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## FROM THE PUBLISHER

## Experience Iowa life

You work all week. You are tired. And you just want some rest. I am right there with you. But, before you know it, years go by and you realize how little of this great Iowa life you have experienced. Going to shows at our amazing art galleries. Experiencing local theatre. Catching live music. Watching our local sports teams compete. And partaking in the many unique community festivals.

The good news is, it's not too late. The great news is, we created a bucket list for you in this month's cover story — our annual Fall Arts and Entertainment Guide. We have been compiling this list of things to do for several decades, and we look forward to it each time. Because, like you, we want to experience more of Iowa life, too. We can rest later.

#### Roll on down the highway

In my past jobs, I frequently traveled the many highways of our great state, usually with the goal of getting from point A to point B as quickly as possible. Even when traveling for personal reasons, the goal was typically the same. Today, I drive on Iowa Highway 44 multiple times per week between our offices in Johnston and Guthrie Center. In doing so, I have now learned to appreciate the views of the change of seasons, the new construction and the historical markers. And, I often wondered about the history of this relatively short highway and how it has changed. For those of you who don't know, Iowa Highway 44 begins at its junction with U.S. Highway 30 four miles northeast of Logan and ends at an interchange with Iowa Highway 141 at Grimes. Along the way, there are many stories. I asked columnist Joe Weeg, who pens the Joe's Neighborhood column each month in these pages, to explore the 56-year-old highway and introduce us to the many people who call the area home. He did, and I enjoyed it immensely. I think you will, too.

#### The brand

You may have heard that a plumber's home has leaky pipes, as the plumber is too busy working on customers' projects. That rings true in our business as well. We help many businesses with their marketing and branding, and we often overlook our own. This is why this month's feature story in the CITYVIEW business journal is so important. In it, we share the story of three local businesses and how the owners value their branding efforts and continually promote them. We can all learn from their experiences.

You will find these stories and more in the September issue of CITYVIEW. Have a great month, and thanks for reading. ■

Shane Goodman
Editor and Publisher
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Your source for things to do in central lowa

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## ASK CITYVIEW BY CITY

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

- Why have so many lights been out along the Gray's Lake trail for so long? With the park open from 5 a.m. to 10 p.m. and daylight dwindling, there are hours at a time when long stretches of the trail are very dark. It's dangerous.
- We reached out with this question to the City of Des Moines and were told that the Parks and Rec trail team have confirmed that they do not have any reports of lights being out at Gray's Lake Park. They believe it could be related to the Meredith Trail, which runs along Gray's Lake, where they did endure vandalism to their lights in quarter one. If you wish to report an outage, you can visit the city's website at www.dsm. city/departments/engineering\_-\_division/street\_lights.php, or use the DSMmobile/website at www.dsm.city/mydsmmobile/ to report an issue with one of the parks.
- The plantings at the Denman fountain in Water Works Park are gorgeous and well-kept, but the planters have been in dire need of resurfacing for some time. Are there plans to do that yet this year? Also, is the fountain itself out of commission? Haven't seen it operating for a while.
- We asked this question to Des Moines Water Works and received the following response from Melissa Walker: "The fountain had been turned off during the lawn watering ban and because of recent threats of flooding. Our staff will be cleaning it this week and turning it back on. In addition, we have budgeted for maintenance and are in the process of getting quotes for resurfacing of the fountain."
- What are the record attendance days for each day of the Iowa State Fair?
- The lowa State Fair has a running chart on its website detailing the attendance numbers for the current year, the previous year, and what the all-time records are. Here are 2025's numbers compared to the records:

Day 1: 95,671 | Record: 101,262 (2008)
Day 2: 104,191 | Record: 115,703 (2001)
Day 3: 118,454 | Record: 128,732 (2024)
Day 4: 113,001 | Record: 115,048 (2024)
Day 5: 97,273 | Record: 105,522 (2017)
Day 6: 102,080 | Record: 105,384 (2024)
Day 7: 105,787 | Record: 109,323 (2019)

Day 8: 106,925 | Record: 107,449 (2015)

Day 9: 108,966 | Record: 112,891 (2019) Day 10: 118,093 | Record: 128,298 (2022) Day 11: 89,680 | Record: 119,754 (2012)

In total, the 2025 lowa State Fair had an attendance of 1,160,121. This is not quite the height of the record-breaking 2024 with 1,182,682 but is still a solid number. ■

## **YOUR VIEW**

#### Join the conversation!

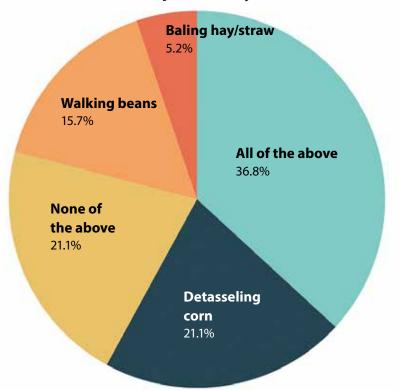
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#### **POLL POSITION**

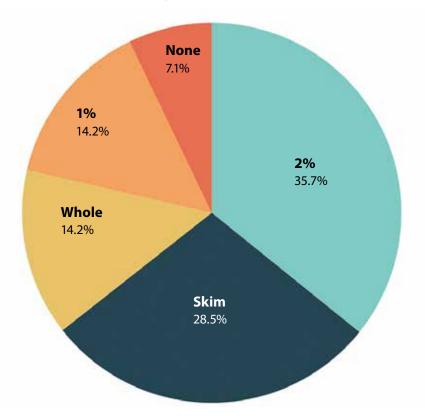


Results from last month's poll at www.dmcityview.com

#### Which of the following summer jobs did you do?



#### What is your milk of choice?



#### FACEBOOK COMMENTS



cityview magazine (comments unedited)

#### **CITYVIEW magazine: What do you make sure** to do every year at the Iowa State Fair?

Julie Luepke: Not go.

