COURTESY OF GRATISOGRAPHY

This month's winner

"When coffee and Dippin' Dots meet to make another worthless \$7 beverage."

— Matt Garcia



Runners-up

"Still working out the kinks in supply/demand at Dippin' Dots."

— Spencer VerMeer

"No! I said 'Cream' but no confetti." — John Flater

"If a spoonful of sugar helps the medicine go down, then a cupful will make the glucose go up." — Mary Wedewer

"I will have a cup of coffee and a donut with sprinkles only hold the donut and the coffee, please." — Mark Alvord

"When I ordered sweet tea on April Fools Day, the joke was nonpareil." — Tom Geraty

"I like to put a little tea in my morning cup of sugar, just to help liven things up." — Sam Sampson

"This gender-reveal idea sprinkles much confusion." — Dennis Moore

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

BY JOE WEEG

I know it's not a competition, but still...

The dark blue Irish Sea, streaked with light on the cresting waves, moves far below my winding cliff path. Listen, I get that people love the ocean. Of course, it's not the Des Moines River or even the Raccoon, but the ocean does aggressively measure the smallness of your life. And not favorably. Some people like that. Not me.

And then there are the seagulls. They nest on the cliff walls, incessantly crying that they are just slightly annoyed. At what? The coffee is too bitter? The coffee is not bitter enough? Why are they so angry? They would do well in the United States today.

The splat of their poop paints the faces of the cliffs with bright whites against the cold stone. Apparently, they are the graffiti artists of the bird world. Although these seagulls seem to be related to Iowa turkey buzzards. I'm fairly certain they are waiting for me to drop from exhaustion so they can treat me as they do a plastic bag of garbage on the side of the road — torn to shreds. Just saying, keep your eyes open.

And, in front of me, with a spring and a hop, is my living-in-Ireland daughter, her Scotsman partner, and my wife. They laugh and talk and jump from stone to dirt to bright green grass, as they hike on the edge of the cliffs outside of the small fishing village of Howth, just north of Dublin. I trail behind, breathing hard, praying to not be dashed to my death, slipping on a wet stone while I stumble forward in a graceful lurching manner. They constantly check on the old man at the back, but I'm a poor conversationalist in the face of imminent death.

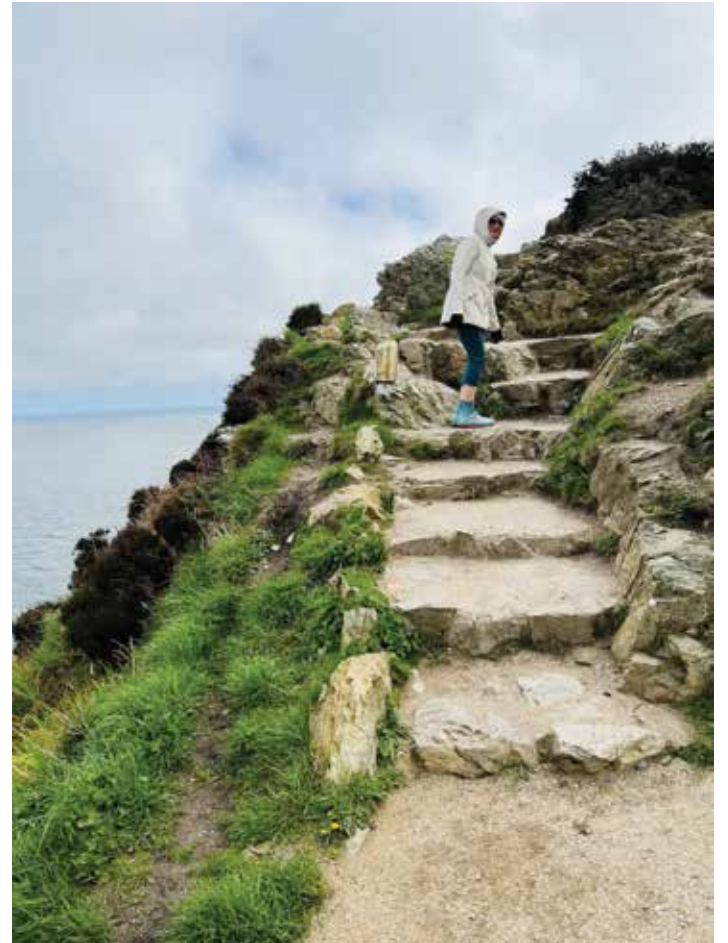
I know it's not a competition, but still...

To walk seems the most basic of endeavors. Right? It is supposedly THE THING TO DO based on all the old-people publications I get. Rarely do you see fitness experts advocating motocross or cliff diving for the seniors in your life. Fine. But I've never liked walking even during my marathoning and biking days. Walking is that slow-dripping faucet you can hear from your bed, monotonous and never-ending and mildly irritating. I'm not sure that anyone walking has actually ever arrived. Which may be the source of those T-shirt proclamations like — “it's not the destination, it's the journey” — something you might say to your kid when they've lost for the 10th time in a row. Yup, walking is not for winners.

