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SUMMER

ARTS & ENTERTAINMENT

GUIDE

Our guide to summertime fun, from festivals to sports, concerts, art exhibits, stage productions and more.



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FROM THE PUBLISHER

The numbers are in!

With all the gloom and doom in the newspaper industry today, one might assume print publications of all sorts are also on the out. It is true that paid subscription newspapers and national magazines are struggling to find ways to be profitable and relevant. Even many of the once-thriving alternative newsweeklies have met their demise. But CITYVIEW is continuing to grow, in large part because we continually focus on growing our readership — both in print and digital forms.

Since 2004, our circulation and readership has been audited by Circulation Verification Council (CVC), an independent, third-party reporting audit company. CVC audits thousands of editions nationwide with a combined circulation of more than 55 million, covering printing, distribution, circulation, websites, digital editions, mobile, email, social media and readership studies to give an accurate picture of a publication's reach and market penetration.

What we have seen over the years is incredible consistency in the distribution and readership of our printed publication. One might expect that our total digital contacts are skyrocketing, and they are. Equally impressive, though, is the fact that our net circulation has grown 5% since those first audits. Today, we have 77,730 print readers and 52,474 total digital contacts, bringing our total estimated gross contacts to 129,804 per month.

Granted, this hasn't happened by accident. We have made a number of calculated changes to CITYVIEW over the years, including a conversion from weekly to monthly, the addition of glossy stock covers, adding full color to every page, implementing a complete redesign, increasing our editorial content, adding social media sites, expanding our websites, launching multiple events and continually updating our list of rack locations.

Here are some stats from the just released audit you may find interesting:

- On average, each CITYVIEW print edition is now read by 2.8 people.
- 77% of CITYVIEW readers say they purchase products or services from ads seen in it.
- 47% of CITYVIEW readers say they keep their copy three weeks or more.
- The median CITYVIEW reader age is 44.2
- The average CITYVIEW reader household income is \$118,642.
- 87% of CITYVIEW readers have attended college.

In short, CITYVIEW readers are more educated and earn more money than those in the general market and are in the age brackets that most businesses want to market to. We also have data in 41 categories that share the purchases CITYVIEW readers intend to make in the next 12 months, providing advertisers with an idea of the purchase power of our readers.

From an editorial perspective, our mission is to provide you with local content that you seek out month after month. We appreciate the fact that you continue to do so, and we look forward to ongoing opportunities to serve you.

As always, I thank you for reading. ■

Shane Goodman
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What are the skills you need to be an advocate? You need to get organized and intentional. There are organizations and services that are advocates for older adults that can be of tremendous support to you. Join us as we focus on how we can better help our older adults.

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SUMMER ARTS & ENTERTAINMENT GUIDE

Our guide to summertime fun, from festivals to sports, concerts, art exhibits, stage productions and more.

FEATURE 18 SUMMER ARTS & ENTERTAINMENT GUIDE

Our guide to summertime fun, from festivals to sports, concerts, art exhibits, stage productions and more.

Cover photo: Bluebeard's Castle at the DMMO captures the beauty of their performances. Photo by Duane Tinkey

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Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. What are some of Iowa's most interesting ghost towns?

A. With the May edition containing our Summer Arts & Entertainment feature, we compiled many of the area's most exciting, attractive and thrilling events. One of our readers posed this question that might be more suited for the fall version.

Iowa is home to many ghost towns. Rockville, aptly named, was located on the banks of the Maquoketa River. One of the only things that remains of the town is the stone grist mill. The post office closed in 1898 after a new railroad bypassed the town.

Stanzel, located by Highway 92 between Adair and Winterset, is considered a ghost town but still has an active church.

Elkport is the most recent case. The town was abandoned by 2006 after the town was hit by devastating floods in 2004.

Some other towns have also been lost to floods. These were on purpose. Underneath the state's largest lake, Lake Red Rock, several ghost towns are said to exist. The man-made lake was created in the 1960s to give flood water somewhere to go. The towns of Coalport, Fifield, Rousseau, Cordova, Red Rock and Dunreath were thus flooded. Don't worry, these towns had already been abandoned by this time, or the active buildings had been moved for preservation. One thing that wasn't moved? The cemetery.

Q. What is the lowest and highest Iowa's unemployment rate has ever been?

A. Unemployment rates are continually rising and falling. But, in Iowa, what was the lowest it ever fell, and the highest it ever rose?

According to statistics from Iowa Workforce Development (IWD), the lowest unemployment rate Iowa has had was 2.5%, which was achieved in multiple months. Most recently, it happened in March and April of 2022.

The highest is 11%. Understandably, this was in April 2020 during the peak of the COVID-19 pandemic's impact on jobs.

Iowa's annual average unemployment rate had been on a steady fall in the years before the pandemic. The unemployment rate fell every year from 2011 (5.6%) to 2019 (2.7%), before it ballooned to 5.2%. Since then, the state is closest to pre-pandemic numbers. The state, as a whole, sits at 2.9%, down from 3% in January. These numbers are better than the U.S unemployment rate, which sits at 3.9%.

In Polk County, the most recent unemployment rate report available from IWD, has its unemployment rate at 3.2%. The highest unemployment rate of any county in Iowa at the moment is Marshall County at 9.8% as of February. ■



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YOUR VIEW

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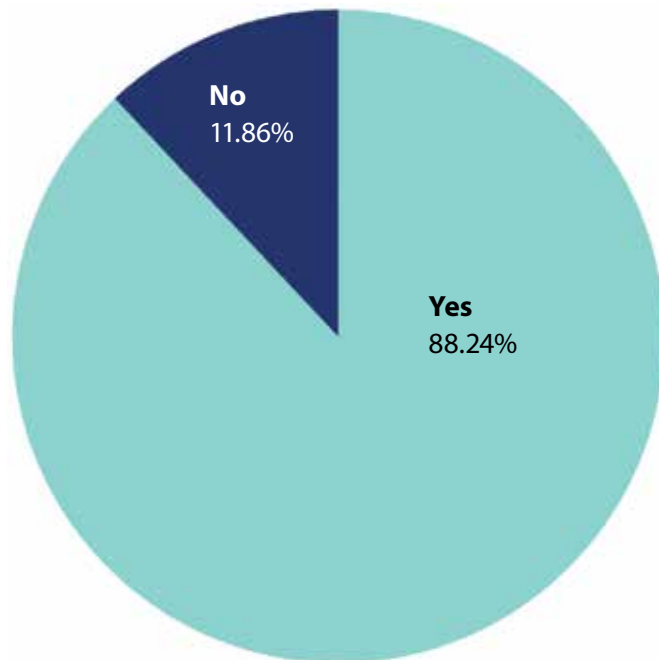
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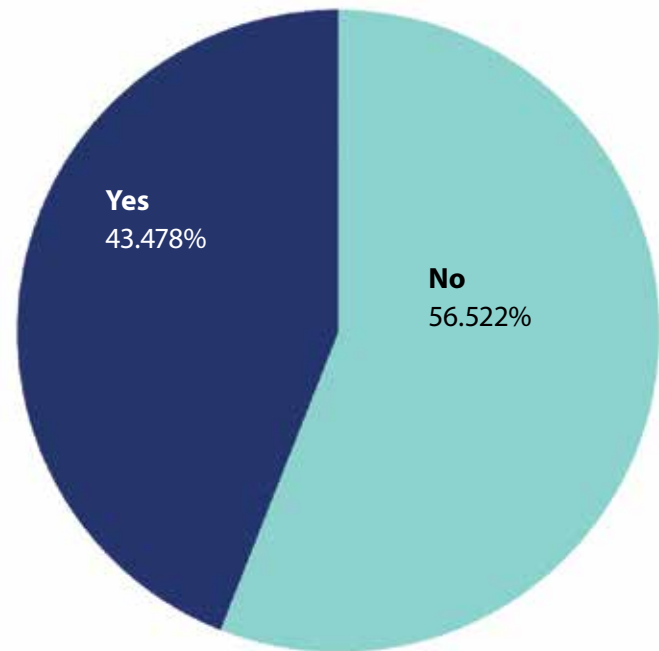
POLL POSITION

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

Do you have a current public library card?



Should Grand Avenue and Locust Avenue in downtown Des Moines be converted from one-way streets to two-way streets?



FACEBOOK COMMENTS



cityview magazine
(comments unedited)

CITYVIEW magazine: What do you think of Beyoncé's rendition of Dolly Parton's "Jolene"?

Sarah Kennedy: Who is trying to take her man?

Mary Cee: No interest.

Sarah Mahany: It's good! And Dolly's part on the album is so sweet! I'm not a Beyoncé fan, but I dig a lot of songs on this album.

Anita Bailey: Meh

Pammie Aldrich: Looooovvveeeee it!!!!

Morgan Leitner: She should not do country. She's trying too hard lol

Monja Burch: I love it. I think it's really cool to see an artist sprinkle in a new genre into their collection. She's not switching to country all together. The whole album is just really good, and I don't even listen to country. For this song in particular, it's pretty epic that Dolly collabed with her on it!

Liz Summers: I haven't heard it yet, but if Dolly likes it that's good enough for me.

Dennis Miller: I thought it sounded weird. There's a couple other songs on that album that are OK.

Melissa D-o: Love it, like most of her new songs on that album!

CITYVIEW magazine: What is the lowest price per gallon you remember paying for gas?

Laura Jean Kelly: \$0.97 per gallon would have been in the 90s.

Diane Ferguson: .16/gal probably late 50s/early 60s....you always got excited for the 'gas wars'!

Elida Wiseman: Back in high school, I believe it was like .75 cents. I remember filling up my tank for around \$10.

Adam J. Moraine: 87 cents/gal. My grandfather would get a full tank of gas for \$10.00.

Pat Meiners: 13 cents/gal 1972; gas wars!. It was regularly about 19 cents.

Bill Thyberg: 8 cents... gas war Atchison Kansas... 1962

Kristi Kolbe: .44 or .45 cents. In the upper 70's

Dennis Long: I pumped gas in '72-'73 while in high school. Gas was .38 a gallon.

Nerm Patteson: .25 when i was a kid cuz i mowed lawns, mid 70s

Paige Peterson-Connolly: about .90 remember putting \$5 in my tank a week when i was in high school.

Hungry Boyz: .19 cents

Ron Phillips: \$0.18.9/gallon Gas War price in Knoxville, IA Aprx 1971-72

RETWEETS



(comments unedited)

@UncleBob56: I switched from coffee to orange juice and told my doctor I felt better. He said it's the vitamin C and natural sugars but I think it's the vodka

@UncleBob56: Lonely? Just glue a coffee cup to the roof of your car. Everyone will wave to you.

@DrakeGatsby: "Not my circus, not my monkeys" is done. Let's switch it to "not my pigs, not my blanket."

@ellorysmith: Updating my 2014 MacBook and you would think I am diffusing a bomb. It's been two hours and the fan is going so hard it sounds like it's preparing for take off

@MisterD78UK: Someone said I should think before I speak and I said "eww what a horrible way to live"

@KatieDeal99: I will never forget the time that I helped interview a man for a job opening and when he was asked what he would contribute to the team he said "probably snacks"

@sofarrsogud: Was Earth Day something that happened by accident or did somebody planet?

@scrumble_eggs: It's always annoying to be woken up by some guy mowing his lawn. Just go around me, man.

@murrman5: when you see warnings on the 3D glasses from the movies that says "do not use to view eclipse" that's because of me

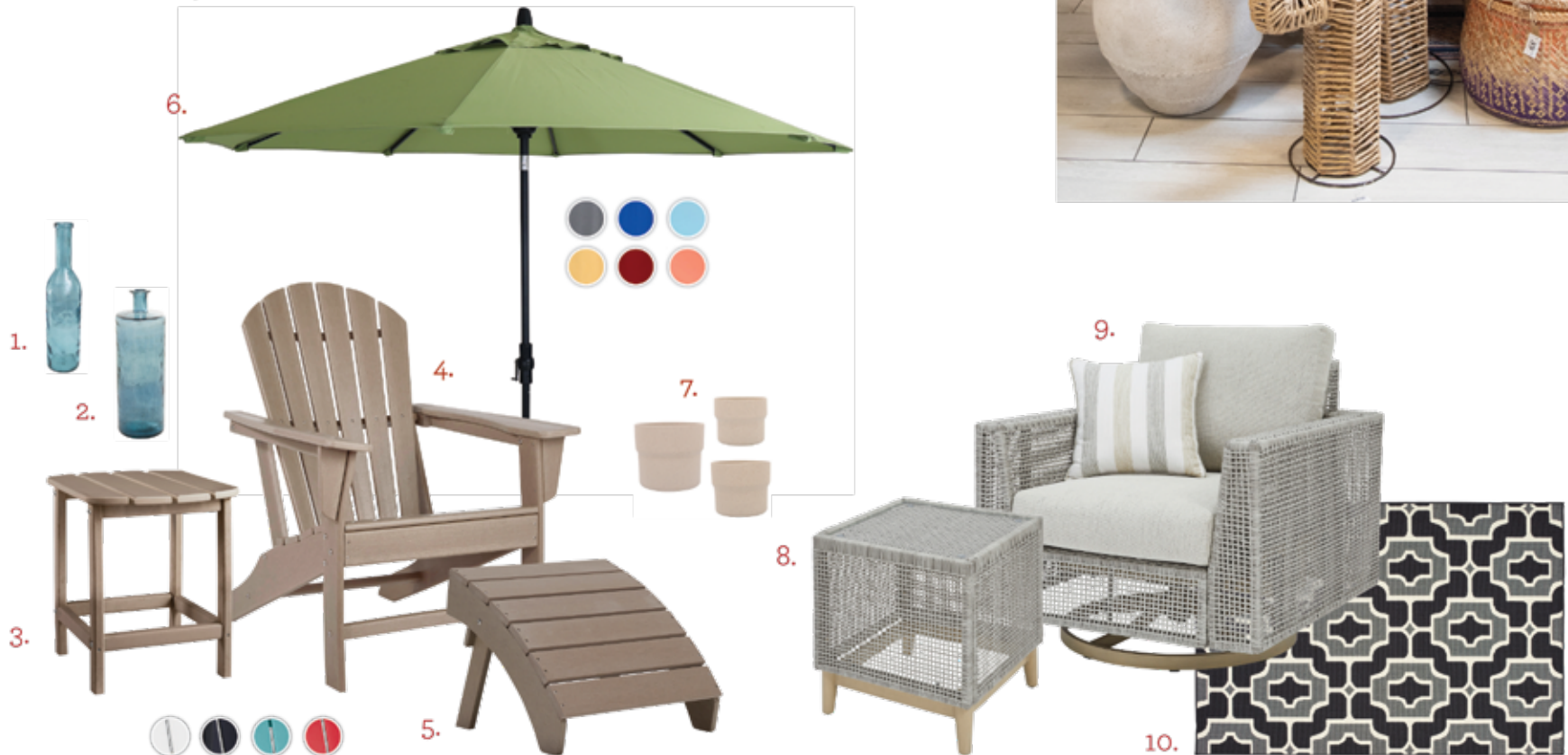
@eddo75: Lost my Thesaurus. Gutted. Really gutted. Like absolutely gutted. ■

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- 9. Ashley Seton Creek Swivel Lounge Chair - \$599
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STRAY THOUGHTS

BY RANDY EVANS

Davenport leaders need to put down their shovels

This is the most egregious abuse of the open meetings law I could recall in 50 years as a journalist.

City officials in Davenport managed to accomplish the impossible this year: They brought Republicans and Democrats in the Legislature together to agree on something.

The two parties have bickered over topics like changes to the Area Education Agencies, liability protection for farm chemical manufacturers, making birth control pills available without a prescription, and providing state tax money to arm teachers.

But the D's and R's came together in the House, voting 92-2 to increase the penalties for government officials who violate Iowa's open meetings law. The bill also requires a judge to remove a member of a government board who has twice violated the meetings law.

This unusual consensus among D's and R's was on display again in recent weeks. The House Government Oversight Committee heard testimony on a scandal in Davenport city government that dragged on for months, with one troubling disclosure after another. The witnesses included two citizens who monitor local governments in the Quad Cities, the attorney who represents one of them, and an advocate for government transparency. That last person was me, as executive director of the Iowa Freedom of Information Council.

I could have summarized my remarks by saying Davenport city leaders need to understand the first law of holes. That could save them from statewide embarrassment, loss of respect and the ire of the Legislature.

If you are not familiar with the law of holes, it derives from the adage, "When you find yourself in a hole, stop digging."

In the Davenport case, Mayor Mike Matson and the city council have refused for months to put down their shovels. They have become poster children for lousy government transparency. They are examples of how government officials should NOT conduct the public's business.

For 50 years, the Legislature and court decisions have made it clear state and local governments have an obligation to make decisions in public, especially when spending tax money. But Davenport officials are desperately trying to keep the public in the dark.

This quest accelerated after a six-story apartment building collapsed last May 28 across from City Hall. About 50 people lived there. The building had a spotty

history of compliance with city building regulations. Emergency work to stabilize a bulging back wall was under way in the days before the collapse. But the city never ordered the building to be evacuated during the repairs.

Some people began demanding the resignation of City Administrator Corri Spiegel, and her job performance was an issue in the weeks leading to the city election. But Mayor Matson defended her and city employees.

What voters in Davenport did not know on election day should bother everyone. They were intentionally kept in the dark by Matson and Tom Warner, the city attorney at the time.

Voters were not informed two of Spiegel's assistants, Tiffany Thorndike and Samantha Torres, each asked on Aug. 31 for an "amicable separation agreement" in exchange for leaving their City Hall jobs. Eight days later, Warner signed agreements in which Thorndike was paid \$157,000 and Torres received \$145,000. Each also received health insurance coverage for a year.

Neither agreement was presented for city council approval at a public meeting, even though Davenport city code requires that for any agreement of more than \$50,000.

On Sept. 15, Spiegel submitted her own demand letter to the city attorney. On Oct. 6, Warner informed the council he and Spiegel agreed the city will pay her \$1.6 million for "lost wages" and for "emotional pain and suffering" in exchange for stepping down at year's end. She also would receive city health insurance for another year.

As with the Thorndike and Torres agreements, the agreement with Spiegel did not receive a public vote at a city council meeting. It was not until Nov. 17 — 10 days after the election — when the public was informed Spiegel was leaving.

Naturally, there were questions why these agreements never came up for an official council vote and how the women were so harmed as to merit these settlements. Warner, the city's lawyer, said a vote was not necessary because he had the "consent" of the council to negotiate an end to the three people's jobs.

"How, when and where did the city council give its consent to those settlements and those expenditures when its members never took a public vote on them during a public meeting prior to moving forward?" I

asked the House committee.

The open meetings law allows members of government boards to meet without the public being present for so-called ministerial purposes. I told the committee, "Back where I come from in Davis County, spending \$2 million in taxpayer money is not some ministerial, housekeeping function that is treated so casually."

Several times as the Davenport controversy boiled, city officials could have stopped digging themselves into a deeper hole. But they did not.

State Auditor Rob Sand has launched an investigation of the secret deals. Davenport's response? The city sued to block his subpoena for records.

A local resident, Dr. Allen Diercks, one of the House witnesses last week, sued Davenport over the city council's after-the-fact approval of the three settlements on Dec. 13. He is asking the court to void the agreements and claw back the payments made to the women.

Another witness before the committee, Ezra Sidran of Davenport, has submitted a request for a copy of Spiegel's letter in which she apparently made her case for a settlement from the city. Sidran received the letters Thorndike and Torres submitted. Davenport's response for his request for the Spiegel document? The city sued Sidran and asked the district court to decide whether the letter must be released.

Sidran is retired and cannot afford a lawyer. The Iowa Freedom of Information Council has asked the court to allow the nonprofit organization and its lawyer to intervene in the lawsuit against Sidran to explain why the public should be able to see what led to the deal with Spiegel. Davenport's response? The city is fighting to keep us out.

I told the Government Oversight Committee this is the most egregious abuse of the open meetings law I could recall in 50 years as a journalist. We will never know if the results of Davenport's city election would have been different if voters knew when they went to the polls that the mayor and city council had orchestrated the secret payment of almost \$2 million in tax money to three employees without a public discussion or a public vote. ■

Randy Evans can be reached
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CIVIC SKINNY

BY CITYVIEW STAFF

Simonson's contributions total \$285,332. Baltimore bridge collapse impacts Iowa ag. Stowe would be smiling.

Connie Boesen began her term as mayor of Des Moines on Jan. 2, taking over for the city's longest serving mayor, **Frank Cownie**. As a result, Boesen's at-large seat on the city council needed to be filled. Five candidates — **Dr. Claudia Addy**, **Benjamin Clarke**, **Justyn Lewis**, **Mike Simonson** and **Rose Marie Smith** — wanted the seat. Simonson, a 64 year-old architect, ended up winning the race with 56% of the vote and will serve out the remainder of Boesen's term, which goes through January of 2024. Lewis came in second with 33%, with the remaining 11% for the other candidates.

Simonson received a total of 263 contributions, totaling \$285,332.59, or a little more than \$1,000 per donation. The largest donation was \$20,000 and came from **Jim Conlin**, owner of Conlin Properties. The next two largest donations were \$10,000 each from Des Moines businessman and philanthropist **Nixon Lauridsen** and former cable TV mogul and real estate

developer **Jim Cownie**. Simonson received 20 other \$5,000 donations as well, many from prominent local individuals in development and real estate.

According to the database, the second-place Lewis had not received a donation since June of 2023. ...

The Key Bridge in Baltimore is several thousand miles away from Iowa farms, but its collapse could still have an affect on our local agricultural industry. According to FarmProgress.com, "The Port of Baltimore is the closest in proximity to the Midwest and is the largest U.S. port by volume for handling farm and construction machinery. According to state data, the port handled a record 1.3 million tons of roll-on and roll-off farm and construction machinery in 2023."

The Iowa Farm Bureau did not respond to CITYVIEW's inquiry on how the bridge collapse could affect Iowa's farm economy, but according to OEC world, a website used to visualize trade data, the three

largest imports to Iowa in January of 2024 were tractors (\$51.9M), nitrogen heterocyclic compounds (\$47.2M) and excavation machinery (\$44.1M). ...

Iowa is one of the nation's leaders in solar and wind power, according to a new analysis from climatecentral.org. While Iowa does not crack the top three states in solar power, it does rank second among all states in terms of wind power. When combining the two, Iowa sits behind only California and Texas.

The Climate Central report says that, in 2023, about 10% of electricity in the U.S. came from wind power, a large increase from a decade earlier, when the number was 4%. Much of that electricity is coming from Iowa. Wind power was responsible for 60% or 41,869 GWh of the electricity in Iowa last year. That is a 7,241 MW increase from 2014.

The reason for Iowa's abundance of clean energy can be traced back to 1983 when Iowa became the first state in the nation to adopt a renewable portfolio



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CIVIC SKINNY CONT...

standard (RPS).

“State regulators required Iowa’s two investor-owned electric utilities to own or to contract for a combined 105 megawatts of total renewable generating capacity. Capacity from eligible renewable resources has far exceeded the RPS goals. At the beginning of 2023, Iowa had about 12,800 megawatts of in-state generating capacity fueled by renewable energy sources at utility-scale power facilities,” according to the U.S. Energy Information Administration (EIA).

Since 2008, Iowa has generated more electricity each year than the state consumed. Iowa also ranks among the 10 states with the lowest average electricity price.

A report shared by Iowa Economic Development from Clean Power Iowa states that clean energy in Iowa can power up to 4.1 million homes. In 2022, wind, solar and energy storage plants in Iowa avoided using 10 billion gallons of water. The benefit to farmers’ pockets has also been substantial. In 2022, land lease payments for clean power projects totaled \$73.4 million. ...

On April 4, the Enhance Iowa Board announced nearly \$3.4 million in community attraction and tourism (CAT) and sports tourism grants to 11 communities. Of that \$3.4 million, \$400,000 is going

toward modernizing and expanding the Kate Goldman Children’s Theatre. The project will include a building expansion, storage and workshop space, meeting room, costume shop and a configurable seating system to replace the current fixed theater seating. The total project cost is \$2,736,481. ...

A record 43 Iowa schools won the Carrie Chapman Catt Award. This award is given to schools that are able to get 90% or more of eligible students registered to vote. Roughly 3,500 Iowa high school students registered in conjunction with the Catt Award initiative. Schools in the Des Moines metro receiving the Catt Award for the first time include Ankeny Christian Academy, Dowling Catholic High School, Holy Trinity Catholic High School and Johnston High School. Norwalk High School was the only other metro school on the list and has received the award every year since its inception.

According to CIRCLE, a non-partisan, independent research organization focused on youth civic engagement in the United States, Iowa’s youth voter turnout rate in the 2022 presidential election was 26%. ...

Central Iowa Water Works (CIWW), the new cooperative that will be responsible for water system planning, drinking water treatment and

wholesale delivery of drinking water to central Iowa (approximately 600,000 people), became an official entity with the State of Iowa after filling its fully executed 28E-28F agreement with the Iowa Secretary of State. This agreement, which has been in development for more than a decade, will allow CIWW to “provide a stronger water production system for the area.” The 12 founding members are Ankeny, Clive, Des Moines Water Works, Grimes, Johnston, Norwalk, Polk City, Urbandale Water Utility, Warren Water District, West Des Moines Water Works and Xenia Water District. Des Moines Water Works will be representing its seven customers, which also includes Pleasant Hill and Windsor Heights. The late **Bill Stowe**, who served as the longtime water utility CEO and general manager, would certainly be pleased. ...

Speaking of Stowe, a foundation in his name is bringing a Water Curia, a 20-foot-tall circular pavilion, to Water Works Park in Des Moines as a tribute to him and his efforts to improve water quality. ...

And finally, slow down when traveling on Ingersoll Avenue in Des Moines, as the speed limit west of 42nd Street has been reduced to 25 mph. A driver in the area tells Skinny, “The change is hard to notice... until one gets a ticket.” ■

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We are Igniting Generosity

'Nuclear War: A Scenario'

Annie Jacobsen's book is a wake-up call as prospect of hell on Earth looms.

Deep in the warm hurricane of 1980s nostalgia-minded groups on Facebook are the occasional references to fearful school-kid preparation exercises for a forefront haunt to humanity at the time — the night-shaking stalk of the prospect of a world-ending nuclear holocaust.

Remember duck and cover under the chewing-gum-ridden desk chairs? Or the 1983 Parade magazine article by Carl Sagan about nuclear winter — back when 10 million pajama-clad read the Sunday national glossy in their local newspapers?

Those were the days.

Here's the thing: Those are still the days.

That's what hits home in alarming, affecting reporting in a book that likely will win the Pulitzer Prize, Annie Jacobsen's "Nuclear War: A Scenario."

Jacobsen's book, written with an expert eye and stack of reporters' notebooks full of string, lays out how the world rests on the "razor's edge" of a nuclear annihilation. With the pacing and insider detail and language of a Tom Clancy novel (she's involved in producing and writing "Jack Ryan" for TV), blended with a career of reporting on national security and the sources and receipts to back it up, Jacobsen walks us through a realistic and terrifying scenario.

Minute by minute. Missile by missile. She describes a modern nuclear war in graphic detail. The scale of destruction, firestorms and the incineration of millions of people, clothes blown off, stunned survivors running naked with third-degree burns, even for a moment, is hair-raising, nightmare-inducing. It makes Oppenheimer's World War II bombs seem like Revolutionary War muskets by comparison. What many, myself included, envision when we think of nuclear war, the bombs, is not in line with the reality of the lethality, which is thousands of times more powerful than what the United States unleashed on Japan. It's the devil's furnace versus a struck matchstick.

"Nuclear War: A Scenario" should vault organizations like the Nuclear Threat Initiative to urgent relevancy.

Vladimir Putin has recently said he is "not bluffing" about the potential of using weapons of mass destruction, Jacobsen notes. North Korea, whose leaders have constructed an elaborate underground bunker system designed to survive thermo-nuclear attacks, has alleged the United States has a "sinister" plan to start a war of nukes.

"We all sit on the razor's edge," Jacobsen writes. "What if deterrence fails? Humanity is just one misunderstanding, one miscalculation, away from nuclear annihilation."

All it takes is one nuclear-armed narcissistic madman, Jacobsen writes.

"As history demonstrates, mad rulers disobey rules of war," Jacobsen writes. "In words often attributed to Adolph Hitler, if you win, you need not explain."

Jacobsen war-games a scenario in which North Korea attacks California and Washington, D.C. with nuclear weapons, setting off a chain reaction, a system of industrial inhumanity, that kills hundreds of millions of people in an hour, and ushers in a nuclear winter in which, as Nikita Khrushchev predicted, the "survivors would envy the dead."

She takes us through how the planes would be scrambled with bombs, the missiles launched, the decisions made in minutes affecting hundreds of millions of lives — and how once it starts, once mutually assured destruction, the policy of deterrence, is violated, there is no going back, no time for hero-ball moves from a divinely inspired

military leader in the hierarchy.

"Right now, we are closer to having a nuclear war happen even by accident than we were during the cold war," former Defense Secretary William Perry says in the book.

He knows of what he speaks.

In 1979 a simulation test tape mistakenly made it into a NORAD computer showing Soviet intercontinental ballistic missiles and submarines attacking the United States.

"It looked very, very real," Perry, an undersecretary of defense at the time, said.

"So real, that he actually believed it was real," Jacobsen writes.

Perry prepared to tell President Carter that he needed to launch a counter attack.

But the chief nuclear watch officer at NORAD "dug into it" and discovered the error. Perry never woke up Carter from sleep that night.

Here's the thing: it's hard to imagine that happening today as technology is gospel to so many Americans of younger generations. I don't trust the GPS on my iPhone. It's saved my life. Driving in Kansas City, I didn't trust the directions being belted out by Siri. I instinctively disobeyed Siri, and the passengers in the car looked shocked when they realized Siri would have sent us head first, the wrong way, into one-way traffic on an inner-city freeway. Bug off, Siri.

