

OCTOBER 2023

# CITYVIEW

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## THE BUSINESS OF FEAR

Area haunted houses attract growing numbers as they work to make Des Moines a "mecca for the haunt community."

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# FROM THE PUBLISHER

## Fear sells

The year was 1975, and my brother Steve told me about a “haunted house” that was in our hometown. Not a house that was truly haunted, but rather an old home that a group of people decorated with the intent of scaring people. At 7 years old, I was up for anything. And, to my surprise, Mom allowed me to go.

Sure I was a little apprehensive, but I was expecting friendly monsters like Count Chocula and Frankenberry. This was, after all, before the days when slasher movies became mainstream. I also had to act tough, as my classmate Lori was there, and I didn’t want her to see me cry. And if things got really scary, I had my big brother with me, and that’s all I needed. This all sounded great until the guy with the chainsaw came out. I sprinted home alone.

In this month’s business journal story, Colson Thayer digs into the business of haunted houses and helps us learn from several local operators how fear sells.

### Who are these folks who like to scare people?

Ever wondered who the people are who dress up as actors in the haunted houses? Are you curious as to what would inspire them to take on such a role? And what if you had interest in doing this yourself? Well, you are in luck, as Cyote Williams offers the answers to these questions and more in this month’s Your Neighbors feature where he interviews one of the workers at The Slaughterhouse.

### Remembering a haunted home in Beavertdale

Following in the Halloween theme, Kristian Day shares his experiences in a house full of haunts that were not part of any business. The house, which was built in the late 1800s, is still located in Beavertdale today and was part of the original Hickman Farms. The stories are chilling. Be sure to read Des Moines Forgotten.

### End-of-life decisions for your pet

Joe Weeg tackles a serious subject that most every pet owner has to deal with — how to deal with a dying pet. New services are offered now to help pet owners deal with the process and the grief. Pet hospice, mobile euthanasia and cremation services are just a few of the options that are available today. Learn more in this informative feature story.

You will find all this and more in this month’s issue of your locally owned and operated CITYVIEW magazine.

Thanks for reading. ■

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OCTOBER 2023



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Area haunted houses attract growing numbers as they work to make Des Moines a “mecca for the haunt community.”

Cover photo courtesy of The Slaughterhouse

Start your morning off right with an update from

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# ASK CITYVIEW

By CITYVIEW staff

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

## Q. Where does animal and human medical and biological waste go?

A. Medical waste from people and animals is disposed of in a variety of ways, according to experts at [danielshealth.com](http://danielshealth.com). Some local facilities that generate this waste have capabilities to deal with it onsite; others don't.

For hospitals, the main goal of disposal is to eliminate bacteria and organisms that could be harmful to other people. According to [aftermath.com](http://aftermath.com), these procedures must be followed with extreme precision and care to avoid anyone coming into contact with bloodborne illnesses and biohazards.

Incineration reduces the volume of waste that would need to be transported from a facility to a landfill or other disposal site.

Hospitals also use a technique called autoclaving, which utilizes heat in the form of steam to sterilize certain types of medical waste, effectively killing microorganisms.

Regulated medical waste is defined as "material generated in research, production and testing of biologicals or health care such as: infectious animal waste, human pathological waste, human blood and blood products, needles and syringes, cultures and stocks." All must be treated by an EPA (Environmental Protection Agency) sanitization process.

Veterinarian clinics must also follow federal and state laws when disposing of animal carcasses. There are routine options for disposing of the carcasses such as burial, landfill, composting, cremation or incineration and rendering evolving technologies.

Companies that dispose of medical waste in Des Moines include Bio-One and Stericycle.

## Q. Will the Lauridsen Skatepark be open during the winter?

A. The Lauridsen Skatepark, located downtown Des Moines at 901 Second Ave., experiences thousands of visitors throughout the year, and that doesn't stop once it gets cold.

The park is open year-round, permitted by weather conditions. Updates can be found on the park's availability and condition at [www.dsmskatepark.com](http://www.dsmskatepark.com). According to the website, Operation Downtown is in charge of maintaining the park. From December to March, they perform occasional walk-throughs. The other months of the year, they clean the park three times per day to keep the bowls open and rides smooth.

If the park is in need of maintenance, or you notice something that needs reported, email Polk County Conservation at [dsmskatepark@polkcountyiowa.gov](mailto:dsmskatepark@polkcountyiowa.gov) or call 515-323-5300.

## Q. When is the special election going to be held for the open Des Moines City Council seat?

A. After Des Moines City Councilmember Indira Shuemaker submitted her resignation, the council unanimously voted to include her vacant seat on the Nov. 7 ballot. Candidates who have thrown their names in the hat as of press time are Kimberley Strobe-Boggus, Chris Coleman, Rob Barron, RJ Miller and Kathy Hellstern. ■



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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](mailto:editor@dmcityview.com).

## FACEBOOK COMMENTS



cityview magazine (comments unedited)

**CITYVIEW magazine:** A 200-foot crack opened up in a rock face in Yosemite Valley in California. Care to guess what caused it?

**Ashley Fetters:** Rock stress. Aka exfoliation weathering.

**Vinnie Vinson:** Aliens?

**Tim Hielkema:** Water erosion?!?

**Julie Luepke:** Giants stomping around

**David Kuntz:** Wokeness.

**Ray G Lakers:** Godzilla

**Matt Brown:** Global warming?

**Bob Guthrie:** Political brainiacs will blame it on someone

**CITYVIEW magazine:** What two teams have the greatest Iowa high school sports rivalry?

**Taylor Eivins:** ADM vs DCG

**Curtis Busch:** Winterset vs Creston

**Francesca Bertagnoli:** Dowling/ valley

**Ann Smith Williams:** Algona/Algona Garrigan.

**Aaron Winters:** I'd like to say Valley/Dowling but after living in Iowa City for awhile I'd actually say West vs. City. It's a smaller town/larger rivalry.

**Curtis Busch:** Indianola vs DCG

**Laura Lynn Dehnke:** Waukee vs Northwest

**Michael Wellman:** North/East (DM)

**Paul Stigers:** In Des Moines it would be D.M. East vs D.M. North for sure.

**Joseph McConville:** Dowling Valley

**Adam J. Moraine:** D.M. East vs D.M. North  
#GOSCARLETS

**Caleb Lucas McBabe:** Growing up in the Quad Cities, Pleasant Valley v Bettendorf was always a huge deal around here

**Tracey Lloyd:** Dowling vs Valley

**CITYVIEW magazine:** Sasquatch. Loch Ness Monster. Abominable Snowman. Which of these, if any, do you think exist?

**Šejla Hall:** What about the Van Meter Monster...?! Discover had an episode on this!

**Barbara Kay:** Nessie.

**Pat Harrison:** None of them!

**Ray G Lakers:** As real as the Great White Sky Wizard, The Easter Rodent and Santa Claus.... all fear of the unknown for your \$\$\$...as are Aliens...

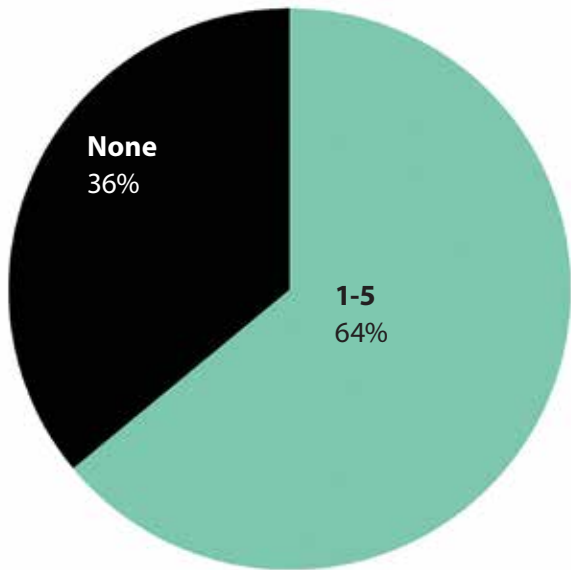
**David Tweedt:** Santa Clause.

**Dan Gregory:** Easter Bunny

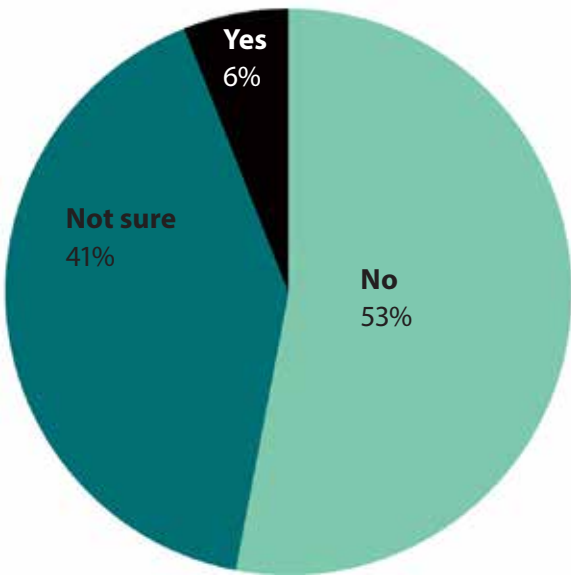
## POLL POSITION

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

**How many movies have you seen in a theater so far this year?**



**Are you concerned about the new COVID surge?**



## RETWEETS



(comments unedited)

**@BauceSauce:** as a millennial dad I've never not been Too Online so I know the best combination of buzzwords to maximize being annoying to my tween; she got a meatball sub for lunch and I said "oh she in her marinara era for real" and the eye roll could have powered our house for a year

**@RunOldMan:** It's a myth that we only use 10% of our brain, but I definitely know people who use less than that.

**@AnnaDoesntWant2:** Do you ever think about how many people squeezed the avocado that you're eating?

**@KimmyMonte:** if the moon landing really happened then where did the moon land?? i don't see it anywhere you think you'd notice it i mean it's at least 5, 6 feet wide

**@DrakeGatsby:** Love when people make a point and then bust out the "ever think of that?!" Like no. Almost certainly not. I have 8 thoughts a day and 5 of them are about sandwiches

**@mariana057:** I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.

**@SunshineJarboly:** me, in hell, wondering when my punishment will begin: i sure hope it's not painful. the devil walks in & hands me a phone: your mom is on the line, you need to explain how to get her printer to work

**@DocAtCDI:** Job interviewer: In the beginning, you'll be earning \$20,000, later on that can increase to \$40,000. Me: OK, I'll come again later then.

**@fakesportsceleb:** Who teaches the chickens to fry a steak?

**@ejt\_\_\_:** Putting a bunch of small decorative rocks in front of your house is a bold move, but putting one big rock in your yard is a boulder move.

**@MichaelaOkla:** Missed the ice cream truck today because I was too proud to run. And for what. What honor did that bring me

**@jennasaysquoi:** \*me liking the smell of gasoline\* "i have really expensive taste" ■



## Misguided government proposal targets ‘vexatious’ people

Easy access to government data and documents is desired by people of all political leanings

Many decades ago, Mrs. Gentry and Mr. Halferty put up with an inquisitive kid’s classroom questions about American democracy and the workings of government.

I did not imagine back then how the meaning of some words could take on such importance in government. Take, for example, a much-talked-about word in Iowa last week, vexatious. It means abrasive, aggravating, annoying, irritating or nettlesome.

Whether you vote for Democrats, Republicans or Whigs, everyone should have access to government records that are not confidential. That is a way for you to understand what your state and local government is doing.

Iowa’s open records law says succinctly: “Every person shall have the right to examine and copy a public record and to publish or otherwise disseminate a public record or the information contained in a public record.”

In 2012, the Legislature created the Iowa Public Information Board to referee legal disputes over the state’s “sunshine” laws. Last week, the board’s staff proposed legislation to give the board authority to designate certain people as a “vexatious requester” of public records — a status that would allow a state agency, city, county or school district to bar the person from seeking records for up to one year.

The factors contributing to someone being labeled vexatious would include the frequency, number and scope of their requests for government documents and “the nature, content, language or subject matter” of their requests or communications. The proposal would allow a government agency to seek “relief” from the allegedly vexatious person by providing the Iowa Public Information Board with details of “an unreasonable burden” these requests create and the person’s conduct that allegedly is intended to harass the agency.

As executive director of the Iowa Freedom of Information Council, I am paid to monitor how government deals with the people it governs. Iowa’s public records law was written a half a century ago. The proposed legislation would erode the transparency that is paramount to people’s ability to know what their cities, counties, school districts and state government are doing and hold officials accountable

for their actions.

When the law says “every person” has the right to examine and copy public records, it means just that. It means the likeable person, the disagreeable one, the gentleman next door, the kind lady down the road, the polite caller, the partisan, the friend, the foe, and, yes, even the vexatious requester. There is no asterisk allowing government officials to provide access only to those people who are not abrasive, annoying or vexatious.

Erika Eckley, the Iowa Public Information Board’s executive director and author of the draft legislation, said the bill is an attempt to provide relief for government employees who have been subjected to “significant harassing behavior” from people asking for documents.

Under the legislation, government agencies could ask the IPIB to declare someone to be a “vexatious requester.” At the conclusion of an investigation and hearing, the IPIB could issue a legally binding decision that the person was, indeed, vexatious and would not be allowed to submit more requests for records for up to one year.

This proposal is unwise and unnecessary. Iowa’s public records law and past court rulings already provide officials with authority to deal with people who submit voluminous requests for documents. And there already is a criminal harassment law.

Iowa law allows (though it does not require) agencies to charge requesters for the time employees spend retrieving and copying records. Agencies are allowed to demand payment in advance before employees start retrieving those documents. And court decisions have held agencies do not have to fill requests in a specific number of days.

As for some requesters being “clearly abusive,” as Eckley described them, welcome to life in 2023. Government employees and everyday Joes are no longer surprised when someone calls them a moron or a degenerate.

There is more at stake here than trying to use the law to enforce polite behavior.

Every time the public records law is changed to allow certain actions by government, those actions

become the norm, not the exception. Officials who want to discourage citizens or journalists from digging too deeply learn quickly they can use the new authority to make scrutiny difficult.

That occurred when the Legislature first allowed government to charge for employee time in processing requests for records. Suddenly, many governments needed to consult highly paid attorneys or information technology specialists on these requests, driving up the fees requesters would have to pay.

The Iowa FOI Council is concerned creating a “vexatious requester” designation would soon become another way government can make it difficult for some people to obtain records an agency prefers not to see in public hands.

Sound far-fetched? Look at Davenport, where at least one resident has been threatened with trespass charges for criticizing the actions of certain city employees and officials in the days immediately prior to the collapse of an apartment building, killing three people.

Some citizens are fine with officials making access to government records difficult. They do not want their taxes being wasted, in their view, on snoopery people. But easy access to government data and documents is desired by people of all political leanings — from those concerned about books and classroom materials school kids have access to, to environmental groups and landowners who want access to information about proposed pipeline routes, to social justice activists who want data on the race of people police stop.

Last week, I reminded the Iowa Public Information Board the intent of lawmakers was clear when they wrote the state open records law many years ago — that “free and open examination of public records is generally in the public interest even though such examination may cause inconvenience or embarrassment to public officials or others.”

And even if the examination is by someone who is vexatious. ■

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





# CIVIC SKINNY

BY CITYVIEW STAFF

## \$2 million residential sales. Nonprofit executive compensation. Underage drinking. Tattoo regrets.

Despite rising interest rates and home prices, a number of major residential purchases have occurred since the start of 2023 in central Iowa. CITYVIEW gathered details on seven homes that have sold for more than \$1.5 million, four of which went for more than \$2 million.

In Granger, a home built in 2021 at 11192 N.W. 108th Court was sold in March by Kimberly Development Corporation to **Aaron Moon** for \$2,667,542.

In September, **Jon Couture**, chief human resources officer at Principal Financial Group, purchased a \$2,475,000 home at 7580 N.W. 100th St. in Johnston from Kristin Rose. The seven-acre property has a pool with a pool house, five bedrooms and seven bathrooms (one for every acre). The 22-year-old home was remodeled in 2021 and has 4,360 square feet inside.

The nearly century-old home built in 1927 at 1401 Casady Drive in Des Moines was sold to **Eugene**

**Cherny** by Nixon Lauridsen for \$2,250,000 in May. Cherny, a plastic surgeon in Urbandale, now has six bedrooms and six bathrooms and more than nine acres of land. The basement is unfinished.

**Chad Toyne**, founder and CEO of Trader PhD, purchased a 3-plus-acre property and home at 7500 N.W. 100th St. in Johnston for \$2,037,500 in June from the Jian Jin 2020 Irrevocable Family Trust. The home was built in 2008 and features five bedrooms and six bathrooms, a home gym, spa, hot tub and fire pit.

We now exit the \$2 million range for something more... modest?

In July, **Sharon Lynn Dinshaw** bought her home for \$1,950,000 at 3721 Turnberry Drive in West Des Moines from John S. Ziemer Trust. Built at the turn of the century in 2000, this house has five bedrooms, seven bathrooms and a finished basement, as well as a wet bar, wine cellar and four covered garage spaces.

Stepping east of Des Moines to 5555 N.E. 88th St.

in Altoona, **Dr. Dominic Formaro Jr.** purchased his 2006 home for \$1,595,000 from Randall L. Childs in July. The surgeon has five bedrooms and six bathrooms, a pond with water features and an expansive backyard to go along with six-plus acres of land.

**Shannon Bryan**'s home at 11987 N.W. 102nd Ave. in Granger also crossed the \$1.5 million mark, coming in at \$1,559,000. The home was purchased from Lorraine Beard in August. Inside are three bedrooms, four bathrooms and a massive woodworking station with several machines inside the garage. Stepping out of the home is a makeshift beach that leads to the pond, accompanied by an outside bar. ...

Heads of nonprofit organizations in central Iowa may not have purchased the homes listed above, but it would appear that some of them could. We researched and pulled records of highest gross receipts, excluding medical-related nonprofits, and found these organizations' highest paid executives, according to their

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Leading the list is the executive director of the Iowa Farm Bureau, **Duane Johnson**, who made an estimated amount of compensation from the organization and related organizations of \$1,120,260, according to their organization's 2020 form.

Prairie Meadows President and CEO **Gary Palmer's** earnings have been widely reported, including here, at \$926,684, according to their 2020 report (not including bonuses). The second highest total at Prairie Meadows is COO **Ann Atkin**, whose total compensation rose to \$533,633, up by more than \$50,000 from the 2019 form.

**Jesse Jantzen**, CEO, president and director of Lifespace Communities Inc., retirement home facilities, saw his total compensation from the organization come to \$626,048, according to their 2020 form.

Drake University's 2022 form showed President **Earl Martin's** pay coming in at \$604,739.

**Kristine Knous**, president of the Community Foundation of Greater Des Moines, rounds out the top five with compensation of \$303,559. ...

According to a report by the American Road and Transportation Builders Association, Iowa is home to the most structurally defunct bridges in the country. The report states that 14,905 bridges are in need of repair, specifically 4,558 classified as "structurally deficient." The next closest state, Pennsylvania, has 3,022.

The director of the Iowa DOT, **Scott Marler**, said 50% of those bridges carry fewer than 35 vehicles per

day, and 74% carry fewer than 100. ...

According to a report from Iowa Workforce Development, the state's unemployment rate rose from 2.7% to 2.9% in August. Even with this rise, Iowa added 2,400 jobs and the workforce grew by 500 people. "Iowa employers appear to have acted cautiously last month amid ongoing worry about the national economy and rising inflation, however, we saw Iowa's pool of available workers increase, meaning that more and more Iowans continue to show a strong desire to find new careers across the state," said **Beth Townsend**, executive director of Iowa Workforce Development. ...

Clean energy jobs in Iowa continue to grow according to a new analysis of employment data released by business group E2 (Environmental Entrepreneurs) and Evergreen Climate Innovations. Clean energy jobs range from manufacturing of electric vehicles, solar energy installation, wind turbine repairs and more. The report states clean energy jobs in Iowa grew 3.5% in 2022. ...

The U.S. Forest Service selected the City of Des Moines as a recipient of a \$2.5 million Urban and Community Forest Grant from the USDA through the Inflation Reduction Act. Des Moines is one of 385 communities to receive funding from the U.S. Forest Service. The goal is to increase the country's tree coverage in urban, suburban and rural communities.

The city already has plans for the funding, which will be primarily used to fill 8,400 vacant right-of-way locations within 22 disadvantaged areas in Des Moines.

The planting and maintenance of these areas will take place over the next five years. ...

New data has been revealed about underage drinking in the country. The Addiction Treatment Magazine used data from the Substance Abuse and Mental Health Services Administration (SAMHSA) to determine if those aged 12-20 years old had consumed alcohol within the last month and if they participated in binge drinking. Underage Iowans managed to crack the top 10, and nearly the top five. Sitting at sixth on the list, the study shows that 19.3% of underage Iowans drank alcohol within the last month, with 9.4% binge drinking. ...

Recent findings from a LaserAway study found that Iowans ranked third out of 40 states on their list in terms of "tattoo regret." Residents in Iowa also ranked 10th in terms of most money spent on tattoos, with an average of \$699.99. ...

A report from WalletHub.com shows that residents in Iowa are the third most vaccinated in the country. They also ranked Iowa at sixth for children and teenager immunization rates, and seventh for adult and elderly vaccination rates. ...