I know it's not a competition, but still...

But as far as I can tell, the Irish are great walkers. It's not an image I treasure. I like the stereotype of the drunken Irishman. They arrive at the pub early and leave late. Well, now I know why they sit with a pint of Guinness and stay until thrown out at dawn — they have just spent the day walking.

And like my wife and daughter and the Scotsman, the Irish are not just walkers, they are fast walkers. Every morning I wake in my lovely fishing village, drink three



tons of coffee, and go on a walk. So does everyone. If you saw me walking, you might hesitate for a moment to figure out if I'm actually moving forward. “Glacial” would not inappropriately describe my walking style. Or perhaps you've been to a zoo and seen the Slow Loris. That's me.

So on my hike next to the ocean, high on the cliffs, everyone passes me. I constantly veer off the path so the elderly, the infirm, and the very young can pass without plummeting to their deaths. Everyone is so very friendly. “G'day.” “How are ya?” “Thanks so much.” Or if it's raining, as it usually is, “Welcome to Ireland,” they say with a laugh and a shrug and a twinkle. Indeed.

What would happen if I gave them just a little nudge?

I know it's not a competition, but still...

I can't put it off any longer. It is time for me to go out and walk. Wool and rain gear are the fashion. Although I must admit the clothes feel cozy today. The steep hill up to the cliffs is slightly easier. Hmmm. My step seems to be getting a little lighter. Wow. I even smile at the too-brief taunting sun. Perhaps my Irish luck is changing? Yahoo.

Then the first elderly man and his grandchild pass me. “G'morning,” they shout cheerily.

ARGGH!

I know it's not a competition, but still. ■

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



From Boise to Tina Turner to summer camp

With a constant flair for finding exceptional scripts to produce, Iowa Stage Theatre Company prepares its next gem. “A Bright New Boise” will grace the Stoner Theater stage from May 12-21, and its selection brings Samuel D. Hunter’s Obie Award and Drama Desk nominated play to central Iowa audiences. Add a healthy dash of home state pride, as its playwright is a University of Iowa Writers’ Workshop alum. Hunter is also a successful screenwriter, honored for his multiple award-winning 2012 play, “The Whale,” recently adapted into the Oscar-winning film from his screenplay.

That’s a lot of creative firepower driving this production. “A Bright New Boise” is considered Hunter’s 2011 breakthrough play. The story is anchored by Will, who moves from his rural Idaho hometown and gets a job at the Boise Hobby Lobby for a fresh start. Moving, funny and filled with Hunter’s signature talents for drawing the human elements into his characters, “A Bright New Boise” promises a fulfilling cultural adventure.

In a recent interview with Hunter, he expanded on some underlying motifs in this story.

“I’ve always been interested in the way that Christianity interacts with modern American life,” he begins. “And I’m frequently disappointed by our stages and screens representing modern evangelicals as delusional or simple. So, I hope that audiences feel like they’ve spent time with someone who is real, someone for whom their faith is both grounding and destabilizing in an increasingly secular world.”

Hunter adds insightful reflections about what separates live theater from film or television. As a MacArthur “genius grant” fellow, among other honors, his talents and experience offer much in preparation for the immersive experience of “A Bright New Boise.”

“I think the simple fact that we’re sharing a space with the actors, breathing the same air, immediately makes the theater a perfect platform for stories about our current moment. There’s also a collective suspension of disbelief that goes on when people watch plays — unlike most film or TV, theater isn’t trying to capture real life as it actually looks and sounds like. Somehow that allows us to focus all the more on the people being represented, not the spectacle.”

Iowa Stage’s director, Alex Wendel, added his special insights into this production. He has special connections to this story because he lived in Boise, worked retail for years with a breakroom much like the one this story takes place in, and often questioned his own purpose.

“Samuel Hunter stories take mundane settings and render them extraordinary. ‘Bright New Boise,’ in particular, has us contemplating what gives a life meaning, questioning our need for religion, and wondering if we really would be better off swallowed up in the apocalypse.

“You’ll laugh, you’ll probably want to hug one of these characters, and maybe punch another one.”

Tina Turner’s complex story anchored by musical prowess

Des Moines Performing Arts brings a powerful show to central Iowa with the first national tour of “Tina: The Tina Turner Musical.” This show tells the inspiring journey of a woman who broke barriers and became the Queen of Rock n’ Roll. One of the world’s best-selling artists of all time, Tina Turner has won 12 Grammy Awards.

Roz White (as Turner’s mother, Zelma Bullock), shares how she cherishes “standing backstage in the wings and tearing up listening to the audiences fall in love with this woman (Tina Turner) all over again, every single night.”

“You get the musical magic, all the songs,” White continues. “Katori Hall (who wrote the book) infuses Tina’s music into her story, that is, the true story of Tina’s life as told by Tina herself.”