Toss in the influence of artificial intelligence and a growing sheep mentality where tech is concerned, and it's impossible to summon the prospect of a modern nuclear watch officer questioning, doubting, anything on a screen. The call would be made. The missiles launched. Our world ended.

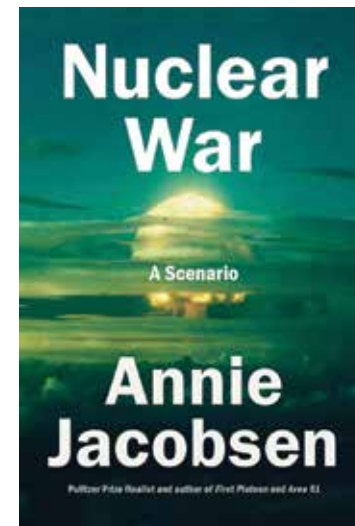
Near the end of "Nuclear War: A Scenario" Jacobsen deals with an ethical consideration I've thought about for years. Let's say North Korea and Russia did first strike the United States, condemning 200 million Americans to immediate death, and tens of millions more to horrors in a nuclear winter, one in which the temperature in Iowa, which Jacobsen references in the book, would not go above freezing for six years, killing agriculture.

Is there a "for-the-good-of-humanity" argument in which the president, or the acting president, who might be a cabinet secretary seven or eight deep in the line of succession, would not retaliate, reasoning that the millions of innocents in Russia and Korea shouldn't have to die, too?

Such an argument would be quickly dismissed, Jacobsen reasons, noting that deterrence relies on never countenancing such humanity. Even speaking it makes the system of deterrence vulnerable.

"With time after a nuclear war all present day knowledge will be gone, including the knowledge that the enemy was not North Korea, Russia, America, China, Iran, or anyone else vilified as a nation or a group," Jacobsen concludes. "It was the nuclear weapons that were the enemy of us all, all along." ■

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



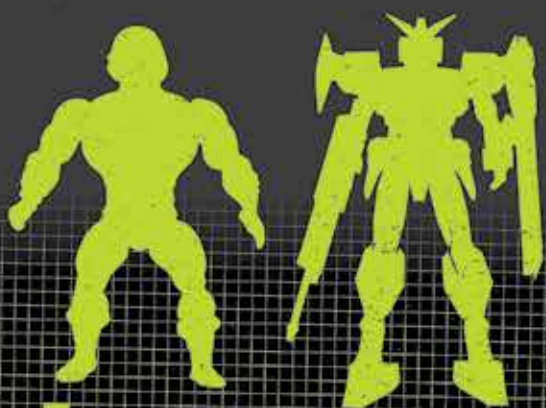
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COMING UP

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



Photo courtesy of Big Grove Vinyl Market

BIG GROVE VINYL MARKET

**Big Grove Brewery,
555 17th St., Des Moines
www.biggrove.com
May 5**

Noon to 4 p.m. Big Grove will host the Big Grove Vinyl Market. Six vinyl record vendors will be on hand selling thousands of vinyl records, CDs and memorabilia with nearly all genres of music on display.

ANKENY ART FESTIVAL

**Uptown Ankeny, Third Street
and Walnut Street, Ankeny
[www.ankenyartcenter.org/
artfestival2024](http://www.ankenyartcenter.org/artfestival2024)
May 11**

Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

VALLEY JUNCTION ARTS FESTIVAL

**100-200 Blocks of Fifth
Street, West Des Moines
[www.valleyjunction.com/
valley-junction-events/
valley-junction-arts-festival](http://www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival)
May 19**

Live entertainment, art activities and artists' demonstrations from 10 a.m. to 4 p.m. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.

DES MOINES PERFORMING ARTS

**Des Moines Civic Center, Cowles
Commons, Stoner Theater,
221 Walnut St., Des Moines
www.dmpa.org**

- May 18: The Peking Acrobats
- May 19: Josh Gates LIVE!

GREENBELT MUSIC FESTIVAL

**Horizon Events Center,
2100 N.W. 100th St., Clive
horizoneventscenter.com
May 17-18**

This music festival returns to the Horizon Events Center with double-digit musical acts to fill your weekend, starting Friday at 3 p.m. and going till Saturday at 11 p.m. Kids 12 and younger enter for free.

IOWA CUBS

**Principal Park, 1 Line Drive, Des Moines
www.iowacubs.com**

Affiliated with the MLB's Chicago Cubs, our very own minor league baseball team has been around since 1969 and was originally known as the Iowa Oaks. Cheer on the Cubs all summer through September with fireworks during Friday home games plus the Fourth of July. Home games in May:

- May 3 at 7:08 p.m. vs. Omaha
- May 4 at 3:08 p.m. vs. Omaha
- May 5 at 1:08 p.m. vs. Omaha
- May 7 at 6:38 p.m. vs. Columbus
- May 8 at 12:08 p.m. vs. Columbus
- May 9 at 12:08 p.m. vs. Columbus
- May 10 at 7:08 p.m. vs. Columbus
- May 11 at 6:08 p.m. vs. Columbus
- May 12 at 1:08 p.m. vs. Columbus
- May 21 at 6:38 p.m. vs. Indianapolis
- May 22 at 12:08 p.m. vs. Indianapolis
- May 23 at 6:38 p.m. vs. Indianapolis
- May 24 at 7:08 p.m. vs. Indianapolis
- May 25 at 6:08 p.m. vs. Indianapolis
- May 26 at 1:08 p.m. vs. Indianapolis

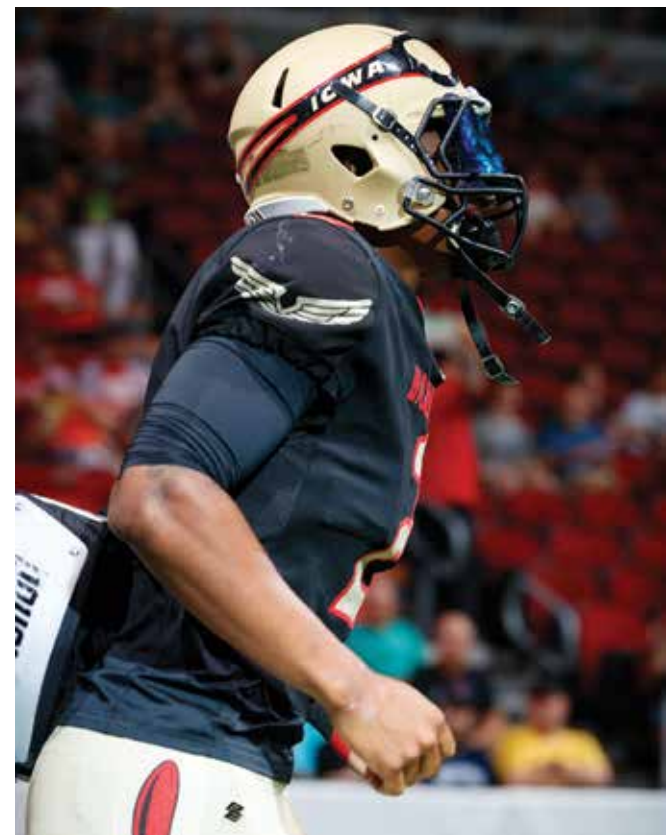


Photo courtesy of Picture Iowa

IOWA BARNSTORMERS

**Wells Fargo Arena,
730 Third St., Des Moines
www.theiowabarnstormers.com**

Iowa's professional indoor football team led by Head Coach Dave Mogensen plays its home games at "The Well." Home games in May:

- May 4 at 7:05 p.m. vs. Quad City Steamwheelers
- May 11 at 7:05 p.m. vs. Massachusetts Pirates
- May 24 7:05 p.m. vs. Green Bay Blizzard



Photo courtesy of Iowa Cubs

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo Courtesy of Blank Park Zoo

GATORS ON THE GREEN

Legacy Golf Club, 400 Legacy Parkway, Norwalk
www.blankparkzoo.com

May 14

The Blank Park Zoo's annual golf tournament helps raise funds for endangered animals. Shotgun start at 10 a.m.

DEMICON

Holiday Inn and Suites,
4800 Merle Hay Road,
Urbandale
demicon.org
May 3-5

Des Moines' longest running science fiction and fantasy convention. With several special guests, authors, artists and an art show. For people specifically interested in cosplay, the formal masquerade competition is Saturday night from 8-10 p.m. An informal "Hall Costume Contest" will be held Friday from 9 p.m. to midnight.



STRAWBERRY PICKING

Center Grove Orchard,
32835 610th Ave., Cambridge
www.centergroveorchard.com

May 25

Gather strawberries for some homemade jam, a strawberry pie, or whatever your heart may desire.

CELEBRASIAN

Western Gateway Park,
1205 Locust St., Des Moines
www.iowaasianalliance.com
May 24-25

A weekend of Asian cuisine, music and entertainment. Vendors and performers will fill the area with an authentic celebration of Asian culture.



Photo courtesy of Iowa Asian Alliance

DES MOINES MENACE

Valley Stadium, 4440 Mills Civic Parkway,
West Des Moines
www.menacesoccer.com

One of the nation's best semi-professional soccer organizations, the Menace celebrate their 30th season this year. Home games in May:

- May 11 at 7 p.m. vs. Peoria City
- May 25 at 7 p.m. vs. Chicago City SC at Mediacom Stadium



Photo courtesy of Hoyt Sherman Place

JOHN CRIST

Hoyt Sherman Place,
1501 Woodland Ave., Des Moines
www.hoytsherman.org

May 18

Comedian John Crist has performed his varying social media characters alongside his expert joke telling all over the world. Starting at 7 p.m.



Photo courtesy of Des Moines Con

DES MOINES CON

Hy-Vee Hall at Iowa Events Center,
730 Third St., Des Moines
May 31 - June 2

A celebration of all things nerdy. From Marvel to Star Wars to LEGOs and around the universe and back, this con has you covered. ■

SUMMER ARTS & ENTERTAINMENT

GUIDE

Our guide to summertime fun, from festivals to sports, concerts, art exhibits, stage productions and more.

Bluebeards Castle at the DMMO captures the beauty of their performances. Photo by Duane Tinkey

By Cyote Williams

The sun is shining, the flowers are blooming — and the cicadas are coming. But that won't stop us, and it shouldn't stop you, from enjoying the seemingly endless entertainment that graces central Iowa during its warmest months. Artwork from the world-renowned to the area's brightest up and coming talents. From Broadway shows

to community theaters. Symphonies to singers. Cracks of the bat to thoroughbreds and racecars rounding curves. CITYVIEW's events section details the best community celebrations, farmers markets, skillet throws and conventions for most every interest. We have it here in one place to help you make summer 2024 unforgettable.

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

ART

FROM THE BRIGHT AND BEAUTIFUL TO EXPERIMENTAL AND THOUGHT PROVOKING — FROM LOCAL TO INTERNATIONAL ARTISTIC MINDS

ANKENY ART FESTIVAL

Uptown Ankeny, Third Street and Walnut Street, Ankeny

www.ankenyartcenter.org/artfestival2024

May 11: Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

VALLEY JUNCTION ARTS FESTIVAL

100-200 blocks of Fifth Street, West Des Moines

www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

May 19: Going from 10 a.m. to 4 p.m. Enjoy live entertainment, art activities and artist demonstrations. Refreshments will be available from several food vendors, and several Valley Junction stores will be open during the festival.

DES MOINES ART CENTER

4700 Grand Ave., Des Moines
www.desmoinesartcenter.org

Through May 12: “State of Becoming” by Miatta Kawinzi

June 9 - Sept. 22: “Hurricane Season” by Deborah Jack

ANKENY ART CENTER

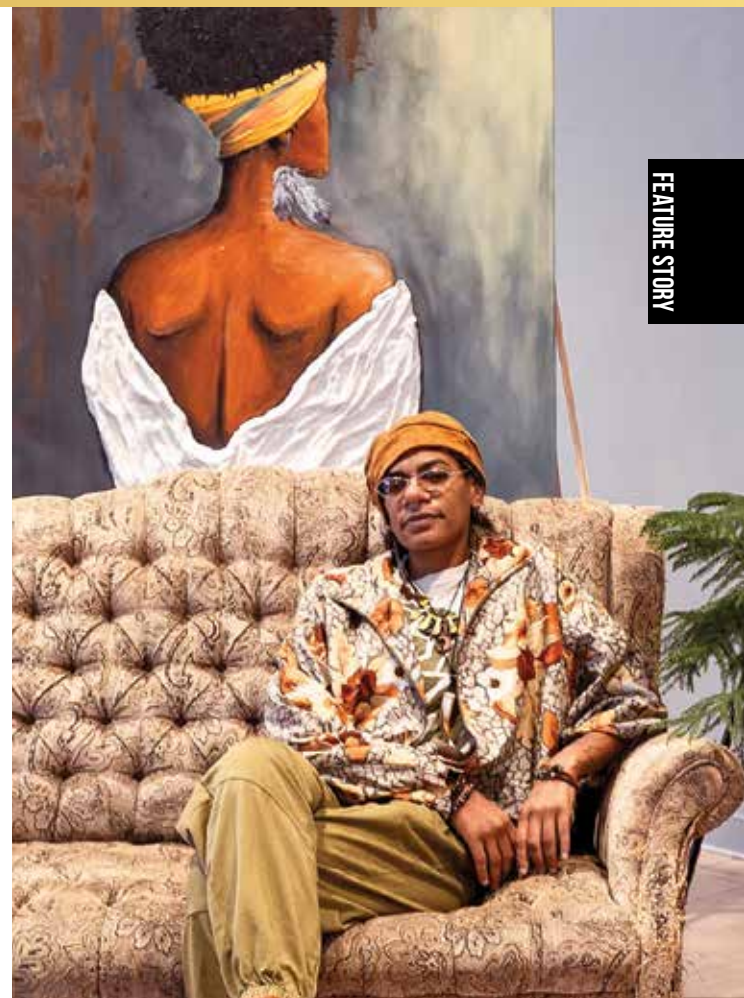
1520 S.W. Ordnance Road, Ankeny
www.ankenyartcenter.org

May 28 - July 24: Tracy Ingham displays primarily oils and oil pastel paintings.

May 28 - July 24: Troy Cannon shows 20 original works of wild animals.

July 31 - Sept. 24: Seso Marentes “explores the intersections of identity, culture and home through art.”

July 31 - Sept. 24: Jonah Haug specializes in mixed media art and graphic design.



Mainframe Studios artist Indigo Moore. Photo courtesy of Mainframe Studios

FEATURE STORY



Beautiful, The Carole King Musical, 2023-24 Season



Dragons Love Tacos, 2023-24 Season

2024-25 SEASON SUBSCRIPTIONS ON SALE NOW!

Ivy+Bean, 2023-24 Season

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Ivy + Bean
The Musical
May 3-12, 2024

COMING SOON
The Play
That Goes Wrong
May 31-June 16, 2024

School of Rock
The Musical
July 12-July 28, 2024

CLASSES
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Starting Soon!

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MAINFRAME STUDIOS

900 Keosauqua Way, Des Moines
www.mainframestudios.org

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

May: City Sounds and ArtForce Iowa

June: Iowa Artists

July: Vivé! Latino Art

August: Photography

September: Fashion

DES MOINES ART WEEK

www.artweekdesmoines.com

June 9-15: Des Moines Art Week is back and celebrating a decade of showcasing many local artists across several neighborhoods in the metro.

ANDERSON GALLERY

Harmon Fine Arts Center, 1310 25th St., Des Moines
andersongallery.wp.drake.edu

May 2-18: BFA Thesis Exhibition

Sept. 5 - Oct. 20: Ken Buhler and Kim Uchiyama

OLSON-LARSEN GALLERIES

542 Fifth St., West Des Moines
olsonlarsen.com

Through May 25: "Another Side of the Story"

May 31 - July 20: Annual Landscape Show 2024



Des Moines Art Week takes over the city at multiple locations to celebrate local artwork. Photo courtesy of Des Moines Art Week

MOBERG GALLERY

2411 Grand Ave., Des Moines
moberggallery.com

May 10: Linda Colletta

June 14: Sarah Grant

Aug. 9: Chuck Hipsher

Sept. 13: Teo Nguyen

POLK COUNTY HERITAGE GALLERY

Polk County Administration Building, 111 Court Ave., Des Moines
polkcountyheritagegallery.org

Through June 21: Rick Miller Retrospective
"Finding My Voice"

June 27 - Aug. 15: Iowa Exhibited 2024 - Annual Juried Show



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Ankeny Art Center

Arts

20
24

Festival

Saturday, May 11th, 2024

10am - 4pm

Along 3rd and Walnut Streets in Uptown Ankeny

Join us for a fun-filled day of art, demonstrations, shopping, food, live music and more!

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www.actorsinc.org

June 13-15, 21-22, 28-30: "Sister Act"

ANKENY COMMUNITY THEATRE

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

June 9-17: Edward Albee's "Who's Afraid of Virginia Woolf"

Aug. 2-11: "Vanya and Sonya and Masha and Spike"

CAROUSEL THEATRE OF INDIANOLA

Indianola High School Auditorium, 1304 E. First Ave.,
Indianola

www.carouseltheatre.org

Weekends: July 19-28: "Urinetown"



A performance of Cinderella from CAP's previous season. Photo courtesy of Class Act Productions

FEATURE STORY

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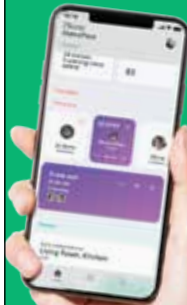
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www.captheatre.org

Weekends from May 24 through June: “Disney’s Frozen JR”

DES MOINES METRO OPERA

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

June 28, 30, July 5, 14, 16, 20: “The Barber of Seville”

June 29, July 7, 13, 19: “Salome”

July 6, 12, 17, 21: “Pelléas & Mélisande”

July 13, 18, 19: “American Apollo”

DES MOINES PERFORMING ARTS

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

May 18: The Peking Acrobats

May 19: Josh Gates LIVE!

June 20-23: STOMP

Aug. 20 - Sept. 1: “Moulin Rouge”

DES MOINES PLAYHOUSE

831 42nd St., Des Moines
www.dmpplayhouse.com

May 31-June 16, Wednesdays through Saturdays: “The Play That Goes Wrong”

July 12-28, Wednesdays through Saturdays: “School Of Rock - The Musical”

DES MOINES YOUNG ARTISTS’ THEATRE

Various venues
www.dmyat.org

Through May 5: “Squirrel Girl Goes To College”

Through May 5: “Hammered: A Thor & Loki Play”

July 19-28: “The Prom”

DMACC ANKENY THEATRE

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

July 19-20, 25-27: Summer Short Shakespeare ’24 – “As You Like It”

IOWA STAGE THEATRE COMPANY

Stoner Theatre, 221 Walnut St., Des Moines
www.iowastage.org

June 7-16: “Melancholy Play: A Chamber Musical”

TALLGRASS THEATRE COMPANY

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

May 3-5: “The Good Doctor”

June 13-15: “Camelot”

URBANDALE COMMUNITY THEATRE

Urbandale High School Performing Arts Center, 7111 N.W. Aurora Ave.,
 Urbandale
www.urbandaletheatre.com

July 26-28, Aug. 2-4: “The Wizard Of Oz”



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 Between Hickman & Douglas on 100th St. (515) 270-1133 fb @amishhausfurniture



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MAY

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

HOME AWAY FIREWORKS

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LIVE MUSIC

FROM SYMPHONIES TO SINGING, FESTIVALS TO INTIMATE VENUES, MUSIC FANS REJOICE FOR CENTRAL IOWA'S OPTIONS THIS SUMMER.

DES MOINES CIVIC CENTER

221 Walnut St., Des Moines
dmpa.org

June 1: Los Tigres Del Norte

DES MOINES SYMPHONY

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

May 11-12: Season Finale: (Re)Discover the Ode to Joy

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines
hoytsherman.org

June 13: Samara Joy at 7:30 p.m.

June 28: Mat Kearney: Headlights Home Tour at 7:30 p.m.

July 2: Little Feat: Can't Be Satisfied Tour at 7:30 p.m.

July 3: Mike Campbell & The Dirty Knobs at 7:30 p.m.

July 31: Steve Earle: Alone Again at 7:30 p.m.

Aug. 13: Graham Nash: More Evenings Of Songs And Stories at 7:30 p.m.

Sept. 25: Intocable: 30th Aniversario Tour 2024 at 8 p.m.

NOCE

1326 Walnut St. No. 100, Des Moines
noceds.com

May 3: Gabriel Espinosa's Ashanti at 7 p.m.

May 4: Follies: A Night Of Broadway with Napoleon Douglas at 7 p.m.

May 4: Standard Time with Max Wellman at 9 p.m.

May 8: The Des Moines Big Band at 7 p.m.

May 9: Jazz On The House at 7 p.m.

May 10: An Album Release with Chicago Vocalist Alyssa Allgood at 7 p.m.

May 11: The Blake Shaw (Birthday) Big(ish) Band at 7 p.m.

May 15: The Des Moines Big Band at 7 p.m.

May 16: Jazz On The House with The Dirk Quinn Band at 7 p.m.

May 17: Fly Me To The Moon: The Max Wellman Big Band plays Sinatra and more at 7 p.m.

May 18: Damoni Phillips with Organist Mitch Towne and Percussionist Ernie Adams at 7 p.m.

May 22: The Des Moines Big Band at 7 p.m.

May 23: Jazz On The House with Guitarist Jack Curis and Co. at 7 p.m.

May 24: Steve Berry and Gina Gedler sing the music of Burt Bacharach at 7 p.m.

May 25: Napoleon Douglas with the Nate Sparks Big Band at 7 p.m.

May 29: The Des Moines Big Band Season Finale at 7 p.m.

May 30: Jazz On The House with Vocalist Lauren Vilmain at 7 p.m.

May 31: Salsa Night with Son Peruchos at 7 p.m.



Intocable will be performing at Hoyt Sherman Place on Sept. 25. Photo courtesy of Hoyt Sherman Place

WELLS FARGO ARENA

223 Center St., Des Moines
iowaeventscenter.com

May 14: Disturbed at 6:30 p.m.

May 17: Cody Johnson at 7:30 p.m.

June 27: Parker McCollum - Burn It Down Tour at 7:30 p.m.

Aug. 1: Barry Manilow at 7 p.m.

Aug. 19: Five Finger Death at 6:30 p.m.

Aug. 24: Luke Bryan at 7 p.m.

Sept. 13: Cage The Elephant at 6:30 p.m.

SHESLOW AUDITORIUM

2507 University Ave., Des Moines
calendar.drake.edu/sheslow_auditorium

May 2: Underrepresented Composers Recital at 7:30 p.m.

May 3: Joint Recital: Tristyn Oberender and Nolan Larsen at 7:30 p.m.

May 4: Senior Recital: Zac Curtis at 7:30 p.m.

May 5: Drake Choirs: Eric Barnum, conductor, at 3 p.m.

May 6: Woodwind Chamber Music Recital at 7:30 p.m.

May 8: New Music Concert at 7:30 p.m.

May 9: Drake Symphony Orchestra: Héctor Agüero, conductor, at 7:30 p.m.

IOWA STATE FAIR GRANDSTAND

Iowa State Fairgrounds 3000 E. Grand Ave., Des Moines
iowastatefair.org/entertainment/grandstand

Aug. 8: Lauren Daigle at 8 p.m.

Aug. 9: Foreigner: Historic Farewell Tour at 8 p.m.

Aug. 10: Jelly Roll at 8 p.m.

Aug. 11: Greta Van Fleet Starcatcher World Tour at 8 p.m.

Aug. 12: Brett Young at 8 p.m.

Aug. 13: Thomas Rhett at 8 p.m.

Aug. 14: Mötley Crüe at 8 p.m.

Aug. 16: The Avett Brothers at 8 p.m.

Aug. 17: Ne-Yo at 8 p.m.

Aug. 18: Kidz Bop at 6 p.m.

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LEFTY'S LIVE MUSIC

2307 University Ave., Des Moines

www.leftyslivemusic.com

Every Monday: Lefty's Manic Monday Open Jam Night at 8 p.m.

May 3: Ryze Up Tour! Featuring Ryze Hendricks at 7 p.m.

May 11: FLAW at 6 p.m.

May 15: Snuffed On Sight at 5 p.m.

May 18: Exhumed, Skeletal Remains, Morbikon, Upon Stone, Traffic Death at 5 p.m.

May 25: SOULCAGE with Dirty Blond, Parabola and The Crust at 5 p.m.

May 25: Lower Automation, Moon Summoner, Duo Beat and Suttee at 9 p.m.

May 27: Filth with Second Death, Inferious, Snake Father and Exiled at 5 p.m.

May 28: The Black Moods 6:30 p.m.

May 29: ATTLILA with Traitors, Not Enough Space, The Curse Of Hail and Calous at 5:30 p.m.

June 22: Corrupted Summer Dayz – Vol. 4 at 9 p.m.

June 28: SUPERSUCKERS with The Rumours, Jacob County & The Damaged Goods and Attacked By Badgers at 6 p.m.

July 3: Hillbilly Casino + Sasquatch And The Sick-A-Billys at 6 p.m.



Woolly's intimate venue helps provide an exciting concert experience. Photo by Noah Whitley

WOOLLY'S

504 E. Locust St., Des Moines

firstfleetconcerts.com/first-fleet-venues/woollys

May 4: Emo Nite at 10 p.m.

May 7: Blind Guardian - The God Machine Tour at 8 p.m.

May 9: Emery & The Almost at 7 p.m.

May 10: Adam Doleac - Wrong Side of a Sunrise Tour at 7 p.m.

May 14: Hawthorne Heights: Behind The Tears at 7 p.m.

May 15: Microwave at 7 p.m.

May 17: B.Well at 8 p.m.

May 18: Symphony X at 8 p.m.

May 19: X Ambassadors - Townie: North American Tour at 7:30 p.m.

May 20: Maddie Zahm at 7 p.m.

May 21: Southall at 7 p.m.

May 23: Dying Fetus at 8 p.m.

May 29: Bodysnatcher & Spite at 7 p.m.

June 5: Medium Build at 8 p.m.

June 6: Molly Tuttle & Golden Highway at 7 p.m.

June 11: Sebastian Bach at 8 p.m.

June 21: Arrows In Action at 7:30 p.m.

June 22: The Menzingers at 7 p.m.

July 16: Citizen Soldier at 7:30 p.m.

July 19: Wilderado at 8 p.m.

July 23: Bowling For Soup at 7 p.m.

Aug. 8: Old 97s at 7 p.m.

WATERWORKS PARK

Lauridsen Amphitheater, 2251 George Flagg Parkway
dsmwaterworkspark.com

- May 11:** An Evening with CAKE at 8 p.m.
- May 25:** Willie Nelson & Family at 7 p.m.
- June 11:** Robert Plant & Alison Krauss with JD McPherson at 7 p.m.
- June 13:** Jon Pardi with Carter Faith at 6:30 p.m.
- June 21:** REO Speedwagon with Night Ranger at 6:30 p.m.
- July 11:** Brantley Gilbert at 6:30 p.m.



xBK's consistently booked venue gives music fans plenty of chances to attend. Photo by Blythe Ennis

XBK

1159 24th St., Des Moines
xbklive.com

- May 3:** Bad Bad Habits at 7 p.m.
- May 4:** FlashForce University Graduation Show at 7 p.m.
- May 8:** Wild Party with Fox Royale at 7 p.m.
- May 9:** John R. Miller at 6 p.m.
- May 10:** IPR All Access Live Featuring The Claudettes at 7 p.m.
- May 11:** Run Wilson at 7 p.m.
- May 12:** Humbrid and Weary Ramblers at 6 p.m.
- May 13:** Alexz Johnson with Sam Ness at 7 p.m.
- May 14:** 12 RODS with The Book of Bugs at 7 p.m.
- May 15:** The Inspector Cluzo with The Messenger Birds at 6 p.m.
- May 16:** Panic! at the Burlesque Vol. 3 at 7 p.m.
- May 17:** Southern Culture on the Skids at 7 p.m.
- May 18:** Jesse Daniel with special guest Alex Williams at 6 p.m.
- May 19:** Charlie Parr with Samuel Locke Ward at 6 p.m.
- May 20:** Monday Night Live does MNL! Season Wrap Party at 6 p.m.
- May 21:** Havok and Exmortus at 6 p.m.
- May 23:** Molly Brandt and Reilly Downes & The Acid Cowboys at 7 p.m.
- May 24:** Traffic Death, Druids, Electric Assault, Lurking Corpses at 7 p.m.
- May 25:** Southbound at 6 p.m.
- May 28:** Social Cinema at 6 p.m.
- May 29:** Melt-Banana with BabyBaby_Explores at 6:30 p.m.
- May 30:** Lisa Mann and Avey Grouws Band at 6 p.m.
- May 31:** BYOBrass with The Swallowtails at 7 p.m.
- June 9:** Sarah Tonin, 28 Days Later, Quinn Trilk at 5 p.m.

See you at the ...

VALLEY JUNCTION

Farmers Market

THURSDAYS 4-8PM

Over 80 produce, baked goods, arts & crafts vendors, & food trucks
5th Street, West Des Moines

UPCOMING SPECIAL EVENTS

- 5.4** CINCO DE MAYO FESTIVAL
- 5.19** VALLEY JUNCTION ARTS FESTIVAL
- 6.23** VINTAGE IN THE VALLEY



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VALLEYJUNCTION.COM/EVENTS

EVERY THURSDAY 5:00PM-8:30PM

In the Beer Garden of Valley Junction Farmers Market • Railroad Park, West Des Moines

- | | |
|-------------------------------------|-------------------------------|
| 5/2 - Rivieras | 7/11 - The Get Down |
| 5/9 - Cory Waller & the Wicked Ones | 7/18 - Ronley King Blues band |
| 5/16 - Black Diamond Loons | 7/25 - Kinda Petty Band |
| 5/23 - Brother Trucker | 8/1 - Standing Hampton |
| 5/30 - Other Brothers | 8/8 - The Unfortunate Sons |
| 6/6 - Buckmiller Schwager Band | 8/15 - Three on the Tree |
| 6/13 - Simply Seger | 8/22 - Echos V |
| 6/20 - Molly Nova & the Hawks | 8/29 - Recoil |
| 6/27 - Gut Feeling | 9/5 - Sons of Gladys Kravits |
| 7/4 - NO EVENT | 9/12 - Get Off My Lawn |
| | 9/19 - Jana West & Retrospect |
| | 9/26 - The Punching Pandas |



PRESENTED BY West Bank

June 13: Kevin Burt & Big Medicine featuring Ken Valdez at 6 p.m.

