

NOVEMBER 2023

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FROM THE PUBLISHER

What's that thing for?

A younger person was in our office the other day and pointed at a telephone jack, asking me, "What's that thing for?" I explained to her how telephones need to plug into those jacks to operate.

She held up her cell phone and replied, "Why? My phone doesn't need one of those."

"Exactly," I said while changing the subject quickly.

Her comments made me start noticing all of the unused telephone jacks that are in homes and businesses. Yes, we have an office phone system that requires hard wires, and, yes, it works just fine. At least I think so. To be honest, we don't get many in-bound phone calls on it anymore, and most of our staff use cell phones to make out-bound calls.

I was also talking with a few employees the other day about faxing. The response was, "We have a fax machine?"

"Well, kind of," I replied. "It is part of the copier."

I was then asked, "What's our fax number?" I had to think about it, but I did recall it — eventually. I am just not sure when it was last used.

Like many of you, we no longer have a home phone number. As such, we no longer have standard phones. I was looking for one the other day to test some lines at our office and realized I didn't have one. I asked the staff if any of them had one at home that I could borrow. None did.

Back to those phone jacks. We covered an abandoned one in our home with a photo, and I bought a blank wall plate to put over another one. Someday, when the walls are torn down, a young construction worker will wonder what all those wires were for.

If I would have told you 25 years ago that you would not have a standard telephone and that most offices would not have fax machines, you would have never believed me. How could devices that were so instrumental in our daily activities no longer be needed? Then I thought of my cassette player, my beeper, our VCR, overhead projectors, typewriters and film cameras. The list could go on and on, and so can our memories of how important they once were. But the truth is, those things didn't disappear. They simply evolved with better technology.

The same is true with CITYVIEW magazine, which many of you remember as a weekly newspaper. Times have changed, and so has your alternative news magazine with its accompanying email blasts, social media entries, website posts, community events and other cross-promotional efforts. Was life easier when we only published a newspaper? Probably, but the rotary phone was much simpler than today's smart phones, too, but I can't imagine going back. Now, if I could just figure out what to do with all these phone jacks.

Have a great month, and thanks for reading. ■

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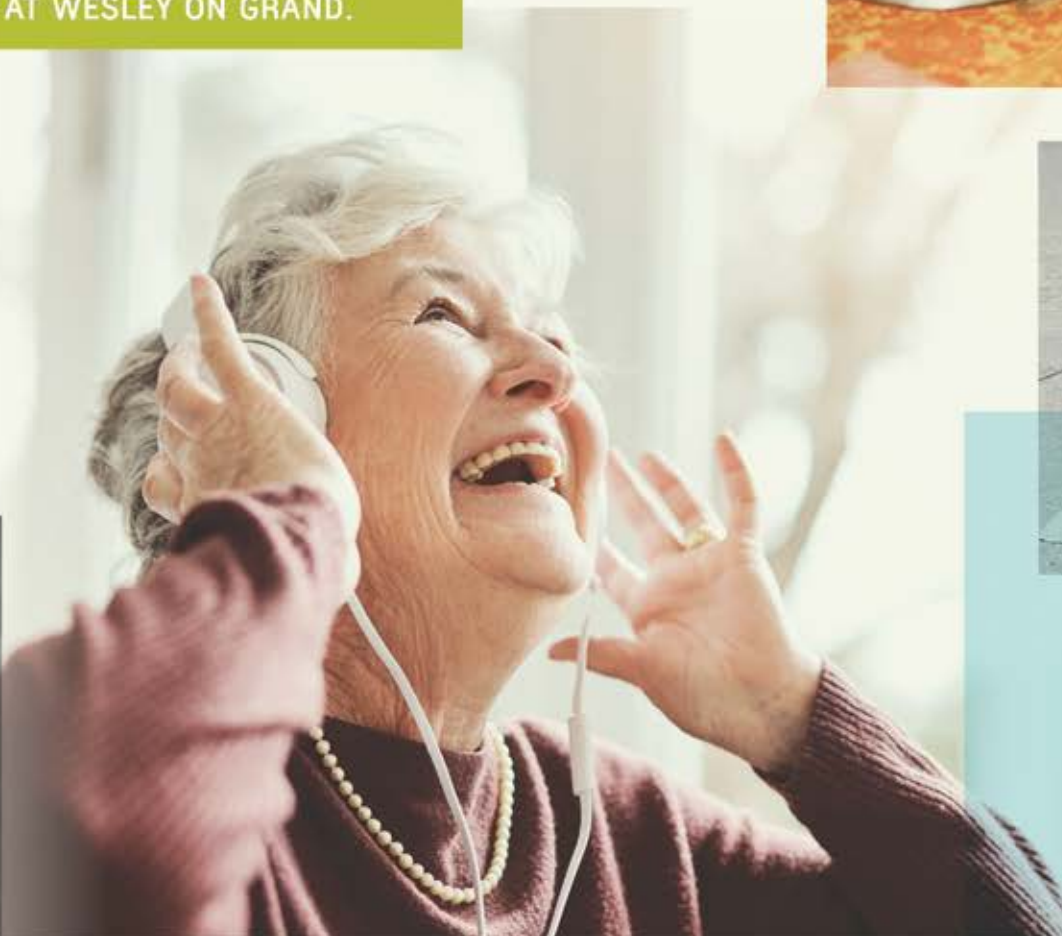
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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

- Q.** What are those devices that have popped up all over Des Moines and the suburbs? They are black, like computer tablets, attached to the tops of tall poles, and they are always tilted.

A. Donning the top of large poles, mainly streetlights as of late, are solar panels.

According to the City of Des Moines, the large majority of streetlights in the city are owned and maintained by MidAmerican Energy.

The goal with these is typically to reduce the city's electricity bill, as well as use a clean energy source. According to EcoFlow.com, the average household in Iowa that uses solar panels to help power their homes saves \$109.63 a year. Stretching that across the thousands of streetlights within city limits, Des Moines is sure to save taxpayers a few bucks.
- Q.** Now that Des Moines University is moving to West Des Moines, what will happen to its campus on Grand Avenue at 32nd Street?

A. Founded in 1898, Des Moines University is the second oldest osteopathic medical school in the country. They made the decision to move to a new state-of-the-art campus in West Des Moines at 8025 Grand Ave. in June of 2023, leaving its previous residence in Des Moines.

With their departure, the University leaves behind a prime piece of real estate, valued at \$78.7 million as of 2020. When asked for comment on any progress of the sale of the campus, Director of Marketing and Communication Denise Lamphier responded, "Des Moines University continues to look for opportunities to grow our programs to respond to the health needs of Iowa and the nation. No specific decisions have been made at this time."
- Q.** How much did the new Drake University and Des Moines Public School stadium cost?

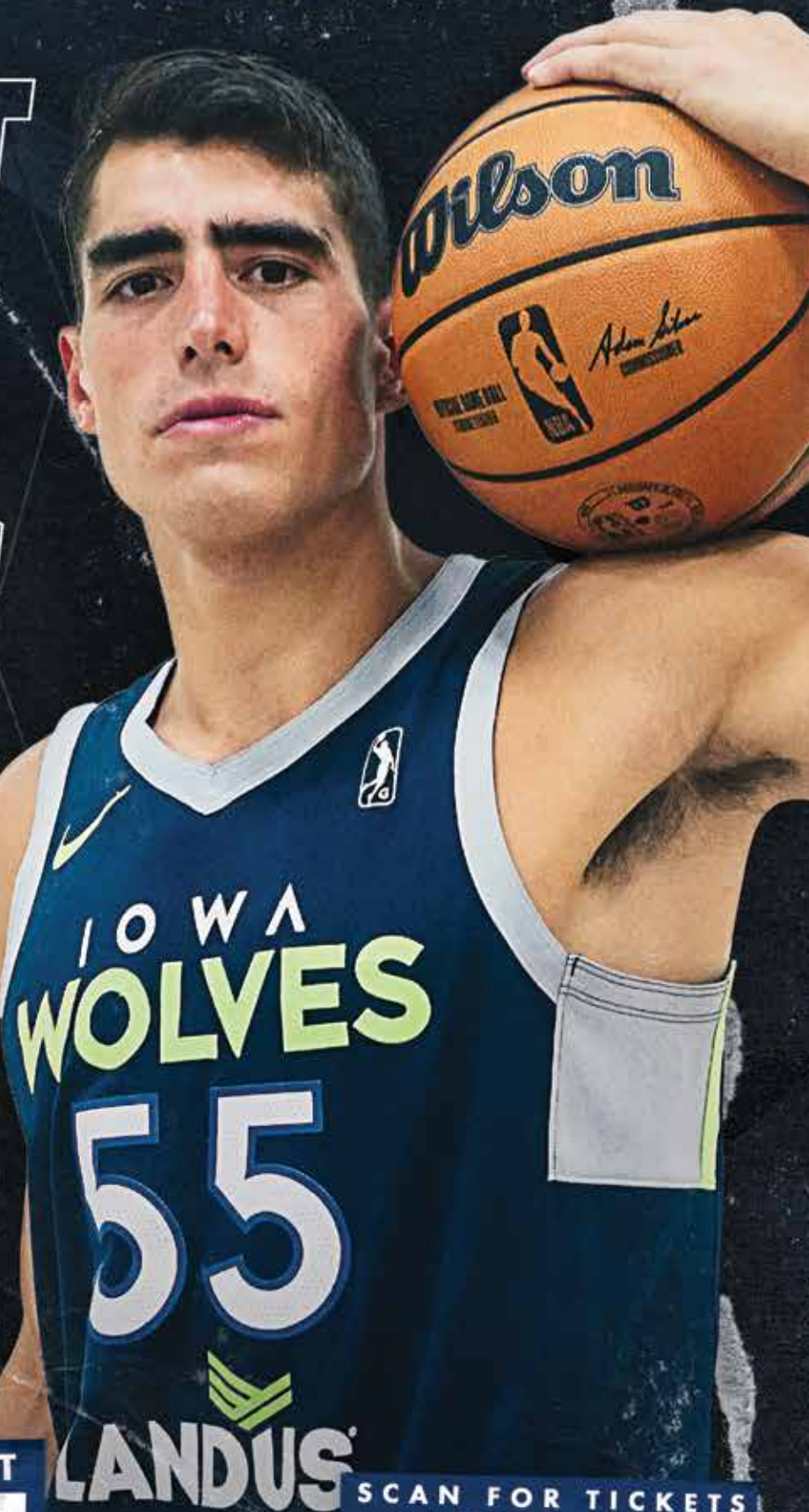
A. The short answer is \$19.4 million. Both Des Moines Public Schools and Drake provided funds for the stadium in order to get the new facility over the line.

Des Moines Public Schools footed the majority of the bill using SAVE (Secure an Advanced Vision for Education), a sales tax fund. Drake paid the remaining cost and will be responsible for maintenance and upgrades in the future. ■

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YOUR VIEW

Letters are edited for space, spelling and clarity.

Join the conversation!

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LETTER TO THE EDITOR

Where were the hospital CEOs?

I was disappointed that when you published the compensation for the big wigs of nonprofits, you left out health care (Civic Skinny, October 2023). I worked as a nurse for 25 years at one of Des Moines' larger medical centers. Don't let the commercials fool you; the patients are nothing but dollar bills to the administration. During COVID, the CEOs continued to get their bonuses as they cried poor to their staff members who pleaded for help with the great influx of patients. You would be amazed what these "nonprofits" actually own in Des Moines. You would be doing a service to the public to expose the hypocrisy of the health system for everyone. Thank you for your time.

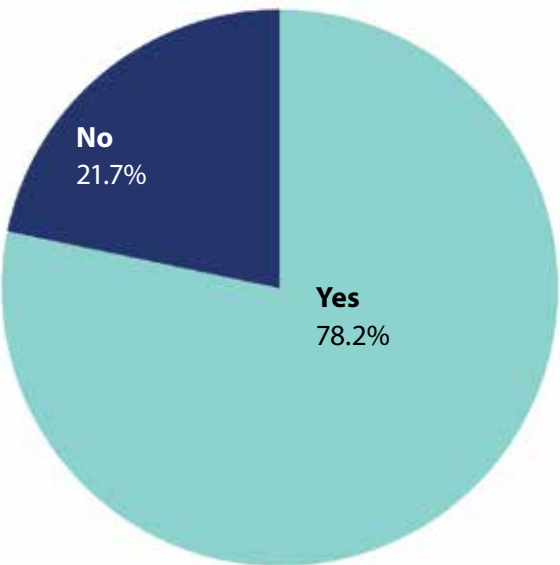
— Lynn Erickson

See this month's Civic Skinny — Shane

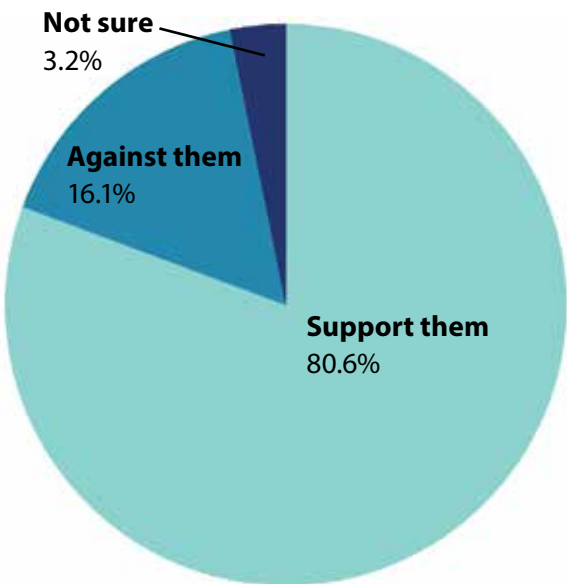
POLL POSITION

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

There is a minimum age to be a U.S. President. Should there be a maximum age?



What do you think of employee strikes?



FACEBOOK COMMENTS



cityview magazine (comments unedited)

CITYVIEW magazine: Should the employees of Wells Fargo unionize?

Adam Swihart: Everyone should unionize.

Adam J. Moraine: YES!!!!!! ALL employers such as banks, grocery stores, and convenience stores (retail/customer service industry jobs/careers) SHOULD BE unionized...

CITYVIEW magazine: What is the most expensive item you ever bought at a garage sale?

Vivian Masters: Couch and chair. They were around 70 years old when I bought them. That was 20+ years ago-and I still have them. Worth the \$175 I spent.

Molly Pins: Rare Coach purse.

Tony Munoz: lemonade stand with snacks. The kids get me every time

Kellen Sanders: Stickley rocking chair

Kelly Davis: A cedar chest

CITYVIEW magazine: What tastes good with pumpkin flavor?

Erin Eickman: Absolutely nothing

Marianne Corbin Liston: Bread or pie. Nothing else

Jack Creason: Pumpkin cheesecake

Lori Fiala Sanders: Pumpkin oatmeal, pumpkin yogurt, pumpkin omelet, pasta with pumpkin sauce, pumpkin chili, to name a few!

Laura Lynn Dehnke: Pumpkin Chai Tea Latte

Amber Cahill: Pumpkin bars.

Bob Guthrie: Pie

Jen Berger: Chocolate

RETWEETS



(comments unedited)

@sofarsogud: Imagine the carnage at an IKEA team building event.

@mariana057: What happens if you fight a dinosaur? You get Jurasskicked!

@gullyvuhr: Zoom is really only for one thing: realizing our dream of staring at ourselves while talking to other people.

@ericamorecambe: A good hack to make my house look clean and tidy in the evening is to turn all the lights off.

@BobGolen: Due to rising prices, Dollar Tree is changing their name to 'Tree Fiddy'.

@jzux: "i'm going to give them a piece of my mind" no you should hang onto those you're running out

@BedlamAndBones: My bank assures me my money is safe with them, yet they keep their pens chained to desks and most of them are missing.

@ThePunnyWorld: I accidentally drank a bottle of invisible ink last night. I'm in the hospital now, waiting to be seen.

@roastmalone_: using only lowercase letters so everyone knows my stance on capitalism

@MoMohler: I could never live off the grid. Crunchwrap Supremes are found exclusively on the grid.

@deloisivete: When you have bad handwriting, notes to yourself are just fun little mysteries you get to solve later on. ■

There's little agreement on what is 'wasteful'

It is easy for most of us to agree there is room for the federal government to reduce spending. But the challenge comes in trying to get people to agree where those cuts should be made.

For many years, an Iowa State University political science professor and I met several times a year for coffee and conversation.

During our coffee klatches, I probed my friend's thinking on world affairs, on government issues, and on politics in Iowa and across the United States. I suspect he tried to use these get-togethers to give me a something of a graduate-level seminar in American government, absent any lectures.

Educators these days are frequently accused of trying to indoctrinate their students with a particular point of view. But what I came to realize during those sessions at the Stomping Grounds coffee shop in Ames was fundamental to excellence in teaching: The professor did not tell me what to think. He tried to get me to think more clearly and to analyze with more sophistication and depth. He helped me spot weaknesses in my own opinions and develop a better understanding of factors that may lead other people to see things differently than I did.

After retiring, my friend sold his acreage and left Iowa for a more scenic place to live. Our caffeine intake has declined, but we still stay in touch via email. Last week, the professor's Stomping Grounds "student" field-tested the professor's method of posing challenging questions to get people to re-examine their own opinions and see why some people have a different view than other people.

Senator Joni Ernst has posted a series of social media comments in recent weeks in which she made clear her feelings about the nation's growing debt and about President Joe Biden's controversial decision to forgive \$9 billion in student loan debt.

She posted last week on X, the social media platform formerly known as Twitter, this statement: "Yesterday alone, our national debt increased \$275 billion. We cannot continue saddling future generations with trillions of insurmountable debt. It's time for Washington to stop spending money we don't have."

Taking my cue from the coffee shop Socrates, I

responded to Ernst's comment by posting: "So, am I to assume you will be pushing in the new farm bill to end the taxpayer subsidies that cover two-thirds of the cost of premiums for farmers' crop and revenue insurance?"

The senator did not respond to my comment. But 30,000 people around the country have read our exchange, according to X's statistics. Almost 800 did give Ernst and me the benefit of their thinking.

"Touche!" wrote a political consultant from Massachusetts.

Another person wrote, "Independent American farmers demand no less."

A reader called John commented, "John Deere driving welfare queens? Whatever happened to boot straps?"

Another reader wrote, "Or end fossil fuel subsidies? Or cut the defense budget? Or undo more of the Trump tax cuts?"

A Florida lawyer wrote, "Don't get me started on crop insurance, which America SHOULD be subsidizing instead of paying for cheese we will never eat."

There was this comment about Ernst's concerns over insurmountable debt: "But you voted for Trump's TAX CUTS for the rich = 8 trillion in 4 yrs."

A reader calling himself Average Joe Iowan wrote, "We can't eat ethanol. It comprises over half of the corn Iowa's farmers produce. There is room to cut farm subsidies."

A reader in Minnesota asked, "If farmers are so successful why do they need government handouts?"

And then there was this take on the postings Ernst and I made: "Ernst: No, not THAT insurmountable debt!!!"

But there were other readers who reacted strongly to what they see as the negative consequences of cutting taxpayers' subsidies for federal crop insurance. "That would send land prices in the Midwest sharply lower. Lots of repercussions."

A reader from western Iowa added, "Ya, why not go

after farmers."

Another reader calling herself Lady Patriot wrote: "Randy would rather see Iowa farmers fail. Thanks to Joni, that won't happen." To which another person wrote, "It's OK Randy. You get your food from the grocery store. Correct?"

One reader was even more pointed. "Let's also end taxpayers subsidizing healthcare. And we don't have to stop there. We can end all sorts of subsidies for people who produce nothing. That wouldn't make more sense now would it? Or, maybe you can just shut the **** up."

An Iowan with a similar view, minus a desire to stuff a sock in my mouth, wrote: "You should see flood insurance. Let's end taxpayers funding that too. And then we can do the same to the Affordable Care act. Yeah, let's end subsidies for those who produce nothing. The list is endless."

Back to my professor friend. He saw what I was doing on the X platform and responded to those who criticized my post: "Farm subsidies and 'paying farmers to NOT grow a crop' is in the bullseye of people from non-farm states. Cutting government spending is difficult because my crucial program — farmers — may be 'deep-state waste of money' to other Americans."

As usual, my friend had a broader take-away from the back-and-forth over the posts Ernst and I made. It is easy for most of us to agree there is room for the federal government to reduce spending. But the challenge comes in trying to get people to agree where those cuts should be made.

With the current divisions between Ds and Rs in Washington — and even among Republicans — it is difficult these days for members of Congress to agree when to go to lunch. Or whether to have coffee. ■

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



CIVIC SKINNY

BY CITYVIEW STAFF

Highest nonprofit executive salaries. City council race heats up. Iowans nice to delivery drivers.

Last month CITYVIEW gathered information on the highest bonuses and salaries of nonprofit executives in Iowa, omitting those at the head of healthcare-oriented nonprofits. This month we will highlight the executives with the largest salaries of the top five nonprofits with the highest gross receipts in central Iowa according to guidestar.com.

The Central Iowa Hospital Corporation sits atop the healthcare nonprofit mountain, with a listed \$1,488,485,014 in gross receipts. According to their 2021 990 tax form, the highest earning employee is not an executive, but is radiation oncology physician **Robert Isaak**. Isaak's total compensation is listed at \$1,016,910. Their highest paid officer was listed as CMO (Chief Medical Officer) **Tracy Elkhardt**, with her earnings totaling out to \$838,262.

Catholic Health Services is second, with \$899,251,353 in gross receipts. Their most recent 990 tax form is from 2022. Five of the organization's executives received more than \$1 million in compensation, with the highest being Director and CEO of Mercy Health Network **Robert Ritz**. Ritz's total compensation comes out to \$2,042,754. Their highest compensated employee is Network Hospital President **Sean Williams**, with a listed total compensation of \$1,179,758.

In West Des Moines, the Iowa Physicians Clinic Medical Foundation comes in third in terms of gross receipts, with \$568,638,692. Their 2021 990 tax form was available. President and CEO **Sanjeeb Khatua** topped their executives' earnings. Khatua's listed compensation is \$1,086,913. Their top five highest

paid employees are all physicians, with the highest paid being **Rajeev Fernando**, at \$1,520,287.

Staying in West Des Moines, Iowa Health System is next in fourth for gross receipts, at \$440,701,690. Their 2021 990 form shows that Executive Vice President and COO **Art Nizza**'s compensation came in at \$2,144,889. President and CEO **Clay Holderman** is next with a total compensation of \$1,549,142.

Last, but not least, and remaining in West Des Moines, is UnityPoint at Home. The most recent available 990 tax form was from 2020, and their gross receipt numbers came to \$356,916,210. Listed as a board member, **Pamela Delagardelle**, now CEO, topped their highest reported earners at \$1,470,151. Their next highest paid executive is President and

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Chief Clinical Officer, listed as **Margaret Vanoosten**, earning \$681,172. ...

In August, the state's executive council approved the use of up to \$21.3 million in pandemic relief money to move state employees out of the Wallace State Office Building. The building, located at 502 E. Ninth St. in downtown Des Moines, is home to the iconic windows that reflect the Capitol building. According to a state report, the recommended list of renovations for the Wallace Building would cost up to \$73 million.

A total of 540 state employees will make the move to the new building as the purchase was made official after the State of Iowa purchased the two-story office building at 6200 Park Ave. from **William C Knapp L.C.** for \$18 million as of Sept. 28, 2023. ...

The race for Des Moines City Council seats is heating up. Four spots will be decided by voters on Nov. 7. The at-large contest, held by incumbent **Carl Voss**, also includes **AJ Drew**. The Ward I seat is open after **Indira Sheumaker** resigned. Those looking to fill the seat are **Rob Barron**, **Chris Coleman**, **Kathy Hellstern**, **Dennis McCullough**, **RJ Miller**, **Rose Marie Smith** and **Kimberly Strope-Boggus**. Ward II incumbent **Linda Westergaard** will be challenged by **Chelsea Lepley**. The Ward IV incumbent, **Joe Gatto**, will face **Jason Benell** and **Justin Torres**. ...

The boom of delivery services during and since the pandemic mean more people than ever were, and are, having goods delivered to their doorsteps. According to USA Today, the average delivery service customer spends \$407 a month in 2023 on deliveries, up from \$157 in 2021, and almost no one is nicer to those delivery drivers than Iowans.

According to a study by regionalfoundationrepair.com, Iowa is the seventh nicest state to delivery drivers in the country. A total of 67% of Iowa households say they always smile at delivery people, 60% always make eye contact with them, 52% become more generous tippers during the holiday season, and 23% know their mail delivery driver by name. ...

Iowans like to keep out of their neighbor's business. A study by All Star Home shows residents in the Hawkeye state have the sixth least nosy neighbors. A total of 26% of Iowans say they have neighbors who invite themselves over, 22% who say they have neighbors who ask them inappropriate questions, and 49% reported having neighbors who watch them from afar, which begs the question, who's watching who? ...

If you feel like you're being watched, it might be your partner. According to yet another study by bonusfinder.com, Iowans are the sixth most likely

state to have spied on their partner to see if they were cheating on them, with 39.6% of Iowans who were surveyed admitting to snooping. People from Iowa ranked first for those who used social media as their preferred method of surveillance, tied for second for using "Find my iPhone" to track their partner's location online and for checking their partner's phone records or bills, and third for showing up unexpectedly at their partner's workplace or social events. ...

The State of Iowa agreed to an interim settlement brought on by Medicaid-eligible children with serious mental and behavioral health needs. The lawsuit asserted that "Iowa administers an inadequate mental health system that does not provide children and youth with legally required services," according to written comments from Iowa Human Health Services.

From the press release, "Over the course of the next several months, the state will develop an implementation plan that will bolster and reinforce the significant actions already taken in recent years to improve the mental health system in Iowa."

CITYVIEW reached out to Iowa Human Health Services for more details on what can be expected from the implementation plan but did not receive the information by press time. ■



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MEMORIES

BY MICHAEL GARTNER

When the corner of 6th and Locust housed 136 doctors and 67 dentists

When I was a boy — and that was not recently — I would take the bus downtown one afternoon a week to get allergy shots from Dr. Lou Noun.

I would get off the bus at Sixth and Locust, go through the revolving doors into the Equitable Building, ask the elevator operator to take me to the eighth floor, find room 814, hold out my arm, get three pokes from the amiable doctor, wait a few minutes, then head back home to 40th Street on the Ingersoll or Crocker bus line.

Downtown Des Moines was bustling in the daytime in those days — this was the 1940s, after the war — with young, reunited couples heading to Younkers or Ginsbergs to furnish their new houses and to Paul Manning Chevrolet or Abe Chambers Ford or Manbeck Chrysler-Plymouth — or maybe even Peverill Packard — to get in line for a new car. Women, with their gloves and hats, filled the Younkers Tea Room for lunch. Men would grab a sandwich and a beer at Babe's or maybe just a quick lunch at Bolton & Hay or the lunch counter at King's Pharmacy ("King's in the center of things") in the Equitable Building.

Sixth and Locust was indeed the center of things, because that's where you went to see your doctor or dentist or, occasionally, lawyer. In 1947, the handsome and imposing buildings on three of the corners — the 19-story gothic Equitable, the 14-story art deco Des Moines Building, and the 12-story stolid Bankers Trust Building — housed 136 doctors and 67 dentists.

Today, of course, there are no doctors or dentists on that corner. The Equitable Building was converted to 164 apartments in 2016, the Des Moines Building to 136 units in 2015, and a few weeks ago the Ruan family announced that Ruan 2 — the building on the site of the old Bankers Trust building — will also be converted to housing. What was the busiest corner in town is just another intersection; Sixth and Locust is just another neighborhood.

Indeed, today all of downtown Des Moines is relatively quiet on weekdays — with Wells Fargo closing buildings and moving employees to the suburbs, with Nationwide selling off a building to the city, with the Register and Tribune building also now apartments, with no department stores and few specialty shops, with more workers working from

home — but bustling on weekends and by night.

Today, it is easier to find a parking spot during the day than at night, when spots are taken up by apartment-dwellers, by restaurant-and-bar-goers, by guests at the ever-increasing number of downtown hotels. The change, which has occurred gradually over decades, is nevertheless massive.

In 1947, the Equitable Building alone had 79 medical doctors and 46 dentists on floors 2 through 12 — with the Equitable insurance people filling the top floors.

"Every floor on that building had that doctor-office smell," recalls Des Moines lawyer Mike Giudicessi, whose dentist, James North, was on the ninth floor. So many people were crossing the corner that policeman Tony Mihalovich was stationed there to direct traffic.