Naomi Rodgers and Zurin Villeneuve portray Tina Turner in Tina: The Tina Turner Musical. Photo credit: Naomi Rodgers and Zurin Villeneuve photographed by Matthew Murphy and Evan Zimmerman for MurphyMade, 2022.

SUMMER CAMP WITH CREATIVE FLAIR

From tots to adults, central Iowa cultural organizations offer creative immersion from STEAM to performing to directing that await the cultural adventurer. Summer camp, especially in the creative realms, offers participants new opportunities to explore subjects new to them, to experience activities that will challenge, engage and otherwise expand their worlds.

Class Act Productions (CAP Theatre) in Altoona. Summer CAmP 2023, Five summer camp programs. www.captheatre.org/summer/camp

Des Moines Community Playhouse. A wide range of ongoing classes and camps is available, including summer programs. www.dmplayhouse.com/education/classes-and-camps/

Des Moines Performing Arts. Musical Theater Camp, Broadway Intensive, and Broadway Academy are offered. <https://desmoinesperformingarts.org/classes-camps/>

Iowa Stage Theatre Company.

Offers three summer classes through West Des Moines Parks and Recreation. www.iowastage.org/classes

Science Center of Iowa. Offers a wide range of camps for different age groups and interests. www.sciowa.org/education/camps/camp-directory

Tallgrass Theatre Company.

Seedlings Children’s Theatre Camps Summer 2023. Eight different week-long camps beginning in early June and continuing through mid-July. <https://tallgrasstheatre.org/seedlings> ■

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

OVERHEARD IN THE LOBBY

Des Moines Community Playhouse – Kate Goldman Children’s Theatre

Through May 7. “How I Became a Pirate”

Tallgrass Theatre Company

Through May 7. “Wonder of the World”

Iowa Stage Theatre Company

Through May 12-21. “A Bright New Boise”

Des Moines Community Playhouse – Friday Funday

May 12. “Snow White”

Pura Social Club

May 13. “Duets Cabaret”

Des Moines Performing Arts

May 16-21. “Tina: The Tina Turner Musical”



BOOK REVIEWS

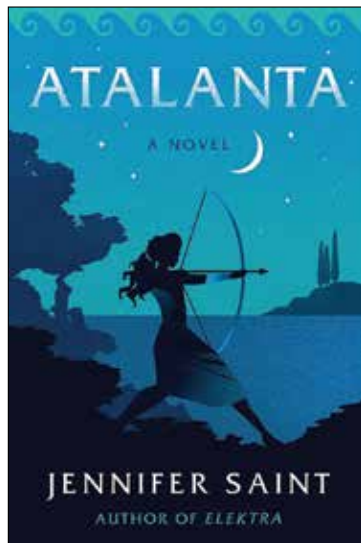
COURTESY OF BEAVERDALE BOOKS

'Atalanta'

In my head, there's a whole interwoven universe of feminist mythological retellings. Like a Marvel Cinematic Universe, but for ancient stories badly in need of a revival. Next up in this wide and wonderful series of stories is perhaps the greatest heroine in all of Greek mythology, the incredible Atalanta.

Born an unwanted daughter of a king and left to die as a result, the wild and free Atalanta grew up under the care of a mother bear and the goddess Artemis, who gave her the kind of freedom most other women could only dream of — at a price, of course. Atalanta becomes something unique in a world built for men, a woman who embraces her femininity while also going toe to toe with every male hero she meets.

This incredibly beautiful retelling of an ancient, inspiring myth is everything I want in a historical story — action-packed, heartfelt, accurate and startlingly relevant. Jennifer Saint is a master storyteller, and I can't imagine anyone imbuing this tale with more care and precision. Don't let this incredible story stay forgotten; it's too good to miss. ■ — *Review by Julie Goodrich*



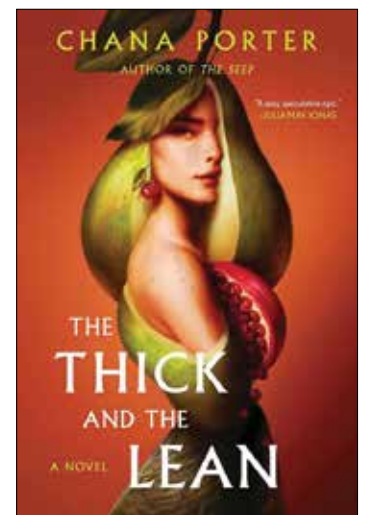
By Jennifer Saint
5/9/23
304 pages
\$28.99
Flatiron Books

'The Thick and the Lean'

It used to be that dystopian novels that take things to seemingly fantastical extremes were simply meant as allegories, a lesson and a warning wrapped in the shape of a far-fetched future. And yet these days a future in which a fascist, religious extremist government controls arbitrary aspects of individual lives seems less unrealistic and a little more horrifyingly prescient.