**Iowa Beef Steakhouse:** Try at least one of the new fair foods! We shared several this year! **Angel Lynn:** Eggs in the AG building! Tony Munoz: Stay away from fair grounds **Deb Cooper:** Doll house's & photography in the Cultural Arts Building.

#### **CITYVIEW magazine: What helps you sleep?**

Lori Anderson: Vick's Pure Zzz's

Ray G Lakers: Cannabis

Wade H. Talbert: Knowing that trump is our president

Stephanie Gonzales: Sleep shades. Sound machine.

**Anthony Garza:** Propofol and bananas Joey Dursky: Laying down

**Kevin D. Hyberger:** Political debates **Becci Sodemann Hall:** Indica gummies Melissa Visek Kuhlman: Grounding mat and patch

#### **CITYVIEW magazine: Name something you** learned from a grandparent.

**Kurt Nicholson:** Drinking Jim Beam whiskey! Kevin D. Hyberger: To love each moment with joy. Lori Anderson: How to play cribbage

Tony Munoz: Work ethic

Aaron Winters: Not enough.

Kendra Crandall: Everything... my grandma was fabulous!

**Cooter Augustine:** My love of baseball

Carol Wiss Huisman: Piecing quilts. Mary Cee: Wear layers. Be kind, compassionate and generous. Make anything from scratch.

#### **LETTERS TO THE EDITOR**

Letters are edited for space, spelling and clarity.

#### You missed one

Triple B's in Johnston is a great place with a great vision that is not on your list of BBQ places (Ultimate BBQ, August 2025).

- Denny Blackford

#### RETWEETS X

(comments unedited)

@zaytotrill: Y'all be saying "Wed" cuz y'all cant spell wensdenesday

@jerry\_junebug: I hate taking my pants off at the dentist. So humiliating

@borlah\_m: microwaves be like: here is your hot plate of cold rice

@menacive: I should've bought a house in 2007 instead of cranking that soulja boy

@gianmarcosoresi: My gf doesn't really like it when I talk about my ex which means I now have a lot of stories from college where I'm just alone for some reason @missuonmylips: I was a nothingburger to him but he

was an everything bagel to me. @ThroneOfBlood: (To my coworker that's a year

younger than me) You're like a son to me @soleiljolina: When I say I'm delicate I don't mean like a flower I mean like a bomb

@prettycritical: I put on my phone on airplane mode on frontier cause I know their planes can't take it @thamosdeaf: It's awesome that the best sciencefiction film ever made is just named Alien. Like if the best action movie ever was named Gun.





## STRAY THOUGHTS BY RANDY EVANS

## Some local officials just plow ahead with secrecy

Government should not operate this way, but we have become accustomed to it. Secrecy has become official policy.

Lyman Dillon resides in the dusty recesses of Iowa history for his role in 1839 in one of Iowa's earliest infrastructure projects.

Dillon's work also figures indirectly in a modern-day lesson on how NOT to run a government.

This how-not-to-do-it tutorial occurred recently during a Jones County Board of Supervisors meeting. A similar lesson is playing out in Storm Lake to a growing audience of discontented residents there.

At the heart of this lesson is the simple command the Legislature adopted 50 years ago — that public business should take place in the open for all to see, not in secret. Lawmakers and the courts recognize that voters and taxpayers cannot understand and evaluate the basis and rationale for government decisions when elected leaders make them behind closed doors or based on undisclosed information.

But, some officials trip over themselves to avoid the heat of the spotlight when considering controversial topics. It is not necessarily a desire to avoid controversies. Instead, some prefer to discuss and decide what to do in private for convenience or to avoid embarrassment.

How does Lyman Dillon, an obscure pioneer, figure into this issue of openness vs. secrecy? Let's begin with a quick history lesson.

In 1839, the federal government hired the 39-year-old farmer from Cascade to construct the first road in the Iowa Territory. I use the term "construct" loosely. Dillon was paid \$3 per mile to use his teams of oxen to plow a 90-mile-long path that would guide travelers between Dubuque and Iowa City.

The path was officially known as the Military Road. Unofficially, people called it Dillon's Furrow. Today, his path carries mundane names, U.S. Highway 151 between Dubuque and Anamosa and Iowa Highway 1 from just west of Anamosa to Iowa City.

In 1887, the government built an iron bridge over the Wapsipinicon River at Anamosa to further aid travelers using Dillon's Furrow. That bridge still stands, although it no longer carries travelers.

Some people in eastern Iowa, including the Anamosa City Council and 1,200 petition signers, want to preserve what is now called the Dillon Military Bridge as a historic centerpiece for a recreational hiking and biking trail. But members of the Jones County Board of Supervisors see the bridge as a big expense for taxpayers and want to cut it up for scrap.

I do not have a position on the keep-or-scrap question. But I do have an opinion on the process the county supervisors followed last week.

The board disregarded the spirit and letter of Iowa's public meetings laws when it met behind closed doors to discuss the

bridge question and the county's Anamosa bridge agreement. When the public meeting resumed, the supervisors came down in favor of demolition and voted to dissolve their agreement with Anamosa.