Des Moines Mayor **Frank Cownie** announced he would not be running for reelection. Cownie has been in charge of Des Moines since 2003, making him the city's longest-serving mayor. Candidates who are aiming to take his spot so far are **Connie Boesen, Benjamin Clarke, Denver Foote, Josh Mandelbaum** and **Christopher Von Arx**. ■

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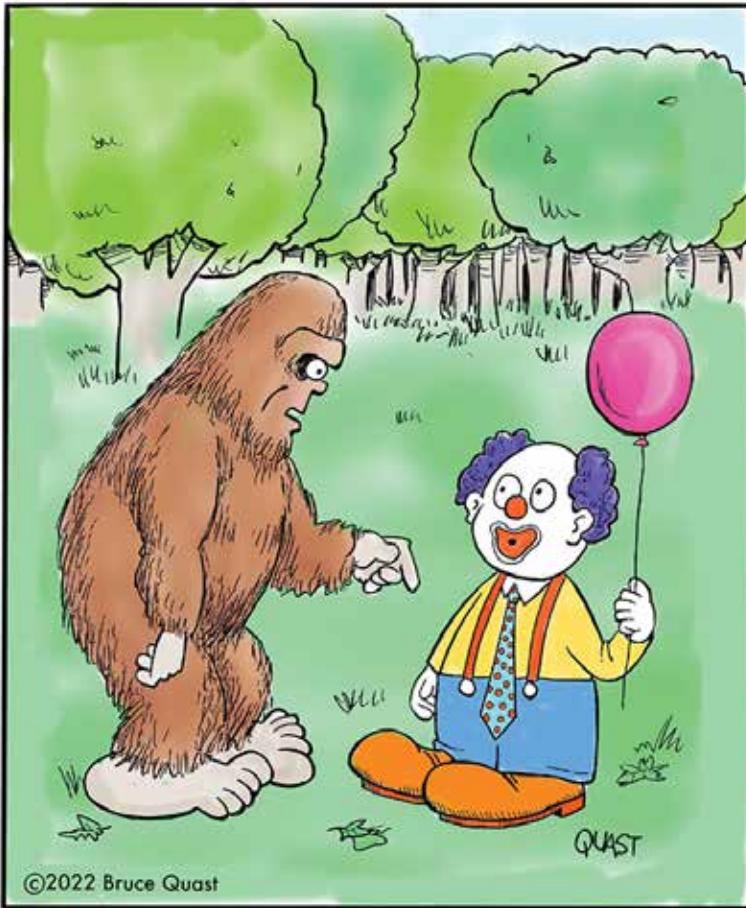
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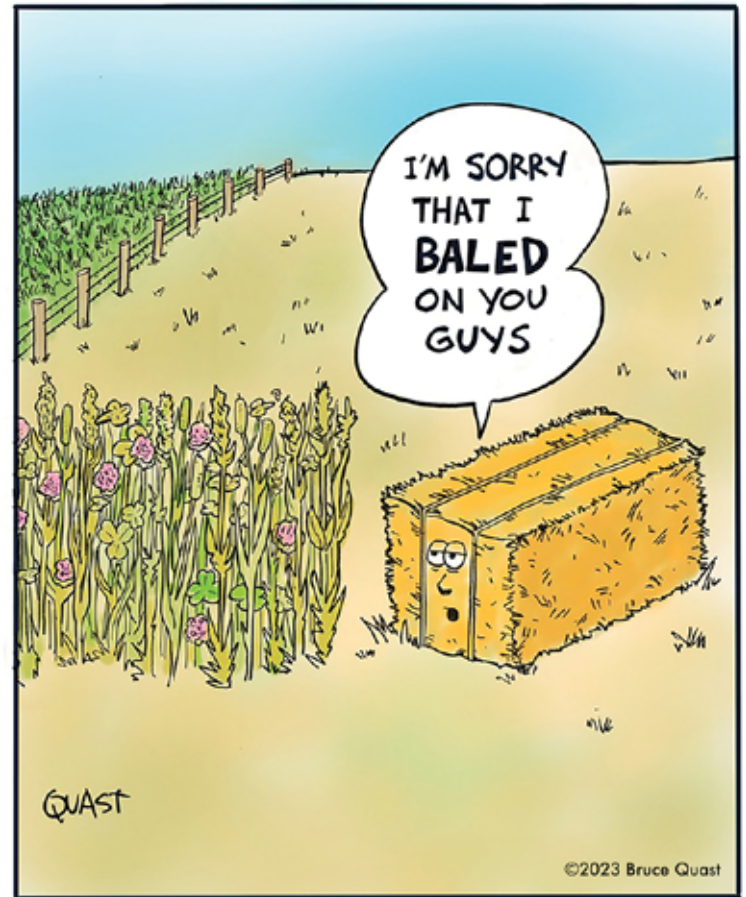


# COMFORTABLY DUMB

BY BRUCE QUAST



"Where you get your shoes?"





## Presidential candidate Burgum positions himself as ‘small-town kid’

Ramaswamy advocates tying value of dollar to ag commodities.

Republican presidential candidate Doug Burgum, a North Dakotan with rural roots, says energy independence and strategies to develop a strong economy are central features of his campaign.

What’s more, the North Dakotan says he understands rural America as well as anyone campaigning for the Oval Office.

“I’m just a small-town kid,” Burgum says.

Burgum hails from Arthur, North Dakota, a community of about 300 people. He worked his way through college, North Dakota State University, sweeping chimneys and went on to earn a master’s in business administration from Stanford University and founded a tech company, Great Plains Software, an organization so successful that Microsoft acquired it.

He understands how the economy intersects with the lives of Americans, from people in the trades to entrepreneurs, Burgum said.

“Inflation, among all the ills, is the worst one,” the governor of North Dakota said in Denison during a meeting with local Republicans at Bella Sera restaurant.

Inflation, in essence, saps money from people’s savings accounts as they are sleeping — it’s more than just the higher cost of milk and gas in the waking and working hours, Burgum said.

Burgum said the United States cannot retreat into isolationism as the American economy is so closely tied to those of other nations.

“When we have the world’s largest economy, we make a lot of stuff that other people buy,” Burgum said.

Of the United States’ \$25 trillion economy, about half of it is tied to foreign trade.

“We feed and fuel the world; that’s what we do,” Burgum said.

Burgum said the United States’ largest threat is China. But U.S. innovators have the firepower to win the economic battle, he said.

“If you want American manufacturing jobs to come back to this country, if you want to have lower inflation, if you want to have the best possible things for the environment, then every ounce of electricity, every electron, ought to be made here, not someplace else,” Burgum said. “We do it cleaner, safer, smarter, better than anyone else in the world.”

Long-time Republican activist Gwen Ecklund of Denison said Burgum is impressive.

“I think that he has some really vast knowledge and insight that is valuable, and that we are not necessarily hearing from other candidates,” Ecklund, the former Crawford County Republican chair who now leads that organization’s women’s group, said. “I think people will give him a look.”



Republican presidential candidate Doug Burgum says he understands rural America as well as anyone campaigning for the Oval Office. Photo By Douglas Burns

Burgum makes a strong case for what some in attendance see as President Biden’s shortcomings on the economy and management of the southern border.

### Ramaswamy offers a strategy for stabilizing the U.S. dollar

Among a buffet of provocative ideas and policies in businessman Vivek Ramaswamy’s hard-charging upstart presidential campaign, one stood out in the heavily agricultural community of Vail, Iowa, where the Republican held a rally.

Speaking to a Crawford County Republican event, Ramaswamy offered a strategy for stabilizing the U.S. dollar that drew the interest of grain farmers in the audience of more than 250 people gathered inside a welding operation on the western side of Vail, about 10 minutes from Denison.

“Tie it to gold, silver, nickel and agricultural commodities,” he said of the dollar. “That’s it; that’s all we need to do.”

The plan is part of what Ramaswamy said is a single mandate for the Federal Reserve: restore the stability of the U.S. dollar.

“We are working with what exactly the exact basket is,” he said in response to questions on the plan from Political Mercury “But, honestly, the volatility of those is relatively small.”

Would it just be grain or livestock?

“We would just do grain,” Ramaswamy said. “We would go for a limited set of hard commodities and a limited set of farm commodities pegged to historically looking over the last 60 years which have been the most stable. We want things that actually have supply that’s reliable.”

As it stands, the dollar is fiat money. It’s not backed



Republican presidential candidate Vivek Ramaswamy pictured with Vail farmer and cattleman Clint Von Glan. Photo By Douglas Burns

by gold or commodities.

Ramaswamy said he’s opposed to transitioning the U.S. dollar into digital currency as China has done with its currency, the yuan.

“China is doing it because they have a social credit system,” Ramaswamy said. “If you say something the government doesn’t like, if you do something the government disagrees with, even if it’s not technically against the law, that will allow them to just wipe out your bank account.”

Clint Von Glan of Vail, who operates a row-crop and cattle operation — and is the former president of the Crawford County Cattlemen’s Association, which has 400 members, says Ramaswamy’s ag-dollar tie is intriguing and had him thinking as he grilled burgers as he says it is a potential boost for farms.

“I would absolutely think so,” he said. “I would like to know more about it, but it would have to do nothing but good things for us here in rural Iowa.”

Long-time ag consultant Craig Williams of Manning, the chair of the Carroll County Republican Party and a former state senator, said the idea has merit. But he’s not sure how tying corn and beans to the dollar would work.

“Interesting concept,” Williams said. “With gold or silver, you can have a Fort Knox- type storage facility for physical assets that can last indefinitely. You can’t use physical assets for ag commodities. The commodity price is so volatile, I just can’t picture it. What if corn becomes completely displaced by some other commodities? Still, intriguing concept.” ■

*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](mailto: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

## JOHN DENVER TRIBUTE SHOW

Horizon Event Center,  
2100 N.W. 100th St., Clive  
[www.horizoneventscenter.com/event/ted-vigil/](http://www.horizoneventscenter.com/event/ted-vigil/)  
**Oct. 6**

Ted Vigil brings his ability to emulate one of America's best country music artists from days past, John Denver.



Credit Laura Wills Photography

## APPLE AND PUMPKIN FESTIVAL

Wills Family Orchard,  
33130 Panther Creek Road, Adel  
[www.willsfamilyorchard.com/apple-pumpkin-fest](http://www.willsfamilyorchard.com/apple-pumpkin-fest)  
**Oct. 7-8, 14-15, 21-22**

Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking, not to mention friendly barnyard animals for your little ones to pet. From 9 a.m. to 6 p.m. on Saturday and noon to 6 p.m. on Sundays.

## BEAVERDALE BANNED BOOKS FESTIVAL

Beaverdale Books,  
4801 Franklin Ave., Des Moines  
[www.beaverdalebooks.com](http://www.beaverdalebooks.com)  
**Oct. 7**

From 10 a.m. to 5 p.m., Beaverdale Books will be hosting a banned book festival featuring nationally recognized authors, panel discussions, a children's storytime hosted by Annie's Foundation, reading of banned poetry, vendor tables, and a banned books trivia contest. Last, but not least, a fantastic selection of books from the event's host will be on hand.

## WORLDWIDE FOOD TRUCK TOUR

Court Avenue Bridge,  
Court Avenue, Des Moines  
[www.worldwidefoodtrucktours.com](http://www.worldwidefoodtrucktours.com)  
**Oct. 7**

This tour makes a stop in Des Moines with a wide range of food trucks and entertainment that includes live music, bags tournament and a foam party for the whole family. This event goes from noon to 10 p.m.

## EASTERSEALS FALL FESTIVAL & WALK

Easterseals Iowa, 401 N.E.  
66th Ave., Des Moines  
[www.easterseals.com/ia](http://www.easterseals.com/ia)  
**Oct. 7**

There will be plenty to do at this year's festival and walk around Lake Cheerio, including horseback riding, a rock wall and face painting. There's also potential for youngsters to see their favorite superheroes.



Courtesy of West Des Moines Chamber



Photo Courtesy of Madison County Covered Bridge Festival



## RACCOON RIVER RALLY

Raccoon River Valley Park, 2500  
Grand Ave., West Des Moines  
[www.wdmchamber.org/raccoon-river-rally](http://www.wdmchamber.org/raccoon-river-rally)  
**Oct. 14**

Bikes, beer, boats and bands, what's there not to like? Take those boxes laying around and enter the cardboard box boat race, or find a spot on the river and enjoy the changing of the seasons from 11 a.m. to 6 p.m.

## MADISON COUNTY COVERED BRIDGE FESTIVAL

Winterset Square, Winterset  
[www.madisoncounty.com/covered-bridge-festival-2](http://www.madisoncounty.com/covered-bridge-festival-2)  
**Oct. 14-15**

The county's biggest event of the year celebrates its history and heritage alongside food and art vendors, a car show, parade and more. The celebration is from 9 a.m. to 5 p.m. on both days.

## IOWA WILD

Wells Fargo Arena  
233 Center St., Des Moines  
[www.iowawild.com](http://www.iowawild.com)

The Iowa Wild are the affiliate program of the NHL team, the Minnesota Wild. The Wild are led by first year head coach Brett McLean. Home games:

- Oct. 13 at 7 p.m. vs. Henderson (Vegas Golden Knights)
- Oct. 14 at 6 p.m. vs. Henderson
- Oct. 25 at 7 p.m. vs. Chicago (Independent)



# COMING UP

SUBMIT ENTRIES AND PHOTOS TO [EDITOR@DMCITYVIEW.COM](mailto:EDITOR@DMCITYVIEW.COM)

THINGS TO DO



## GREAT IOWA PET EXPO

Horizon Event Center,  
2100 N.W. 100th St., Clive  
[www.greatiowapetexpo.com](http://www.greatiowapetexpo.com)  
Oct. 21-22

Whether you're looking to adopt, shop, learn, or enjoy contests for pets, this expo has it all. From 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.



## CARDBOARD CAUCUS

Hilton Garden Inn, 205 S. 64th St.,  
West Des Moines  
[www.cardboardcaucus.com](http://www.cardboardcaucus.com)

Oct. 27-29

Named after the state's first-in-the-nation caucus, this event is all games, no politics. Starting at noon on Friday and 8 a.m. on Saturday and Sunday, attendees can expect a wide variety of board game tournaments for prizes, games to play with friends or strangers, and unreleased board games for play testing.



The Ricky Skaggs Band will perform at Hoyt Sherman Place on Oct. 12. Photo Courtesy of Hoyt Sherman Place

## HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

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

- Oct. 5: Tower of Power at 7:30 p.m.
- Oct. 6: Grace Potter at 8 p.m.
- Oct. 7: Amos Lee at 7:30 p.m.
- Oct. 10: Brian Setzer Rockabilly Riot at 8 p.m.
- Oct. 12: Ricky Skaggs Band and Kentucky Thunder at 7:30 p.m.
- Oct. 21: The Salvation Army: Unmasking the Singer at 6 p.m.
- Oct. 22: The Black Jacket Symphony Presents Eagles' "Hotel California" at 8 p.m.
- Oct. 27: The Nadas' 30th Birthday Party at 8 p.m.



Courtesy of Dynamic Motion

## DES MOINES BUCCANEERS

Buccaneer Arena  
7201 Hickman Road, Urbandale  
[bucshockey.com](http://bucshockey.com)

The Tier 1 USHL developmental hockey franchise continues to serve up a chance for amateur hockey players to enhance their ability to succeed at the next level.

Home games:

- Oct. 13 vs. Green Bay
- Oct. 14 vs. Tri-City
- Oct. 21 vs. Cedar Rapids
- Oct. 28 vs. Lincoln



## DES MOINES

## CIVIC CENTER

Des Moines Civic Center,  
221 Walnut St., Des Moines  
[dmpa.org](http://dmpa.org)

- Oct. 25: Dirty Dancing in concert
- Oct. 28: Spider-Man: Into the Spider-Verse live in concert

Courtesy of Des Moines Civic Center



# HOCKEY

## SEASON PREVIEW



Find out what to expect on the ice this season from the Iowa Wild and Des Moines Buccaneers.

By Cyote Williams

Get to know Iowa Wild's new head coach, Brett McLean, and gain player perspective from returning leftwing Mike O'Leary. And, take a detailed look at the Buccaneers' upcoming schedule. All this and more to keep you coming back to the ice this winter.

Iowa Wild center Nic Petan lead the team in points last season (62) with 23 goals and 39 assists, the fifth highest point total among centers in the AHL in 2022-2023.



# LET’S GET WILD

From 2018-2023, the Wild were coached by Tim Army. Army’s tenure was hindered by complications from the pandemic, but he did lead the Wild to some success. The team won a playoff series in his first year as head coach and posted winning records in the next three seasons despite COVID-19 leading to the cancellation of the season in 2020 and no playoffs being held in 2021.

In Army’s last season in charge, the Wild finished with a record of 34-27, good enough for 79 points and a spot in the Calder Cup playoffs. However, the fruits of their labor went unharvested after losing their playoff series with the Rockford IceHogs. The abrupt end to their season has stuck with returning forward Mike O’Leary throughout the offseason. They’ll be looking to improve on those performances this season.

“It definitely motivates me. I mean, especially the way we went out last year, losing two games in overtime. It felt like it was a series that we should have had,” said O’Leary.

The stiff competition the Wild face on a regular basis — and are sure to face should they return to the playoffs — is not lost on new head coach Brett McLean.

“We know that the Central Division is really tough in the AHL. We feel like we’re a very good team. We know we’re competing against a lot of really good teams. Hopefully, we can make our way into the playoffs again this year and then make some noise,” said McLean.

Despite the tough loss, the Wild are reloading to make it back to the playoffs and beyond.

“With the amount of guys we have coming back and the guys that we’ve



“I never played in the Central, and I’ve never played Des Moines or gone to experience games in the rink. Just from hearing how passionate they were before the season even started, kind of opened my eyes to it, and, then, once we got rolling, the fans were awesome,” said Iowa Wild forward Mike O’Leary about a team golf outing before his first year with the Iowa Wild. Photo courtesy of Iowa Wild.

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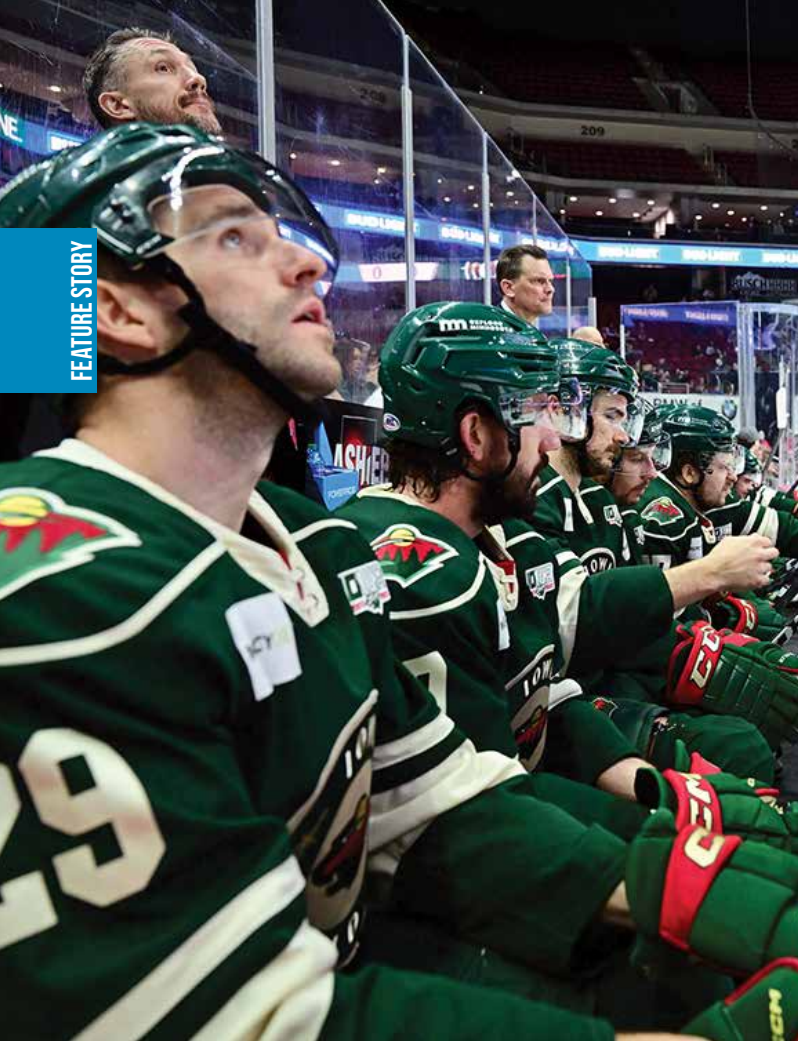
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"A big part of our job as coaches is, first and foremost, to help these young men transition to life as a pro and living on their own, and that will help them on the ice," said Iowa Wild Coach Brent McLean. Photo courtesy of Iowa Wild.

added, there's a real sense of urgency to do more and to do better than we did last year. And, I really think we're capable of that," said O'Leary.

"We want to win this year. Our goal is to win, and we believe we're extremely capable of doing that. So, we expect nothing but success this year," he said.

McLean has been coaching within the organization for six years now, three as an assistant for the Iowa Wild from 2017-2020 and the last three seasons as an assistant for the Minnesota Wild.

McLean brings an extensive playing background into his coaching career, with 18 years of professional hockey under his belt, six of which were in the NHL. He also spent several years playing overseas in Europe. That background helps McLean ease the transition for players coming into an unfamiliar situation.

"I was a journeyman hockey player. I played in lots of different places and in lots of different cultures. I think it really helped me as a player that I kind of played every role... I was the guy having success in the NHL, I was the guy getting sent down to the minors, I was the guy on waivers. So, I've been through all those experiences that these players are going to go through," said McLean, adding that players are

more often than not moving from a different country to play professional hockey.

Not only will his experience as a player living both the highs and lows of professional hockey aid him, but so will the perspective he's gained from how other countries approach the game.

"In Sweden, they look at the game and they train entirely differently than we do over here. Switzerland has all sorts of new ideas as well. So, that also helps me relate to the players that are coming from Sweden, that are coming from Switzerland, that are coming from Austria. Obviously, Marco Rossi (who finished second on the team in points last season) is someone from Austria that's very important to our organization," said McLean.

McLean says he originally had no interest in becoming a coach. While he enjoyed the experience he had from playing in many different places, he and his family did not want to continue to move around. After his family moved back to his home country of Canada, it only took six weeks of "normalcy" and following his wife around for her to come to a realization.

"She said, 'Hey, I think you need to get a job,'" said McLean with a chuckle.

After reaching out to Andrew Burnette, who was the Minnesota Wild's assistant general

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# IOWA WILD SCHEDULE

Promo nights | Coca Cola Local Concert Series



Oct. 13 at 7 p.m. vs. Henderson (Vegas Golden Knights)  
Oct. 14 at 6 p.m. vs. Henderson | *Jager and the Polkameisters*  
Oct. 25 at 7 p.m. vs. Chicago Wolves (Independent)  
Nov. 2 at 10:30 a.m. vs. Milwaukee (Nashville Predators)  
Nov. 4 at 6 p.m. vs. Texas (Dallas Stars) | **Hockey Fights Cancer Night.**  
*| June Bugs*  
Nov. 5 at 3 p.m. vs. Texas  
Nov. 18 at 6 p.m. vs. Rockford (Chicago Blackhawks) | **Boy Scouts Night.** | *Han Solo Project*  
Nov. 19 at 3 p.m. vs. Rockford | **Pucks N' Paws Night.**  
Dec. 5 at 7 p.m. vs. Rockford  
Dec. 8 at 7 p.m. vs. Milwaukee (Nashville Predators) | **Teddy Bear Toss Night.**  
Dec. 9 at 6 p.m. vs. Milwaukee | *Tank Anthony*  
Dec. 12 at 7 p.m. vs. Chicago Wolves (Independent)  
Dec. 22 at 7 p.m. vs. Manitoba (Winnipeg Jets) | **Winter Wonderland Weekend.**  
Dec. 23 at 6 p.m. vs. Manitoba | **Winter Wonderland Weekend.** | *Birdchild Duo*  
Dec. 28 at 6 p.m. vs. Colorado (Colorado Avalanche)  
Dec. 30 at 6 p.m. vs. Colorado | **New Year's Eve Bash.** | *The Isiserttes*  
Jan. 5 at 7 p.m. vs. Grand Rapids (Detroit Red Wings) | **Local Heroes night.**  
Jan. 6 at 6 p.m. vs. Grand Rapids | *Brother Trucker*  
Jan. 22 at 7 p.m. vs. Texas (Dallas Stars)  
Jan. 24 at 7 p.m. vs. Texas  
Jan. 26 at 7 p.m. vs. San Diego (Anaheim Ducks) | **Military Appreciation night.**  
Jan. 27 at 6 p.m. vs. San Diego  
Feb. 9 at 7 p.m. vs. Tucson (Arizona Coyotes) | **Women in Sports night.**  
Feb. 10 at 6 p.m. vs. Tucson | **Pink in the Rink.** | *Cover That*  
Feb. 19 at 5 p.m. vs. Rockford (Chicago Blackhawks)  
Feb. 21 at 7 p.m. vs. Rockford  
March 9 at 6 p.m. vs. Manitoba (Winnipeg Jets) | **Kids Takeover Day.** | *School of Rock*  
March 10 at 3 p.m. vs. Manitoba | **Crash's Dino Birthday.**  
March 22 at 7 p.m. vs. Chicago Wolves (Independent) | **Pride night.**  
March 23 at 6 p.m. vs. Chicago Wolves | **Black Out ALS night.** | *Brian Herrin Band*  
March 26 at 7 p.m. vs. Milwaukee (Nashville Predators)  
April 5 at 7 p.m. vs. Hershey (Washington Capitals) | **Hawkeye night.**  
April 6 at 6 p.m. vs. Hershey | *The Sheet*  
April 9 at 7 p.m. vs. Rockford (Chicago Blackhawks)  
April 17 at 7 p.m. vs. Grand Rapids (Detroit Red Wings)  
April 19 at 7 p.m. vs. Grand Rapids | **Fan Appreciation night.**  
*The Coca Cola Local Concert series is held on the south side of Wells Fargo Arena before puck drop and during intermissions. All bands perform from 4:30-5:30 p.m. Bands are subject to change.*

manager at the time, Burnette told McLean there was an open spot as an assistant for the Iowa Wild. Once he began preparing for the interview, the fire it lit under McLean made him realize this is what he wanted to do in his post-playing career.