Beatrice grew up in a culture in which pleasure from food was strictly forbidden. Every calorie counted, every bite scrutinized. Her secret love of cooking and her joy in eating threatens to upend her entire life, until she discovers a book that will change everything. Parallel to Beatrice's story, Reiko is a brilliant student caught in a classist net with only a few bad choices left — until she, too, finds the same book and takes control of her life in dramatic fashion.

Issues of class, body-shaming, misogyny, racism and more weave through this thought-provoking and powerful story that ends on an uncertain note, leaving room for interpretation and reflection in the best way. Haunting and exhilarating. ■ — *Review by Julie Goodrich*



By Chana Porter
4/18/23
384 pages
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DES MOINES FORGOTTEN

BY KRISTIAN DAY

The Blank family's roots in Des Moines theater

The carny showman lifestyle was in A.H. Blank's blood, which made the Blank family members great salesmen.

I write a lot about movies, including my experiences making them or my experiences watching them. Des Moines' film history fascinates me, from the insane Evangelical Apocalypse films of Russell Doughten and Donald W. Thompson to Iowa's own Cinema Paradiso story with the Bev Mahon's Varsity Theatre. Before all the major chains took over the exhibition market, there were Fridley Theaters. And before them, there was Central State.

Central State was founded by A.H. Blank, a Romanian whose family immigrated to the United States in 1890 when the family settled in Council Bluffs. Early on in his career, he worked in Omaha as a balloon and novelty salesman. He was also a carnival barker at the Trans-Mississippi Exposition in 1898. The carny showman lifestyle was in his blood, which made the Blank family members great salesmen.

A.H. Blank opened his first theater with Abe Frankel to benefit from the foot traffic of trolley riders during their commutes. Frankel was also a carny of his own, as one of his other ventures is the now-gone Riverview Park. Blank and Frankel opened the Casino Theater together on Locust Street, between The Garden Theater and The Family Theater. This was back when Des Moines was flooded with stage and movie theaters from the early 1900s. Not all theaters were playing movies back then. Some would run newsreels exclusively, and people would pop in to catch news about Drake University's sporting events or reports from Washington, D.C.

They first named the company Tri-State and then later Central State Theatre Corporation and, rightfully so, as they were in the heart of Iowa. Their competition consisted of local guys, the legendary RKO Picture Company (which produced "King Kong") and Paramount Pictures. Back then, movie companies were able to monopolize the entire industry. They would produce movies and then distribute them to their own theaters. This made it difficult for small theater operators to compete. Imagine if Disney owned their own movie theaters, and the only way to see a new "Star Wars" movie would be at a Disney-owned-and-operated movie theater. Thankfully, on May 4, 1948, the U.S. Supreme Court voted to dismantle the Hollywood Studio System. In *United States v. Paramount*, the court found the studios had violated anti-trust laws, which was a devastating blow to five major studios and three smaller ones. This opened the wild west of movie exhibition in the United States.

In 1948, Central State opened the Southeast 14th Street Drive-In. It had a 600-car capacity, and they opened with the Marx Brothers in "A Night in Casablanca." Obviously, winters were a challenge and so were daytime hours. Theater operators had to get clever with how they made money during those times. In 1952, Central State opened the Capitol Drive-In on N.E. 14th at N.E. Broadway Avenue. They opened with a double feature of "The Big Trees" with Kirk Douglas and "Gallant Bess" with Cameron Mitchell. It could hold 728 cars, had mid-century modern styling with patio seating at the concession stand, and had electric in-car heaters.

The company expanded its business outside of Des Moines and into Cedar Rapids



and Iowa City. By the 1950s, Central States Theaters owned and operated more than 100 theaters in Iowa, Nebraska, Kansas and Missouri.

A.H.'s son, Myron, took his place with Central State. In the 1950s, Myron Blank was instrumental in convincing major studios to release their films on a wide basis rather than in a limited number of theaters. This helped to make movies more accessible to the public, and it also helped to boost box office receipts.

Myron Blank was also one of the first theater owners to realize that television could be a threat to the movie business. However, he also saw that television could be an opportunity for theaters. Blank began to experiment by showing television programs in his theaters, and he eventually created a network of theaters that showed television-only programming. This network, known as Tele Theatres, helped to keep Blank's theaters afloat during the difficult years of the early 1950s.

A.H. Blank passed away in 1971, and Myron Blank did in 2005. Today, we continue to see the Blank name all over this city. A hospital, a zoo, and multiple parks all carry the Blank name as the family members were significant philanthropists. Even so, not many residents know that their success was in movie exhibition.

If you want to learn more, I recommend checking out Mark Heggen's documentary, "Lost Cinemas of Great Des Moines," as it provides the deepest dive on old movie houses in the area. ■

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



CARS IN THE CITY



Chevy Blazer

Iconic vehicle is far from its original 1969 version.