They did this without allowing preservationists to observe or comment during the supervisors' deliberations last week. In contrast, when the bridge issue came before the Anamosa City Council in June, about 70 people attended and spoke at length.

County Attorney Kristofer Lyons said the supervisors needed to close their meeting because the bridge issue could end up in a lawsuit. Following his logic, government boards in Iowa could debate nearly every controversial issue in secret because there always is a chance someone might sue.

The litigation exemption to the public meetings law allows government boards and their lawyers to discuss legal strategy in a pending lawsuit or in a dispute that is headed to the courts. Neither applies at this point to the Dillon Military Bridge dispute.

As in Jones County, people in Storm Lake are frustrated by the lack of information about the financial health of King's Pointe Resort, a hotel, resort and water park on the shore of Storm Lake. The city owns the property and contracts with an outside management company to run it.

Questions about the profitability of King's Pointe arose when the latest city audit was made public. It reported the resort's cash on hand has fallen by half in recent years. Expenses exceeded revenues in 2024, 2023, 2021 and 2020, the Storm Lake Times Pilot reported.

To answer the public's questions about the resort finances, the newspaper asked for copies of the monthly profit and loss statements the management company must provide to city officials under their operating agreement. The city claimed those statements do not exist, and if they did, the Times Pilot or anyone else asking for them would have to pay a city fee to retrieve and copy the documents.

The Times Pilot wrote an editorial last week titled, "Fortress of secrecy." The editorial said, "Storm Lake City Hall is stonewalling us so hard on basic public information it makes one think that an attempt is being made to obscure poor management."

The editorial continued: "Government should not operate this way, but we have become accustomed to it. Secrecy has become official policy."

But it should not be, not in Storm Lake, nor in Jones County. Not for bridges, nor for water slides and hotels. ■

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

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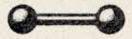
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## CIVIC SKINNY BY CITYVIEW STAFF

## State Fair's impact. 3.7% unemployment. Mosquitoes. Straw poll. A major TV merger.

The theme at the **Iowa State Fair** this year was Fair Sweet Fair, and the grandstand concert attendance was sweet, indeed. The 131,616 attendees for 2025 broke the previous record of 128,504 set in 2019. Megan Moroney's performance on Saturday, Aug. 16, drew the largest crowd at 16,371. **T-Pain** was a close second with 16,202. Pitbull also hit the 16K mark, with 16,090. The other acts throughout the week were Forrest Frank, Parker McCollum, Lynyrd Skynyrd, Rascal Flatts, Hairball, Def Leppard, Hank Williams Ir. and KIDZ BOP LIVE.

For reference, the 2019 group of grandstand performances was For King & Country, The Chainsmokers, Slipknot, Zac Brown Band, Toby Keith, Dan + Shay, comedian Gabriel "Fluffy" Iglesias, Foreigner, Luke Bryan, Pentatonix and Hootie & The Blowfish. ...

The Iowa State Fair is also known for the number of

new foods that captivate hungry fair going Iowans every year. Food Bank Iowa, with the help of several vendors, was able to feed hungry Iowans outside the fair, too.

Food Bank Iowa announced that 10 vendors donated nearly 6,000 pounds of surplus food to the Food Bank of Iowa at the close of this year's fair. The 10 vendors that made up those donations were the Iowa Egg Council, Iowa Pork Producers Association, Iowa Sheep Industry Association, Iowa State Fair (Barksdale Cookies), Jalapeno Pete's, JR's SouthPork Ranch, Midwest Dairy, Stockman's Inn, Veggie Table and the West Des Moines United **Methodist Church.** The USDA estimates up to 40% of the U.S. food supply is wasted each year, which equates to more than \$437 billion in wasted food according to Feeding America. The Food Bank of Iowa annually redistributes more than 9 million pounds of food. ...

Iowa Workforce Development announced that Iowa's unemployment rate held at 3.7% in July. At this time last year, the unemployment rate was 3.1%. These are both better than the U.S. unemployment rate, which was 4.2% in July.

The report stated that the total number of unemployed Iowans increased to 64,900 from 63,700 in June. The total number of working Iowans increased to 1,672,000 in July, 600 higher than the previous month.

The seasonally adjusted nonfarm employment numbers were less attractive. While Iowa business establishments added 300 jobs in July, this was a minor increase in the wake of 7,300 losses in jobs in the two months prior. Total monthly nonfarm employment is down 3,600 jobs over the past 12 months. IWD says private service industries fueled the loss. ...

Have you been swatting more mosquitoes lately? If

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#### **CIVIC SKINNY CONT...**

you said yes, you had better buy something better than a swatter. The **Des Moines City Council** previously announced that beginning in calendar year 2025, the city will do one aerial larvicide treatment of sites where mosquito breeding occurs. Due to budget constraints, the city says it will no longer spray, monitor or test mosquitoes. This is less than ideal timing, with some of the worst rates of West Nile virus activity in years. According to Iowa State University, which performs statewide mosquito surveillance, West Nile Virus activity at this point in the summer is the highest it has been in two decades.

While there have been no human cases in Polk County yet, mosquitoes in the county have tested positive for the virus. The Polk County Health Department recommends using EPA-registered insect repellent and wearing long-sleeved shirts, pants and socks when outdoors. The organization also suggests trying to eliminate standing water around your home to reduce breeding sites. ...

Who says millennials don't buy homes? Fortune released a report showing which cities have the highest rate of homeowners younger than the age of 35. Midwest cities dominate the top of the list, with Des Moines ranked second at 19.8%, behind only Grand Rapids, Michigan, at 21.1%. ...