Back from the war, surgeon Bud Dorner joined Ben Synhorst in suite 710 at the Equitable in 1949, and 25 years later his son, Doug, joined his dad as a vascular surgeon. He remembers in 1980 looking out his window and watching demolition expert Al DeCarlo tear down the Bankers Trust Building with a wrecking ball. "He was an artist with that crane and ball," Dorner remembers.

That building, which was built in 1891, had 45 medical doctors in it in 1947, including the world-famous hand-surgeon Julian Bruner, but the demolition of it — to make room for Ruan 2 — hastened a trend already under way.

By 1977, there were only 33 medical doctors and 18 dentists left in the Equitable Building. Thirteen offices were vacant. Lawyers had taken over parts of several floors. By 1987, there were just nine doctors and 11 dentists left in the building.

Doctors — and some corporations and retailers — had begun moving to the fast-growing suburbs, joining a lot of their patients. Then, in 1991, the first building in the Methodist Medical Plaza was built adjacent to Methodist Hospital, and there was a mass move of doctors — including the Dorners — to the modern and convenient new offices. There was little demand for downtown office space in old buildings.

Downtown floundered, by day and by night.

But things were happening. A new ballpark opened in 1993, and over the years a new Science Center was

built, a Botanical Center blossomed, a big new arena and event center were built, and plans were under way for a spectacular sculpture park. More and more people started coming downtown for entertainment, and some started to think about moving downtown.

There had always been a corps of people living downtown. In the 1940s, three- and four-story apartment buildings lined Locust for a couple of blocks west of 13th Street — the Arlington, the Hanwood, the Maxine, the Mayflower — and 94 people lived in the Ewing apartments at 915 Locust in 1947.

But it was another 50 years before the idea really took hold. The old Brown-Camp hardware warehouse was turned into lofts in the mid-1990s (my wife and I have lived there for 20 years), and since then scores of other buildings have been converted or built anew. Developers quickly jumped the new Martin Luther King road — happily built as a boulevard and not as the elevated highway the city politicians and bureaucrats wanted — repurposing some old warehouses and building new developments. Ultimately, the developers crossed the Raccoon River, where still more housing is in the works.

No one really knows how many people live downtown now, or, really, how you define downtown. Estimates range all over the place. The city says that based on the 2020 census, 8,371 people live downtown, but its definition is a bit narrow and many buildings have been built since that census. It's probably pretty safe to say that if you define downtown as the freeway on the north, MLK road on the west, East Sixth Street on the east, and a block or so south of the Raccoon on the south — that definition includes the 2,000 or so people from Sherman Hill — there are approaching 15,000 people in the area. That's about the population of Indianola or Newton or Grimes.

Downtown, once full of workers who fled home at 5 p.m., now is filled with young people and old, dogs and babies, cyclists and joggers. Downtowners can cycle or jog or walk to a ball game, a science display, a Broadway show, a major library, or the state Capitol. Bars and restaurants seem to spring up overnight, and the Farmers Market on Saturdays seems as crowded as the State Fair.

The change, in my lifetime, has been huge. Today,

MEMORIES CONT...

with a school for kids and university classrooms for all, with a world-class sculpture park and a glorious riverfront, with a hub of trails that spin out through Iowa — downtown has almost everything.

Except a busy corner full of offices for doctors and dentists.

...

Doctors Noun and Bruner and Bud Dorner are long dead.

Lou Noun died in 1991 at age 90. For the last 15 years of his life, he was my neighbor. I moved back from New York in 1974 and bought a beautiful brick home on a hill on Waterbury Road. He lived a short block away, and shortly after I moved in he saw me walking in the neighborhood. He welcomed me, and then asked how much I paid for the house. “Seventy-eight thousand dollars,” I said. “That’s what I heard,” he said. “They knew you were from New York. They saw you coming.” The house sold recently for \$1,355,000. Times change.

Julian Bruner died in 1997 at age 96. He grew up in that house I bought, and he loved it and wanted to move in when his parents died. But, I’m told, his wife didn’t want him to, because she knew he loved it so much he would never change it, never upgrade

it. So he owned it and kept it empty for many years, throughout the 1960s, coming down once a month — I’m told — and sleeping there. He sold it to a woman who grew up in the neighborhood, but her family stayed just a short time and sold it to me in 1974. He lived just a block up Waterbury Road. For the next 20 years or so, I’d see him walking down the street, stopping and staring at the house. He looked wistful.

Bud Dorner died in 2003 at age 95. He was a great man and a great surgeon, and unlike many doctors of his day, he took a real interest in civic affairs. Among other things, he liked and supported Drake University and especially its sports teams. He was as carefree as a driver as he was careful as a surgeon, and at his funeral Drake President David Maxwell said many nice things about him, and added, “I don’t view this as Drake losing a big supporter; I view it as us gaining three parking spots.”

His son, Doug Dorner, lived across the street from my family for the 30 years we were on Waterbury Road. Our kids grew up together. He inherited his father’s kindness and compassion — it fell to him to call me in the middle of the night and tell me that my 17-year-old son had died unexpectedly in the hospital’s intensive care unit — and he also took over

his father’s stock in the Iowa Cubs. Now 82, he has retired from medicine. He and I and two other friends have lunch together every Wednesday.

Mike Giudicessi, just a boy at 70, is retiring from the Faegre law firm. He was a young lawyer at The Register and Tribune when I was editor, and I’ve relied on his advice on everything for the past 40 years or so. He was my defender on First Amendment issues and my partner in owning the Iowa Cubs. He is my friend. He is quick and witty, and he has always looked half his age. As a young man, he was arguing his first case in the 8th Circuit Court of Appeals in St. Paul. He had barely said, “May it please the court...” when the chief judge interrupted him. “Pardon me, counsellor,” he said, “but are you even old enough to be here.” “Yes, your honor,” he quickly replied, “I have a note from my mother.” ■

Michael Gartner was born and raised in Des Moines. He is 85 years old. Along the way, he has been a top editor at The Wall Street Journal, editor and president of The Des Moines Register, president of NBC News, and majority owner of the Iowa Cubs. In 1997 he won a Pulitzer Prize for editorial writing while at the Ames Tribune, where he was editor and co-owner.



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Burgum's answers on rural, small-town economic battle with 'Generica' suburbs

Republican presidential candidate says, "capital has been flowing to the edge all over America because we have made it very profitable for edge developers because of federal subsidies."

It's the defining issue in Iowa. Heartbreak in rural towns. Heave-ho construction in the suburbs.

Framing it further, we are talking about rural decline versus the explosive growth in certain corridors, the economically bulging Des Moines suburbs and the Iowa City-Cedar Rapids corridor.

But it is such byzantine business that few politicians really dig into it.

And although it should be what every rural Iowan factors most heavily into their voting decisions, few do.

Drive into Des Moines through Grimes or Altoona and each week you witness development happening at breakneck speed — as if you are viewing it through a time-lapse lens that accelerates the video at thousands-of-times normal speed. Meanwhile, we see dwindling downtowns and atrophying aspirations in sweeps of rural Iowa.

Is it just the market, the invisible hand of capitalism — inevitable, this great intra-state migration of optimism and energy from rural Iowa to the cities?

I've asked versions of this question to candidates at all levels for the better part of three decades.

North Dakota Gov. Doug Burgum, a Republican presidential candidate, clearly understands the stakes and the scope of what is a rural crisis as well as anyone of either party I've interviewed.

"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.

I talked with Burgum following a town hall in Denison, a western reach of the state, at some length about rural economic development, why small towns are struggling, his thoughts on suburbs. At one point, thinking we were done and respectful of his need to leave Denison for other cities, I turned off my tape recorder. He smiled, told me to turn it back on, that rural development was his wheelhouse, that he had more to say, even if it made him late for an upcoming tour.

And Burgum had a lot to say about small towns, rural America, and our relationship with the growing cities. Burgum has a command of small-town, ag-based life, that

is on the level with U.S. Sen. Charles Grassley, R-Iowa, and former U.S. Sen. Tom Harkin, D-Iowa.

"I think that a lot of the edge growth you see in American cities, around the rings, some of it is market forces, but there's a lot of federal subsidies that support that," Burgum said. "It starts with the DOT (Department of Transportation.) Go to any city in America that's suburban, that all looks the same, that I'll call 'Generica' — they have strip malls, malls and drive-through restaurants — and you look at your speedometer. You are on a 'Strode.' A Strode is neither a street or a highway."

Often the highways are multi-lane, constructed with large percentages of the budget filled with federal money, and suited for big box stores and nationally owned chains — all of which thrive at the expense of central business, old downtown, small businesses, Burgum said.

"No developer, no community, would ever say, 'I think we are going to build an 11-lane-wide thing on the edge to support businesses that are going to crush our homegrown local businesses,' " Burgum said. "No one would do that if it was their money. Then if the federal government is going to give you 80%, then, well, like they better take it."

So called "edge development" is not good for cities and small towns, he said.

"Capital has been flowing to the edge all over America because we have made it very profitable for edge developers because of federal subsidies," Burgum said.

Burgum said it is possible to map cities, small towns, just as farmers do with fields, to determine the most productive property. The downtowns, even in smaller communities, can function with fewer property taxes, giving residents and businesses more value than "edge developments," he said.

"On the thin edge, it's all red because they consume more in resources than what they actually produce in revenue, by a lot," Burgum said. "The bright, shiny new edge is a money loser for taxpayers, the old, dilapidated downtowns. I'm telling you, in every town I've been in Iowa, it's the same thing. I've done it in small towns in North Dakota. We've hired the analysts. We've done it. You can take a town that's a 1,500-person community and their main street, even if it's only half full, is still a money maker — and the new Dollar General out on the edge, loser."



Republican presidential candidate Doug Burgum speaks with Crawford County Republican leader Gwen Ecklund in Denison recently. He used a walking-assistance device in the wake of a recent pickup basketball injury. (Photo By Douglas Burns)

A political comment from author John Irving in Iowa City

The author John Irving returned to Iowa City a few weeks ago where he spoke to a sell-out crowd at Hancher Auditorium. Irving is an alum (as a teacher and student) at the University of Iowa Writers' Workshop. Big point: Irving studied with the late author Kurt Vonnegut at Iowa.

The most political question of the evening came from an audience member who asked Irving if, as a former wrestler and someone who cares about America, he had any thoughts on U.S. Rep. Jim Jordan, R-Ohio, a conservative firebrand at the center of turmoil in the speaker-less House — and a potential Speaker of the House himself.

Jordan was a two-time NCAA wrestling champion at the University of Wisconsin. Irving was a high school and college wrestler and coach — and is in the National Wrestling Hall Of Fame.

"Because I am partial to Big 10 wrestling, I remember being happy for Jim Jordan when he won those NCAA titles for Wisconsin. I don't believe I have wished him well since," Irving said.

The line drew some of the most sustained applause of the evening for Irving. ■

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





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COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

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

THINGS TO DO



FALL SPIRIT SEEKERS FAIR

414 31st St., Des Moines
www.unitydesmoines.com
Nov. 4

This event will feature vendors from the healing arts, intuitive readers and more. The spirit seekers fair offers attendees a place to sample central Iowa's spiritual community and to connect with others.



LIVE MUSIC WEDNESDAYS

Historic East Village, AC Hotel, 401 E. Grand Ave., Des Moines
<https://therepublicongrand.com>
Nov. 8, 15, 22, 29

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performers listed in order of date, DJ TMax Da Kid, Andrew Hoyt, Tony Bohnenkamp and Brian Herrin.

PUMPKIN DESTRUCTION

32835 610th Ave., Cambridge
<https://centergroveorchard.com>
Nov. 4-5

Normally pumpkins are put on a pedestal during the fall months, but not at Center Grove Orchard. The main event features a crane drop sending countless pumpkins to their final destination. You can keep the fun going with the wide range of activities alongside the smashing including mazes, hayrides and plenty of fall foods.

HOLIDAY BOUTIQUE

730 Third St., Des Moines
www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5
Nov. 10-12

The sixth annual holiday shopping experience returns to the Iowa Events Center for a weekend of gift-buying fun. More than 200 companies will be in attendance to offer shoppers a wide range of holiday home decor, gifts for children and adults, food and more.

ROOMFUL OF TEETH

Sheslow Auditorium, 2507 University Ave., Des Moines
https://calendar.drake.edu/sheslow_auditorium
Nov. 15

From 7:30 to 9:30 p.m., take in the voices of this Grammy-award winning group as they bring their talents to Des Moines. Roomful of Teeth have also appeared on NPR's famous "Tiny Desk Concert" series. Tickets range from \$25-\$60.



Photo courtesy of Living History Farms

LIVING HISTORY FARMS RACE

11121 Hickman Road, Urbandale
<https://lhf.org>
Nov. 11

Care to see 300 years of Iowa agricultural history in 5 miles? There will also be a race for kids and a costume contest with several prizes and awards for varying age ranges. This year's race will be more difficult than last year, taking runners through multiple creeks, a mud pit and more.



Photo courtesy of Polk County Heritage Gallery

GREATER DES MOINES EXHIBITED

Polk County Heritage Gallery, 111 Court Ave., Des Moines
www.polkcountyheritagegallery.org
Nov. 16 through Jan. 3

Des Moines' best artists return to display the highest quality artwork the city has to offer. The annual show features artists' work blindly juried by Edgard Camacho. The opening night reception for the show is from 6:30 to 8 p.m. and is free and open to the public.



UMPS CARE CHARITY BOWLING

3800 Merle Hay Road, Des Moines
www.umpscare.com/events/eric-cooper-memorial-tournament/
Nov. 19

UMPS CARE will host a charity bowling tournament in memory of Des Moines native and MLB umpire Eric Cooper. Funds from the tournament will go to the Eric Cooper All-Star scholarship recipient, Marcus Lo. Lo was adopted at 16 after losing both of his parents to cancer and is working toward a degree at the University of Southern California.

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



DES MOINES TURKEY TROT

Starting on Court Ave., Des Moines
<https://desmoines turkeytrot.com>
Nov. 23

Voted “Top Trot” in Iowa 5 years in a row by Runner’s World Magazine, the 5k plus 5-mile race takes over Des Moines on Thanksgiving. Starting at 9 a.m.

Photo courtesy of Archi Trujillo



Photo courtesy of Madison County Chamber of Commerce

WINTERSET FESTIVAL OF LIGHTS

73 Jefferson St., Winterset
<https://madisoncounty.com/special-events>
Nov. 24

The holiday season will be in full swing with live music, food and drinks to keep you warm and, of course, there are lights. Catch an early Christmas parade and exciting window displays from 5-8 p.m.

THINGS TO DO



Photo courtesy of Christopher Maharry

FESTIVAL OF TREES & LIGHTS
Iowa Events Center, 833 Fifth Ave., Des Moines
<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>
Nov. 24-26


Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children’s Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.



Photo courtesy of Leaps + Bounds Photography

CHRISTKINDLMARKET
Principal Park, 1 Line Drive, Des Moines
www.christkindlmarketdsm.com
Nov. 30 through Dec. 3

You will find regional vendors with old-world, hand-crafted products from wooden vendor stalls, lively performances of polka music, and traditional dance and choirs in Yuletide Hall. Participate in children’s activities or sip Glühwein (warm, mulled wine) and savor European beer.



IOWA WILD

Wells Fargo Arena, 233 Center St., Des Moines
iowawild.com

The Iowa Wild are the affiliate program of the Minnesota Wild. The Wild are led by first year Head Coach Brett McLean. Home games through November are:

- Nov. 2 at 10:30 a.m. vs. Milwaukee (Nashville Predators)
- Nov. 4 at 6 p.m. vs. Texas (Dallas Stars)
- Nov. 5 at 3 p.m. vs. Texas (Dallas Stars)
- Nov. 18 at 6 p.m. vs. Rockford (Chicago Blackhawks)
- Nov. 19 at 3 p.m. vs. Rockford (Chicago Blackhawks)

Photo courtesy of Iowa Wild



Photo courtesy of Dynamic Motion

DES MOINES BUCCANEERS
Buccaneer Arena, 7201 Hickman Road, Urbandale
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 through November:

- Nov. 3 vs. Muskegon
- Nov. 5 vs. Cedar Rapids
- Nov. 11 vs. Madison
- Nov. 24 vs. Dubuque



Photo courtesy of Iowa Wolves

IOWA WOLVES
Wells Fargo Arena, 233 Center St., Des Moines
iowa.gleague.nba.com

The Des Moines-based affiliate for the Minnesota Timberwolves continues to foster NBA talent right here in Iowa. Home games in November:

- Nov. 10 at 7 p.m. vs. Windy City Bulls (Chicago Bulls)
- Nov. 11 at 7 p.m. vs. Windy City Bulls
- Nov. 20 at 7 p.m. vs. Motor City Cruise (Detroit Pistons) ■



UNLEASHING the WOLVES

By Cyote Williams

Winter is coming, and it's joined by howls, hoops and a fresh crop of basketball talent. Interviews with the Iowa Wolves new pack leader, Ernest Scott, and VP of marketing, Chip Albright, take you on the court and into the office for the 2023-2024 season.

D.J. Carton will bring his slashing style of play once again next season. The guard put up 15.6 points and 5.5 assists in his second G-League season.

The 2023-2024 season brings a fresh start for the Iowa Wolves, and with it comes new prospects, promotions and reasons to get behind the city's once best-in-the-country G-League basketball team.

The 2022-2023 season for the Wolves got off to a blistering 11-5 start through the Showcase Cup, the NBA G-League's regular season tournament. The electric start was unfortunately derailed after the Minnesota Timberwolves needed to bring up talent to ease their injury woes, which saw the Wolves exit the competition in the first round after finishing second in their division.

With the expected, however unfortunate, reality that G-League rosters can be a bit of a revolving door, the Wolves were unable to find their footing throughout the rest of the season and finished the regular season at 9-23.

This record, in part, has led to the hiring of new first year head coach, Ernest Scott. Scott has spent the last two years with the Wolves as an assistant and carries with him a 13-year playing career. During that time, Scott played alongside the Wolves general manager,



The Wolves posted record attendance numbers last season. The average attendance of 4,148 was good enough for second highest in the G-League.

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Luka Garza, despite his short stint with the Wolves last season, led the team in points with 29.8. Garza will be on a two-way contract in 2023-2024.

Jonathan Wallace, in the G-League. This makes them the first head coach/general manager combo to do so in G-League history.

During Scott’s first season as an assistant, the Wolves made the playoffs, which he expects the team can return to this year.

“We were rolling along, and then it kind of trickled down, unfortunately. The way the G League is now, with all the injuries and the things that happened in Minnesota, it affected us, and we just didn’t have the consistency within our roster that we had early on in the season. That’ll be a big thing. We just got to have that consistency,” said Scott.

The G-League’s main function is to develop players for the next level. According to Scott, there’s no reason why winning basketball games and curating talent can’t go hand in hand.

“I feel like those things shouldn’t be mutually exclusive. A great example is when myself and John Wallace played for coach Finch down in Rio Grande Valley. We had six call-ups and still managed to win the championship. If we’re doing our job in developing NBA-ready, talented guys in Des Moines, then the wins should naturally occur,” said Scott.

Despite not experiencing the success the team has had in the past, the Wolves had no issue getting people inside of Wells Fargo Arena. According to the Iowa Events Center’s website, the Wolves pulled in record attendance numbers, averaging 4,148 fans a night, breaking the previous record that was set when the team transitioned from the Energy to the Wolves in 2017-2018.

The vice president of marketing and business development



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• **Nov. 20** at 7 p.m. vs. Motor City Cruise (Detroit Pistons)

• **Dec. 2** at 7 p.m. vs. Indiana Mad Ants (Indiana Pacers) |

Hoops for Hope

• **Dec. 3** at 3 p.m. vs. Indiana Mad Ants | ***Pride Celebration**

• **Dec. 14** at 7 p.m. vs. Cleveland Charge (Cleveland Cavaliers) |

Adventureland Night

• **Dec. 15** at 7 p.m. vs. Cleveland Charge | **Disability Empowerment Night**

• **Dec. 29** at 7 p.m. vs. College Park Skyhawks (Atlanta Hawks) | **Black Out / Pack Out Night**

• **Dec. 31** at 2 p.m. vs. College Park Skyhawks | **Sustainability Day**

• **Jan. 1** at 2 p.m. vs. Memphis Hustle (Memphis Grizzlies)

• **Jan. 3** at 7 p.m. vs. Memphis Hustle

• **Jan. 14** at 3 p.m. vs. Salt Lake City Stars (Utah Jazz) | **Iowa State Fair Day**

• **Jan. 15** at 12 p.m. vs. Salt Lake City Stars

• **Jan. 20** at 7 p.m. vs. Capital City Go-Go (Washington Wizards)

• **Jan. 23** at 7 p.m. vs. Rio Grande Valley Vipers (Houston Rockets) | ***AAPI Celebration**

• **Feb. 3** at 7 p.m. vs. Sioux Falls Skyforce (Miami Heat) | ***Black History Month Celebration**

• **Feb. 6** at 10:30 a.m. vs. Sioux Falls Skyforce

• **Feb. 23** at 7 p.m. vs. Rio Grande Valley Vipers

• **March 12** at 7 p.m. vs. Oklahoma City Blue (Oklahoma City Thunder)

• **March 13** at 7 p.m. vs. Oklahoma City Blue (Oklahoma City Thunder)

• **March 16** at 7 p.m. vs. Mexico City Capitanes | ***Hispanic Heritage Celebration**

• **March 17** at 3 p.m. vs. Mexico City Capitanes | **Family Day**

• **March 29** at 7 p.m. vs. Austin Spurs (San Antonio Spurs) | ***Women's History Month**

Celebration

• **March 30** at 7 p.m. vs. Austin Spurs (San Antonio Spurs) | **Fan Appreciation Night**

** Indicates a Community Celebration game, where a local artist designs special themed jerseys for each game.*

The jerseys will be auctioned off after the game with the proceeds benefiting local community partners.



of the Wolves, Chip Albright, sat down with CITYVIEW to discuss some of the organization’s strategies on how they get people in the doors and make sure they come back.

“I think a main goal is finding new people to learn more about the Wolves for us. And working with partners to come up with ideas that we think are beneficial for the community and bringing those to life with our team and an in-game environment as well. Just figuring out ways of what we can do with our platform to make Des Moines and central Iowa better,” said Albright.

Albright and the Wolves will continue programs they have seen be successful not only from a business standpoint but that have also had positive results in the community that supports them.

“We had over 8,500 kids sign up for our Read to Achieve program. That’s a program that we started. It’s presented by Athene, and it’s for kids grade K through eight who take the pledge to read 500 minutes outside of the classroom. We

give them two tickets to an Iowa Wolves game,” said Albright.

The Wolves are bringing community influence onto the court with them this year. The team will have special jersey promotion nights throughout the season.

“I’m super excited about our community celebration series presented by Principal this year. Six nights, we will wear themed jerseys designed by local artists to benefit local nonprofits in that space. So, we’ll have our Pride celebration game, a Black history community celebration game, an AAPI night, Hispanic heritage game, disability empowerment night as well as women’s history. Each one of those will have different artists, different jerseys. Players will wear them, then they’ll autograph and will auction them off online. All of that money goes to local charities doing good work in the space,” said Albright.

Pushing the envelope and exploring new ideas will continue this season, as the Wolves plan to follow in the NBA’s footsteps by playing a game

Iowa Wolves power forward Josh Minott is expected to be back with the Wolves this season. Minott averaged 20.6 points, 1.3 steals and 1.6 blocks per game in 2022-2023.

“I think a main goal is finding new people to learn more about the Wolves for us. And working with partners to come up with ideas that we think are beneficial for the community and bringing those to life with our team and an in-game environment as well. Just figuring out ways of what we can do with our platform to make Des Moines and central Iowa better.”

— Chip Albright

on Martin Luther King Jr. day, something that hasn’t been done in Des Moines before.

“That will be a wonderful chance to celebrate Dr. King’s legacy, which is really important to us. And just, again, keep finding fun ways and smart ways to connect people to support each other,” said Albright.

Not only will fans be able to experience the wide range of themed nights, special edition jersey giveaways and improved ticket packages, the G-League also continues to be a hub for developing NBA talent. At the start of last season, 47% of NBA players had G-League experience. That number rose to 55% by the end of the year.

“Some of that value proposition is that it’s definitely something that fans want to see, that level

of talent,” said Albright.

And there’s no doubt that the Wolves have been, and will continue to be, harboring that talent. Despite rosters not yet being released, players on last year’s squad who had previous NBA experience, or were called up to the big leagues, included Luka Garza, Wendell Moore, Josh Minott, AJ Lawson and Emmanuel Mudiay. It’s not a coincidence these were the Wolves players with the highest points per game averages last season.

Garza, despite only playing nine games with the Wolves, made a huge impact on the team, averaging a team-high 29.8 points and 9.2 rebounds. The increase in attendance is certainly in part due to his four years at the University of Iowa. His quality play means he’ll

KEY G-LEAGUE DATES

- Nov. 10: NBA G-League Showcase Cup Season Tip Off
- Dec. 19-22: 2023 NBA G-League Winter Showcase
- Dec. 27: NBA G-League Regular Season Tip Off
- April 2024: NBA G-League Playoffs

undoubtedly be splitting his time between Minnesota and Iowa again this season.

Scott mentions several players he’s excited to see in Wolves colors this season including D.J. Carton, Phillip Wheeler and Javonte Cook, who all played for the Wolves last season. Scott also named Exhibit 10 player Trevor Keels as someone he anticipates playing in Des Moines.

“I think people will definitely see the influence from Minnesota a lot more clearly. And then I really like the potential moves that I can’t speak on at this very moment, but we definitely got some really good things in the pipeline, roster wise. I think fans are going to be excited. We’re going to have a really strong roster this year,” said Scott. ■

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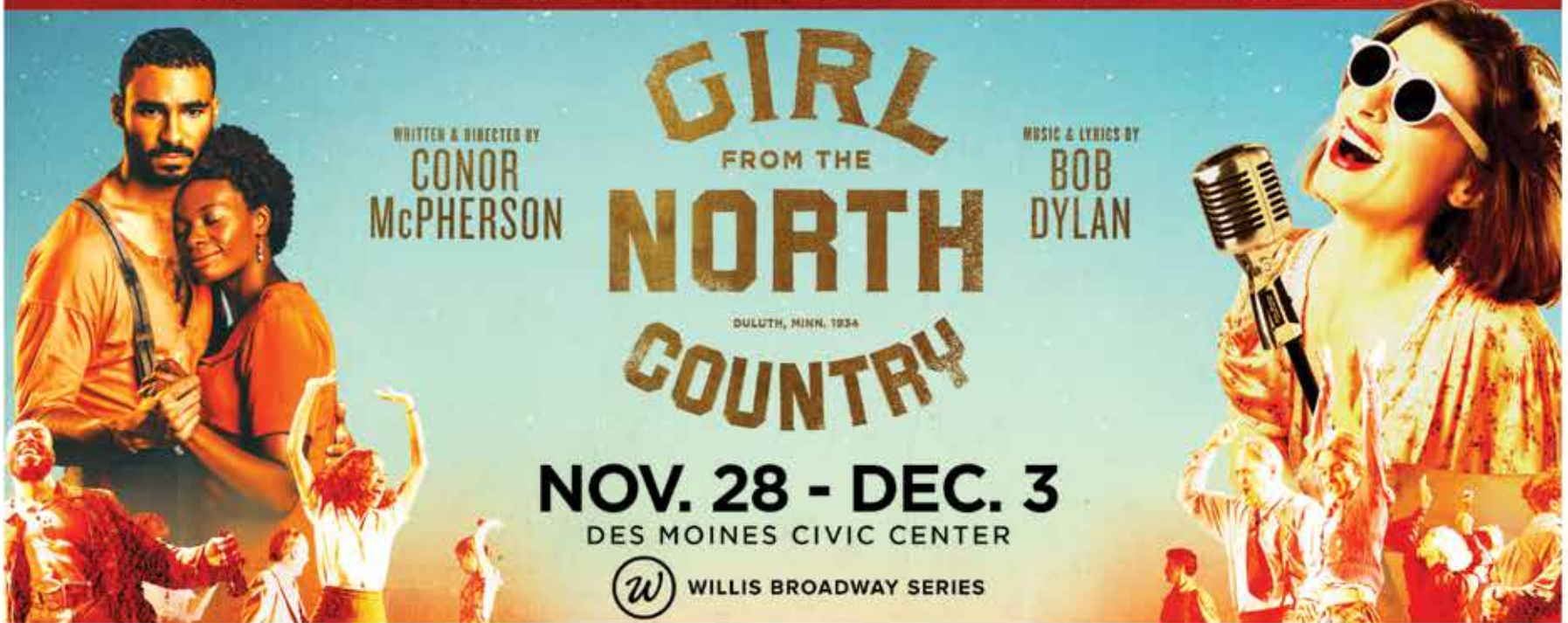
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CITYVIEW'S

BUSINESS JOURNAL



PEOPLE FROM

2023

**WHO MADE A
DIFFERENCE**

CITYVIEW salutes those making their communities a better place to live.