June 25: Oliver Hazard at 6 p.m.

June 27: Nolan Taylor at 6 p.m.

June 28: Parranderos Latin Combo at 7 p.m.

July 13: Mountain Grass Unit at 6 p.m.

July 19: Modern Life Is War at 7 p.m.

July 24: An Evening with Stick Men at 7 p.m.

Aug. 18: The Motown Songbook featuring The Finesse at 6 p.m.

Sept. 7: Gurnfest: Day 2 at 5 p.m.

Sept. 17: Six Organs of Admittance at 6 p.m.

VIBRANT MUSIC HALL

2938 Grand Prairie Parkway, Waukee
www.vibrantmusichall.com

May 3: Megan Moroney - The Lucky 2.0 Tour with Logan Crosby at 6 p.m.

May 7: Lazer 103.3 presents Staind The Tailgate Tour with Seether at 5 p.m.

May 14: Sleep Token: The Teeth Of God Tour at 8 p.m.

May 18: Chicago at 8 p.m.

May 31: Riley Green: Ain't My Last Rodeo Tour at 7:30 p.m.

June 4: T-Pain's Mansion in Wiscansin Party at 6:30 p.m.

June 8: Bailey Zimmerman: Religiously. The Tour. at 6 p.m.

June 18: Excision: Nexus Tour at 7:15 p.m.

June 23: Pixies and Modest Mouse with Cat Power at 6:30 p.m.

July 7: The Kid Laroi First Time Tour at 7:30 p.m.

Aug. 2: Counting Crows at 7:30 p.m.

Aug. 20: The Smashing Pumpkins: The World Is A Vampire Tour at 7:30 p.m.

Sept. 15: An Evening With Goose at 7:30 p.m.

Sept. 29: Marcus King: Mood Swings The World Tour at 8 p.m.

DES MOINES BOTANICAL GARDEN

909 Robert D. Ray Drive, Des Moines
www.dmbotanicalgarden.com

Thursdays, June 6 - Aug. 29: Summer Concert Series. The Botanical Garden's summer music series. Enjoy the best parts of the Garden, music, family, food and the warm summer weather. Performers TBA.

DES MOINES METRO OPERA

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

June 1: Apprentice Spotlight Concert

July 20: 2024 Stars of Tomorrow Concert

JASPER WINERY

2400 George Flagg Parkway, Des Moines
www.jasperwinery.com

When the warm weather rolls in, Jasper Winery welcomes all for their Summer Concert Series, occurring Thursdays from 6-9 p.m., May through August. Bring your lawn chair, listening ears, appetites and thirst, all will be quenched.

May 9: Brother Trucker

May 16: Brian Herrin Band

May 23: Dueling Guitars

May 30: Dirty Rotten Scoundrels

June 6: Pianopalooze Band

June 13: Decoy

June 20: The Nadas

June 27: Damon Dotson Band

July 11: Funk Trek & Mind@Large

July 18: Rhino

July 25: Dazy Head Mazy

Aug. 1: Not Quite Brothers

MUSIC FESTIVALS

GREENBELT MUSIC FESTIVAL

May 17-18

Horizon Events Center, 2100 N.W. 100th St., Clive
horizoneventscenter.com

This music festival returns to the Horizon Events Center with double digit musical acts to fill your weekend, starting Friday at 3 p.m. and going until Saturday at 11 p.m. Kids 12 and younger enter for free.

HINTERLAND

Aug. 2-4

Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles
www.hinterlandiowa.com

Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike.

Aug. 2: Hozier

Aug. 3: Vampire Weekend

Aug. 4: Noah Kahan



Photo courtesy of Dronography Iowa

THE RUCKUS

June 7-8

Adventureland Park, 305 34th Ave. N.W., Altoona
Formerly known as River Ruckus, The Ruckus is moving from its longtime venue in Guthrie Center to Adventureland Park in Altoona. A new location, but the same great country music performances. Chris Young, Brian Kelley, Maddie & Tae, Redferrin, Jake Owen, Russell Dickerson, Lauren Alaina and Drew Green.

80/35

July 12-13

Water Works Park, 2201 George Flagg Parkway, Des Moines

80/35 is moving out of downtown and into Water Works Park. The new location allows the festival to include camping for the first time.

Headliners: Killer Mike and OK go.

BRIAR PATCH AMPHITHEATER FESTIVALS

2103 Warren Ave., Bevington

June 14-15: Bevington Bluegrass Festival. Two full days of bluegrass music appreciation, featuring Whiskey Mash Band, Front Porch, MoonShroom, Springfield, Danny Spain Gang, Alleygrass and Black Dirt Ramblers

Aug. 2-3: Jerry Daze. More music in the small but special amphitheater, with performances by Winterland, Midwest Dead Coalition, Springfield, Fancy Pants, Knuckle, Erf and Midwest Dead Coalition.

SPORTS

LOCAL ATHLETES TRY TO ETCH THEIR NAMES IN THE RECORD BOOKS AT IHSAA AND IGHS AU CHAMPIONSHIPS WHILE SOME OF THE NEXT BEST PROFESSIONALS HONE THEIR SKILLS.

IHSAA & IGHS AU FINALS

Various dates/locations

www.iahssaa.org & www.ighsau.org

The best athletes from their respective sports will compete this summer in hopes of writing their names into their schools' history books.

May 16-18: Boys and girls track and field state championships, Drake stadium

May 18, 20, 24-25, 29: Girls tennis state tournaments, singles and team, various locations

May 20-21: Boys golf state tournament, Otter Creek Golf Course

May 21-22, 30-31: Boys tennis state tournament, various locations

May 23-24: Girls golf state tournament, various locations

May 28, 30, June 1: Girls soccer state tournament, Cownie Sports Complex, Des Moines

May 29, 31, June 1: Boys soccer state tournament, Cownie Sports Complex, Des Moines

July 22-26: Boys baseball state tournament, Veterans Memorial Stadium, Cedar Rapids

July 22-26: Girls softball state tournament, Harlan Rogers Sports Complex, Fort Dodge

IOWA CUBS

Principal Park, 1 Line Drive, Des Moines

www.iowacubs.com

Affiliated with the MLB's Chicago Cubs, our very own minor league baseball team has been around since 1969, originally known as the Iowa Oaks. Cheer on the Cubs all summer through September, with fireworks at Friday home games and the Fourth of July. Remaining home games this season:

May 3 at 7:08 p.m. vs. Omaha

May 4 at 3:08 p.m. vs. Omaha

May 5 at 1:08 p.m. vs. Omaha

May 7 at 6:38 p.m. vs. Columbus

May 8 at 12:08 p.m. vs. Columbus

May 9 at 12:08 p.m. vs. Columbus

May 10 at 7:08 p.m. vs. Columbus

May 11 at 6:08 p.m. vs. Columbus

May 12 at 1:08 p.m. vs. Columbus

May 21 at 6:38 p.m. vs. Indianapolis

May 22 at 12:08 p.m. vs. Indianapolis

May 23 at 6:38 p.m. vs. Indianapolis



DES MOINES METRO OPERA

THE BARBER OF SEVILLE

2024 FESTIVAL SEASON / JUNE 28 - JULY 21

ROSSINI **THE BARBER OF SEVILLE**
R. STRAUSS **SALOME**
DEBUSSY **PELLÉAS & MÉLISANDE**
GETER/PALMER **AMERICAN APOLLO**



TICKETS START AT \$30
TO ORDER: dmmo.org or (515) 209-3257



With some of the best young talent in baseball in the Cubs' farm system, there will be plenty of chances to see the game's next stars at Principal Park. Photo courtesy of Iowa Cubs

May 24 at 7:08 p.m. vs. Indianapolis
May 25 at 6:08 p.m. vs. Indianapolis
May 26 at 1:08 p.m. vs. Indianapolis
June 4 at 6:38 p.m. vs. Toledo
June 5 at 12:08 p.m. vs. Toledo
June 6 at 6:38 p.m. vs. Toledo
June 7 at 7:08 p.m. vs. Toledo
June 8 at 6:08 p.m. vs. Toledo
June 9 at 1:08 p.m. vs. Toledo
June 25 at 6:38 p.m. vs. St. Paul
June 26 at 12:08 p.m. vs. St. Paul
June 27 at 6:38 p.m. vs. St. Paul
June 28 at 7:08 p.m. vs. St. Paul
June 29 at 6:08 p.m. vs. St. Paul
June 30 at 1:08 p.m. vs. St. Paul
July 4 at 7:08 p.m. vs. Omaha
July 5 at 7:08 p.m. vs. Omaha
July 6 at 6:08 p.m. vs. Omaha
July 23 at 6:38 p.m. vs. Indianapolis
July 24 at 12:08 p.m. vs. Indianapolis
July 25 at 6:38 p.m. vs. Indianapolis
July 26 at 7:08 p.m. vs. Indianapolis
July 27 at 6:08 p.m. vs. Indianapolis
July 28 at 1:08 p.m. vs. Indianapolis

July 30 at 6:38 p.m. vs. St. Paul
July 31 at 12:08 p.m. vs. St. Paul
Aug. 1 at 6:38 p.m. vs. St. Paul
Aug. 2 at 7:08 p.m. vs. St. Paul
Aug. 3 at 6:08 p.m. vs. St. Paul
Aug. 4 at 1:08 p.m. vs. St. Paul
Aug. 13 at 1:08 p.m. vs. Columbus
Aug. 14 at 12:08 p.m. vs. Columbus
Aug. 15 at 6:38 p.m. vs. Columbus
Aug. 16 at 7:08 p.m. vs. Columbus
Aug. 17 at 6:08 p.m. vs. Columbus
Aug. 18 at 1:08 p.m. vs. Columbus
Aug. 27 at 6:38 p.m. vs. Memphis
Aug. 28 at 12:08 p.m. vs. Memphis
Aug. 29 at 6:38 p.m. vs. Memphis
Aug. 30 at 7:08 p.m. vs. Memphis
Aug. 31 at 6:08 p.m. vs. Memphis
Sept. 1 at 1:08 p.m. vs. Memphis
Sept. 10 at 6:38 p.m. vs. Louisville
Sept. 11 at 12:08 p.m. vs. Louisville
Sept. 12 at 6:38 p.m. vs. Louisville
Sept. 13 at 7:08 p.m. vs. Louisville
Sept. 14 at 6:08 p.m. vs. Louisville
Sept. 15 at 1:08 p.m. vs. Louisville

IOWA BARNSTORMERS

Wells Fargo Arena, 730 Third St., Des Moines
www.theiowabarnstormers.com

Iowa's professional indoor football team led by Head Coach Dave Mogensen plays its home games at "The Well." This season's remaining home games:

May 4 at 7:05 p.m. vs. Quad City Steamwheelers
May 11 at 7:05 p.m. vs. Massachusetts Pirates
May 24 at 7:05 p.m. vs. Green Bay Blizzard
June 15 at 7:05 p.m. vs. Quad City Steamwheelers
June 22 at 7:05 p.m. vs. Tulsa Oilers
July 6 at 7:05 p.m. vs. Jacksonville Sharks
July 13 at 7:05 p.m. vs. Sioux Falls Storm

DES MOINES MENACE

Valley Stadium, 4440 Mills Civic Parkway,
 West Des Moines
www.menacesoccer.com

One of the nation's best semi-professional soccer organizations, the Menace celebrate their 30th season this year. This season's home games:

May 11 at 7 p.m. vs. Peoria City
May 25 at 7 p.m. vs. Chicago City SC, played at Mediacom Stadium, 1427-1483 25th St., Des Moines

June 15 at 7 p.m. vs. St. Charles FC
June 22 at 7 p.m. vs. Sueno FC
June 29 at 7 p.m. vs. River Light FC
July 13 at 7 p.m. vs. Chicago Dutch Lions

PRAIRIE MEADOWS

1 Prairie Meadows Drive, Altoona
www.prairiemeadows.com

Along with its impressive gambling and entertainment options, Prairie Meadows offers live and simulcast horse racing. Pick your winner and cross your fingers.

Weekends, May 10 through Sept. 28: Live thoroughbred and quarter horse racing

July 5-6: Festival of Racing

Aug 16-18: Regional Challenge

Sept 27: Quarter horse championships

Sept. 28: Iowa Classic

KNOXVILLE RACEWAY

Marion County Fairgrounds, 1000 N. Lincoln, Knoxville
www.knoxvillraceway.com

Originally used for horse racing, the Knoxville Raceway now hosts a different type of sport: sprint

car racing. Join more than 200,000 fans each year and visit the "Sprint Car Capital of the World" at racing events scheduled on most weekends or at one of the major events below:

Saturdays in May, 4, 11, 18, 25: Knoxville Championship Series

Saturdays in June, 1, 8, 15, 29: Knoxville Championship Series

Saturdays in July, 6, 13, 20, 27: Knoxville Championship Series

July 6: Midseason Championship

Aug. 1-3: 34th annual 360 Knoxville Nationals

Aug. 4: 12th annual Capitani Classic

Aug. 7-10: 63rd annual Knoxville Nationals

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

BOONE SPEEDWAY

1481 223rd Place, Boone
www.raceboone.com

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

Saturdays in May, 4, 11, 18, 25: Saturday night weekly series

Saturdays in June, 1, 8, 15, 22, 29: Saturday night weekly series

July 4: Eve of Destruction

Saturdays in July, 6, 13, 20, 27: Saturday night weekly series

Saturdays in August, 3, 10, 17, 24: Saturday night weekly series

Aug. 24: IMCA Super Nationals tune-up

Aug. 31, Sept. 1-7: 2024 IMCA Speedway Motors Super Nationals

IOWA SPEEDWAY

3333 Rusty Wallace Drive, Newton
www.iowaspeedway.com

The paved track at the Iowa Speedway is 7/8-mile long and entertaining all the way around. For those of you with an RV, bring it to the multi-tiered viewing area situated along the backstretch to watch in style. This season's events include:

June 14-16: Summer NASCAR weekend

June 14: ARCA Menards series race

June 15: NASCAR Xfinity series race

June 16: Iowa Corn 350

July 12-14: Hy-Vee IndyCar race weekend

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SWEAT

SOMETIMES BEATING THE HEAT IS MORE THAN JUST STAYING OUT OF THE SUN, IT'S EMBRACING IT.

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

May 4: 2024 Des Moines Mayor's annual ride. From 10 a.m. to 2 p.m. This ride through the heart of Des Moines will stop at Captain Roys and SingleSpeed. Starting at 1551 E. Martin Luther King, Jr. Parkway, Des Moines. www.dsm.city/departments/parks_and_recreation-division/programs/mayors-annual_ride_and_run.php

May 4-5: Des Moines Women's Half Marathon, 10k, 5k, team relay. Race with a purpose and treat yourself to a glass of wine after (or before, we won't judge). Each race starts and ends at Jasper Winery, 2400 George Flagg Parkway, Des Moines. www.desmoineswomenshalf.com

May 5: Iowa Kidney awareness walk. Walk with thousands of others across the country in support of the National Kidney Foundation. Raccoon River Park, 2500 Grand Ave., West Des Moines. www.kidneywalk.org/iowa

May 11: Race for Hope. After attending the Race for Hope in Washington D.C. in 2012, Des Moines native Nicolas Lovan was inspired to bring the event to Des Moines. All races start at 2201 George Flagg Parkway, Des Moines. runsingup.com/Race/IA/DesMoines/DSMRaceforHope

May 14: Gators on the Green. The Blank Park Zoo's annual golf tournament helps raise funds for endangered animals. Shotgun start at 10 a.m. Legacy Golf Club, 400 Legacy Parkway, Norwalk. www.blankparkzoo.com

May 18: Pigtails Ride. A 48-mile bike ride in one day designed for women along the scenic High Trestle Trail. Starting at 7:30 a.m. at the District at Prairie Trail, S.W. District Drive, Ankeny. <https://iowabicyclecoalition.org>



The 18-mile long Pedal for Paws ride is on "Cat-urday," wear your best "catfit." Photo courtesy of ARL Iowa

May 18-19: Gladiator Assault Challenge. Individuals or teams navigate this extreme obstacle course with some natural and other man-made challenges. Do you have what it takes? Seven Oaks Recreation, 1086 222nd Drive, Boone. www.facebook.com/GladiatorAssault

May 18: Pedal For Paws. The ARL's annual ride to support homeless pets. Multiple stops along the way, starting at 11 a.m. at Captain Roys, 1900 Saylor Road, Des Moines. www.arl-iowa.org/events/eid/1fcb0f640d445c2c/events/pedal-for-paws-2024

May 25: SingleSpeed cruiser 100 ride. From 7 a.m. to 10 p.m., this 100-mile ride is open to all bike riders. Registration is required. There will be many stops along the way, making it ideal for first-time century mile riders. Starting at SingleSpeed Brewing, 303 Scott Ave., Des Moines. bikeiowa.com/Event/15783/singlespeed-cruiser-100-ride

May 29 - June 2: The Principal Charity Classic. With a \$2 million purse up for grabs this year, the award-winning PGA tour event has raised more than \$50 million since 2007. Wakonda Club, 3915 Fleur Drive, Des Moines. www.principalcharityclassic.com

June 1: Dam to DSM Half Marathon. Now in its 45th year, the famous run takes participants from Saylorville Dam to downtown Des Moines. Great views along the way and cold beverages at the finish line are sure to entice any challengers. Starting at Saylorville dam spillway, N.W. 78th Ave., Johnston. www.damtodsm.com

June 15: 10th annual Bacon Ride, Baconritaville. The annual bike ride that takes challengers along the Raccoon River Valley Trail returns with a twist on its name. Try not to "waste away" and make it to the finish line. Starting between 7-10 a.m. at Mickey's Irish Pub, 50 Southeast Laurel St., Waukee. www.facebook.com/baconrideiowa

June 21-23, July 5-7: 2024 TruBank Des Moines Challenge. Avid disc golfers should be aware, the A-tier event welcomes amateur players of all skill levels and age-protected professionals to compete with some of the best in the sport. Various courses. www.desmoineschallenge.com

June 22: Above and Beyond Cancer Ride in the Park. Participate in the nine-hour long ride through Water Works Park or enjoy the live entertainment in the park all day long. From 10 a.m. to 8 p.m. at 2201 George Flagg Parkway, Des Moines. aboveandbeyondcancer.org/upcoming-events/ride-in-the-park

June 29: RipRoar Youth Triathlon. Age ranges from 6-8, 9-11 and 12-15. See if your bouncing-off-the-wall kiddo has what it takes. Gray's Lake, 2100 Fleur Drive, Des Moines. www.riproarevents.com/des-moines#des-moines-iowa-1

July 13: Moonlight Classic. Cruise the streets of downtown Des Moines and nearby trails while raising awareness for children's mental health programs at Orchard Place. Starting at The Iowa Taproom, 215 E. Third St., Suite 100, Des Moines. www.orchardplace.org/moonlight-classic

EVENTS

THE BEST OF THE REST.
FESTIVALS, FARMERS MARKETS,
PARADES, YOU NAME IT,
CENTRAL IOWA'S GOT IT.

FARMERS' MARKETS

Des Moines Farmers' Market

Located in the Historic Court District, it's the largest farmers market in the state and operates every Saturday morning, 7 a.m. to noon, from May to October.

Ankeny Farmers' Market

Operates every Saturday, 8 a.m. to noon, from May through September, at the Market Pavilion in Uptown Ankeny.

Valley Junction Farmers' Market

Operates every Thursday evening, 4-8 p.m., from May to September, in Historic Valley Junction.

Altoona Farmers' Market

Operates every Tuesday evening, 5-8 p.m., from June through August, at the Heritage Plaza in downtown Altoona.

Beverdale Farmers' Market

Operates every Tuesday evening, 4-7 p.m., from June through September at the Franklin Junior High parking lot.

Johnston Farmers' Market

Operates every Tuesday evening, 5-8 p.m., from June through September, on the north side of the Johnston Town Center.

Indianola Farmers' Market

Operates every Saturday morning, 8 a.m. to noon, from June through September, on the Indianola Square.

Waukee Farmers' Market

Operates every Wednesday evening, 4-7 p.m., June through September at the downtown triangle.



Blank Park Zoo's Wild Lights Festival. Photo courtesy of the Blank Park Zoo

MAY

MAY 2-29: Blank Park Zoo's Wild Lights Festival. Recurring Wednesday through Sunday featuring nearly 50 handcrafted, larger-than-life, illuminated Asian lanterns. Blank Park Zoo, 7401 S.W. Ninth St., Des Moines. www.blankparkzoo.com/events/calendar/wild-lights-festival

MAY 2-4: Tulip Time Festival. The beautiful flora of Pella will be on display again, with more than 300,000 tulips expected to be blooming and a celebration of the city's Dutch heritage. 507 Franklin St., Pella. www.visitpella.com/tulip_time

MAY 3-5: DemiCon. Des Moines' longest running science fiction and fantasy convention. With several special guests, authors, artists and an art show. All at the Holiday Inn & Suites, 4800 Merle Hay Road, Urbandale. demicon.org

MAY 4-5: Spring Sip N' Thrift. Do some sippin', do some thriftin'. All right by the Des Moines River from 10 a.m. to 2 p.m. Captain Roys, 1900 Saylor Road, Des Moines. www.captainroys.com

MAY 4: Downtown Des Moines Farmers' Market opening day. The state's largest farmers' market runs all the way through the end of October, but the inaugural day of 2024 is the first Saturday in May, starting at 7 a.m. Historic Court District, Des Moines. www.dsmpartnership.com/desmoinesfarmersmarket

MAY 4: Kites on the Green. The will be the 11th installment of the kite-filled event. This family friendly event will be held from 10 a.m. to 5 p.m. at the commons next to Johnston Public Library, 6050 Morningside Dr., Johnston. www.cityofjohnston.com

MAY 4: Cinco De Mayo at Valley Junction. Complete with a proclamation of the Cinco De Mayo King and Queen while celebrating the heritage of many railroad workers during the establishment years of Valley Junction, noon to 10 p.m. www.valleyjunction.com

MAY 4: Blue Ribbon Bacon Festival. The 16th installment of this mouthwatering festival. Music, vendors and a whole lot of bacon. This year's theme, "Bacon Wars." Iowa State Fair Agricultural Building, 3000 E. Grand Ave., Des Moines. www.blueribbonbaconfestival.com

MAY 5: Whose Live Anyway? See the cast of the iconic late-night show, "Whose Line is it Anyway?" The points are made up, but the laughs sure aren't. Starting at 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. www.hoytsherman.org

MAY 5: Iowa Island Jam. Musical performances and vendors from local Pacific Islanders. xBk, 1159 24th St., Des Moines. www.xbklive.com

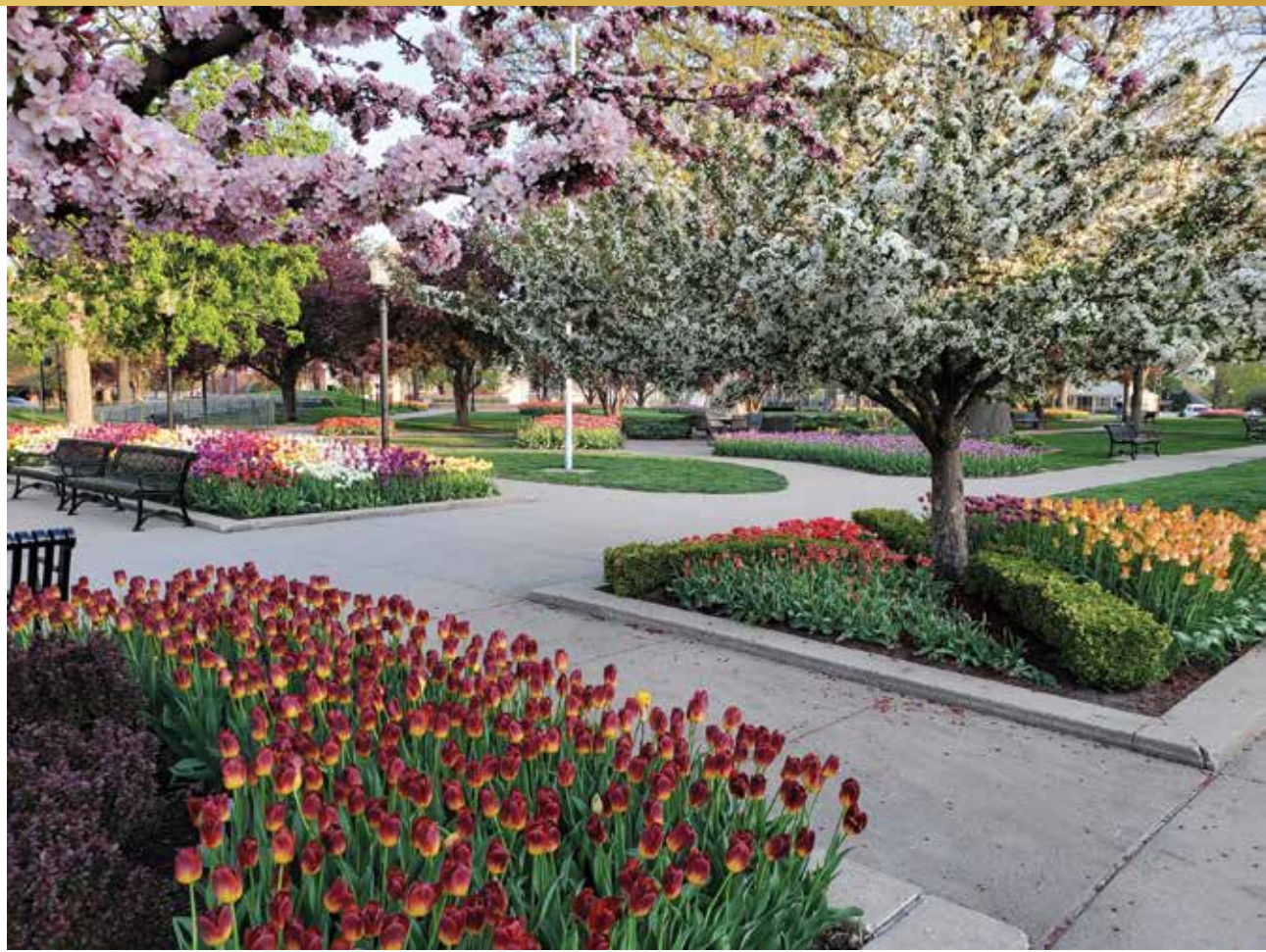
MAY 8: Summer Nights. Previously held at Karl Kustoms, the annual car show will be held this year at DMACC Automotive and Technology Center, 2022 S. DMACC Blvd., Ankeny. www.karlkustoms.com

MAY 10: Katt Williams. One of the most iconic comedians over the past two decades brings his jokes to Wells Fargo Arena, 730 Third St., Des Moines. www.iowaeventscenter.com

MAY 11-12, 18-19: Spring Fling Renaissance Faire. The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse any and all comers into the olden days for two weekends full of fun. Sleepy Hollow Sports Park, 4051 Dean Ave., Des Moines. www.sleepyhollowrenfaire.com.

MAY 11: Bondurant Vintage & Maker Mart. Moon River Vintage hosts its first maker mart. 700 Garfield St., S.W., Bondurant. www.facebook.com/profile.php?id=61550130512311

MAY 17-18: Comedy Xperiment. Des Moines' longest running improv troupe heads into its 17th year at the Stoner Theater, 221 Walnut St., Des Moines. www.desmoinesperformingarts.org



Hundreds of thousands of tulips bloom in Pella during this festival. Photo courtesy of Visit Pella

We can stop HIV, Iowa— by finding the best way to prevent HIV for us!



Find a health care provider you feel comfortable talking to openly about your sexual health.

If you don't feel your regular provider can provide the best care in this area, consider finding a second provider that is knowledgeable, inclusive and affirming who will provide you the best sexual health resources.



Make prevention and testing part of your journey.

Getting tested for HIV is the only way to know your status. And knowing your HIV status helps you choose options to stay healthy!



Practice safer sex.

Internal and external condoms can prevent HIV and other STIs when used properly, and using an appropriate lubricant is also helpful! You can also choose sexual activities with a lower likelihood of passing on an infection.



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If you're living with HIV, getting and keeping an undetectable viral load helps you stay healthy and prevents transmission to your sex partners.