Election season is already heating up as the

weather is cooling off here in Iowa. More and more candidates announced their bids for races from the U.S. House and Senate, as well as the Governor's seat. Iowa Secretary of State **Paul Pate** held a straw poll at the Iowa State Fair to check the temperature of various races. Keep in mind that 2,000 of the million-plus attendees fairgoers participated. These are the people who received the highest percentages for their respective parties.

For Republicans, **Eddie Andrews** won with 38.93% for governor. **Brad Sherman** came second with 28.7%. **Randy Feenstra** was a close third with 27.38%.

For the U.S. Senate, **Joni Ernst** easily won with 61.37%.

In Congressional District 1, **Mariannette Miller-Meeks** won with 54.96%. **David Pautsch** came in second with 45.04%.

Congressional District 2, **Ashley Hinson** won with 100%.

In Congressional District 3, **Zach Nunn** won with 100%.

Congressional District 4, **Matt Windschitl** won with 37.56%.

For Democrats, **Rob Sand** won with 86.96% for governor.

In the U.S. Senate, **Zach Wahls** won with 30.24%. **J.D. Scholten** came a close second, with 29.76%,

but has since dropped out of the race and endorsed fellow Iowa House Representative **Josh Turek**, who announced his campaign during the fair.

Congressional District 1, **Christina Bohannan** won with 64.89%.

Congressional District 2, **Lindsay James** won with 47.27%.

Congressional District 3, **Jennifer Konfrst** won with 51.12%. **Sarah Trone Garriot** came second with 39.33%.

Congressional District 4, **Stephanie Steiner** won with 66.67%. ...

Tegna, which owns two Des Moines TV stations, WOI and KCWI, as well as Quad Cities outlet WQAD, was purchased by rival Nexstar for \$6.2 billion. The deal puts Nexstar in control of 265 stations across 44 states and Washington, D.C., including WHO13. This could spell trouble for Des Moines' stations, as the merger conflicts with federal rules that prevent ownership of two television stations in the same market area and an antitrust regulation that prohibits a single entity from owning stations reaching more than 39% of all U.S. households.

A federal appeals court is currently reviewing both of these. A ruling in favor of Nexstar's purchase would allow them to keep all of Iowa's stations.





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## POLITICAL MERCURY BY DOUGLAS BURNS

## 'Pieowa' showcases rural lowa-ness

The film's run continues to be extended at The Varsity Theater in Des Moines.

Pie is a stand-in for Iowa itself in many ways in a feature-length documentary from director Beth M. Howard, an Iowa filmmaker who is now on a national tour with "Pieowa: A Piece Of America"

The film shows one of the iconic Iowa restaurants that serves pie — The Canteen in Ottumwa — as well as, of course, the Iowa State Fair and RAGBRAI and other familiar reaches of life here.

Democratic gubernatorial candidate Rob Sand's answers on favorite pies and other dessert talk, and his appearances in director Beth M. Howard's new film alongside Iowans like Tom Arnold and Chuck Offenburger, show him to have a surprising connectivity with rural Iowa, a certain know-it-whenyou-see-it Iowa-ness.

The audience at a packed mid-July showing of the film at the Varsity Theater in Des Moines cheered when Sand first appeared on screen in "Pieowa." Not just polite clapping, but sustained applause as Sand came on the big screen with thoughts on pies and Iowa in Howard's brilliantly developed and heartening film.

"You know what, he's a really good human being, and it made me happy to know that people were supporting him," Howard, a rural Iowan who produced and directed the film, said in an interview. "He likes pie, so he must be a good person, right?"

Sand, the state auditor, hatched a "PIE" program in 2019 to spotlight local government entities for public innovations and efficiencies — P-I-E. As part of awards' presentations and recognitions, Sand often delivers actual pies to the innovators.

"He goes around all over the state delivering pies," Howard said. "If that isn't the best way to connect with people, I don't know what is. He takes them into these little, tiny towns and offices and thanks them for the job well done. Pie takes you places that you wouldn't normally go."

Mississippi's Republican state auditor liked the idea so much that he replicated Sand's PIE program three years ago.

Sand makes several appearances in "Pieowa."

"He's not in the film for any political reason, no propaganda there on my part," Howard said. "It's just he had the PIE program. He could have been a Republican and had a PIE program, and I still would have had him in there."

Howard, who lives on a farm outside of Donnellson, a small town near Fort Madison and Keokuk, said she



Filmmaker Beth Howard outside of the Varsity in Des Moines before one of the initial showings of "Pieowa." Photo courtesy of Beth Howard

is not endorsing a candidate in the governor's race with

Sand, who grew up in Decorah, does kind of nail his

Near the end of "Pieowa," Sand advances the case that the State Pie of Iowa is strawberry rhubarb. Turns out, he knows fellow Iowans' collective taste for pie.

"I 100% agree," Howard said. "That would be my answer, too - 100%strawberry rhubarb. I know from my pie stand that strawberry rhubarb was definitely No. 1.'

Locally, the film's run continues to be extended at The Varsity Theater in Des Moines. "Pieowa" also has earned spots at the famous Chinese Theater in Hollywood as part of the Silicon Beach Film Festival and at the San Antonio Film Festival.

For more information on the film visit Howard's website.

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







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> > SUNDAY 11:30 AM - 7 PM

## **COMING UP**

**NOTE:** The following events and attractions are subject to cancellation or changes. Before attending, be sure to check with each event individually to verify details.