By Tammy Pearson

Whether it's Des Moines city proper or Ankeny, Clive, Urbandale or any of the other suburbs in the metro, pride abounds in the residents who call these communities home. They are proud of the thriving business community; the charitable organizations; and the trails, parks, events, arts and other quality of life amenities. CITYVIEW recognizes the hard work, passion and vision of community members whose efforts make these things possible. In this issue, we pay tribute to a few of those People Making a Difference.

Meet our honorees:

FEATURE

Paula Dierenfeld**Mayor of the city of Johnston**

As an attorney, Johnston Mayor Paula Dierenfeld worked in federal and state government for 17 years, with nearly 10 of those as legal counsel to Iowa Gov. Terry Branstad. She also worked for U.S. Sen. Chuck Grassley, the Iowa Legislature, and as an Iowa Utilities Board Commissioner. More recently, she spent 22 years in private practice at the Nyemaster Goode Law Firm and is now retired. She has served as Johnston mayor from 2008 to the present, prior to which she served on the Johnston City Council from 1999 to 2008. She has also served on numerous regional and nonprofit boards and commissions including the Des Moines Regional Transit (DART) Commission and Iowa Gold Star Military Museum Board.

Over the 25 years she has been involved in Johnston city government, Johnston has experienced significant growth and prosperity. Johnston's population has grown from about 8,000 to more than 26,000, and its land area has expanded by 25%.

"During my tenure, a new public safety building and city hall have been built, as well as a 200-acre city park and over 50 miles of recreational and water trails," says Mayor Dierenfeld. "Currently, the Merle Hay Road corridor in Johnston is undergoing a renaissance of sorts. Three years ago, construction began on the Johnston Town Center. Several restaurants and retail shops and a boutique hotel have already been built or are under construction, with more to come. The Yard, our outdoor community space at the Town Center, is hugely popular with its splash pad, ice skating rink, movies and concerts, and holiday events. In 2023, LifeServe broke ground on its new headquarters building. And, more recently, groundbreakings were held for Bombers family entertainment district and IGNIT, a 250,000-square-foot sports and fitness facility."

Of her community involvement, Dierenfeld says she is proud to have led an effort at the local level to wipe out sex-trafficking massage parlors in Iowa cities.

"I worked with Johnston staff and the city council to draft and implement the first city ordinance authorizing a city to license massage therapy businesses. The ordinance allows Johnston officials to investigate and verify the legitimacy of



a massage business before it begins operating in the community. The Johnston ordinance has proven to be effective in keeping illicit operations out of Johnston and has become a model for other Iowa cities to follow."

Dierenfeld adds, she is proud to have turned her love of running into a major fundraising activity for the Johnston Partnership, the local food pantry.

"Over the past nine years, I have raised nearly \$58,000 and run over 5,800 miles in the annual Mayor's Run for Food. I do this by challenging Johnston residents to contribute to the Johnston food pantry in the month of December. For every bag of groceries or \$10 donated, I will run 1 mile beginning New Year's Eve Day. This year, Johnston residents donated \$18,500, resulting in me having to run 1,850 miles, which I completed on Aug. 19."

Brad Buck**Superintendent, Waukee Community School District**

Superintendent Brad Buck is a member and former two-time president of School Administrators of Iowa (SAI); an SAI committee member on Legislative Priorities and Design of a Superintendent/Central Office Professional Growth/Evaluation Model; a past member of the SAI Executive Council and SAI Representative Council; a mentor to superintendent candidates from Drake and Iowa State University; and a member of American Association of School Administrators (AASA). In the community, he is involved in the Business Education Alliance, Rotary Club of Waukee, and West Des Moines Chamber of Commerce.

Among his professional accomplishments, he cites the honor of serving as the president of School Administrators of Iowa.

"It's an opportunity to be a spokesperson for leaders in our state and to elevate important ideas in an effort to ensure all of Iowa's students are being served well," says Buck. "More directly, it provides opportunities to interact with SAI staff who are engaged in the important, day-to-day work of serving the members. We know there is a powerful effect on student learning when there are strong leaders throughout our school systems — and having the chance to impact that work, in support of further improving the skill sets of school leaders, is



especially gratifying and humbling."

In his community service, Buck says being a member of the Business Education Alliance "has given me a profound opportunity to have authentic dialogue with key business leaders in Iowa." The BEA is a combination of the Iowa Business Council (CEOs from the largest employers in the state as well as university presidents), K-12 superintendents and community college leaders. "Over the past several years, we have designed a usable framework for work-based learning experiences as well as created opportunities for students to engage in apprenticeships, job shadows, degree programs, and more throughout the state. Employers are looking for skilled employees, and we are seeking additional opportunities for students to gain experience within and beyond the walls of our schools. I have been so thankful for the listening ears and active support of the leaders in the IBC as well my education colleagues."

Martha Kester**Rector at St. Luke's Episcopal Church, Des Moines, and State Chaplain of the Iowa Army National Guard**

Martha Kester's unique professional roles intersect with her community service in a number of ways.

"It's hard to separate professional from community involvement and service, as they go hand in hand in both of my vocations," she says. "The whole purpose of both of my professions is community involvement."

Kester's outreach through her church includes a variety of programs that benefit a wide range of needs. A few of the many outreach efforts are: Habitat for Humanity, building homes for those in need; The Institute for Faith and Gender Empowerment, supporting the education of girls in Kenya; Central Iowa Shelter and Services, serving and providing meals and extra sack lunches; Food Bank of Iowa, supporting the King Pantry; Jacob's Place, providing a monthly Eucharist Service and serving on the board; Colo Congregation, supporting a South Sudan Congregation and their needs for space for services and a food pantry; Youth for Christ, providing funds for their programs; and Military Care Packages, supporting units that are deployed.

As a member of Rotary Club of Johnston, Kester



FEATURE

supports the Foundation and volunteers for some of the Club's events, including its yearly golf outing, packing meals at Meals from the Heartland, its BBQ competition at Green Days, and being the on-call person for the Invocation at the weekly meetings.

As a National Guard chaplain, Kester has also strived to support the military community.

"From the beginning in 2007 when I started with Iowa Guard, I began doing monthly chapels for the OCS (Officer Candidate School) since I was, at the time, the only chaplain who lived in Des Moines. It was a way to pour into those who would become the next generation of officers eventually being the battalion and brigade commanders. I wanted them to understand the importance of the chaplain and how we support and assist them no matter who they are. Not only that, but I also knew how hard those weekends could be and wanted to provide a brief respite for them as well."

As the State Chaplain for the Iowa Guard, she advocates for chaplains, chaplain candidates and the religious affairs specialists/NCOs to make sure they have what they need in order to provide the ministry and spiritual support to the soldiers in their units.

Of her role at her church, Kester says she is most proud of the work being done with Mercy and Mercyline in Kenya.

"The opportunity to speak at that conference, as well as visit Kenya, was amazing. I am always amazed at how generous and content the people are who I interacted with both in Uganda and in Kenya. Their faith is not a Sunday thing but is the foundation of their very lives, and I was humbled at their welcome of me into their huts and their lives.

"In terms of the Army, I am most proud of the work I've done with the officer candidates over the years. The main downside of promotion as a chaplain is you promote out of doing the very thing you became a chaplain for: mainly working with and ministering to soldiers. So, while I don't get to do the chapels or interact with the OCS as much as I had, I now can instill in my younger chaplains the importance of mentoring and pouring into these young officers... I find you often never know the impact you have on someone just doing what you do."

Amy E. Heinz

Executive Director of AHeinz57 Pet Rescue & Transport

Amy Heinz is the founder of AHeinz57 Pet Rescue & Transport, an animal welfare organization, and runs its operation.

"We provide our community and surrounding

communities with animal welfare services from taking care of stray companion animals to offering low cost spay/neuter services and food/supplies for those experiencing a hard time," Heinz said.

Of her professional accomplishments, Heinz says she is "most proud of the fact that I was able to form a 501c3 non-profit corporation on my own in my garage and develop it into an effective organization that saves thousands of lives each year at our campus comprised of three large buildings on 2 acres of land. This was achieved within 10 years. At that point, I was able to leave my full-time job and devote all my time to AHeinz57. We have now been going strong for 15 years."

The organization benefits the community at large in a variety of ways.

"I am so pleased to have the resources to offer low cost spay/neuter services, help people keep their pets during difficult times of their lives, and provide a safe haven for not only stray companion animals, but also dogs facing death in kill shelters," she said. "It also makes me so happy to provide a place for volunteers to come together and find their purpose helping cats and dogs that need and deserve their love. Together, we have helped 15,204 companion animals to date. I am truly blessed to find my purpose and have the opportunity to act on it each and every day."

Blaire Massa

Ballet Des Moines, CEO

Blaire Massa says her role as CEO of Ballet Des Moines "is to lead by example in creating experiences that are inclusive, intentional, enriching and inspiring. My dream would be for every child in Iowa to have access to high-quality artistic programming and for Ballet Des Moines to play a role in making our community vibrant and authentically welcoming."

Massa serves on two boards "that support the broader creative community in our state, which together advocate for creativity, innovation and artistry across the state," she says. "Access to arts programming has a measurable impact on lives,



changing outcomes particularly for residents of rural and underserved communities, and I strive to make these programs truly accessible."

Massa said she is proud of the progress of Ballet Des Moines over the past four years. "Our team, our partners, our artists and our participants are the strongest testament to our success, and their feedback proves that the work we are doing is inspiring, important and impactful. I am proud of the small role I play in underscoring how deeply important it is that leaders in today's society are building equity, empathy and belonging in communities. Whether through advocacy for social emotional learning in education systems, or by lifting up perspectives and stories from underrepresented communities, I hope to be part of a movement to shift our focus to valuing compassion, creativity and curiosity in all walks of life."

Susan Dunn

ABWA Chapter President, Chamber volunteer

Susan Dunn is a long-time community volunteer and leader, and her efforts have been recognized by the Urbandale Chamber of Commerce, which named her Connector of the Year twice, and the Clive Chamber of Commerce, which named her Clive Chamber Champion of 2023. She currently serves as an ambassador for the Clive Chamber and jokes that she worked her way to board president and back down to ambassador.

She has been a BNI (Business Network International) member for 12 years and served many leadership roles in the chapter.

"For fun, I network in the Chamber and BNI for Premier Vision Clinic," she said.

Her volunteerism includes teaching Faith Formation classes for elementary students at St. Boniface, volunteering at Eason Elementary School, serving as secretary on the PTO Board, and serving on the Clive Parks and Recreation Board.

"My largest contribution to the community is perhaps my involvement with ABWA," Dunn said. "I have served on various board positions for 12 years. For the past three years, I have been president of the local chapter. Getting through COVID was a challenge for us all. I held us together with virtual meetings and then transitioning to hybrid. We grew our chapter by 25 members and introduced a



community outreach program to support various local programs. Our retention is great, and we provide many leadership and growth opportunities to women of all ages in all stages of their careers. Our Chapter is being recognized nationally for achieving one of the highest awards ABWA presents for best practices in the league.”

Ben Page

Director of Parks and Recreation, city of Des Moines

When it comes to major projects that have elevated Des Moines, the Riverview Park project comes to mind. The multi-phase project included the construction of an outdoor concert stage, custom playground, donor/history plaza, walking loop and historical lighting. Ben Page, director of Parks and Recreation for the city of Des Moines, was instrumental in seeing the project brought to fruition.

Page is a board member of the National



Recreation and Park Association and past president of the Iowa Parks and Recreation Association. He serves as the board liaison on the Friends of Des Moines Parks and is a board member for the AH Blank Park Zoo and Greater Des Moines Botanical Garden.

As the professional accomplishment of which he is most proud, Page cites being a part of the team that won the National Parks and Recreation Association Gold Medal Award for Excellence in Park and Recreation Management. The program honors communities in the United States that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition. It was the first time an agency from Iowa has won since the recognition was created in 1965 and the fourth time Des Moines Parks and Recreation was a finalist.

“Selection as the 2022 Gold Medal winner was an incredible honor,” Page said. “This award further validated what I see day in and day out from all who work in the parks and recreation department who consistently bring passion, energy and a true love of their work in serving our residents and visitors. Our dedicated city council, Parks and Recreation board,

city manager, Friends of Des Moines Parks and staff remain committed to our mission and vision, and receiving this tremendous honor confirms hard work and embracing public input has led to our park and recreation system recognized on a national level as one of the very best.”

Page also notes the rebirth of the Friends of Des Moines Parks Foundation, as a major accomplishment. “This non-profit, 501c3 organization has experienced record growth in donations received, programs offered, and advocates gained for our treasured parks and recreation system,” he said. “From making sure every kid can participate in swimming lessons and youth sports and receive free sports equipment to planting trees and building playgrounds, this board works hard for our community. Since 2007, this non-profit board has donated over \$1 million dollars to the Des Moines Park and Recreation system, paid for thousands of swimming lessons, donated over 4,000 sports balls, planted hundreds of trees, and built several playgrounds. This mission and board is a model that many cities aspire to have due to their passion to make Des Moines a great place to live, work and play. Make sure to check out all their work at www.friendsofdmprks.org.”

CONGRATULATIONS



Chaplain (Col.)
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KESTER**

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in the service.



Chaplain (Lt. Col.) Martha Kester smiles for a photo after completing a Passing of the Stole Ceremony at Joint Force Headquarters in Johnston, Iowa, on Oct. 22, 2022. Kester, alongside Chaplain (Lt. Col.) Heather Simon, have made history together by becoming the first women to serve as State Chaplains, both in their states and in the country.
U.S. Army National Guard photo by Staff Sgt. Tawny Kruse



Jennifer "Jenny" Scharn

Speech Language Pathologist, VA Central Iowa Healthcare System; Cystic Fibrosis Foundation board member and fundraiser

"My daughter, Isla, was diagnosed with cystic fibrosis at 2.5 weeks old. As soon as we met the staff at the Cystic Fibrosis Foundation of Iowa, I knew I wanted to be involved with them and their work toward finding a cure for Isla and all those living with CF," Scharn said. "Myself, family and friends launched right into our first fundraiser, a can drive, when Isla was just 5 months old. For three years, we held a pancake breakfast and a silent auction. We have sold T-shirts each year to support the cause and also raise awareness. And, for the last four years, we have hosted our biggest fundraiser yet, Cocktails for a Cure. Over Isla's seven years of life, our team, Isla Bean's Babes, has raised \$102,201 and donated this to the Cystic Fibrosis Foundation."

Besides raising money for the Foundation, Scharn has also organized collecting toy donations for Blank Children's Hospital.

"We have hosted one independent toy drive and then a toy drive each year at Cocktails for a Cure," she said. "This is Isla's favorite part, too, and she loves being able to be the one to deliver the toys to the CF clinic and child life program at Blank. This year alone, we donated over \$1,000 worth of toys. These toys help children, like Isla, get through very long (three- to five-hour) clinic appointments and hospitalizations."



Jay Byers

President, Simpson College

Jay Byers, president of Simpson College, is also past president and CEO of the Greater Des Moines Partnership. He currently serves on the Executive Committee of the Iowa Chamber Alliance, on the Association of Chamber of Commerce Executives (ACCE) Executive Board, Board of Directors and Community Growth Education Foundation, the General Council of the World Chambers Federation and the U.S. Chamber of Commerce Committee of 100.



Under his leadership, The Partnership experienced significant growth, expanding to represent 11 counties and 24 affiliate chambers of commerce with more than 6,500 members, making The Partnership the fourth largest regional chamber of commerce in the country.

Before joining The Partnership, he worked as district director for Iowa Congressman Leonard Boswell and as an attorney at the Ice Miller Law Firm in Indianapolis, Indiana.

"It is a true honor and privilege to serve as president of my alma mater, Simpson College," said Byers. "In my previous role of president and CEO of the Greater Des Moines Partnership, I had the opportunity to be an industry leader at the state, national and international level in serving as chair of the Iowa Chamber Alliance and the Association of Chamber of Commerce Executives and as the U.S. representative on the International Chamber of Commerce World Chamber Federation General Council."

Byers said one of his proudest accomplishments was playing a role in developing the Capital Crossroads Regional Vision Plan. "I, along with multiple other regional leaders, was involved at the ground level in helping develop and launch the Capital Crossroads Regional Vision Plan and later went on to serve as one of the chairs for multiple years. Over the past decade plus, Capital Crossroads has had a transformation impact on the economic growth and community vitality of the Greater Des Moines region." ■

CONGRATULATIONS

PAULA DIERENFELD!

Mayor of Johnston

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CITYVIEW'S BUSINESS JOURNAL

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COMMERCIAL REAL ESTATE

COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY FROM AUG. 21, 2023, TO SEPT. 27, 2023.

**1833 HUBBELL AVE.,
DES MOINES**

SALE DATE: 2023-08-21
 SALE PRICE: \$130,000
 SELLER: CINCO ESTRELLAS BAR & GRILL LLC
 BUYER: HICKMAN HOLDINGS, LLC
 ACRES: 0.226
 SQUARE FEET: 1,886

**3330 INDIANOLA AVE.,
DES MOINES**

SALE DATE: 2023-08-22
 SALE PRICE: \$310,000
 SELLER: HWANG, HAI
 BUYER: 1951 LLC
 ACRES: 0.178
 SQUARE FEET: 1,176

**2815 COTTAGE GROVE AVE.,
DES MOINES**

SALE DATE: 2023-08-23
 SALE PRICE: \$210,000
 SELLER: KAUZLARICH, ANGELEE L
 BUYER: STULEN, EMILY
 ACRES: 0.229
 SQUARE FEET: 2,474

NO ADDRESS LISTED

SALE DATE: 2023-08-24
 SALE PRICE: \$537,000
 SELLER: WILLIAM C KNAPP LC
 BUYER: HARVEST ACADEMY
 ACRES: 17.929
 SQUARE FEET: 0

**2846 BRATTLEBORO AVE.,
DES MOINES**

SALE DATE: 2023-08-25
 SALE PRICE: \$241,000
 SELLER: KAUZLARICH, ANGELEE L
 BUYER: REID, MICHAEL D
 ACRES: 0.152
 SQUARE FEET: 2,352

**5305 MERLE HAY ROAD,
JOHNSTON**

SALE DATE: 2023-08-25
 SALE PRICE: \$1,231,668
 SELLER: VETCOR OF JOHNSTON LLC
 BUYER: FIP MASTER FUNDING XIX LLC
 ACRES: 0.724
 SQUARE FEET: 5,415

2843 S. ANKENY BLVD., ANKENY

SALE DATE: 2023-08-28
 SALE PRICE: \$135,000
 SELLER: DRA PROPERTIES LC
 BUYER: LAKE LIFE 3 LLC
 ACRES: 0.121
 SQUARE FEET: 1,000

**125 N.W. AURORA AVE.,
DES MOINES**

SALE DATE: 2023-08-28
 SALE PRICE: \$350,000
 SELLER: ANTIOCH INVESTMENTS LC
 BUYER: HIGHER GROUND INVESTMENT GROUP
 ACRES: 0.952
 SQUARE FEET: 7,168

**7500 MEADOWLANDS DRIVE,
DES MOINES**

SALE DATE: 2023-08-29
 SALE PRICE: \$2,980,145
 SELLER: DM/MEADOWS LLLP
 BUYER: MEADOWLANE LLC
 ACRES: 9.220
 SQUARE FEET: 45,032

**3422 INGERSOLL AVE.,
DES MOINES**

SALE DATE: 2023-08-29
 SALE PRICE: \$500,000
 SELLER: BANK OF AMERICA NA
 BUYER: GIROD LLC
 ACRES: 0.647
 SQUARE FEET: 2,360

NO ADDRESS LISTED

SALE DATE: 2023-08-30
 SALE PRICE: \$774,152
 SELLER: WIL-RON PROPERTIES LLC
 BUYER: THE CROSSING DEVELOPMENT LLC
 ACRES: 2.996
 SQUARE FEET: 0

8501 HICKMAN ROAD, URBANDALE

SALE DATE: 2023-08-30
 SALE PRICE: \$2,275,000
 SELLER: AMERICAN MULTI-CINEMA INC
 BUYER: CADET 23 LLC
 ACRES: 6.385
 SQUARE FEET: 43,120

1658 E. EUCLID AVE., DES MOINES

SALE DATE: 2023-08-31
 SALE PRICE: \$2,850,000
 SELLER: WWL PROPERTIES LLC
 BUYER: GOODNO RENTAL LLC
 ACRES: 4.167
 SQUARE FEET: 57,974

1400 S.E. GATEWAY DRIVE, GRIMES

SALE DATE: 2023-08-31
 SALE PRICE: \$9,000,000
 SELLER: TPRF V/GRIMES LLC
 BUYER: MILLPARK PARTNERS LLC
 ACRES: 29.432
 SQUARE FEET: 440,000

6157 S.E. 14TH ST., DES MOINES

SALE DATE: 2023-09-01
 SALE PRICE: \$2,523,810
 SELLER: 6157 SE 14TH LLC
 BUYER: O'CONNOR FAMILY TRUST
 ACRES: 1.650
 SQUARE FEET: 6,438

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COMMERCIAL REAL ESTATE

1001 23RD ST., S.W. BONDURANT
SALE DATE: 2023-09-01
SALE PRICE: \$2,850,000
SELLER: GHOLDS LLC
BUYER: IOWA 23RD ST LLC
ACRES: 23.122
SQUARE FEET: 0



4995 MERLE HAY ROAD, DES MOINES
SALE DATE: 2023-09-07
SALE PRICE: \$305,000
SELLER: STATE SAVINGS BANK
BUYER: ADI LAKSHIMI LODGING INC
ACRES: 1.848
SQUARE FEET: 4,442

4001 DELAWARE AVE., DES MOINES
SALE DATE: 2023-09-08
SALE PRICE: \$6,983,625
SELLER: MCANINCH CORP
BUYER: MCA LAND HOLDINGS LLC
ACRES: 64.874
SQUARE FEET: 82,834

6220 GRAND AVE., DES MOINES
SALE DATE: 2023-09-11
SALE PRICE: \$150,000
SELLER: DES MOINES SOCCER CLUB
BUYER: WALNUT CREEK TRAILS LLC
ACRES: 2.175
SQUARE FEET: 516



4210 KNOB HILL DRIVE, DES MOINES
SALE DATE: 2023-09-11
SALE PRICE: \$914,669
SELLER: BRH INVESTMENTS IOWA LLC
BUYER: 4JCC LLC
ACRES: 1.275
SQUARE FEET: 13,074

2620 S.W. VINTAGE PARKWAY, ANKENY
SALE DATE: 2023-09-12
SALE PRICE: \$4,296,922
SELLER: MJ PROPERTIES LLC
BUYER: SLM PROPERTIES LLC
ACRES: 1.991
SQUARE FEET: 12,487

7600 S.W. 22ND ST., SUITE 104, DES MOINES
SALE DATE: 2023-09-12
SALE PRICE: \$385,500
SELLER: 7600 SW 22ND STREET LLC
BUYER: IOWA ALL-STARS REAL ESTATE LLC
ACRES: 0.220
SQUARE FEET: 3,000

NO ADDRESS LSITED
SALE DATE: 2023-09-14
SALE PRICE: \$1,400,000
SELLER: SIERRA PROPERTIES LC
BUYER: TARBELL, ARVIN D
ACRES:17.830
SQUARE FEET: 0

3004 N.W. 18TH ST., ANKENY
SALE DATE: 2023-09-14
SALE PRICE: \$2,900,000
SELLER: CONSIDER HIM LLC
BUYER: NC ANKENY LLC
ACRES: 1.430
SQUARE FEET: 12,182

6322 HICKMAN ROAD, WINDSOR HEIGHTS
SALE DATE: 2023-09-15
SALE PRICE: \$807,602
SELLER: KNAPP WINDSOR LLC
BUYER: IA10 WINDSOR HEIGHTS LLC
ACRES: 2.061
SQUARE FEET: 0

4814 S.W. NINTH ST., DES MOINES
SALE DATE: 2023-09-20
SALE PRICE: \$187,000
SELLER: MCM CORP
BUYER: SS HOLDING COMPANY LLC
ACRES: 0.670
SQUARE FEET: 0

1817 EUCLID AVE., DES MOINES
SALE DATE: 2023-09-21
SALE PRICE: \$1,800,000
SELLER: DIV CLIPPER LLC
BUYER: AGGREGATE 4 LLC
ACRES: 4.955
SQUARE FEET: 19,125



5525 MEREDITH DRIVE, DES MOINES
SALE DATE: 2023-09-21
SALE PRICE: \$1,250,000
SELLER: C-CONTRACT LLC
BUYER: ELLIPSIS FOUNDATION
ACRES: 1.413
SQUARE FEET: 14,442



200 SECOND ST., S.E. ALTOONA
SALE DATE: 2023-09-22
SALE PRICE: \$157,000
SELLER: WHITFIELD, CATHERINE I
BUYER: M&N HOMES LLC
ACRES: 0.200
SQUARE FEET: 4,640

1637 E. 17TH ST., DES MOINES
SALE DATE: 2023-09-22
SALE PRICE: \$300,000
SELLER: JOHN MCGUINNESS COMPANY
BUYER: DCL COMPANY LLC
ACRES: 0.953
SQUARE FEET: 12,000

NO ADDRESS LISTED
SALE DATE: 2023-09-23
SALE PRICE: \$300,000
SELLER: LIVING HISTORY FARMS FOUNDATION
BUYER: IOWA EQUITY EXCHANGE PRKG 2701 LLC
ACRES: 9.350



4539 UNIVERSITY AVE., DES MOINES
SALE DATE: 2023-09-26
SALE PRICE: \$550,000
SELLER: LEGACY 515 LLC
BUYER: NH1 PROPERTIES A LLC
ACRES: 0.515
SQUARE FEET: 5,033



304 N.W. COLLEGE AVE., ANKENY
SALE DATE: 2023-09-26
SALE PRICE: \$2,675,000
SELLER: NW COLLEGE AVE LLC
BUYER: PROVISION PROPERTIES II LLC
ACRES: 2.420
SQAURE FEET: 26,800

7200 S.W. 22ND ST., DES MOINES
SALE DATE: 2023-09-27
SALE PRICE: \$341,946
SELLER: AIRPORT DEVELOPMENT LC
BUYER: BUMBLEBEE HOSPITALITY LLC
ACRES: 3.136
SQUARE FEET: 0

10550 NEW YORK AVE., URBANDALE
SALE DATE: 2023-09-27
SALE PRICE: \$2,100,000
SELLER: NYNY LLC
BUYER: S&U REAL ESTATE LLC
ACRES: 1.954
SQAURE FEET: 19,120

1440 N.E. 67TH PLACE, DES MOINES
SALE DATE: 2023-09-27
SALE PRICE: \$1,130,742
SELLER: DRA PROPERTIES LC
BUYER: C&C REALTY HOLDINGS LLC
ACRES: 2.884
SQUARE FEET: 0 ■

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CITYVIEW's

Gift Guide

The world's best magic, by far, is seeing the gleam in the eyes of special people after you've given them the perfect gift. If you don't yet have a plan for presenting the perfect something that brings joy, peace and happiness to your son, or your daughter, or your spouse, or your significant other or your someone special... CITYVIEW's gift guide has you covered. Happy holidays!





Heart of Iowa market place



Holiday Hams

Applewood smoked, honey-glazed bone-in ham — sure to be a hit this holiday season!
\$89.99



Handmade Wood Creations

Whether it's the family den, bedroom, or the man cave, these homemade wooden bowls are a perfect fit!
\$24.99-\$49.99



New Harmony Pottery

Handmade in Iowa, these pottery pieces are beautiful and functional! Pottery pieces include small jars, spoon rests, small crocks and cream pitchers.
\$7.99-\$31.99



Homemade Fudge

Heart of Iowa fudge is made right here in the store with cream and real butter. Award-winning and delicious!
\$4-\$24



Iowa Favorites Gift Box

The perfect holiday gift box layered with delicious Iowa treats to share amongst friends, family or co-workers.
\$31.99



Large Iowa shaped gift basket.