BY JACKIE WILSON

Nostalgia sells. In the past few years, old model cars, or rather their model names, have made a comeback. The Ford Bronco is back, the Ford Mustang is an electric, and the Chevy Blazer returned in 2019.

Like the other comeback vehicles, this Blazer is far from its original 1969 version. Today, this model is a crossover SUV and family car instead of its iconic off-road status.

The model driven was the 2023 Blazer RS-AWD, with a price tag of \$53,415. This is the mid-range of three models, and you can pay a little less or more depending on the features. Gas mileage is average for an SUV with 21 miles to the gallon combined city/highway.

The Blazer is a solid ride with a 3.6 liter, V-6 engine and 9-speed automatic. Car enthusiasts know performance is a big selling point.

But some of us don't kick tires and look under the hood. All we care about is how it looks. This Blazer, with its iridescent pearl body and black trim, along with high gloss black aluminum wheels, looks sporty and modern. Add the red interior accents, and the color scheme doesn't get any better. The interior styling lends to another Chevy model — the Camaro. They've taken the elements such as the big grill, a wide stance and rounded air vents from the Camaro.

Standard on all models are the Chevy Safety Assist with lane departure warning, front pedestrian braking, lane keep and more.

Got teenagers? Then let them drive this car. The

Blazer offers teen driver technology, which is built in the system. It helps you coach your new driver — even when you're not there. Worried that junior will floor it as soon as he rounds the corner? Just set the speed limit alert and volume limit in the car. It tracks if the car had any forward collision alerts, and it can mute audio until passengers are buckled in.

At the end of the drive, the car puts out a "report card" detailing the driver, which indicates how far he or she drove, the maximum speeds and the overspeed warnings. Just enter a PIN number to enable it. But remember not to enter the same number you use for your garage door opener or your savvy teen can disable it.

Of course, connectivity is key in any new vehicle. A 10.2-inch touch screen with wireless Apple CarPlay means the cord of your phone no longer gets tangled up with your coffee thermos. Just set your phone down for charging ease.

Critics say the new style is not like the original model, which debuted in 1969. Ford came out with the Bronco in 1966, and Chevy needed to compete. Originally called the K5 Blazer, it was more of an off-road vehicle with only two doors. With its rugged exterior and removable fiberglass top, the Blazer became a best seller in the off road, adventure market.

Since 1969, five generations of Blazers evolved, and they ceased production in 2005. Since 2019, the Blazer continues to blaze trails, albeit now the trail may be to the supermarket rather than an off-road adventure. ■



Life of Cy: under the mask

Previously hidden under the guise of a mascot, Dan Bieck now walks among the rest of us.

Viewed in the millions and cherished by the thousands, mascots are just as much a part of athletics as the athletes.

Maybe that's a bit of an overstatement, but the reality remains that most every sporting team and event will have a mascot, and each mascot will have its own life force.

Dan Bieck was one of those life forces.

Bieck, now living in Norwalk, attended Iowa State University in the early 1990s and was one of the school's mascots, switching between Cy and Clone from 1991-1993.

After pledging to Delta Tau Delta, one of Bieck's pledge mates, Brian Buttons, who was a former mascot himself, informed Bieck about the opportunity to be Cy.

"At that time, they're saying there's roughly probably 200 applicants, and you have to give a written essay of why you want to be a mascot, why you would be good," Bieck said with a smile. "That cut the applicant pool down in half."

Bieck knew he had to get creative in order to stand out from other applicants, and a brilliant idea came to mind to spoof an interview with legendary ISU basketball coach Johnny Orr.

"We had an old-school audio recorder, and I had them (Bieck's friends) come through and enter, pretend they were Johnny Orr, the old basketball coach, and Johnnie Walker was interviewing me, and that got me past the first hurdle."

The current Cy costume weighs roughly 10 pounds, according to recent mascots. Bieck was not as lucky when it came to what he needed to wear.

"The old-school Cy, which was roughly 10 feet of rebar, I'd say 50 to 70 pounds," said Bieck.

Bieck was the last man to don the old-school Cy outfit, which had been in use for decades before and even featured in a photo with the legendary Louis Armstrong.

Mascots are continually finding their way into some sort of hijinks on the sidelines, and Bieck was no stranger to this.

Recounting one of the many stories from his tenure, Bieck explains that it's common for mascots to get into "fights" with each other and

allow the home mascot to "win." However, at Kansas State, a mascot may have overstepped the unspoken agreements.

"He hit me with a right hand, spun my friggin' head around, and it snapped my chin strap. It turned my whole head about halfway around. Now I'm completely blind, and he takes me out. He kicks me, or something, knocks me down, and all of the sudden the stadium becomes very loud," said Bieck. "Next thing I know, tuba players from the band are on top of him, and a couple of guys ripped him off."

Bieck doesn't hold resentment, as he told the story with a grin, but he did make it clear that the Kansas State mascot needing to only feature a headpiece is "cheating."

"That's not a real mascot," he said.

Bieck singled out one of his favorite memories as being part of the Special Olympics.