Photo courtesy of Mainframe Studios

#### FIRST FRIDAYS

Mainframe Studios, 900 Keosauqua Way, Des Moines www.mainframestudios.org

Mainframe Studios hosts "First Fridays" every first Friday of the month, featuring a changing theme, with the artists' works on display alongside live music and food. September's First Friday is Bienvenidos A Iowa.

#### **CONCERTS**

Casey's Center, 223 Center St., Des Moines www.iowaeventscenter.com

- Sept. 19: Jason Aldean: "Full Throttle Tour" 2025 at 7:30 p.m.
- Sept. 23: Breaking Benjamin and Three Days Grace at 7 p.m.
- Sept. 27: Eric Church "Free the Machine Tour" at 7:30 p.m.

## 2025 IOWA OUTDOOR EXPO

4343 George Flagg Parkway, Des Moines www.desmoines-ikes.com Sept. 20

Attendees will have the opportunity to try out virtual skeet shooting, cast a line, shoot a bow, try the slingshot range, shoot on the BB gun range, experience animal presentations and participate in the minnow races.



## IOWA CUBS BASEBALL Principal Park, 1 Line Drive, Des Moines www.iowacubs.com

- Sept. 5 at 7:08 p.m. vs. Omaha | Hockey Night, Fireworks
- Sept. 6 at 6:08 p.m. vs. Omaha
- Sept. 7 at 1:08 p.m. vs. Omaha
- Sept. 16 at 6:38 p.m. vs. Toledo
- Sept. 17 at 12:08 p.m. vs. Toledo
- Sept. 18 at 6:38 p.m. vs. Toledo | Iowa Oaks
- Sept. 19 at 7:08 p.m. vs. Toledo | Fan Appreciation Weekend
- Sept. 20 at 6:08 p.m. vs. Toledo | Demonios De Des Moines
- Sept. 21 at 1:08 p.m. vs. Toledo

#### **PORCHFEST**

Union Park, 2009 Saylor Road, Des Moines www.porchfestdsm.org Sept. 7

This year will have 19 bands with music to match everyone's favorite genre. PorchFest DSM is an organic, walking music festival that takes place on the porches around Union Park in Des Moines, featuring talent from around lowa.



Photo courtesy of GalaxyCon

#### **GALAXYCON**

Iowa Events Center, 730 Third St., Des Moines www.galaxycon.com/pages/animate-des-moines Sept. 12-14

This is a festival of fandom with celebrity appearances, artists, writers, voice actors, cosplayers, entertainers, creators and much more.

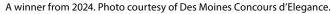


Charlie's Filling Station, 305 Grand Ave., West Des Moines www.friendlysonsiowa.com Sept. 14

The Friendly Sons of St. Patrick are hosting a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. Vendors and food will be available.

## **COMING UP**







#### **IOWA STATE FOOTBALL**

Jack Trice Stadium 1732 S. Fourth St., Ames www.cyclones.com

· Sept. 6 vs. Iowa

## IRIS PEACE DAY INTERNATIONAL FESTIVAL

Mainframe Studios, 900 Keosauqua Way, Des Moines

www.iris-center.org/peace-day Sept. 21

This free public event celebrates diverse global cultures through local art, dance and music performances.

## 

#### **CITYVIEW'S MARTINI FEST**

Sept. 19, 5-9 p.m.

#### **West Glen Town Center**

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating martini stop for a sample-size martini. Locations include nightclubs and restaurants at West Glen Town Center. Reserve your tickets at https://martinifest.dmcityview.com now so you can avoid registration lines at the event.

#### BEAVERDALE FALL FESTIVAL

Beaver Avenue and Urbandale Avenue www.fallfestival.org
Sept. 19-20

Celebrate Beaverdale's rich history at this family-friendly event. Enjoy live music, thrilling carnival rides, and delicious offerings from local food vendors, all in the heart of Beaverdale.



Photo courtesy of Latino Heritage Festival

#### **LATINO HERITAGE FESTIVAL**

Western Gateway Park, 100 Grand Ave., Des Moines www.latinoheritagefestival.org Sept. 27-28

This is the only two-day Latino Heritage festival in the state. The exclusive Sabor Latino event features everything, meaning there is something for everyone during the action-packed weekend. ■

CITYVIEW'S —

## BUSINESS JOURNAL



# Defining a BRAND

Local business owners share the importance of their company brands.

By Tammy Pearson and Rachel Harrington

Making a good first impression is undoubtedly vital in job interviews, dinner with potential in-laws, and applying for a loan. However, when it comes to making a business a success, it is often the lasting impression that matters most. And that lasting impression is created through a company's brand.

"A brand is a set of visual assets, stylistic choices, and other resources that combine to form a cohesive image," according to Adobe For Business. The article, "Building a brand — a step-by-step guide," offers suggestions on creating a brand and emphasizes, "A brand is more than a logo, name or slogan. It could include almost anything that contributes to your company's reputation — like the tone used in your messaging or the dress code for your employees. The various ways you're perceived by the public is your brand."

BBops

The B-Bop's logo is as classic as its menu

#### Nostalgic treats and more

"Experience homestyle bliss with Nan's Nummies — Unforgettable cookies baked with love and tradition."

With a slogan like that, you would be right in guessing that Nan's Nummies, 501 Elm St., in the Valley Junction, West Des Moines, is going to serve up the treats associated with grandmothers and memories. Afterall, what takes one back to simpler times more quickly than memories of grandma's kitchen?

Crystal McLemore, owner and operator of Nan's Nummies, brings back memories of delicious snacks and the warm comforts of home by branding her bakery with nostalgia.