This basket is filled with your favorite Iowa gourmet foods, plus a fun Iowa-shaped gift basket to keep and use again! \$63.99



Grand Taste of Iowa Basket

A taste of Iowa that is sure to please. This quality basket is overflowing with an assortment of great Iowa foods. \$89.99



Heart of Iowa Gift Box

A great price for a box of holiday favorites for yourself, family or business associates. Starting at \$37.99





Heart of Iowa market place

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The Iowa Store and So Much More

Gift Guide



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NeeDoh Nice Cube \$5.99

The groovy gratifying NeeDoh® is now available as a cool square, semi-transparent ice-like look! NeeDoh Nice Cube still has all the irresistible power to find your best mellow and chill soothing sensory sensation in the office, classroom, car, at home or anywhere at anytime. Available in 3 assorted colors.



Top Trenz Magic Fortune Happy Face Friends \$9.99

These smiley face fidgets have a gel stuffing that creates an experience loved by all ages. The plush exterior is super soft and it's fun to pull on their little legs. When squeezed, their belly pops out and reveals a "YES" or "NO."



Kawaii Slime \$17.99

Kawaii Slime Company and their wide range of slime styles! Butter slime, cloud Slime, clear Slime, slime with mix-ins! Each slime has its own scent/texture/feel, and it's so realistic!



Hitster The Music Party Game \$24.99

HITSTER is the perfect music trivia game to create an instant party! With over 300 of the biggest hits from the past 100 years, it's perfect for an evening of laughing, singing, dancing, and sharing memories.



Liquid Tiles

Small: \$24.99 • Large: \$44.99
These mats come in four bright cosmic liquid colors that move with every step, jump, dance, or hop! Kids' and adults' eyes become glued to this one-of-a-kind flooring. They come in two sizes: 19 inches or 12 inches.



Schleich T-Rex Dino \$27.99

Explore the prehistoric world with the Tyrannosaurus Rex, a fun, educational toy figurine from Schleich! This 3.74" x 11.024" x 5.512" toy is authentically detailed and is ideal for hours of imaginative play.



Furby 2023 \$99.99

MEET FURBY: Give kids a friend who's always ready for BFF time with this incredibly interactive toy for girls and boys that moves, talks, sings, lights up and even responds to speech.



TonieBox \$99.99

TonieBox is the Ultimate Storytime companion, made for little listeners with big imaginations, for a screen-free way for your youngsters to hear a host of captivating tales.

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Gift Guide

your PRIVATE BAR



The Perfect Artisan Collection - \$104.

A gorgeous gift box filled with the perfect charcuterie collection including: Chateau St. Michelle Sauvignon Blanc, Olive Oil & Sea Salt Crackers, Camembert Cheese Spread, Spa Trail Mix, Rustic Vegetable Dip Mix, Ceramic Dish, mini knife, mini wooden spoon, garlic mustard and peach bourbon jam.



Whiskey Creek - \$70. Our "Hobble Creek," which is a wine-based whiskey has been paired with whiskey flavored popcorn, olive oil and sea salt crackers, summer sausage and cabernet sauvignon spreadable cheese and mixed nuts.



Italian Dinner Box with Chianti - \$79. Enjoy a Castello Montuato chianti from Tuscany along with organic pasta, Pietromonaco sugo rosso, breadsticks, olive oil, olive tapenade and a dipping dish. A gorgeous collection in a black gift box.



Ciao! Bonjour! Hola! Gift Box - \$64.

Say hello or welcome someone to the team with this personal beer gift. Two Coronas, salted pretzels, amber beer mustard, a mini dish and a spreader are all placed in a simple white box.



Wine Happy Hour Gift Basket - \$42.

Enjoy two wines-to-go along with these happy hour snacks! Sweetened cranberries, camembert cheese, cheddar cheese, olive oil and sea salt crackers, a ceramic dish, olive tapenade and a wooden spoon.



Love Noir Valentine - \$69. This exquisite bottle of pinot noir is paired with our red velvet cherries and vanilla caramels.



CEO Gift Box - \$124. This CEO (Consume Every Ounce) rocks glass is the perfect gift for an executive! We've included several amazing items: Whiskey Pop Caramel Corn, Hobble Creek Wine Based Whiskey, Beiluner Ballpoint Pens in gift box with refill, Black Journal, and Mandarin Orange Slices.



Executive Wine Box - \$170. Enjoy the Kendall Jackson series of wines including chardonnay and cabernet sauvignon. We paired cabernet cheddar cheese spread, garlic mustard fig jam, olive oil and sea salt crackers, a mini dish, spoon and spreader along with sweet dried apricots and pistachios.

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Gift Guide

tandem brick gallery des moines



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Colorful hats, gloves and socks

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by Peepers



Lots of socks

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by some of our favorite artists.



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Funny, Edgy or Beautiful... You'll Find It Here!

Gift Guide



4mm rose cut rhodolite cabochons in 14k rose gold. \$192.50 each



"Call me" with a pear cut genuine diamond in 14k rose gold. \$816



4mm swiss blue topaz in a crown setting 14k yellow gold. \$253



"Divina" 14k yellow with Oregon sunstone baguettes and padparadscha sapphire. \$492



"Oceane 5" navel jewelry 14k yellow gold, with amethyst tapered baguettes. \$724



"Panaraya" with round water opal and tanzanite gemstones in 14k rose gold. \$389



"Panaraya" with pear cut genuine diamonds in 14k white gold. \$1,295

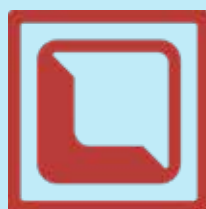


"Robin" made in our store shown here in 14k rose gold with orange sapphires. \$426

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Gift Guide



MAINFRAME STUDIOS



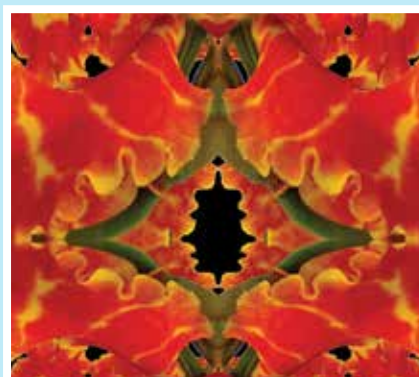
Molly Spain
Studio #255

Work of various mediums focused on material and formal exploration. Starting at \$250



Jess Quinn
Studio #200

Jess captures the beautiful curves, movement and colors in botanical paintings. Starting at \$300



Eric Duke Miller
Studio #462

Reimagining ready-made and found objects from nature, history and the built world. Starting at \$30



Linda Lewis
Studio #433

Sculptures exploring common human themes: love, family and the search for fulfillment. Starting at \$95



Lauren Pesta
Studio #372

Honoring life experiences and meaningful moments through visual storytelling. Starting at \$100



Michael Wilson
Studio #353

Representational oil paintings inspired by classical drawing and painting. Starting at \$375



Andrew Clarridge
Studio #328

Rich, harmonious pieces scalable in size for the home or business. Starting at \$102



Civic Music Association
Studio #113

Concert Tickets — starting at \$25. Tickets available online at civicmusic.org.

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Indulge in the fizzy relaxation of a classic bath bomb, now with hemp extract. \$15



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Gift Guide

allspice



Taster set \$18

A carefully curated set of oils and vinegars pairings that are great for gift giving or just a great way to try some pairings.



Host Gift Bag \$22

This set is a great gift for anyone who enjoys a great bread dipping experience. The set includes three of our favorite spice blends for bread dipping, paired with an extra virgin olive oil. All you need is a warm loaf of Italian bread!



Mama's Homestyle \$24

Mama's favorite for chili, meatloaf, spaghetti, burgers, tacos and chicken. While it would be impossible to exactly recreate your mom's recipes, we think our Mama's Homestyle Box comes pretty close. These six special blends will make your weeknight meal prep a breeze.



Moo \$45

Moo consists of four of our favorite beef rubs and spice blends, along with some literal "special sauce" for good measure: Espresso Rub, Prime Rib Blend, Quebec Steak Seasoning, our New York Steak and Burger Blend, and a bottle of amazing Colonel Pabst All-Malt Amber Lager Worcestershire Sauce.

Gift Guide

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\$8.95 - \$49.95



Notes Refillable Candles
Refillable Vessel \$19.95
Candle Refill Pouch \$19.95



Treats for Santa Light Up Plate
\$35.95



Swig Santa Baby Collection
\$9.95 - \$52.95

Gift Guide



Florida Sunshine Spice Blend
Need some sunshine? Our Florida Sunshine is a delightfully citrusy salt blend!



Spice & tea square tin sets
Our spice & tea square tin sets in colorful bags make great stocking stuffers!



Mini tin sampler sets
Mini tin sampler sets are the perfect find for the foodie in your life.



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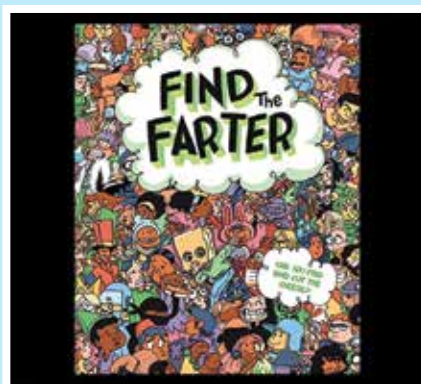
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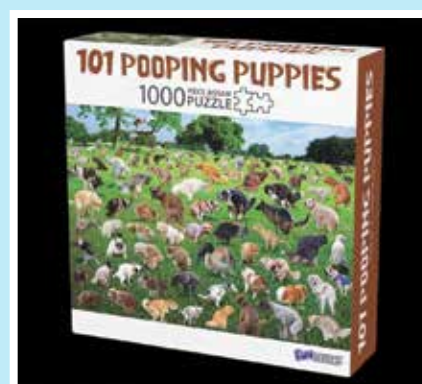
We have more than 200 styles of funny socks for everyone on your list!



Our best selling book for kids and adults alike "Find the Farter" in hidden scenes.



This screen art door decor is designed by a local artist and available in many styles.



We have over 50 styles of puzzles including this Pooping Puppies puzzle!



This candle looks like a bowl of cereal and smells EXACTLY like fruit loops!



Our pop culture table has everything Taylor Swift, Harry Styles, Prince, Dolly Parton, Golden Girls, and more!



Not your Mother's Holiday Ornaments
These tiny pieces of art will amuse you and your guests!



Our pickleball table is a big dill and has a gift for every pickleball player and pickle lover on your list!

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Gift Guide

HW CBD

PREMIUM + HEALTH + WELLNESS



Topical

Are you wondering if CBD can work for you and your ache body parts? There has been research suggesting that it may. In fact, some of the research has suggested that rather than just treating the symptoms, CBD may actually be able to help prevent pain and inflammation all together!



Sleep

Unwind the mind and body. Millions of men and women are deprived of sleep thanks to a multitude of reasons, including physical and mental stress. Some research suggests that CBD may interact with specific receptors in the body, potentially balancing the sleep/wake cycle.



Stress

We may think of stress as something we cope with mentally, and it's just part of life. True, but it doesn't need to control your life. CBD may help manage anxiety, mood conditions and feelings of stress.



Pain

Can CBD really help with my pain? For some, the answer is yes. CBD is an option for many pain sufferers to potentially help relieve their symptoms, due to its antioxidant properties.



General Wellness

Taking CBD every day may help support your cognitive function, provide energy, and support your overall sense of being on a regular basis.



Energy

Low energy? For some CBD (and other wellness components) can be a game changer. Sustained and enlightened energy can be attained by most users.



Drinks

CBD may help to regulate gut bacteria and reduce intestinal permeability. Intestinal permeability occurs when the gut wall starts to lose its integrity. Additionally, CBD with other wellness components may provide relaxation, reduce inflammation and increase energy levels.



Therapeutic

Hemp Derived D9 – May be therapeutic for a number of life's everyday challenges. Benefits may include a sense of deep relaxation, potential pain management and may induce deep sleep. NOTE: Make sure to connect to a HW CBD guru before using.

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Gift Guide



Frazier Fir — a holiday staple for homes all across America! Make the home smell like a fresh cut Christmas Tree all season long! From \$7-\$25



This scent is so fresh and clean and you can get it from lotions to cologne. We know once you try it, you will be hooked! From \$7-\$55



We love a good layered look and know, giving a set like this for the holidays, someone special will love it too!
Vests from \$36-\$69, scarves \$24, mittens from \$12-24



Beanies always need updated and replaced, and the styles we have this year are not only adorable, but fantastic, with neutral colors and styles!
From \$16.50-\$24



Classic prints and adorable new styles in our everyday clutch! We think giving a clutch with a gift card would make the best gift! From \$35-\$37



Faith leather bracelets are so popular this season, it's like wearing your heart on your sleeve. From \$31



Handbags always make a great gift, and we carry a large variety of sizes and shapes! Stop in often for all the newest products!
From \$49.99-\$72



Locally-made lanterns have been the hottest item this season. Magnetic faceplates make it easy to swap out the season, and, since they are made locally, you are shopping small twice! From \$35



Bring this in for

20% OFF ONE ITEM*

* Not including sale items. Not good on previous purchases . Expires 12/23/23

Happy Holidays



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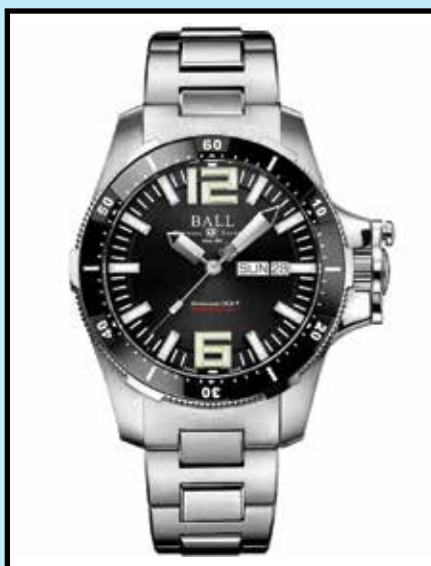
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Gift Guide

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Gift Guide



Loungewear

Comfort abounds from Faceplant Dreams, PJ Harlow, and now Barefoot Dreams



Jewelry

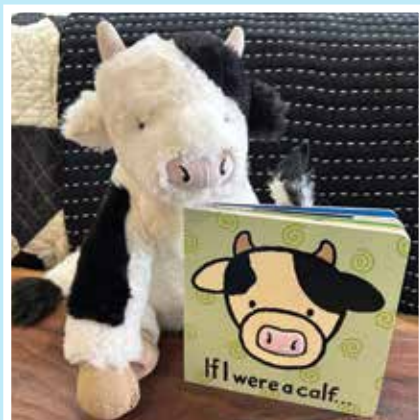
A gorgeous selection of jewelry from Mariana, Waxing Poetic, Athena, Qudo and many more.



Antique ceramics



Wine and mead selection



Jellycat

Full line of Jellycat plush toys, books, rattles and buddies



Candles

Lovely fragrances from Pickwick, Votivo, Voluspa, 1803, Barr Co., and Volcano



Antique glassware



Christmas metal

HOBO

Handbags + small leather goods

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Gift Guide



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\$15



Charcuterie Boards
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Cherry Jewelry Chest
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Mantel Clocks
starting at \$70



Motowi Tiles
starting at \$36



Wooded River Throws
\$158



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Diamond bands bracelet





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CITYVIEW's 50 FAVORITE PLACES TO EAT OUT



The greater Des Moines area is loaded with an immense array of culinary excellence. Surely we can sit down and agree to enjoy it.

Sifting through the myriad of menus to find your faves can be fun, but if you prefer focusing on eateries that are already authenticated as exquisite, we think you'll appreciate the following menu of 50 or so. As you look through the listing of some of the city's tastiest options

for eating out, put a checkmark next to each eatery you've attended. When you are finished, add up your score and see where you rank by comparing your number to the rating system included at the end.

Are we in agreement? Let's find out if you are a culinary maestro extraordinaire, or a chronic mac 'n' cheese mixer. Whoever you are, and whichever edibles you prefer... Ready?... Set?... Bon appétit!

50 FAVORITE PLACES TO EAT (IN ALPHABETICAL ORDER)

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12851 University Ave., Suite 400, Clive
515-225-6005
auradsm.com
☐ Check if you've been here!



CURBIN' CUISINE
2713 Beaver Ave., Des Moines
515-635-0090
curbincuisine.com
☐ Check if you've been here!



BEVY'S TAVERN
1350 50th St., Suite 206, West Des Moines
515-223-1046
bevystavern.com
☐ Check if you've been here!



DESTINATION GRILLE
2491 E. First St., Grimes
515-355-1153
destinationgrille.com
☐ Check if you've been here!



BUZZARD BILLY'S
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buzzardbillys.com
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doughcodsm.com
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1520 S. Ankeny Blvd., Ankeny • 515-497-8199
earlybirdbrunch.com
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515-859-6257
charlotteskitchendsm.com
☐ Check if you've been here!



EATERY A
2932 Ingersoll Ave., Des Moines
515-282-8085
eateryadsm.com
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CHICKEN HEAT
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515-318-3715
www.chickenheat.com
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EITHER/OR EATERY & PATIO
6222 Grand Ave., Des Moines
515-214-1831
eitherordsm.com
☐ Check if you've been here!



THE CLUB CAR RESTAURANT & LOUNGE
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515-226-1729
clubcardining.com
☐ Check if you've been here!



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515-221-7981
elfogondmi.com
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515-243-3686
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☐ Check if you've been here!



FIRE CREEK
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515-224-0500
firecreekgrill.com
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COOL BASIL
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515-225-8111
coolbasilcliveiowa.com
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515-323-3333
fongspizza.com
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515-255-9895
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freshmediterraneanexpress.com
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50 FAVORITE PLACES TO EAT (IN ALPHABETICAL ORDER)

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128 Fifth St., West Des Moines
515-255-4550
gmigs.com
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8134 Douglas Ave., Urbandale
515-895-1259
mingalabarkitchen.com
☐ Check if you’ve been here!



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515-635-0705
gamedaykcsf.com
☐ Check if you’ve been here!



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1224 Copper Creek Drive, Suite A, Pleasant Hill
515-599-6215
mugsypizza.com
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515-300-2460
gastrogrubpub.com
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OPA! GREEK & ITALIAN

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515-433-3088
opawdm.com
☐ Check if you’ve been here!



HANSEN’S MANHATTAN DELI

3705 Ingersoll Ave., Des Moines
515-274-1208
hansensmanhattandeli.com
☐ Check if you’ve been here!



PANKA PERUVIAN RESTAURANT

2708 Ingersoll Ave., Suite 200, Des Moines
515-244-1430
pankadsm.com
☐ Check if you’ve been here!



HESSEN HAUS

101 Fourth St., Des Moines
515-288-2520
hessenhaus.com
☐ Check if you’ve been here!



PANKA PERUVIAN CHICKEN

3018 Forest Ave., Des Moines
515-257-4037
pankadsm.com
☐ Check if you’ve been here!



IOWA BEEF STEAKHOUSE

1201 E. Euclid Ave., Des Moines
515-262-1136
iowabeefsteakhouse.com
☐ Check if you’ve been here!



POUR CHOICES

1895 S.E. Grimes Blvd., Suite 101, Johnston
515-986-1927
pourchoicesbar.com
☐ Check if you’ve been here!



LACHELE’S FINE FOODS

2716 Ingersoll Ave., Des Moines
515-330-6876
lacheles.com
☐ Check if you’ve been here!



PURVEYOR

505 E. Grand Ave., Des Moines
515-280-1130
purveyordsm.com
☐ Check if you’ve been here!



LUA BREWING

1525 High St., Des Moines
515-630-5311
luabeer.com
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QUINTON’S BAR & DELI

506 E. Grand Ave., Des Moines
515-244-6624
quintonsbaranddeli.com
☐ Check if you’ve been here!



LUCKY LOTUS

2721 Ingersoll Ave., Des Moines
515-262-8488
luckylotusdsm.com
☐ Check if you’ve been here!



RoCA

208 Court Ave., Des Moines
515-282-3663
rocadsm.com
☐ Check if you’ve been here!



MACHINE SHED

11151 Hickman Road, Urbandale
515-270-6818
machineshed.com
☐ Check if you’ve been here!













SIMON’S

5800 Franklin Ave., Des Moines
515-255-3725
simonsdsm.com
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SMASH PARK 6625 Coachlight Drive, West Des Moines 515-313-0700 smashpark.com <input type="checkbox"/> Check if you've been here!		THE TAVERN 205 Fifth St., West Des Moines • 515-255-9827 1755 50th St., West Des Moines • 515-223-6700 tavernpizza.com <input type="checkbox"/> Check if you've been here!	
SULLY'S IRISH PUB 860 First St., West Des Moines 515-255-9970 sullysdesmoines.com <input type="checkbox"/> Check if you've been here!		TITO'S LOUNGE 3916 N.W. Urbandale Drive, Urbandale 515-348-9319 titosloungeia.com <input type="checkbox"/> Check if you've been here!	
TASTY TACOS multiple locations around the metro tastytacos.com <input type="checkbox"/> Check if you've been here!		TRUMAN'S KC PIZZA TAVERN 400 S.E. Sixth St., Des Moines 515-214-2759 trumanstavern.com <input type="checkbox"/> Check if you've been here!	
THE CHICKEN 4221 S.E. Orilla Road, West Des Moines 515-410-2520 thechickenorilla.com <input type="checkbox"/> Check if you've been here!		TUMEA & SONS RESTAURANT 1501 S.E. First St., Des Moines 515-282-7976 tumeaandsons.net <input type="checkbox"/> Check if you've been here!	
THE LATIN KING 2200 Hubbell Ave., Des Moines 515-266-4466 latinkingdsm.com <input type="checkbox"/> Check if you've been here!		WATERFRONT SEAFOOD MARKET 2900 University Ave., West Des Moines • 515-223-5106 2414 S.E. Tones Drive, Ankeny • 515-963-1940 waterfrontseafoodmarket.com <input type="checkbox"/> Check if you've been here!	

SCORECARD

Now it is time to tally up all of your checkmarks. Give yourself one point for each place you have visited, and then find out what your number says about you below.

<input type="checkbox"/> 50 — Gourmet foodie fanatic Nothing is too good for your taste buds. You spare no expense enjoying high-end cuisine, and you do so frequently. Let's face the facts. You love eating good food more than social media loves kitten videos. Congratulations. You are a full-fledged gastronome.	prime rib or another big-ticket treat. "Go big or go home," you say. "And I'll take some extra drawn butter, too, please." Eating out is always somewhere on your agenda, and since you only indulge occasionally, when you do dine out... You do it up right.	your Friday night winning move. But... Kids happen to the best of us. Look on the bright side, there is nothing wrong with family restaurants, especially while entertaining the in-laws. And once you send those kids to college... The romance is resurrected!
<input type="checkbox"/> 40-49 — Future food critic You may not have a butler or a personal chef, but almost every maitre d' this side of the Mississippi River knows you by name. The moment CITYVIEW hits the racks on the first Thursday of the month, you furiously flip to find Jim Duncan's column. After delighting in "The Food Dude's" advice, you double check his work by re-visiting the entrees he endorsed.	<input type="checkbox"/> 20-29 — You like what you like You enjoy good gourmet, but you aren't greedy. You've learned patience. You'd rather wait until the buzz dies down before checking to see what all the fuss is about. You also sometimes crave a heaping plate of comfort food, you know where to find hand-breaded cheese sticks, and even though you enjoy dipping fried food into Ranch, you won't slather it on a salad... Unless no one is looking.	<input type="checkbox"/> 1-9 — Alligator arms You like eating out, but when the check comes... "Let me get that," you whisper, while keeping your elbows pinned tightly to your sides and leaning back with your hands still touching your chest. If this is a technique you've perfected, take our advice... You have only one life to live, don't fill it full of fear.
<input type="checkbox"/> 30-39 — "I'll have the Surf and Turf!" You don't always eat lobster, but when you do, you double down by adding in some	<input type="checkbox"/> 10-19 — Can you say, "kids menu"? Reserving a table for two at a special eatery with just the right ambiance used to be	<input type="checkbox"/> 0-0 — First name: O-s-c-a-r... Second name: M-a-y-e-r You know which brand has the best-tasting bologna, but name brands are a scam. You'll be darned if you'll fall for that kind of frivolity.

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TO EAT OUT



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\$8 Appetizers

\$7 Specialty Martinis

\$2 off select
glasses of wine

\$1.50 off draws

\$1 off bottled beer

\$4 well drinks

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\$7 glasses of house wine

Martini Night

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Amber Rhoades and Bryant Wright



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Marshall Porter and Mike Busch



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Steve Frevert, Chloe Bratvold and Jason Keigley

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LUNCH WITH...

BY JIM DUNCAN

Mike Lavalle and Marc Navailles at Purveyor

Lavalle says he “brought the chef out of the kitchen” and “in the front of the house.”

EAT & DRINK

More than anyone else, Mike Lavalle elevated the Des Moines dining scene over the last 50 years. Right or wrongly, he has been a step ahead of everyone else in Iowa. We asked him to lunch, and he invited us to his new project, Purveyor in East Village.

Our old friend Marc Navailles is the chef there and, wow, this is something the Food Dude should write about. Marc started us off with some Serrano ham from Redondo Iglesias (18 months cured), some Manchego cheese, Marcona almonds, and white grapes. Sommelier Drew Charron poured some Monterey County Albarino and a Lavalle blend of petite sirah and cabernet. (Mike will explain that later.)

Everything begins with family for Italians. What is Lavalle’s back story?

“Grandpa came from Puglia, in the boot of Italy, to Greenwich Village. His first job in America was shoveling coal on the Staten Island ferry. My father, Rocco, moved to Iowa in 1942. The first time Grandpa

came to Iowa, he came with some unusually heavy luggage. It contained several four-liter jugs of wine. He didn’t think there would be wine in Iowa.”

Was he wrong about that? I remember Joe Giudicessi saying that adding a choice of wine beyond “red or white” at Christopher’s required educating diners. They thought rosé meant half red and half white.

“I think I was the first restaurateur to offer wine by the glass here. I know I was the first sommelier.

“Wine is always about education, and humility. I remember the first blind wine testing I held in Des Moines. Everyone considered themselves a wine expert, and yet the cheapest wine won the test over far more expensive bottles.”

Marc brings us some empanadas and roasted piquillo peppers stuffed with chicken and caramelized onions. Mike calls him Marco, French chef David Baruthio introduced him to me as Marc.

He is Basque, but is he French or Spanish?

“I grew up on the French side of Basque country just a few miles from Spain. You had to be 18 to go clubbing in France but only 14 in Spain. So my teenage years were spent in San Sebastian.”

A few years ago, a group of Hall of Fame soccer players were asked where in the world was the best place to go clubbing and bar hopping. New York was the unanimous answer to the first part, but San Sebastian was the most popular answer to the second. Marc’s menu reminded me of that place. “That’s good.”

How old was Lavalle when he opened his first restaurant in Des Moines?

“Twenty-four. Remember, 1970s Des Moines was still in the fine dining stage. My thinking was that people can’t eat Hollandaise sauce every day. I opened a healthier option — Health Works. I grew my own bean sprouts because I couldn’t buy them in town. That was before the first immigrants from Vietnam.

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LUNCH WITH...

“Two guys fresh from Culinary Institute of America in Hyde Park helped me, taught me a lot. Lou and Lydia Patierno moved to D.C., and I visit their restaurant in Virginia every time I can. Girasole, it’s a regional Italian café.”

It’s easy to forget the fine dining splendor of mid 20th century Des Moines, but Lavalle started in the midst of it. There were a score of restaurants then that used dry cleaning service for their linens. Is fine dining a thing of the past?

“It’s dead. Only clubs use linens now and only for special occasions. I used to have a doorman, a valet, a coat check server (people used to wear hats), a host, a maître d, a service bartender, nine servers, and five busboys. We did 250 dinners a night.

“I started catering because people still wanted to entertain after they no longer had live-in maids and cooks. I know nearly every back door south of Grand, because I dropped so much off there.”

Marc returns with albondigas (meat balls) “Madrid style” plus some txipirones (calamari cooked in its own ink.) “You should come on a Friday. We set up a tent outside and cook paella in a paella (pan) large enough for 80 servings.”

How long did the healthy café last here?