"That was actually one of my first dates with my wife," as his then girlfriend, Jen, would often join him when Cy needed to travel for events.

"I'd be a hugger. So usually, at Special Olympics, every kid would have a hugger. They run the 50-yard dash, and their mom or dad or volunteer or someone would be a hugger when they come across the finish line. They'd be some of the best people you'll ever meet. But at one of them, I was the only hugger, and it just turned into a mad dash. They didn't stay in their lanes, and they just pummeled me down on the ground. That will always be one of the highlights of my life," said Bieck.

Post-Cy life has treated Bieck well. During his time as a mascot, he expected attending the typical events, but hadn't considered all of the charity events and volunteering that came with it. After moving to Illinois to start his own veterinary clinic, Bieck wanted to continue what the life of Cy had started for him.

"I was volunteering probably at too many things stretching myself thin, but I'm trying to be more of a part of the community," he said.

Bieck moved back to Iowa and claims he's never leaving.

"I've said for years. If you could put Iowa on the beach, you'd have heaven. But then everyone would move here and ruin it." ■



PEOPLE & PETS



Toby and Sophia

Horses are therapeutic for Laura Kersey.

BY JACKIE WILSON

A beloved childhood horse is now in its golden years of life.

When Laura Kersey got her horse, Toby, at age 10, she never imagined him getting as old as he is. Toby, a Palomino, turned 32 on April 12.

“It’s a last hurrah for him,” Kersey says.

Although he is too old to ride (she hasn’t ridden him since he was 20 years old). She recently adopted a pony, Sophia, from the Animal Rescue League. She thought the horses would get along.

“Toby wasn’t needing an emotional support animal. He hates her,” she says. “He knows it’s his replacement.”

Kersey grew up on a crop farm with horses and cattle, as both her mom and grandparents were horse lovers. She competed in quarter horse and 4-H horse shows.

When she went to college, Toby was still part of her life. When she returned home, she would ride Toby.

“If I was under stress from college, I’d ride him, brush him and feel a lot better,” she recalls.

Kersey finished college to be a nurse practitioner, and she now keeps the horses, boarding them on a farm near Norwalk.

As Kersey arrives at the barn, she gets out of her vehicle, and the horses get the “winnies.”

“They know I’m here, and they know that they’ll get a treat from me,” she says.

She visits both horses at least twice a week but longs to be with them on a full-time basis.

“I almost put in an offer for an acreage. That’s a dream for some day,” she reflects.

Yet, she knows Toby is happy where he’s at. Sophia and Toby are kept separately since they’re not the best of friends. Toby has a special friend at the stable.

“He’s got a girlfriend named Chicken, so he’s set. She’s a chestnut mare, and he’s head over heels for her. He follows her everywhere,” Kersey says.

Over the years, Toby has had three distinct coats. Today, as Toby ages, just like humans, he doesn’t



Photos by TP. Creations Photography

produce as much hair as he used to. A blanket keeps him warm most days.

Kersey admits that horses are costly.

“Older horses require more care. It’s gotten more expensive over time. It’s like my mini car payment,” she says.

In adopting Sophia from the ARL, Kersey hopes she’ll serve as an emotional support pet.

“She’s too little to ride and weighs only 280 pounds. The goal is that she gets ridden by my nieces and nephews. It’s more for entertainment.”

Kersey reflects on her love of horses and acknowledges she was always the “horse-crazy” girl growing up.

“They are so beautiful and majestic. Over the years, it’s been therapeutic. You learn about caretaking, responsibility and building relationships with an animal to compete. It’s prepared me for other parts of my life,” she says. “Every little girl should have a horse.” ■

A 'Major' impact on the biking community

Canadian hero who broke barriers finds his impact on Iowa's bicycle paths.

The month of May is national bike month. However, one of cycling's most interesting stories is largely untold. Major Taylor Iowa bike club aims to change that.

Marshall Walter "Major" Taylor is a name that isn't often uttered in the same sentences as this country's other most renowned Black athletes, despite being the first of any to become a world champion. Taylor, as a teenager, won the sprint championships in the one-mile and two-mile competitions in 1899 and 1900. His legacy, in part, lives on through this nationwide cycling club.

President of the national Major Taylor Association, Lynne Tolman, has an inspiring aim for the club.

"Our goal is to make Major Taylor a household name like Jackie Robinson. Our shortest explanation of who Major Taylor is is that Major Taylor was the Jackie Robinson of cycling. As soon as you say Jackie Robinson, just those two words, people know who he was, what he did, and why he's significant. Well, Major Taylor broke the racial barrier in his sport half a century before Robinson did it. So, really, we should be saying it the other way around, right? Jackie Robinson was the Major Taylor of baseball," said Tolman.

Locally, Kristine Jimenez, who goes by Sunnie, considers herself the founder of Major Taylor Iowa (MTIA). However, the desire for this club to be created was never her own.