STOP HIV IOWA

Learn more at
stophiowa.org



MAY 18-19: 34th annual Iowa Metaphysical Fair. Featuring services and goods related to spirituality, metaphysics and holistic health, with more than 100 booths, galleries, workshops and lectures. Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines. www.iametaphysicalfair.com

MAY 18: John Crist. Comedian John Crist has performed his varying social media characters alongside his expert joke telling all over the world. Starting at 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. www.hoytsherman.org

MAY 18: Nate Bargatze. With multiple Netflix specials to his name and cementing his spot among the world's top comedians in the past few years, Bargatze performs at 7 p.m. at Wells Fargo Arena, 730 Third St., Des Moines. www.iowaeventscenter.com

MAY 24: Beer In Hand Sand Volleyball Tournament. Played with an oversized volleyball, participants are required to have a drink in one hand at all times. Starts at 6 p.m. at BrickHouse Fitness, 86 Paine St., S.E., Bondurant, www.thebrickhousefitness.com

MAY 24-25: Celebrasian. A weekend of Asian cuisine, music and entertainment. Vendors and performers will fill the area with an authentic celebration of Asian culture. Western Gateway Park, 1205 Locust St., Des Moines. www.iowaasianalliance.com

MAY 25: Decoration Day and Historic Baseball. Living History Farms explores the origins of Memorial Day. Interpreters will demonstrate Decoration Day at 1 p.m. with a historical baseball game to close out the day. Living History Farms, 11121 Hickman Road, Urbandale. www.lhf.org

MAY 25: Strawberry Picking. Gather strawberries for some homemade jam, a strawberry pie, or whatever your heart may desire. Center Grove Orchard, 32835 610th Ave., Cambridge. www.centergroveorchard.com

MAY 26: A Finesse Family Cookout. "The Finesse" invites people to a soulful celebration where music and food fuse together for one great night. xBk, 1159 24th St., Des Moines. www.xbklive.com

MAY 31 - JUNE 2: Greek Food Festival. A weekend celebration of delicious food, music and dancing. 1110 35th St., Des Moines. www.facebook.com/StGeorgeDSM

MAY 31 - JUNE 2: Des Moines Con. A celebration of all things nerdy. From Marvel to Star Wars to LEGOs and around the universe and back, this Con has you covered. Hy-Vee Hall at Iowa Events Center, 730 Third St., Des Moines. www.desmoinescon.com

MAY 31: Summer Nights Live Street Party. Two nights of live music and local vendors. Free. Indianola Town Square, Indianola. www.indianolachamber.com

MAY 31: Touch A Truck. From dump trucks to fire trucks, if you've ever wondered what it might be like to sit in one, this is the chance. From 5-7 p.m. at Windsor Heights Colby Park, 6900 School St. www.windsorheights.org

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Summer Night Live Street Party. Photos courtesy of the Indianola Chamber of Commerce

JUNE

JUNE 1: Iowa Craft Brew Festival. Unlimited samples of the best brews and ciders Iowa has to offer. Not to mention plenty of food vendors, games and non-alcoholic options as well. Water Works Park, 2201 George Flagg Parkway, Des Moines. www.iowacraftbrewfestival.com

JUNE 1: Family Fest. Dance performances, acrobatic aerial displays and plenty of fun for the whole family (it is in the name after all). Starting at 11 a.m. City of Johnston, 6245 Merle Hay Road, Johnston. www.johnstontowncenter.com

JUNE 1-2: Iowa State Fair Flea Market. All types of goods to purchase from antiques to collectibles, home décor and so much more. 4-H building, Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines. www.iowastatefairgrounds.org

JUNE 2: 14th annual Whirlythings Garden Art Show. An exciting evening for local art enthusiasts. Several mediums will be on display starting at noon at 4320 Franklin Ave., Des Moines. www.whirlythings.com

JUNE 5-6: World Pork Expo. In a state with more pigs than people, it makes sense that the expo about all things pork would set up shop here. Iowa State Fairgrounds, 3000 E. Grand Ave. www.worldpork.org

JUNE 6: Tom Segura. The comedian returns to Des Moines just as much, if not more, of a worldwide hit as he was the year before. Starting at 7:30 p.m. at Wells Fargo Arena, 730 Third St., Des Moines. www.iowaeventscenter.com

JUNE 6: Chris D'Elia. While Segura will be at Wells Fargo Arena, another major player in the comedy scene will be starting his show at 8 p.m. at the Des Moines Performing Arts Center, 221 Walnut St., Des Moines. www.desmoinesperformingarts.org

JUNE 6, 13, 20, 27: Ankeny Beats and Eats. Recurring Thursdays featuring drinks, food and entertainment for all ages. Ankeny Market and Pavilion, 715 W. First St. www.ankenyiowa.gov

JUNE 6-8: Governors Days. A three-day festival in Grimes with food trucks, live entertainment and parade. Grimes South Sports Complex, 750 S. James St., Grimes. www.governorsdays.com

May at xBk



Bad Bad Hats
Friday, May 3rd

The Claudettes
Friday, May 10th

Molly Brandt and Reilly Downes & The Acid Cowboys
Thursday, May 23rd

Other Upcoming Shows

5/1: Creeper w/ Dark Divine and Ghostkid	5/19: Charlie Parr w/ Samuel Locke Ward
5/2: Pictoria Vark and Mint Green w/ Halen	5/20: Monday Night Live does MNL! Season Wrap Party
5/4: Flash Force University Graduation Show	5/21: Havok and Exmortus
5/5: Iowa Island Jam	5/22 - Iowa Bicycle Coalition Fundraiser ft The Sheet and Joshua Sinclair
5/7: Bit Brigade w/ The Han Solo Project	5/24: Traffic Death/ Druids/ Electric Assault/ Lurking Corpse
5/8: Wild Party with Fox Royale	5/25: Southbound - A Tribute to Allman Brothers Band
5/9: John R. Miller w/ The Local Honeys	5/26: A Finesse Family Cookout
5/11: Run Wilson w/ Kelsie James	5/28: Social Cinema / Munk Rivers / Cavendish
5/12: Humbird w/ Weary Ramblers	5/29: Melt- Banana with BabyBaby_Explores and Tomato Flower
5/13: Alexz Johnson w/ Sam Ness	5/30: Lisa Mann and Avey Grows Band
5/14: 12 RODS w/ The Book of Bugs	5/ 31: BYOBrass w/ The Swallowtails
5/15: The Inspector Cluzo w/ The Messenger Birds	
5/16: Panic! at the Burlesque Vol. 3	
5/17: Southern Culture on the Skids w/ Surf Zombies	
5/18: Jesse Daniel w/ Alex Williams	

xBk | 1159 24th Street, Des Moines, IA | @xBkLive | Get Tickets At www.xBkLive.com

JUNE 7: Wine and Craft Beer Fest. Plenty of samples of the best wine and craft beer Iowa has to offer, from 5-8 p.m. at the Enabling Garden, 1050 First Ave., S. Altoona. www.altoonachamber.org

JUNE 7-9: Pride Fest. There were more than 40,000 attendees at last year's celebration. Live performances, food, drinks, all in the name of Pride. Historic East Village, Des Moines. www.capitalcitypride.org/pride-fest

JUNE 8: 4th annual Raccoon River Palooza. A full 12 hours of family-friendly fun, food, music and games. The summer festival will be at Raccoon River Park, 2500 Grand Ave., West Des Moines. www.wdmchamber.org

JUNE 9: Rumble Room Vintage Market. 16 vintage clothing and art vendors. Maggie's Rumble Room, 1430 Second Ave., Des Moines. www.maggiesrumbleroom.com

JUNE 9: Pride Drag Brunch. Hosted by 2024's Best Of Des Moines' Best Drag Queen Karma Kills. Starting at 11 a.m. at The Conservatory, 315 E. Fifth St. Suite 2, Des Moines. www.theconservatoryev.com

JUNE 10: Antiques Roadshow. The widely popular PBS program "Antiques Roadshow" will visit Living History Farms. Must submit online for tickets. Living History Farms, 11121 Hickman Road, Urbandale. www.pbs.org

JUNE 10: Iowa High School Sports Awards. Watch the best up-and-coming athletes in the state receive their awards for their performances from the 2024-2025 season from 7-9 p.m., Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. www.hoytsherman.org

JUNE 13-15: Johnston Green Days 2024. Johnston's annual community celebration complete with parade, carnival, games and more. Terra Park, 6400 Pioneer Parkway, Johnston. www.johnstongreendays.org

JUNE 15: Macksburg Skillet Toss. Think you can toss it with the best of them? If not, there's still a parade. Macksburg City Park, Macksburg. www.macksburgskilletthrow.com

JUNE 15: The Barn Town Get Down will feature at least 50 breweries, meaderies and cideries from across the country. Barn Town Brewing, 9500 S.E. University Ave., Waukee. www.barntownbrewing.com

JUNE 15: Neighbor's Day Celebration. Hosted by the Iowa Juneteenth Organization. From noon to 7 p.m. at Western Gateway Park, 1000 Grand Ave., Des Moines. www.iowajuneteenth.org

JUNE 22: Cajun Fest. Get ready to put some south in your mouth. An all-day celebration of Cajun culture, from food to music and back to food again. Cowles Commons, 221 Walnut St., Des Moines. www.cajunfestiowa.com

JUNE 22: Ankeny Pride Parade. This will be the third installment of this parade with food, fun and festivities. From 4-9 p.m. at Ankeny Market and Pavilion, 715 W. First St. www.ankenypride.org

JUNE 23: Iowa Reptile Show. Speak directly with some of the top reptile breeders with access to thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available to the public. Starting at 10 a.m. Hilton Garden Inn, 205 S. 64th St., West Des Moines. www.coldbloodedexpos.com

JUNE 23: All Ages Drag Brunch. The third annual All Ages Drag Brunch closes Pride Month out with this family-friendly event. Starting at 11 a.m., Decades Event Center, 1208 Grand Ave., West Des Moines. www.capitalcitypride.org

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UPCOMING EVENTS! →

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JULY

JULY 2-4: Urbandale 4th of July Celebration. Celebrating America in Urbandale all weekend long. 7404 Prairie Ave., Urbandale. www.urbandale4thofjuly.org

JULY 3: Prairie Meadows All-American Extravaganza. Home to one of the most jaw-dropping fireworks displays in Iowa. 1 Prairie Meadows Drive, Altoona. www.prairiemeadows.com

JULY 3: Junction Street Party. Historic Valley Junction will host food, drinks and activities during the West Des Moines July 3rd Parade. 137 Fifth St., West Des Moines. www.valleyjunction.com

JULY 3-4: Waukee Celebration of Independence. Annual celebration with parade, entertainment, fireworks display and more. Centennial Park in Waukee. waukeee.org/777/Celebration-of-Independence

JULY 5-7: Goodguys 33rd Speedway Motors Heartland Nationals. Three days and more than 5,000 of the Midwest's finest 1999 and older hot rods, trucks, customs, muscle cars and classics. Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines. www.good-guys.com

JULY 9-13: Dallas County Fair in Adel. www.dallascountyfair.com

JULY 11-12: Over the Edge fundraiser. Participants get the chance to rappel off the Wells Fargo Arena to raise money for scholarships for scouting. Wells Fargo Arena, 730 Third St., Des Moines. iowaeventscenter.com

JULY 12-18: Marion County Fair in Knoxville. www.marioncofair.com

JULY 12-14: Ankeny Summerfest. Three days of music, carnival rides, great local food and, of course, fun under the sun. The District at Prairie Trail, 1500 S.W. Main St., Ankeny. www.ankenysummerfest.com

JULY 17-21: Madison County Fair in Winterset. www.madisoncountyfair.net

JULY 17-21: Story County Fair in Nevada. www.sc-fair.weebly.com

JULY 18-21: Boone County Fair in Boone. www.boonecountyfairia.com

JULY 19-25: Jasper County Fair in Colfax. www.jaspercofair.com

JULY 19-20: Clive Festival. A community festival featuring the Clive fire department's giant slip n' slide, food vendors, live music and plenty of entertainment. N.W. 114th St., Clive. www.cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php

JULY 19-20: Polk City Four Seasons Festival at Polk City Square. www.fourseasonsfestival.com

JULY 19-20: Waukee Arts Festival. A weekend of great music and local art on display at Centennial Park in Waukee. www.waukeeartsfestival.org

JULY 20: Water Lantern Festival. A beautiful display of water lanterns adorns Riverview Park alongside food trucks, live music and activities. Riverview Park, 710 Corning Ave., Des Moines. www.waterlanternfestival.com/index.php

JULY 20-27: RAGBRAI. This annual bicycle ride across the state of Iowa draws participants from all over the country. Overnight stops in Glenwood, Red Oak, Atlantic, Winterset, Knoxville, Ottumwa, Mount Pleasant, Burlington. www.ragbrai.com

JULY 24-29: Warren County Fair in Indianola. www.warrencofair.com

JULY 25-28: Polk County Fair at the Iowa State Fairgrounds in Des Moines. www.polkcountyfairiowa.com

JULY 26 - AUG. 3: National Balloon Classic. Just look up. Thousands of beautifully colored hot air balloons adorn the skies of Indianola. Memorial Balloon Field, 1136 150th Ave., Indianola. www.nationalballoonclassic.com

JULY 27: Polo on the Green hosted by Variety - the Children's Charity of Iowa. Powder River Ranch, 7988 Adams St., Cumming. www.poloonthegreen.com

JULY 28: Parking Lot Madness. More than 50 vintage vendors will be at the fourth installment of this event. Not to mention local food vendors, entertainment and giveaways. The Picker Knows Antiques & Collectibles, 1208 Grand Ave., West Des Moines. www.facebook.com/ThePickerKnows

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AUGUST

AUG. 2: Grain Harvest Day. Help Living History Farms bring in the summer harvest. 11121 Hickman Road, Urbandale. www.lhf.org

AUG. 8-18: Iowa State Fair. World-renowned names hit the grandstand, prized farm animals show their stuff, the giant slide beckons and mouthwatering food tempts at every turn. Iowa's state fair is one of the best in the nation. Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines. www.iowastatefairgrounds.org

AUG. 9-11: Mustangs at the Crossroads. A celebration of 60 years of the classic American muscle car, the Mustang. Holiday Inn, 6111 Fleur Drive, Des Moines. www.mustangsatthecrossroads.org

AUG. 10: Adel Sweet Corn Festival. Corn is what Iowa is known for, and what better way to celebrate it than this all-day festival. From 7:30 a.m. to midnight around the city square. www.adelpartners.org

AUG. 23-24: Huxley Prairie Festival. "The prairie festival around." Railroad Park, Heart of Iowa Nature Trail, Huxley. www.huxleyprairiefest.com

AUG. 23-25: World Food and Music Festival. The award-winning festival brings together two of life's greatest offerings from all sides of the globe. Western Gateway Park, 1205 Locust St., Des Moines. www.dsmpartnership.com/worldfoodandmusicfestival

AUG. 24: Ingersoll Live. The annual block party returns to host vendors of all kinds, live music and plenty of family-friendly fun. From 3-10 p.m. along 2300 Ingersoll Ave. www.theavenuesdsm.com

AUG. 24: Wine and Cider Festival. Get a taste of Iowa's grape and apple harvest from more than 20 Iowa wineries and cideries. Jasper Winery, 2400 George Flagg Parkway, Des Moines. www.jasperwinery.com



Pirate King Gold at the Sleepy Hollow Renaissance Faire. Photo by Bryan Butcher

SEPTEMBER

SEPT. 6: Savannah Bananas. The Bananas bring their bananas style of baseball back to Des Moines. They tweak the rules of America's favorite pastime, get the crowd involved and have tons of fun doing it. Principal Park, 1 Line Drive, Des Moines. www.thesavannahbananas.com

SEPT. 6: Marc Maron. Maron has been an icon in the standup comedy and podcast scene for more than a decade. Starting at 8 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. www.hoytsherman.org

SEPT. 14: Applefest. Celebrate and sink your teeth into the apple harvest season. A full day of family fun and entertainment at Living History Farms, 11121 Hickman Road, Urbandale. www.lhf.org

SEPT. 14: Norwalk Music Fest. All participating musicians are from central Iowa. The fest will have food vendors, games, beer tent and activities. Norwalk City Park, 907 North Ave., Norwalk. www.norwalkhometownpride.org/home

AUG. 31 - SEPT. 2, 7-8, 14-15: Fall Renaissance Faire. The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse attendees into the olden days for two weekends full of fun. Sleepy Hollow Sports Park, 4051 Dean Ave., Des Moines. www.sleepyhollowrenfaire.com

SEPT. 20-21: Beaverdale Fall Festival. A community festival featuring food, drinks, art, commercial vendors and plenty of entertainment. Downtown Beaverdale. www.fallfestival.org

SEPT. 20-22: Pufferbilly Days 2024. More than 30 different events coincide during the Pufferbilly Days celebration. Everything from spelling bees to concerts, pet shows, car shows and more. Downtown Boone, 903 Story St. www.boonecountychamber.com

SEPT. 21-22: Latino Heritage Festival. An action-packed weekend for the largest celebration of Latino heritage in Iowa. Western Gateway Park, 1205 Locust St., Des Moines. www.latinoheritagefestival.org

SEPT. 21: Des Moines Art Center Gala. This year's theme is "Modern Dream." An evening of elegance to celebrate and support the DMAC. Scottish Rite Consistory Building, 519 Park St., Des Moines. www.desmoinesartcenter.org

SEPT. 26-27: Third Annual "Ron Don" Cigar, Bourbon & Brew Bash. The fun is in the name: cigars, bourbon and brews, with a pheasant hunt on day one. Country Lane Lodge, 29300 Prospect Circle, Adel. www.rmhdsmoines.org

SEPT. 26-28: Des Moines Area Quilt Guild Quilt Show. You'll be hard pressed to find something more comfortable to keep you warm than a homemade quilt. Luckily, this show has you covered. Iowa State Fairgrounds, 3000 E. Grand Ave. www.woodsidequilting.com/dmaqq-quilt-show.htm

SEPT. 27-28: Oktoberfest. To no one's surprise, there will be a lot of beer. However, there's plenty of fun to go around the entire weekend with food, music and competitions. Lauridsen Amphitheater, Des Moines Water Works Park, 2251 George Flagg Parkway. www.oktoberfestdsm.com ■

BUSINESS JOURNAL



Managing INVENTORY

Local business people offer advice on how they maximize product and reduce waste.

For Nadia Ahissou, Nadia's French Bakery, the biggest inventory challenge is having enough.

By Colson Thayer

"Inventory management is what can dictate some of your cash flow. And as we know, in business, cash is king," said Lisa Shimkat, the state director of America's Small Business Development Center Iowa (SBDC Iowa).

Business is all about maximizing profits and minimizing costs. Inventory management is the same way. Order too much, and inventory becomes obsolete; not ordering enough means missed sales. Optimizing levels of inventory for small businesses is a skill that takes years to master. It becomes even more difficult when that inventory is perishable, or worse, living. Read on for tips from SBDC Iowa on improving inventory management and hear how some Des Moines businesses handle inventory challenges.



FEATURE

New way of doing business

The SBDC Iowa provides no-cost counseling to businesses and entrepreneurs. The organization connects about 4,000 clients every year to resources they need to improve their business. They serve an even split of new and existing businesses.

In recent years, Shimkat has heard a fair share of entrepreneurs struggling with inventory management, supply chain shortages or delivery delays due to the pandemic. However, these issues can no longer be blamed on COVID. Businesses must accept the current reality and look into a new way of doing things, she said.

One of the first things SBDC Iowa recommends having is more than one supplier and multiple methods of receiving goods. Developing good relationships with suppliers might come in handy down the road. Shimkat also recommended businesses determine their “just-in-time” inventory, as inventory suppliers can deliver in a short amount of time. Rather than using real estate for a product suppliers can deliver in three to four days, she suggests making smaller orders more frequently. Renting 5,000 square feet instead of 10,000 reduces a fixed cost that can instead help the bottom line.

Reduce prices

Reducing prices is not always a bad thing. What if a business owner purchases something for \$500, invests another \$500 into it, and asks \$1,200 for it, but in six months still has no buyers interested in it?

“Is it a bad thing to sell it for \$700?” Shimkat asked. “No, because it comes back to the cash flow. Right now, that business owner has \$1,000 locked up in something that no consumer wants...Why not instead find a way to garner some cash, recover some investment from it so you can take that money and make that new money work for you?”

Listen to customers

According to Shimkat, 75% of new restaurants fail in their first year. The ones that succeed actively listen to customers and involve them in the inventory process.

For restaurants, customers might want something locally sourced, vegan options or allergen-free choices. For retail stores, customers might want items ethically sourced or made in America.

Training staff to engage with customers is a surefire way to hear consumer opinions. But thinking outside the box might offer some more creative solutions. A boutique clothing store in Shimkat's hometown started Wednesday night fashion shows on Facebook Live during COVID. Customers could easily message the account and place an order for pickup later that week. The owners recognized the popularity and continue the tradition weekly to this day.

Perishable inventory

With perishable inventory, it all comes down to the basics.

“You need to make sure that you have a good inventory system, a good rack system within your cooler and that your employees are trained,” Shimkat said. “[Have] a good rotation system and a good training system for the employees so that it becomes ingrained.”

Recording perishable inventory expiration and receiving dates are a start. Practices like FIFO — first-in-first-out — improve a business' ability to



Lisa Shimkat, state director of America's Small Business Development Center Iowa



Campbell's Nutrition features a variety of grocery items that are organic, local, fairly traded and come from sustainable farming practices.

maximize profits and minimize loss.

Shimkat recommended reaching out to organizations like the Iowa Restaurant Association, CIRAS at Iowa State University or SBDC Iowa for resources on creating menus or building inventory processes.

Reach out to other businesses

At the end of the day, the best thing business owners can do to improve their inventory management is to reach out to other businesses. It could be within the same industry to gain insight on the best software to use, nearby suppliers, etc. Or reach across industry lines and create partnerships like floral shops, restaurants and booksellers cross-promoting for Mother's Day.

So how do some Des Moines businesses handle the challenge?

Campbell's Nutrition

Diane Lahodny has owned and operated Campbell's Nutrition for 34 years. They have two locations: 4040 University Ave. in Des Moines and 2749 100th St. in Urbandale. The company sells a variety of grocery items that are organic, local, fairly traded and come from sustainable farming practices.

According to Lahodny, they are having more trouble procuring products now than they did during the pandemic, and she says her business is not the only one with this struggle.

“I belong to a group of little independent stores like this all over the country. We banded together to form an organization, a cooperative, called the Independent Natural Foods Retailers Association,” Lahodny said. “We collectively pool our buying power in order to be able to compete with places like Whole Foods. Not just on pricing but for procurement.”



Vannessa Silva, produce manager of Gateway Market at 2002 Woodland Ave. in Des Moines, says, when it comes to something as perishable as produce, management needs to get their hands dirty and touch every item every day.

Customer feedback and suggestions play an important role at Campbell's. In the backroom, the team has a board covered in customer requests. If an item is up there multiple times, Lahodny gives it a shot. She is also not afraid to stock something for a single customer.

"I see you every week, and you say, 'I love this dishwashing liquid, but could you please get it in lavender?' I'm absolutely going to do that," she said.

Gateway Market

Vannessa Silva is the produce manager of Gateway Market at 2002 Woodland Ave. in Des Moines. She says, when it comes to something as perishable as produce, management needs to get their hands dirty and touch every item every day. Some items tend to dry out, wrinkle or dimple in less than a day. Silva and her team do what they can to extend shelf life, like spraying fruits and vegetables. Another solution addresses the customers who avoid buying ripe fruit. Gateway will cut them up and sell prepackaged slices or use them in their salads.

"That's another way you can reduce waste and keep an eye on things, finding multiple purposes for your product," Silva said.

To keep inventory manageable, Silva avoids keeping stock in the backroom unless it is a fast-moving item. She wants it all out on the floor, easily visible. To do this, she will order from their main warehouses three times a week and locally once a week.

Climate-related weather issues make acquiring and selling produce even more difficult. Gateway receives products from California or South America, but when those regions experience crop shortages, they will have to go without the products in the store. Additionally, they will have to raise prices on the items they do have.

"Berries — the price has been so high for so long," Silva said. "A lot of our sales were because of berries, and now we can't make those."

Silva worries customers will pivot to chain stores to purchase hard-to-obtain products.

Nadia's French Bakery

For Nadia Ahissou, the biggest inventory challenge is having enough. Nadia's French Bakery at 2705 Grand Ave. in Des Moines consistently sells out of pastries each day.

"Since I'm working with only my two hands, I try to do what I can," Ahissou said. "I only do what I can do; sometimes it's not enough, but I don't have a choice."

Her storefront opened in January after her popularity soared at the Downtown Farmers' Market in previous years. Right now, she is focused on getting more staff to help her at night to prepare pastries for the morning. She estimated, on slower days, like Mondays, she makes about 15 dozen pastries from scratch.

To keep up with demand, Ahissou orders fresh foods twice a week and ingredients once a week. If



Selling houseplants is not an easy business. The inventory is living, and customers only want perfect products, said Shelby Foote, owner of Art Terrarium at 520 Euclid Ave. in Highland Park.

a supplier falls short or does not deliver on time, she will run to Costco herself to pick up ingredients.

Art Terrarium

Selling houseplants is not an easy business. The inventory is living, and customers only want perfect products.

"People come in with the mindset of, 'I could kill this plant. I want to start at 100, not at 80%,'" said Shelby Foote, owner of Art Terrarium at 520 Euclid Ave. in Highland Park. "Even our discounted plants, they don't go as quickly."

The unique nature of the industry requires careful consideration when ordering.

"We have to make sure that, when we're purchasing inventory, that it's a plant that we know is going to move within a certain timeframe, or we know it's going to survive and still look nice in our store for a longer period of time," Foote said.

Art Terrarium makes sure their products are taken care of every step of the way. They only use vendors with temperature-controlled vans, use warmers in plant boxes and even arrange the store with optimal levels of light in mind. For Foote, mastering houseplant inventory is learned through trial and error.

"The graveyard is large," she said. "It can be really fun and fancy to buy more exotic plants or specialty plants, but we have to know that it's going to move and people are going to come in here and purchase it." ■



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SALE DATE: 2024-02-15
 SALE PRICE: \$1,250,000
 SELLER: CAB HOLDINGS LLC
 BUYER: FOR THE KIDS IX LLC
 ACRES: 1.067
 SQUARE FEET: 18,200

801 S.W. ORDNANCE ROAD, ANKENY

SALE DATE: 2024-02-16
 SALE PRICE: \$2,750,000
 SELLER: FOR THE KIDS IX LLC
 BUYER: LEA HOLDING COMPANY 2 LLC
 ACRES: 1.067
 SQUARE FEET: 18,200

5795 N.W. SECOND ST., DES MOINES

SALE DATE: 2024-02-20
 SALE PRICE: \$500,000
 SELLER: LEA INVESTMENTS LLC
 BUYER: FOR THE KIDS VIII LLC
 ACRES: 0.888
 SQUARE FEET: 6,000

3615 SIXTH AVE., DES MOINES

SALE DATE: 2024-02-28
 SALE PRICE: \$450,000
 SELLER: NEIGHBORHOOD
 DEVELOPMENT CORP
 BUYER: MUFASA ENTERPRISES LLC
 ACRES: 0.149
 SQUARE FEET: 3,500

804 S.W. CHERRY ST., ANKENY

SALE DATE: 2024-02-15
 SALE PRICE: \$1,400,000
 SELLER: CAB HOLDINGS LLC
 BUYER: FOR THE KIDS VIII LLC
 ACRES: 1.765
 SQUARE FEET: 21,120

804 S.W. CHERRY ST., ANKENY

SALE DATE: 2024-02-16
 SALE PRICE: \$2,000,000
 SELLER: FOR THE KIDS VIII LLC
 BUYER: LEA HOLDING COMPANY 2 LLC
 ACRES: 1.765
 SQUARE FEET: 21,120

2720 GARDEN ROAD, DES MOINES

SALE DATE: 2024-02-22
 SALE PRICE: \$585,000
 SELLER: HURD GARDEN LLC
 BUYER: NIXON PROPERTIES LLC
 ACRES: 0.490
 SQUARE FEET: 4,300

**122 FIFTH ST., WEST DES MOINES**

SALE DATE: 2024-02-20
 SALE PRICE: \$550,000
 SELLER: COMMONWEALTH
 PROPERTIES LLC
 BUYER: FOREST AVE PROPERTIES LLC
 ACRES: 0.079
 SQUARE FEET: 4,344

**200 DICKMAN ROAD, DES MOINES**

SALE DATE: 2024-02-16
 SALE PRICE: \$24,725,000
 SELLER: DSM PORTFOLIO 1 HOLDINGS
 LLC
 BUYER: HMR PTY OWNER LLC
 ACRES: 25.776
 SQUARE FEET: 297,208

3816 100TH ST., URBANDALE

SALE DATE: 2024-02-20
 SALE PRICE: \$2,155,000
 SELLER: RUETER, CONSTANCE
 BUYER: JORDON ELWELL PROPERTIES
 LLC
 ACRES: 2.379
 SQUARE FEET: 20,131

**3501 WESTOWN PARKWAY,
WEST DES MOINES**

SALE DATE: 2024-02-23
 SALE PRICE: \$2,000,000
 SELLER: IOWA REALTY COMPANY INC
 BUYER: HURD VALLEY WEST LLC
 ACRES: 2.068
 SQUARE FEET: 11,184

4216 E. 50TH ST., DES MOINES

SALE DATE: 2024-02-28
 SALE PRICE: \$16,650,000
 SELLER: BACH PARTNERS LLC
 BUYER: 4216 DES MOINES DST
 ACRES: 7.834
 SQUARE FEET: 134,591

**5045 BENTLEY DRIVE, UNIT 10, WEST
DES MOINES**

SALE DATE: 2024-02-28
 SALE PRICE: \$518,888
 SELLER: 5045 BENTLEY LLC
 BUYER: J&J INVESTMENT LLC
 ACRES: 0.000
 SQUARE FEET:

3514 THIRD ST., DES MOINES

SALE DATE: 2024-03-02
 SALE PRICE: \$305,000
 SELLER: BLUESTEEL ENTERPRISES LLC
 BUYER: AMELIA JO PROPERTIES LLC
 ACRES: 0.146
 SQUARE FEET: 2,632

3425 N.W. STATE ST., ANKENY

SALE DATE: 2024-02-23
 SALE PRICE: \$804,861
 SELLER: MURPHY COMMERCIAL
 PROPERTIES LLC
 BUYER: NEW HORIZON REAL ESTATE
 DEVELOPMENT-IOWA LLP
 ACRES: 1.803
 SQUARE FEET: 0

5200 MAPLE DRIVE, PLEASANT HILL

SALE DATE: 2024-02-26
 SALE PRICE: \$2,029,451
 SELLER: SUNDBLAD, ELLEN
 BUYER: LRE IA PLEASANT HILL LLC
 ACRES: 6.600
 SQUARE FEET: 0