In March 2023, McLemore bought Nan's Nummies after being an employee

of the company for some time. When she took over, the bakery had not yet developed a logo or made many branding efforts.

McLemore wanted to develop an image that was simple and spoke to what she offered the community, so she worked for a few days with a digital designer and created a logo of a cookie with a bite taken out of it and basic lettering, all in a round shape like a cookie.



The logo for Nan's Nummies is a simple chocolate chip cookie with a bite taken from it and harkens back to simpler times.



Crystal McLemore, owner and operator of Nan's Nummies, wants her customers to feel as if they are stepping back in time to enjoy the treats one found in Grandma's kitchen and at an old-fashioned candy shop.

The mood she seeks

to create — and the desserts she makes in the bakery — all aim to make a customer feel like he or she is getting cookies and sweets like Grandma would make and a down-home sensation that puts the customer at ease.

"The cookies we have are the old-fashioned kind, not the giant, crazy \$5 cookies some businesses sell," McLemore says. "We also sell saltwater taffy, candy cigarettes and many other candies you would expect at a nostalgic candy shop."

McLemore takes her branding to the design inside her bakery, too. Much of the décor around Nan's Nummies comes from a nostalgic candy store in the Wisconsin Dells. From the signs around the room to the jars that hold the candies, nostalgic touches can be found throughout the bakery.

"The prior owner got the décor and placed it around the bakery, and since it went well with the theme I wanted, we kept it," McLemore states.



The Grimes B-Bop's location opened in 2022.

McLemore says she wants customers to have good experiences in her bakery, an establishment that may be deemed "on the cheaper side."

"I want it that way," she explains. "If kids are out and about, I want them to feel like they can come in and get a cookie without worrying about it costing too much."

If a stop at Grandma's house is impossible, then Nan's Nummies can be a close second choice.

Employees at Nan's Nummies are not held to a strict dress code, nor do they have a uniform to wear. They are always behind the counters, so customers can easily identify them. Maintaining a more casual atmosphere inside the bakery allows customers to feel at home and comfortable. A smaller establishment, Nan's Nummies has only 10 employees including McLemore. A small staff and home-sized interior add to the grandma's kitchen or old-fashioned candy store vibe, a reminder of simpler times.

McLemore continues to make strides in her branding and reaching a broader customer base. She places stickers with her logo on her order boxes and is sure to include the logo on the flyers she creates online.

#### A culture of nice

"Serving up more than just hot and fresh food. We create a dining experience that hits all the right notes."

This is the message B-Bop's, known for its double drive-thrus and "classic burgers, fries, shakes and more," shares on its website.

"We offer great food and service," B-Bop's owner, Bob Johnson, says. "We try to make everything fast and fresh."

CITYVIEW | SEPTEMBER 2025 -20

The brand has grown in popularity since its launch 37 years ago. Recently a store was built in Cedar Rapids, and more are planned for that area, he says.

"People have supported us very, very well, from our first store on Euclid Avenue," Johnson says.

With its iconic hamburger-shaped logo and store fronts featuring the same general look, B-Bop's is easily recognized along a street of businesses. The look has endured over the decades, making the logo and storefronts as classic as the menu. That branding has provided



Bob Johnson, owner of B-Bop's

the company easy recognition and a sense of familiarity.

Customers know exactly what they will get regardless of which B-Bop's they visit, and that consistency has been key to building the company's brand, Johnson says. Each location must be managed with the same standards in mind.

"They must be consistent with the brand. Managers cannot do it differently," Johnson says. "If they do, they can't work for me anymore."

However, with that said, B-Bop's has had more success than most fast-food endeavors with keeping turnover low.

"We have managers working for us 35 years," Johnson says, adding that the company's culture of being "nice" — to its employees and its customers — is an important aspect of its brand.



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Paul Bouwers, Jason Uhlenhake, Ben Buenzow, Tyler Fromm. Chad Lyons, Taylor Carey. Not pictured: Faith Dorn-Spiece, Steve Ply

"We treat all our people — from the kid who just started today to the manager working for us for 35 years — with respect," Johnson says. "We do the very best for them and for the customers."

That kind of work culture and customer service is not just a reflection of the B-Bop's culture, but also a reflection of who Iowans are, he says.

"This is Iowa, and we are proud to be here in Iowa," he says.

#### **Building the foundation**

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Trust and expertise are emphasized on the Pennie Carroll and Associates website. And that isn't by accident.

Those qualities are part of the Pennie Carroll and Associates brand, which has been thoughtfully constructed.

"When I started in business, it was important to me to establish identity and trust and confidence - confidence as a new business owner and with the consumer," Carroll says, adding that it all hinged on establishing a well-recognized brand.



Pennie Carroll says branding is essential, and she made it a priority with her company, Pennie Carroll & Associates.

"If you don't have a brand established, you don't have any business," she says.

For that reason, Carroll prioritized getting her company's brand right from the very start.

"It was one of my biggest investments... having a professional to guide and direct me on that brand, then layering on the marketing. Everything else just blossoms after that. A brand can speak to thousands you might never reach that's why brand is so important," she adds.

The brand must be recognizable, and a variety of factors play a role, including the color, the font, the statement, the tagline and more, Carroll says.

She sums up the importance of her brand: "If someone took my brand away from me, I would have lost my identity."

Once a clear brand is established, it needs to be incorporated in every way possible. Carroll extends the same look and message to continue her brand through apparel, marketing, advertising, events the company holds, drop-by gifts

"It's like a birthmark for your business," Carroll says of a brand. And it should be included in anything related to a business. "You have to have that consistency. It will go miles you can't begin to walk," she says.