“Less than a year. But I learned a lot about sourcing. The Vietnamese really changed things for the better. I hired two of the first six who came here. They were fabulous workers, learned everything on one try. I used to buy my herbs and even coffee beans in San Francisco. They changed that. They taught me to make spring rolls and sweet potato fries. I was the first to serve them in Des Moines because the Vietnamese taught me to. Seriously, I remember when we substituted parsley for cilantro because the closest cilantro was in San Francisco.”

Marc returns with pulpo a feira. It was the tenderest octopus I ever tasted. Lavalle agreed. Marc said it’s a special kind of salt that helps with that.

Lavalle was possibly the first chef/owner in town. Vic Talerico preceded him but stayed in the kitchen.

“I brought the chef out of the kitchen. In the old days, owners wanted to be in the front of the house. I still do. I can’t think about retirement because I need to mingle with 200-300 people a day. City Grille was a turning point for chef-driven dining here. That was the same year that Robert Anderson started the first culinary college in Iowa, at DMACC. Suddenly being a chef was a profession, not just a job.”

Marc brings us some garlic shrimp with ciabatta.



EAT & DRINK

Where did all this come from? “We took over the old South Union Bakery by Graziano’s. We can cater out of there for up to 250 people.”

Over a box of French and Italian pastries we finished lunch. What is the deal with the Lavalle wines?

“Wine is not sustainable the way it’s consumed. More than half the wine sold in America is drunk the day that it’s purchased. It makes no sense to pour five glasses and throw away the cork and bottle. So, we buy grapes in California and finish them into wines in Winterset. I have five kegs here that contain 1,000 bottles worth of wine. I think that young Des Moines is maturing from beer drinking to wine. We’ll see.” ■



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In the light of the dumpling moon

I could easily eat dumplings this good every day.

Early last month, NASA released the first-ever photos of Pan, the innermost moon of Saturn. To great surprise, the moon looks like a potsticker (gyoza in Japan). Asian media have dubbed it “the dumpling moon.”

Dumplings are a lifelong food. People learn to love them before they have teeth and still love them after they start to lose their teeth. In lore, they were invented more than 2,000 years ago by a physician, Zhang Zhongjian, trying to treat an epidemic. They came from north China to Cantonese south China and from there to California. The Mongols took them to Poland where they became pierogis. By 1900, dumplings were loved worldwide.

In Appalachia, dumplings were flour, egg and water mixtures left over from pie crusts and bread mixes. They were just dumped into pots of stock, usually chicken, without being shaped. Those dumplings don’t look like Pan.

Pan appears to have a ridge on three sides and is not perfectly round like most celestial bodies. Saturn’s deep shadows have many wondering if the photos are fooled by them.

The dumpling moon has inspired a renaissance of dumpling love. In Des Moines’ metro, Wong’s Chopsticks (5500 Merle Hay Road) and Pho 515 (801 University Ave.) have been dumpling darlings for years. They have some new competition now from two new places that specialize in dumplings.

The Egg Roll Ladies (ERL) is a treasure on the outskirts of north Des Moines. Like its treats, it is stuffed full of big personality. Owner Trang Pham came to America at age 6, grew up “down by Mainstream Studios,” and graduated from Valley High School and Upper Iowa University.

ERL proudly advertises that it is “veteran-owned,” and Trang again works for the military after a long stint as Des Moines’ first Asian female firefighter. Fried egg rolls and crab Rangoon, steamed and pan seared potstickers, cold spring rolls, bowls of rice, rice noodles or glass (mung bean flour) noodles with choices of Asian vegetables and proteins, plus drinks make up the menu. The latter are mostly sweet things like bubble teas, but the plain iced Vietnamese coffee packed a caffeine wallop to remember.

Trang also advertises “Legit Asian food.” She told us she wants to use food as cultural assimilation and, uniquely in Des Moines, distinguishes between “traditional and nontraditional” spring rolls. “Nontraditional is something created in America. The meat is marinated and does not need all the toppings, sauces and extras that traditional uses.”

We particularly liked the marinated versions of pork and lemongrass chicken, though we still used lots of sauce and extras. Our visit was a delight. A very good

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5548 NW Second Ave., 957-1713
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Saturday – Sunday, 11 a.m. to 8 p.m.



Traditional (left and center) and nontraditional spring rolls at Egg Roll Ladies.

vibe exists, and service has military precision.

Dumpling House (DH) has a very different vibe and service instinct. It’s only open Sundays from 5:30-9 p.m. I have not had good luck walking in and ordering, with a wait time of “over 30 minutes” predicted. When I preordered for a specific pickup time, I still waited for 20 minutes.

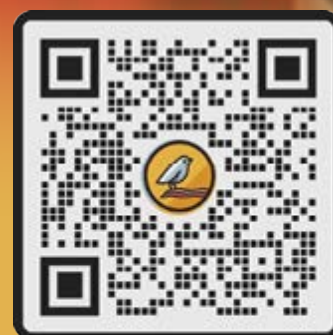
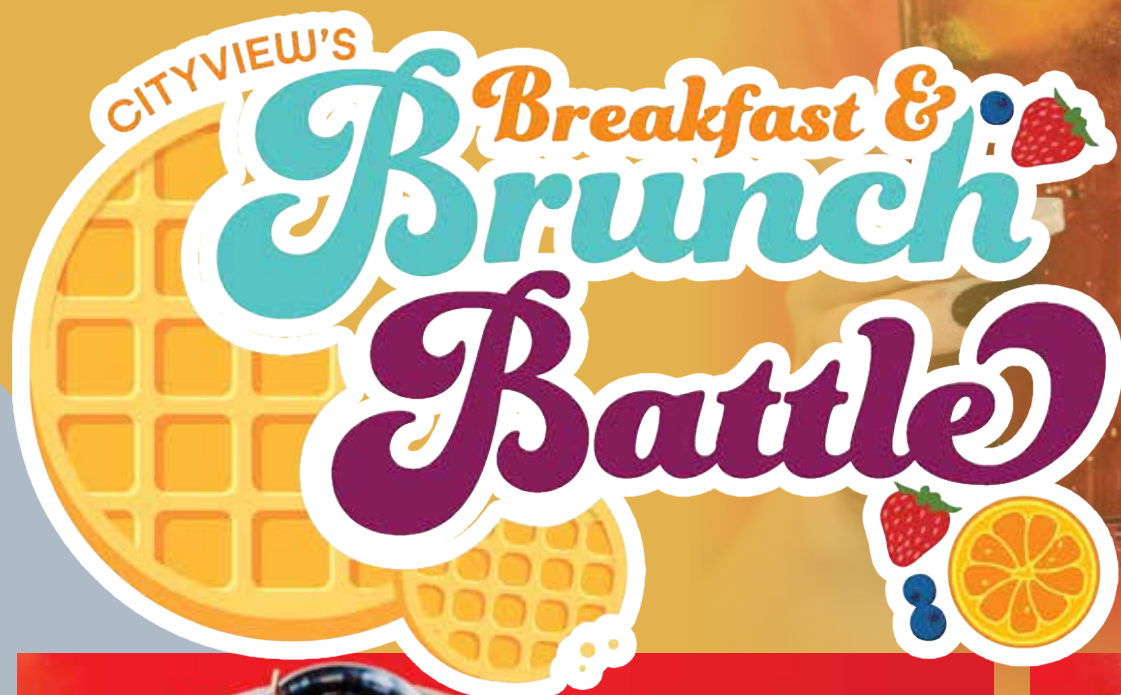
It’s totally worth it. Dumplings come in four types of protein — pork, chicken, beef and vegetarian — and two styles, potsticker or steamed. Dumplings taste freshly made, not with wrappers but from scratch. The menu also includes won ton soups and good cucumber and potato salads. Lots of chili oil and ponzu were included in orders, which are for carryout only.

DH’s website stresses that dumplings are meant for special occasions, particularly New Year’s when they can become auspices of good fortune. So, Sunday-only service is justified, but I could easily eat dumplings this good every day. ■

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

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EAT & DRINK

Poncho's Friendly Confines is a keeper

Waukees neighborhood joint was established five years ago.

BY JACKIE WILSON

Take a drive to Waukees and you will find a sea of new construction with tower cranes, steel structures and the latest, greatest car wash popping up in this bustling suburb.

Along the everchanging Hickman Road is a small bar in a strip mall, a former home to several establishments over the decades.

This newest venture is a keeper. Poncho's Friendly Confines, located at 292 Hickman Road, was established by Poncho himself five years ago.

The joint is a clean, average-size bar. The décor includes a variety of Chicago Cubs memorabilia, Major League Baseball pennants and other sports references. It's not necessarily a sports bar, as the TV was off when live music played.

On a Thursday evening, the place was packed. Live music by Jesse and The Medicine Men provided classic country music, complete with Jesse's deep baritone.

Tables were pushed together so dancers could do the two-step or march out a few line dances. Jesse plays most Thursdays until the end of 2023. Other music is occasionally offered.

After giving the order, the bartender reached for the bottle opener in her back pocket. You won't see craft cocktails being poured into stainless steel shakers. Instead, you'll get a basic, stiff drink. Think Jack and Coke, vodka cranberry, a beer bottle or draft, or a Fireball shooter. All at reasonable prices.

The house vodka, Blue Ox, is distilled right here in Iowa and was available for about \$4. The glasses

are unique. Remember when you moved into your first apartment, and all you owned was a set of mismatched glasses? It's kind of like that, with drinks served in a red cup or a golfclub rocks glass.

Happy hour from Monday through Friday, 5-7 p.m., gets you 50 cents off every drink. Or hit a weekday special for \$1 off on Rumday Mondays, Tequila Tuesdays, Whiskey Wednesdays, Thirsty Thursday (beer) and Freaky Fridays on vodka drinks. Funday Sundays net you \$5 well bloody marys or mimosas. A dart tournament takes place on Saturdays.

Food freebies include popcorn and hot dogs with the fixins, which begs the question — how long does it take to cook a dog on a roller?

There's no other food except a couple bagged snacks. Patrons can bring in their own grub or hop over to one of the two pizza places on the strip.

Step up to the home plate on the floor — so you know exactly where to stand to get your drink at the bar. If it's nice weather, have a seat out on the patio.

Poncho, a bearded man with a small stature, was quietly in the background, sweeping up popcorn crumbs, stocking beer bottles and putting weenies on the roller. Poncho said it was his dream since he was 15 years old to own a bar. After working 37 years at Adams Door, he finally retired, opening his bar five years ago. And, yes, Poncho lives up to his friendly name; he might even tell you a joke.

Experts say, to get out of your comfort zone and shake things up, try someplace different. Poncho's in Waukees fits the bill. ■



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CITYVIEW'S

Pet Guide

Inside

The dangers of
table scraps

Why you should
microchip

Why pets need
vaccinations

The dangers of table scraps

There are lots of better, safer ways to spoil your favorite pet.

Your pet doesn't know any better, but many of the most common things that people consume are actually health dangers for pets. In some cases, there is even the risk of death. So resist the urge to give in when confronted with a begging pooch — in particular with these key things:

AVOIDING THREE 'Cs'

Coffee, chocolate and caffeine have been targeted as particularly dangerous by the American Society for the Prevention of Cruelty to Animals. Ingredients in all of them include methylxanthines, a class of stimulants that includes the most widely consumed caffeine. When ingested by pets, methylxanthines are potentially deadly. Pets may suffer from vomiting and diarrhea, excessive thirst and urination, hyperactivity, panting and tremors, arrhythmia and seizures. Be particularly careful around baking chocolate, which has higher amounts of methylxanthines. Dark chocolates also carry more risk to your pets than milk chocolates.

ALSO OF CONCERN

Raw meat and eggs may contain the very harmful E. coli and salmonella. Avoid bones that may split, though any bone can be a choking hazard — and the potential for a potentially deadly digestive-tract puncture. Be careful with uncooked yeast-based dough, since it can continue expanding in the abdomen causing a dangerous build up. If the stomach were to rupture, it could prove deadly. Cooked meat should also be sharply limited, as no more than 5 to 10 percent of the daily caloric intake according to the ASPCA.

Keep in mind that obesity is a huge problem with pets these days, and table scraps often arrive as additional calories on top of their regular meals. Your pet probably doesn't need the extra food. If you suspect your pet has accidentally ingested a dangerous food item, call your vet immediately or contact the American Society for the Prevention of Cruelty to Animals' animal poison control center at (888) 426-4435.

APPROVED CHOICES


There are some table scraps which are fine for pets, but even then they should only be given in very small portions. Lean strips of cooked beef, pork, turkey or fish are OK, as long as they have been de-boned and don't have the attached skin.





Raw carrots, celery, lettuce and cabbage hearts may be given, but never onions or garlic. Peanut butter is OK, but again in small doses. Avoid raisins, macadamia nuts and anything with alcohol. 🐾

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IF THEY'RE LOST

Pets are now routinely scanned by veterinarians, animal-control officials and shelters when they are lost. If owner information has been kept up to date, these microchips can provide easy access to contact information needed to reconnect you with your pet. It happens at an incredible rate these days. In fact, strays were returned more than 50% of the time in one American Veterinary Medical Association survey covering some 8,000 strays.

Those without these chips only found their way home about 22% of the time. The microchipped pets who did not return were typically the ones

whose contact information had not been updated. That's why it's so critically important the chips are registered and consistently updated.

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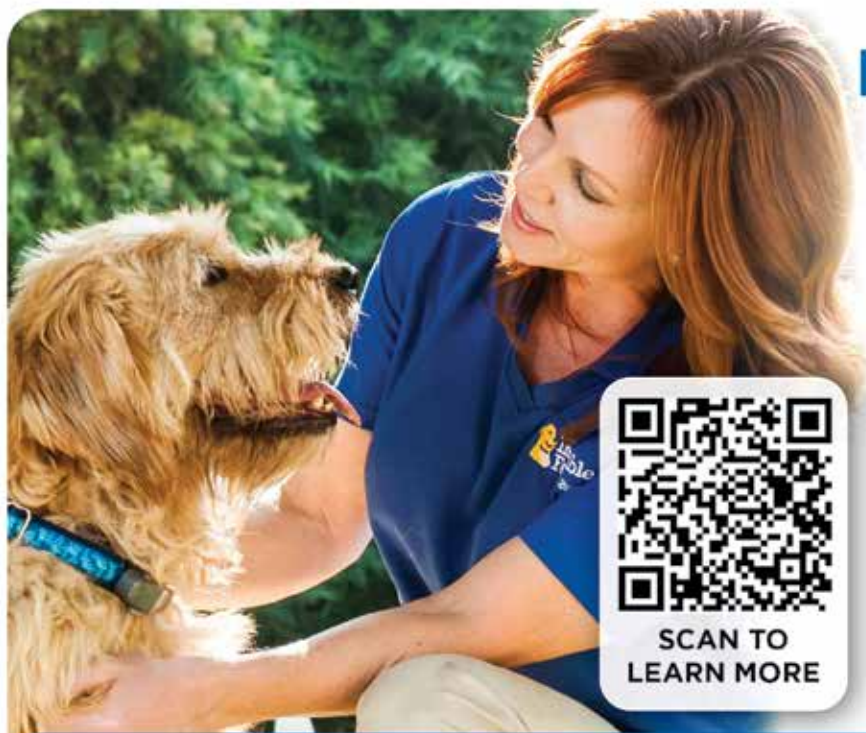
Your pet will be microchipped at the doctor's office. They'll inject the device under the skin with a hypodermic needle, with a pain inducement that's roughly the same as your cat or dog's regular vaccinations. No surgery or anesthesia is needed, though some veterinarians choose to complete this process while animals are already under during procedures like spaying and neutering or large dental procedures. In that case, it's really more for the comfort of the animal. The chip holds contact information and cannot track a lost pet since there is no battery. Instead, a professional scans the chip to learn who to call and then gets in touch.

NO PRIVACY ISSUES

These are not tracking devices and share no



information on where you or your pet are at any given moment. They also do not house any other personal information. The registered information is only accessed by a person with the proper scanner after your pet has been recovered. You have to manually update your contact information if you move or change phone numbers, since the chip manufacturer does not have access to your specific location. 🐾



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Why pets need vaccinations

Make sure all of your pet’s vaccinations are completed on schedule.

Unfortunately, dangers exist anywhere your furry friend may go, from the backyard to kennels to local parks. The best preventative treatment against these everyday dangers is to build a relationship of trust with a veterinarian who can keep your pet protected.

STAYING ON TIME

The importance of their vaccination schedule can’t be overstated, since the effectiveness of any shot may wane over time. Some inoculations can also take an extended period of time before they are most effective. Follow your vet’s instructions to the letter in order to make sure your pet gets the most protection possible. At the same time, rabies vaccinations may be required by law, and owners can get into big trouble by falling behind. There may be additional recommendations from your veterinarian based on your pet’s general health, age and breed.

HOW THEY WORK

Much like vaccinations for humans, these shots are typically meant to protect your pet from infection or disease. Antigens which contain small amounts of common illnesses are introduced into your pets’ systems so they’re prepared to fight back if they were to have an actual infection. It all works in concert to help avoid costly future treatments for preventable illness, while also lowering the chances of transmission from animal to animal and, sometimes, from animals to people. Distemper and rabies are two of the most easily transmitted with unvaccinated pets.

COMMON VACCINATIONS

For dogs: The American Humane Society recommends dogs get the combined shot for distemper, parainfluenza, hepatitis and parvovirus. Ticks are also known to carry Lyme disease in some regions of the country, so your doctor may suggest

vaccination since this illness can be passed on to dogs. Your vet may also discuss the risks of kennel cough, an upper-respiratory infection that is very contagious. Shots to guard against it are typically recommended before your dog is boarded but may also be needed for visits to the groomer or a dog park.

For cats: The combination shot for calicivirus, rhinotracheitis and panleukopenia protects against a trio of very common illnesses. Feline leukemia may also be passed along through close contact, so protection may be recommended for outside cats. Your combo distemper shot may also include protection against the bacterial infection chlamydia, which can lead to severe conjunctivitis in cats. 🐾



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Whatever happened to...?

Where they go when they're gone



By Jim Duncan

Des Moines is considered a small market, at least for media, entertainment and designers. That's changing now in a world flash-shrunk by the Internet. Before the last 20 years, most Iowa artists with ambition left the state, usually for New York. Iowa was more famous for the people who left and made it there — Halston, Larry Zox, Andy Williams, Johnny Carson, Donna Reed, Glenn Miller, Bix Beiderbecke, Ashton Kutcher — than the people who stayed.

Now many artists can make it here because the world

wide web is their marketplace. Mainframe Studios reserves 20% of its studios for out-of-state artists moving to Des Moines. When Moberg Gallery opened 20 years ago, they only handled local artists. Now they represent artists from all over the country and the world.

Iowa is more hospitable to ambitious people than ever. But it's tempting sometimes to wonder whatever happened to people who were once household names here and then left the Iowa public eye. We looked for some answers.

Chet Culver

You can take the politician out of politics but you can't take politics out of the politician.

Chet Culver, a former teacher at both Roosevelt and Hoover, was the 41st Iowa Governor, winning office over Jim Nussle by nearly 10 points in 2010 after a hotly contested primary. On paper, the former Secretary of State's one term looked pretty good. He balanced the budget, raised the minimum wage for the first time in over a decade, lowered unemployment, and advocated hard for renewable energy while seeing Iowa rise to top three status in both wind and ethanol production. He had favorable ratings (60% approval) for his handling of the 2008 floods. He pushed legislation, and ended mandates, to make stem cell research easier, and to fund it.

He was also elected as federal liaison for the Democratic Governor's Association. He appeared to be a rising star in a party buoyed by Barack Obama's sweeping victory in 2008.

Despite putting himself out there to voters as a former football and basketball coach and current kite flyer, he just didn't connect to the electorate. His reelection effort in 2014 was disastrous. As incumbent, he lost by 10 points to Terry Branstad. Obama's coattails were long gone after two years when voters responded to the unpopular health care legislation that dominated Washington for two years. Branstad was helped by his running mate, Kim Reynolds, more than Patty Judge helped Culver. Culver's wife, Mari, was not much of an asset. She got caught smoking in her state limo after the smoking ban her husband pushed had become law.

Culver was a gracious loser, praising his opponents and the electorate, whom he thanked for giving him his chance. He bid farewell and conceded the election on the stage of the Hotel Fort Des Moines, overseen by his father, John, who had

conceded his U.S. Senate seat to Chuck Grassley on the same stage in 1980.

Chet Culver had grown up in the D.C. suburbs and gone to college at Virginia Tech on a football scholarship. He moved to Iowa, studied at Drake and became active in party politics. Some say he was perceived as a carpetbagger here.

After his loss, Culver created his own lobbying/consultancy company, Chet Culver Group, which specializes in renewable energy ideas and "cutting through the red tape."

Mari Culver is more locally prominent now than the ex-governor. In 2019, she was arrested for public intoxication on the midway of the Iowa State Fair. She pled guilty to a simple misdemeanor. In April, she was named Assistant County Attorney in Polk County under Kimberly Graham, a Democrat. She had been out of a job since Tom Miller lost Iowa's Attorney Generalship to Brenna Bird in last year's midterm elections. Mari Culver was one of 19 Miller employees who were "asked" to resign.

Chet took a job on the board of directors for the Federal Agriculture Mortgage Corporation where he serves today after a brief pause. Lobbyist and bureaucrat, our ex-governor obviously knows where the money is — and how to cut through the red tape to procure it for clients.



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Most of the commentary about the upset hit on Lightfoot's casual campaign



Not all Iowa pols retire to the revolving door of lobbying. **Greg Ganske** went from plastic surgery to U.S. House star. He, too, made the mistake of running against Harkin for the Senate. He was beaten by double digits. Ganske then simply went back to his Des Moines surgery practice.

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Mary Eikenberry
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The baller, the welder and a story better than fiction

Dow Mossman and **Bob Netolicky** are intertwined in lore and totally separated by reality's fickle fate. Neto became a basketball superstar, first at Drake and later with the Indiana Pacers. He was four times all pro and won two championships. Yet he never played high school basketball in Cedar Rapids. He tried out and was a first cut as a freshman.

Dow Mossman wrote a brilliant novel that vanished after mediocre sales for much of his lifetime. The epic, "Stones of Summer," was the great Iowan novel for boomers with lots of reading time. The book jacket compared Mossman to Faulkner and Joyce. Mossman spent nine years on the copy of the book and admitted that it was taken away from him lest he never submit it.

Mossman and Neto were best friends growing up in the nice part of Cedar Rapids in the 1950s and 1960s. In the book, Netolicky's persona was called "Dunker" and his father, a Cedar Rapids surgeon, was called "Zipper."

Neto was part of Maury John's great era at Drake. He was as famous for eccentricities as for his cage skills. In Des Moines, he lived with ocelots and even a lioness (and also with John Lynch, the father of Hall of Fame footballer and 49'ers GM John Lynch, Jr.).

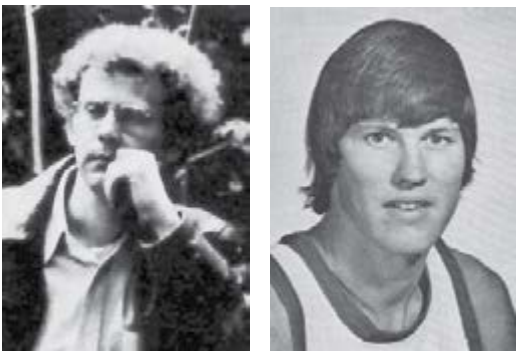
Neto became the most famous sports star in Indianapolis. His bar, Neto's, was the hottest place in town for decades, drawing Indy race car drivers, NBA players, politicians, media stars and NFL stars. (It's ashes now.) Neto continued to play

larger than his 6' 10" size. The Indianapolis Star labeled him "the Broadway Joe of basketball," and the "man who makes women swoon."

His late life mission has been to make former ABA players eligible for NBA player pensions. The most recent story about him, in 2022, interviewed him "from his home in Texas."

After "Stones," Mossman made a living as a welder and newspaper bundler in Cedar Rapids. Thirty five years after "Stones of Summer" went out of print, a young scholar and film maker, Mark Moscovitz, called Mossman. The filmmaker, famous mostly for creating political stars all over the world, had found a copy of "Stones" and loved it. He wrote a book about it, "The Stone Reader," and made a film.

Moscovitz's work inspired a reprinting of Mossman's book. A second generation of readers now identify with his "coming of age" masterpiece. Both Mossman and Netolicky are now in their early 80s.



FEATURE STORY

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NOVEMBER 2023 | CITYVIEW | 85

Staying around inconspicuously

Dr. Gregory

Schmunk was Polk County's most conspicuous medical examiner. He had come from San Francisco and Sacramento where he had been involved in some famous situations, from hostage events to consulting on TV shows like "CSI."



In Des Moines, he was loved by attorneys for testifying as an expert witness. He also ruffled feathers and was fired in 2020. Schmunk didn't go anywhere. He's doing quite well as owner and chief pathologist for Urbandale Forensics Inc. He has performed more than 6,300 forensic examinations and testified in more than 500 criminal trials.

Where did the chef go?

Des Moines has become more of a magnet for great chefs than it used to be. Lots of guys came here because their wives got good jobs, many in publishing, or wanted to move home. Sean Wilson of Proof, David Baruthio of Baru 66, Alex Hall of St. Kilda's, and Mark Navarre of Purveyor came from Carolina, France, Australia, and the Basque country, respectively.

Baru now has restaurants less than 10 miles apart on both sides of the France-Switzerland border. But what happened to the others who got away? **Rob Beasley** was a pioneer of the merging restaurant scene here three decades ago. He opened "ahead of their time" cafés in Adel and Des Moines, the best known being The Varsity.

He's still in the business and has been in charge of the kitchen for Chaumette Vineyard and Winery south of St. Louis. In October, the owners put that place up for sale. It had been named one of "America's 10 best wineries" by USA Today. Beasley posted his resume for now, new owners and their plans being unknown.

John Ross, like Beasley, was part of the beginning of the new DSM dining scene. His Sage, with Andrew Meek, was a signal moment in metro dining. Ross moved on to Chicago when Sage ended. He owned restaurants there that were considered top 10 by the Chicago Tribune. Last year, he was shot in the leg. He recovered and sold the business. He is married to Tryphena Wong Ross, whom he met in his restaurant. She is a grad of Des Moines University. The couple recently had their first child.



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“Everything is better with some cows around.” — Corb Lund

In Texas, songs lament the disappearance of the cowboy from the American landscape. Paula Cole became a star with her song “Where Have All the Cowboys Gone?” while Willie Nelson advised “Mamas Don’t Let Your Babies Grow Up to Be Cowboys” (which was written by Ed and Patsy Bruce).

In Iowa, people older than 60 wonder where the cows went. Since World War II, Iowa has gone from the nation’s leader in cattle production to 10th. Everly High School used to proudly call their sports teams “Cattlefeeders” and “Cattlefeederettes.” Today they are the Mavericks, but the Everly Cattlefeeders Facebook page has 450 followers.

Sioux City’s reputation as a rowdy town was based on its slaughterhouse history. Farmers would bring their cattle to town and celebrate in manners unacceptable in rural Iowa.

When the cattle were there, northwest Iowa was the state’s best showcase for steakhouses. Towns with less than 200 people — Craig, Mineola, Wiota, Doon — had steakhouses that people drove 100 miles or more to enjoy. All but Craig still have steakhouses.

Theo’s in Lawton, Archie’s Waeside in Lemars, and Fireside Steakhouse in Anthon thrived because they were close to population areas in Sioux City and Lemars. Archie’s is a James Beard prize-winning legend



FEATURE STORY

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STOP
HIV
IOWA

with its own garden and aging room. They cure their own corned beef for the lazy Susan service.

But the legend of the genre was a soldier's dream made reality. The Hawarden Steakhouse was built by WWI vet Seal Van Sickle, who cleared timber and dislodged limestone boulders from the Sioux River and carried them uphill. He painted a marvelous mural of "The Mermaid" in his Rendezvous Lounge. It was said to be of a lady he met in France.

The last time I visited, the original beams and boulders were still in place, though the wood fire oven had been converted to gas. The last time I tried to visit, I was threatened with violence by a paranoid owner who didn't last long. The fate of the Hawarden is that of Iowa cattle lore — grandeur in the rubble.