O'Leary commented on what he's been able to learn about his new head coach heading into the season, despite having only spoken to McLean on the phone prior to the interview.

"A lot of the guys last year who had played NHL games had nothing but great things to say about him. There's a lot of optimism around this year and a lot of really good energy. I'm just looking forward to getting down there and meeting him, and I'm expecting great things," said O'Leary.



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# FAST, RELENTLESS, DISCIPLINED

McLean plans to implement his style and philosophy of coaching for the upcoming season — and Wild fans will surely be excited.

“When I got the job, I said these three key words, and they’ve become the way I’d like to see our team play: fast, relentless and disciplined. That’s how we’re going to play, with our instincts. We’re going to be relentless, we’re going to never quit on pucks, we’re going to be going at the opposition at all times, we’re going to be in their face. And we’re going to play with discipline, both within our structure and how we play the game,” said McLean.

Having a fast, relentless and disciplined playstyle is going to make the Wild a difficult team to contend with this season.

“When you have a team that can skate hard and be fast, especially for 60 minutes, you really wear the other team down... Not everyone wants to play hard all the time. Some guys like to take it easy, and, when you’re playing a team that’s going to play hard every night, that wears on you, especially in a 72-game season. Those are a couple of things that definitely make a successful team,” said O’Leary.

Being a team in the minor leagues creates a lot of roster turnover, with players constantly being called up, sent down and moved around. The locker room of a professional sports team is an ecosystem, and adjustments throughout the season can harm it. Strong leadership helps to keep all the gears turning and players performing.

“I think the focal point, especially of an AHL team, is that leadership is crucial. If you have a strong leadership core, which fortunately we do in our locker room,



New Iowa Wild Head Coach Brett McLean. Photo courtesy of Iowa Wild.

they’re able to keep everything stable and keep everybody on the same page. The strength of the team is really the team. It’s no specific individual. There were times last year where we were down a bunch of guys, and we played some of our best hockey,” said O’Leary.

The moving around and constant flux in the roster is part of the hockey life, according to McLean.

“That’s the job that we signed up for. And, again, I fall back on my experiences, both as a player and as a coach. That’s the way it is in the AHL. You’ll almost never

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10/13: Other Brothers

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10/27: DJ Richie Daggers

10/28: Bad Friends

10/31: DJ Brett B

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have the same lineup two games in a row. For those situations, you always have to be flexible, you always have to be ready to adapt, and you just have to accept that challenge and embrace the chaos a little bit. At the end of the day, or beginning, the main thing players do is focus on who the guy is next to them,” said McLean.

“As a young guy, sometimes it can be a bit overwhelming knowing that there’s new guys in the locker room each day or you don’t know who’s going to get called up, who’s going to get sent down, or whether it’s going to be you. You kind of just learn that you’re going to just worry about yourself. Focus on the things that you really can control and how you can perform to the best of your ability. When you’re able to do that, you just focus on the guys that are in a locker room that day,” said O’Leary.

As a team that’s main function is to develop talent for the NHL roster, the Wild allows fans to see some of the organization’s top prospects developing the talents that may take them to the highest level of American hockey.

When asked about who Wild fans should be excited about, McLean practically named the entire roster, indicating the wide range of talent Wild fans can expect to see on the ice in 2024. Some specific players mentioned were returning goalie Jesper Wallstedt and defensemen Daemon Hunt and Simon Johansson. If Hunt is with the team, McLean expects him to take on a leadership role. Team captain Dakota Mermis was mentioned by both McLean and O’Leary for his great ability on and off the ice.

“We’ve got all these great, fantastic young players, and they’re going to get a chance to grow and to learn, and you don’t necessarily know which ones are going to rise to the top. That’s a really fun aspect of the job, seeing which players rise to the top and make that next step and help Minnesota win hockey games,” said McLean.

# BRING ON THE BUCCANEERS



The Des Moines Buccaneers play in the Buccaneer Arena at 7201 Hickman Road, Urbandale. Photo credit Dynamic Motion.

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Last season, despite finishing three games under .500, the Des Moines Buccaneers made their way into the USHL Western Conference Playoffs. They came up against the Lincoln Stars, dropping both games and bowing out of the Clark Cup running.

The 2023-2024 season will be head coach Matt Curley's third season in charge of the developmental franchise. This will also be Curley's first full season as general manager after taking the reins partway through the 2022-2023 season.

The team's leader in points from last season, Jak Vaarwerk, is missing from the preseason roster as of press time. Vaarwerk gathered 45 points and, by far, led the team in assists with 32, which is major offensive production the Buccaneers are going to need to recoup if they plan on returning to the playoffs.

Luckily, their leading goal scorer from last season, Lubomir Kupco is on the preseason roster, as well as Christian Kocsis, who posted double digit numbers for both goals and assists.

This type of roster turnover is something that both the Wild and Buccaneers have to manage day by day and year by year as franchises that mainly serve as developmental programs — especially for the Buccaneers, where players in the USHL are aged from 16-20.

Off the ice, the Buccaneers are incredibly active within the community. The team completed more than 500 hours of community service, which included packing food at Meals from the Heartland each month, while also helping the youth hockey scene by coaching with the Des Moines Youth Hockey Association. ■

## DES MOINES BUCCANEERS SCHEDULE

Promo nights in bold.



Oct. 13 vs. Green Bay at 7 p.m.  
 Oct. 14 vs. Tri-City at 6 p.m.  
 Oct. 21vs. Cedar Rapids at 6 p.m.  
 Oct. 28 vs. Lincoln at 6 p.m. | **Trick or Treat Night.**  
 Nov. 3vs. Muskegon at 7 p.m.  
 Nov. 5vs. Cedar Rapids at 3 p.m.  
 Nov. 11 vs. Madison at 6 p.m. | **Military Appreciation Night.**  
 Nov. 24 vs. Dubuque at 7 p.m. | **Black Friday.**  
 Dec. 1vs. Dubuque at 7 p.m.  
 Dec. 2vs. Waterloo at 6 p.m. | **A Heinz 57 Corgi Race Night.**  
 Dec. 15 vs. Sioux City at 7 p.m. | **Christmas Night.**  
 Dec. 16 vs. Waterloo at 6 p.m. | **Christmas Night and Teddy Bear Toss.**  
 Dec. 29 vs. Dubuque at 7 p.m. | **Not Quite New Year's Eve Party.**  
 Jan. 12vs. Youngstown at 7 p.m.  
 Jan. 13 vs. Chicago at 6 p.m. | **Hat & Mitten Toss.**  
 Jan. 19 vs. Waterloo at 7 p.m. | **Barkaneers Night.**  
 Feb. 10 vs. Lincoln at 6 p.m.  
 Feb. 16 vs. Waterloo at 7 p.m. | **Billet Appreciation Night.**  
 Feb. 17 vs. Dubuque at 6 p.m. | **Player and Family Recognition Night.**  
 Feb. 18 vs. Cedar Rapids at 3 p.m. | **Dollar Dog Night.**  
 Feb. 23 vs. Cedar Rapids at 7 p.m. | **Princess and Superhero Night.**  
 Feb. 24 vs. Sioux Falls at 6 p.m.  
 March 1 vs. Sioux City at 7 p.m.  
 March 3 vs. USA Hockey NTDP at 3 p.m.  
 March 22 vs. Tri-City at 7 p.m.  
 March 23 vs. Omaha at 6 p.m.  
 March 30 vs. Omaha at 6 p.m.  
 April 5 vs. Fargo at 7 p.m.  
 April 6 vs. Fargo at 6 p.m. | **Fairway Tailgate Party.**

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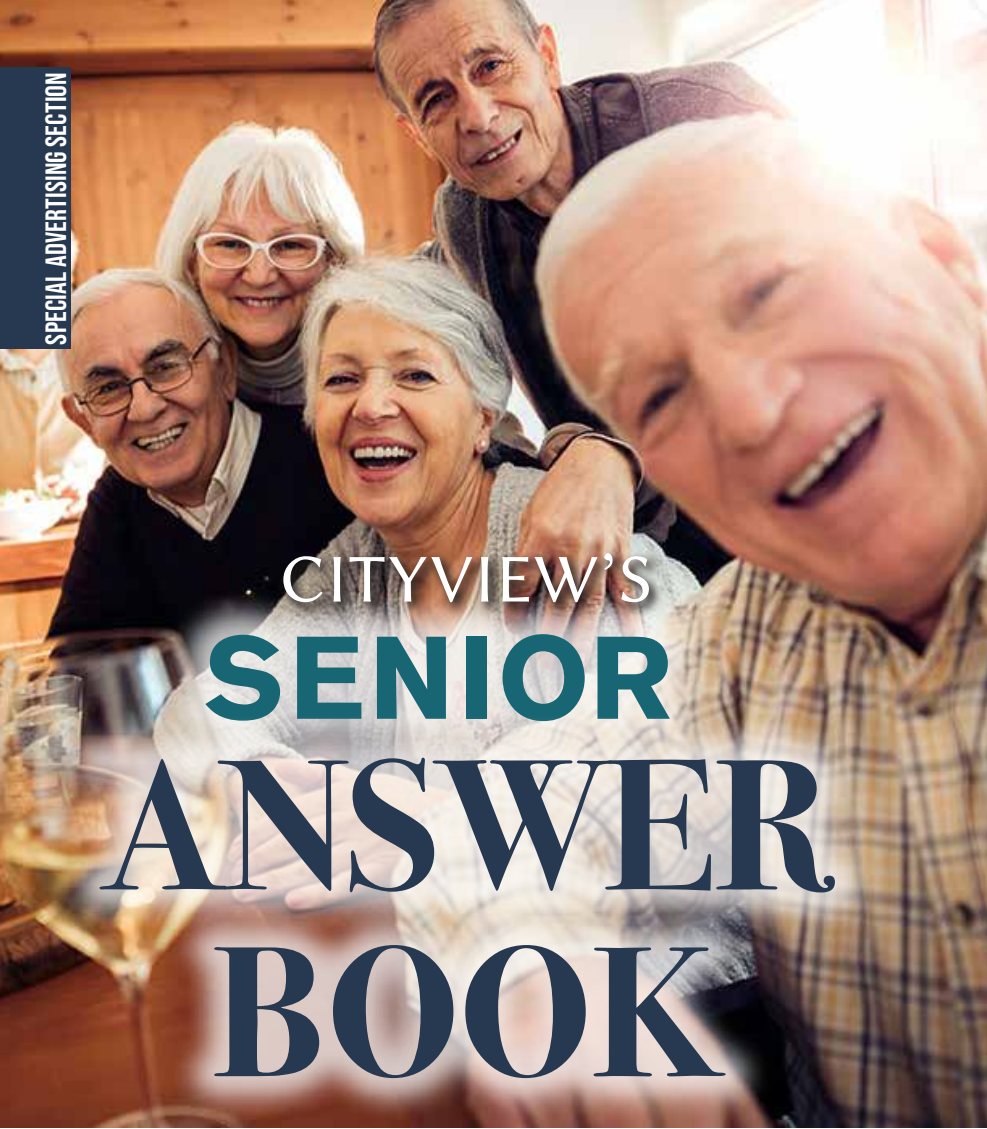
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# CITYVIEW'S SENIOR ANSWER BOOK

## Considering cremation?

This is what you should know and expect

The passing of a loved one is monumental. It is one of life's most important events, and it should be treated with the highest of reverence, the deepest of sympathies and the best of care by those who serve you and your family.

- From the first call, the dedication and assurance that your loved one is in the best, most professional hands should be evident.
- After your loved one has passed, they will be brought into the personal care center where they will remain until the cremation takes place.
- You take some time to gather your thoughts, to rest and to reflect.
- The director will guide you through the process that includes applying for death certificates, contacting social security and collecting the important information required to perform the cremation.
- Your director will guide you in preparing an obituary. In addition, your director will walk you through the arrangements that you desire to commemorate your loved one. This is a personal decision, one that is different for everyone, and staff will offer suggestions that support how you and your family want to remember/commemorate your loved one.
- Once all decisions have been made and cremation permit has been approved, we will coordinate a date for the cremation to take place. ■

*Information provided by Staci M. Hansen, service manager and funeral director, Neptune Cremation Service, 515-444-2881, 2900 University Ave., Suite 300, West Des Moines, [www.neptunesociety.com](http://www.neptunesociety.com).*

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**Staci M. Hansen, Funeral Director**



# CBD for older adults: benefits and uses

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

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

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

## Is CBD safe?

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

CBD is usually tolerated by most people with very few

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

## Potential health benefits of CBD

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

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

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

CBD has also been recommended for people with sleep issues, multiple sclerosis, Alzheimer's disease,

depression, epilepsy, Parkinson's disease, cancer and migraines.

## Things to consider before buying CBD products

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

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

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

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## 3 ways seniors can redefine retirement through community connection

*(Family Features)* Everyone benefits when older adults remain engaged, independent and included. Instead of letting age define their circumstances, older Americans are embracing change, pushing boundaries and transforming their communities through creativity, commitment and service.

As a first step for anyone looking to explore volunteer opportunities, AmeriCorps and AmeriCorps Seniors

connect individuals and organizations through service and volunteering. AmeriCorps Seniors matches Americans 55-plus with opportunities to improve their communities through the contribution of time, passion, skills and experience.

“AmeriCorps Seniors is tailor-made for those aged 55 and older,” said Atalaya Sergi, director, AmeriCorps Seniors. “It provides a space for older adults to take charge of their ‘second act’ and use their time in valuable and impactful ways. All of our volunteers share a goal of making a difference in their communities, and many see their involvement as a chance to make friends and form meaningful connections.”

More than 140,000 Americans are matched with volunteer opportunities each year through three programs: RSVP, the Foster Grandparent Program and the Senior Companion Program.

Consider these ways older adults can get involved in their communities.

### 1. Respond to the needs of your community

With more than 115,000 volunteers, RSVP is the largest of the programs. The program partners with national, state and local organizations to offer volunteers a wide range of service opportunities, from building houses to delivering food.

“All the people you meet when you’re a volunteer tell you their stories and experiences,” said Srimi Srinivas, a volunteer serving with the RSVP program. “You find that very rewarding and it enriches your life. Doing this service is a way of paying it forward.”

### 2. Serve as mentors

For older adults interested in working with children, the Foster Grandparent Program pairs volunteers with local schools and other programs focused on children, caring for and working with classes, groups or individual students.

“My motto is, ‘There is never a never, you can always accomplish something.’ I’m here to help the kids learn, be there for them and teach them as much as I can,” said volunteer Priscilla Tsethlikai, who has been involved with the program since 2016. “They’re teaching me, and at the same time, I’m teaching them.”



Source: AmeriCorps Seniors



### 3. Provide a helping hand to other older adults

Fostering relationships with other older adults is also a rewarding, and needed, option. Volunteers serving with the Senior Companion Program give about 20 hours each week and spend time with older adults in need of companionship or help with day-to-day tasks such as grocery shopping, getting to appointments or paying bills.

“Volunteering has changed me, it keeps me grounded,” volunteer Carmen Swanson said. “When you help others and do for others, you enrich your life. My favorite part is being available and of service to them. Whatever their desire is, whatever they’d like to achieve – if I can execute the task, follow it through and accomplish it then it makes my day.”

While it may mean different things to different people, the idea of choosing our own paths as we age provides one overarching sentiment: growing older can and should be empowering.

“We know there are stereotypes surrounding older adults, but we want people to shift their thinking,” Sergi said. “See the ways older adults continue to contribute to your life and communities, appreciate their wisdom and lived experiences, and join them in new endeavors. When the older adults in our communities are engaged, valued and genuinely included, we all benefit.”

For more information, and to find volunteer opportunities near you, visit [AmeriCorps.gov/YourMoment](https://www.AmeriCorps.gov/YourMoment). ■



Source: AmeriCorps Seniors



## Senior Life Conference

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CITYVIEW'S

# BUSINESS JOURNAL



THE BUSINESS OF

# FEAR

Area haunted houses attract growing numbers as they work to make Des Moines a "mecca for the haunt community."

By Colson Thayer

Falling leaves and pumpkin spice lattes mark the return of seasonal business ventures like apple orchards and pumpkin patches. These businesses promise joy, laughter and happy memories. Haunted houses promise the opposite with fear, horror and terror. The bigger the scare, the bigger the profit, so it may seem. But it begs the question, why would anyone pay to be scared?

"They want the thrill, but they know they're going to be safe," said Amy Coble, Sleepy Hollow's festival director. "So, they can let those inhibitions go and enjoy it."

One never knows what might be lurking in the dark at The Slaughterhouse. Photo courtesy of The Slaughterhouse



## FEATURE

The popularity is evident. One night during last year's season, Sleepy Hollow's Haunted Scream Park, 4051 Dean Ave., Des Moines, sold as many tickets as they could. Ian Miller, owner of The Slaughterhouse, 500 Locust St., Des Moines, estimated 10,000 patrons return to his haunted house each year. And Linn's Haunted House, 3805 Sixth Ave., Des Moines, sees lines of hundreds of customers eagerly waiting for admission every weekend.

"The popularity, I think, stems from the fact that being scared is exhilarating," said Kevin Coble, general manager of Sleepy Hollow's Haunted Scream Park. "Not knowing where something is coming from is tempting. It's just your psyche. It loves what it doesn't know, and, in every haunted house, they know people are in there, but they don't know where, and they don't know if it's a ghost or a werewolf or a vampire or a zombie."

## Running the business

From a business perspective, the more haunted houses in an area, the better, says Coble. In fact, he wants Des Moines to become a "mecca" for the haunt community.

"When you have competition coming in, your immediate reaction is, 'Oh, what's that going to do to our numbers?'" Coble asked. "We haven't gone down. We've actually been going up. I think when new players come into the game, it entices more people to want to go to multiple."

Amy and Kevin Coble have been the head of Sleepy Hollow's Haunted Scream Park for six years. This stemmed from their involvement in the park's Renaissance Fair. After selling Sleepy Hollow's land to Polk County Conservation, Rick and Mary Flatt continue to operate the special events that occur at the park. Each year, the Flatts give the Cobles more to work with and more responsibility running the Renaissance Faire and the Haunted Scream Park. Nowadays, the Cobles handle about 90% of staffing and the creative side of the events.

After the conclusion of the Renaissance Faire, the team at Sleepy Hollow have 11 days to convert the Renaissance Village into the Haunted Scream Park. Those are typically 12- to 14-hour days for the crew.

It takes close to 100 people to operate the scream park. That number includes actors, security and medics each night. But they love to do it, said Coble, and the park sees 70-80% retention among employees. Not to mention, recruitment is a breeze, too.

"Quite honestly, we get most of our actors from other actors," Coble said. "Someone who does it a



Amy and Kevin Coble have been the head of Sleepy Hollow's Haunted Scream Park for six years and say it is a mad rush to set up the attraction after the Renaissance Fair. Photo by Colson Thayer

year or two will bring their brother, their best friend, their siblings, their spouses. We've got quite a few husbands and wives, brothers and sisters, fathers, sons, just all over the place."

Merlyn Linn at Linn's Haunted House is no stranger to hiring family. His wife, brother and kids all come to help him run the attraction in October.

"They've been doing this for forever. I keep thinking they'll say, 'Dad, I just don't want to do it anymore.' But they have fun... They love it," said Linn.

Since 1984, Linn has owned and operated his haunted house out of the basement of the supermarket he used to own. After selling the store, his contract with the new owner will allow him to continue operating the haunted house for a few years.

"The day will come, which I really dread. That'd be the end of it," said Linn. But for now, the Des Moines staple continues to operate.

Linn spent two years creating the haunted house in the basement of Linn's Supermarket before it saw its first patron. Back then, he charged \$1.50 per entry. He remembered filling five-gallon buckets with change.

Over the years, Linn had to keep up with constantly changing regulations and rising expenses.

He's had to install fire alarm systems, create new emergency exits, buy a backup generator and more just to keep his attraction open.

"I think one year I went in the hole because of everything I had to do. But I did it. They weren't going to let me open," he said.

Insurance was also something that led to an increase in the price of admission.

"I have to cover the City of Des Moines, myself, and the store. So, I spent thousands for insurance alone," he said.

At the end of the day, purchasing insurance, providing ample warnings for patrons and properly training employees can make or break a haunted house.

"The more you have to communicate to the attendees that we have constant surveillance, constant security, an off-duty officer on hand, the less problems you see," said Ian Miller, owner of The Slaughterhouse.

"We have definitely had problematic customers. We've had problematic employees just like any other company. We face the same types of challenges," Miller said. "I would say that the one thing that we face more than anything is like a heightened emotional response in any situation XYZ because we are theatrical."





Linn's Supermarket Haunted House displays its Des Moines Haunted House Victim's Choice Awards for 2015. "Victims" lauded the establishment as the best, not to mention coolest, funniest and scariest.

In fact, Miller sees the entire operation as a more demanding type of theater.

"First of all, you're not dealing with a stage and a seated audience. People are walking through these environments that all have to be safe. They all have to be checked. They all have to be maintained and cleaned regularly," said Miller. "We're also dealing with animatronics that have pneumatic power. You've got pneumatics, you've got electronics, you've got all of these aspects that in a standard theater setting is all contained at the stage. But, in our environment, the whole place is the stage. So, if you think about the safeties that are necessary and the maintenance necessary where the audience is (moving around), it kind of illustrates how dynamic this kind of operation is."

The Slaughterhouse has a team of about a dozen who work year-round to handle the size of their operation. The team includes full-time department directors in charge of scenery, costumes and makeup; staff management; hiring and sales. When fall comes around, the size of their team is close to 100, accounting for actors, operators and security.

As far as marketing, Miller uses traditional forms such as billboards and posters. He also works with his collaborative partners at Lucky Gal, Jay's CD & Hobby and Zombie Burger. These businesses act as poster outlets and provide social media promotion. He also uses email marketing to get people to return.

## The season of scare

"We do have an amazing fan base," said Miller.

"Many repeat attendees not only return season to season but some multiple times in a season. We have a good fan base of about 10,000 patrons that just



For those who find clowns scary instead of funny, The Slaughterhouse features one in its scenes. Photo by Colson Thayer.

return year after year. And then there's, of course, a percentage over the top of that that are new."

Loyal fans are common for haunted houses.