3525 N.W. STATE ST., ANKENY

SALE DATE: 2024-02-26
 SALE PRICE: \$1,155,077
 SELLER: MURPHY COMMERCIAL
 PROPERTIES LLC
 BUYER: MCDONALD'S REAL ESTATE
 COMPANY
 ACRES: 1.537
 SQUARE FEET: 0

6701 CORPORATE DRIVE, JOHNSTON

SALE DATE: 2024-03-05
 SALE PRICE: \$3,400,000
 SELLER: EDGE BUSINESS CONTINUITY
 CENTER LLC
 BUYER: JORDVERT LLC
 ACRES: 2.136
 SQUARE FEET: 32,874

1346 BUCHANAN ST., DES MOINES

SALE DATE: 2024-03-05
 SALE PRICE: \$128,500
 SELLER: WALSH, VALERIE
 BUYER: GARZA, EDITH
 ACRES: 0.344
 SQUARE FEET: 0

**808 ASHWORTH ROAD, WEST DES
MOINES**

SALE DATE: 2024-03-06
 SALE PRICE: \$205,000
 SELLER: MILLER, PHILIP F ESTATE
 BUYER: 808 ASHWORTH LLC
 ACRES: 0.224
 SQUARE FEET: 1,418

NO ADDRESS LISTED

SALE DATE: 2024-02-27
 SALE PRICE: \$1,498,027
 SELLER: DRA PROPERTIES LC
 BUYER: DR HORTON-IOWA LLC
 ACRES: 7.243
 SQUARE FEET: 0

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720 BROWN ST., RUNNELLS
 SALE DATE: 2024-03-06
 SALE PRICE: \$1,293,771
 SELLER: DGOGRUNNELLSIA09072021 LLC
 BUYER: O'DELL, ANN
 ACRES: 2.060
 SQUARE FEET: 9,100



1493 E. ARMY POST ROAD, DES MOINES
 SALE DATE: 2024-03-11
 SALE PRICE: \$525,000
 SELLER: DAVID M JUDGE TRUST
 BUYER: 3CG LLC
 ACRES: 1.012
 SQUARE FEET: 12,440



1228 E. 13TH ST., DES MOINES
 SALE DATE: 2024-03-12
 SALE PRICE: \$262,000
 SELLER: J233 LLC
 BUYER: LYNE, ANTHONY
 ACRES: 0.262
 SQUARE FEET: 3,042

267 N.W. MAIN ST., ELKHART
 SALE DATE: 2024-03-06
 SALE PRICE: \$165,000
 SELLER: ROYCE JOHNS REAL ESTATE LLC
 BUYER: JET INVESTMENTS LLC
 ACRES: 0.056
 SQUARE FEET: 958

1445 N.E. 67TH PLACE, DES MOINES
 SALE DATE: 2024-03-14
 SALE PRICE: \$1,600,000
 SELLER: DRA PROPERTIES LC
 BUYER: DIMOND INVESTMENTS LLC
 ACRES: 1.936
 SQUARE FEET: 10,080

NO ADDRESS LISTED
 SALE DATE: 2024-03-07
 SALE PRICE: \$1,650,000
 SELLER: BEASLEY FARMS INC
 BUYER: OLD DOMINION FREIGHT LINE INC
 ACRES: 19.083
 SQUARE FEET:



8500 FRANKLIN AVE., CLIVE
 SALE DATE: 2024-03-14
 SALE PRICE: \$570,000
 SELLER: MAK INVESTMENTS INC
 BUYER: C-CONTRACT LLC
 ACRES: 0.795
 SQUARE FEET: 6,300



MARTIN LUTHER KING JR PARKWAY, DES MOINES
 SALE DATE: 2024-03-15
 SALE PRICE: \$453,000
 SELLER: GRASSO PROPERTIES ONE LLC
 BUYER: REYNOLDS CORP LLC
 ACRES: 0.901
 SQUARE FEET: 11,474 ■

6112 S.W. NINTH ST., DES MOINES
 SALE DATE: 2024-03-07
 SALE PRICE: \$185,000
 SELLER: 6112SW9TH TRUST
 BUYER: CHRISTIAN, MATHEW
 ACRES: 0.352
 SQUARE FEET: 1,558



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Borrower Name	City	County	Cong. District	\$ Amount	Jobs Created	Jobs Retained	Existing Jobs	New Vs. Existing	Business Type
Glenmen 2 LLC	Hudson	Black Hawk	02	\$1,115,000	0	15	15	New	N/A
Ameriscot Enterprises, LLC	Mason City	Cerro Gordo	02	\$1,158,000	15	0	31	Existing	Offices of Dentists
Aaron's Mobility LLC	Mason City	Cerro Gordo	02	\$16,000	1	0	1	Existing	Special Needs Transportation
Rsl Partners, LLC	Rockwell	Cerro Gordo	02	\$400,000	0	2	2	New	Parking Lots and Garages
Dshp LLC	Clinton	Clinton	01	\$1,545,000	2	0	6	New	Hotels (Except Casino Hotels) and Motels
Crouch Custom Services, LLC	Deloit	Crawford	04	\$250,000	0	6	7	Existing	Commercial and Industrial Machinery And Equipment (Except Automotive and Electrical)
Ikf Restoration Services LLC	Perry	Dallas	03	\$15,000	0	1	1	New	Roofing Contractors
Auzmor Inc	West Des Moines	Dallas	03	\$150,000	5	30	30	Existing	Other Computer Related Services
Coleman Automotive Spirit Lake, LLC	Spirit Lake	Dickinson	04	\$727,000	1	12	12	Existing	New Car Dealers
Bolsinger Rebar Inc	Cascade	Dubuque	02	\$150,000	2	0	6	Existing	Structural Steel and Precast Concrete Contractors
Innovdel, Inc.	Dubuque	Dubuque	02	\$150,000	1	1	30	Existing	Local Messengers and Local Delivery
Coleman Real Estate Estherville, LLC	Estherville	Emmet	04	\$315,000	1	12	12	Existing	New Car Dealers
Precision Concrete Solutions LLC	Wayland	Henry	01	\$115,000	3	0	0	New	Poured Concrete Foundation and Structure Contractors
Gorgeous Nails LLC	Fairfield	Jefferson	01	\$40,000	0	2	3	Existing	Nail Salons
Polbik Holdings, LLC	Cedar Rapids	Linn	02	\$260,000	2	2	2	New	Beauty Salons
Studio 360 Dance, LLC	Cedar Rapids	Linn	02	\$143,000	0	5	5	Existing	Fine Arts Schools
Professional Security Corporation	Hiawatha	Linn	02	\$240,000	0	7	7	Existing	Medical, Dental, and Hospital Equipment And Supplies Merchant Wholesalers
Iowa Kids Pediatric Dentistry	Marion	Linn	02	\$374,100	4	1	1	New	Offices of Dentists
Tge Vending LLC	Marion	Linn	02	\$125,000	1	1	1	New	N/A
Wyhe's Choice, Inc.	Lester	Lyon	04	\$1,300,000	0	0	73	Existing	Frozen Specialty Food Manufacturing
Carriker Inc	Oskaloosa	Mahaska	01	\$500,000	6	16	16	New	Used Car Dealers
Neo Construction, LLC	Malvern	Mills	04	\$29,000	1	1	1	Existing	Masonry Contractors
2nd Wind Rehab Strength and Conditioning L	Moscow	Muscatine	01	\$299,000	4	1	1	New	Horse and Other Equine Production
Same Day Healthcare & Wellness Center LLC	Muscatine	Muscatine	01	\$150,000	1	3	0	New	Offices of All Other Miscellaneous Health Practitioners
Spartan Ag Drones, LLC	Ankeny	Polk	03	\$115,000	1	1	1	New	Soil Preparation, Planting, and Cultivating
Castle Fitness Holdings LLC	Ankeny	Polk	03	\$50,000	1	7	7	New	Fitness and Recreational Sports Centers
Du Hospitality, LLC	Clive	Polk	03	\$213,200	8	8	8	New	Drinking Places (Alcoholic Beverages)
Tbss Real Estate LLC	Des Moines	Polk	03	\$1,352,000	16	0	26	Existing	Septic Tank and Related Services
Peerless Supply, Inc.	Des Moines	Polk	03	\$929,000	1	16	16	New	Other Miscellaneous Durable Goods Merchant Wholesalers
Touch Em All 2, LLC	Des Moines	Polk	03	\$772,200	2	4	4	New	Fitness and Recreational Sports Centers
Beckstrom Construction	Elkhart	Polk	03	\$1,719,000	0	47	47	Existing	All Other Specialty Trade Contractors
Q & S LLC	Grimes	Polk	03	\$2,285,000	1	2	2	Existing	General Warehousing and Storage
Smith Sport, LLC	Grimes	Polk	03	\$316,000	13	13	1	New	Beauty Salons
Eye State Optometry, LLC	Grimes	Polk	03	\$260,000	2	1	1	New	Offices of Optometrists
Smith Sport, LLC	Grimes	Polk	03	\$25,000	13	13	1	New	Beauty Salons
Benchmark Automotive Solutions LLC	Urbandale	Polk	03	\$30,000	1	1	1	New	General Automotive Repair
Benchmark Automotive Solutions LLC	Urbandale	Polk	03	\$17,000	1	1	1	New	General Automotive Repair
Home Sweet Cone Ice Cream, LLC	West Des Moines	Polk	03	\$225,000	0	2	22	Existing	Limited-Service Restaurants
Tgc Investments LLC	Council Bluffs	Pottawattamie	04	\$2,792,000	0	7	7	New	Residential Remodelers
Tgc Investments LLC	Council Bluffs	Pottawattamie	04	\$100,000	0	7	7	New	Residential Remodelers
J M Wellness, Pllc	Bettendorf	Scott	01	\$135,000	2	1	1	New	Offices of All Other Miscellaneous Health Practitioners
Ksas Kesinotowo LLC	Davenport	Scott	01	\$313,900	0	1	1	Existing	Supermarkets and Other Grocery (Except Convenience) Stores
Richmond Real Estate LLC	Davenport	Scott	01	\$260,000	3	1	1	Existing	Fitness and Recreational Sports Centers
RI-Ron's Auto, Inc	Ames	Story	04	\$54,800	1	1	4	Existing	General Automotive Repair
Iowa X-Plosion Cheer & Tumbling LLC	Ottumwa	Wapello	03	\$198,000	1	0	2	Existing	Sports and Recreation Instruction
Whip It Good LLC	Indianola	Warren	01	\$30,000	0	4	4	Existing	Food Service Contractors
Ada Enterprises, Inc.	Northwood	Worth	02	\$1,318,000	10	0	53	Existing	Paint and Coating Manufacturing

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ON THE MOVE

Givens hired as DMPS director of custodial services

Des Moines Public Schools is welcoming William Givens as the new director of custodial services. Givens is responsible for leading the team that maintains healthy and safe spaces for more than 30,000 students and nearly 5,000 employees in almost 70 buildings.

Givens comes to Des Moines with more than 25 years of experience in K-12 facilities management. Most recently, he worked at Columbia College in Columbia, Missouri, as a director of custodial services; Excelsior Springs, Missouri, where he was the manager of maintenance, warehouse, transportation and logistics for the Job Corp Center; and Madison, Wisconsin, where he was the assistant director of building services for the Madison Metropolitan School District. He also served in building and facilities management for Sodexo for school districts and senior care facilities for many years.

"I look forward to continuing to grow our excellent custodial team," Givens said. "My colleagues and the leaders at DMPS have shown themselves to be truly remarkable individuals who apply empathy and excellence to their work each and every day."

New commercial lenders hired at Bank Iowa

Bank Iowa announced the addition of three local lenders to the bank's commercial lending team. All three bankers will serve businesses operating within the \$2 billion community bank's West Des Moines region.

Jake Brower, Erik Moen and Aaron Patterson, with a combined local banking experience of more than 30 years, are joining Bank Iowa as relationship managers.

The new lenders are all native Iowans with degrees from Midwest colleges. Brower, of West Des Moines, graduated from St. Ambrose University; Moen, of Inwood, graduated from Augustana University; Patterson, of Vinton, graduated from the University of Iowa. The men are also avid volunteers, having contributed to a wide range of Iowa nonprofits including Big Brothers Big Sisters, YMCA, Meals from the Heartland, FCA Central and several youth sports teams.

Draves named president of Monmouth College

Board of Trustees Chair Michael R. Wiley, PhD, announced that Graceland President Patricia Draves, PhD, accepted the position of president at Monmouth College in Monmouth, Illinois, and will leave Graceland this summer. Wiley also announced that the board of trustees named Joel D. Shrock, PhD, to serve as interim president.

Van Kooten hired as administrator of State Historical Society of Iowa

Valerie Van Kooten of Pella was named the new administrator of the State Historical Society of Iowa.

"We are very excited to have Valerie joining the State Historical Society of Iowa in this leadership role," said Adam Steen, director of the Iowa Department of Administrative Services, which oversees the historical society. "Her experience and record of high-level achievement will be major assets as the historical society continues its dual mission of preservation and education into the future."

"I am immensely humbled to take the reins of the State Historical Society of Iowa, as I have loved this institution since I was a little girl," Van Kooten said. "I am grateful for growing up in a very history-oriented family, which gave me a love for our state and the knowledge that Iowa's history must be preserved and promoted. I look forward to working with the dedicated staff at the museum, archives and library, and historic sites."

Delta Dental of Iowa and foundation announce 2023 total giving of \$4.1 million for 261 organizations

Delta Dental of Iowa and its Foundation committed \$4.1 million to 261 organizations to address oral and overall health needs in 2023. The past year marked 21 years of giving for the not-for-profit insurance company and its Foundation, with a total investment of \$68 million toward improving the health and well-being of Iowans since 2002.

DSM Intern Connection opens registration for summer of 2024

The Greater Des Moines Partnership announced dates for the intern professional development series, DSM Intern Connection. The series will feature opportunities for college-aged interns to connect with community leaders and executives.

Tuesday, June 4: DSM Intern Connection Kick-Off: Skillset Identification and Connections

Tuesday, June 18: Magnetic Communication with Tina Bakehouse

Tuesday, July 2: On Purpose for a Purpose: Professional Presence with Laila Down

Tuesday, July 16: Enrolling in Benefits and Understanding Your Total Pay Package with Jeff Clayton

Tuesday, July 23: Executive Luncheon – Invite Only. In order to attend, participants must have attended three of four previous DSM Intern Connection events. ■

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New hemp industry legislation

House File 2605, awaiting Governor Reynolds' signature, stands to alter access to CBD and consumable hemp goods in Iowa, posing unintended consequences for many residents. Proposed to regulate Iowa's burgeoning consumable hemp industry, the bill may disproportionately affect the 850,000-plus Iowans relying on nonintoxicating hemp products for therapeutic relief.

The bill's ramifications include:

- A restrictive cap of 10 mg of THC per container, effectively banning most full-spectrum non-psychoactive hemp products. As products sold by 30-day supply, capping a total package that low would detrimentally take most products on shelves, off of them.
- Imposition of a 21-year age restriction on purchasing and using hemp items and incriminating parents who provide them to minors. Should the legislation pass, parents would be barred from supplying hemp products to minors, and it would be a criminal act. Furthermore, products exceeding 10 mg of THC per container would cease local availability, prompting Iowans to seek alternatives online or in neighboring states where such products remain federally legal.
- The proposed law's enforcement would detrimentally affect Iowans managing various health conditions, as hemp products can offer therapeutic benefits without psychoactive effects. Despite federal acknowledgment of hemp's medical utility and potential minimal risk, access to these products would be curtailed.

The medical marijuana program is not for everyone, and Iowans should have a choice on their wellness. Advocates stress the importance of local access to safe and legal hemp items, underscoring the significance of choice in wellness alternatives. With a significant portion of Iowans relying on hemp products, community engagement plays a pivotal role in preserving access to these beneficial goods. ■

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

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What is floatation therapy?

Sensory deprivation tanks, also known as isolation tanks or float tanks, are designed to provide an environment of minimal sensory input. Users float in a tank filled with 10 inches of skin-temperature water and 900 pounds of Epsom salt, which makes floating effortless. Earplugs are worn, and the interior light can be turned off, resulting in a space of pure, quiet darkness. In short, the float tank is the most stress-free environment on earth.

Although float tanks are new to the mainstream, they've been around since the 1950s. Originally, neuroscientists used the tanks to test the effects of restricted stimulation on things like creativity, brainwave activity and concentration.

Research published in the Journal of Complementary & Behavioral Medicine suggests that sensory deprivation works by reducing the body's stress response, inducing deep relaxation, and quieting mental chatter. Additional research shows that floatation therapy is an effective, noninvasive method for treating stress-related illness and pain. There are numerous research-backed benefits, and we have a database of more than 200 studies on our website.

Potential benefits associated with sensory deprivation tanks include:

Relaxation and stress reduction: The weightlessness and the absence of external stimuli promotes deep relaxation, which reduces stress and anxiety. Users experience an immediate improvement in circulation, in addition to lowered blood pressure.

Pain relief: Floating in the buoyant Epsom salt solution reduces pressure on joints, muscles and internal organs. This leads to reduced tension and alleviation of pain.

Improved sleep: Regular use of sensory deprivation tanks contributes to improved sleep quality. The relaxation experienced during a float session has a positive impact on sleep patterns.

Enhanced creativity and problem-solving: Some users report increased creativity and problem-solving abilities after using sensory deprivation tanks. The meditative state induced by floating helps clear the mind and facilitates creative thinking.

Mental clarity and focus: Floating

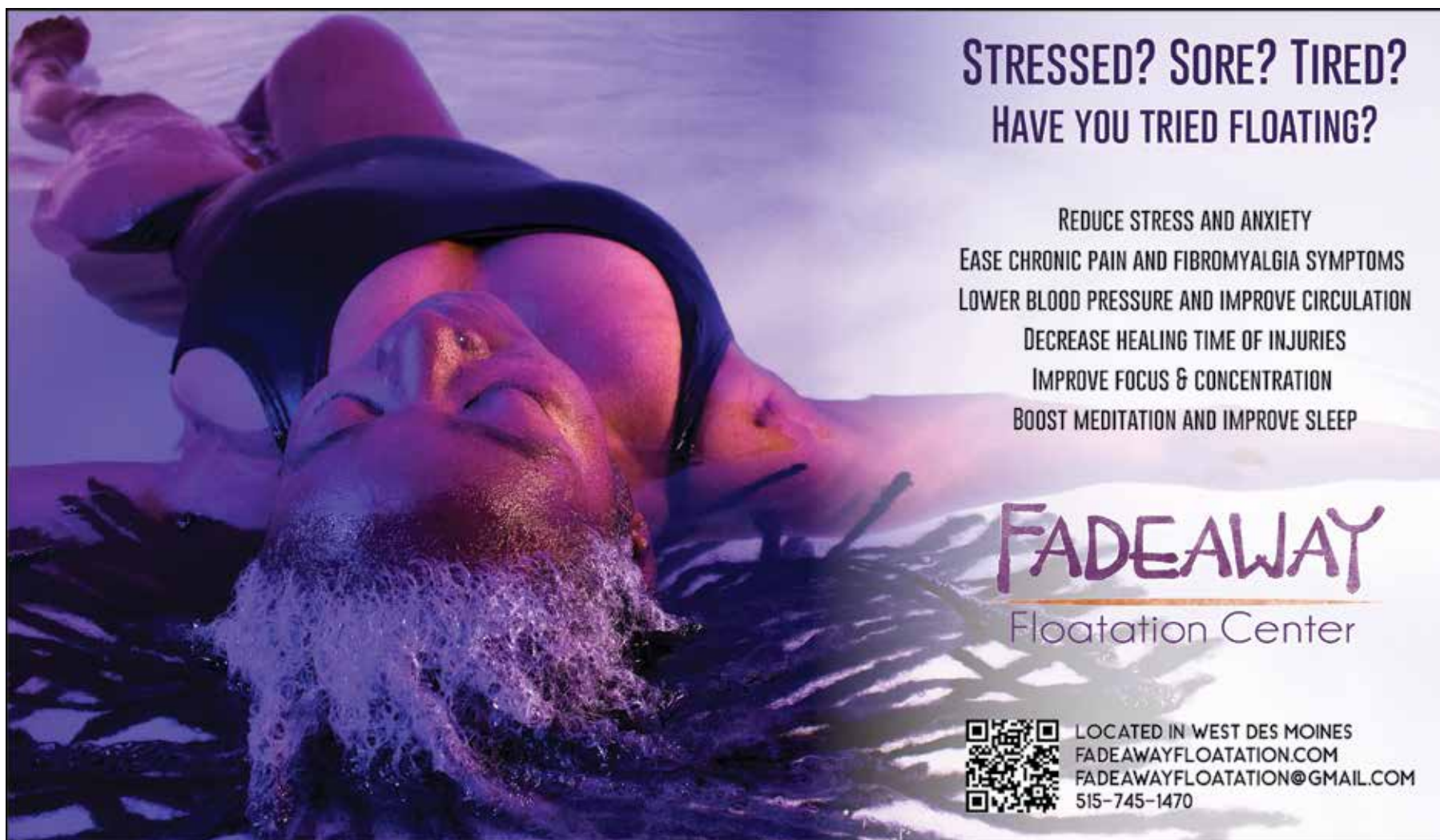
promotes mental clarity and enhances focus by allowing individuals to disconnect from external distractions and enter a state of deep relaxation.

Mindfulness and meditation: Floating provides a unique environment for mindfulness and meditation. The lack of external stimuli allows individuals to focus inward, facilitating meditative states.

Recovery for athletes: Athletes use sensory deprivation tanks as part of their recovery routine to promote muscle relaxation, reduce inflammation, and accelerate recovery from intense training sessions.

These benefits are possible without any side effects. All you do is enter the tank, float, and rest for 60 to 90 minutes. ■

Information provided by Fadeaway Floatation Center, who has been providing floatation therapy and infrared sauna sessions since 2015. Located in the Jordan Creek area of West Des Moines, 6150 Village View Drive, Suite 104, West Des Moines, 50266.



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Orthopaedic care is more than recovery

Seeking specialized orthopaedic treatment offers a multitude of benefits for individuals looking to prevent injuries, address existing conditions and explore various forms of treatment, including surgical interventions. Orthopaedic care focuses on the musculoskeletal system, which encompasses bones, muscles, joints, ligaments, tendons and other connective tissues. By entrusting your orthopaedic needs to specialized and trained professionals like those at DMOS Orthopaedic Centers, you can experience improved quality of life, enhanced physical function and reduced pain levels so that you can return to the life you enjoy. We understand that this can also be intimidating, but we are here to support you and answer all of your questions. Aside from surgery, there are a variety of other ways that DMOS Orthopaedic Centers is here to serve you and your family.

One of the primary advantages of specialized orthopaedic treatment is injury prevention. Orthopaedic specialists possess a deep understanding of how the musculoskeletal system works and can provide valuable insights into techniques for preventing injuries. Through personalized assessments, they can identify risk factors unique to each individual and recommend strategies to minimize the likelihood of injuries in the future. Whether you are an athlete looking to enhance your performance or an individual seeking to maintain an active lifestyle, orthopaedic specialists can offer guidance on proper techniques, training regimens and injury prevention exercises.

Moreover, specialized orthopaedic care plays a crucial role in the management of existing musculoskeletal conditions. Whether you are struggling with chronic joint pain, arthritis, osteoporosis, or sports-related injuries, orthopaedic specialists can design personalized treatment plans tailored to your specific needs. These treatment plans may involve a combination of physical therapy, medication, injections, bracing, durable medical equipment (DME) and other non-invasive interventions aimed at relieving pain, improving function and enhancing mobility.

In cases where conservative treatments prove ineffective, specialized orthopaedic surgeons can offer surgical interventions to address complex musculoskeletal problems. Orthopaedic surgery has significantly evolved over the years, with advancements in techniques, technology and post-operative care leading to improved outcomes and faster recovery times. From arthroscopic procedures

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to joint replacements, our board-certified orthopaedic surgeons are equipped to perform a wide range of surgical interventions with precision and expertise to allow you to live your life on your terms.

Beyond injury prevention and surgical interventions, specialized orthopaedic treatment encompasses a comprehensive continuum of care that addresses everything in between prevention and surgery recovery. Learning where you are in your journey is a great start. DMOS Orthopaedic Centers is here to help you answer those questions. There are a variety of ways to get your questions answered including Virtual DMOS, where patients can text or video chat with a specialist and even upload photos to determine the best course of action and next step. Additionally, you can call DMOS Orthopaedic Centers at one of our several locations in the Des Moines area to get scheduled to see a specialist, or schedule an appointment with a surgeon, as appropriate. Orthopaedic specialists can provide diagnostic evaluations, imaging studies, second opinions and ongoing monitoring to ensure optimal musculoskeletal health. By fostering a collaborative relationship with your DMOS orthopaedic team, you can proactively manage your musculoskeletal well-being and address any concerns or symptoms that may arise.

Furthermore, specialized orthopaedic treatment extends beyond the clinic or operating room, encompassing holistic approaches to musculoskeletal health. Orthopaedic specialists

often work closely with physical therapists, certified hand therapists, occupational therapists, sports performance and recovery specialists and other healthcare professionals to offer a multidisciplinary approach to patient care. By addressing the physical, emotional and nutritional aspects of musculoskeletal health, our team of orthopaedic specialists can support you in achieving overall wellness and long-term vitality.

In conclusion, we encourage you to seek specialized orthopaedic treatment to prevent injuries, explore treatment options and optimize your musculoskeletal health. Whether you are looking to enhance your athletic performance, manage chronic conditions, or recover from surgery, orthopaedic specialists offer personalized care that is tailored to your unique needs. Prioritize your health today and reach out to us at 515-224-1414 or learn more at www.dmos.com where you can explore options and even schedule an appointment online or connect with us virtually from wherever you are at www.virtualdmos.com. We are here when you need us and look forward to serving you. If you have a recent injury, we also remind you that you can walk-in to any of our Urgent Injury Clinics as well, locations and hours are available online at www.dmos.com. Please also follow us on social media @dmosortho to stay up to date on all things orthopaedics. ■

Information provided by DMOS Orthopaedic Centers, Holly Birkey, Director, Marketing and Business Development, 6001 Westown Parkway, West Des Moines, Iowa 50266, 515-224-1414, www.dmos.com.



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LUNCH WITH... BY JIM DUNCAN

C.J. Bienert at Cheese Bar

Innovator realized the dream of turning his hobby into his career.

EAT & DRINK

C.J. Bienert is Des Moines' chosen cheese monger. Through his Cheese Shop and Cheese Bar, he has enticed the city's palate to appreciate distinctions between whey and casein proteins, goat's milk and sheep's milk fats, Pyrenees and Alpine terroirs, etc.

He has promoted wine and cheese tastings to graduate level educational events. And he realized the dream of turning his hobby into his career.

We asked him to lunch and met at Cheese Bar. That place has a minimalist, Nordic look with sleek wood and handmade rustic accessories. Wood panels hang from the ceiling, while picnic style tables and a long bar dominate the room. One wall is covered with photos of a virtual hall of fame of food producers who supply Cheese Bar and Cheese Shop, including local super farmers Larry Cleverley and Jordan Clasen, plus La Quercia founders Herb and Kathy Eckhouse.

Cheese Bar is not just a novelty or specialty café. It is one of Des Moines' most innovative restaurants. Bienert hires creative friends from the food business, and menu

decisions are collaborative. Sausage recipes are original, and cheese forward creations like what goes into fondue, raclette, mac and cheese and grilled cheese are being reworked seasonally. A full bar with a lively happy hour encourages customers to experiment with new dishes.

When we met, Cheese Bar was bustling for a midafternoon weekday. Happy Hour here is 3-5 p.m. and features \$5 champagne, sparkling wines and superb homemade sausages. Over corn dogs (the best I ever tasted) and boards of cheeses, charcuterie, pickles, Marcona almonds, jam, toast and crackers, we talked mostly about the cheeses I was eating.

First off, why are Cheese Shop and Cheese Bar in two different locales?

"I think about that every day as I make six or more trips between the two. I keep thinking that one of the neighbors between 42nd and Ingersoll will report me to the police. Anyone who keeps driving the same route that often must be casing things out.

"Seriously, though, we wanted to have them in the

same place. It just would have been too expensive to comply with zoning and fire safety regulations if we added on at The Shops of Roosevelt. It would have cost hundreds of thousands just to install the sprinkler system because of the age of the water pipes and the pump."

Why did he want two separate businesses dealing primarily in cheese?

"We didn't at first. In fact, I told my wife that if I ever wanted to open a restaurant, just kick me. But she ended up encouraging me to do it.

"You can only sell so much cheese as a retail shop, and I tend to buy too much because I want to help the cheesemakers, many of whom are my friends. Cheese is not simple. Our food costs are 30% not 20% like it is for the standard successful restaurant. So, we can't afford waste. First we started selling grilled cheese sandwiches and mac and cheese at Cheese Shop, but that wasn't enough. We needed a full restaurant, not just a few tabletops in a retail store."

What did Bienert do before opening two businesses



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LUNCH WITH... CONT.

to prepare for a life in cheese?

"I went to Roosevelt when my father Charley Bienert had Timbuktoo coffee shop there (in The Shops at Roosevelt). That was my retail background. I worked for Orchestrate Management and was a 'day one' employee when they opened Gateway Market & Café.

"I loved it, but I didn't want groceries to be my legacy. So, I went to work with some cheesemakers I admired. Vermont is a very special place for cheese in America. They have all kinds of agriculture money. That helped Jasper Hill get started and to build their 'state-of-the-art' underground cave aging facility.

"A lot of Vermont cheese people never leave Vermont. It's a long way (from the 'Northeast Kingdom' cheese zone) to anything. The closest city to Jasper Hill is Montreal, so I went there a lot and love it. It's a wonderful food town.