Where did the cattle go? Like most American populations and culture since the world wars, it went west and south. Iowa was huge in cattle when family farms were the rule of the day. Farmers raised multiple crops and animals. When factory farms seized the state's agriculture psyche, one and two crops ruled. It became too expensive to graze cows on the world's most expensive farm land. The cows and the cow processors moved to cheaper land. Texas, California, Nebraska, Kansas and Oklahoma are now the top five cattle states.

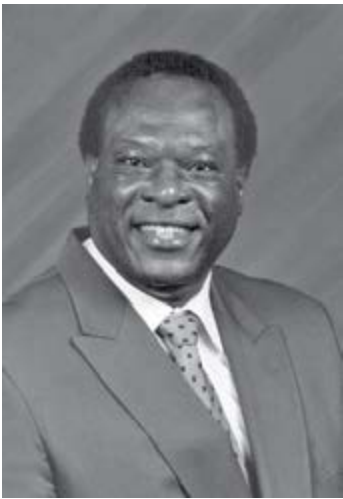
Iowa steakhouse culture moved, like the population of the state, from farms and small towns to big cities and suburbs. More than half of Iowa's 99 counties peaked in population by the turn of the century, the 19th century's turn into the 20th.

Ending with a perfect circle

Another star in Maury John's basketball story, **Dolph Pulliam**, was possibly as well-known as anybody in Des Moines. After leading Drake to the Final Four, Dolph worked in TV and radio, as both a children's show host and sports announcer. He left TV for a full time job in community relations at Drake.

A little known story about Dolph's life is that he was orphaned young, along with a large family of siblings, in Missouri. His parents paid with their lives for the sin of buying property while Black in the wrong part of the Show Me state. The kids were all taken in and raised by relatives in Gary, Indiana.

After many decades of service to Drake and Des Moines, Dolph moved back to Gary in retirement, to give back to the kin of the people who raised him. ■



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2023-2024 IOWA WILD PROMO SCHEDULE



NOV **2** **SCHOOL DAY GAME**
Workbook Giveaway (All Students in Attendance)

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

NOV **5** **IOWA WILD ELECTION DAY**
Postgame Skate (All Fans in Attendance)

NOV **18** **STAR WARS NIGHT**
Specialty Jersey, Boy Scouts of America Night

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

DEC **5** **TWOSDAY**
\$2 Hot Dogs & \$2 Popcorn (End of 1st Period)

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

DEC **9** **WIZARD NIGHT**
Goalie Glove Oven Mitt Giveaway (First 1500 Fans)

DEC **12** **TWOSDAY**
\$2 Hot Dogs & \$2 Popcorn (End of 1st Period)

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

DEC **23** **ELF NIGHT**
Holiday Scarf Giveaway (First 1500 Fans)

DEC **28** **IOWA VS COLORADO**
\$1 Popcorn (End of 1st Period)

DEC **30** **NEW YEAR'S EVE BASH**
Local Concert Series & 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 **22** **IOWA VS TEXAS**
\$1 Hot Dogs (End of 1st Period)

JAN **24** **WINNING WEDNESDAY**
When the Wild Win, You Win!

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

JAN **27** **COUNTRY NIGHT**
Mitchell Tenpenny Postgame Concert

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**
\$1 Hot Dogs (End of 1st Period)

FEB **21** **WINNING WEDNESDAY**
When the Wild Win, You Win!

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

MAR **10** **CRASH'S BIRTHDAY BASH**
Youth Jersey Giveaway (First 1500 Kids, 12 & Under)

MAR **22** **PRIDE NIGHT**

MAR **23** **BLACK OUT ALS NIGHT**
Specialty Jersey, Velcro Patch Hat Giveaway (First 1500 Fans)

MAR **26** **TWOSDAY**
\$2 Hot Dogs & \$2 Popcorn (End of 1st Period)

APR **5** **HAWKEYE NIGHT**
White Alternate Jersey Game

APR **6** **WALLSTEDT BOBBLE NIGHT**
Jesper Wallstedt Bobblehead Giveaway (First 1500 Fans)

APR **9** **TWOSDAY**
\$2 Hot Dogs & \$2 Popcorn (End of 1st Period)

APR **17** **WINNING WEDNESDAY**
When the Wild Win, You Win!

APR **19** **FAN APPRECIATION NIGHT**
Team Photo & Trading Cards Giveaway (First 1500 Fans)



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LOCALLY LOVED

We're spotlighting local businesses from a variety of industries that are tried and true in our community. But don't take our word for it. Don't even take their word for it. In the following pages, you'll find real reviews from real customers about why they love these local establishments and what keeps them coming back.

As for us, we're just helping share the love.

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



Roto-Rooter was founded by Sam Blanc in 1927. Sam created his first sewer-cleaning machine, which consisted of a motor from a Maytag washing machine, roller skate wheels and a cable.

In 1934, Sam's wife, Lettie Blanc, began advertising his new machine, christening it "Roto-Rooter".

Since then, the company has expanded their business and offers multiple drain cleaning services, which include plumbing, jetting, and camera inspection. They also sell a variety of drain care products for at-home maintenance throughout the year.

As the world's largest and oldest drain cleaning company, Roto-Rooter maintains its reputation for its excellent service and customer satisfaction.

So, the next time you hear their jingle, "and away go troubles down the drain", remember who to call for all your plumbing and drain cleaning needs.

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(515) 278-5668
rotorooterdesmoines.com

Roto-Rooter

4005 SE Grimes Blvd., Grimes

5.0 ★★★★★

Normandy

★★★★★

I just wanted to say we couldn't be happier with the service we received from Roto Rooter. We had a commercial water heater go out and in less than 24 hours they had a new water heater installed and running perfect! Kyle stayed late getting the old water heater out and came early to install the new one. We received calls from our residents thanking us for the quick turnaround. Thanks Roto Rooter for making the extra effort to get this done.

Derek

★★★★★

I had Mike out to my house to camera and snake my drains and he did a fantastic job!! He clearly showed me photos and explained what was going on. He explained things very well and acted very professional. He shared knowledge on how the problem may occurred and how to take care of it. Overall, Mike did a great job, and I would recommend him to anyone having similar issues. Give this man a raise!!

Sarah

★★★★★

Roto Rooter has continually saved the day for us! They are always so warm and helpful on the phone and professional when they worked on a plumbing issue in our basement. As someone with absolutely no knowledge when it comes to plumbing fixes, I love that the team is always ready to help explain anything! Highly recommend!

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



Voted as the Best Local Thrift Store in CITYVIEW's Best Of Des Moines poll, we attribute our success to creating a meaningful shopping experience for customers and being generous within the community. We are more than a thrift store. We are a family of customers, donors, and volunteers working together to ignite generosity locally and globally through business.

With a growing base of customers, we expanded into our Indianola location this year, adding new staff and volunteers to our amazing thrift family. With your support, we continue to grow our nonprofit organization.

At Many Hands Thrift Market, you will find a wide range of new and gently used items, including clothing, furniture, home décor, fair trade, and metal art. Purchases provide global resources for those living on less than \$1 a day, sending children to school, building homes, and feeding families. Additionally, purchases in 2023 provided more than \$25,000 of local resources for Iowa-based nonprofits and churches. Visit us today and ignite generosity for social good.

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Many Hands Thrift Market

4953 Merle Hay Road, Des Moines • 8801 University Ave., Clive
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5.0 ★★★★★

Daniel C.

★★★★★

It's one of the best thrift stores I have been in. They're always clean and well-organized. There is always something fun/interesting to find there for a good price.

Craig S.

★★★★★

Stopped by for the first time today and the store is very well organized and clean. Amanda was helpful and is a true asset to this store.

Rachel R.

★★★★★

This store was my favorite thrift store that I have ever been to. Things are organized well, great clothing brands and fair prices.

Gavin W.

★★★★★

This has got to be the best thrift store I've ever gone to. The workers are so polite and helpful and I know that when I buy something it truly goes to a good cause.

Marla B.

★★★★★

This clean, organized thrift store is the best one in this area. The prices are very reasonable, everything is clean, the volunteers are happy and friendly. I am going back!

★★★★★
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Voted Best Mover



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That's where our tongue-twister named moving company comes in!

Adamantine Spine Moving is a small, Iowan owned moving company with branches in Des Moines, Iowa City, and Cedar Rapids. The Des Moines branch is operated by two local natives (Valley High grads too - go Tigers!) , and army veterans, Cliff and Emily Wallace. Their dedicated moving team is made up of skilled, kind, compassionate service providers that hold a smooth and hassle-free move to the highest degree.

Whether you're moving locally or across the country, let us help your transition to or from Central Iowa!

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Adamantine Spine Moving

4701 NW Urbandale Dr., Suite #230, Urbandale

5.0 ★★★★★

Ross M.

★★★★★ a week ago

Best moving experience I've ever had. Highly recommend using Adamantine. Drew and Josh were great with our slightly difficult move-in and made it fun. Kind of wanted them to stay and hang out! The grouped that packed were awesome, nice, easy to talk to and got so much done so quickly. Brooke made the process easy from the get go and answered every little question I had to give me comfort with the move. So many good things about using Adamantine for moving. Will be using them again and can't go wrong. Best decision I made was calling them, process was stress-free from beginning to end!

Josie D.

★★★★★ 3 weeks ago

I moved from Iowa back to Los Angeles. They are great! I've moved a lot over the years and this team has been THE BEST. They moved quickly, gave me a fair price, and even arrived a day early dropping my furniture off (with my approval of course). Super professional, easy to communicate with, I will use them again if I go back to Iowa.

Dani S.

★★★★★ a month ago

Hands down the best moving company experience we have had. Professional, competent, hard working, and courteous. They get the job done right! Highly recommend them. We used them for a large house move.

★★★★★
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Cyd's catering prioritizes exceptional service for each and every unique occasion in its entirety. It is our pleasure to provide clients with unforgettable experiences and the most extraordinary food to showcase your special life moments.



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Cyd's Catering

cateringbycyd.online

Matthew M.

★★★★★

We recently hired Cyd's Catering for our wedding reception dinner on July 8, 2023. In our planning, we waffled back and forth between going with a professional caterer like Cyd's or a restaurant that offered catering. We are SO happy we decided to go with Cyd's. Given the opportunity to try again, I'd choose Cyd's every time.

One of the primary reasons we chose Cyd's over other professional caterers was their EXTREMELY modern and functional planning/contract portal allowing us to send questions, revisions, feedback, etc. directly to someone on Cyd's team who was managing our catering plan. Catering events, especially weddings, are a big deal, and the ability to make instant tweaks and revisions as things come up was really nice—as opposed to waiting a few days for someone to re-write the contract and send us a PDF via email to review. In the end, we worked with a staff member from Cyd's via their portal and over the phone to make 5-7 revisions to our original plan until we ended up with the perfect meal for our wedding.

And boy was it perfect. The selection? Perfect. The presentation? Flawless. The taste? Impeccable. Our guests were telling us the whole night that they've never had food like this at a wedding before. One of the primary reasons we decided to hire Cyd's was the assurance that they, as a professional catering business, would handle anything and everything. And they really did: when my wife and I showed up to our reception (shortly before dinner was to be served), the food was already setup, warm, and ready-to-serve. As the night progressed and dinner wound-down, Cyd's staff cleaned off all our tables and put all the food into leftover containers for us. We didn't have to worry about a thing the whole night.

Throughout our experience working with Cyd's Catering, they were courteous, professional, friendly, and flexible—doing whatever they could to make our event perfect. Chef Cyd herself is a delightful, professional, and kind woman. It's immediately obvious she has immense pride in her work and her business. I would hire Cyd's for everything if I lived in the Des Moines area. If you are looking for a caterer that won't let you down, look no further.

★★★★★
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Homemakers

10215 Douglas Avenue, Urbandale

5.0 ★★★★★ 4.7 stars with over 16,000 Google reviews!

Daniel A.

★★★★★ one month ago

The prices are amazing! We are so happy with our purchase! We couldn't have asked for a better deal and will continue to use Homemakers going forward! No other furniture store matches the prices, quality, and variety!

Diane O.

★★★★★ one month ago

Homemakers has such a great inventory at every price point, and we have always been happy with our purchases over the past 20 years or more. The staff have been exceptionally helpful too!

Kitt L.

★★★★★ 4 months ago

Ordered my new sectional and it came the next day! With free shipping! Super fast and easy. I also enjoyed my experience shopping in store, no pushy sales people like other furniture stores. Just friendly and helpful associates. I'll be buying all of my furniture here in the future!

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



At Your Private Bar, our dedicated team shares a common passion for exceptional service.

Each day, we take pride in bringing joy to hosts and guests at various events. We understand our crucial role in guest satisfaction and excel at making them comfortable through friendly conversations and beverage recommendations. We thrive on the unique challenges of each event and find personal fulfillment in executing flawless occasions.

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Your Private Bar

1701 25th St., Suite #100, West Des Moines

5.0 ★★★★★

Megan R.

★★★★★

Great to work with! Amber and her team were receptive to all of our needs and truly made our wedding one to remember. Save yourself the headache of trying to buy alcohol for you wedding and instead use Your Private Bar.

Emily S.

★★★★★

Your Private Bar was an outstanding addition to our wedding on 9-17-22. They worked mostly with our planners, Honey and Joy Events, to create a phenomenal bar experience for our wedding and guests. To say they can do it all - we had a 55 glass champagne tower, 3 signature cocktail drinks (Old Fashioned, Spicy Margarita, and Moscow Mule), pre-ceremony champagne, and an open bar. We had our guests raving about how good the signature cocktails were, how great they were all night to provide drinks to everyone, and how professional they were. I seriously can't say enough good things about this company. To provide a high-end bar experience on a family farm in IA is difficult, and they did it with ease. So professional and top-notch. Highly recommend!

Grant & Reagan C.

★★★★★

Your Private Bar provided service at our August 2022 wedding at Sun Valley Barn. Annelyn was easy to work with and helped us make a bar package that worked for us and our guests! Our guests had a great experience with all of the bartenders and they were very professional! We also rented out their 'selfie stand' and it was a HUGE hit! Our guests loved it and it was so easy to use!

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



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NFM

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5.0 ★★★★★

Tj V.

★★★★★

Very friendly & helpful employees. It only took about 15 or 20 minutes for my entire visit from finding a clerk to help me make my purchase to finishing the setup of the delivery and 24 month no interest payment plan

Sharon E.

★★★★★

Have been shopping at NFM for years now. My first choice for flooring, appliances, and electronics. They have installed vinyl flooring, carpet and laminate wood flooring and done an excellent job. NFM was our first stop and we always found what we wanted at competitive prices. Check out their new store location which has much more space than their previous store...even more to choose from for your home!

Barbara K.

★★★★★

Professional, friendly, helpful, and organized. We like your products, choices, and appreciate all the help we receive in your showroom AND on the phone. We have purchased items from flooring, custom blinds, lawn mower, and refrigerators from you. ALL good experiences with quality products at great prices.

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



Valley Junction is the gathering place that is the heart and soul of West Des Moines—a delightful mix of old and new, bridging generations with unique shops, vibrant events, and a friendly hometown feel.

The historic Fifth St. corridor has undergone continual evolution to encompass a lively mix of boutiques, experiential studios, galleries, and dining spots. Visitors enjoy a year-round event schedule – music concerts, ethnic festivals, markets, holiday magic, and more.

Pairing friendly charm with a drive for reinvention, people treasure Valley Junction as “a small town within the big city.” Your first visit to Valley Junction won’t be your last!

Historic Valley Junction Foundation

137 Fifth St., West Des Moines

(515) 222-3642

www.valleyjunction.com

Historic Valley Junction Foundation

137 Fifth St., West Des Moines

5.0 ★★★★★

Melinda B.

★★★★★ 3 months ago

I love coming here on Thursdays for the farmer’s market! It’s a fun way to support local vendors which is important for the area’s economy. There are usually a few performers along the street as well as a band at the pavilion. The additional food trucks along 5th add to the plethora of good food! Love the little bakers and gift vendors along the way! Great way to draw attention to the brick and mortar locations there.

Felicia

★★★★★ 10 months ago

Hands down the best spot in the state for local shopping and dining!! Adorable boutique stores with clothing, gifts, Iowa treasures, and more! Absolutely charming during the winter holidays, right out of a Hallmark movie, and bustling during the Summer with live music, entertainment, and Farmers Markets every Thursday!

Byron M.

★★★★★ 1 year ago

Has all great memories for you to enjoy

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



Lucky Gal Tattoo and Piercing is a locally owned tattoo, piecing and laser removal studio that helps make your tattoo vision become a reality. Each artist works closely with their clients to assure their utmost satisfaction from design to completion of their tattoo. Chris and Michele Pruisner, owners of Lucky Gal Tattoo and Piercing, focus on promoting a family-friendly, health-inspected and respected atmosphere at each location. Community is also very important to us, and we work hard to support as many local charities, schools and sponsorships as we can. With three convenient locations in Des Moines Southside, Ankeny and Clive — we're proud to be your local "Best of Des Moines" tattoo and piercing studio. Our Ankeny location also offers tattoo laser removal. We love our clients and appreciate all of the support they have given us throughout the past 12 years. We look forward to continuing to serve them for many years to come!

Lucky Gal Tattoo and Piercing
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1550 N. Ankeny Blvd., Suite 104, Ankeny
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luckygaltattoo.com

Lucky Gal Tattoo and Piercing

3104 S.W. Ninth St., Des Moines | 1550 N. Ankeny Blvd., Suite 104, Ankeny
1800 N.W. 86th St., Suite 9, Clive

5.0 ★★★★★

Harlee H.

★★★★★

Chris did an amazing job!! I recommend him to anyone and everyone! Thank you Chris for doing mine and my best friend's peanut butter and jelly tattoos!!

KM

★★★★★

We walked in for a small tattoo for my bachelorette weekend and were blown away with how awesome this place is. We were able to be seen right away. Bailey did a great job and was so professional. Would totally recommend!!

Breauna H.

★★★★★

I took my baby sister to go get her ears pierced and all the staff were very nice and friendly and very comforting. The piercings look amazing - thanks guys!!

Kirk S.

★★★★★

Got a tattoo here. Extremely pleased with the experience. Chose to make an appointment to get the tattoo artist I wanted. Only took 2 weeks. Clean shop. Great atmosphere. Awesome people. Took the time to make sure it was perfect. Highly recommend!!

Jhenon M.

★★★★★

I have had about 6 or so sessions so far for removing 3 different tattoos. My tattoos are definitely fading and I'm so excited!!! I think it'll take somewhere around 10 sessions before they're completely gone, which is what I was told in my consultation so that's fine! Macee is amazing also! She's so sweet and very informative! I absolutely recommend going to her for your tattoo removal needs!

★★★★★
**LOCALLY
LOVED**

ADVERTISING PROMOTION



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BARNETT LAW FIRM**
ESTABLISHED IN 1987

Abendroth Russell Barnett Law Firm was established in 1987 in Urbandale. Since then, we have been providing specialized legal services tailored to meet the needs of our clients.

Our practice areas include wills, trusts, and estate planning; probate and estate administration; residential real estate; business formation and compliance; guardianships and conservatorships; Medicaid and asset protection planning; and Social Security Disability.

We strive to exceed our clients' expectations. With our staff of skilled professionals, we work to deliver an exceptional customer experience throughout the most difficult legal matters.

Community is also very important to us — that's why we work closely with community service providers such as On With Life and the Brain Injury Alliance of Iowa.

We love our clients and look forward to serving them and our community for many years to come!

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Abendroth Russell Barnett Law Firm

2560 73rd St., Urbandale

5.0 ★★★★★

Don R.

★★★★★ 1 months ago

"I had a very good experience. I would recommend this firm for real estate transactions to anyone. Rachel, specifically was tremendous. She was very helpful and professional with some strange, twist and turns to my real estate transaction. Highly recommended!!!

Debbie A.

★★★★★ 1 month ago

"If you are interested in a very good experience in preparing for your future Ross and Courtney are the people you want to see. They paid great attention to detail all the while explaining everything in terms that were easy to understand. They were respectful of our time, offering a variety of ways to gather needed information before the actual signing took place. We appreciated their expertise and professionalism and highly recommend Ross and Courtney for your legal needs."

Brenda

★★★★★ 11 months ago

"I needed help with a real estate transaction, and worked with Rachel. I cannot begin to commend her for her amazing work! Professional, courteous, very responsive! From the start, to after the transaction was complete, she was there for us every step of the way. A high quality law firm that is committed to their clients!

Bruce C.

★★★★★ 10 months ago

"I am an attorney and have referred many people to Abendroth Russell Barnett law firm for services in the areas they practice because I know the people I refer to them will receive excellent legal services. They have also been my personal attorneys in the real estate and probate areas because I know they are the best in Des Moines. I have known the attorneys and staff for many years and highly recommend them.

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BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

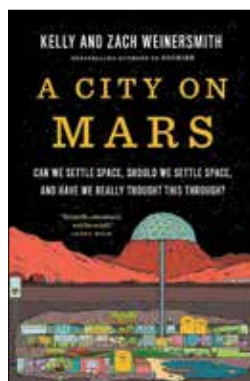
ARTS & ENTERTAINMENT

'A City on Mars: Can We Settle Space, Should We Settle Space, and Have We Really Thought This Through?'

One of the many common rebuttals to the idea of humanity expanding beyond our ailing, brink-of-climate-disaster of a planet is that there are other problems, right here, that need fixing before we go galivanting around the solar system. But, ask yourself, when has that ever stopped us before?

Humanity's need to explore, to push outward, to find the new is so ingrained, it seems inevitable we'll be on Mars long before we figure out how to feed everyone who needs it. With that in mind, the incomparably brilliant and hilarious Weinersmiths take on the many quirks of humanity to speculate on what it might really be like to become a multi-planet species. With excellent illustrations and a perfect sense of humor, this book is a rich examination of the pros and cons of space settlement using historical anecdotes, psychological studies, politics, sociology, and more to answer some questions and pose even more.

Like all the best pop science books, this is a deeply interesting topic that is totally accessible to anyone with an interest in space and futurism. That urge to run away from our problems will always plague us, but the authors do an excellent job of making a case to chill, just a bit, before we soar off to unknown skies. ■ — *Review by Julie Goodrich*



By Kelly Weinersmith
and Zach Weinersmith
11/2/23
448 pages
\$32
Penguin Press

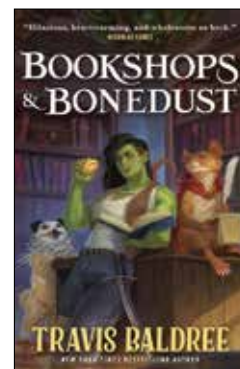
'Bookshops & Bonedust'

Do you remember when you fell in love with books? Did it involve one special book that whisked you away? An all-knowing librarian who magically knew what you'd like? An articulated skeleton spirit who lived in a bag on the counter of an old bookshop?

Viv is a mercenary with a lot of time to kill as she recovers from a grievous wound she suffered from doing what she does best — running headlong into danger. Stuck into a nowhere town while the action she longs for goes on without her, she stumbles in a bookshop run by a cranky caretaker. Escapades of literary, magical and even romantic nature ensure Viv is never bored during her convalescence.

I can remember the spell cast on me the first time I smelled the dust of an old bookshelf, teeming with stories to get lost in. This delightful book fully captured that feeling and brought all that joy back. This is the epitome of the small but growing cozy fantasy subgenre, and I am so ready for more. Keep some baked goods handy, you'll need them. ■

— *Review by Julie Goodrich*



By Travis Baldree
11/7/23
352 pages
\$17.99
Tor Books

MYTH

You can get syphilis from touching shared objects (like toilet seats) or being in a hot tub or pool.

FACT

Syphilis is passed on through sexual contact with another person.

Syphilis is a common and curable sexually transmitted infection (STI). You cannot catch it through touching objects or surfaces. Syphilis only spreads through direct sexual contact with another person. Pregnant women with syphilis can also pass on the infection to their unborn baby.

If you're sexually active, using condoms (every time!) can help reduce your risk of syphilis. You can also protect your health by making STI testing part of your regular health routine.

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

Free and low-cost options available.



DIARY ENTRY — THANKSGIVING, NOV. 23, 2023

The cardboard box is tucked under the eaves in the attic. Spiderwebs and insulation cling to the top. Old baby beds and suitcases and containers of long-abused toys surround it. Stale, warm air drifts down from the rafters. I breathe slowly.

Dusting off the flaps, I open it to see old diaries, all ones I wrote more than 50 years ago. And all with pretty much the same observations about myself and pretty much the same solutions to those observations. Year after year after year. I bore even myself.

DIARY ENTRY – NOV. 14, 1978

“My acne seems to be a physical manifestation of my inner weakness. My response to the acne is to make it worse. I’ve got to grow up and become sure within myself. There must be a way to achieve this area of manhood. First, let’s try following my moral standards. Try honesty — try courage — try love — try humor.”

OK, “acne is a physical manifestation of inner weakness”? This kid is a mess. The craziness of shame and guilt is on full display in these lines. But then it gets worse. The “cure” for this “physical manifestation” is apparently honesty, courage, love and humor. Who knew that the tremendous market for acne treatments is missing these four key ingredients?

I wrote these lines in late fall many years ago. My 49-year-old father had recently died after a three-year illness. I took to the road to figure it all out. I was at that moment in Ibiza, Spain, long before Ibiza became the “Party Capital of the World.”

Ibiza was isolated and undeveloped, and very few people lived on the island. I had gotten there from Iowa by hitchhiking to New York, flying to Luxembourg, bicycling into France, taking Eurail to Barcelona, and ferrying to Ibiza. I had little money. I was dead lonely. And I was debating whether to go work in a kibbutz in Israel.

This was not a high point.

DIARY ENTRY – NOV. 12, 1978

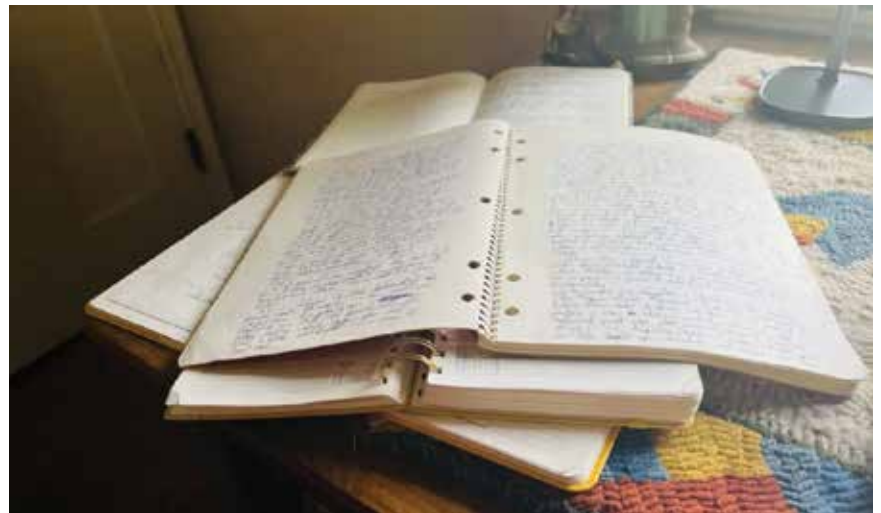
“I feel in myself an insecurity. It is present at all times but mostly when I’m with people in dialogue. When I’m alone, traveling in a foreign land, the insecurity is gone. Rationally, I cannot justify such a fear: how can one fear inadequacies within oneself in relation to another when we are all going to die.”

I can’t believe I didn’t have friends! Who talks like this? I especially appreciate that all the overblown blather ends with (surprise, surprise) a nod toward death. Please, put this kid out of his misery.

In Ibiza, I’m staying up the stairs in an adobe building in a small room with windows on two sides. No window screens. Very un-Iowan. I buy fresh yogurt from a woman with her cart in the square, which I mix with uncooked oatmeal for most meals to save money, of course. And during the day, I wander the long, undeveloped beaches. For what? An answer to an unasked question, I suspect.

So I pass my days in an island paradise until I don’t. And, finally, I come home.

So, dude, 33 years later you do return to Europe. This time to The Hague, Netherlands, where your wife goes off for long days to prosecute war criminals and you are left alone again in a foreign country. Hah. Can you believe this? And you



will be in The Hague off and on for nine years. Yup, get your head around that.

And, again, you start your time in The Hague with your days lonely, searching for meaning, trying to figure out how to live the moral life. Same old, same old. Except this time the existential crisis is over a latte in a coffee shop, not over a bowl of uncooked oatmeal. And there is that small difference of now having a wife who loves you, a career full of good things, three kids you generally like, innumerable cats and dogs you can’t stand, and one fish — all safely under your metaphysical belt. But you are still a mess.