"One person said, 'I've been here every year,' " said Linn, whose haunted house has been in operation for almost four decades. "They bring new people, and then those people bring new people."

For many haunted house attendees, it is an annual tradition that keeps people coming back.

"This is a tradition in central Iowa. We have been going for 30 years. So we do keep those that come back," said Amy Coble. "We email them, keep in contact with them so that they're aware of the dates. We've run into people who came as kids, bringing their kids now."

For Sleepy Hollow, their operations and business extend well beyond the month of October with various events and winter sports throughout the year. Linn was able to keep his haunted house alive with the support of his grocery store upstairs. The Slaughterhouse, on the other hand, is all in on the haunts.

In addition to their own haunted house, The Slaughterhouse is contracted by Adventureland and Palace Entertainment to hold the Phantom Fall Fest. The Slaughterhouse helps manage theatrical operations and builds multiple environments for the park.

"The business of Halloween is definitely a challenging one," Miller explained. "We have found that, in order to sustain our seasonal staff... as well as growing our operation, it's become essential to branch out into events outside the Halloween season."

The Slaughterhouse has explored and

experimented with events year-round including Krampus in December, St. Patty's Day and Valentine's Day.

But what Miller is most excited and nervous about is the opening of their year-round theater bar venue, The Haunt. The venue will open at the end of The Slaughterhouse's 2023 season inside of their already existing haunted house.

"October actually is almost the relief valve, because we work so much throughout the year. Then when we get to October, it's really just showtime," said Miller. "Honestly, this year is going to be balls to the wall all the way through the season and postseason because we're opening this new venue. So, this is the first time in many years that we won't be able to take a big sigh of relief."

## Labor-intensive fun

For now, area haunted houses rely on good, old-fashioned scares provided by enthusiastic "scarers" — people who enjoy participating in the theatrics. As with many industries, the potential is there to modernize. As amusement technology continues to advance, the haunted house industry has the opportunity to make big changes. Animatronics and special effects could revolutionize the haunted house experience — but maybe not so soon.

Coble doubts that technology can match the human performance of a good scare.

"If I'm going to a haunt, and 20 animatronics jump out at me and then just roll back into place, and one actor jumps at me... I'm going to go, 'There's only one person there,' " he said. "If it's reversed and there's 20 people and one animatronic, I've already forgotten the animatronic." ■



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Gail Barnett focuses her practice to helping clients apply for Social Security Disability and Medicaid benefits. Additionally, Gail can work with clients to obtain Guardianships and Conservatorships for loved ones who can no longer care for or protect themselves.

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Freedom Truck and Trailer Wash LLC	WATERLOO	BLACK HAWK	01	\$2,791,800	3	3	3	NEW	Car Washes
Ten Wasp Brewing Company, LLC	SUMNER	BREMER	01	\$100,000	1	2	2	NEW	Breweries
CACHE CARDS LLC	MASON CITY	CERRO GORDO	04	\$10,000	0	1	1	NEW	N/A
Orthaus Trucking	IONIA	CHICKASAW	04	\$20,000	0	2	2	NEW	General Freight Trucking, Local
Phillips Modern AG, Inc	New Hampton	CHICKASAW	04	\$1,665,800	2	10	10	EXISTING	Industrial Building Construction
Tiney's Steakhouse, LLC	VAIL	CRAWFORD	04	\$25,000	4	0	0	NEW	Full-Service Restaurants
Dogtopia of Waukee	WAUKEE	DALLAS	03	\$1,310,000	28	1	1	NEW	Pet Care (except Veterinary) Services
Strong and Big, Inc.	DUBUQUE	DUBUQUE	01	\$25,000	8	10	2	NEW	Fitness and Recreational Sports Centers
Strong and Big, Inc.	DUBUQUE	DUBUQUE	01	\$359,800	8	10	2	NEW	Fitness and Recreational Sports Centers
Property Simple Solutions, LLC	MARENGO	IOWA	01	\$34,200	1	1	1	NEW	Car Washes
SRIJAL INTERNATIONAL FOODS LLC	CORALVILLE	JOHNSON	02	\$90,000	3	3	3	NEW	Supermarkets and Other Grocery (except Convenience) Stores
BREAD & CIRCUSES, INC.	IOWA CITY	JOHNSON	02	\$30,000	0	2	2	NEW	Full-Service Restaurants
Penguin Pediatric Dentistry Inc	IOWA CITY	JOHNSON	02	\$299,500	6	10	6	NEW	Offices of Dentists
RYERSON'S, LLC	CEDAR RAPIDS	LINN	01	\$235,800	3	0	0	NEW	N/A
Sorrento Holdings CR, LLC	Cedar Rapids	LINN	01	\$2,684,000	8	0	20	NEW	Hotels (except Casino Hotels) and Motels
SMARTPHONES PLUS LLC	HIAWATHA	LINN	01	\$71,500	0	0	11	EXISTING	N/A
Greater CR Estates, LLC	Marion	LINN	01	\$260,000	6	0	9	EXISTING	Offices of Dentists
Cinnaholic Ankeny LLC	ANKENY	POLK	03	\$200,000	20	0	18	NEW	Snack and Nonalcoholic Beverage Bars
SLM Properties LLC	ANKENY	POLK	03	\$4,000,000	2	2	2	NEW	Child Day Care Services
The Slow Down Coffee Co., LLC	Des Moines	POLK	03	\$160,800	4	4	5	EXISTING	Snack and Nonalcoholic Beverage Bars
Premier Floor Solutions LLC	PLEASANT HILL	POLK	03	\$1,207,000	1	1	1	NEW	Janitorial Services
BENCHMARK AUTOMOTIVE SOLUTIONS LLC	URBANDALE	POLK	03	\$30,000	1	1	1	NEW	All Other Automotive Repair and Maintenance
CMS Marketing LLC	Urbandale	POLK	03	\$200,000	1	13	13	EXISTING	Commercial Gravure Printing
PHC Ventures LLC	Urbandale	POLK	03	\$281,700	1	30	30	NEW	All Other Amusement and Recreation Industries
DSM Property Services, LLC	URBANDALE	POLK	03	\$500,000	0	100	100	EXISTING	All Other Specialty Trade Contractors
Logiclean of Ames, Inc.	Ames	STORY	04	\$470,000	0	18	18	EXISTING	Janitorial Services
Underground Barbell	OTTUMWA	WAPELLO	02	\$25,000	0	1	1	EXISTING	Fitness and Recreational Sports Centers
The Zoo Inc	INDIANOLA	WARREN	03	\$36,500	0	3	3	EXISTING	Drinking Places (Alcoholic Beverages)
Tokheim Transportation, LLC	VINCENT	WEBSTER	04	\$73,500	1	1	1	EXISTING	General Freight Trucking, Local
M & R Lyon Happy Tails, LLC	SIOUX CITY	WOODBURY	04	\$385,400	0	13	13	NEW	Pet Care (except Veterinary) Services

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## COMMERCIAL REAL ESTATE

## COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY FROM JULY 28, 2023 TO AUGUST 20, 2023

**1600 INDIANOLA AVE., DES MOINES**

SALE DATE: 2023-07-31

SALE PRICE: \$6,335,000

SELLER: 214 JACKSON LLC

BUYER: UNION AT RIVERS EDGE LP

ACRES: 3.828

SQUARE FEET: 0

**503 FIRST AVE., N. ALTOONA**

SALE DATE: 2023-08-01

SALE PRICE: \$4,500,000

SELLER: MTS PROPERTIES LLC

BUYER: 503 FIRST AVE N LLC

ACRES: 5.460

SQUARE FEET: 53,200

**2742 E. UNIVERSITY AVE.,****DES MOINES**

SALE DATE: 2023-08-02

SALE PRICE: \$313,000

SELLER: GOWEN, JON M

BUYER: A&amp;G AUTO REPAIR LLC

ACRES: 0.344

SQUARE FEET: 4,552

**1529 E. MADISON AVE.,****DES MOINES**

SALE DATE: 2023-08-02

SALE PRICE: \$210,000

SELLER: SNYDER, ROBERT W  
ESTATE

BUYER: CO COX INC

ACRES: 0.158

SQUARE FEET: 2,000

**3411 HUBBELL AVE., DES MOINES**

SALE DATE: 2023-08-02

SALE PRICE: \$400,000

SELLER: PATEL, HARESHBHAI

BUYER: MANDARIN OASIS HOTEL  
LLC

ACRES: 3.846

SQUARE FEET: 7,846

**267 N.W. GARFIELD AVE., ELKHART**

SALE DATE: 2023-08-03

SALE PRICE: \$41,077

SELLER: AMAZED CONSTRUCTION  
SERVICES INC

BUYER: SNOWY MOUNTAIN

PROPERTIES LLC

ACRES: 0.310

SQUARE FEET: 4,860

**4308 UNIVERSITY AVE.,**  
**DES MOINES**

SALE DATE: 2023-08-03

SALE PRICE: \$415,000

SELLER: EPC LLC

BUYER: TH INVESTMENTS LLC

ACRES: 0.272

SQUARE FEET: 3,220

**504 FIRST AVE., S. ALTOONA**

SALE DATE: 2023-08-03

SALE PRICE: \$290,000

SELLER: MO HOLDINGS LLC

BUYER: EAGLE INVESTMENTS LLC

ACRES: 0.200

SQUARE FEET: 4,200

**1314 22ND ST., DES MOINES**

SALE DATE: 2023-08-03

SALE PRICE: \$450,000

SELLER: CYPRESS PROPERTIES  
LLC

BUYER: JRJ HOMES LLC

ACRES: 0.222

SQUARE FEET: 4,140

**859 E. 24TH ST., DES MOINES**

SALE DATE: 2023-08-04

SALE PRICE: \$350,000

SELLER: MURRAY, MARK PATRICK

BUYER: AG &amp; EG LLC

ACRES: 0.327

SQUARE FEET: 2,520

**815 BOULDER AVE., DES MOINES**

SQUARE FEET: 2023-08-04

SALE PRICE: \$652,500

SELLER: E&amp;M PROPERTIES LLC

BUYER: LYNCH, SHAWN

ACRES: 0.333

SQUARE FEET: 6,816

**2600 72ND ST., URBANDALE**

SALE DATE: 2023-08-07

SALE PRICE: \$155,000

SELLER: WESTMARK INVESTORS

BUYER: GA HOLDINGS LLC

ACRES: 1.311

SQUARE FEET: 19,840

**2600 20TH AVE. N.W., ALTOONA**

SALE DATE: 2023-08-08

SALE PRICE: \$24,900,000

SELLER: KCI ALTOONA INDUSTRIAL  
LAND LLC

BUYER: SEALY 20TH AVENUE LLC

ACRES: 14.761

SQUARE FEET: 265,726

**849 S. ANKENY BLVD., ANKENY**

SALE DATE: 2023-08-08

SALE PRICE: \$2,875,000

SELLER: KEYSTONE CHURCH OF  
ANKENY INC

BUYER: NEW CITY CHURCH

ACRES: 1.948

SQUARE FEET: 20,563

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**3607 N.E. OTTERVIEW CIRCLE, ANKENY**  
SALE DATE: 2023-08-08  
SALE PRICE: \$3,600,000  
SELLER: JNM DEVELOPMENT HOLDINGS LLC  
BUYER: 36 OTTER LLC  
ACRES: 1.286  
SQUARE FEET: 9,070

**5901 S.E. 14TH ST., DES MOINES**  
SALE DATE: 2023-08-08  
SALE PRICE: \$2,728,600  
SELLER: BDC-STONEY POINT LLC  
BUYER: COCKERILL, MARY C  
ACRES: 0.970  
SQUARE FEET: 2,284

**660 N. PLEASANT HILL BLVD., PLEASANT HILL**  
SALE DATE: 2023-08-08  
SALE PRICE: \$4,894,565  
SELLER: RIVERWOOD APARTMENTS LC  
BUYER: TREF RIVERWOOD APARTMENTS LLC  
ACRES: 4.483  
SQUARE FEET: 39,216

**NO ADDRESS LISTED**  
SALE DATE: 2023-08-08  
SALE PRICE: \$2,610,435  
SELLER: TSRP 10001 LLC  
BUYER: TREF RIVERWOOD APARTMENTS LLC  
ACRES: 1.329  
SQUARE FEET: 20,636

**1700 DIXON ST., DES MOINES**  
SALE DATE: 2023-08-10  
SALE PRICE: \$3,800,000  
SELLER: JSB FIONTAIR LLC  
BUYER: HOLT SALES & SERVICE LLC  
ACRES: 7.366  
SQUARE FEET: 72,524

**1424 MAURY ST., DES MOINES**  
SALE DATE: 2023-08-10  
SALE PRICE: \$140,000  
SELLER: DICKEY INVESTMENTS LLC  
BUYER: T&C PROPERTY INVESTMENTS LLC  
ACRES: 0.265  
SQUARE FEET: 4,270



**1410 32ND ST., DES MOINES**  
SALE DATE: 2023-08-11  
SALE PRICE: \$265,000  
SELLER: KAUZLARICH, ANGELEE L  
BUYER: WILKE, JOSHUA  
ACRES: 0.092  
SQUARE FEET: 3,276

**111 11TH ST., DES MOINES**  
SALE DATE: 2023-08-14  
SALE PRICE: \$830,000  
SELLER: WEST END MANUFACTURING LLC  
BUYER: WADE INVESTMENTS LLC  
ACRES: 0.400  
SQUARE FEET: 7,920

**5554 N.E. 14TH ST., DES MOINES**  
SALE DATE: 2023-08-15  
SALE PRICE: \$2,500,000  
SELLER: DIZDARWAY LLC  
BUYER: TBSS REAL ESTATE LLC  
ACRES: 9.437  
SQUARE FEET: 9,040



**220 E. THIRD ST., DES MOINES**  
SALE DATE: 2023-08-15  
SALE PRICE: \$290,000  
SELLER: BRUETT, W J  
BUYER: MAHMUTOVIC, FERIZ  
ACRES: 0.254  
SQUARE FEET: 5,032

**2101 DELAVAN DRIVE, WEST DES MOINES**  
SALE DATE: 2023-08-15  
SALE PRICE: \$300,000  
SELLER: ISF STORAGE LLC  
BUYER: NEXT PHASE DEVELOPMENT 2101 DELAVAN DRIVE LLC  
ACRES: 1.727  
SQUARE FEET: 0

**1730 E. ARMY POST ROAD, DES MOINES**  
SALE DATE: 2023-08-15  
SALE PRICE: \$180,000  
SELLER: SCOTT, WILLIAM K  
BUYER: FC UNDERGROUND LLC  
ACRES: 2.252  
SQUARE FEET: 0

**717 SEVENTH ST., DES MOINES**  
SALE DATE: 2023-08-15  
SALE PRICE: \$1,450,000  
SELLER: HANSEN, RICHARD G  
BUYER: BANKERS TRUST COMPANY  
ACRES: 0.564  
SQUARE FEET: 3,062

**4410 S.E. 14TH ST., DES MOINES**  
SALE DATE: 2023-08-16  
SALE PRICE: \$300,000  
SELLER: PINEAPPLE PROPERTIES LLC  
BUYER: SMART SHOP LLC  
ACRES: 0.287  
SQUARE FEET: 2,268



**5950 DELAWARE AVE., ANKENY**  
SALE DATE: 2023-08-16  
SALE PRICE: \$21,000,000  
SELLER: RYAN COMPANIES US INC  
BUYER: CHAPMAN INVESTORS I LLC  
ACRES: 15.609  
SQUARE FEET: 200,220

**4300 S.E. BEISSER DRIVE, GRIMES**  
SALE DATE: 2023-08-16  
SALE PRICE: \$675,000  
SELLER: THORPE, DEANNE  
BUYER: PENTA PARTNERS LLC  
ACRES: 2.340

**842 HULL AVE., DES MOINES**  
SALE DATE: 2023-08-16  
SALE PRICE: \$167,500  
SELLER: NG & PH LLC  
BUYER: HULL AVENUE REVITALIZATION LLC  
ACRES: 0.279  
SQUARE FEET: 4,444 ■

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GUIDE

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# 12 wedding tricks

add ease to planning  
and fun

Brides and grooms understandably feel a little stress when planning their weddings. Adding to the pressure is the fact that, according to a WeddingWire.com report, the average couple in their 30s spends \$32,000 on their wedding. That is a lot of money riding on one day.

But planning a wedding can be even more fun than it is stressful, especially for those couples who employ a few tricks of the wedding planning trade.

## 1. Fake the cake.

Save some money by asking the bakery cake artist to decorate a foam-tiered “mock” cake for pictures and display and serve guests from an inexpensive sheet cake in the kitchen.

## 2. Use labels.

Once the guest list is finalized, create a database of guests’ addresses. Print out two sets of labels: one for addressing the invitations and the other to address the thank-you cards.

## 3. RSVP tricks.

Number the back of RSVP cards and correspond the numbers to the guest list. If one or more responses is illegible, refer to the number to figure it out.

## 4. Embrace inexpensive decor.

Dollar stores and craft stores are great places to find inexpensive decorative items. Empty wine bottles can be painted or glazed to serve as vases. Candle lanterns can be picked up at low cost at many retailers.

## 5. Create an email address.

To have all of the wedding-related details in one place, create a separate email address exclusively for wedding correspondence.

## 6. Use veil weights.

These weights can be sewn into veils to prevent fly-aways during outdoor ceremonies or photoshoots.

## 7. Keep bugs at bay.

Spray chair and reception table legs with insect repellent. Dryer sheets also can be tucked into inconspicuous spots to keep bugs away.

## 8. Save money on favors.

Unless the favor is something to eat or something especially practical, you may consider skipping the favors altogether, as many guests tend to forget to take them home anyway.

## 9. Use page markers for seating.

Use multicolored, self-sticking page markers to create easy seating arrangements. Each color can represent a category: His, Hers, Friends, Work.





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# 12 wedding tricks

add ease to planning  
and fun

## 10. Make a photo clothesline.

A clever and inexpensive idea is to pin photos of the couple to a string, cataloguing how they met and their time together leading up to the wedding.

## 11. Use loose flower centerpieces.

Loose flowers in a vase are easier to sort and transport home for guests who want a memento. Make precut butcher's paper or cellophane available to make bouquets.

## 12. Stock up on string lights.

Lights can be wrapped around trees outdoors, strung indoors around windows or draped along buffet tables to create a romantic ambiance.

Weddings can be expensive and stressful; therefore, couples can use all the tips they can to corral their expenses and tame their nerves. ■



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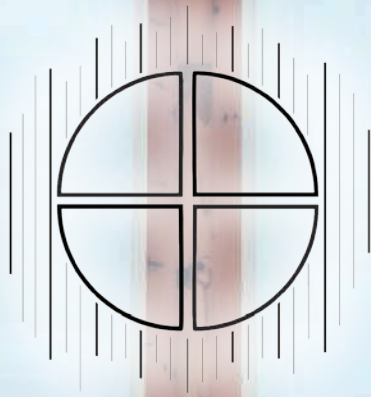
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# Put more you into your wedding day

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

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

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

beloved pooch can make for an adorable ring-bearer, after all.

Photography is an essential element of your big day, but think beyond the images you'll capture throughout the wedding and reception. Photos lend a personal touch, no matter what your color scheme or theme. Integrate photos of the two of you at various stages of life, together as a couple and with loved ones (perhaps even some you're honoring in memoriam). You can display these at a table with the guest book, as part of the table centerpieces, or even on the gift table. Or take things digital and load all your images into a slide show set to music.

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

Serve up a menu that shows guests more about



Photo courtesy of Getty Images

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

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

Source: [eLivingToday.com](http://eLivingToday.com) ■

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# AROUND TOWN

PHOTOS BY NICK NOAH



John Warren and Chris Lucht



Melissa Merrifield and Maddy Browne



Stephanie Tiefenthaler and Alpha



Dustin Hall and Alex Barker



Jori Nieman and Nate Buch

## IOWA WOLVES

The Iowa Wolves Community Mixer was held at Landus Cooperative on Sept. 21.