"Marisa Mauro founded Ploughgate Creamery. Her creams and butters were amazing. I have given tastes of similar butter to people, and they think they are eating cheese. After a fire at Ploughgate, Jasper Hill carried on Marisa's tradition with her Willoughbys. It's a washed rind cheese."

What about Wisconsin?

"Pleasant Ridge is in 'The Driftless' region of southwestern Wisconsin. The Ice Age glaciers drifted over it. It's near the House on the Rock. The Driftless is only a four- to five-hour drive from Des Moines. The Milwaukee

area cheesemakers are six to eight hours away. Our entire staff went to Pleasant Ridge once, in four cars."

How do cow diets affect cheese?

"Pleasant Ridge Reserve is made in batches that can be quite different. They can tell you the weather and the fat content on the day they were made. They only make their Reserve in the summer, like the alpage versions of Gruyere and Beaufort that they resemble. Summer is when the cows' milk is richer with the grass they graze upon. When cows run out of food, their fat and protein contents go up. I drive to Pleasant Ridge to pick out my batches."

What's going on with sheep's milk in the U.S.?

"Traditional American sheep don't have the genetics for making great cheese milk. Mariana Marques de Almeida is changing that. She's a Portuguese scientist. The founders of Maple Leaf Cheese in Juda made her a partner. She moved to Wisconsin and imported 1,500 Assaf sheep. Their genetics are so valuable that the farm is on lockdown. It's like Kobe cattle or Iberica pigs. People would steal them, or even their sperm, for their breeding abilities.

"Their milk has high protein in the casein; it's not lost in the whey. They don't make cream; all the fat is in the cheese milk. Assafs produce more milk, too. We will be buying more of this sheep's cheese. Blakesville Creamery in Port Washington won the 'best European style goat cheese' award in 2021."

Pleasant Ridge is even represented in Cheese Bar's



EAT & DRINK

tableware.

"We made our cheese boards out of Pleasant Ridge's aging barrels. They are so petrified that they can go into the dishwasher without absorbing water."

Bienert has realized a familiar American dream — to make his hobby his career. What would he be doing otherwise?

"If cheese was just my hobby, I'd be the same guy. I'd probably be making a lot more money if I was selling insurance, though." ■

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Tumea & Sons is a veritable heirloom

One sometimes still hears Italian spoken on the Lucretia & Louie Tumea Bocce Ball Court.

The meaning of “heirloom” has been extended this century in American vernacular. It’s not just for nouns anymore. I have seen it used to describe baseball fans, tomatoes, pigs, brand new wrist watches and stocks.

There’s nothing wrong with that, but here’s what Oxford now has to say: “heirloom: 1.) a valuable object that has belonged to a family for several generations. 2.) denoting a traditional variety of plant or breed of animal which is not associated with large-scale commercial agriculture.”

If restaurants can become heirlooms, Des Moines’ most legitimate examples are Italian — Graziano’s, Noah’s Ark, Chuck’s, Baratta’s, Scornovacca’s, Latin King, Bianchi’s Hillside, Centro and Tumea & Sons. Like adoration for a particular baseball team, love for those places has been passed down from one generation to others.

Italian-Americans have respected food traditions as much as any other ethno-religious group. Many heirloom types of food in Des Moines sprouted from seeds that Italians brought from the Old World. Italian restaurants from Rocky’s to Orlando’s had gardens behind their places.

Italian Des Moines is southerly. Traditionally, the Italian neighborhood was the southside, and most Des Moines Italians hailed from southern Italy. The only other American city with so many Calabrese restaurants per capita is Detroit.

Tumea & Sons is rife with traditional southside values. An oft-packed parking lot, particularly for lunch, attests to a bond of loyalty between the café and its neighborhood. Bargain prices, mostly around \$12 for lunch, are part of that draw. One sometimes still hears Italian spoken on the Lucretia & Louie Tumea Bocce Ball Court.

One regular customer is comedian Willie Farrell, who has his own booth.

“They treat you like family. Not the third cousin who lives across the street and bums food off you every-other-day family, but beloved uncle who’s visiting from Italy for a week family. All kidding aside, great people, great food every single time, for over 25 years.

“Two restaurants tried to make it in this location and failed. Joe Tumea made it work from day one. He came to Iowa as a teenager. His wife Lu (Lucretia) came here at 13. They worked as tailors at Foreman & Clark and saved money to open this place. There is nothing like it on the southside now. It’s fabulous in every way. The walls are the history museum of the southside. The bocce ball court is the best in town,” Farrell observed.

After Lu Tumea died in 2002, regular customer Joseph Leo took over making bread at Tumea’s in the mornings. When Farrell’s wife, Jenny, was pregnant with softball legend Claudia, she frequently craved Tumea’s pesce con crema (creamed peaches). No other place in town does that dessert the same way, if at all. Today, the Tumeas call Claudia “Peaches.”

Saltimbocca, stuffed with capicola, is made here to a classic Italian recipe that is being phased out of Des Moines’ repertoire. Boiled ravioli with meat or cheese stuffing, or both, are as good as any in town. Lasagna is traditional with cheese, tomato sauce and meat or vegetables. It has sold out as a carryout order before Thanksgiving because it’s as much a part of Italian Des Moines feasts as turkey.

Veal is still served, three different ways. Cotolette, the best in town, is made with beef tenderloin, breaded with homemade crumbs, and sauteed in olive oil. Pastachena is still made with hard boiled eggs. Brashioli is still stuffed with bacon and celery then braised in red sauce that is sweeter than most. Tumea’s iconic creamy garlic dressing is an original recipe. They still serve taralli and cannoli for dessert.

And, as the menu promises, “You can always depend that some of Joe Sr., Louie, Mario or Joe Jr. will be at your service.” ■

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



The Stuffed Olive

New location offers 100 martinis.

BY JACKIE WILSON

As the Court Avenue district seeks solutions to revitalize the area, one restaurant – The Stuffed Olive — is eager to showcase its food and drink offerings.

The Stuffed Olive, a martini bar and restaurant, found success just off Third Street — so much so that the owners were turning away up to 200 people on weekends. The solution? To move kitty-corner to their new location at the Court District building.

In November 2022, several bars were forced out or closed on their own, leaving the building vacant for a fresh start.

The Stuffed Olive, formerly The Standard, opened 12 years ago and moved to its new location at 216 Court Ave. on March 29. They brought some old décor yet splurged on new seating configurations. Gold-flecked tables surrounded by comfy black chairs and bar stools beg customers to lounge for a while. Black curtains and colorful wall art break up large areas.

Little touches, such as heavy silverware and diamond patterned plastic water glasses, add to the ambience. The TVs showed fireplace scenery, forcing attention toward your dining partner.

The tall windows off Court Avenue open in nice weather, overlooking a large street-side patio.

Are you ready for the martinis? Get out your reading glasses to peruse the book of more than 100 martini flavors. Imagine any taste combo you desire,

and it's yours, all in a dainty martini glass. Think fruity, savory, sweet, spicy — all with various liquors. A dirty banana includes crème de banana, Skrewball peanut butter whiskey, Smirnoff caramel vodka, Tippy Cow Chocolate, garnished with chocolate and caramel swirls. Mmmm. And that's just one. I asked the owner, Brendan Kelley, if he has sampled all the martinis. He hasn't. Not yet. Most cost \$12-\$14 apiece.

Not into martinis? There's a full bar. Wine Down Wednesdays offers wine, which is buy one glass and get one free all night. Martini deals on Mondays include buy one get one free martinis. Late night happy hour, starting at 9 p.m. on Friday and Saturday, are buy two martinis and get one free. Remember that next time you're looking for an afterparty following a Civic Center or Wells Fargo event.

Wednesday nights include live music. Shortly after the Downtown Des Moines Farmers' Market resumes, look for a brunch menu and live music on Saturday mornings.

Most of the food menu remains the same with new items being added. Their sharables pair well with the drinks. The smoked elote dip consists of chilled corn, cotija cheese, cilantro, onion and mayo, served with corn chips for \$15. The grilled salmon tacos include salmon, mango salsa and aioli, served on a flour or corn shell, three for \$18. A build-your-own mac and cheese offers four different flavors. Most entrees and

sharables range from \$13-\$22.

If you are craving something sweet, why not drink your dessert? Do like others and lick the inside of your chocolate and caramel-lined martini glass. Don't worry, nobody is looking.

Head back to the revitalized Court Avenue district to check out The Stuffed Olive. You won't be disappointed. ■



MARGARITA WARS

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- **La Hacienda Mexican Restaurant**
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SPRING SPORTS

PREVIEW

Des Moines Menace and Iowa Barnstormers
poised for exciting seasons.

Photo courtesy of Des Moines Menace

Menace soccer team is Des Moines' connection to the world

Soccer love is for life.

By Jim Duncan

It's called "the beautiful game." Soccer has been known as joga bonito since 1970 when Brazil's national selection won the World Cup with "total football" teamwork that has been emulated ever since.

Interestingly, the Portuguese term joga bonito is used all over the world but not in Brazil, where the same style is called futebol-arte. Beauty or art, no other sport is loved world-wide like soccer. And with its 90 minutes of constant movement, no other sport is as creative.

Soccer is also the most accessible of all sports. Football and basketball favor those with extraordinary size. Baseball demands rare hand-eye coordination. Track and field distinguishes sprinters from distance runners. No one can be both. People marvel when a 100-meter champion can also compete at 400 meters. Running further than that is a dream too far.

But soccer players at the highest levels run up to 8.5 miles over 90 minutes in a game in which pace (soccer speak for sprinting speed) is what usually separates winners from losers.

Americans are turning more and more to soccer because parents love that kids do not have to be "stronger, faster, higher" or bulk up like in other popular sports. They just have to be willing to run, run, run and wait for elusive opportunities to do something simple, but simply magnificent, with the ball.

2024 DES MOINES MENACE SCHEDULE

May 15 at Chicago Dutch Lions

May 25 Chicago City SC in
Mediacom Stadium

May 30 at River Light FC

June 1 at Sueno FC

June 12 at Chicago City SC

June 15 St. Charles FC in Valley
Stadium

June 22 Sueno FC in Valley Stadium

June 29 River Light FC in Valley Stadium

July 2 at St. Charles FC

July 6 at Peoria City FC

July 13 Chicago Dutch Lions in Valley Stadium



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If soccer wasn't already a sport, someone would have to invent it to comply with "equality, diversity, inclusion" angst. It is the world's game. Last year's Menace roster included players from Spain, Liberia, Chile, Costa Rica, England, Canada, Libya, Jamaica, Bosnia and Herzegovina, Trinidad and Tobago, plus Japan. The locker room was the most cosmopolitan place in the metro, with the possible exception of the Windsor Heights Walmart on a Sunday.

Now and forever

Soccer love is for life. One does not choose new teams to support like football and basketball fans often do. I witnessed a bar fight between middle-aged fans of Hull City and Sheffield Wednesday, both decked out in team colors and paraphernalia. That was in Guayaquil, Ecuador.

Bloodied, those two rival fans then had a beer together and united in their shared appreciation of the English national team. Soccer biographies always include both club and national teams. Soccer clubs, like the Menace, recruit supporters at very young ages.

Divine connectivity

The most loveable facet of soccer's design is its overlapping connectivity. The Menace plays in an amateur league with rivals Chicago City, Chicago Dutch Lions, Peoria, Sueno (Joliet), St. Charles and River Light (Kane County). At the same time, they also play in a knockout tournament that can match them against professional teams of the highest order in the U.S.

Players and managers usually experience both promotion and relegation in their careers. The Menace roster this year includes Roger Espinoza, a Honduran national who played for Wigan Athletic FC in 2013 when that English team won the fabled FA Cup and the same week suffered relegation from the EPL, the world's richest league.

Soccer is designed to test one's highs and lows, even within a single minute. Up



Winning and celebrating are Menace traditions. Photo courtesy of Des Moines Menace

or down, movement is blessed with connectivity that one finds in no other sport. Espinoza played with Sporting Kansas City of the MLS, America's top professional league. Former Menace manager John Pascarella came to Des Moines from Sporting KC and left for Minnesota United, another MLS team. Former Menace and Drake superstar Ezra Hendrickson managed the Chicago Fire in the MLS until last year. He's now managing in his native St. Vincent. Last year, Sydney Tatam was director of operations for the Menace. This year, she has the same title for USL, the women's super league, in its inaugural season.

The Menace is connected to the highest level of world soccer by just one degree of separation. Menace ownership is the same as that of Parma Calcio, one of Italy's most storied clubs, particularly in the 1990s when they won four European trophies and several world hall of famers wore their colors.

Gianluigi Buffon, arguably the greatest goalie of all time, came out of retirement to play for Parma last year and wept on his knees when they lost a promotion playoff. This year, the club was on course to win promotion without a playoff. (At press time, they were eight points up with five games to go.)

There will be parties in Des Moines when that happens. Parma and Des Moines are connected in other ways. Both are in the capitals of agricultural wonderlands. Both honor the oak tree, la quercia in Italian and the name of America's premiere charcuterie producer in Norwalk.

Success breeds more success

The Menace has been built on success. They won a national championship in 2021 in front of 7,342 fans in Valley Stadium. They have only lost one regular season home game since 2017. Then they hired away the only manager who beat them, Troy McKerrell.

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

Plug in

Menace games are a family-friendly bargain. Tickets are only \$10 for adults and \$8 for ages up to 18. Season tickets are \$70. People show up early and tailgate. Two fan clubs sit together and sing — the DSM Society and the Red Army.

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

"Our players stay around after games to meet everyone, sign autographs, take photos. We give away posters then, too," General Manager Charlie Bales explained. ■



Menace has youth programs for kids as young as 3. Photo courtesy of Des Moines Menace

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Iowa Barnstormers look to turn the ship around

Team is led by six returners from last season including quarterback Darius-James Peterson and linemen Toryque Bateman and Joe Bastante.

It's that time of the year once again: time to bang some heads, Iowa Barnstormer style.

Barnstormer Head Coach Dave Mogensen and his club entered the season looking for a rebound after a 3-13 performance by the Indoor Football League team in 2023.

Time will tell if that success comes. What the Barnstormers do know is they have the players to turn the ship back around, led by six returners from last season's team including quarterback Darius-James Peterson and linemen Toryque Bateman and Joe Bastante. Tyrell Pearson returns at defensive back, as does linebacker Ian McBorough and kicker Gabriel Rui. Also on the roster this season are former University of Northern Iowa wideout Deion McShane and Iowa State wide receiver Darren Wilson.

The squad got off to an 0-2 start in the 2024 campaign, losing to the Green Bay Blizzard in the season opener, 35-24, before dropping a close one to the Tulsa Oilers the following week, 39-31.

The game

For the uninitiated, the Indoor Football League (IFL) is a professional indoor American football league created in 2008 out of the merger between the Intense Football League and United Indoor Football and has 14 teams in two conferences with each team playing a 16-game season. With the closure of the Arena Football League in 2019, the IFL is the oldest active professional indoor football league in North America.

The Indoor Football League is similar to outdoor football in many ways. Teams work to score touchdowns while playing four 15-minute quarters. That said, it's different, too, beginning with the fact the game is played indoors in what basically is a hockey rink, complete with the boards. IFL fields are 50 yards long, as opposed to 100 yards in outdoor football, and also have rebound nets along the sidelines, fostering a game that has continuous action and more points. Goal posts are 10 feet



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wide with a crossbar height of 10 feet.

Whereas the outdoor game is 11 vs. 11, indoor football is 8 vs. 8, with four offensive players lining up on the line of scrimmage. Three defensive players must be down linemen, and one linebacker may blitz on either side of the center. Defensive linemen must line up no wider than shoulder to shoulder on the offensive lineman in front of them. In scrimmage kick formation, the defensive linemen must align head-up on the offensive lineman. The defensive linemen may not stunt or twist, except when in scrimmage kick formation. Offensively, two receivers may go in forward motion before the snap.

Scoring is as follows:

- Touchdown: Six (6) points
- Field Goal by Placement: Three (3) points
- Field Goal by Drop Kick: Four (4) points
- Safety: Two (2) points
- Safety on Two Point Conversion Attempt: One (1) point
- PAT by Running/Passing: Two (2) points
- PAT by Drop Kick: Two (2) points
- Returned PAT by Defense to Team A's End Zone: Two (2) points
- PAT by Place Kick: One (1) point
- Deuce (Kickoff That Passes Through Uprights): Two (2) points
- Rouge (Kickoff Downed in End Zone): One (1) point

Terms to know:

- **Alley:** The area between the two outside offensive linemen, and it is bordered by their outside shoulders.
- **Belt:** The area five yards beyond the defensive line of scrimmage. It runs sideline to sideline and disappears at the snap.
- **Blitzer:** If a player is going to blitz, he must identify himself to the offense and the officials by raising his hand if there are two linebackers in the box. At the snap, he must be located in the Alley and behind the Belt.
- **Drop kick:** A player drops the ball towards the ground and kicks the ball simultaneously as it hits the ground. If a player can make a field goal using this technique, it's worth four points.

There's more, but that's the nuts and bolts. Those who know the outdoor game — and even those who don't — will have little trouble adapting.

IFL players earn between \$250 to \$500 per game played with a \$25 bonus given to the players on the winning team each week.

The past

The Barnstormers have a rich history that began in 1995 when the new team and head coach John Gregory qualified for the playoffs in their inaugural season, following it up with trips to the arena football Super Bowl equivalent — ArenaBowl X — in 1996 and another in 1997.

2024 ROSTER

- 1 – Tre Long, WR
- 2 – Deion McShane, WR
- 3 – Quian Williams, WR
- 4 – Darius-James Peterson, QB
- 5 – Ian McBorrough, LB
- 6 – Teyler Porter, RB
- 7 – Tyrell Pearson, DB
- 8 – Darren Wilson, WR
- 9 – Simeon Gatling, DB
- 10 – Gabriel Rui, K
- 11 – Robert Washington, RB
- 12 – Jefferson Fritz, DB
- 15 – J'Von France, DB
- 17 – Kyle King, QB
- 18 – Ty Tate, DL
- 20 – Christian Russell, LB
- 21 – Victor Hampton, DB
- 22 – Mark Carter, DB
- 33 – Arthur Randall, DL
- 44 – Kaleb Brewer, DL
- 54 – Joe Bastante, OL
- 72 – Toryque Bateman, OL
- 77 – Richard Gaskins, OL
- 78 – Kristopher Stroughter, OL
- 93 – Chuckwumeka Manning, DL

Watch Showcase

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With the opening of Wells Fargo Arena in 2005, the team had a new home and facility in place and eventually returned for the 2008 season. From there, the team played as members of the Arena Football League and the Indoor Football League (2015). The team captured its first ever championship in 2018 with a 42-38 victory over the Sioux Falls Storm in the United Bowl.

The event

Going to a Barnstormers game is more than watching some great football; it's an event. As always, the team has a number of specialty nights and offerings beyond the gridiron that are sure to entice fans this 2024 season. The Barnstormers will host eight home games at Wells Fargo Arena during the regular season, and each will have its own theme, beginning with the home opener on Saturday, April 20 when the team hosted the Arizona Rattlers. Fans had the opportunity to purchase two tickets to the game and an autographed football for \$100.

Saturday, May 4 will be a big one: Star Wars night.

The team will don specialty Star Wars-themed jerseys in the contest against the Quad City Steamwheelers. The first 1,000 kids ages 12 and younger will receive a free light saber. An online jersey auction will be held, and exclusive limited edition merchandise will be available for fans to purchase as well.

Saturday, May 11 is Billy's Birthday Bash. Fans are invited to come meet the Barnstormer mascot as well as all of his friends. The Barnstormers will be taking on the Massachusetts Pirates that night, and the first 1,000 fans will receive a Billy the Barnstormer campaign button. Hot dogs will be a measly \$1 during the first

2024 IOWA BARNSTORMERS SCHEDULE

Date	Time	At	Opponent	Location
March 23	6:05 PM	Away	Green Bay Blizzard	Green Bay, WI
April 6	7:05 PM	Away	Tulsa Oilers	Tulsa, OK
April 12	6:05 PM	Away	Massachusetts Pirates	Worcester, MA
April 20	7:05 PM	Home	Arizona Rattlers	Des Moines, IA
April 26	6:05 PM	Away	Green Bay Blizzard	Green Bay, WI
May 4	7:05 PM	Home	Quad City Steamwheelers	Des Moines, IA
May 11	7:05 PM	Home	Massachusetts Pirates	Des Moines, IA
May 17	7:05 PM	Away	Quad City Steamwheelers	Moline, IL
May 24	7:05 PM	Home	Green Bay Blizzard	Des Moines, IA
June 1	7:05 PM	Away	Sioux Falls Storm	Sioux Falls, SD
June 15	7:05 PM	Home	Quad City Steamwheelers	Des Moines, IA
June 22	7:05 PM	Home	Tulsa Oilers	Des Moines, IA
June 29	8:05 PM	Away	Arizona Rattlers	Phoenix, AZ
July 6	7:05 PM	Home	Jacksonville Sharks	Des Moines, IA
July 13	7:05 PM	Home	Sioux Falls Storm	Des Moines, IA
July 20	7:05 PM	Away	Frisco Fighters	Frisco, Texas

half of the game.

Military Night will be held on Friday, May 24 during the team's game against the Green Bay Blizzard. The evening will be dedicated to honoring and recognizing our veterans and active-duty military personnel.

Saturday, June 15 will be deemed Summer Kickoff and feature the Animal Rescue League of Iowa's Halftime Corgi Chase during the Barnstormers' contest against the Quad City Steamwheelers.



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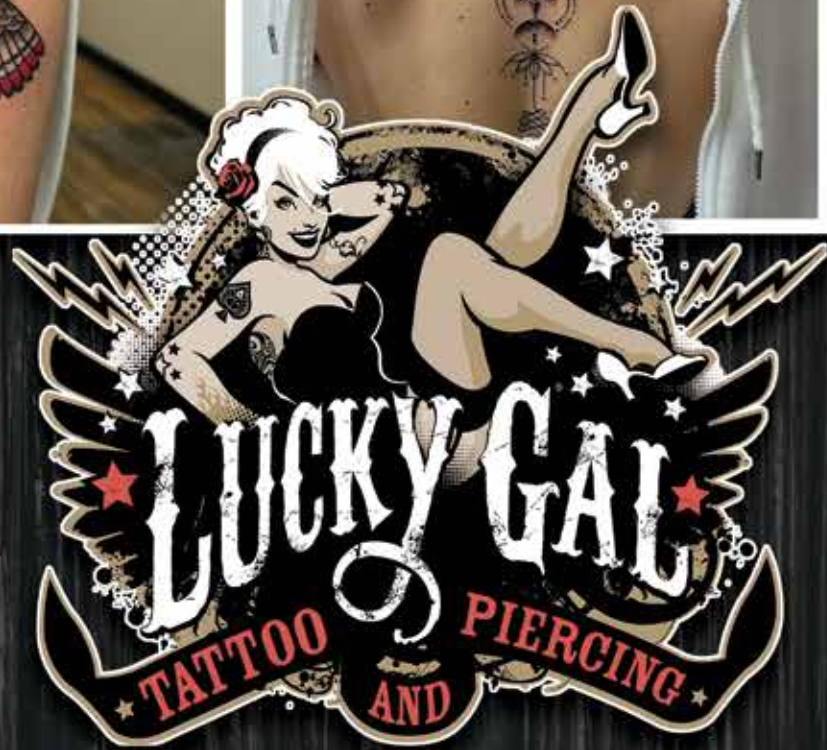
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Photo by Jasey Michelle/Picture Iowa

Saturday, June 22 will be First Responders Night as the Barnstormers take on the Tulsa Oilers. The first 500 kids will receive a super hero cape courtesy of Scrap Processors, Inc. The evening will be dedicated to honoring and recognizing local heroes including police, fire, EMS and hospital workers. Specialty jersey and locker plate auctions will take place as well.

Take a step into the past during the Barnstormers' game against the Jacksonville Sharks on **Saturday, July 6 for their Annual 90s Night.** The game will feature throwback music, trivia and more from the decade that started it all for the team. Beer will be \$2. Fans can enjoy 12-ounce Busch Light and Coors Light through the first half of the game.

Saturday, July 13 will be Fan Appreciation Night as the Barnstormers take on the Sioux Falls Storm in the final regular season home game of the season. The team will be highlighting fans throughout the game, and beer will be \$2.

Fans may purchase Iowa Barnstormers single-game tickets for the 2024 season online at www.hyveetix.com or at www.theiowabarnstormers.com. Individual game tickets are \$18-\$70 for regular season games. Season ticket packages are available for as low as \$128 per seat and will include a ticket to all eight regular season home games. For more information, call 515-633-2255, or visit www.theiowabarnstormers.com. ■

AROUND TOWN

PHOTOS BY AARON BURNS



Jeanne Serb and Julie Meachen



Braden Cooper and Laura Grell



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UPCOMING EVENTS 2024





Season Opening!
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Samara Joy sings about hope and a vision for the world

Grammy award-winning Gen Z jazz singer to perform at Hoyt Sherman Place on June 13.

The Grammy Awards showcase the “best of the best” up-and-coming musicians in a variety of genres.

For the Best New Artist award, the majority of musicians have been pop singers, such as Billie Eilish, Adele, Zac Brown Band and Chance the Rapper.

But for Samara Joy, who, at age 23, received her first Grammy in 2023, her genre is none of the above. It is jazz, and it is a rare achievement for a jazz artist to be awarded Best New Artist.

Joy earned two more Grammys. In 2023, she received a Grammy for Best Jazz Vocal Album, “Linger Awhile.” In 2024, she earned a Best Jazz Performance Grammy for “Tight.”

After listening to her silky voice and smooth range, one might think she grew up listening to jazz. She didn't.

Instead, she sang in musical theater and in church. She would listen to the radio or her iPod on the bus coming home from school. Her parents and grandparents were musicians, and she would try to imitate their singing.

“I love imitating family and trying to understand how they got their voices to do that. I tried to develop my singing,” she says. “Then I auditioned to be a jazz major in college, when I didn't know anything about jazz.”

After graduating from college three years ago, she embarked on a tour and is currently on “about” her 10th tour, admitting she's nearly lost track of how many tours she has done. Her latest tour makes a stop in Des Moines at Hoyt Sherman Place on June 13.

As a 24-year-old, Joy performs to audiences often decades older than she is. She emphasizes that all ages can relate to her subject matter.

“The things I sing about, any ages or experiences

can relate. The subject matter — love, being heartbroken, losing someone special — anyone can relate to it.”

Her original songs also cover subjects young people struggle with, like being overwhelmed and how to go about life when facing challenges and uncertainty.

“I talk about hope and a vision for the world. Everyone can connect in one way or another,” she said.

Joy connects with fans on talk shows such as “The Kelly Clarkson Show” and “The Drew Barrymore Show.” Her TikTok has more than 6.5 million likes. She's been dubbed by media outlets as the first Gen Z jazz singing star.

Joy describes how singing jazz versus pop is different, because jazz has a wide range of sounds.

“I largely do acoustic bass but also piano, drum set and sometimes horns with my vocal range.”

She says each concert is unique.

“We don't play the same song every night. The big difference is the band and how we interact together. For pop singers, sometimes the musicians are just there for texture, not necessarily to interact with,” she said. “We have the improvisation factor. Listeners can expect to hear something fresh each night. Anyone who is at the concert can expect to hear live music, created on the spot.”

After the concert is finished, Joy feels a sense of accomplishment.

“Thankfully, I haven't had a bad one yet,” she says. “People are expecting to connect and be amazed and uplifted by the music. There are a lot of people here for their first time. We do our best to bring the energy the same every single time. There is no off night.”

For those who have never heard her, she says this: “If you don't already know, I'm an artist and not a



Samara Joy. Photo by Meredith Truax

jukebox.”

The thing she's most surprised about in her career is that she is singing jazz.

“I sincerely didn't listen to jazz growing up. I'm fortunate enough to pursue and really enjoy expressing myself through singing. Never did I imagine this is what I'd be doing and that I would have so much fun doing it,” she said. ■

SOUND ADVICE

BY JACKIE WILSON

The Greenbelt Music Festival in Clive returns for a second year. This year's two-day event on May 17 and 18 includes bluegrass, folk, string and rock among a laid-back atmosphere on two stages — off the Clive Greenbelt Trail and the Horizon Events Center. Friday's headliner is **Yonder Mountain String Band** along with **Railroad Revue** (formerly Railroad Earth, as the ailing lead singer Todd Sheaffer is replaced with Lindsay Lou). Saturday's headliner is **Umphey's McGee** along

with **Sierra Hull**. A total of 19 acts perform including Iowa locals such as **Alleygrass**, **Buckmiller Schwager Band**, **B2Wins** and **Winterland**. General admission tickets cost \$64 for Friday; \$64 for Saturday or a two-day pass for \$95. Kids younger than 12 get in free. The festival atmosphere includes food trucks, kids zone and a silent disco. For a complete lineup or more information, visit www.greenbeltmusic.com.

Run Wilson, an indie rock band that hails from

Urbandale, plays on May 11 at xBk Live. After most members recently moved to Nashville, they are pumped to return to their hometown to promote their new EP, “If You Love Me, Leave the Garden.” Opener is Urbandale native **Kelsie James**.

John R. Miller performs at xBk Live on May 9. With an earthy, country-folk twang, he blends country, blues and rock. Ticken info for both concerts can be found at www.xbklive.com. ■

FILM REVIEW

BY DAVID ROWLEY

'Rebel Moon: Part 2 - The Scargiver' falls short

This Netflix sci-fi saga delivers an abundance of explosive action and slow-motion sequences, but ultimately lacks cohesion and emotional depth.

Zack Snyder's latest foray into the realm of epic sci-fi, "Rebel Moon," is a grand spectacle of ambition and visual prowess, yet it struggles to break free from its own limitations. Boasting a star-studded cast including Sofia Boutella, Ed Skrein and Djimon Hounsou, the film presents a tale of rebellion, unbreakable bonds and the emergence of heroes in the face of impending doom. However, despite its admirable aspirations, "Rebel Moon" falls short in delivering a truly captivating narrative experience.