"The main takeaway is everything stems from it. It is the foundation for what the general public and customer see — and that builds the trust," Carroll says. ■

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**108000 Justin Dr., Urbandale • Price:** \$1,950,000 **Agent:** Theodore Craig • **Acres:** 9.174

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### COMMERCIAL REAL ESTATE TRANSACTIONS IN POLK COUNTY FROM APRIL 16, 2025, TO MAY 16, 2025

#### **1316 22ND ST., DES MOINES**

SALE DATE: 2025-04-16 SALE PRICE: \$575,000

SELLER: ALFAS PROPERTIES LLC BUYER: CWF 1316 22ND ST LLC

ACRES: 0.667 SQUARE FEET: 5,943

#### 7865 DRAKE ST., CLIVE

SALE DATE: 2025-04-21 SALE PRICE: \$271,000 SELLER: PATTEE, SUSAN R BUYER: CITY OF CLIVE

ACRES: 0.246 SQUARE FEET: 1,384

#### 7421 DOUGLAS AVE., URBANDALE

SALE DATE: 2025-04-22 SALE PRICE: \$1.000.000

SELLER: SEAFOOD PROPERTY NO 2 LLC

BUYER: TRINITY HOLDINGS LLC ACRES: 0.958

SQUARE FEET: 2,746

#### **3006 S.E. 14TH ST., DES MOINES**

SALE DATE: 2025-04-22 SALE PRICE: \$860,000

SELLER: SEAFOOD PROPERTY NO 1 LLC

BUYER: TRINITY HOLDINGS LLC

ACRES: 0.954 SQUARE FEET: 2,573

#### NO ADRESS LISTED

SALE DATE: 2025-04-22 SALE PRICE: \$15.805

SELLER: GAZZO PROPERTIES LC BUYER: CITY OF JOHNSTON

ACRES: 0.397 SQUARE FEET: 0

#### **NO ADDRESS LISTED**

SALE DATE: 2025-04-22 SALE PRICE: \$3,990

SELLER: MURPHY, STEPHANIE L BUYER: CITY OF JOHNSTON

ACRES: 0.034 SQUARE FEET: 0

#### NO ADDRESS LISTED

SALE DATE: 2025-04-23 SALE PRICE: \$2,425,000

SELLER: TOM EASLEY INDIVIDUAL

RETIREMENT ACCOUNT

**BUYER: PASCO STORAGE UNLIMITED** 

INC

ACRES: 3.330

SQUARE FEET: 111,098

#### NO ADDRESS LISTED

SALE DATE: 2025-04-23 SALE PRICE: \$5,420

SELLER: MCCONNELL, DEBORAH K

BUYER: CITY OF JOHNSTON

ACRES: 0.079 SQUARE FEET: 0

#### **NO ADDRESS LISTED**

SALE DATE: 2025-04-23 SALE PRICE: \$6,655 SELLER: BETZ, ROBERT D BUYER: CITY OF JOHNSTON ACRES: 0.057

ACRES: 0.057 SQUARE FEET: 0

#### 6220 N.W. BEAVER DRIVE, JOHNSTON

SALE DATE: 2025-04-28 SALE PRICE: \$1,700,000

SELLER: GREEDY INVESTMENTS LLC BUYER: LANSINK HOLDINGS LLC

ACRES: 1.859

SQUARE FEET: 16,600

#### 116 34TH AVE., S.W., ALTOONA

SALE DATE: 2025-04-28 SALE PRICE: \$1,656,607 SELLER: TJL INVESTMENTS LLC

**BUYER: SUNSTONE INVESTMENTS LLC** 

ACRES: 6.595 SQUARE FEET: 14,474

#### 2721 GARDEN ROAD, DES MOINES

SALE DATE: 2025-04-28 SALE PRICE: \$500,000 SELLER: RODISH, GARY

BUYER: SUJE INVESTMENTS LLC

ACRES: 0.615 SQUARE FEET: 4,200



#### 13420 N.E. 111TH ST., MAXWELL

SALE DATE: 2025-04-29 SALE PRICE: \$64,000

SELLER: WEBSTER, CLAUDIUS ROY

**ESTATE** 

BUYER: DREY, SCOTT ACRES: 0.287 SQUARE FEET: 0

#### 3507 GRANT ST., S., BONDURANT

SALE DATE: 2025-04-29 SALE PRICE: \$100

SELLER: ROBERT F ETZEL LIVING

**TRUST** 

BUYER: ROBERT F ETZEL FAMILY

TRUST ACRES: 23.059 SQUARE FEET: 0

#### 1500 30TH ST., WEST DES MOINES

SALE DATE: 2025-04-30 SALE PRICE: \$850,000

SELLER: 3000 WESTOWN PARTNERS LP

BUYER: CLAIM DOC LLC

ACRES: 2.268 SQUARE FEET: 9,920



#### 3509 104TH ST., URBANDALE

SALE DATE: 2025-04-30 SALE PRICE: \$650,000 SELLER: CALIKEYS PROPERTY

HOLDINGS LLC

**BUYER: DAYTON PROPERTY** 

MANAGEMENT LLC ACRES: 0.680 SQUARE FEET: 6,060

#### 1800 NINTH ST., DES MOINES

SALE DATE: 2025-04-30 SALE PRICE: \$385,000

SELLER: M2C INVESTMENTS LLC BUYER: 1800 NINTH STREET LLC

ACRES: 0.287 SQUARE FEET: 2,370

#### 2901 RUTLAND AVE., DES MOINES

SALE DATE: 2025-04-30 SALE PRICE: \$920,000