Until you write.

And you write and write. And you begin to share your writing with others. And you write and write some more. And suddenly, at the prodding of your wife, you have a column in CITYVIEW. Now it’s off to the races.

You interview people and write about their lives. You go to museums and write about art. You sit on the edge of canals and write about people living in boats on the canal. You write about Pilgrims in Leiden, Anne Frank’s house in Amsterdam, a witch living in The Hague. And this writing doesn’t stop in Europe. My goodness.

DIARY ENTRY – THANKSGIVING, NOV. 23, 1978

“Today is Thanksgiving back home. I miss it. I know I’m probably making it mean more in my memories than it meant in actuality, but what else do I have but the past?”

There I was, stuck in memories of mashed potatoes and bread stuffing and young man angst, not knowing the answer was no further than the end of my pen.

So the diaries go back in the cardboard box, which I seal tight with fresh tape. I carry the box up to the attic and put it again under the eaves next to the old baby beds. Straightening my back, I brush off my hands. Stale, warm air drifts down from the rafters. I breathe slowly. ■

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.



Dipsos, Other Brothers, 10 Watt Robot

Three cross-generational bands to play Post Turkey Day Blowout at xBk.

When Kenny Sehgal was driving from New York to his hometown of Urbandale, he reminisced about his old band while listening to music in his car.

Although he plays guitar and sings with three other bands in New York, he recalled his musical roots and the buddies he played with.

His band, Dipsos (formerly known as Dipsomaniacs), played in the late 1980s and early 1990s in the Des Moines area. The cover band played obscure raw rock, such as the Black Crowes. Later, band members all went their separate ways.

Yet, on this drive during Thanksgiving, he made it to Urbandale at his sister's house and called on his old bandmates, suggesting they get together for a jam. A bandmate found a place to practice in and, before long, they suggested a reunion. Their first gig was the day after Thanksgiving at the Yacht Club.

"We had a great reception in a packed place," he recalls.

The following year, they moved to the Gas Lamp and added another band.

"We had classmates from elementary school there. It was great to see all the familiar faces," he recalls.

Now, the band is hosting another concert, this time at xBk on Nov. 25, called the Fifth Annual Post Turkey Day Dipsos Blowout.

It features the Dipsos, The Other Brothers and 10 Watt Robot. Sehgal was heartbroken to see the Gas Lamp venue close.

"Last year we played, we had a hint that the Gas Lamp might be going away. Usually they booked us the day after our performance for the following year, but they didn't."

Yet he's happy that xBk stepped in to have their concert on the same holiday weekend. Sehgal is excited to feature two popular bands who also played last year.

"The Other Brothers is really popular. They play a lot of gigs in the Des Moines area," he says. "They play a bit of roadhouse rock, and they have two studio albums."

10 Watt Robot plays alternative rock, a Midwest rock vibe with original music, and hails from Des Moines.

"It's a cross-generational night with three very unique bands," he says.

Sehgal remains busy with music in the New York area and is in a touring band, an acoustic combo and a rock band called Mirror Queen.

"It's like stoner rock. I'm not sure that type of music has made its way to Iowa,"

he reflects.

In addition to playing in bands, he owns a recording studio, Tee Pee Records. He has produced albums, such as underground music from bands like "High On Fire" and "Sleep."

Sehgal is on the lookout for future bands in his studio with Iowa connections. One of his latest is a Dubuque band called Telekinetic Yeti.

He's happy to attend and organize the "Iowa Happy Hour" at the Knitting Factory, a music venue in New York.

"It's a way to bring Iowa musicians who are on the road into one venue," he says.

"Dave Zollo and others have stopped by."

Whenever he returns to Iowa, he tries to catch up on the local band scene. As he's been away for 30 years, he's surprised to see some of the same bands and musicians.

"It's amazing how Des Moines musicians stick with it, and they keep playing music," he reflects. "Des Moines music venues and gigs have gotten better over the years. Des Moines people really support live music."

He says his Iowa influence continues to bring him back, and he's happy to connect as much as possible.

"Meeting other bands is half the fun of performing and being in the music business," he says. "We want to keep the annual party going."

Tickets are \$15 at www.xbklive.com. ■



Dipsos band from left: Mike Clabaugh, Dave Zuck, Kenny Sehgal, Brad Schnock. Photo submitted

MUSIC

SOUND ADVICE

BY JACKIE WILSON

It's not too early to celebrate the holidays with various music concerts at Hoyt Sherman Place. On Nov. 14, **Motown Christmas** features musicians from The Temptations, Miracles and The Contours. Tickets cost \$44-\$64. **The Girl Named Tom** are sibling musicians and the only contestants who won as a group on "The Voice." They bring their "One More Christmas Tour" to Hoyt Sherman on Nov. 30. Tickets \$40-\$60.

Need something to do with your Thanksgiving guests? Take them to Wooly's on Nov. 25 for a double concert featuring the **Pork Tornadoes** with opener, **Dirty Rotten Scoundrels**. General admission tix in advance,

\$20, plus fees.

Abraham Alexander, a singer/songwriter who melds folk, pop, rock, R&B and gospel, kicked off his fall tour, which includes a stop at Wooly's on Nov. 4. Abraham was named as NPR's All Songs Considered favorite new artist of 2023. **Harper O'Neill** opens. Tickets are \$20.

Singer/songwriter **A.J. Croce** is embarking on a special "Croce Plays Croce 50th Anniversary Tour" in honor of his late, legendary father, singer/songwriter Jim Croce. Catch his concert at Hoyt Sherman Place on Nov. 15. Tickets \$34-\$79. ■

FILM REVIEW

BY DAVID ROWLEY

‘The Pigeon Tunnel’ presents rich anecdotes, thoughtful observations and candid confessions

The darkly pulsating Philip Glass score perfectly complements the narrative.

In “The Pigeon Tunnel,” filmmaker Errol Morris engages in a four-day conversation with celebrated spy novelist David Cornwell (better known by his pen name, John le Carré, author of “The Spy Who Came in From the Cold” and “Tinker, Tailor, Soldier, Spy”), revealing the fascinating exchange between two masters of their craft.

This biographical documentary delves into le Carré’s life, tracing his journey from a young British Secret Service operative to author. Even for those who have never read a le Carré novel, “The Pigeon Tunnel” is a delightful exploration of his life and ideas. The documentary deftly balances the personal revelations of le Carré with the larger exploration of truth, fiction and the art of espionage.

In “The Pigeon Tunnel,” Morris adopts a friendly interrogation approach using his own patented “Interrotron” filmmaking device. This technique allows Morris and le Carré to maintain natural eye contact during the interview, while also having le Carré look directly into the camera, allowing for a more personal and conversational experience for the subject and the audience. Morris has employed this technique with a range of controversial figures, from Robert McNamara to Steve Bannon, but his conversation with le Carré is distinct. The documentary is a captivating puzzle, encouraging viewers to scrutinize le Carré’s every expression.

The discussion revolves around the themes of deception and duplicity in le Carré’s spy novels and their connection to his life experiences, such as his reportedly colorful sex life and complicated relationship with his con-man father. Le Carré may be reticent about discussing certain aspects of his life, but he openly reveals his inner wounds and existential concerns. He grapples with the idea that human beings lack a true center, referring to our “inmost room” as empty and the things we seek as mere illusions.

What adds an extra layer of intrigue to the documentary is the allure of le Carré’s voice. His diction and delivery masterfully narrate his captivating stories, which often delve into the shadowy realms of human existence. This gift for storytelling is one of the reasons why le Carré’s novels have resonated so deeply with readers across the globe and the stories have been adopted to several movies. His capacity to create a sense of atmosphere, tension and moral ambiguity is



“The Pigeon Tunnel”

PG-13 | 92 minutes

Director/Writer: Errol Morris

Stars: John le Carré, Errol Morris

not only reflected in his literary works but also in his personal narratives.

One of the most enigmatic aspects of the documentary is its title, “The Pigeon Tunnel.” This title holds particular significance for le Carré, as he reveals it has, at some point, been the working title for all of his novels. The title draws from a vivid childhood memory — a visit with his father to a shooting club, where pigeons were funneled through tunnels, only to be shot once they broke free. Those pigeons that avoided this gruesome fate returned to their cages, trapped once more. Le Carré describes this memory as haunting, prompting the audience to ponder the reasons behind its enduring grip on his psyche. Yet, as he humbly concedes, the true meaning of this image is open to interpretation.

Morris skillfully presents these rich anecdotes, thoughtful observations and candid confessions within a captivating cinematic framework. The darkly pulsating Philip Glass score perfectly complements the narrative. While some re-enactments add visual metaphors to the storytelling, most are unnecessary, as le Carré eloquence and storytelling prowess create vivid mental images. The line between fact and fiction remains blurry, even for le Carré himself.

“The Pigeon Tunnel” may not reach the revelatory heights of some of Morris’s previous works, it serves as a fitting cinematic epilogue for John le Carré. The film subtly captures the dynamic between le Carré and Morris, revealing a sense of intrigue and tension. It explores the intricate and enigmatic mind of an author who left an indelible mark on the world of spy fiction. ■

PREVIEWS

BY DAVID ROWLEY

“Priscilla”

R | 117 minutes

Director: Sofia Coppola

Writers: Sofia Coppola, Sandra

Harmon, Priscilla Presley

Stars: Cailee Spaeny, Jacob Elordi,

Ari Cohen

When teenage Priscilla Beaulieu (Cailee Spaeny) meets Elvis Presley (Jacob Elordi) at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend. Through Priscilla’s eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla’s long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy and fame.



“What Happens Later”

R | 104 minutes

Director: Meg Ryan

Writers: Steven Dietz, Kirk Lynn,

Meg Ryan

Stars: Meg Ryan, David Duchovny

Two ex-lovers, Bill (David Duchovny) and Willa (Meg Ryan) get snowed in at a regional airport overnight. Indefinitely delayed, Willa, a magical thinker, and Bill, a catastrophic one, find themselves just as attracted to and annoyed by one another as they did decades earlier. But as they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is mere coincidence or something more enchanted.



“The Holdovers”

R | 133 minutes

Director: Alexander Payne

Writer: David Hemingson

Stars: Paul Giamatti, Da’Vine Joy

Randolph, Dominic Sessa

Nobody likes teacher Paul Hunham (Paul Giamatti) — not his students, not his fellow faculty, not the headmaster, who all find his pomposity and rigidity exasperating. With no family and nowhere to go over Christmas holiday in 1970, Paul remains at school to supervise students unable to journey home. After a few days, only one student holdover remains — a troublemaking 15-year-old named Angus (Dominic Sessa), a good student whose bad behavior threatens to get him expelled. Joining Paul and Angus is head cook Mary (Da’Vine Joy Randolph) — an African-American woman who caters to sons of privilege and whose own son was recently lost in Vietnam. These three very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England. The real journey is how they help one another understand that they are not beholden to their past and they can choose their own futures. ■



Art becomes you

A call to everyone's inner artist



TJ Dedeaux-Norris' "The Estate of Tameka Jenean Norris."



"Kitchen" by Liza Lou.

Des Moines Art Center's new show "Transform Any Room" is a call to everyone's inner artist. A mish mash of crafts, weavings, assemblages and mixed media, "TAR" is designed to show its audience that decorating, collecting and shopping can be artistic self-revelations.

Glittering beads, vibrant Azerbaijani carpets and cologne bottle birds dazzle while inspiring curiosity. There is much to be curious about here.

What is a child's sofa cushion fort doing in an art museum? Ange Altenhofen constructed one here and provides flashlights for those curious enough to get down on their knees and crawl inside.

What is Emily Dickenson doing in a feminist kitchen? She's providing context for Liza Lou's "Kitchen," a five-year construction of beads and found objects that reminds audiences that the work of a housewife is a thankless job.

The Belle of Amherst is quoted in the kitchen thusly — "She rose to his requirement, dropped the playthings of her life, to take up the honorable work of Woman and Wife." In the divine Ms. Em's time, the difference between a woman and a girl was defined as having borne children. Emily did not think that could be done while distracted by playthings. That is thought to be why the great beauty turned reclusive

and her playful, passionate writing became classic.

Lou also seems to use "Santa Fe Style" (which was quite a thing when "Kitchen" was being created), ironically. All the gaiety of creative New Mexico covers up the servitude of the housewife's plight. Lou's installation is the centerpiece of this exhibition. Visitors linger in front of it longer than anywhere else, at least on my three visits.

The beating heart of the show is T.J. Dedeaux-Norris' "The Estate of Tameka Jenean Norris." Dedeaux-Norris is a University of Iowa professor and a crack performing artist. In this installation, she celebrates things she inherited from her mother.

It's difficult to consider these mementos without igniting your own emotions. Her mom saved her pre-school graduation certificate from Gulfport, Mississippi. There is a mother and child piece that tugs the heart even outside its context — that it might well be the artist with her mom.

The piece that inspired this show is Nick Cave's "Rescue." It depicts a ceramic Doberman on a bench thatched over by myriad birds and branches. All are found objects. Some of the birds were originally cologne bottles. All were rescued from the dry dung heap of conspicuous consumption. The dog is clearly a symbol of rescue.

Six additional artists show works here. The show plays through Jan. 14.

Olson-Larsen Gallery's new show "Wing & Bloom" is an all-female exhibition featuring birds and flowers. Barbara Fedeler, Kirsten Furlong and Paula Schuette Kraemer represent the birders. Rachel Deutmeyer, Molly Wood and Amy Worthen are the flower ladies.

Furlong uses ink and homemade paper to capture the delicacy of her observations. One piece called "True Colors – Indigo Bunting" confuses. It looks like a psychedelic bird from a 1960s album cover. It resembles a painted bunting but not an indigo.

Kraemer's are gregarious birds that even trust the hands of humans. She uses etching, dry point and ink with monotype. Fedeler paints with gouache on wallpaper. Her birds show off a playful side of one of Iowa's greatest landscape painters.

Deutmeyer uses inkjet and various surfaces to show the flowers of her intent. Worthen uses India ink, watercolor and raindrops plus elegant Japanese paper to chronicle her Venetian wisteria. That was observed during her long COVID confinement in the city of islands and canals. Wood's dazzling prints are so close-up and realistic that I think I could smell the flowers. Through Dec. 14 in the new gallery at 542 Fifth St. in Valley Junction. ■

Artists at Edgewater

Holiday mart features seasoned artists.

A treasure of skilled artists reside at a senior community in West Des Moines. One might mistakenly think it's all about crocheting or baking cookies. Instead, they're carving wood, shaping silver jewelry and more.

The artists featured here, along with more than 35 other vendors, will sell a variety of handmade arts and goods at the Edgewater Holiday Mart on Nov. 4, from 9 a.m. to 4 p.m. at 9225 Cascade Ave. in West Des Moines.

Carved Santas by 91-year-old woman

At Ruth Dotterer's apartment, she eagerly shows her studio where wood-carved Santas of all sizes are stacked from floor to ceiling. On the opposite side are dozens of woodworking tools; woodburning, carving and paint supplies; and a stack of odd-shaped wood.

Ruth began carving Santas after she and her husband bought a place by Lake Red Rock. As she walked the lake shoreline, cypress wood washed up on their property. Picking up a piece, she attempted sketching a Santa on it.

"My dad had given me a Santa each Christmas," she recalls. "I missed getting Santas after he passed."

She began carving eyes and a hat, while a neighbor showed her how to use tools. A friend in nearby Pella, Ralph Yarsma, owned a bakery and gift shop. He suggested selling her Santas at his shop.

"Everybody loved it. They bought them all out," she recalls.

She made Sinterklaas for the Pella's Dutch celebration. Her brother once took dozens of her Santas out of state, where, again, they sold out. She was approached by a company in the 1980s to make a mold with her design, creating more Santas. She estimates she's sold close to 10,000 Santas the past 40 years.

When taking her first carving class, she was the only woman. The class was assigned a task of carving an animal. A man with expensive wood challenged her. "I had driftwood," she said. "The teacher said Ruth is the only woman who has sold more carvings than any of you in the classroom."

Today, at 91 years old, she is up by 6 a.m., carving, exercising and ramping up for her busy season. Staying current, she now creates Iowa Hawkeye and Iowa State Cyclone snowmen.

As a former antiques dealer, she also sells her Santas at West End Salvage. She'll never quit, saying, "My dad would be amazed I carried on his Santa tradition. I'm amazed I've done it this long."



ARTS & ENTERTAINMENT

Baskets and wood

While friends are catching up on the latest TV show, Bill and Barb Keck are busy crafting.

Barb took a basket-weaving class 30 years ago and makes functional baskets out of reed. Some hold tissues, magazines, kitchen utensils and more. She lost track of how many she made after creating 180 baskets.

She's on call if her family members need a basket for a gift. With three kids, 12 grandkids and 12 great-grandkids, it happens frequently.

She recalls the Longaberger basket craze, comparing her baskets. "Mine cost \$6 to make. A Longaberger cost \$86," she recalls.

Her husband, Bill, set up a studio in their basement for woodworking. After he served in the Navy, he built kids' toys out of wood.

Today, he is creating cutting boards and making jewelry with silver and polished stones.

"Barb has first right of refusal for anything I make," he explains. "Then, whatever the granddaughters want goes to them."

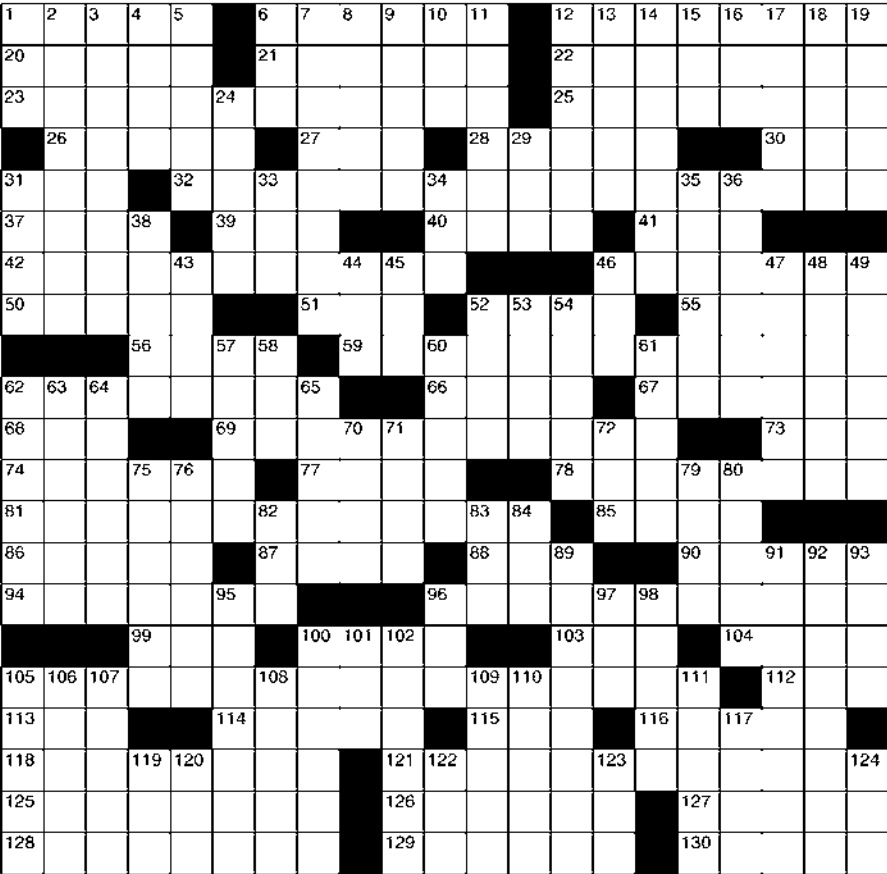
He and Barb do their work in Arizona during the wintertime. They've both sold at art fairs, and Bill says it's easy to find inspiration for his rock cutting.

Bill says, "Hobbies are fun to have. It keeps you active. We know a lot of retirees who just sit at home."

Barb agrees.

"Hobbies haven't taken over our lives," she said. "We still have fun." ■

FOLLOWING CONCEPTION



- ACROSS**
- 1 Vocalist Vaughan
- 6 Falsely present as genuine
- 12 Wizards-Magic matchups, e.g.
- 20 Brand of spaghetti sauce
- 21 Illicit moneylender
- 22 Legendary lost city of gold
- 23 Carjacking or kidnapping
- 25 Guys playing in central positions in team sports
- 26 Whirling, old-style
- 27 Vase variety
- 28 Disgrace
- 30 Major Dutch banking corp.
- 31 "I believe," on the internet
- 32 Metabolism or reproduction
- 37 Places for petri dishes
- 39 Old Delta rival
- 40 Actress Anderson
- 41 Haul to court
- 42 Attempt to give a bias to news coverage
- 46 Bottom-line deficit
- 50 Ed of "Up"
- 51 With 98-Down, have a meal around noon
- 52 Bend in ballet
- 55 Playwright Jean
- 56 Burns' "-- Lang Syne"
- 59 Market condition that eventually "bursts"
- 62 Mammal with secretions used in perfumery
- 66 Vessel spar
- 67 Marked down
- 68 Billfold bill
- 69 Geometric design used to calibrate a video display
- 73 Imbibe slowly
- 74 "Sakes alive!"
- 77 "Va-va- --!"
- 78 Boxes of toy building blocks
- 81 They patrol on horseback
- 85 Historic NYC club, with "The"
- 86 Wolf in "The Jungle Book"
- 87 About
- 88 Genre for Cardi B
- 90 Blown away
- 94 Made calm
- 96 President or prime minister
- 99 Billfold bill
- 100 Hawaiian isle
- 103 Neighbor of Arg.
- 104 Actor Brody
- 105 Chemistry trial, perhaps
- 112 Former NPR host Flatow
- 113 Slangy sleuth
- 114 Zapped with intense light
- 115 Social insect
- 116 Monastery musical piece
- 118 Pub vessel
- 121 "P.S." comment ... or where the ends of eight answers in this puzzle might appear?
- 125 Mention quickly so as to minimize
- 126 A Chinese capital
- 127 Loosen, as a boot
- 128 Irremediable
- 129 Hams it up
- 130 Pit of a fruit
- DOWN**
- 1 Tanning lotion stat
- 2 Aids for walking tours
- 3 Scarlet tanager
- 4 Old film critic James
- 5 Biblical peak identified with Sinai
- 6 Ending for eye or mouth
- 7 Fancy word for "kiss"
- 8 Little donkey
- 9 Round rubber gasket
- 10 Masc. opposite
- 11 Plaster painting
- 12 Kathmandu native
- 13 Zeppelin, e.g.
- 14 Not favorable
- 15 Gunky stuff
- 16 Still lifes, e.g.
- 17 Ike's first lady
- 18 Utopias
- 19 Jukebox selections
- 24 Supreme Court's Samuel
- 29 Solo of "Solo"
- 31 "Casablanca" heroine
- 33 Embrace fully
- 34 Not healthy
- 35 Surpass in firepower
- 36 Tabloid VIPs
- 38 Move furtively
- 43 Gunky stuff
- 44 Cry of cheer
- 45 Siouan tribe
- 46 Pos. opposite
- 47 Safe, in hardball
- 48 Give a convincing argument
- 49 Brews, as tea
- 52 Pre-coll. exam
- 53 Itemize, e.g.
- 54 Recon data
- 57 River of forgetfulness
- 58 Subpar grade
- 60 Savory taste of MSG
- 61 A beatnik may beat it
- 62 Partners of poppas
- 63 Disjoin, as a pair of oxen
- 64 Transitioned smoothly
- 65 Answers an invite
- 70 Honk
- 71 Casual shirt
- 72 Fun activities, for short
- 75 Airing past midnight, say
- 76 -- Island (Big Apple borough)
- 79 Mayberry boy
- 80 Yemeni capital
- 82 Poppa
- 83 -- -Magnon
- 84 Unit of corn
- 89 Source of a purple fruit
- 91 Augmenting
- 92 Start to get tiresome
- 93 Witty Bombeck
- 95 Nation within a nation
- 96 Golfer Michelle
- 97 Hip-hop "Dr."
- 98 See 51-Across
- 100 Mmes.' counterparts
- 101 Wood cutter
- 102 Software revision, e.g.
- 105 Pack away
- 106 Violin cousin
- 107 Get frosty
- 108 Facilitates
- 109 Proportion
- 110 Lacking skill
- 111 Thees and --
- 117 Em, to Dorothy
- 119 Hurdle for some college srs.
- 120 "2 funny!!!"
- 122 Relatives, casually
- 123 "-- a pity!"
- 124 Casual shirt



"He started at the _____ and discovered that he liked it there."

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!

Scene
STAIV

Free
EMBOIL

Forest
RIMBET

Choice
POTION

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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

DIFFICULTY: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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SNOWFLAKES

by Japheth Light

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

DIFFICULTY: ♦♦♦♦

♦ Easy ♦♦ Medium ♦♦♦♦ Difficult

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GO FIGURE! by Linda Thistle

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

	x		+		17
-		x		x	
	x		-		19
x		+		+	
	x		-		19
20		19		15	

1 2 4 5 5 6 7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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WHAT THE...

Think you're funny?

Send us your best caption...

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

Next month's photo:



PHOTO COURTESY OF GRATISOGRAPHY

This month's winner

“Joker’s sister never quite enjoyed the same success.”

— David Johnston



Runners-up

“I’m ready for my close-up, Mr. DeMille.”

— Michelle Langlinais

“Sorry, Alice, school’s back in.”

— John Flater

“Oh No! It’s the spawn of Svengoolie and the Joker!”

— Jolene Prescott

Send your “What The...?” caption and image entries to celeste@dmcityview.com.
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NOVEMBER LINEUP

11/1 ENTREPRENEUR FIELD DAYS

11/2 DSM SOUNDCHECK

11/3 GREAT LAKE SWIMMERS WITH KELLY HUNT

11/4 KENDRA MORRIS

11/5 PIETA BROWN AND CHASTITY BROWN

11/6 MONDAY NIGHT LIVE! JONI MITCHELL BIRTHDAY CELEBRATION! FEATURING SARA ROUTH, PATRICK HARTMAN, ADDIE SAWYER, NATALIE SIMON, & ANNE DUCHARME-JONES

11/8 EMBLEM3 WITH NOAH CUNANE, KAIA JETTE, & YARIN GLAM

11/9 PANIC! AT THE BURLESQUE VOL.2

11/10 KISS THE TIGER WITH TAYLS

11/11 AX AND THE HATCHETMEN WITH POST SEX NACHOS AND SOCIAL CINEMA

11/12 SARAH TONIN EP RELEASE SHOW

11/13 MONDAY NIGHT LIVE! THE LAST WALTZ

11/16 MYSTERY SKULLS WITH PORTAIR AND ZAP TURA

11/17 THE RATHBONES (SOLD OUT)

11/18 THE HALLOWEEN EPISODE WITH WAVE CAGE AND HALFLOVES

11/19 SPEEDY ORTIZ WITH SPACE MOTH

11/21 EMMETT PHILLIPS PATH OF THE GREATS ALBUM RELEASE PARTY

11/25 5TH ANNUAL POST-TURKEY DAY DIPSOS BLOWOUT FEATURING DIPOS, OTHER BROTHERS, AND 10 WATT ROBOT

11/29 ALANA SPRINGSTEEN

11/30 OTIS JULIUS - PIZZA PARTY TOUR WITH SELLAR BOIZ, CRISIS CHILD, RARE DOOZY, JEREMY KYLE, AND DUSTIN WARBEAR

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Wicked queens abound in November

Beneficial learning experiences that will help young ones better prepare themselves in today's world

When it comes to storytelling on stage, great antagonists provide the tension and counterpoints for each story's righteous path. Tallgrass Theatre Company's inaugural mainstage Seedlings production, "Wicked Queen," and CAP (Class Acts Productions) Theatre's "The Wizard of Oz: Youth Edition," are two gems sure to delight young audiences — and the adults who accompany them.

Tallgrass adds a new dimension to its programming, taking its interactive Seedlings program from its origins as theatre classes for students to mounting its first full-length stage production. Participation in the Seedlings program, founded during the 2005-2006 season, was soon put on hold to allow Tallgrass to focus on its core mission — mainstage shows. The program renewed in 2018 and exploded when Tallgrass moved into its new performing space at 2019 Grand Ave. in West Des Moines. Already a staple of their partnership with West Des Moines Parks and Recreation, this program was ready for a next-level offering. The Seedlings had presented a holiday series of short plays last year, and "Wicked Queen" became this much-awaited expansion of Tallgrass programming.