Emily Howe and Ben Swanson

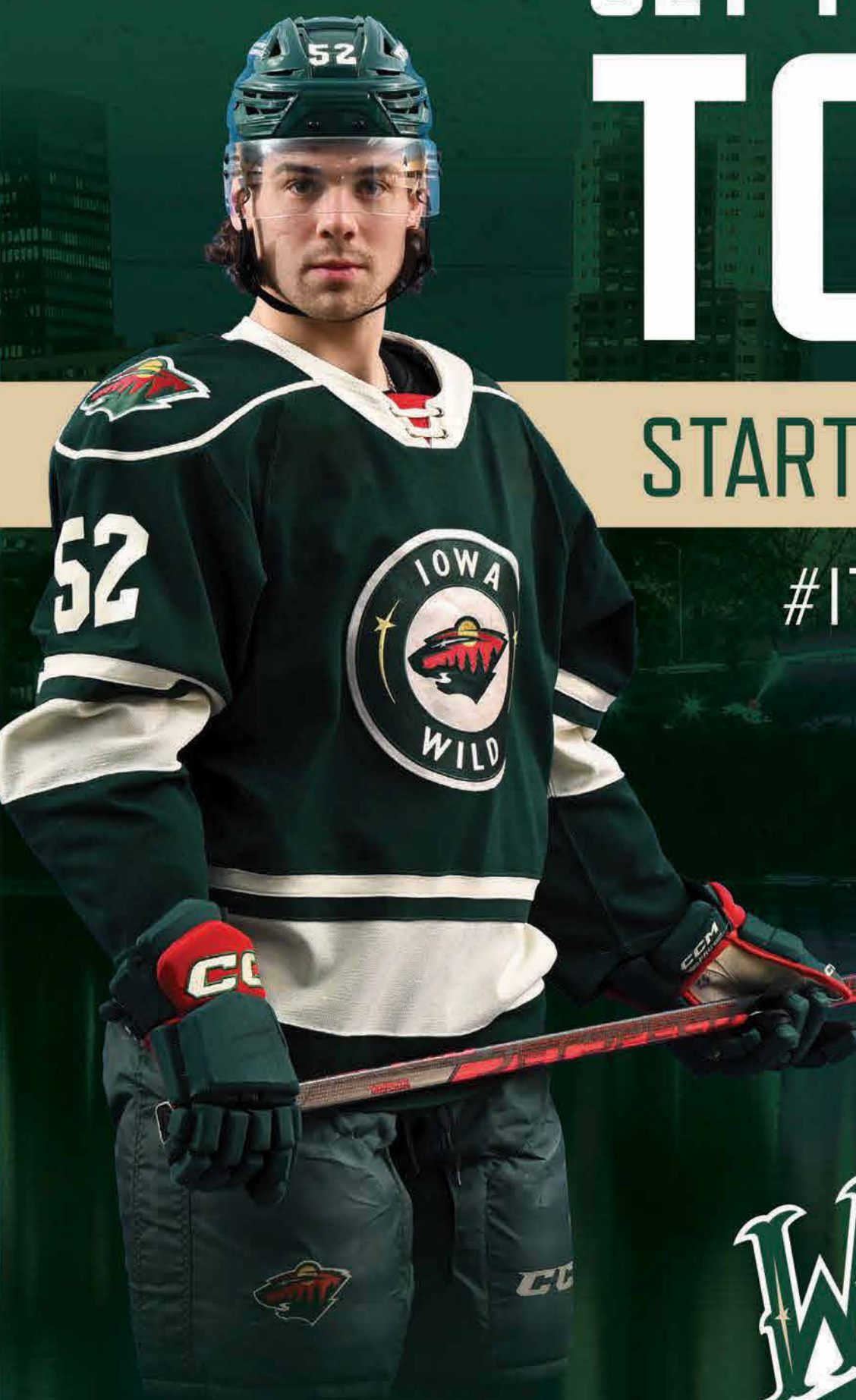


Chip Albright, Dan Bertsch and Kelly Woerdehoff



Tiffany Tauscheck, Drew Van Meeteren and Mike Swesey





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Poster Schedule Giveaway (First 1500 Fans)

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Workbook Giveaway (All Students in Attendance)

NOV **4** **HOCKEY FIGHTS CANCER NIGHT**  
Clothing Drive

NOV **5** **IOWA WILD ELECTION DAY**

NOV **18** **BOY SCOUTS NIGHT**  
TBA Specialty Jersey

NOV **19** **PUCKS 'N PAWS**  
Dog Mat Giveaway (First 400 Dogs)

DEC **8** **TEDDY BEAR TOSS NIGHT**

DEC **9** **IA VS MIL**  
Goalie Glove Oven Mitt Giveaway (First 1500 Fans)

DEC **22** **WINTER WONDERLAND WEEKEND**

DEC **23** **WINTER WONDERLAND WEEKEND**  
Holiday Scarf Giveaway (First 1500 Fans)

DEC **30** **NEW YEAR'S EVE BASH**  
Postgame Fireworks

JAN **5** **LOCAL HEROES NIGHT**  
Hat Giveaway (First 1500 Fans)

JAN **6** **BECKMAN BOBBLE NIGHT**  
Adam Beckman Bobblehead Giveaway (First 1500 Fans)

JAN **26** **MILITARY APPRECIATION NIGHT**  
Food Drive & Packing Cube Giveaway (First 1500 Fans)

FEB **9** **WOMEN IN SPORTS NIGHT**

FEB **10** **PINK IN THE RINK**  
Specialty Jersey, LED Light Up Giveaway (First 5000 Fans)

FEB **19** **SENSORY AWARENESS NIGHT**

MAR **9** **KIDS TAKEOVER DAY**  
Iowa Wild Book Drive

MAR **10** **CRASH'S BIRTHDAY BASH**  
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MAR **23** **BLACK OUT ALS NIGHT**  
Specialty Jersey, Velcro Patch Hat Giveaway (First 1500 Fans)

APR **5** **HAWKEYE NIGHT**

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Jesper Wallstedt Bobblehead Giveaway (First 1500 Fans)

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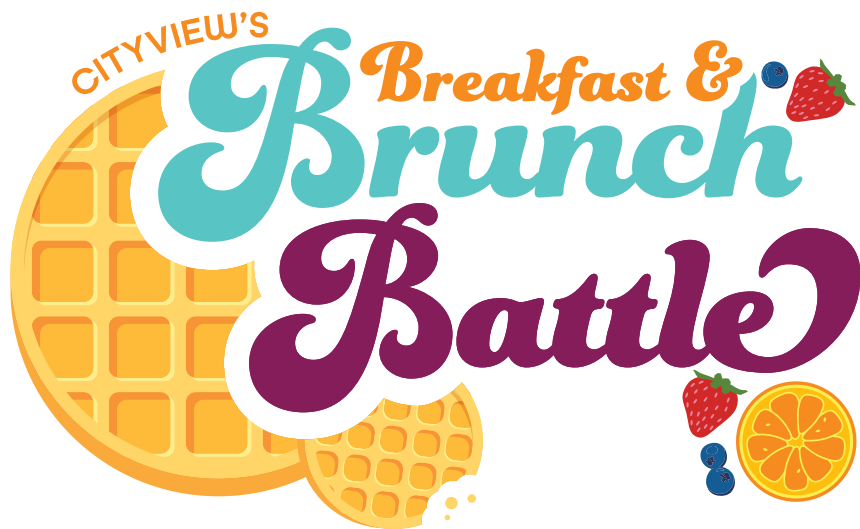
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# LUNCH WITH...

BY JIM DUNCAN

## Nicola Dance at Trellis

Talking nondestructive evaluation and soccer with an ordained scientist

EAT & DRINK

On Sept. 28, Nicola Dance was installed as the fifth-ever dean of St. Paul's Episcopal Cathedral, under the watch of the recently installed Bishop of the Diocese of Iowa, Betsey Monnet. Because this is a second career for Dance, who was a professor of engineering at Iowa State University, and because it's only been a couple minutes since female clergy were rare birds in Iowa, we asked her to lunch.

She chose Trellis, the restaurant of the Greater Des Moines Botanical Gardens (909 Robert Ray Drive). That café has delightful indoor and outdoor seating, good wine, craft beer and signature cocktails. In September, the patio is usually packed. Chef Lisa Lavalle specializes in lunch and has few rivals as a soup maker. So, over soups and soup/salad combos, we talked about Dance's fascinating life journeys.

### Why does she like Trellis?

"It has a biological sense of shapes and textures. Plus, I love the menu, particularly soups. Good soup is harder to find here than in Europe."

### The dean has a distinctive English accent. Where did that originate?

"I was born in Hereford. That is in the rural county of Herefordshire, near Wales. It is much like Iowa. Then I went to college in Nottingham and then Surrey. The latter borders greater London to the north and is only a 45-minute train ride to Waterloo Station."

### Because I am a Londonophile and Arsenal soccer fan, I asked if she watched the English Lionesses' run to the final of the recent World Cup in Australia.

"Oh, yes. I am so proud they played so well. Women's sports success is rather new to England, and the country was solidly behind the Lionesses. I think they will take the next step and win the whole thing. Did you watch the games? They were played in the middle of the night here?"

### I confessed and admitted a fascination for the Japanese team.

"Why?"

Because they played with the most enthusiasm

### and the most team-oriented attitude. They completed by far the most passes in the tournament.

"Oh, I completely understand. That is why I loved Liverpool FC 10 to 20 years ago."

### How did Dance become an engineer and what kind of engineer?

"I studied physics and then got a PhD at the University of Science and Technology. My engineering interests have been in engineering the electromagnetic properties of composite materials by analysis and design, and electromagnetic NDE (nondestructive evaluation) of dielectrics and metals — inventing new NDE techniques and improving accuracy in four-point potential drop, eddy-current, microwave and capacitive NDE."

### What are real-world applications for such expertise?

"In medicine, particularly in radiology and in aerodynamics, for designing safer airplanes."

What brought this atypical soccer fan to Ames

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# LUNCH WITH...

specifically?

“I had been there while I lived in England for conferences. The research centers at Iowa State are well known. I started there at the Post-Doctoral Research Center for Nondestructive Evaluation. I was named Associate Professor of Materials Science and Engineering in 1999.”

**Where does she see the future of engineering headed?**

“The future is water engineering. Water and water rights drive migration. They always have but now more than ever. In Iowa, we have the largest water filtration system in the world, to cope with agricultural pollution. That can be scary.”

**What were the most dramatic surprises about moving to America?**

“I think it was the profound culture shocks that could occur within a country with mostly shared language experiences. I know there are pockets of non-English speakers in America, but it is so different from Europe where languages change at every border and, yet, culture remains much the same.”

**Why does she suppose that is so?**

“I think it’s the relatively short history of America. It is still a culture in the making.”

**Does she find science and religion compatible?**

“Yes. I have always been both a scientist and a

religious person. I belong to the Society of Ordained Scientists. I went to conferences of that organization once a year before COVID. I was looking for an organization that was not insular looking. I believe that all scientists are trained to never back down from the hard questions.”

**The Episcopal church evolved from the Church of England. Wasn’t that created as Henry VIII’s solution to the hard question of ruling without a male heir, so he could marry Ann Boleyn without Papal consequences?**

“Yes, but the Church of England was really established, in my opinion, by Elizabeth I. She paid particular attention to governance. Her father was more opportunistic. Both Henry and the Puritans brought turbulence that would have destroyed the Church of England were it not for her. Cromwell brought violence; Elizabeth brought stability.”

**How did it evolve into the Episcopal Church?**

“Thank the American Revolution for that. You cannot pledge allegiance to the Church of England, and hence the King, if you were fighting for democracy and independence.”

**Talk about your Cathedral.**

“We believe we are the oldest church in Des Moines. It was built in 1885. It was, for a long time, the tallest building downtown. The stone is from Sioux Falls pink



EAT & DRINK

granite. The large stained-glass windows were done by a distinguished 19th-century glass artist. The 25-member choir and our gardens are well known and much appreciated.”

**What are the challenges to her ministry?**

“People feel engaged to an outlet, such as a church, to make it a starting point for creating a better world. Such opportunities are essential. Des Moines is in the center of the water engineering future. I hope to engage my ministry in the need to succeed on that point.” ■

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The Center carries on the legacy of three famous Wallace family members who together: revolutionized farming with hybrid innovations; founded Pioneer Seed (now part of Corteva); served as Vice President and Secretary of Agriculture; and founded Wallace Farmer magazine.

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For the last dozen years, the Wallace House has been managed by Carla Hicklin and the kitchen and farm by Katie Porter. Both retired last week. Things will continue under new leadership, but those women developed the public dinners into something very special, almost always sold out and wait-listed. Porter is one of the most talented chefs in Iowa and will be freelancing for a while. She was recently inducted into Les Dames d'Escoffier, the world's ultimate recognition for female chefs and food professionals.



Katie Porter's cucumber soup

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We attended one of Porter's final dinners. A cold cucumber soup, a great Iowa contribution to summer dining, starred. Pan roasted chicken, a trio of sliders (a Porter specialty), polenta, and pear tarts filled out a chance to see Katie off to her next phase of life. The holiday season dinners will recommence under a new chef/farmer in November.

Either/Or opened in September in the former Advanced Auto venue by the volleyball and soccer fields south of Grand near 63rd. You have to go there if just to see what \$3.5 million can do to an auto parts store. Slingshot Architects created two dining rooms and a 1,500-square-foot outdoor space with four different surfaces including a children's playground with artificial turf. The result is the most eclectic dining space in town — part sports bar, part Machine Shed, part three-season patio and all fun.

It continues a citywide upgrade of sports bar food. In fact, it takes that movement to a new level. Where else can you watch a game while munching caviar? That treat is California lake sturgeon and is created in a process that the Either/Or chef oversees.

Most things do not try to reinvent the wheel, just make it better. Burgers are smash style and can get decadent with sauce and size. Fries are simply as good as they get. Corned beef

sandwiches feature excellent homemade brisket and would be Reubens if they did not invent their own sauce to replace Russian dressing. They are skimpy on the corned beef by Des Moines standards.

Finer dining options include a new take on de Burgo, with a vermouth-based sauce. It is served as steak frites with a New York strip. Sear was perfect. Sure, you can get wings or chips, but appetizers also include seared scallops, beef tartare and crispy pork belly. The latter reminded me of the legendary version of that dish from Momofuku. So much so I suspect this might be David Chang's recipe.

Momofuku uses it mostly in ramen, just saying. It's soup season now, and the only soups I found on the menu were a fabulous mushroom velouté and a rice congee that reminds of San Francisco. Most Chinese cafés here don't have congee.

Desserts were all fine dining. Flan was the best I ever had with lemon instead of caramel sauce and puffed amaranth. Cheesecake is Basque with chocolate sauce and brown butter. Tres leches was made with bee pollen and lavender.

This place is special, and with 6,700 square feet of fun, it is ready to show that off. ■

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



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# BELLY UP TO:

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## Centerfield Sports Bar

Windsor Heights watering hole

BY JACKIE WILSON

As a landlocked suburb, Windsor Heights businesses can't just plow up valuable Iowa farmland and construct a shiny new building. Business owners require creativity to repurpose existing buildings.

That's the case with the Centerfield Sports Bar located at 6555 University Ave. The building previously housed a Hawkeye bar, the Front Row. Dates are sketchy, but prior to that, it was called Gigi's for decades. According to long-time residents, the place also housed the volunteer fire department in the 1950s and early 60s.

It's an old building but revamped on the inside. Centerfield is aptly named as a sports bar. There's plenty of Chicago Cubs memorabilia, including a wall-size mural of the Cubs stadium by the pool tables.

There's nearly a dozen televisions, with different teams and sports playing on the tube. One evening we caught NFL football, the baseball playoffs and a soccer match. Got a team you want to watch? Ask the friendly bartender who will gladly switch channels for you.

NFL season means Sunday funday football. Co-owner Anthony Hameister brings a slow cooker full of "whatever is cooking," and patrons are encouraged to bring their own food.

There's no kitchen, but Wednesday nights are steak nights on the grill. A roaster full of taco meat provides Thursday late night tacos for \$2.50, starting at 8 p.m. You can also grab a Pasquales pizza or some chips if you have the munchies.

The full bar means drinks that won't bust your budget. Happy hour Monday through Friday starting at 3 p.m. gets you \$3 well drinks, \$2.50 domestic bottles and \$3 tallboys. The prices are decent, with \$10 for a Tito's and club soda and a can of Guinness. Speaking of Guinness beer, did you know there's a tiny plastic ball at the bottom of a Guinness beer can? When you open it, the Guinness widget releases a surge of bubbles. Check it out the next time and shake that can. Who knew writing a Belly Up could be educational?

A large patio outside is wedged between two brick walls. The pergola, twinkling lights and live plants offer a cozy breath of fresh air.

The bar offers karaoke on Friday and Saturday nights. Mondays include trivia, Tuesdays are bingo night and Thursdays are pool and darts games. Play a couple video games or grab from a stack of board games.

Centerfield Sports, which has only been open two years, has established itself as a neighborhood bar. "We get a lot of regulars," says Hameister. "Once they come in, they always come back. We get a lot of people attending events at Colby Park, which is only a few blocks away."

It's hard to classify this bar. It's not a dive bar and not an upscale bar serving pricy drinks to pay for a new building. Rather, it's right in between. If it's your turn to pay, suggest to your friends a jaunt to Windsor Heights for a satisfying neighborhood vibe. ■







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# A GOOD DEATH

Hospice and end-of-life options for your pet

By Joe Weeg

*The little black and white bundle is not much bigger than my two hands as he rolls in the long grass with feet in the air and tail wagging. The young couple is excited to show him off. My wife and I smile but worry that they will have a hard time caring for the puppy given their young busy lives.*

*And, sadly, that worry comes to pass. It is Christmas morning. Hauling boxes and ribbons to the garbage, we hear the little puppy whimpering and crying on the back porch, locked there since the neighbors left town the day before. So, of course my wife and children go rescue him – not for the first time. And when the couple eventually return home several days later, my wife sends me over to tell the young couple that we will not be bringing the puppy back because he is now ours. They agree.*

*And that is how Bear came into our lives.*





# THE PROBLEM

Listen, dogs and cats do not live long enough. Period. If we are lucky — or unlucky depending on your bent — we outlive our pets. This would not be a problem if you had chosen a Galapagos Giant Tortoise for a pet, as they live more than 100 years; or a Bowhead Whale, as they comfortably live past 200; or my favorite, the Greenland Shark — those bad boys live between 300 to 500 years.

But not dogs and cats. I'm so sorry. And the years are short years. The American Kennel Club has this calculation of human years versus dog years:

Fifteen human years equals the first year of a medium-sized dog's life.

Year two for a dog equals about nine years for a human.

And after that, each human year would be approximately five years for a dog.

And size matters. A 10-year-old small dog (less than 20 pounds) is actually 56 years old. A 10-year-old medium dog (21-50 pounds) is 60 years old. A 10-year-old large dog (51-100 pounds) is 66 years old. And a 10-year-old giant dog (100-plus pounds) is already the grand old age of 79.

And cats? All cats are considered senior after 10 years. Although, from my experience, the meaner the cat, the longer they live.

All these age differences result in us humans having to deal with end-of-life decisions for our pets. And, trust me, that is a kick in the gut.

*Bear, our new adopted pet, is a sheepherding dog. His movements are quick and darting. Of medium build and long fur, he has a job to do — he must keep the herd together, which means keeping us humans together. A child running down the yard away from the family needs to be chased and circled and brought back to the fold. As a result, Bear has no time off, no vacations, no lunch break. He has a job. Simple. Keep you in line.*

# END-OF-LIFE DECISIONS

Dr. Lisa Takes, a veterinarian with Starch Pet Hospital, is no-nonsense: the end-of-life facts are the end-of-life facts. But her compassionate eyes and her soft, gentle voice convey the emotion of putting an animal down.

"I have a conversation that is different with every client of a dying pet. Euthanasia is their personal decision. I always let them know that."

"I take in the quality of life of the animal but also a discussion as to the owner's grief and what is best for the owner as well."

And how do you determine if the pet is at the end?

"I go through some guidelines with the animal. Everybody's perception is different. Is it doing the normal things it used to do? Is it interacting? Is it alert? Is it eating? Is it drinking? Does it have mobility?"

What if the animal just seems mentally off?

"In the dementia cases, the animal is not in pain but is super anxiety-ridden. They're panting, they can't sleep, they're getting stuck in corners, they're getting lost in the house."

And how do you decide that it is time for the pet with dementia to be put down?

"So, it's not a pain condition but quality of life. Are we just here, or are we interacting, having a normal happy time?"

And what about when an animal stops eating?

"I have to be a little careful because some animals are super food motivated. Definitely if not eating for two or three days. That's big. Restlessness. Can't get comfortable. Panting. All of this is important."

What about when it is a hip issue where the owner could spend money on hip



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"I know why I'm doing it. I'm doing euthanasia for a reason. I have totally accepted that. What gets me is my clients. The grief they are going through, it gets me. I'm good with the pet. The grief of the owner gets me."

— Dr. Lisa Takes

replacements or other such things?

"I have a lot of conversations about the cost. Things are available besides hip replacement. Don't feel guilty if you can't afford them. I have to fit within your means, and you do the best you can with what you have. I try to talk away guilt. We all do the best we can."

You do euthanasia at both your offices and at folks' homes. How often are you doing it?

"I did three euthanasias yesterday. At least one or two a day. My most is seven in a day. If it needs to be done, it needs to be done."

And what about you? Is this hard on you?

"I know why I'm doing it. I'm doing euthanasia for a reason. I have totally

accepted that. What gets me is my clients.

The grief they are going through, it gets me. I'm good with the pet. The grief of the owner gets me."

*Our older dog, Emma, dies, but then Bear still has our 130-pound yellow lab for a friend.*

*Micky is a giant lap dog that merely wants to love everyone up, including the much smaller and, by then, slightly crotchety Bear. Bear tolerates this behavior because the two become hunting partners out in the country ditches and bike paths of Iowa. The much quicker Bear will roust the poor victim, and then Micky will lumber in for the coup de grace. A friendship forged under fire.*



Dr. Lisa Takes

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# MOBILE SERVICES FOR EUTHANASIA

Some vets associated with veterinary clinics will come to your home for euthanasia, like Starch Pet Hospital. However, there are veterinary services in the Des Moines area that are not based in brick-and-mortar veterinary clinics. These mobile services exclusively come to your home for your vet needs. One of those, Lap of Love, provides in-home euthanasia and in-home hospice.

Dr. Beth Kaiser, a cardiac nurse for eight years, returned to school at Iowa State to chase her dream of becoming a vet. She became interested in Lap of Love after practicing as a vet for a while in the Des Moines area.

“It is such an important service. The experience you can create in the home with the family and the pet and the other pets is personal and relaxed. The pets are more relaxed and the people are more relaxed.”

“I am the only veterinarian with Lap of Love in our area, so I cover about a 60-mile radius around Des Moines.”

So how does this work?

“Well, the client calls Lap of Love’s call center. And then we have what we call Veterinary Care Coordinators. They do an amazing job of answering questions and holding the family’s hand through

the whole decision-making process. They are the unsung heroes. They then schedule me to come in. We are a team.”

You then come and do the euthanasia?

“It is one of the hardest decisions you have to make when you own pets and have them as part of your family. I love Lap of Love’s approach to everything. What I do is like doing hospice for adults. It is certainly a calling that not everyone wants to do.”

No kidding.

“The vast majority of my appointments are just the final appointment — in-home euthanasia. As for our hospice services, I go into the home and see where the pet is living and where the food and water bowl are located, and I walk through the home and advise how to make it easier on the pet.”

And with the euthanasia visits, how do those typically go?

“I go to the home, sit down with the family and pet to get to know both. Then I walk the family through the whole procedure so there are no surprises. Families are scared of the unknown, just what is going to happen. So, this helps them.”

And then?

“We do a strong sedative first, and that medicine



Dr. Beth Kaiser

usually takes about 5-10 minutes. By the time that takes effect, the pet is under an anesthesia plane. They are feeling really good. They are on cloud nine. For a lot of families to see their pet relaxed and calm is in itself a lot of comfort to families — to see their pet out of pain.”

Then?

“I give the family guidance right to the end. And then I give the final injection and let the family grieve.”

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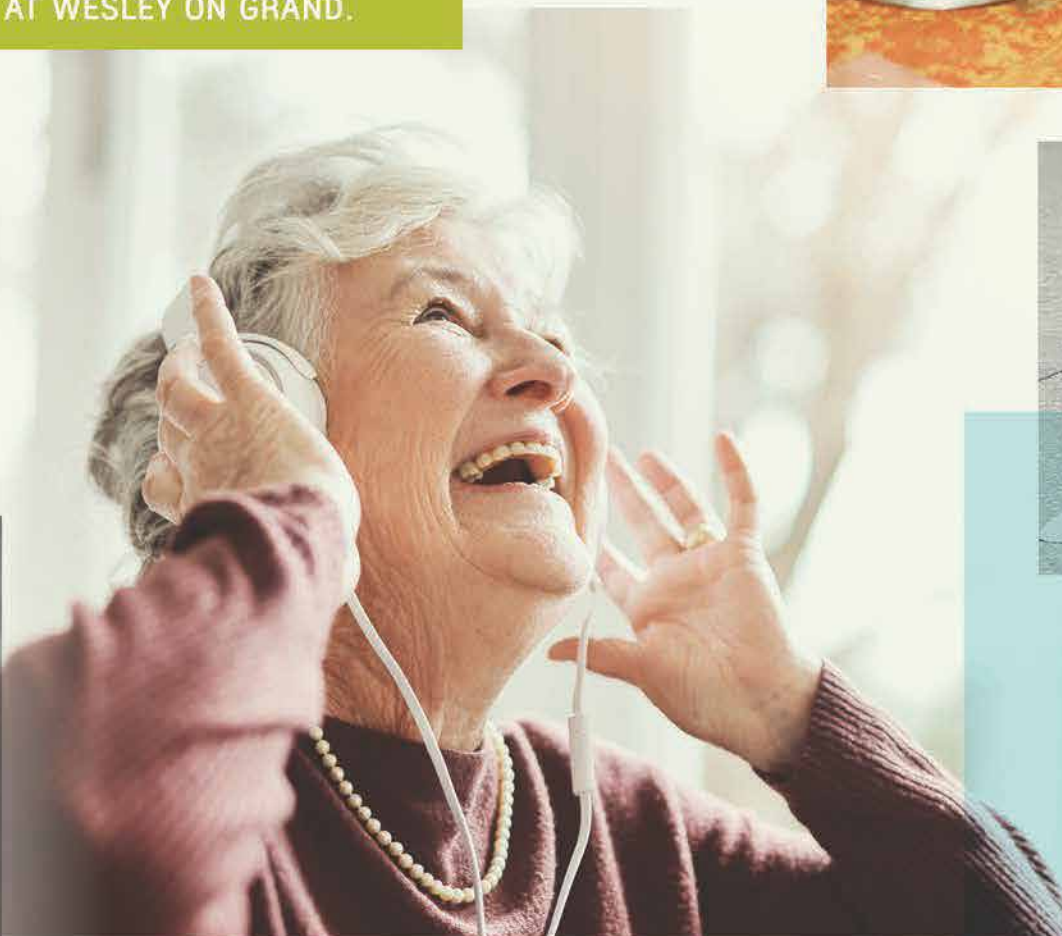
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"It is one of the hardest decisions you have to make when you own pets and have them as part of your family. I love Lap of Love's approach to everything. What I do is like doing hospice for adults. It is certainly a calling that not everyone wants to do."