"I simply saw myself as the driving force helping to make a club happen here, and I decided if I was going to participate, I should probably educate myself on the life and legacy of Major Taylor," said Jimenez.

During spring break of 2022, Jimenez and her children traveled to Indianapolis to see the Major Taylor exhibit in the Indiana State Museum.

"The story captivated my heart. The themes of resilience and success when faced with such adversity resonated with me. At that point, I had experienced overcoming some hard things, and the story was inspirational," said Jimenez, thus leading to the club officially being established on March 22, 2022.

After taking in Taylor's struggles with racism and prejudice, Jimenez knew she wanted Iowa's club to represent the same values that Taylor's story inspired in many.

"Our club is open to all individuals regardless of race, creed or skill level," said Jimenez.

"Our mission statement is that, through the Major



Taylor story and our club, we hope to advocate for Black cyclists by cultivating a supportive community of like-minded cyclists that build up, encourage equity and spark passion for the sport of cycling so it can be more accessible regardless of socioeconomic background, ethnicity or experience level," Jimenez said. "I want Major Taylor Iowa to be a place where individuals can come no matter their experience or background and gain friendships, enjoy time on the bike and maybe learn something new."

MTIA doesn't charge fees for those who wish to join the club. Since its inception, the club has seen more than 80 individual riders tag along. Jimenez said that MTIA has more than 40 dedicated riders who come out in support on any given ride.

The club has a signature ride every Monday starting at Water Works Park at 6:30 p.m. Regardless of the weather, this group of riders will show up to demonstrate their positive and inclusive message.

"I would love to partner with other local clubs and bike shops to offer a bike clinic, volunteer more, and promote getting out of your comfort zone to try something new and also hope to continue to grow our teen program," said Jimenez.

Last fall the group put on an event called the "Fall Frenzy," a joint ride with the Major Taylor club located in Kansas City, which they hope to turn into an annual occurrence.

The club has also supported RAGBRAI and other Des Moines-located biking clubs such as Black Girls

Do Bike to further spread the word about their growing club.

Jimenez hopes the club can continue to expand beyond their group rides. The relationships that have blossomed, and the camaraderie on display as a result of this community, are some of the many reasons Jimenez cherishes this club.

"I enjoy that it provides a place for my entire family. It gives me a place to shine and share and also allows me an outlet to do good in the community in an area that I am passionate about," said Jimenez.

One of the club's most prominent figures is Ross Wilburn. Wilburn was the first Black mayor of Iowa City, the first Black Iowan to be elected as the chair of either major political party in Iowa, and is the first Black state legislator from Story County where he currently serves as a state representative.

"The MTIA club offers me the chance to support diverse groups coming together for healthy activities, build a sense of community, and celebrate the history and accomplishments of Major Taylor," said Wilburn.

Another member, Cedric Jones, said, "I love being involved with an organization that stands for something. Something that has a rich history. As a Black man who loves Black/American history, this was the perfect fit. The members are great, essentially a second family for me. What more can you ask for?"

Open to all ages and all people, MTIA hopes to continue to grow as a club and continue to spread their message across the metro. ■

WALKS OF LIFE

Facing their fears

Reaching a goal often requires planning, hard work and determination. Sometimes it also requires courage. For some, their fears stand in the way of moving forward. Others face those fears head on and meet the challenge. Residents who have accomplished what they thought they couldn't share their stories of perseverance.

COMPILED FROM THE IOWA LIVING MAGAZINES



Joy Appenzeller

Fear of heights

When Joy Appenzeller found out her stepson, Al Appenzeller, was buying a hot air balloon, her first thought was that he was crazy. And though Al wanted Joy to experience a balloon flight with him, her fear of heights, and the thought of being in the air not attached to anything, kept her on the ground.

After 17 years, Joy finally had an important reason to conquer her fear. And it had to do with her husband, Terry, whose health was declining. Al had gotten a new basket with a door, and he wanted his dad to be the first to ride in it.

"I knew I needed to push past my fears because it might be the last time Terry and I would be able to ride together," Joy says. "My love for him and doing things together was stronger than my fear."

Looking back, she says she regrets that it took her so long to discover the joy of floating above the earth in a hot air balloon.

Source: *Indianola Living*, April 2023; by Becky Kolosik

Read the full story here:



Cindy Marnin-Borcherding

Fear of water

Cindy Marnin-Borcherding remembers becoming frightened of deep water when she was 5 — a fear that was reinforced later in childhood. It hadn't been difficult avoiding the source of her fears, so she didn't feel any strong desire to learn to swim. However, a vacation changed her mind.

"I decided after being in Mexico and loving the ocean — only up to my knees, that is — that I would try to conquer it, so I enrolled in private swimming lessons."

Once she finally decided to face her fear, she was determined to overcome it in a big way — by snorkeling in the ocean. The lessons had helped her gain confidence and prepare her for her next trip to the ocean.