Known for his boundless enthusiasm and penchant for pushing the boundaries of cinematic storytelling, Snyder once again demonstrates his commitment to innovation. Yet, as is often the case with his works, "Rebel Moon" elicits mixed reactions, leaving audiences either enamored or disenchanted with its offerings — like going to a great restaurant only to find out they've changed the menu because they couldn't get ingredients they needed.

The film is at its most engaging with its visual construction, with Snyder orchestrating the grandeur of intergalactic warfare on screen. From sweeping battle sequences to stunning CGI landscapes, "Rebel Moon" is a testament to Snyder's ability to make truly exciting movie trailer b-roll. The man has skills with slow-mo, and his overuse of the technique guarantees a few great scenes. However, for all its visual splendor, the film struggles to engage on a deeper level, failing to establish meaningful connections with its characters or offer anything of a compelling narrative arc.

The film attempts to blend elements of "Star Wars" and "Seven Samurai" but falls short in crafting compelling characters and a coherent narrative. Despite efforts to introduce new aliens and expand the universe, the story feels derivative and overstretched. While the ensemble cast is remarkable in their star-power, "Rebel Moon" is unable to evoke genuine empathy for its characters. Despite the valiant efforts of the cast, the film's ensemble feels underdeveloped and lacking in emotional depth. As a result, it becomes increasingly challenging for



"Rebel Moon: Part 2 - The Scargiver"

PG-13 | 122 minutes

Director: Zach Snyder

Writers: Zach Snyder, Kurt Johnstad, Shay Hatten

Stars: Sofia Boutella, Djimon Hounsou, Ed Skrein

audiences to invest themselves fully in the fate of these characters, leading to a sense of detachment that persists throughout the film.

While the introduction of new heroes and the expansion of the story's mythology are commendable efforts, they ultimately fall short of revitalizing a plot that feels stuck in a perpetual cycle of "The Chris Farley Show" from "SNL."

As the film progresses, it becomes evident that Snyder's reliance on slow-motion sequences serves as a crutch rather than a stylistic flourish, further exacerbating the sense of stagnation that permeates the story.

In its attempt to set up future installments, the film sacrifices depth for spectacle, leaving audiences with more questions than answers. Despite its potential, "Rebel Moon: Part 2 - The Scargiver" falls short, offering flashy visuals but little substance. Despite a talented cast and ambitious worldbuilding, the film fails to deliver a compelling narrative or memorable characters. While it may appeal to fans of Snyder's style, it ultimately feels like a missed opportunity to create something truly remarkable.

Given how popular the first film was (according to Snyder and Netflix, anyway), we'll likely see more "Rebel Moon" down the line. Snyder previously said he'd like to do a six-hour director's cut of both films, and he recently told Radio Times he would like to stretch the "Rebel Moon" series out to four or six films. Somehow, that just feels like a threat. ■

PREVIEWS

BY DAVID ROWLEY

"Boy Kills World"

R | 115 minutes

Director: Moritz Mohr

Writers: Tyler Burton Smith, Arend

Remmers, Moritz Mohr

Stars: Bill Skarsgård, Famke Janssen, Jessica Rothe

Bill Skarsgård stars as "Boy" who vows revenge after his family is murdered by Hilda Van Der Koy (Famke Janssen), the deranged matriarch of a corrupt post-apocalyptic dynasty that left the boy orphaned, deaf and voiceless. Driven by his inner voice, one which he co-opted from his favorite childhood video game, Boy trains with a mysterious shaman (Ruhian) to become an instrument of death and is set loose on the eve of the annual culling of dissidents. Bedlam ensues as Boy commits bloody martial arts mayhem, inciting a wrath of carnage and blood-letting. As he tries to get his bearings in this delirious realm, Boy soon falls in with a desperate resistance group, all the while bickering with the apparent ghost of his rebellious little sister.



"The Fall Guy"

PG-13 | 126 minutes

Director: David Leitch

Writers: Drew Pearce, Glen A. Larson

Stars: Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson

He's a stuntman (Ryan Gosling), and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident, this working-class hero must track down a missing movie star, solve a conspiracy, and try to win back the love of his life while still doing his day job. What could possibly go right? While the film's ruthless producer (Hannah Waddingham) maneuvers to keep the disappearance of star Tom Ryder (Aaron Taylor-Johnson) a secret from the studio and the media, Colt performs the film's most outrageous stunts while trying (with limited success) to charm his way back into Jody's good graces. But as the mystery around the missing star deepens, Colt will find himself ensnared in a sinister, criminal plot that will push him to the edge of a fall more dangerous than any stunt. A new hilarious, hard-driving, all-star apex-action thriller and love letter to action movies and the hard-working and under-appreciated crew of people who make them.



"Kingdom of the Planet of the Apes"

PG-13 | 145 minutes

Director: Wes Ball

Writers: Josh Friedman, Rick Jaffa, Amanda Silver

Stars: Freya Allan, Kevin Durand, Dichen Lachman

The new "Apes" movie is set many years after the conclusion of 2017's "War for the Planet of the Apes." Many apes societies have grown from when the Moses-like Caesar brought his people to an oasis, while humans have been reduced to a feral-like existence. Some ape groups have never heard of Caesar, while others have contorted his teaching to build burgeoning empires. In this setting, one ape leader begins to enslave other groups to find human technology, while another ape, who watched his clan be taken, embarks on a journey to find freedom. A young human woman becomes key to the latter's quest, although she has plans of her own. ■



Inappropriate Biblical adorations

Des Moines Metropolitan Opera's (DMMO) performances of Richard Strauss' "Salome" this summer continue that opera's long strange trip from infamy to Indianola.

Andrea Saltini's controversial painting of Christ's corpse being sexually violated was vandalized on the eve of Good Friday by a masked intruder in a now deconsecrated church outside Modena. The artist was attacked and hospitalized when he intervened. The exhibition of the painting sparked a petition for its closure signed by more than 30,000 locals as of April 1.

Des Moines Metropolitan Opera's (DMMO) performances of Richard Strauss' "Salome" this summer continue that opera's long strange trip from infamy to Indianola. When the Metropolitan Opera (New York) staged its first performance outside Germany, it was banned after five shows due to moral outrage, particularly that of J.P. Morgan's daughter. (Salome is executed after she passionately kisses the severed head of John the Baptist.)

Some criticisms in 1907 called it: "moral stench," "degeneracy," "operatic offal," and "a strange story of a feminine pervert and a man tormented by perpetual and undefined terrors." Librettist Oscar Wilde was smiling ironically.

Singing Salome's role, Twin Cities native Sara Gartland comes from opera crazed Germany's Oldenburgisches Staatstheater where she recently sang the female lead in "Die Tote Stadt." That opera has been enjoying a big revival decades after being banned by the Nazis. As subject or object, this soprano thrives on characters dealing, or not, with unhealthy obsessions. She also debuted the role of Rose in DMMO's "A Thousand Acres," another difficult lady.

Mary and "the pale blue dot"

When Mary Kline-Misol moves on, the rest of us should pay attention. A disciple of Joseph Cambell, MKM paints heroic histories, past and futuristic, transcendental and starkly realistic.

Her series on Charles Lutwidge Dodgson and Alice Liddell, aka Lewis Carroll and Alice in Wonderland, was so comprehensive that the Lewis Carroll Society held its first-ever convention outside Europe, in Des Moines, where the Iowa Historical Museum hosted its exhibition.

Then MKM moved on to legends of the American West, Transcendentalists, early feminists, puppets of



Mary Kline Misol's "Hilde tryptych"

Indonesia, street mimes of Galicia, the apotheosis of livestock breeds, wives of Henry VIII, personalities of chickens, the homeless of Des Moines, and the wildlife beyond her porch. Now it's "the pale blue dot," Carl Sagan's phrase for our planet as seen from Voyager I.

MKM is teaming with conservationist Christine A. Curry to exhibit their reflections on the debate over land and watersheds in Iowa. She promises it will feature Mississippi River, Cedar River, Squirrel Hollow, Floyd River, Keg Creek and Bloody Run watersheds. She hopes to have a major exhibition "before Voyager shuts down sometime in 2025."

200 years of the Joy

Des Moines Symphony Orchestra will conclude its 86th season May 11-12 in the rapture of the "Ode to Joy." With 150 voices accompanying, the DMSO will celebrate the 200th anniversary of Beethoven's Symphony 9 in D minor, his final completed symphony. Composed when the maestro was totally deaf, that symphony was first performed on May 9, 1824. Franz von Suppé's "Queen of Spades" and Valerie Coleman's "UMOJA" (Swahili for unity), will warm up the band.

The 1994 film "Immortal Beloved" investigates

the identity of Beethoven's muse, played by Isabel Rossellini because only immortal muse Ingrid Bergman's daughter would do. That movie can be watched on Tubi - Free Movies, Prime Video, Fandango at Home, and Apple TV.

The Caribbean weather news

Mark Twain complained that "everybody talks about the weather but nobody ever does anything about it." Well, Des Moines Art Center is prepping for an entire exhibition about it — "Hurricane Season." It premieres June 8.

May attractions

Olson Larsen Gallery has "Another Side of the Story," artworks containing untold narratives by Beth Bojarski, Joe Broghammer, Anne Burton, Chris Dahlquist, Doug Shelton, Jackson Taylor and Tilly Woodward. Through May 25... Moberg Gallery will host the first Des Moines show by Connecticut artist Linda Colletta, who paints "through the lenses of feminism, pop culture, and childhood nostalgia." Opening May 10. ■

IOWA ARTISTS



Printmaking and quilling

“Tweezers are my jack of trade,” says artist Hannah Gebhart.

BY JACKIE WILSON

Two unique centuries-old art techniques have found their way into Hannah Gebhart’s artwork — printmaking and quilling.

Gebhart’s printmaking consists of taking blocks of linoleum or wood and carving the image by hand so it resembles a stamp. The process takes thought, as she creates the design in reverse. She rolls the ink on top of the block and then prints the image on paper by hand.

The result is unique, as each print is hand-rolled and signed. After a limited number of prints, she “retires” the art.

Gebhart established DinoCat Studio and joined Mainframe Studios in January 2023, saying the Des Moines studio was a “game changer.”

As an artist in high school and college, she obtained a degree in fine art and graphic design. She — like other artists — felt a pull toward an art career but was unsure of the profession.

“It was a belief that you can’t make a career as an artist, so I got a ‘safe’ career in graphic design,” Gebhart said.

Before college, she met a printmaking professor at Drake University and immediately fell in love with the old-fashioned process.

“You don’t need a lot of tools or space for print making. You just need a few carving tools, a roller to roll out and a transfer for the glass barrier.”

Gebhart is drawn toward carving whimsical animals, including Ranger Betty, a park ranger raccoon holding a flower, which was an idea that blossomed on a reflective car drive home from work.

Gebhart says part of the allure of printmaking is the variety of colors available. She’s printed items in metallic and rainbow colors. As she works in reverse, she says, “Everything you do is deliberate.”

Paper quilling

A second aspect of Gebhart’s artwork — paper quilling — is more labor intensive. With paper quilling, Gebhart takes strips of one-fourth-inch paper in varying lengths. Before putting the strips on paper, she draws a rough sketch of where they go. She shapes paper with tweezers, using her hands to fold and crinkle the paper. Then, putting Elmer’s glue on the paper, she uses tweezers to place the delicate-shaped paper.

“Tweezers are my jack of trade. The strips get really tiny,” she explains,

The result is a 3-D image, which creates unique shadows. As the paper is fragile, meticulous concentration is needed. Once glued, it’s difficult to manipulate it.

“As you work with the shapes, it comes to life,” she explains. “I let it do its own thing.”

Gebhart became interested in quilling after viewing an image online. While working at her job, she quilled a company Christmas card, consisting of a snowy scene landscape. From there, the idea exploded.

“After that, the floodgates opened,” she says. “I found that you could do anything with paper.”

Gebhart enjoys both printmaking and quilling and admits that quilling is time-consuming. “Both



techniques are accessible art forms,” she says. “You don’t need a lot of tools.”

She’s grateful to work full-time as an artist.

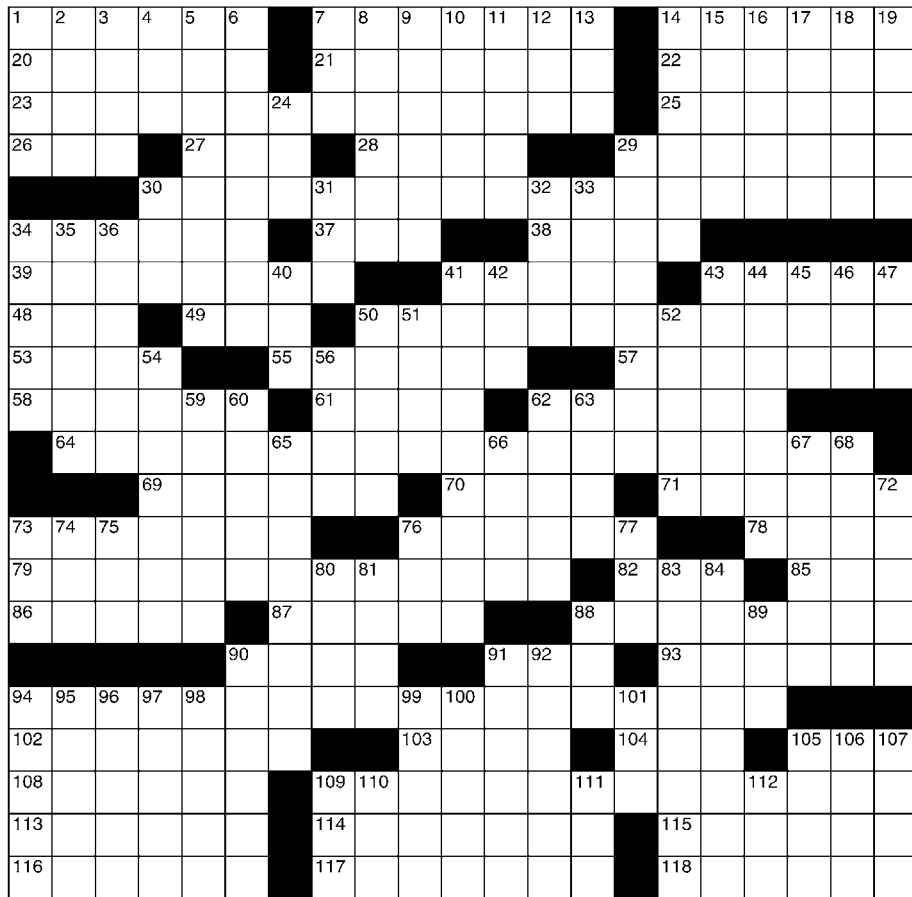
“I get to do whatever I want. It’s rewarding having a say in how I spend my time,” she says. “People are joyful for my work. It’s the best thing.”

You can find Gebhart’s art work at the Beaux Arts Fair in Davenport on May 11-12 or the Waukegan Arts Festival on July 19-20. Or, check online at www.dinocatstudio.com. ■

PUZZLES

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

SOLVING DA PUZZLE



- ACROSS**
- 1 Theater district
7 Butcher's cleaver
14 Winter melon variety
20 Replacing, with "of"
21 Privy person
22 Ill-willed sorts
23 Arranged cheddar brands in order of sharpness?
25 Arctic jacket
26 Capitol fig.
27 Collectible toon frame
28 Per each unit
29 Set to move forward, as a car
30 Boldly courageous after January 1?
34 Second shoot of a scene
37 Nevertheless
38 "-- daisy!"
39 Paleolithic period
41 Letter-shaped track in metalworking
43 Attach, as to a lapel
48 Pre-TiVo machine
49 -- Lanka
50 Comparable in humility to one particular sorority member?
53 Quick glance
55 Not durable
57 Groups of four
58 Underscore
61 Law school beginner
62 Think up
64 Big Steinway played by your father's father?
69 Condo policy about animals
- 70 Dime, e.g.
71 Passover feasts
73 Canonized seventh-cen. pope
76 Hotel bar
78 Tug sharply
79 Wrapping a wound on the noggin?
82 Sit-up targets
85 Chou En ---
86 2003 #1 hit for OutKast
87 Artist's stand
88 Raconteur's offering
90 "... and -- it all over again!"
91 Young boy
93 Complained petulantly
94 Lion's hunting recollections?
102 River in central Jersey
103 Certain shade provider
104 Certain shade provider
105 Chinese chairman
108 More asinine
109 Reversible fabric used during operations?
113 Rich, filled pastry
114 Daughter on "Bewitched"
115 And others, to Caesar
116 Rages
117 -- & Gamble
118 Confirm officially
- DOWN**
- 1 Large trucks
2 Apropos of
3 Ladd or Alda
4 Pot cover
5 Petit four and Sally Lunn brand
6 Piercing spot, often
7 Prefix with air
8 Coop up
9 Fireplace receptacle
10 Secure with string, say
11 Skilled
12 Ballot marks
13 Afore
14 Lon of old horror films
15 Classic root beer brand
16 Raconteur's offering
17 Eagle's nest
18 Cry to a prima donna
19 Interrogator
24 Part of REO
29 Put into office
30 Ex-veep Quayle
31 "Science Guy" Bill
32 Island dance
33 Heroic poetry
34 Answers an evite, e.g.
35 "And so on and so on": Abbr.
36 Bullfight hero
40 PC image file
41 High-voltage transformer
42 Cloudland
43 Peppermint -- (York treat)
44 "Bring it on!"
45 Nuggets' org.
46 Unusual
47 "Stillmatic" rapper
50 Prized Chinese vases
51 The "E" of FEMA: Abbr.
52 Big jumps
54 Eisenhower's successor
56 Politico Trent
59 Floor-scrubbing robot brand
60 Old photo tint
62 Carding at a club, e.g.
63 "Well, shoot!"
65 Held back
66 Adjective follower, often
67 Comedian Kevin
68 Very fancy
72 Did the slopes
73 "Quit talking!"
74 No-frills shirt
75 Set (down)
76 Bigger than med.
77 Suffix with Ecuador
80 Groove for receiving the end of a board
81 Not worth -- (valueless)
83 Perplex
84 Structured frameworks
88 Big fuss
89 Belittle, informally
90 Ill-fated flier of myth
91 Actor Joseph Gordon ---
92 "Cocoon" co-star Don
94 Bluenoses
95 Charged toward
96 Poet's Muse
97 Casual eatery
98 Best players
99 -- Croatian
100 Sorcery
101 Family mem.
105 African nation
106 "Not likely!"
107 Thumbs-up
109 Motor oil additive brand
110 Nasser's fed.
111 River of Bern
112 Yoga surface

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!

Junk
CARPS

Divide
HEARS

Lure
PARENT

Rant
ATIRED

TODAY'S WORD

"Everyone knows the _____ families are the ones that do things together."

SUDOKU

by Linda Thistle

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

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!

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.

	-		×		= 18			
-		-		+				
	-		×		= 20			
÷		÷		×				
	+		+		= 13			
=		=		=				
1		1		90				
1	2	3	4	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

"Bill had forgotten something when he did his magic trick — he just wasn't sure what it was..."

- Teresa Hamilton



PHOTO COURTESY OF GRATISOGRAPHY

Runners-up

"My head is bare. Rogaine failed. I despair. Wear my hare? Do I dare? People can stare. I don't care, So there!" - Shirley Keenan

"Eugene was concerned about the wind advisory, but not to worry. Not a hare was out of place." - Sherri Bowen

"I found my top hat, but where is that dang rabbit?" - Stuart Miller

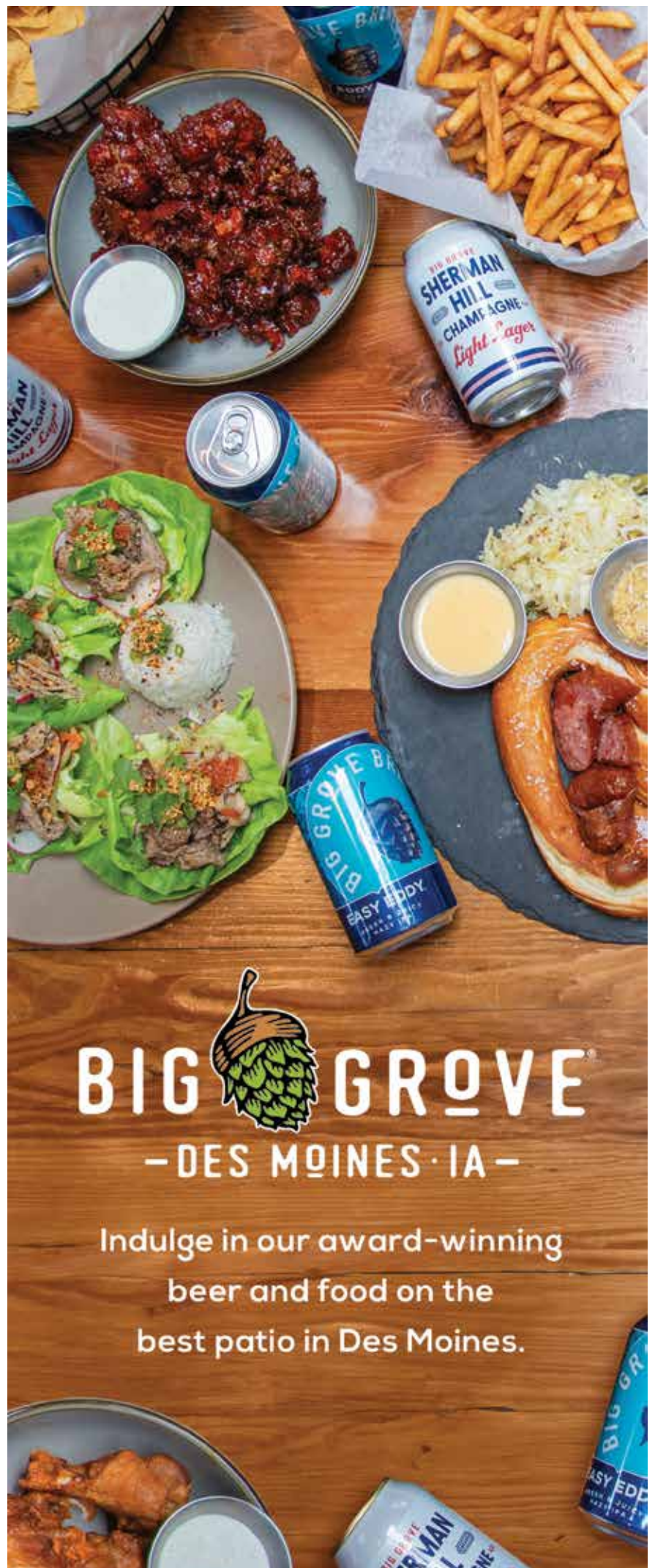
"Time for a new razor, Joe, you missed a hare!" - Bradly Hummel

"This is not what Stan had in mind when he wished for hair on his head." - Darla Hollinger

"Frederick's feeble attempt to find the Easter bunny was foiled."

- Linda Wolfe

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



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beer and food on the
best patio in Des Moines.

JOE'S NEIGHBORHOOD

BY JOE WEEG

Two characters and a dog in Woodland Cemetery

The graves sprawl over the bright green and faded brown grass like grazing cattle over the stubble of an Iowa corn field. Narrow blacktop roads meander here and there across the 65 acres. Pools of sunshine dance on the white granite tombstones and the half-buried markers of grey river rock. While the many trees with small leafing buds stand quietly in respect.

Woodland Cemetery on the cusp of spring.

Mike Rowley tells a story.

More than 100 years ago, there was an undertaker preparing a body, and this dog appeared and always seemed to be underfoot. So the days go by, and they have the funeral at the cemetery. Again, they see the dog off to the side. The burial takes place. The caretaker at Woodland Cemetery notices this dog still hanging around this guy's grave. So, they try to give the dog food and water.

Mike Rowley is a big man. Broad shoulders.

Wide smile. Well spoken. Unsurprisingly, a retired pharmaceutical salesman; surprisingly, a collector of stories, a curious historian, and the savior of many a grave in Woodland Cemetery.

"My dad died when I was about 8. I spent a lot of time with my grandparents. I was the youngest in my family. I always had a natural interest in history. Never made any money off it, though."

Mike speaks with a subdued intensity that is hidden behind a smile and a quick laugh. Don't be fooled, folks, he has a plan. And since he is bigger than his skin, he tries not to overwhelm his listener with his enthusiasm for whatever plan that is.

"We were in cemeteries all the time as the old relatives died off. I always thought cemeteries were fascinating, and I wondered what that guy did or what did she do. Why interest in the small stories? It's not the headlines that make people tick; it is the little untold things."

Mike smiles.

"Maybe I like the small stories because I have a short attention span?"

Hah! Or maybe it's from touching your own tombstone?

Mike was awarded the 2023 Lifetime Achievement Award from Des Moines Parks and Recreation — "Mike Rowley, whose relationship with Des Moines cemeteries began more than six decades ago, has worked tirelessly to honor and remember those laid to rest within them. Rowley has spent countless hours researching stories, planning cemetery projects, and curating our city's history."



Days go by, and the dog will not leave. It's really getting famished. Finally, the caretaker's wife gets the dog to come home with them. The dog's name is Queen.

Mary Christopher, a Realtor in the Des Moines area with VIA (a group of "mature Realtors who help each other rather than compete," according to Mary), just wrote a book with Mike — "Woodland Cemetery in Des Moines: A History."

"I decided to do this book on Woodland Cemetery because there really wasn't a book of all the stories. I approached Mike by accident — he was leaning over a grave — and we were introduced."

How appropriate.

Mary smiles easily and speaks of cemeteries with the bright eyes of a young kid showing you their favorite toy.

"I love cemeteries.

I can't travel without stopping at every cemetery. I don't know why I love it. It's a little creepy, but I love it."

But Mary's no dreaming kid, she is a "get it done" person. Without a doubt, she's who you want



organizing your life. Mary roped in Mike as her coauthor and then put together a team of eight or nine people to flesh out their research. And several years later, voila — a book of stories about Woodland Cemetery.

"Has this book made me think of my own death?" Mary pauses, "My sister told me that even though I'm to be cremated, I should really have a stone at Woodland... I thought about it, and that's what I did."

Mary smiles, looking off into space.

"This book has made me appreciate people more. Here's all these people gone, some not forgotten who were famous, but many of them forgotten for over 150 years. To think that someone will remember me for 150 years, that's cool. At least people might remember a couple of books I've written." Mary laughs at herself.

A legacy then?

"I feel like life is really short. But, as someone said, as long as someone keeps saying your name, you're still alive."

Two or three years later, the caretaker's wife is sitting at home and the dog is agitated trying to get her attention. Finally, the dog is making such a fuss that she follows the dog out of her bedroom. Minutes later, the ceiling crashes down. The house had been on fire. Both of them made it out alive.

"I thought I'd never live to be 66," says Mike. "I don't think death is good or bad. However, as one of the stones has inscribed on it, 'Words suggest, actions show.' And the action doesn't have to be grandiose. We started putting in stones for veterans whose graves hadn't been marked, and we set a goal for five. Now we've done over 300. I tell people not to be intimidated by the numbers — just do one."

So if you go to Woodland Cemetery, and if you're walking along the street, there is a little step and it says McBride on it. The step is the gravesite of the caretaker of long ago who took Queen home. We thought, as the step was so small, it was too small for you or me to step on, but perfect for Queen to rest upon. We like that thought.

So there you have it. Two characters and a dog leaving their mark on Woodland Cemetery. ■

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.



BOOK REVIEWS

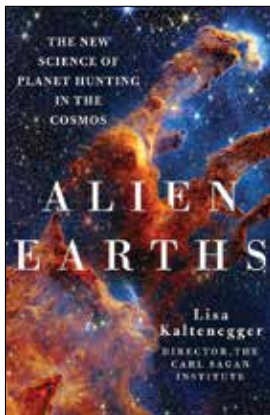
COURTESY OF BEAVERDALE BOOKS

'Alien Earths: The New Science of Planet Hunting in the Cosmos'

I love space. I follow all the launches, the probes, the landers on Mars; I can't get enough of all the fascinating and paradigm-shifting discoveries that surround us in this era of technological wonders. If you've got a penchant for looking up at the stars and wondering, or just a love for "Star Trek," I've got a brilliant recommendation for your summer reading list.

Dr. Lisa Kaltenegger is a rock star in the science world for good reason. She has had a fascinating and glass-ceiling-shattering career and, along the way, has become a brilliant science educator with an effortless ability to teach complex topics with an infectious enthusiasm. Her skills are on full display in this overview of the vast, multi-disciplinary search for life on other planets. This very readable book explores the many different ways we are looking for any sign of life among the fascinating worlds we've discovered outside our own solar system and asks us to ponder what will happen if we find someone looking back at us.

Reading more like a conversation than a lecture, this is the epitome of what a popular science book should be. It's full of facts and context but never feels dry or boring. I was hooked from the first page. Be prepared to look at the night sky a little differently after this wonderful book. ■ — *Review by Julie Goodrich*



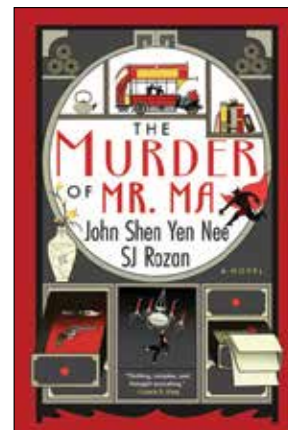
By Lisa Kaltenegger
4/16/24
288 pages
\$30
St. Martin's Press

'The Murder of Mr. Ma'

Mash-ups, genre-benders, unexpected fusion: these are the things I look for after decades of reading. I like mystery books that bring something new to the same old game, and, this time, the game is afoot wearing an entirely different shoe.