— Dr. Beth Kaiser

We both sit quietly.  
 "It's strange to tell people I love my job, but it is such an important service to be able to walk with families through what may be one of the hardest days of their life. It is an honor to do this with them, to give the pet the passing it deserves."

*Bear got old — as we all do — becoming more and more motley with clouded eyes and a grumpy demeanor. His old buddy, Micky, passed on, and Bear was left with a youngster, Charlie the German Shepherd. Bear was not sure he liked all the tumbling and barking and tail-chasing of a young dog, and he would nip and bark at Charlie to keep some semblance of sanity at home. Charlie ignored Bear's standoffishness and became Bear's best friend, to Bear's chagrin. Never hunting buddies but buddies, nonetheless.*

# CREMATION SERVICES

Most all of us have been to one of the Hamilton's Funeral Homes to say goodbye to a friend or a family member, but did you know they also offer a goodbye to your pet?

Sanita Simms is the Family Service Coordinator for Hamilton's and assists in running the Hamilton Pet Services.

"I was working part-time here, my kids had grown up, and I reached out to Holly (Miller) the president of Hamilton's, and asked for a full-time position with pet services."

What do you offer to a family?  
 "We do a private cremation, returning the remains in an urn. We also can get paw prints and a fur cutting, the pet's name on an engraved heart, and a photo with a book box. Also a folder with all the support group information. And we do offer the option of doing a memorial service."

And the support group?  
 "Our academy department typically deals with children and grieving. But there is a pet loss support group for everyone that meets once a month. Anyone can reach out to them. Cool resources for families."  
 And what about you?  
 "I truly love my job here. Just being able to help someone when they are in grief and guide them through that process. I get so much reward out of that."



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“Our academy department typically deals with children and grieving. But there is a pet loss support group for everyone that meets once a month. Anyone can reach out to them. Cool resources for families.”  
— Sanita Simms

*Bear soon had difficulty taking care of himself, and we would find him confused and lost around the house. He sometimes plopped down and could no longer get up by himself. His quality of life was slipping away. Our family vet for over 20 years came out to the house as he had done a half dozen times before. He stroked and talked softly and prepared Bear for the sedative and final shot. And then it was done.*

*To be alive . . . and then to be dead. How can that be? Is that his wet nose in my hand looking for some love? Is that Bear chasing a squirrel along the edges of my vision? Is he herding me back to the family? Of course he is.*

# HOSPICE

Sometimes our pets are not yet ready to be euthanized, but they are definitely travelling down that road. And sometimes those dying pets are abandoned, strays on the streets of Des Moines. Or sometimes their owners can no longer care for them for financial reasons, or because the owner’s own health prevents the needed care. Who do you call? Animal Rescue League of Iowa (ARL) and their foster hospice program for dogs and cats.

Lora Rogers is actually the Grants & Legacy Gifts Manager for ARL, but her love of old dogs stretched that job description.

“I have a super soft spot for old animals — and dogs in particular. Myself and the board president, who loves cats, decided to do this hospice program around 2016. We supported it by a grant for several years. But we have now taken in those costs internally.”

My goodness, and how does a dog make it into the program?

“We have four veterinarians, and they are the ones who identify who is a candidate for hospice foster. For example, a lot of the dogs are in renal failure or have liver issues. There are just certain markers that don’t make them good candidates for adoption, but there is still a quality of life.”

And then what do you do?

“I assign the dog to a foster home. Some of the dogs are only in their foster homes a couple of months, but some are a couple of years. We have 10 fosters right now.”

So, who are these people that take a dying dog?

“The hospice fosters are some of my favorite people. I love them. Emily



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Lora Rogers and Emily Hubbard with Simon and Harry

is top of the list. This is Emily's fifth hospice foster. They are an amazing group of people."

Emily Hubbard smiles. She cuddles with Simon and Harry, her current foster dogs.

"I started doing this in 2018. My brother worked with ARL and so I got my first one then. I love it. And they just keep sending them my way. I have another dog named Howard who started as a hospice foster, and I adopted him. He is now good. Then I have Quigley, who was supposed to just be a short term for the owner, but then the owner died, so I adopted him."

Emily, how do you deal with the eventual death of your foster dog?

"It is not my favorite part when they die, but my family and friends get to know the dogs, and they are very supportive. And ARL is good. The three I've put down, the people at ARL are just so caring, like it's their own pet."

Emily bends over to pet Simon and Harry moving around at our feet.

Lora pauses, watching Emily: "I think a lot of times the hospice foster situation for the dog is the best life those animals have had. Emily's even taken one hospice dog to the beach."

And now Lora is also petting the dogs.

"And the hospice animal is frequently living just on love. And that's enough," says Lora. "This program is my heart. The hospice foster program just gives everybody a lot of joy."

*For my wife and I, Bear's death is a journey that oddly brings relief from worrying about how he is doing. But the big German Shepherd, Charlie, is not so circumspect. He refuses to eat, his head hangs low, and he mopes around the house.*

*Charlie sits in mourning.*

*But then rabbits and squirrels and deer start to take over his tromping grounds. And after a respectful silence of several days, he springs to life and puts the world back to order — as we all eventually do.*

*But I notice today that Charlie is getting grey around the mouth. Hmmm... is that Bear barking at the back door? ■*



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# BOOK REVIEWS

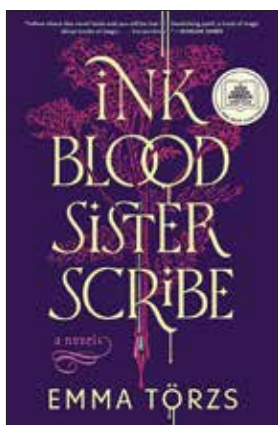
COURTESY OF BEAVERDALE BOOKS

## 'Ink Blood Sister Scribe'

What do you like with your fall leaves and pumpkin spice? How about some dark family secrets, a couple of mysterious libraries, and a heavy dose of whimsical literary magic? I couldn't ask for a better autumn, myself.

Joanna and Esther are sisters estranged by a family legacy they only half-understand. Both are alone in different, but equally brutal, ways. Joanna stays locked in a lonely house in Vermont, caring for the small library her father entrusted to her until his cruel death. Esther stays far away, on the run from the last thing her father gave her — the job of protecting her family. Together, the loneliness of their secrets draws both sisters into treacherous circumstances that will see them reunited, but only if they can figure out the puzzle they've spent their lives trying to piece together.

Full of delightful magic and rich characters who leap off the page, this book absolutely enchanted me. The perfectly melancholy atmosphere, gorgeous writing, and delicious twists had me staying up way too late to finish this fantastic book. I've fallen completely in love with these characters and can't wait for the sequel. This is the perfect fall read. ■ — *Review by Julie Goodrich*



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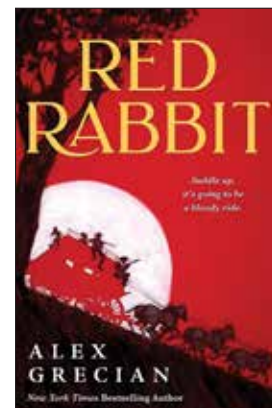
## 'Red Rabbit'

Did you ever wish The Oregon Trail had more demons? If so, do I have the book for you. I didn't know I needed a spooky western quest novel with a motley band of witch hunters, but, oh, I needed it in the worst way. This is a delightful, atmospheric thrill ride that made me think I should read more westerns — at least the weird ones with witches, monsters and creepy children.

Ride along with Old Tom and his mute apprentice, Rabbit, as they hunt the possibly evil witch, Sadie Grace. As there is a large bounty on her head, they are joined by bounty hunters in the form of a pair of cowboys, Moses and Ned, who have their own reasons for a westward journey, and the widow Rose Nettles who has layers all her own. This unexpected caravan finds themselves a stolen red stagecoach and heap of trouble in the form of monsters — both obvious and insidious — in this twisted Wild West adventure.

Often hilarious, sometimes scary and always compulsively readable, "Red Rabbit" was unexpected and enchanting and bloody good fun. Read this during spooky season, or perhaps on your next road trip. It certainly beats dying of dysentery. ■

— *Review by Julie Goodrich*



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## YP SOCIAL

The West YP or Bust social was held at Dave & Busters on Sept. 20.



Dan Dempsey and Colin Guthrie



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Nick Laing and Emily DeBoer



## Iowa Jazz Hall of Fame

Rezek, other jazz musicians honored

Every city has its jazz heroes, and Des Moines is no exception. For the past 22 years, the Community Jazz Center of Greater Des Moines (CJC) has honored these heroes with its Annual Hall of Fame and Special Recognition Awards.

The Des Moines Jazz Hall of Fame was established in 2001 to honor those musicians who call Des Moines (or central Iowa) home. Musicians selected for the Hall of Fame have not only influenced future generations of musicians but have provided the city's jazz fans with years of musical adventure and enjoyment. Since then, 56 individuals have been honored.

This year's event is scheduled for Sunday, Oct. 22, at Noce in Des Moines.

CJC will be inducting two musicians into the Hall of Fame: trumpeter Dave Rezek and saxophonist/educator Chris Merz. Special Recognition Awards will also go to saxophonist Dave Bohl, trombonist John Kendeigh and long-time CJC treasurer Ron Rubek.

The Next Generation Award, which focuses on up-and-coming musicians who are making an impact on music in Des Moines, is awarded to Nate Sparks.

The Bobby Dawson Award, presented to a student musician involved with CJC monthly jam sessions, goes to saxophonist Andrew Wittmer, a senior at Waukee's Northwest High School.

### Dave Rezek's jazz journey to Hall of Fame

Dave Rezek of Des Moines is one of the musicians being inducted into the Des Moines Jazz Hall of Fame. Rezek recently shared his jazz journey with CITYVIEW.

His accolades are numerous. Dave is a trumpet player and currently the artistic and creative director for the Des Moines Big Band since 2015. He teaches jazz band at Roosevelt High School and private

trumpet lessons at Susie Miget's Creative Music Studio. He plays with the Alpha State Agents, the Iowa Jazz Composers Orchestra, Tony Valdez Big Band and Max Wellman's Big Band, among others.

Dave's journey began playing trumpet in fifth-grade band at Meredith Middle School. "Another trumpet student quit, so I received private lessons. I fell in love with playing," he recalls.

In middle school, he was inspired by the Hoover Jazz Band. As a student, he played at a Kansas City jazz festival with greats such as Count Basie and Buddy Rich. "Seeing these players, I fell in love with the whole thing."

He played jazz at UNI and pursued a career playing the trumpet, moving to Boston. He kept his day job at Ernst and Young and eventually moved to New York City. "New York opened up opportunities," he says. "I got plugged into a networks of friends. I was subbing on Broadway. It was my goal to get a full-time job playing on Broadway playing my trumpet."

He played professionally for 11 years, performing as an original member of Darcy James Argue's Secret Society and subbed on Broadway's "Jersey Boys."

Life threw Rezek a curveball when he and his wife started a family and performing took a backseat. "Our first child was more challenging than we imagined. We had no support and felt the pull to be closer to family and Iowa," he says. "It was an opportunity versus quality of life. I just missed getting a full-time Broadway show."

Once he returned to Iowa, he was given numerous jazz opportunities to teach, but fewer opportunities to perform. "There weren't a lot of places to perform. It's tough to have a professional music career here," he reflects.



Dave Rezek

He founded a jazz series at the former Des Moines Social Club. He continues to immerse himself with discovering local places to play jazz.

He's met his goal, which was to be the best professional player possible. He teaches that philosophy by mentoring his son, who is on a similar musical path. "I hope to pass on life lessons to him. You have to push yourself to be the best you can."

Rezek says he is honored to receive the jazz award. "It's very humbling. I've had so many mentors over the years. It's a great honor to be recognized," he says. "I hope it puts a spotlight on jazz music. There's a lot of incredible players and educators in the jazz world." ■

## SOUND ADVICE

BY JACKIE WILSON

Hawaiians living in Central Iowa are joining together for a benefit show, **Aloha Wind Presents Mālama Maui: A Benefit Show for Maui** at xBk on Oct. 8. The goal is to help out families affected by the Maui wildfires. The show features music, dance and sharing of the Hawaiian culture by **Teri Underhill, Aloha Wind, Jess V, Nalani Proctor, Zandra** and **Feminine Hyjinx**. Proceeds benefit the Hawaiian non-profit organization, 'Aina Momona'

to aid in relief efforts. Tickets are \$20 in advance and \$25 at the door.

Singer-songwriter and guitarist **Andersen Coates** is releasing his debut EP album, "New Lands." His sound is a unique blend of heartland rock and roll with melodic sensibility and gritty vocals. Catch him at TeeHee's Comedy Club on Oct. 20. Tickets \$10.

The muti-Juno award-winning and Grammy nominated artist **Bahamas** (aka Afie Jurvanen) is

embarking on The Bootcut Tour in support of his upcoming album, Bootcut. His previous album, Sad Hunk, produced the single, "Done Did Me No Good," which was featured in the final season of Ted Lasso. With nearly three million monthly listeners on Spotify, his biggest streaming track, "Lost In The Light," has garnered more than 181 million streams. Catch country rising star Bahamas at Woolly's on Oct. 11. Tickets \$25 in advance. ■



# FILM REVIEW

BY DAVID ROWLEY

## ‘Relax, I’m From the Future’

Director Luke Higginson’s debut film falls short of its potential as a zany sci-fi comedy due to its inconsistent humor and convoluted plot.

In the quirky sci-fi comedy “Relax, I’m From the Future,” Rhys Darby shines in his role as the endearing and clueless time traveler, Casper. Darby’s comedic expertise, honed through characters like Murray in “Flight of the Conchords” and Stede Bonnet in “Our Flag Means Death,” makes him the perfect fit for this bumbling yet lovable protagonist.

In director Luke Higginson’s debut film, Casper’s arrival in a suburban Ontario neighborhood — clad in a purple jumpsuit, his skin covered in smeared ink, and claiming to be from the future — sets the stage for a series of comedic mishaps. The locals react with suspicion, leading to a memorable punch-line as Casper tries to explain his origins.

As Casper navigates this unfamiliar period in time, he encounters Holly (Gabrielle Graham), a burnt-out activist tired of grandstanding for change without seeing any real results. Their chemistry blossoms as Holly shares her trash nachos with Casper, and their connection deepens through conversations about time travel and its complexities. They bond over pop-punk band PUP and their contrasting perspectives on history and the future. Casper, true to his character, offers comforting words about things getting better because “there is a plan,” while conveniently leaving out the details.

Casper, a tourist in our time, possesses knowledge about future events, including the fate of a local band (real-life Canadian pop-punk band, PUP) and the destiny of a diner server named Percy (Julian Richings). These insights spark curiosity and inspiration among the characters, inadvertently setting the stage for unforeseen consequences that could change Holly’s life — even the trajectory of the future.

He shares sports betting intel to help her achieve financial success but warns she must stay under the radar and not flaunt her newfound funds. The film features cute performances, quirky twists and absurd situations as characters navigate the present with future knowledge.

However, the film’s humor falls short of maintaining momentum and occasionally gets lost in its own verbosity, scientific jargon and convoluted plot points. No, the eccentric Casper (Darby) isn’t “changing the fabric of reality.” No, there’s no hint of choosing between assorted “multiverses.”

“No, that’s ridiculous,” Future Man Casper assures disaffected lesbian of the present Holly (Gabrielle Graham), poking a decade of comic book movie obsession right in the eye. “No, there are no time



### “RELAX, I’M FROM THE FUTURE”

PG-13 | 94 minutes

Director/Screenplay: Luke Higginson

Stars: Rhys Darby, Gabrielle Graham, Julian Richings

machines,” puncturing another sci-fi trope.

While Casper’s eccentricity and Darby’s energy provide some initial charm, the film struggles to maintain its wit throughout the occasionally dragging narrative.

Unbeknownst to Casper, he’s being pursued by Doris (Janine Theriault), a sleek, relentless assassin from the same future. Doris wields a weapon that identifies individuals based on their impact on the world and dusts them with the power of Thanos on the belief they are terrorists who are trying to destroy the perfection of the future. While having a prominent introduction, the character does not receive the additional build-up (or screen time) to make her the menacing villain promised in her opening.

As “Relax, I’m From the Future” gradually reveals its larger plot pieces (Phase One: Gain financial independence; Phase Two: Save the world), the film’s mix of humor and existentialism takes center stage. It playfully explores the concept of predetermination and individual significance within the grand scheme of time. However, the film’s attempt to transition from nihilism to something more optimistic feels rushed and ultimately falls short.

While “Relax, I’m From the Future” offers moments of charm and humor, it struggles to maintain its initial momentum and whimsy and comes across as a mostly dull sci-fi comedy, missing the mark on the potential of its intriguing premise and talented cast. Rhys Darby’s performance and some moments of philosophical argument are the film’s highlights, but the film’s pacing, exposition-heavy moments and uneven tone hinder its overall enjoyment. ■

## PREVIEWS

BY DAVID ROWLEY

### “THE CREATOR”

PG-13 | 133 minutes

Director: Gareth Edwards

Screenplay: Gareth Edwards,

Chris Weitz

Stars: John David

Washington, Madeleine Yuna Voyles, Gemma Chan

The post-apocalyptic reality in “The Creator” is a result of the brouhaha caused by artificial-intelligence-led detonation of a nuclear warhead in Los Angeles. Joshua (John David Washington), a hardened ex-special forces agent grieving the disappearance of his wife (Gemma Chan), is recruited to hunt down and kill the Creator, the elusive architect of advanced AI who has developed a mysterious weapon with the power to end the war ... and mankind itself. Joshua and his team of elite operatives journey across enemy lines into the dark heart of AI-occupied territory only to discover the world-ending weapon he’s been instructed to destroy is an AI in the form of a young child (Madeleine Yuna Voyles).



### “DUMB MONEY”

R | 105 minutes

Director: Craig Gillespie

Screenplay: Lauren Schuker

Blum, Rebecca Angelo, Ben

Mezrich

Stars: Paul Dano, Pete Davidson, Vincent D’Onofrio

Based on the book “The Antisocial Network” by Ben Mezrich, “Dumb Money” is the ultimate David versus Goliath tale, centered around the absurd series of events in January 2021 that saw the sudden rise of price in stocks for the video game retailer GameStop. It’s the insane true story of everyday people who flipped the script on Wall Street and got rich. In the middle of everything is regular guy Keith Gill (Paul Dano), who starts it all by sinking his life savings into the stock and posting about it. When his social posts start blowing up, so does his life and the lives of everyone following him.



### “THE KILL ROOM”

R | 98 minutes

Director: Nicol Paone

Screenplay: Jonathan Jacobson

Stars: Maya Hawke, Samuel L.

Jackson, Uma Thurman

“The Kill Room” combines the surprisingly similar realms of art dealing and underworld crime for a deliciously dark comedy. Reggie (Joe Manganiello) is a contract killer under his boss, Gordon (Samuel L. Jackson). The two are sent to Patrice Capullo (Uma Thurman), an art dealer and gallery owner, who agrees to partner up with Gordon and Reggie, who allegedly have art to sell. Reggie begins making art for potential buyers only to become an overnight avant-garde sensation under the pseudonym of “The Bagman,” inspired by his violent method of eliminating targets. However, the trio’s success threatens to blow up what is meant to be a covert money-laundering scheme. ■





"Wakenda Creek" by Derrick Breidenthal, oil on canvas.

# Perspective, birds, weather and psychopomps

BY JIM DUNCAN

Des Moines Art Center Print Gallery's exhibition "Double Take" attempts to make a photographer's involvement as much a part of the medium as his subject. Curator Laura Burkhalter and guest curator Ben Easter (a superb photographer himself) selected pairs of images — "one of which is a staged or posed photo and another that appears to be more improvisational or quickly-captured street photography," in Burkhalter's words.

In some cases, the line between the posed and the un-posed is clear, while in others the differences are much harder to spot. "The comparisons and contrasts these visually similar pairs offer reveal the aesthetic and formal choices of the artist in both obviously directed images and those that might look like chance 'lucky' shots at first glance — from lighting and framing to the choice of model," she said.

This show challenges the viewer to notice the involvement of the photographer. And it is a challenge in many pairs. Call it a photog empowerment exhibition.

Among the contrasts are Karl Struss' "Nude draped in gauze" with Joel Meyerowitz' "Jan Testori;" Joel Meyerowitz's "Margaret & Caroline" with Jacques Lowe's "Portrait of two dancers;" Harry Callahan's "Providence" and Hans Breder's "Culiapan" show human forms in utterly different cityscapes, which is the easiest to pick the staged out as Breder works to manufacture lasciviousness; Man Ray's self-portrait with Leon Levinstein's untitled portrait of an unshaven man

in a fedora contrast good and bad grooming more than any else.

Callahan's "Tall urban buildings" are contrasted with Dorothy Norman's "Cape Cod Village home," begging the question, how does one stage a city landscape?

Judy Dater's "Imogen and Twinka at Yosemite" is a portrait of an old woman and nude yaksha with an ancient tree and contrasts here with Larry Fink's "Ella and JJ, Martin Creek" also showing a young and old woman but caught fully clothed with a brick wall and a concrete floor.

Other pairs include Hiroshi Sugimoto's "White rhinoceros" and Jeanne Dunning's manipulated untitled landscape; Robert Mapplethorpe's famous "Two men dancing" and Larry Fink's "Allentown, Pennsylvania fair" where dancers look like a father and daughter.

Michael Disfarmer's "Two men in khaki pants, long sleeved shirts" and August Sanders' "Country girls" might be the hardest to detect staging as both look naturally posed.

Danny Lyon's "Marilyn in an abandoned building New York" and Leonard Freed's "Nude in a fetal position between trees" is another easy one to detect the staging.

Lyon's "Cal, Elk Horn, Wisconsin" stages a biker in his rearview mirror while Nathan Lerner's "Focused view for camera" reveals a face through a magnifying glass. Edward Quigley's "Portrait of young woman holding up a tennis racket" and Dmitri Baltermants'

"Twice a hero test pilot Khan Sultanuses" contrast American playfulness with Soviet propaganda. Diane Arbus' "Loser at the diaper derby, New Jersey" and Julie Blackmon's "Cupcake" show infants in surroundings 50 years apart. They contrast the decades more than the infants.

Dater's "Twinka and tree" and Sally Mann's untitled woman with a bedspread is another easy one to pick the staged from the happenstance. This show plays through Feb. 18.