While snorkeling may not have become a hobby, Cindy says she is pleased to have finally overcome a fear that had followed her since childhood.

"I can't say I will ever do it again. But, I can say that I did it," she says.

Source: *Adel Living*, April 2023, by Chantel Boyd

Read the full story here:



Jerry Stratton

Fear of driving

Jerry Stratton, the associate principal at Summit Middle School in Johnston, is a driver education instructor and, as such, has been in the passenger seat beside his share of students with jitters — and outright fear — of driving.

"I got started after I had a student who was a passenger in a fatal car accident, and I wanted to help students and staff feel safe behind the wheel," he says.

Despite the excitement many students have about learning to drive, they are also often apprehensive. "Everyone is nervous to some degree when we start," he says. "The more practice they have before we start that first drive helps give them confidence and is a big factor in how stressed they are."

One might wonder, is Jerry afraid when he gets in a car with a student driver? Some days — believe it or not — teaching driver's ed is less stressful than his day job, he says.

Source: *Johnston Living*, April 2023, by Ashley Rullestad

Read the full story here:



John Hooker

Fear of public speaking

John Hooker, an engineering manager, admits that most engineers are great at their jobs — but not necessarily at speaking in public. "Engineering colleges don't teach soft skills," he said. "It's intimidating to get up in front and talk to others."

He's not alone. According to the National Institute of Mental Health, 75% of people rank fear of speaking in public as their top fear.

To gain confidence, John joined Toastmasters 11 years ago and is currently president of the Toastmasters group in West Des Moines. Members participate in a variety of speaking exercises and provide feedback to help each other improve and gain confidence in speaking before a group.

"I went from being a nervous wreck to speaking confidently at work," he says. "I didn't think I'd ever have the opportunity to speak in front of 300 people. Practice makes perfect. I might still be a little afraid, but I still go in and talk to people." ■

Source: *West Des Moines/Jordan Creek Living*, April 2023, by Jackie Wilson

Read the full story here:



get the **JOB**

Helpful tips for your employment search

Need a career boost? Try an accelerated degree

(BPT) - Amidst dramatic shifts in the national workforce and ever-changing job market, those in or entering their careers without formal education face an uphill challenge.

In a recent survey, the Bureau of Labor Statistics reported that nearly half of the more than 800 occupations they analyze annually require a college degree. Those occupations at the bachelor's or master's degree level are now netting graduates about \$36,000 more in median annual salary than those at an associate's level or less — and this trend is likely to continue increasing.

With such a wide wage gap, it's clear that undergraduate and graduate degrees are profitable investments for employees looking to upskill or change careers and first-year students alike. However, the cost of these degrees and the time needed to complete them can still be a barrier. While taking additional courses in high school or transferring credits from prior collegiate experiences can help, not everyone can take advantage of these opportunities.

Fortunately, innovative universities now offer an alternative: earn both degrees in less time.

Arizona State University is leading the way by creating affordable 4+1 degree programs, allowing students to concurrently complete an undergraduate and graduate degree. The ASU Online 4+1 programs include degrees for in-demand fields such as information technology and health care. Students in any of these online programs are able to fast-track their degrees and accelerate their career potential by saving up to a year of master's coursework and tuition.

Is an accelerated degree program the next step in your career path? When evaluating your options, consider how much time these programs take to complete, the total cost and how they may affect your career outcomes.

• **Time.** Generally, it takes a minimum of four years to attain a bachelor's degree and an additional two years to graduate with a master's. An accelerated program allows learners to shorten the time it takes to attain either of these degrees. ASU Online, for instance, combines undergraduate and graduate coursework during senior year for dual credit, so a student receives both degrees in five years.

This process isn't exclusive to first-time-in-college students. Transfer students can also benefit from an accelerated degree program. They can complete these degrees even faster by working with their academic counselor to chart a plan for which courses they need to take to be on track with an accelerated program.

What's more, the pace and structure of online programs allow learners to maintain employment while they get their degree. Earning while learning is especially advantageous to master's degree students who are less likely to receive grant aid, fellowships or tuition waivers than undergraduates and doctoral students.

• **Career outcomes.** Looking to the future, the Bureau of Labor Statistics projects to add the most jobs in 2020-2030 in industries where careers typically require an advanced degree.

While some individuals may have a defined passion and clear career path, others may not know what credentials are necessary to pursue a position in their desired industry. Conducting research on what occupations are growing and what knowledge can help you enter those fields can yield beneficial results.

When considering employment trends for 2020-2030, the bureau projects health care and social assistance will add the most jobs of all industries, with an estimated 3.3 million jobs.

Technological advancements will also increase the long-term demand for computer-related occupations, especially with the rise of teleworking, which has expanded the need for computing infrastructure and IT security.

ASU Online, aiming to make education accessible for students across the country, currently offers more than 30 accelerated 4+1 degree programs.

To learn about ASU Online's accelerated and traditional degree programs, visit ASUOnline.asu.edu. ■

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