"The Murder of Mr. Ma" is a rollicking, fast-paced adventure that weaves the grand tradition of a Sherlock Holmesan homage into traditional Chinese gong'an crime fiction with explosive results. Academic Lao She is adapting to Edwardian London as best he can when he chances into a meeting with the notorious Judge Dee Ren Jie, a well-known figure in the Chinese diaspora and not a man given to quiet study. Lao is soon caught up in a disturbing and highly dangerous murder mystery that has him running for his life more than once. Can he and Dee save themselves, along with the serial killer targeting immigrants?

This was such a fun book, with the beautiful writing and affections so well-known from the Holmes style but with intriguing history and a cultural influence I loved to learn about. Anyone with a need for a quick read that keeps you on your toes will love this one. ■ — *Review by Julie Goodrich*



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Children's musical with creative camps are aplenty

"Ivy + Bean: The Musical" holds an allure that blends a great story and music with its lead characters and meaningful content.

There is a special beauty about great stage scripts for children's theatre. In the hands of an experienced producer such as the Kate Goldman Children's Theatre at the Des Moines Community Playhouse, true magic manifests when the actors and the audiences combine to create meaningful memories through the power of live performing arts. A legacy of children's theatre by this nationally recognized community theatre has been part of its programming for almost all of its 106-year-old history. Their May production of "Ivy + Bean: The Musical" holds an allure that blends a great story and music with its lead characters and meaningful content that will spark wonderful intergenerational conversations.

Annie Barrows created this show's two lead characters inspired by the perpetual challenge of parents wanting to control who their children are friends with.

"My parents were forever trying to get me to like the kids of THEIR friends," explained Barrows. "These kids were often weird. I didn't want to play with them. It was a problem.

"I remembered that when I was writing the first 'Ivy + Bean.' Ivy and Bean are very different. Bean is loud and wild and goofy. She loves to be involved in games and poke her nose in other people's business. Ivy is quiet and full of ideas. She spends most of her time learning how to be a witch. Each girl thinks the other one is weird. Each girl thinks she could never be friends with the other — especially because their parents keep nagging them about it. But sometimes opposites can become the best of friends BECAUSE they're opposites. For example, people who like to talk need people who like to listen. And people with great ideas need people who can put those ideas into action."

Anne Frett directs this production, adding her own reasons why this show appeals.

"The playfulness and creativity in the book come to life in the musical. Much of the story takes place through playing with friends and finding creative solutions to problems.

"Many of the events from the book also happen in the musical," Frett continues, "including Nancy's dancing spell. In the musical, the dancing spell turns Nancy into a silly Irish dancer, and the other kids join in the fun."

When children's literature comes to life on stage, it expands the minds of the young audiences, while allowing the adults to ride along in the wonderful experience.



Madison Stone (left) is Ivy and Vivian Rosalie Coleman is Bean in "Ivy + Bean: The Musical," May 3-12 at The Des Moines Playhouse. Photo by Steve Gibbons.

Other community children's theater offerings to schedule

Two other venerable children's theatre companies have shows this month. Des Moines Young Artists' Theatre has developed a more avant-garde approach, often tackling edgier material. Their "Marvel Spotlight – Squirrel Girl Goes to College" and "Hammered: A Thor and Loki Play" explore issues within the Marvel world of superheroes. CAP (Class Act Productions) Theatre in Altoona launches us into the world of Disney with their production of "Frozen Jr." CAP has truly embraced their mission for children's theatre: their operation, under the guidance of qualified adults and parents, allows students ages 7-17 to explore the world of performing arts through classes, performance and taking on production roles. The results are impassioned, joyous celebrations of performing arts for, by, and because of the students.

Something for your budding thespian

When adults take young people to experience children's theatre, they often field questions about what it takes to be in a show. There are several area programs that give curious young ones the opportunity to explore the world of performing arts, especially if they don't want to plunge into the deep end first through an audition for a show.

The Des Moines Community Playhouse has well-established programming throughout the year, including a wonderful array of summertime camps. Their programming is designed for a variety of age groups.

CAP offers several summer camps, each crafted to immerse the participants in various aspects of theatre. Tallgrass Theatre Company, in partnership with the West Des Moines Parks and Recreation, has

OVERHEARD IN THE LOBBY

Tallgrass Theatre Company

Through May 5. "The Good Doctor"

Des Moines Young Artists' Theatre

Through May 5. "Marvel Spotlight – Squirrel Girl Goes to College" and "Hammered: A Thor & Loki Play"

Des Moines Performing Arts

Through May 5. "MJ The Musical"

Des Moines Performing Arts – Temple Theatre
Through May 5. "Improvvised Shakespeare Company"

Des Moines Community Playhouse – Kate Goldman Children's Theatre

May 5-12. "Ivy + Bean: The Musical"

Tallgrass Theatre Company

May 18. "Broadway Karaoke"

Des Moines Community Playhouse

May 21. "Final Act Ensemble"

Des Moines Community Playhouse

May 31 - June 16. "The Play That Goes Wrong"

CAP Theatre

May 31 - June 9. "Frozen Jr."

expanded their Seedlings programming. Tallgrass has an impressive array of summer camps for various age groups. From this facet of Tallgrass that started several years ago with its student classes, Seedlings developed into offering its first full-length play this past holiday season.

Des Moines Performing Arts, with its strong connections to Broadway and national tour companies, offers a well-established series of age- and interest-appropriate camps. Their Broadway Intensive, for ninth-graders through first year in college, is as it sounds — a focused camp for students seeking possible careers in performing arts. DMPA uses theatre professionals to conduct their classes.

In the Waukee/Clive area, Wagner Summer Theatre has been providing performing arts camps for several years. Add a list of camps for other arts disciplines — symphony, visual arts, science (STEAM) — and the Greater Des Moines cultural organizations will be sure to provide your child with lifelong benefits from their creative camp experiences. ■

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



ARTS & ENTERTAINMENT

Mazda PHEV CX-90

Hybrid combats “range anxiety.”

BY JACKIE WILSON

While automotive manufacturers continue to create fuel-efficient cars, more electric cars are hitting the market. However, frigid temps this past winter meant EV owners struggled to charge their car batteries.

A solution might be to move to San Diego, where temps are consistently in the 70s. But since that’s not likely an option, a hybrid vehicle offers the best of both worlds.

The Mazda PHEV CX-90 (PHEV stands for plug-in hybrid electric vehicle) has both a 2.5 liter, four-cylinder gas engine and a 68 kw electric motor. When combined, the two get about 56 mpg gas equivalent. For gas only, it gets about 25 mpg.

The CX 90 Premium’s price tag is \$56,370. Remember when a vehicle more than \$50,000 meant it was a high-end luxury car? Today anything less than \$50K almost seems reasonable.

This Mazda is made for passenger comfort. It is low to the ground and easy to get in and out of. Third-row seating means you can sign up to lead the carpool and

seat six people. A nice feature of the passenger door is that it opens a full 90 degrees. The second row seat also slides and flips up, allowing for better access to those small folks delegated to the cozy third row.

A three-zone climate control means second- and third-row passengers can adjust temperatures. I wish I had that on a trip to Omaha a few years ago. As I was sitting in the back, I complained how hot it was while the front passenger kept saying how cold she was. Who was right? Me, because she could put on a jacket while there was nothing left for me to take off.

If you have water bottles, bring them on board. There are 14 cup and bottle holders in the doors, center consoles and cargo space — big enough to hold your new tiger lily plum Stanley cup or extra space to stuff trash in.

Mazda offers a traditional shifter to switch gears. Drivers choose from M-drive, sport, off-road or EV mode. Flip on the EV mode to charge the battery while driving. Ben — the Mazda salesman — says a hybrid



helps with “range anxiety,” which many electric vehicle users suffer from.

The Apple CarPlay and Android Play are standard. Apple reported that its Apple CarPlay is in 98% of all new vehicles sold in the U.S. I’m still kicking myself for not buying Apple stock when it was first offered, as share prices today could have bought a fleet of Mazdas.

To use the touchscreen, turn the dial on the center console — an ideal spot where your hand naturally rests. Need to stretch your legs or feet? When you’re stuck at a long line, press the center hold button and take your foot off the break to wiggle those toes.

There’s an electrical outlet in the back of the cargo area, which is ideal for blowing up inflatable lounge rafts for beach day.

If you’re on the fence of electric vs. gas, this hybrid may be your answer. ■

DES MOINES FORGOTTEN

BY KRISTIAN DAY

Atheists Caucus in the Heartland

There was a new rise in megachurches in the metro area, so to see something on the other end of the spectrum coming here was a breath of fresh air.

The year was 2011, and I had been in Des Moines for four years. My first feature documentary, “Brent Houzenga: Hybrid Pioneer,” premiered at the Des Moines Social Club at its former location at 1408 Locust St. that previous November. It was now April, and the weather was finally breaking. I had read in the news early in the month that the National Atheist Convention was coming to Des Moines.

American Atheists was said to be a major advocacy group for nonbeliever civil rights and state-church separation. The convention was to feature speakers, panels, activism workshops and social events for nonreligious, as well as curious, people.

I haven't said which way I swing regarding faith, and I won't. I remember Mayor Cownie's speech about Des Moines welcoming everyone to our city, which I thought was hip. There was a new rise in megachurches in the metro area, so to see something on the other end of the spectrum coming here was a breath of fresh air.

I had received a call from a gentleman named David Silverman who was looking for a videographer to capture a weekend of events for the American Atheists (the organization behind the convention). These were the early days of my career, and my videography was still on the table for work opportunities. If you want to offend filmmakers of any type, call them videographers. Videographers shoot weddings. Filmmakers make movies. Back then, it really didn't matter to me; I just wanted to make money on my own terms and not be stuck in an office somewhere. (I say that as I type this in my second office in Clear Lake at Renovo Media Group.)

To prep for this experience, I attended one of the

monthly meetings of the Iowa Atheists and Freethinkers for a vibe check. The group seemed just like any other nonprofit think tank. They recorded their minutes, took attendance, and had grinders for lunch. It was a mix of both conservatives and liberals who shared a common belief of atheism or were agnostic. New members and guests introduced themselves and explained why or why not they believed in what they believed. One member shared news regarding government relations (separation of church and state), another oversaw their volunteer efforts, and an event/party planning committee planned their group outings.

When David Silverman called me, he initially offered passes to the convention in exchange for services. (Another pro-tip: Don't offer to pay someone with tickets for the exact event you are supposed to film. You are going to be there anyway, so that payment doesn't make sense.) We settled on some small dollar amount that probably paid my cell phone bill and bought a few groceries for the week. The lineup was mainly tenured academic types, medical physicians, scientists, a handful of folks who converted from religious to atheist, and a live podcast by some people I had never heard of.

The convention was held at the Embassy Suites April 21-24 and carried the theme, “Atheists Caucus in the Heartland.” There was an opening ceremony, panel discussions, Q&A with the tenured professors, and a lunch and learn. In the middle of the day, one of the coordinators burst through the double doors of the conference room and interrupted whatever theological TED Talk that was happening to tell us there was a

famous YouTube preacher protesting outside of the hotel. Everyone raced outside of the Embassy Suites to see the action. This guy looked like he was straight out of Central Casting. He wore Mennonite style farm clothes with what appeared to be multiple homely wives who were all holding signs with some wordsmith doomsday threats. This was the most exciting part of the weekend.

The last item on the agenda was the live podcast, but the audience had mostly left for the day. Fewer than 10 people were left in the giant conference room plus the guys on stage everyone but me knew of. That was it.

The American Atheist Convention has not been back to Des Moines, to my knowledge. Meanwhile, I did pick up a book by a faux author named Sam Singleton, an Atheist Evangelist. He performs one-man shows as a tongue speaking, snake-handling, holy-roller from the Ozarks. One is called, “If the Ocean was Whiskey and God was a Duck.” I pull this out most holidays and read it to my nieces with a voice straight out of the Bible belt. ■

*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*



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NEIGHBORS

BY CYOTE WILLIAMS

YMCA supportive housing helps neighbors in need

Mary Adams experienced firsthand how a community can help people get back on their feet.

A community of individuals who have their neighbors' backs live at the YMCA supportive housing campus in downtown Des Moines. This solution for those who are homeless, or are about to face homelessness, is unique.

One of the residents is Mary Adams, a Navy veteran. She was pre-enlisted in the Navy only a week after finishing high school. Many of Adams' neighbors inside the campus are also veterans.

"I think that's one of the reasons I went into the military, was to get more disciplined, see the world and get away from my parents. You know, when you're 18, that's your No. 1 priority," Adams said.

Adams was with the Navy for a few years before bouncing around several jobs. She says her ADHD caused her to become bored with most jobs quickly, so she moved on early and often.

After some struggles, Adams moved to Houston and started a pet-sitting business.

"It was kind of like my calling, you know, because I've been around dogs my whole life. My dad trained hunting dogs. I really liked that, and it made good money," Adams said.

Why was that job her favorite?

"Because I'm a pet lover. I love pets. This is the first time in my life that I don't have a dog, but I am looking if anybody has one they want to get rid of," said Adams.

Adams ended up moving back to Des Moines to help take care of her father who had gotten sick. Unfortunately, once she moved back, Adams became addicted to drugs, which took her life off course.

"I have to be careful on how much I take on (responsibilities) because I will overwhelm myself. Real easy, real fast. So, it's like, kind of figuring out how much I can do every day," Adams said.

Her addiction and the related struggles resulted in Adams ending up at a homeless shelter. She says the difference between living in the homeless shelter and the supportive housing campus are night and day.

"The employees had a tendency to kind of stay behind the desk. And here it's totally different. You know, Katie (Kamienski, executive director at the housing campus) will usually sit down and eat if we have a meal here. Katie will grab herself a plate and go sit down and talk to us, just like one of us," Adams said.

Adams is involved with the activities within the campus. They hold 5K runs, have a walking club, tend to a community garden, and more.



"I would recommend this for anyone. Like I said, sober or not, you know, once the person gets here, there's a lot of initiative to get sober and stay sober," Adams said.

"My favorite thing is the arts and crafts classes that we have. I help volunteer with the pop up shops. It takes that to keep me sober. You know, and I won't lie, I have had some slip ups, but these people here, they don't hold it against you. They help you get up and dust yourself off and carry on," Adams said.

The Navy has helped Adams, too, paying for the first six months of her rent. This and other veteran-based programs, along with the campus' food pantry, ensure Adams will not go hungry.

While Adams likes where she's living now, the people she lives beside and those who work on the campus, she has plenty of admiration for those working at the homeless shelter she was at previously, too.

"That's a tough job down there. I'll tell you what, you got to be hardcore. But then, at the same time, you've got to be real tender. We're a lot closer here. The staff here is a lot more involved, being one-on-one and hands-on with the people here. Most of their jobs (at the homeless shelter) is just keeping things under control when everyone's there. They really don't have the time to do the one on one," Adams said. ■

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PEOPLE & PETS

Horses Helping Heroes

Veterans connect with horses for healing PTSD.

BY JACKIE WILSON

A lifelong horse trainer, veteran and former police officer is helping other veterans with mental health issues by offering equine therapy.

Eric Moorman is a program director for Horses Helping Heroes, also known as H3. Located at the Jester Park Equestrian Center in Granger, the program is sponsored by Polk County Conservation along with other company sponsors and donations.

The H3 program provides 20 horses including riding, ground, mini and draft horses. The non-riding, ground-based program offers veterans a chance to walk, brush the horse, or just spend time with them during outpatient group therapy.

Monday morning sessions are reserved for veterans with severe PTSD. Larger draft horses are often used with these veterans.

“Veterans like the big horses because it doesn’t make their problems seem as big,” Moorman explains. “A horse gives you reflection, not judgment. Petting a horse slows down heart rate and relaxes. It does a lot for anxiety and depression.”

A new program also teaches veterans to drive draft horses with a wagon.

“They are in charge of two horses. It helps them to give the veterans more control over their lives,” he says.

Moorman grew up in the horse business. With stallions, breeding and show horses, he often missed school to attend horse events with his parents. He has had horses his entire life except for the six years when he served in the Marines in the Gulf War.

As a police officer with the Des Moines Police Department, he often rode his horse for public appearances.

“I have PTSD from the Gulf War, plus being a police officer for 30 years. I’m lucky to have horses,” he reflects. “My wife knows that it’s a bad day if I rode three or four horses. That’s my relaxation.”

The program offers free programming to all veterans on Wednesday evenings. They also host homeless veterans once a month.

“When homeless veterans interact with the horses, it provides an emotional bond. They leave a totally different and happy person. All they did was brush, pet and walk them around.”

Moorman is the first veteran to lead the program, and he’s hoping to launch other horse programs including a first responder and a veteran drill team to compete at the Iowa State Fair. They recently purchased eight mini horses for the program. The Equestrian Center also offers trail camps for kids and other various horse events for adults.

The Polk County Conservation funds most horse-related expenses. However, H3 utilizes sponsors and donations for their projects. Moorman is passionate about funding a trail obstacle course ride, which is raising money for prevention of veteran suicides, as the national average is a disturbing 22 veteran suicides a day.

All the horses have their own personalities. Moorman says horses can pick up on cues from the human.

“They want to be your friend and feel that connection. It’s a two-way street. A horse is looking for a leader. We had one marine Gulf War combat veteran that, when he approached the horse, it was second nature for him. The average person (not in the military) doesn’t understand how a veteran is wired. But veterans do.”

A horse is a trusted friend for Moorman and other veterans.

“The outside of the horse is healing for the inside,” he says. ■



A painful yet rewarding hobby

Dane Gramball takes to horseback during jousting competitions at renaissance faires.

Perhaps being born and raised in the medieval era would be more likely to lead to a life of jousting, but it's clearly still a possibility — and for some, a reality. That life, unexpectedly, became the reality for Des Moines native Dane Gramball.

Alex Lundy, a close friend of Gramball's, connected him with Kevin Coble, who is the owner and operator of Joust Evolution.

Eventually, Gramball was called upon to help build Coble a new horse pasture, where Gramball was able to get his foot in the jousting door.

"From noon on a Saturday to 6 p.m., I'm just pounding T posts into the ground and running wire to build a big pasture. That's when he's like, 'What do you want to do with this company?'"

Gramball said he told Coble he would love to learn how to joust. Coble told him to buy a good pair of riding boots and to come back in two weeks. And he did.

"I was riding with a pair of dirt bike boots, and I came out there and got on a horse — the first time I had ever ridden a horse, and the first I had ever seen a horse up close," Gramball said.

Gramball started coming out to the stable to practice riding horses while wearing armor every other week until he became experienced enough to work at the renaissance faire as a joustier.

The armor Gramball wears while jousting weighs 100 pounds with the helmet itself weighing 20. However, he says the weight isn't cumbersome. From the breastplate to the helmet, the armor is tailored to him. Think of it as a custom-fitted suit.

"If it's not made to fit you, you get stuff that we refer to as armor bites. It's where the armor and your skin pinch together. Under your arms, under your thighs. If you gain weight, it'll pinch the sides of your side fat. So, it can be uncomfortable. But, normally, it's not," Gramball said.

As time has progressed, so has Gramball's role in the renaissance faire. Where once he played a good guy, Gramball now is the villain.

"Everything is performance based. Think of it like WWE but medieval style. We are hitting each other with real steel weapons. My armor is steel. My sword is steel. My shield is made out of aircraft grade aluminum. But it's all choreographed. So that's why we have heavy emphasis on practice, practice, practice," Gramball said.

Gramball, who has been involved with the joust team since 2011, has had his fair share of spills. Two of



"It's been a long time, and it's a lot of hard work, but I enjoy it because I like performing," Dane Gramball said.

them come to mind.

"One of them, I lost the tip of my finger. And then the other one is just that I've had a couple of bad falls off the horse. Nothing that's going to be life threatening. The armor does its job," Gramball said.

Gramball says he's fortunate to not have any major injuries in his 13 years of jousting, which he attributes to the training.

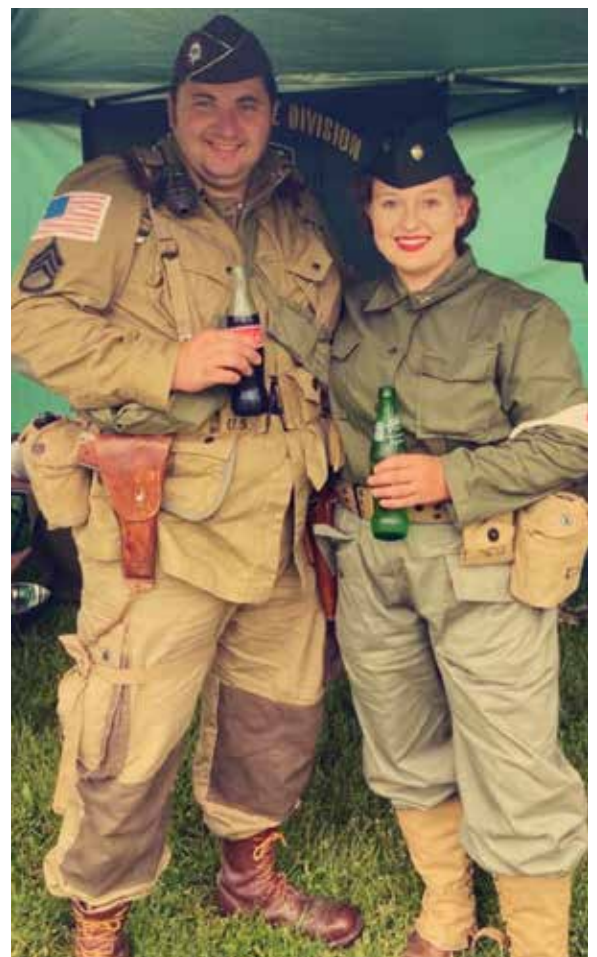
Gramball, who goes by Sir Joseph during the renaissance faire, also gets into character for the *Scream Park at Sleepy Hollow*. His character, "Bonk," is a clown with a giant hammer. From Bonk the clown to Sir Joseph, his jousting persona, Gramball gets many reactions.

"It's similar and different. I love scaring people. It's so much fun. You don't know how many people — how many girls AND guys — are afraid of clowns," he said.

"For jousting, I love that I'm the bad guy. I love when the crowd hates me and boos me. That's also so much fun because I get my energy from the crowd. If the crowd is into it, I'm going to put more effort into what I do," Gramball said.

He and his wife, who he met through the joust team, work together with Flix Brewhouse during major movie premieres. For the recent "*Ghostbusters*" movie, they wore proton packs to get into character for the event. They did the same for the recent "*Dungeons and Dragons*" movie that premiered.

Gramball and his wife now also host an encampment-style event where they dress as "*Sarge's Heroes*" and educate attendees on World War II, including talks, demonstrations and cosplay. ■



"If it wasn't for jousting, I wouldn't have met my wife. I wouldn't have met my friends that I have. I wouldn't have branched off and done all these other different things that I do, and those are things that characterize me," Dane Gramball said.

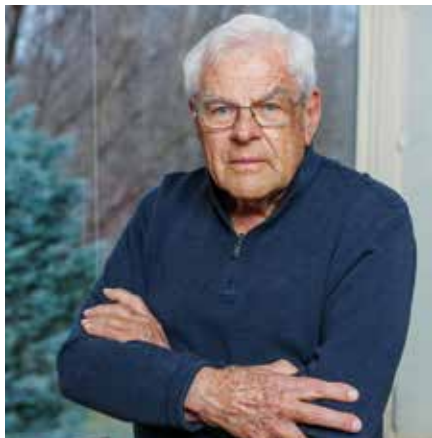
WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

Organ donors

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more

years. For 17 people each day, time runs out before a match can be found (organdonor.gov). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.



Gene Lesch
The beat goes on

Gene Lesch was well known in the Johnston community in the 1980s. He served on the school board and was president when the town passed the bond to tear down the original middle school and build the new middle school (now Wallace Elementary). It was then he went on a ski trip to Colorado over Christmas and New Year in 1986.

“I couldn’t breathe at the high altitude, and we came back after three days,” Lesch says. “I went to the doctor and was diagnosed with a bad heart — cardiomyopathy. My heart function at that time was in the 17% range.

“They made it very clear that a heart transplant is intended to get people back to normal life. I think that’s exactly what it’s done,” Lesch says. “I went out the following year and skied the same slopes that I had trouble with a year earlier.”

After returning to normal life, Lesch says you kind of forget about the transplant other than taking medicine. He goes back to the university about every other year for a full heart check. And life is good.

Source: Johnston Living, July 2023;
by Ashley Rullestad



Renea Steele
Living donation

Renea Steele has lived in Norwalk for the past 24 years. About four years after she moved there, she donated her right liver lobe to her mother.

“I love making people aware of organ donation,” she says. “We were only the 24th living donor liver surgery at Mayo Clinic then.”

Renea encourages people to donate their organs to their loved ones in need.

“Don’t take your organs to heaven; heaven knows we need them here,” she says.

When she donated part of her liver, Renea was married and had two small children.

“It was tough leaving them, but I was on a mission to save my mom,” she says. “Not knowing if my mom would make it to the end of my testing was the scariest, and when I left my kids to go up for surgery, I was praying and crying the whole way hoping I would see them again.”

Source: Norwalk Living, April 2024;
by Chantel Boyd



Patty Wagner
Overcoming the odds

When Patty Wagner of Waukee was born in 1962, she wasn’t expected to live long enough to attend kindergarten. She was born with cystic fibrosis, a genetic disease that affects lungs, digestion and other body organs. Two of her sisters had already died in infancy from the disease.

She was placed on the lung transplant list and was told it could take up to three years to get a set of lungs, especially since she had a rare blood type. Patty felt she wasn’t sick enough, but her doctor disagreed.

“They said that I WAS sick enough,” she recalls.

Six months after being placed on the transplant list, she received a call late in the evening. She was told a set of lungs was available, so she headed to the University of Minnesota for surgery.

Each July, she celebrates her “transplant-versary.”

Patty thinks about her donor frequently and would like to tell her donor family this:

“Thank you so much. Thank you for being a healthy person and giving me the opportunity to save my life. The lungs are perfect,” she says. “I’ll never forget.”

Source: Waukee Living, April 2024;
by Jackie Wilson



Trudy Hancock
Gifts to 51 people

Neil and Trudy Hancock, along with their twin boys, enjoyed a full family life until the morning Trudy suffered a cardiac event and was rushed to the hospital. After five days in the intensive care unit, doctors told the family Trudy wasn’t expected to recover.

The Iowa Donor Network contacted Neil in the ICU, where they discussed donating Trudy’s organs. Trudy, who was 44, was an ideal candidate for organ donation.

Neil and his sons discussed donating her organs.

“We all agreed it was something she’d want to do. We might as well help people. We made the decision,” Neil says.

Trudy died in July 2020, and her two kidneys, corneas and liver were used for transplants. She also donated bone and tissue. A year later, Neil learned of the full impact of her donations.

“There were 50 more people assisted: 33 grafts from bone and tissue and 17 skin grafts. They said it went as far as Tennessee and South Korea,” Neil says.

Source: Jordan Creek Living, April 2024;
by Jackie Wilson ■

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Need a career boost?

Try an accelerated degree

(BPT) Amidst dramatic shifts in the national workforce and ever-changing job market, those in or entering their careers without formal education face an uphill challenge.

In a recent survey, the Bureau of Labor Statistics reported that nearly half of the more than 800 occupations they analyze annually require a college degree. Those occupations at the bachelor's or master's degree level are now netting graduates about \$36,000 more in median annual salary than those at an associate's level or less — and this trend is likely to continue increasing.

With such a wide wage gap, it's clear that undergraduate and graduate degrees are profitable investments for employees looking to upskill or change careers and first-year students alike. However, the cost of these degrees and the time needed to complete them can still be a barrier. While taking additional courses in high school or transferring credits from prior collegiate experiences can help, not everyone can take advantage of these opportunities.

Fortunately, innovative universities now offer an alternative: earn both degrees in less time.

Arizona State University is leading the way by creating affordable 4+1 degree programs, allowing students to concurrently complete an undergraduate and graduate degree. The ASU Online 4+1 programs include degrees for in-demand fields such as information technology and health care. Students in any of these online programs are able to fast-track their degrees and accelerate their career potential by saving up to a year of master's coursework and tuition.

Is an accelerated degree program the next step in your career path? When evaluating your options, consider how much time these programs take to complete, the total cost and how they may affect your career outcomes.

Time

Generally, it takes a minimum of four years to attain a bachelor's degree and an additional two years to graduate with a master's. An accelerated program allows learners to shorten the time it takes to attain either of these degrees. ASU Online, for instance, combines undergraduate and graduate coursework during senior year for dual credit, so a student receives both degrees in five years.

This process isn't exclusive to first-time-in-college students. Transfer students can also benefit from an accelerated degree program. They can complete these degrees even faster by working with their academic counselor to chart a plan for which courses they need to take to be on track with an accelerated program.

What's more, the pace and structure of online programs allow learners to maintain employment while they get their degree. Earning while learning is especially advantageous to master's degree students who are less likely to receive grant aid, fellowships or tuition waivers than undergraduates and doctoral students.

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Career outcomes

Looking to the future, the Bureau of Labor Statistics projects to add the most jobs in 2020-2030 in industries where careers typically require an advanced degree.

While some individuals may have a defined passion and clear career path, others may not know what credentials are necessary to pursue a position in their desired industry. Conducting research on what occupations are growing and what knowledge can help you enter those fields can yield beneficial results.

When considering employment trends for 2020-2030, the bureau projects health care and social assistance will add the most jobs of all industries, with an estimated 3.3 million jobs.

Technological advancements will also increase the long-term demand for computer-related occupations, especially with the rise of teleworking, which has expanded the need for computing infrastructure and IT security.

ASU Online, aiming to make education accessible for students across the country, currently offers more than 30 accelerated 4+1 degree programs.

To learn about ASU Online's accelerated and traditional degree programs, visit ASUOnline.asu.edu. ■

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