## TOUTS

Olson Larsen Gallery opens "Wing and Bloom" Friday, Oct. 13 (Gallery Night) with six female artists fascinated with birds and sometimes flowers. Rachel Deutmeyer, Barbara Fedeler, Kirsten Furlong, Paula Schuette Kraemer, Molly Wood and Amy Worthen are included.

Oct. 6 Moberg opens "Derrick Breidenthal," a brilliant painter of mostly Kansas landscapes. He has a knack for making weather his subject.

Through Dec. 10, Faulconer Gallery on the Grinnell College campus has two shows that feature Stephen Appelby-Barr. One, "Correspondence," features his works, many of which juxtapose fantastical subjects with common ones, like super realistic dreams. The other, "Old Friends and Psychopomps," features art inspired by Appleby-Barr. A psychopomp is a being that guides souls on journeys. This is the first exhibition of the painter, a Canadian Englishman. It is fascinating. ■



# IOWA ARTISTS

BY JACKIE WILSON

## Andrea Van Wyk

Travels, florals inspire former art teacher.

Large floral canvases with muted colors fill Andrea Van Wyk's studio at Mainframe Studios. The acrylic paint blends into the canvas, and her work is unencumbered by glass and frame.

Look closely, and you'll see she's inspired by the styles of Georgia O'Keefe and Helen Frankenthaler, where the flowers spill over the edge of the canvas and gentle drips of paint cascade toward the bottom of the artwork.

"It's realist versus abstract — a good blending balance of both," she explains. "When it flows down, it shows the path the paint took — an act of creating."

Andrea cites her parents' creative influences. Her mom was a gardener, specializing in flowers. As a seamstress, she created beautiful quilts. Her dad was a Reformed Church minister who connected with his congregation to make the Bible relate to real life issues. "It's a combination of influences from my parents. Mom with her floral gardens and my dad who painted pictures with his words," she says.

Andrea was an art teacher for 38 years at Pella schools and painted Pella Dutch facades on various storefronts in Pella. "I'd taught students about architectural drawings, and people wanted me to create scenes. This is how I started selling paintings and painting in people's homes," she says.

During school years, she painted on nights, weekends and summer breaks. She traveled with a student ambassador organization, gaining valuable creative inspiration from architecture in different countries.

Today, her artwork can be found at Mainframe Studios as well as Brew Coffee



House and Embellish in Pella. She travels to juried art shows and festivals, and her artwork appears in the Oskaloosa Gallery and Newton Center for the Arts.

When paying attention to details on flowers, she discovered a great deal more, and her artwork expanded. She's painted flowers from a ditch across the road from her home and the rose garden behind the Des Moines Art Center. "My eye is always open, looking for compositions."

She's newly retired from teaching and looking for new audiences for her work, which can be a challenge. "I'm a right-brain person. The business side of it takes away from my studio work," she reflects. "I love connecting with people about my work. It's meant to be shared, not kept in a closet."

Once a piece is completed, she's excited to share it with others. "I can't wait to put it out there and see who connects with it. I love it when people connect — it's the best part of my art."

Andrea recalls a painting she completed seven years ago, which recently sold. "Someone just found it now. You have to have patience."

As her work is ever evolving, she only lacks time. "I have so many paintings in my mind, and I don't have enough time to get them all on canvas." ■

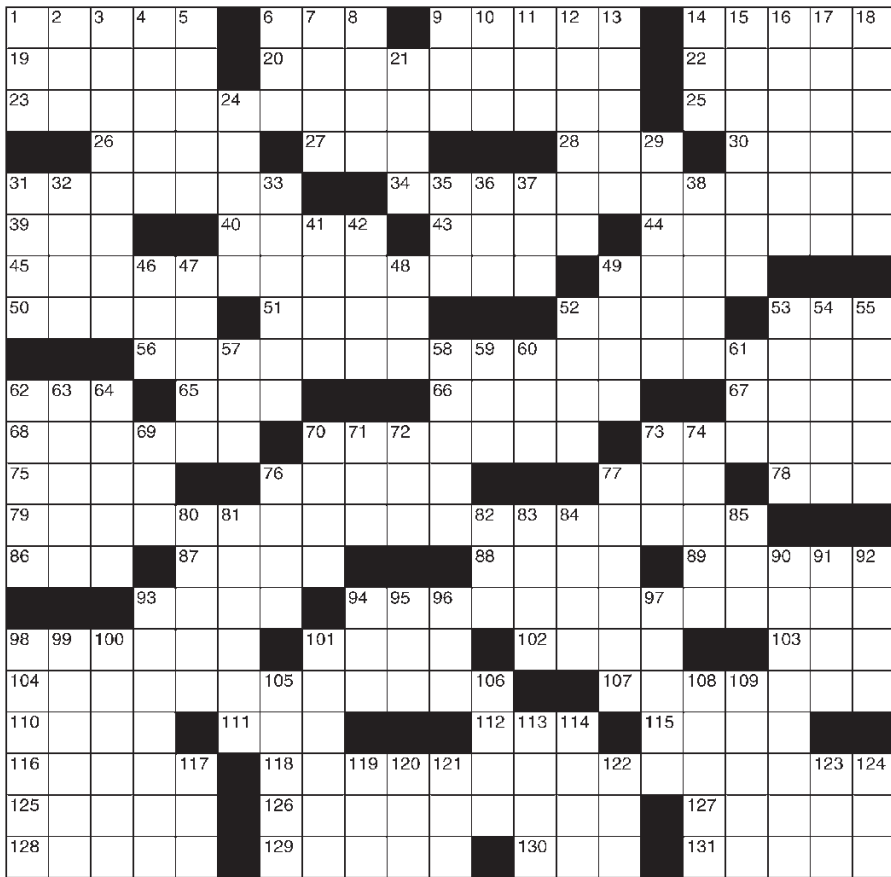




# PUZZLES

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

## OH NO!



- ACROSS**
- 1 Vermicelli, e.g.  
6 Commercial spots  
9 16th-century pope  
14 Olympic length unit  
19 Had a dull, steady pain  
20 Chart topper, often  
22 Cockeyed  
23 Hidden stockpiles of certain infield bags?  
25 Low-pH liquids  
26 Certain Southern sib  
27 Tax doc. whiz  
28 Lead-in to Pen  
30 Ranch unit  
31 Grassy tract  
34 Instructions for securing a bottle with a screw cap?  
39 Gods, in Italy  
40 Some thin batteries  
43 Owner of Zipcar  
44 Promotional links  
45 Dad providing the finances?  
49 Cottage cheese piece  
50 Reject, as a lover  
51 Turner of "Betrayed"  
52 Sashimi fish  
53 Jestful type  
56 Bane of not knowing which college major to choose?  
62 Vigoda of old TV and film  
65 Hirer of many 27-Acrosses, for short  
66 Skyrocket  
67 Toll highway  
68 Chemistry class cost  
70 Like the letter O in this puzzle's entire solution  
73 Applies drippings to  
75 Brain flash  
76 Hajj city
- 77 "Palooka" actor Erwin  
78 She's shearable  
79 Design of a three-masted ship?  
86 "The Addams Family" cousin  
87 Swivel on an axis  
88 Ribald  
89 Org. against pet abuse  
93 "Will you let me?"  
94 Reiner or Sagan wearing a Santa suit?  
98 Hawaiian porches  
101 Diminish  
102 Malevolent  
103 Eat dinner  
104 British apartment doubling as a malt shop?  
107 Ticks by  
110 Sister of Meg, Jo and Amy  
111 Diminish  
112 Comedic actress Issa  
115 Fit for the job  
116 Lauder of makeup  
118 Famous German taleteller who lived in a farm building?  
125 Rhythmic swings  
126 Rhythmic way to march  
127 Strike hard, biblical-style  
128 Very inclined  
129 Dutch cheeses  
130 Stitch clothes  
131 Consequently
- DOWN**
- 1 Butter square  
2 Frau's "Alas!"  
3 Small, agile Japanese dog breed  
4 Irwin of "Crikey! It's the Irwins"  
5 "Puff" snake  
6 "I have it!"  
7 Part of DVD  
8 Stride  
9 Actress Zadora  
10 Business mag  
11 "I hate it!"  
12 Precipitates cold pellets  
13 Italian motor scooter brand  
14 Hamm of soccer  
15 Boxed up  
16 Slow-paced martial art  
17 Footballer's sweep  
18 "Start over" buttons  
21 "Begone!"  
24 Queen guitarist May  
29 Not off-key  
31 Alternatives to JPEGs  
32 Sign on for another tour of duty  
33 Hawk cousins  
35 Toddler's cry  
36 "... got a feeling ..."  
37 Geraint's title  
38 Theoretical physicist Paul  
41 Way yonder  
42 Did karaoke  
46 Joanne of "Red River"  
47 Bellybutton type  
48 Driveway goo  
49 Adorable  
52 Eldest son of Mitt Romney  
53 Be the author of  
54 Cockeyed  
55 Duck cousins  
57 Rapping "Dr."  
58 Very, in music scores  
59 Hwy. crime  
60 Banquet liquid holder  
61 Rival of DHL and FedEx  
62 Perp's story  
63 Having no knack for  
64 Roger of "At the Movies"
- 69 E-help page  
70 No more than  
71 Former U.S. RR regulator  
72 Educ. facility  
73 A/C meas.  
74 Subtle glows  
76 Kihei's island  
77 Perplex  
80 Pan Am rival  
81 Paris palace  
82 Bi-plus one  
83 Make lighter  
84 Video surveillance syst.  
85 PC key abbr.  
90 Submits, as a test paper  
91 Moetley --  
92 High peaks  
93 Jungle knife  
94 Half- -- (java option)  
95 "Good" cholesterol, for short  
96 Lulu Hogg player Peggy  
97 Imam's God  
98 Vilifies in print  
99 Scores 100 on the test  
100 Stinging plant  
101 Certain radio frequency range  
105 Yippie Hoffman  
106 Not false  
108 Discomfit  
109 Large feather  
113 Raggedy -- (some dolls)  
114 Livy's "Lo!"  
117 Seer's "gift"  
119 Sanyo rival  
120 '60s war site  
121 ENTs, e.g.  
122 Hack down  
123 & so forth  
124 Once called



"Do you have something a little  
\_\_\_\_\_ ? I'd like my  
family think I actually baked it."

## 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!

Path SOURCE \_\_\_\_\_  
Charm \_\_\_\_\_  
BLEANG \_\_\_\_\_  
Crave \_\_\_\_\_  
RESIDE \_\_\_\_\_  
Herd \_\_\_\_\_  
RIVED \_\_\_\_\_

TODAY'S WORD

## SUDOKU

by Linda Thistle

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

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

DIFFICULTY: ♦

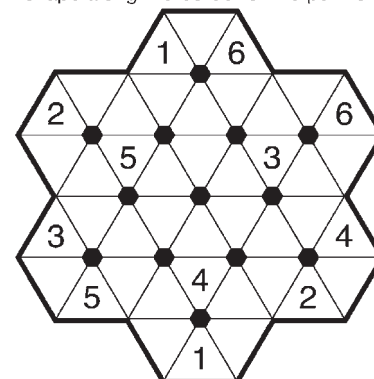
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## SNOWFLAKES

by Japheth Light

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



DIFFICULTY: ♦♦♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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## GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	÷		-		1
-		+		+	
	+		÷		6
×		-		+	
	+		÷		3
7		3		8	

1 2 2 3 4 5 7 8 9

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# WHAT THE...

## Think you're funny?

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

Next month's photo:



## This month's winner

“Hate to burst your bubble, but old-school TVs require an electric outlet.”

— John Flater



## Runners-up

“The government’s new restrictions on watching TV with COVID are a bit much.” — Dan Davis

“Take me to your leader!” — Chuck Golliher

“Danger, Will Robinson, danger!” — Mark Godwin

“Future child discipline: Smell-o-vision with fast food and political ads only.” — Mary Wedewer

“Is it time for ‘Lost in Space?’” — Jill Pearson

“So, do you come here often?” — Bob Boyle

Send your “What The...?” caption and image entries to celeste@dmcityview.com.  
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10/2 MONDAY NIGHT LIVE FEATURING BLAINE GARRETT

10/3 RAYE ZARAGOZA WITH DAN TEDESCO

10/4 DJUNAH WITH HAPLOID

10/5 ALL ACCESS LIVE FEAT ALLEGRA HERNANDEZ

10/7 LAUREN SANDERSON WITH POUTYFACE AND CODY BENJAMIN

10/8 ALOHA WIND PRESENTS MALAMA MAUI: A BENEFIT SHOW FOR MAUI

10/9 MONDAY NIGHT LIVE FEATURING JAMES BIEHN

10/12 SUNNY SWEENEY

10/13 NOAH GUNDERSEN WITH CASEY DUBIE

10/14 BITCH WITH CRYSTAL MATTHEWS

10/15 BLOODY MARYS & BLUES WITH AVEY GROUWS BAND AND SPECIAL GUEST HEATH ALAN

10/16 MONDAY NIGHT LIVE FEATURING DAMON DOTSON

10/17 CANDY: A HALLOWEEN VARIETY SHOW

10/18 TYLER HALVERSON WITH JORDAN MESSEROLE

10/19 THE ROCKY HORROR PICTURE SHOW HAPPY HOUR

10/19 QUEERCORE DRAG SHOW

10/20 MINIONFEST FEATURING HOT KUNCH, DISPLAY CASE, STATEPARKS

10/21 AN EVENING WITH ELIZABETH MOEN

10/22 TRILK ROCK SCHOOL SHOWCASE

10/22 EMPOWERMENT THROUGH THE ARTS

10/23 MONDAY NIGHT LIVE FEATURING BRAD JOHNSON

10/24 KEITH HARKIN (OF CELTIC THUNDER)

10/25 THE HAUNTING OF RHYTHM & PEP: GATHERING OF THE GREMLINS

10/26 GOBLIN'S LOUNGE: HALLOWEEN HITS WITH RAMONA AND THE SOMETIMES, AND DJ SUSANNAHHH!

10/27 THE RATHBONES (SOLD OUT)

10/28 NIGHT STORIES WITH TRAFFIC DEATH

10/29 CENTRAL IOWA MUSIC LAB FALL COSTUME PARTY/RECITAL

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# JOE'S NEIGHBORHOOD

BY JOE WEEG

## Dog years

Numbers don't have to be scary. Or do they?

"Life expectancy at birth for women in the United States dropped 0.8 years from 79.9 years in 2020 to 79.1 in 2021, while life expectancy for men dropped one full year, from 74.2 years in 2020 to 73.2 in 2021." - CDC, Aug. 23, 2022

73.2 years? Really? I might as well eat that big bowl of whip cream and lie belly up in the blue plastic wading pool for the afternoon. So much for "30 Days to Better Spelling." Why make the effort? 73.2 years! Lord, I hear the clock ticking over my right shoulder like some type of Disney-created crocodile, and I'm Captain Hook. I don't have 10 years. I don't even have five. Oh me, oh my.

OK, I tell myself, numbers don't have to be scary. In fact, I've always loved numbers. In college, I majored briefly in mathematics because of a strange attachment to high-waisted pants and practical shoes. And even when I switched to a major in religion, math courses



were an escape from struggling with questions like why suffering is there, and what happens after death, and why don't I have a girlfriend.

On the other hand, these recent numbers are scary. And it's even worse for a male American Indian or a male Alaska Native, as you only get a life expectancy of

61.5 from birth. And if you are male and Black, your life expectancy from birth is 66.7. These numbers are horrible!

Sure, if you're a woman, the news isn't quite so bad. The study says a woman's life expectancy from birth is 79.1 years. Yup, you have an additional six years to dance on some guy's grave. But if you're a man? Don't bother dreaming about your next deep-fried-butter-on-a-stick at the Iowa State Fair. You won't be there.

I get it. Most of you are shrugging at this news and wondering what flavor to add to your latte. Not me. I'm doing the math. Even ignoring all the recalculations based on surviving as long as I've survived, and the notion of the group versus the individual, this is still a disaster. I'm an old man with one foot in the grave by any calculation.

And, by the way, my buddy is also an old man. Or I should say my buddy is also an old dog.

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How old?

Well, Charlie is a 100-plus-pound German Shepherd that is 9 human years old. In an article by the American Kennel Club, “How to Calculate Dog Years to Human Years,” they develop a chart that puts my Charlie at 71 years old. And next year, he’ll be 79. At 13 human years, Charlie will be 100.

Dr. Brian Martz, co-owner of Starch Pet Hospital, has been a vet for 36 years. He has ushered many of our dogs and cats into the Big Beyond with a kindness and gentleness that puts him up there with Mother Theresa in my family’s calculations.

But he has no good news for Charlie when I tell him about the impending doom for men and ask whether dogs are suffering the same fate.



“In my time, I don’t think I’ve seen a great extension

in life spans for cats or dogs either.”

Bummer.

“Yup, just a lot of typical aging problems like cancer, arthritis, tooth decay, hearing loss, cataracts.”

Yikes!

But Dr. Martz isn’t a big fan of these aging charts either. “Things just are as they are,” he says philosophically, with a smile.

Then he points me to the Dog Aging Project, a scientific attempt to answer some questions about aging dogs. The National Institute on Aging, which sponsors this project, says:

“Through the NIA-supported Dog Aging Project (DAP), scientists aim to understand how a complex combination of genes, lifestyle, and environment influence aging not only for dogs but for humans as well. ... The researchers describe how they hope to establish the foundation for an innovative, community science approach to aging research in dogs.”

Great. Of course, I’ll be long gone when they complete that study. 73.2 years. Tick tock, says the crocodile.

Fortunately, today is still today. As usual, Charlie and I are left to putter around the house. An old man and an old dog facing down the numbers — until it’s time to throw the Frisbee. Charlie chases. I throw. We both have a job. We do this until his tongue hangs long and his flanks are quivering. He lies down in the cool grass. I

sip a coffee.

We both listen to Iowa.

Cicadas sing their last courtship songs. Birds hustle about chirping the recent gossip before heading south or hunkering down for the cold weather. Squirrels scold each other as they bury acorns for winter in spots they’ll never remember. And bunnies scurry in the underbrush as they nibble the last of my wife’s fall flowers.

In dog years, I’d be 483 years old today.

“So, another round of Frisbee?” I say to my buddy. ■



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



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## Playhouse embraces the Penguin Project

A journey to create inclusive theater experiences for children with special needs

The Des Moines Community Playhouse is a regional leader when it comes to community theatre programming and engagement. While Des Moines Performing Arts leads the way in bringing the best of Broadway and global entertainment to its stages, the Playhouse continues to forge new paths and alliances that benefit Iowans. In October of 2022, sold-out houses experienced the rarified air of theatre essence: its first Penguin Project collaboration with the modified version of “Annie Jr.” Hearts and souls were touched; lives were changed.

Audiences can continue this unique performance project journey, as the Playhouse has committed to a three-year partnership with the national Penguin Project.

“Yes, that’s correct,” confirms Nate Weber, the Playhouse Outreach Coordinator. “We’re thrilled to be embarking on this journey to create inclusive theater experiences for children with special needs. We see The Playhouse, along with the help of our community, supporting this transformative program for many years to come. (We’re close to) opening night of this year’s production of ‘High School Musical Jr.,’ and the artists and mentors are already asking what next year’s show title is going to be.”

Established in 2004, The Penguin Project has evolved into a national program with chapters throughout the United States. The program provides a supportive environment and has demonstrated that participation in the performing arts has therapeutic value by enhancing social interaction, communication skills, self-confidence and self-esteem.

“As a community theatre, The Playhouse works to find a place for anyone who wants to be a part of theatre,” shares Katy Merriman, Playhouse artistic director. “The Penguin Project has given us the tools and training to provide a safe and inspiring theatre experience for young people who have special needs. We are so happy to host young artists and give them the chance to take to the stage. There is a place for everyone in the arts.”

### The Penguin Project — another highlight in The Playhouse’s history

The Playhouse success did not come easily. In 1982, the organization was facing closure, its budget well short of its budget. It needed leadership. An experienced director from a smaller theater in Wisconsin was



Penguin Project “Annie Jr” Mentor Joy Mielke and McKenna O’Meara (as Miss Hannigan), who won a 2023 Jeanne Hopson Rising Star Cloris Award for her performance. Photo credit: Brent Isenberger Photography

offered the job, with the challenge to accept, or The Playhouse would have to close its doors. John Viars, for whom the mainstage theater space has been rightfully named, accepted. As the catalyst to a growing legion of Playhouse supporters, Viars encouraged outside-the-box thinking and action. In 1987, some board members shared a play called “Peace Child” circulating through their churches. He embraced it and produced the show to sold-out Playhouse houses late in 1987. The positive response triggered a revival in 1989. A finale performance, anchoring an International Theater Festival with 17 countries represented, was held in a packed Greenwood Park Sylvan Amphitheater. Children from Moscow and several European countries were part of the cast. Shortly thereafter, The Playhouse established a touring children’s theatre company, and the Kate Goldman Children’s Theatre began. The Penguin Project is the latest innovative program produced by this organization.

“The Penguin Project beautifully aligns with the mission of the Des Moines Playhouse, which is to promote theatrical arts through high-quality, accessible and inclusive experiences,” explains Weber. “The Playhouse believes in the transformative power of theater to inspire, educate and engage diverse communities. The Penguin Project, with its emphasis on inclusion and empowerment of individuals with special needs, perfectly embodies these principles. By providing a platform for everyone to participate in the performing arts, The Penguin Project reflects The Playhouse’s commitment to inclusivity, education, and community enrichment through the arts.”

### OVERHEARD IN THE LOBBY

#### Ankeny Community Theatre

Through Oct. 8. “The Addams Family”

#### Des Moines Performing Arts

Oct. 3-8. “Beetlejuice” National Tour

#### Comedy Xperiment

Oct. 6-7. “Improv Comedy Show”

#### Des Moines Community Playhouse –

##### The Penguin Project

Oct. 13-15. “High School Musical Jr.”

#### History Boy Theatre (Jefferson)

Oct. 13-22. “The Bridges of Madison County”

#### Des Moines Young Artists’ Theatre

Oct. 20-29. “The Lion, the Witch, and the Wardrobe”

#### Ballet Des Moines

Oct. 27-29. “Jekyll & Hyde”

#### Des Moines Community Playhouse –

##### Kate Goldman Children’s Theatre

Oct. 27 - Nov. 5. “Seussical the Musical TYA”

### Children’s theatre abounds, but world premieres excite

In addition to “High School Musical Jr.,” other children’s/family shows being produced this month include “The Lion, the Witch, and the Wardrobe” (Des Moines Young Artists’ Theatre) and “Seussical the Musical TYA” (Kate Goldman Children’s Theatre). Perhaps ratcheting up to more teen and above audiences are “The Addams Family” (Ankeny Community Theatre) and “Beetlejuice” (the National Touring Production at Des Moines Performing Arts).

Adding a couple of enticing special shows this month to tantalize come from the masterfully conceived creativity at Ballet Des Moines and the improvisational impressiveness of Comedy Xperiment. For Ballet Des Moines, Tom Mattingly’s “Jekyll & Hyde” will captivate audiences through a story of good and evil. Inspired by the classic gothic novella by Robert Louis Stevenson, this world premiere will tell the cautionary tale of leaning too far into our darker side, for fear we might never return. Comedy Xperiment promises a world premiere for every performance. Hello — it is improv. ■

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.