"Starting an all-volunteer company from scratch is often an all-hands-on-deck situation, so Seedlings remained a part of the long-term planning and DNA of TTC," says Maranda Turner, director of education/director of Seedlings Children's Theatre. When the program started back up, the focus was mostly to provide a week of summer day camp under the direction of Naima Love-Joy and Maranda Turner, with support from TTC founder Jessie Phillips.

"Bringing theatre and community to people that aren't generally given these opportunities has long been a goal for TTC, and our demographic falls into those that have limited exposure," shares Turner. "Nurturing talent, building self-confidence and tolerance, and helping the love for the arts grow are just a few of the reason that Seedlings Children's theatre remains an important part of the TTC family."

The development of its Seedlings program exemplifies the thoughtful progress that Tallgrass continues to demonstrate, giving central Iowa



In Altoona, reports of The Scarecrow strolling the streets come in advance of his appearance on stage. (Sophia Towns as Hunk/Scarecrow in CAP Theatre's "The Wizard of Oz: Youth Edition." Photo credit: CAP Theatre producers

audiences exceptional theatrical experiences. "Wicked Queen" launches a welcome addition to young persons' theatre in the region.

Turner explained how Tallgrass chose this show. "Our script selection group read about 12 scripts. We debated...fairytale...a classic like 'The Secret Garden,' or go for a trendy show that everyone knows. In the end, we decided that we needed to choose a show with a smaller cast size, one that would engage young designers and run crew but, most of all, a show that would be a challenge."

"Wicked Queen" by Rinne Groff "fit our needs...a smart funny show that would appeal to multi-generational audiences. The unique tech aspects make the show a fun challenge as well. We wanted to pull all the stops out and be sure that our first official mainstage show is not only memorable but also the standards audiences have come to expect from TTC."

On the east side of Greater Des Moines, CAP continues its trademark of producing well-known and appealing family programming with "Wizard of Oz: Youth Edition." Many appealing aspects of CAP programming have built this into a stellar development program, as many young performers and their families can attest. The cornerstone is CAP's selection of well-known stories, giving audiences a strong sense of familiarity when they experience the performances.

Erin Murphy, this show's director, says, "It has been an absolute joy working to bring such an iconic

OVERHEARD IN THE LOBBY

CAP (Class Act Productions) Theatre

Nov. 3-19. "The Wizard of Oz: Youth Edition"

Des Moines Community Playhouse – Kate Goldman Children's Theatre

Through Nov. 5. "Seussical the Musical TYA"

Tallgrass Theatre Company

Nov. 10-19. "Wicked Queen"

Nov. 12, Broadway Karaoke

Des Moines Performing Arts – Temple Theatre

Nov. 14-22. "Yippie Ki Yay" Touring production, the unauthorized parody of the iconic 1980s film, "Die Hard"

Des Moines Performing Arts

Nov. 28 - Dec. 3. "Girl from the North Country" National Tour

production to our stage and to help our young actors tell this legendary story. Our show will feel very familiar to the adults who have grown up with this all-time classic and will be a blast for young people who may be experiencing it for the first time."

Central Iowa is fortunate to have these two companies join the well-established tradition of the Kate Goldman Children's Theatre at the Des Moines Community Playhouse to provide exceptionally produced children's and family theatre. Each of these three companies offers theatre classes, a beneficial learning experience that will help young ones better prepare themselves in today's world.

Des Moines Performing Arts delivers

Two more shows to consider come from DMPA, as the national touring production of "Girl from North Country" graces its Civic Center mainstage, and "Yippie Ki Yay" reverberates in the Temple Theatre. The first is a Tony Award-winning Broadway show that reimagines 20 legendary songs of Bob Dylan as they've never been heard before. The second promises an uplifting action romp affectionately paying tribute to the iconic 1980s film "Die Hard." "Yippie Ki Yay" premiered at the Edinburgh Fringe Festival last year to boisterous critical acclaim. ■

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



Volkswagen Atlas

BY JACKIE WILSON

Volkswagen is known for its most iconic cars — the Beetle (slug bug) and the VW minivan. It's been a while since those original models were sold, and Volkswagen SUVs are now their best-selling vehicles.

The 2024 Atlas SEL Premium RL is a midsize SUV. The higher-end model rings in at \$55,114 and gets an average of 21 mpg.

The all-wheel drive, two-liter, 16-valve turbo, four-cylinder is ideal for passengers. With three rows of seating, it seats up to seven comfortably. To access the back row, it takes just a push of a button. If you have a child car seat in the second row, you don't need to take it out to get to the third row.

The second and third rows all have charge ports for devices. The deep side-door pockets are roomy enough to fit a gulp-sized drink. But, if you slam the door from the outside, make sure the lid is secure.

With heated and vented seats, the Atlas takes you through all the Iowa seasons with comfort. Instead of gripping older-model steering wheels made of slippery, hard-rubber material, the leather wrapped steering wheel is comfy. The heated steering wheel is a toasty bonus.

A unique feature located under the center console is a pass-through opening to the passenger's side to put items. Ladies, you can easily put your small purse here. It stays secure and won't tip over every time you make a sharp turn, having the contents spill out, rolling under the seat.

I rarely attempt to park during a test drive, but I thought I'd try this park assist feature. On the 12-inch touch screen, I accessed the "P" or park assist menu. It told me to put on my turn signal once I am in the mode. After following instructions, all of a sudden, the steering wheel started turning sharply. I took my hands off the wheel and let it go. It reminded me of the Carrie Underwood song, "Jesus Take the Wheel," because I was no longer driving. Granted, I didn't have a lot of cars around me, but it's a slick feature.

The ambient lighting means you can change colors throughout the car. At night, the front and back emblems also light up, similar to the Batmobile's bat logo, but instead it's a VW.

I like the vents in the front dash. You know how, when you crave AC, you painstakingly align the vent, but it's never quite right? Air might reach the top of your head, but anything below your waist is hot. Well, this has two different adjustments on each vent, making it easier to get the ultimate comfort level.

To adjust temps on the touch screen, use the classic climate mode. Or, if you want, hit the Smart Climate mode, which explains in simple terms where you want the heat. Look for "warm hands," "warm feet" or "clear view," just in case you don't know what defrost means.

Although the iconic version of the Beetle is history, the Atlas is the future, offering unique features designed for comfort and ease. ■



DES MOINES FORGOTTEN

BY KRISTIAN DAY

Remembering Hinky Dinky

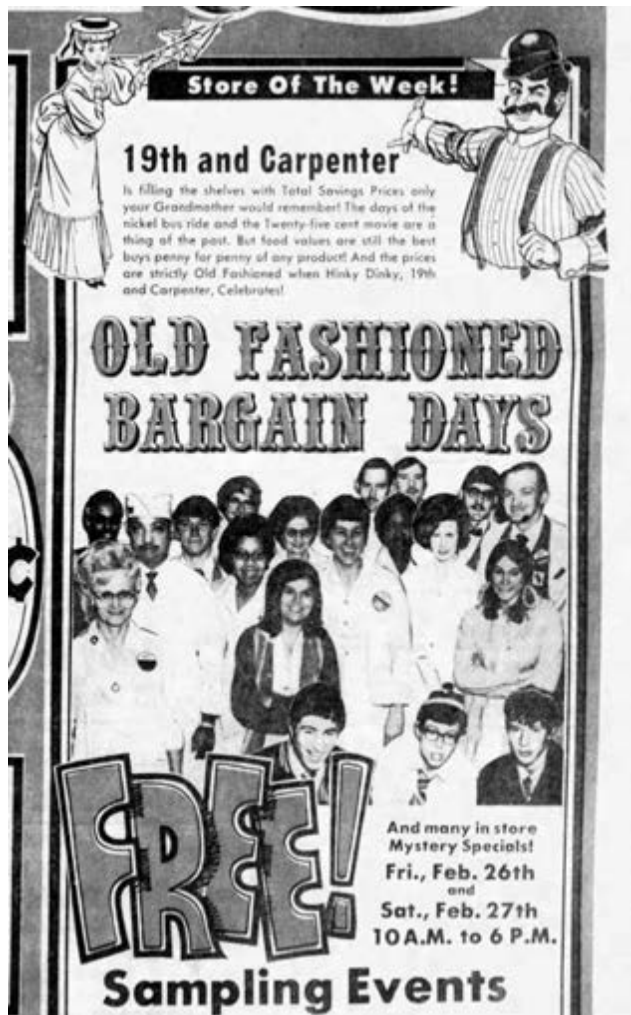
Locations included stores on 19th and Carpenter and on Beaver and Douglas.

November is a weird a month. We move from “spooky season” to “second mortgage season.” It’s that time of year for us to be with our families, overspend at the grocery stores and cook a minimum of two large meals where only a fourth of the food is eaten. It’s all good, though. We pay our family tax in hopes that it gets us out of a sticky in-law situation down the road. Fortunately for me, I have figured out ways to avoid grocery stores during the holiday season. Growing up, we would usually hit up an Eagles (RIP) or one of the old-school Hy-Vees in the Quad Cities. There was a Jewel-Osco, but if you lived in the Quad Cities, all you heard was “they are making us pay Chicago prices!” This is because, if you lived anywhere in the state of Illinois that was not Chicago or considered “Chicagoland,” you would have discontent for anything that came from that metropolis.

There has been some recent talk about life before the Hy-Vee and Fareway grocery stores became so dominant. The United States loves a giant grocery store. If you are in Colorado, you have King Sooper and Safeway. In Los Angeles, you got Ralphs or Vons. When I visit our northern cousin of Canada, it’s the opposite. There are lots of smaller markets and bodegas that people use for their grocery shopping. The majority are all privately owned. When I was working on my first film project in Carlisle, there was a small mom and pop grocery store that we filmed in because, to get permission, all I had to do was walk in and ask instead of dealing with a drawn-out process from a corporate entity with an army of communication specialists deciding if this was a good idea or not.

I went down a deep rabbit hole with some of the history of Hinky Dinky on the Lost Des Moines Facebook group. The two locations that I have been hearing about were 19th and Carpenter across from Miller’s Hardware Store (also Uncle Sam’s Disco?) and the one on Beaver and Douglas. I know there were more in the area. “The Hink,” as the locals called it, was a chain started in Omaha, Nebraska, in 1925. The name came from the World War I song, “Hinky Dinky Parlez-vous,” trying to capitalize on the public’s affection for a cute name. The Piggly Wiggly grocery chain had noted that a lot of their success was due to their very cute name. The first Hinky Dinky opened in Des Moines in 1959, and they gave away a washer and dryer set at their grand opening celebration.

They were known to be one of the first grocery stores to partner with a bank to have in-store banking offices. In April 1974, Hinky Dinky partnered with First Federal Savings & Loan to have banking services in their stores. I found several



A Hinky Dinky advertisement from early 1971.



A Hinky Dinky employee takes a smoke break.



The Hinky Dinky store at the corner of Beaver and Douglas avenues in 1961.

notes from people mentioning they sold the best store-brand potato chips and had a mobile library that would park in the Hinky Dinky parking lots. Many of our parents probably dealt with toddler temper tantrums in their aisles, much like my fellow millennial friends with kids deal with in the aisles of Hy-Vee and Fareway.

In 1985, the chain was purchased, and the store on Beaver and Douglas closed. The Jack and Jill chain took over the location for a short time until 1989 when Easter Foods moved in. In 2000, the last of the stores were purchased by Nash Finch, which dropped the Hinky Dinky name altogether. A mention was made once during Season 2 of “Better Call Saul” when Kim Wexler said that, if she didn’t leave her hometown, she would probably be married to the guy who ran the town gas station and maybe working as a cashier at Hinky Dinky.

There is a great website that some madman created during the pandemic that is loaded with Hinky Dinky memorabilia. I am especially fond of the various issues of the Hinky Dinky company newsletter that have been scanned cover to cover. Give it all a look at <https://hdt.stylesdeluxe.com>. ■

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



Three-war veteran shares his story

Maurice Hoffman spent a total of 18 years overseas serving the U.S. in World War II, Korea and Vietnam for the Navy and Army.

Maurice Hoffman's story takes him all over the globe during his time in the military, which began at a young age. At 17 years old, he needed his parents' signature in order to join the Navy in 1944.

Hoffman traveled the world as a result, lasting from 1944 to 1976 — all over the U.S., Japan, Italy, Germany, South Korea, Vietnam and more. During his time in Italy, Hoffman had top-secret clearance and ended up meeting his future wife, Elena Antonacci Hoffman, in 1961.

Hoffman's case of medals includes American Campaign 1944-1946 WWII, Asiatic Pacific Campaign 1944-1946 WWII, Army Occupation Japan/Germany 1945 WWII, World War II Victory 1945, National Defense 1950-1956, Army Good Conduct 1955-1976, Vietnam Service 1965-1969, Bronze Star 1966 Vietnam, and Army Commendation 1969 Vietnam. The pin is for the Republic of Vietnam Gallantry Cross with Palm Citation 1969. The Blue Patch is for Usaeur Germany 1955-1957.

In 1951, Hoffman taught basic training at Fort Eustis where some major names came through during his time: Sandy Saddler, a three-time world champion boxer; Vern Law, who won a Cy Young award while pitching for the Pittsburgh Pirates; and MLB icon Willie Mays.

Hoffman pulled off an incredible display of rising through the ranks, going from corporal to sergeant in just 90 days.

During his time in the Navy, he witnessed three atomic bomb tests. While he was aboard the USS Ajax, Hoffman had some run-ins with wildlife.

"I saw rats on there bigger than cats," said Hoffman.

The rats weren't the only ones, however.

"We had a cement barge with animals on it (to see how the radiation would affect them), with goats, sheep and pigs. The only thing that survived that first test was a pig. One pig. I never saw any dead fish, though. That's funny. The water there was only about 90 feet deep," said Hoffman.

In the second test, the explosion happened underwater. Hoffman recounts that they didn't return to that test site for 30 days. When they did return, the evidence of radiation was everywhere.

"We were guinea pigs," said Hoffman.

Hoffman arrived in Saigon, Vietnam, for the first time in 1965, before the U.S. had started to build up its military bases. He managed local civilian maintenance workers.

"Saigon is known as the pearl of the Far East. It was beautiful. It got so crowded from the people from the countryside coming in looking for protection. I lived in a hotel over there. They blew up three of them around me," said Hoffman.

His second time in Vietnam was in 1968. Hoffman says he "took care" of the 101st airborne division. They worked on building roads and bunkers in northern Vietnam. One of his proudest achievements during his time in the service was never losing a man, he says.



Maurice Hoffman had 28 years in the military, collecting numerous awards during his time of service.

After Vietnam, Hoffman was sent to Berchtesgaden, Germany, otherwise known as "Hitler's retreat." Hoffman was given a copy of Hitler's maps to traverse through the underground caves he used to escape from Germany to Austria. He particularly enjoyed this stint of service because his wife was able to join him for it, and Hoffman recalls the two riding their bikes together throughout the city.

Once he retired from the military as Sergeant Major, Hoffman originally went to New Ulm, Germany, and eventually moved to Windsor Heights in 1973, where he lived for 35 years. Now residing in 3801 Grand Retirement Campus, Hoffman is surrounded by his countless military mementos and memories with his 15-year-old orange cat, Whatto.

Hoffman worked in Des Moines public services for 13 years before eventually retiring. Some of the things he has enjoyed in his free time included gardening (he says he grew the best tomatoes), sitting outside and playing bingo. ■



Hoffman and his wife, Elena Antonacci Hoffman, on their wedding day in 1962.

Miniature cows

Cindy McGuire pours her love into animals like Fiona and Corabelle.



After Cindy McGuire moved to an acreage, she gradually acquired a variety of farm animals including goats, chicken, horses and the miniature cows she breeds.

When visualizing a miniature cow, what comes to mind? A cow the size of a dog? Or a goat? For reference, a regular cow weighs about 1,200 pounds.

However, a miniature cow, such as the two cows owned by Cindy McGuire, each weigh about 300 pounds. That gives new meaning to the word miniature, right?

Cindy is a professed “city girl” who also works as a sports therapist. She and her mom purchased the miniature cows, Fiona (who looks like the ogre from “Shrek”) and Corabelle. The cow breed is a cross between a belted Galloway and a miniature bull.

She keeps the cows and other animals on her farm. Ballycor — the name of her farm — hosts guests and parties as a unique way to meet farm animals.

Cindy started out small by purchasing an acreage outside of Earlham in 2018. A friend’s horse needed a place to board, so she obliged.

Her sister used to have a pony, Bambi, as a kid but had to give her up. Cindy thought to herself, “I have a farm now. It’s too bad that Bambi isn’t around.”

So Cindy and her mother looked for Bambi and found she was still alive. At age 27, the owners sold

the horse back to Cindy. She surprised her sister with the return of Bambi.

“My sister squatted, and Bambi dropped her head. It had been 15 years since she saw her. Bambi remembered her,” she says. “She was happy-go-lucky, and we got to come full circle.”

After the horses, she acquired goats, chickens and a peacock. A neighbor’s calf kept sneaking under the fence, making friends with the horses. She knew the calf would eventually be sold.

“The calf made friends with the horses. She’ll be going to market soon, so I asked if I could buy her,” she recalls. “Nobody will get butchered. I’m kind to my animals.”

That’s when Cindy discovered the miniature cows. She ordered semen from King George, a miniature white park bull, and bred her with Ellie, the cow she purchased. She later sold the offspring.

After that, she and her mom bought two miniature cows, Corabelle and Fiona. Even the females have horns, which were only a few inches when they were first born.

“The cows are feral. If they move just right, you

could be impaled,” she says. “People who see them for the first time are afraid of them. With cows, you need to be more cautious, as they are not naturally tame.”

She studied how to collect embryos and sexing embryos to produce a white miniature cow with black spots. She eventually wants to breed the cows, as folks keep the miniature cows as pets.

Meanwhile, she shares her love of animals by hosting parties, including for the Dowling Cross Country team who came to chill and have a picnic dinner. She likes how she can share her love of animals.

“People rarely get the opportunity to learn about animals. If I can introduce people, they can pause and take a break out here. I really enjoy helping people with animals.”

She pours her love into the animals she considers pets.

“They give me a lot of joy. It’s hard work taking care of them, feeding them every day,” she says. “When I bought the farm, it wasn’t for me. It was meant to be shared.” ■

Iowa's disc golf scene, as told by Kyle Schultz

Schultz's passion for the sport has spanned five decades.

The disc golf community has seen steady growth across the country and especially in Des Moines. According to the PDGA's (Pro Disc Golf Association) 2022 demographic report, 300 courses are listed in Iowa with 1,771 members. One of those members is local disc golfer Kyle Schultz.

Schultz's father was able to work with "Steady Ed Hendrick," the founder of disc golf, in 1978 to meet, design and build Iowa's first disc golf course in Tourist Park in Cedar Falls. Not only was this the first course in Iowa, it was the third established course in the country.

"It was a very short course because the discs they used in 1978 didn't fly that far, so the holes weren't very long because the plastic was a lot different back then," said Schultz.

Naturally, this gave Schultz an easy path onto the course and into the sport.

"Since my dad got the first disc golf course put together, I had no choice but to be a disc golfer growing up. I was at the course all the time, from being in the stroller, walking, walking the dog. I started playing when I was 3 years old in 1987 and won my first tournament when I was 5," said Schultz.

Imagine a hike... with a game. This is what the disc golf experience is like. Eighteen-hole courses can be anywhere from 4,000 to 8,000 feet long. You can walk through long, open courses or traverse through heavily wooded courses with ups and downs. Either way, great exercise is sure to follow.

"Disc golf can be such a positive aspect in your life when it comes to your physical and mental health. You can walk. You can jog. You're getting fresh air. You're getting sunshine. Everyone at the course seems to always be in a good mood because it's just a game, and everyone is here to have fun," said Schultz.

There are more than 20 disc golf courses in the Des Moines area, the majority of which are open to the public, with varying degrees of difficulty. Schultz has a few favorites.

"Walnut Ridge, because of its rolling hills and technical shots that it requires. I also enjoy Big Creek because that's been my home course since I was 16. It's been awesome to help with course work there for over 20 years. I also love Ewing Park on the south side; that's got some big, wide-open fairways," said Schultz.

One of Schultz's favorite memories happened at Ewing Park, which could explain some of his affection for the course. He had a hole-in-one from the short pad on hole 10, a 458-foot shot that several of his friends were able to witness with him on a Labor Day weekend.

Another one of his favorite memories came in 2004 helping the DMMDGC (Des Moines Metro Disc Golf Club) run the



"I would encourage anyone to get involved with the Des Moines Disc Golf Club if they would like to make new friends and meet new faces," said Kyle Schultz.

Disc Golf World Championship.

"I helped run the long-distance throw competition with a few of my friends. We saw some of the best players in the world throw 700 feet," said Schultz.

The disc golf community in Des Moines has continued to steadily grow with the sport's rise in national popularity in recent years. Schultz has been involved with the capital's disc crowd for two decades.

"I joined the Des Moines Disc Golf Club in 2003. The club has grown so much. We have over 150 active members per season in our league. We're one of the biggest clubs in the whole country," said Schultz.

Above all else, Schultz enjoys this hobby for how it helps bring people together.

"To me, disc golf is all about the camaraderie. The people. The passion. You could be playing next to a massage therapist, a janitor or a police officer. This sport is for anybody and everybody," said Schultz.

Like his father before him, Schultz has been able to pass down his love for the sport to his son.

"He's gearing up to compete in Junior Worlds in Tulsa. We've got a lot of practicing to do, but he really loves this sport. It's nice to watch his eyes get big when he sees he's progressing in the game," said Schultz. ■



"Pick up a disc and have a good time with your family and enjoy what I've got to enjoy for the past 36 years," said Schultz.

WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

Super fans

What's your favorite college team? NFL? NHL? Most of us have been asked similar questions at one time or another. Some people, however, don't need to be asked. The team shirt and hat they are wearing, the banner hanging on their garage door, the bumper stickers on their cars, and the photos of them with their faces painted cheering at the stadium all shout out their affiliations. Those are the people who have crossed that fine line between fan and Super Fan.



John and Lori Mann

Couple that cheers together...

John and Lori Mann are Super Fans of the Iowa Hawkeyes. Framed photos, art, windsocks, birdhouses, helmets, signs, art and more line and adorn their basement walls.

When it is time to go to a football game, Lori and John don their team gear — Kinnick-embroidered hats, Herkey-embroidered black and gold bibs, and team screen printed T-shirts. The two began tailgating in 1984, as one of John's screen-printed shirts tells.

When Christmas comes around, they decorate their tree in black and gold in honor of the Iowa Hawkeyes.

"Our favorite memorabilia is the Hawkeye-themed Christmas tree with bowl-game ornaments we've collected throughout the years," says John, adding that the University of Iowa football team has been to 35 bowl games in its history.

"This year marks the 35th year Lori and I have been going to games together," he says.

Although John and Lori enjoy their massive collection of memorabilia, the memories made are the best part of being Super Fans.

"We take a victory selfie after each win," John says.

Source: Adel Living, October 2023; by Chantel Boyd

Read the full story here:



Stacy Garrels

A fan for life

Walking into Indianola High School math teacher Stacy Garrels' classroom, there's no question he's a Miami Dolphins fan.

Dolphins apparel and other memorabilia decorate the room, and he even used to have a little Monday "fun" when Sunday games didn't go his way.

"I would give quizzes every Monday after a Dolphins' loss to get my students to cheer for the team," he says, laughing. "When I see former students and parents out in the community, they still ask me if I give those quizzes. I guess it's something they never forget about my class."

Win or lose, Garrels is a Dolphins fan for life. He has a collection of memorabilia from football cards (including Dan Marino's rookie card) and Dolphins signs to shirts, jerseys and even a Dolphins tattoo.

"If and when the Dolphins get a Super Bowl win, it will be an all-day pizza party in my classes on the Monday after," he says, laughing. "We'll watch highlights from the game, because who knows how many times this is going to happen in my life."

Source: Indianola Living, October 2023; by Becky Kolosik

Read the full story here:



Pam Wymer

Fan of the Game award

If you attended Valley High School or a Valley sporting event, you may have purchased a ticket from Pam Wymer.

Pam, a long-time VHS staffer, worked in various school positions for 40 years. She began selling tickets for athletic events 15 years ago, which meant she could watch any games of her favorite team — the Valley Tigers.

Because of her love of attending sporting events, she received a "Fan of the Game" award. She was presented with a basketball signed by the players in 2016.

"I get to know the kids and get hugs from them before or after the games," she says.

Basketball was her first love. She played 6-on-6 basketball in her hometown of Collins. Later, she played granny ball with other older women.

She's a loyal fan, regardless of the game or team outcome.

"If they lose, they lose. You go on to the next game. Being a fan, you take the wins with the losses," she reflects. "I don't jump on the team bandwagon. I've always stayed with my teams throughout all the years."

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

Read the full story here:



Heath Banks

Baseball super fan

Heath Banks has a whole building full of memorabilia and runs a sort of memorabilia museum. He says Norwalk residents know him as the guy with the memorabilia museum.

Heath is not loyal to one specific team; he is just a big baseball fan.

"I have some teams that I like more than others but do not root for one team exclusively."

While a baseball fan since childhood, Heath has only been a Super Fan the last 15 years.

"I have attended more than 200 Major League Baseball games and have been to 23 of the parks," he says.

Heath's favorite memorabilia are his signed jerseys and helmets.

In his free time, Heath umpires high school baseball and referees football.

"Next year will be my 30th year umpiring baseball, and, so far, I have umpired 13 state tournaments," he says.

Heath has had some unique experiences because of his friends in the umpiring world.

"I got to go to Game 4 of the World Series in Philly last year," he says. "We started a tradition of going to a different park every year." ■

Source: Norwalk Living, October 2023; by Chantel Boyd

Read the full story here:



get the JOB

Helpful tips for your employment search

How to overcome job hunt burnout in today's tough market

(StatePoint) As the job search continues for unemployed Americans, a new national survey reveals a massive case of job hunt burnout.

The Insight Global survey, conducted among recently unemployed American adults actively seeking employment, found that a competitive job market, a lack of applicable jobs, low self-confidence and an inability to interview well are all contributing factors in job candidates' lack of success in securing employment.

Fifty-five percent of respondents have been searching for a new job for so long that they are completely burnt out, and many are willing to take drastic measures to save and make money in the meantime: More than 2 in 5 would live at home with their parents; the same amount would rather create an Etsy business or thrift flip than send out another blast of resumes, and of Gen Z respondents, 44% admit they would rather get a sugar daddy or sugar mommy than apply to more jobs.

"It's no wonder that so many unemployed Americans are feeling unmotivated — between several years of a volatile job market, headcount reductions, budget cuts, hiring freezes and a total overhaul of the way companies are running their businesses, it can feel downright impossible to get back on track," says Bert Bean, CEO of Insight Global, a leading national staffing company.

To beat job hunting burnout and get back in the game, Bean recommends the following tips:

- **Rethink remote:** Of millennials surveyed, 21% feel they're still unemployed because they will only apply to remote job opportunities. To greatly expand your options, be open to hybrid and on-site work opportunities.

- **Stand out:** Over a quarter of those seeking full-time work feel that there are no jobs available for their skill set or there is too much competition for available jobs. To stand out in the crowd, get creative. Whether it's creating an interactive resume, dropping by the office for a quick hello, or just not stopping until you hear back, doing whatever it takes to get your foot in the door improves your chances of success.

- **Find small wins:** Job hunting can be exhausting and disheartening. Find things you can accomplish that help you feel productive and remind you what it feels like to win again. It could be getting in shape, completing a 5K, journaling for a month, or making five new daily connections on LinkedIn.

- **Don't write anything off:** Interestingly, 26% of men surveyed said they are still unemployed because the jobs they hear back from are beneath them. Leave preconceived notions like this at the door. Many companies offer opportunities for promotions and upskilling, so look past the specific outlined role and imagine future possibilities with that organization.

- **Reach for resources:** When trying to get back in the workforce, don't go at it alone. Companies like Insight Global can help you shape up your resume, brush up on interview skills, boost your confidence and connect you with companies and opportunities that fit the bill. Leverage events like the Be The Light tour, Insight Global's free-to-attend mobile career center in select cities around the country. Accepting help from professionals will put you in a better position for landing a job. To learn more, and for additional tips and resources, visit insightglobal.com.

"While searching for employment that fulfills your professional goals can feel overwhelming, changing the narrative and thinking about the market in new ways can connect you with additional opportunities and position you to succeed," says Bean. ■

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