# CARS IN THE CITY

## Iowa State Patrol vehicles

Modified to perform

BY JACKIE WILSON

When I see patrol cars driving on the interstate, I wonder what makes them so special. Should I get a vehicle like the officers' jacked-up ride?

An Iowa State Patrol car test drive was out of the question, so I settled for a ride. Luckily, this ride was voluntary.

Patrol vehicles aren't just purchased off the lot. These vehicles are modified after being manufactured and tested for police and patrol standards.

The State of Michigan began offering patrol vehicle testing in the 1950s and is the standard for all patrol vehicles for the United States. Professional vehicles must meet more than a dozen criteria related to performance, such as stopping, accelerating, stability, engine cooling and more.

For example, cars must accelerate from 0 to 60 mph in 9 seconds; 0-80 mph in 14.9 seconds and 0-110 in 24.6 seconds. The vehicles must reach 110 mph in .92 miles. They also must complete 32 laps on the Grattan Raceway without major component failure to be certified with a pursuit-rating.

Civilians trying to accelerate and maintain such speed in our own vehicles (except for the Corvette I test drove last year) may have their car sputter, hesitate, overheat and give out.

The tires are specialty speed rated, with better handling than a car off the lot. New vehicles retain the same safety assist features, such as backup cameras.

The fleet of vehicles for the Iowa State Patrol includes the Dodge Charger, a V-8, 5.7 liter with 370 horsepower, a Ford F-150 pickup and a Chevy Tahoe. The F-150 is used to haul police equipment, and the Tahoe often serves as a K-9 vehicle.

The Charger is the vehicle that, when you see it parked in the interstate median, makes your heart skip a beat while you slam on your brakes and check your speed.

Alex Dinka, public information officer for the Iowa State Patrol, took me for a ride in the Charger. He pointed out the equipment featured: buttons for flashing lights, sirens, radar, radio controls (off limits for photographing) and dash cameras for both inside and outside the vehicle. A half a dozen antennas provide effective communications.

The movable computer screen touched my knee as space was tight. Dinka opened up the center armrest console, not to reveal a granola bar or Kleenex, but rather a mini printer to print off tickets. "It's like a police officer's office — right in the vehicle," he says.

There was no cage between the front and back seat. As we sped off (doing the speed limit, of course), the Charger accelerated quickly while other vehicles slowed down.

The 430 Iowa State troopers train at the Newton Speedway, practicing pursuit and stops at high speeds. Troopers drive about 35,000 miles a year and get a new vehicle roughly every three years. Once a car hits about 130,000 miles, it goes to the market for resale, with engine components in place but police equipment stripped.

Dinka likes driving the Charger, which he says is fantastic. "It's very reliable, fast and a quick turnaround. The handling is exceptional, and officers feel confident."

Buyers can also feel confident driving a Dodge Charger. But, be warned. If you buy one in brown, be prepared for drivers ahead slowing down, thinking you're driving an unmarked patrol car. ■





# DES MOINES FORGOTTEN

BY KRISTIAN DAY

## What's in the basement of the Hickman House?

Something big and angry lived there.

Until a few years ago, I could not say that I had ever been in a haunted house. My house was built in 1916, and there is no doubt that a lot of souls have lived in this house the last 100-plus years. The first year I was living there, I had some film friends in town working on a movie. It was the summer of 2009, and after a night of slinging PBRs and Hamm's, I was up making coffee, and my buddy walked into the kitchen and went on and on about seeing shapes of people walking in my hallway. My hallway connects my kitchen with my two bedrooms and bathroom — no more than 10 feet long. I never saw or felt anything strange in the 15 years I have lived in the house, nor have I ever experienced anything unusual.

During the winter of 2013, I did experience something odd at another place. Some friends of mine were living in an old house while they were between homes. The house sits in Beaverdale on 35th Street. People are currently living in it, so for the sake of their privacy, I am holding back some of the location

information. At the time, it was a red barn-shaped home that sat way back on the lot. The house itself doesn't look like the others on the street. The Polk County Assessor's website lists the house as built in 1882. However, a few months later, I met with Pat Meiners at the Des Moines Historical Society who shared with me a collection of notes on what he called Hickman House. He thought the architecture dated closer to the 1870s.

The place was massive on the inside with hardwood interior that looked like each piece was hand-carved. Transom windows were above every door. Upstairs, every movement could be heard from the floor below. My friends had three teenagers and one newborn. Jackie was a photographer on maternity leave, so she was home a lot with the baby. Ben worked from home about 50% of the time in information technology. Back then, we would get together every so often. Jokingly, they mentioned to me that they thought the house they were living in was haunted.



Illustration by Aaron Long

Jackie told me she would be checking on the baby and could hear footsteps walking around on the main floor. Sometimes it was the sound of a single person; other times she could hear lots of footsteps, as if there were a bunch of young kids running around barefoot.

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The house also had a lot of built-ins. In their kitchen, they had a large China cabinet filled with dishware. Their table broke down and slid into the side of the cabinet itself. One early morning, Jackie was in the kitchen feeding the baby and Ben was in his office. They had a golden retriever named Daisy, and it began sitting next to the door that led to the basement for hours on end. It was in the kitchen next to the China cabinet. Daisy wouldn't let anyone down there. Suddenly, Daisy started growling at the door. It didn't bark but was seemingly waiting for whatever was behind the door to come through.

Things were fine, until they weren't. Jackie and the baby were alone in the house one day. She was downstairs in the home office editing photos when she heard someone talking to her baby. The sounds were clear as day, like an adult woman making baby talk whispers and then an occasional loud giggle. Jackie ran upstairs, and when she opened the doors to the nursery, she felt a wind gust pass through that was strong enough to stop her movement. She then walked over to the crib to check on the baby, and she heard multiple crashes through the house. Three of the transom windows above the doors shattered instantly. Jackie, Ben and family were out of the house two months later.

I mentioned earlier that there was an experience I once had, and it relates to their home. Toward the end of their time at the house, I came by mainly to just get a tour of the place. I'm not a "sensitive" person in this world of spirits. I walked the hallways of the Armargosa Hotel in Death

Valley and felt nothing, but the moment I walked into the house, I wanted to leave. I saw the broken transom windows with my own eyes. They had a basket of dirty laundry on the kitchen table ready to go to the laundromat because their dog wouldn't let them go down to the basement. (It was indeed sitting in front the basement door when I was there.) They showed me an oval-shaped mirror that was in their kitchen, and I noticed the handprint, except the handprint was on the inside of the glass — not the outside. I could rub my hand on the glass, and it wouldn't smear the print.

An overwhelming sense of oppression was present. Something big and angry lived there. You know that feeling when you really made one of your parents mad and you were trying to avoid them? That's what it was like. I asked Pat Meiners, who owned the property, and, yes, it was built by George Washington Hickman. This entire neighborhood was part of Hickman Farms, which would explain the barn-like appearance of the house.

To be honest, I don't know how I feel about this whole thing, but I do think about the house often.

Happy Halloween. ■

*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*



A handprint on the inside of the mirror

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## Behind the mask, who's scaring you?

Get to know one of the people who makes those haunted house frights possible.

Whether they're screaming, shouting, or popping up, down, or from around the corner, someone is behind the costume and makeup of the character that just sent you and your heart rate into orbit.

At The Slaughterhouse Haunted Attraction, one of those scarers is Lydia Polzen. Polzen got into the scaring business seven years ago when her aunt recommended she join in the fun, but scary movies also had an influence on the decision to jump in.

"I've always watched scary movies. Those are my favorite, and I love 'Scream.' Then my aunt kind of just dove me into this just a little bit more. So, that was really awesome," said Polzen.

Polzen channels her character, Raven Biggs, when stepping into The Slaughterhouse's deep background of storytelling and scares.

"I have some cargo pants and a green harness. That gets me into her character, and then I put some makeup on that's kind of glowy because she's kind of all over the place. Then, just getting my hair up puts me in that zone to get going," said Polzen.

Polzen's character travels all throughout the grounds, which can make her difficult to spot or come across, except when you take into account the makeup she uses to give her character an eerie, glowing effect.

"You may see her, or you may not see her. For her, she has plenty of brothers and sisters around, too. She likes to mingle with them and really only talks to them," said Polzen of Raven Biggs.

Haunted house characters tend to follow the tropes of your favorite scary movie and will take

inspiration from them. The actor might be looking for a "Jason Vorhees" angle or a "Freddy Krueger"; however, Polzen's "Biggs" persona has a life of its own.

"The first year I was put into a place, and I'm like, alright, that works. Then I kind of built her off of my 'Voodoo Princess' type character from the very first year," said Polzen.

Polzen does have a few go-to moves to get the best reactions out of people.

"It's the popping up that really gets them, or if I rush at them. That is really funny because I've had a couple of people fall on their butts before," said Polzen.

However, guests have gotten the best of her as well.

"Sometimes, if I do jump out and they spot me, they'll say 'I see you!' and that can ruin the scare," said Polzen.

Horror stories have rung out in previous years where people were frightened so badly they went after a performer. Thankfully, that is something that Polzen and her voodoo princess Biggs haven't encountered during their time.

"Sometimes it does happen, but it's very little



Before and after Lydia Polzen getting into her "Raven Biggs" character.

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lately, which has been fantastic throughout the years,” said Polzen.

The style and approach haunted houses take, like most everything, has changed since the pandemic.

“That was definitely a weird era, because it’s definitely a different dynamic. There’s been more caution with things, more rules,” said Polzen.

Being in a haunted house with so much detail and built-in characters, the “family” inside The Slaughterhouse work together for the best scares possible.

“If I have a group in front of me, I’ll let the other actors scare them first. Then maybe I’ll do a little something with them and collaborate with that scare, too. It just really depends on the group and what’s going on with them at that time,” said Polzen.

Polzen, and, subsequently, Biggs, has an affinity for one room of the haunt in particular.

“I definitely love the Vortex. That’s where I get to glow. Or it would be the Swamp, which is rooted back into my voodoo era,” said Polzen.

In the end, Polzen does this for the love of the game, while also crafting new characters to get them into the flow of the business.

“I love to scare people anytime. And just the people you meet here, too, and all their stories and helping them come up with their character is so much fun,” said Polzen.

She added, “Yes, we do get paid, but if it was all volunteer work, I would still do it.” ■



## Martini and Frank

Instagram dogs dress up



Frank and Martini

When Liz Warner was growing up, she was afraid of dogs and avoided them during her elementary school years.

When she went to college, a friend had a miniature dachshund, and her fear dissipated. So much so, she fell in love with the dog. It was then she realized she did like dogs and wanted one of her own. A dachshund was the perfect choice for her.

Four years ago, she acquired Martini, a dachshund. A few months later, the COVID pandemic occurred. Like everyone else, her lifestyle was altered. “Martini gave me purpose,” she recalls. “There wasn’t much else to do.”

Two years later, she saw a four-month-old corgi online. The dog had nearly died after receiving his shots, and the owners called him Lucky — since he was still alive.

She named him Frank, but his luck continued. Once again, he was close to death shortly after she got him. Frank chewed through her electric blanket and electrocuted himself at Liz’s home. “Luckily, he was fine. He went to the hospital. He’s testing out his seven lives as a dog.”

Martini and Frank get along — most of the time. Initially, since Martini was the first dog, a power struggle ensued. “She was hesitant with Frank,” Liz says. “Now they hang out and sit together. They don’t fight, but they’re not necessarily soul dogs either.”

Frank is now 2 years old and loves attention from anyone. Liz works from home, so she’s available to provide the ball at his command. “He wants the ball thrown at all times,” she says. “He loves his toys. Whenever someone comes to the door, he brings a toy, as if asking to play with him. Playing is his M.O.”

She often brings one dog to various dog-friendly spots such as Paws and Pints and



Liz Warner and her “short-legged” dogs

local pubs where they can hang out on the patio.

But, it seems Frank, who is a big meat and cheese lover, has overindulged a bit and is now on a diet. “He and Martini’s ears always perk up when they hear the word ‘treat.’”

In her job, Liz is in charge of a company’s social media. Since she’s adept at posting and tweeting, Liz established an Instagram account featuring her two dogs, @martiniandfrank.

She dresses them up in different outfits, harnesses and costumes for various holidays and events. She posts funny videos and reels. With more than 5,000 followers, they’re a popular duo.

“They’re very photogenic. If I let them, they could sit on the deck and sunbathe all day,” she says.

Liz prefers her short-legged dogs, both for the cuddle factor and helping her stay active. “They get you up and get moving on walks and throwing the ball. I like having someone around. They’re always there for you,” she reflects. “They are very forgiving and loving. They offer unconditional love.” ■



# COLLECTIONS & HOBBIES

BY CYOTE WILLIAMS

## A collection as big as its inspirer's voice

Craig Cronbaugh's decades-long search for Frankie Laine memorabilia has led to an extensive collection of the famous singer's work.

When starting a collection, most don't expect or even dream of meeting the person who inspired it. Comic book collectors aren't going to meet Iron Man (Robert Downey Jr. doesn't count) and sports card collectors won't meet Babe Ruth (for obvious reasons). It was a different story for Craig Cronbaugh and his Frankie Laine collection.

Cronbaugh is currently a director and secretary for the Midwest All-Music Association Hall of Fame. He also became an inductee in 2022.

"When I was a teenager, 'The Ed Sullivan Show' had a retrospective with a handful of the guests he had on through the years. I was 14, and I got my cassette tape recorder because I wanted to tape the Beatles because I knew they'd be on. They showed a clip of Frankie singing 'Jezebel,' and while I was playing my audio back later, I thought, wow, I love that voice," said Cronbaugh.

Cronbaugh's father told him that was the voice of Frankie Laine. Laine spent nearly 70 years in showbusiness with his earliest performances dating back to the 1930s. Laine amassed 21 gold records and sold more than 100 million. Laine is most commonly known for singing the theme song to the classic TV western "Rawhide" and the songs for the Academy Award nominated satire "Blazing Saddles."

After repeatedly calling Laine's secretary in an attempt to meet him, with \$100 in his pocket, Cronbaugh made the risky play of hopping on a Greyhound bus to see the singer at a show in San Diego in 1985. Laine's secretary had reluctantly given him Laine's number, and Laine not only agreed to meet him, but he also recommended a place to stay and took Cronbaugh along on a full day of his schedule. It was the beginning of a friendship that lasted until Laine's passing in 2007.

"He loved it. He thought it was great. That was just one of the things about Frankie — he loved his fans," said Cronbaugh on what Laine thought about his collection.

Before diving into his collection in search of his favorite items, Cronbaugh tossed on a record of Laine's greatest hits to listen to during the searching. A greatest hits album was one of the first pieces in Cronbaugh's collection.

"I just loved every song I listened to, and I had to get more and more. So I just started collecting records. Over the years, my goal was to find out everything he recorded and have a copy of it on cassette tape," said Cronbaugh.

That he did, and more. Items within the collection vary widely, from cabinets filled with audio recordings of unreleased music to singles, signed albums, movie posters and more.

Just a few of the pieces Cronbaugh highlighted were the incredibly rare, two of four "standing Eddie" records that are normally made for disc jockeys only, including a "cartoon Eddie." These records depict Mercury Records' mascot "Little Eddie." Cronbaugh also owns Laine's first record that was released in 1945. A cherished item pulled from deep within his collection was a set of chopsticks that Laine used to eat with when Cronbaugh made his journey to San Diego to meet him.

One thing has eluded his all-encompassing collection — as well as every other Laine enthusiast.

"Edward R. Murrow had a TV show in the late 1950s and early 1960s. They would set up a remote camera in a movie star or singing star's location, and Murrow would sit in the studio and talk to him through the screen. He did one with Frankie, and nobody has that; nobody can find it," said Cronbaugh.

However, one item stands above the rest: the gold record Laine received for his song "Mule Train."

"Frankie had 21 gold records that he had on his walls in every house he's lived in. I actually got to see them when I was at his house. Jimmy Marino, who was Frankie's manager, Frankie gave him that gold record, and he hung on to it for 20 some years. Last year or two years ago, Jimmy said, 'I have a surprise for you.' He said, you know, 'I'm old, and I wanted to get rid of it. I know you have a library, and you're taking care of it,'" said Cronbaugh.

Cronbaugh's wife, Marlene, also has a personal favorite item: a bottle of champagne from the Galleron Laine Winery that Laine sent the two as a wedding gift. It remains unopened to this day. ■



Craig Cronbaugh's extensive collection spans decades, including movie posters, albums, singles, unreleased music and one of Frankie Laine's 21 certified gold records.



PERSONALITIES



# WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

## Making a house a home

Residents share their home improvement experiences.

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.



### Brian Coffelt

Warm, luxurious and timeless

Brian and Becky Coffelt of Johnston moved into a house built in the early 2000s and knew they wanted to update the style and make it more their own.

Recently, they remodeled their dated bathroom. The wish list included a custom shower, floor replacement, new light fixtures and a repainted vanity.

The Coffelts wanted to go with a modern but timeless design that also felt luxurious. They chose white subway tiles that were slightly larger than normal and went with black grout for the modern feel. They also picked out an industrial frameless door along with a rain showerhead to bring in the luxury accents.

They chose a porcelain tile for the floor that added warmth by looking like wood but with a waterproof design. They finished the bathroom by updating the vanity with fresh paint, adding black fixtures and installing modern double mirrors.

His advice to others: "Come up with a plan and share it with someone. Collaboration can help create something you didn't think was possible, or it can simply reinforce your feelings that your gut was right all along."

Source: Johnston Living, September 2023; by Ashley Rullestad

Read the full story here:



### Stephanie Gates

Water leak spurs remodel job

Stephanie and Zachary Gates moved into their West Des Moines home in 2016. The house included all the amenities, but the home's interior was "too brown."

"The house made all of our checklist, but it was all the wrong colors. We wanted to lighten things up and thought we could do it after we bought the house," Stephanie says.

However, it wasn't until several years later that a water leak prompted them to finally create the kitchen of their dreams.

"We felt like the microwave was the focal point and didn't want that taking over the kitchen when you first walked in," Stephanie says. The floor and cabinets blended together with dark colors, and the family room looked separated from the kitchen.

They painted the dark cabinets and crown molding a soft gray, extended the center island for more counter space, and moved the microwave out of sight to an expanded pantry area.

The Gates still have more remodeling in the works. They want to redo the dining room and complete other small projects in the house.

"It's never-ending," Stephanie says.

Source: West Des Moines/Jordan Creek Living, September 2023, by Jackie Wilson

Read the full story here:



### Emily Campos

Finished basement completes home

Cameron and Emily Campos, who work out of their Norwalk home, decided it was time to make better use of the space offered in their unfinished basement.

"Her office was in our cold, unfinished basement for the longest time," says Cameron. "We decided to invest in our home to finish the space."

"We wanted to add a fully functioning secondary living area, a full bathroom, and another full bedroom, which Emily could use primarily as her workspace," he says. "We wanted it bright and to have a modern chic farmhouse vibe. For the living area, we wanted to add a second fireplace to our home surrounded by built-in cabinets and floating shelves."

For her workspace, Emily wanted dual closets and a large doorway in the center of the room so it could feel open to the living space.

"We added sliding barn doors to close this space off if needed," says Cameron, "The builder also added lots of power outlets for all her equipment."

In addition, the couple, who work in real estate, expect a good return on their investment.

Source: Norwalk Living, September 2023, by Chantel Boyd

Read the full story here:



### Larrey Bankole

Self-taught homeowner

Early on as a homeowner, Larrey Bankole of Waukee wanted to save money on home repairs and remodeling. He worked construction while attending college for an aviation degree, so he had some experience. For other things, he consulted the Internet.

"I learned how to do repairs and went to YouTube college," he laughs. "I watched for 10 hours how to tile a floor."

His first remodel was a red kitchen with patterned wallpaper. "It was hideous," he says. He fully demolished it and put in a new ceiling and wall. However, the design was left to his wife, Megan.

"Ladies have better taste. She picked out all the stuff and the design work," he says.

He and Megan often go "treasure hunting" at the Habitat ReStore. They find one-of-a-kind deals at a lower cost, plus it helps fund Habitat for Humanity homes for those in need.

Larrey says he makes sure to have professionals check his work. "I'm not an expert," he says. "I try to do most of the stuff myself. There's a sense of pride when you do it by yourself."

Source: Waukee Living, September 2023, by Jackie Wilson

Read the full story here:





# get the JOB

Helpful tips for your employment search

## 6 success tips for young professionals

*(Family Features)* Starting your career can be both an exciting time and a daunting experience. While there's no secret formula to becoming successful in the workplace, there are steps you can take and skills you can build during the early stages of your career that can help you move toward your long-term goals.

Many young professionals face unique challenges, but with the right guidance and advice those obstacles may lead to opportunities for personal and professional development. Passionate about mentoring young professionals and sharing her methods for success, Morgan DeBaun, founder and CEO of digital media and technology company Blavity, partnered with Sharpie – makers of a wide selection of permanent markers, pens, highlighters and more for the classroom, office and home – to share these tips.

**1. Be proactive:** Take initiative and identify areas you can contribute beyond your assigned tasks. Instead of waiting to be asked to do something, draft an email, spreadsheet or project board that could benefit the team. Showing a willingness to go above and beyond may lead to additional projects or responsibilities being sent your way in the future.

**2. Write everything down:** Putting your dreams and goals to paper can help you commit to them, track progress and stay on course to achieve them. Additionally, particularly in meetings, your brain is processing new information, ways of thinking and operational systems all while you are trying to come across as engaged and personable. Jotting down key action items and learnings along the way can save you later. Being an active listener and note-taker can increase your ability to retain information and contribute to your team.

Featuring no-smear, no-bleed technology with best-in-class ink, an option like the Sharpie S-Gel pen promises exceptionally smooth writing experiences. To put her best work forward, DeBaun uses the Medium Point (.7mm) White Barrel. The high-performance gel pen enhances handwriting with its sleek, professional look and offers a variety of ink colors, barrel styles and points to choose from, making it a must-have for professionals looking to make a statement.

**3. Identify useful productivity tools:** Look for tools and programs that can help make you more productive and successful then leverage them in your personal workflow. Whether it's an email scheduling tool, calendar software or favorite writing utensil, ensure you are taking advantage of things that can help you succeed.

**4. Develop and strengthen your organizational skills:** Regardless of what role you are in, being systemized and structured in the way you work can help keep you on track as you grow in your career. Whether it's a smartphone app, old-fashioned to-do lists on paper or desktop reminders on your computer, find a system that works for you and stick with it – refining the approach as you go – for best results. For example, with a variety of available ink colors, the Sharpie S-Gel can make it simple to color code calendars and to-do lists, which can make prioritizing tasks a cinch.

**5. Embrace teamwork and learn from your peers:** Across your company, you are likely working with bright, talented people who may have completely different skill sets and ways of working and thinking than you. Set up 15-20-minute virtual coffee chats to meet people not on your team during your first 90 days as a way to connect with your coworkers and learn more about not only them but the company and its environment as a whole.

**6. Say yes to opportunities:** Whether it is a work event, new project, meeting or class, take advantage of prospects presented to you. Taking advantage of opportunities to network, learn and grow in your career can help lead you on the trajectory you are aiming for.

Find the must-have tools to set your career on the right path at Sharpie.com. ■

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