SELLER: LIVING DES MOINES LLC BUYER: 2901 RUTLAND HOLDINGS LLC

ACRES: 0.468 SQUARE FEET: 7,932

#### 5525 DOUGLAS AVE., DES MOINES

SALE DATE: 2025-05-01 SALE PRICE: \$500,000 SELLER: BROWN, JANICE K BUYER: ABELARDO'S MEXICAN FOOD

ACRES: 0.358

SQUARE FEET: 1,660

#### 2501 WESTOWN PARKWAY, WEST DES MOINES

SALE DATE: 2025-05-05 SALE PRICE: \$2,325,000 SELLER: DABRAMA LLC BUYER: 2501 HOLDINGS LLC

ACRES: 3.181

SQUARE FEET: 24,420

#### 4685 N.W. SECOND ST., DES MOINES

SALE DATE: 2025-05-06 SALE PRICE: \$400,000

SELLER: IRON RANGE PROPERTIES LLC BUYER: AJB PROPERTIES LLC

ACRES: 0.535 SQUARE FEET: 1,080

#### 1821 S.E. HULSIZER ROAD, ANKENY

SALE DATE: 2025-05-06 SALE PRICE: \$1,750,000

SELLER: MIDWEST MOTOR EXPRESS INC

BUYER: NAP NEBRASKA LLC

ACRES: 6.200 SQUARE FEET: 6,300



#### 401 E. ARMY POST ROAD, DES MOINES

SALE DATE: 2025-05-07 SALE PRICE: \$2,500,000

SELLER: YOUNG MEN'S CHRISTIAN ASSOC OF GREATER DES MOINES BUYER: CITY OF DES MOINES

ACRES: 11.049 SQUARE FEET: 36,792

#### 317 S.E. LOWELL DRIVE. ANKENY

SALE DATE: 2025-05-08 SALE PRICE: \$150,000

SELLER: CLARKSON, RODNEY  ${\sf G}$ 

BUYER: CLARKSON, KYLE

ACRES: 0.374 SQUARE FEET: 4,032

#### 511 29TH ST., DES MOINES

SALE DATE: 2025-05-08 SALE PRICE: \$1,965,000

SELLER: BRYN MAWR ASSOCIATES LP

**BUYER: BRYN MAWR LLC** 

ACRES: 0.430 SQUARE FEET: 15,456

#### 2650 EASTON BLVD., DES MOINES

SALE DATE: 2025-05-09 SALE PRICE: \$169,500

SELLER: FORMARO, CLARA M

BUYER: WEST DES MOINES CHURCH OF CHRIST INC

ACRES: 0.277 SQUARE FEET: 1,654

#### 1615 S.E. CORTINA DRIVE, ANKENY

SALE DATE: 2025-05-12 SALE PRICE: \$4,250,000 SELLER: PENTA PARTNERS LLC BUYER: SIMONS, PETE

ACRES: 1.998 SQUARE FEET: 23,795

#### 1116 GRAND AVE., WEST DES MOINES

SALE DATE: 2025-05-13 SALE PRICE: \$205,000

SELLER: WEIGEL PROPERTIES LLC BUYER: BERBER REAL ESTATE LLC

ACRES: 0.145 SQUARE FEET: 1,007

#### 809 N.E. BROADWAY AVE., DES MOINES

SALE DATE: 2025-05-13 SALE PRICE: \$1,380,000 SELLER: CANADA, WILLIAM BUYER: HIG DES MOINES LLC ACRES: 3.100

#### 2843 S ANKENY BLVD., ANKENY

SALE DATE: 2025-05-13 SALE PRICE: \$135,000 SELLER: DRA PROPERTIES LC BUYER: MENEFEE, MARK ACRES: 0.121

SQUARE FEET: 1,000 ■

SQUARE FEET: 2,632

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Hoppe Air, LLC	BEAMAN	GRUNDY	02	\$250,000	0	0	26	NEW	Soil Preparation, Planting, and Cultivating
S S SATYA & PURNIMA Corp.	Mount Pleasant	HENRY	01	\$2,344,000	4	6	6	EXISTING	Hotels (except Casino Hotels) and Motels
KRIVERA LLC	Williamsburg	IOWA	01	\$2,137,000	1	3	4	NEW	Hotels (except Casino Hotels) and Motels
RJ Martin Enterprise, LLC	Maquoketa	JACKSON	01	\$302,000	1	0	0	NEW	Car Washes
Fackler Acquisition, LLC	Iowa City	JOHNSON	01	\$205,500	2	4	4	NEW	Offices of Physicians (except Mental Health
r dollar rioquiolari, 220	iona ony	0000	0.	4200,000	_	·	•	Specialists)	emose of the special consequence and the special control of the spec
Grit Gym, L.L.C.	Iowa City	JOHNSON	01	\$165,000	2	0	5	EXISTING	Fitness and Recreational Sports Centers
Calyx Creek LLC	Oxford	JOHNSON	01	\$664,000	2	0	5	NEW	Caterers
Eric Miller	MONTICELLO	JONES	01	\$320,000	2	0	2	NEW	Snack and Nonalcoholic Beverage Bars
Game Station Inc	Cedar Rapids	LINN	02	\$150,000	0	2	2	EXISTING	Amusement and Theme Parks
Rolling Pup Wash LLC	Marion	LINN	02	\$135,500	1	1	1	NEW	Pet Care (except Veterinary) Services
Merriam Construction, LLC	SAINT CHARLES	MADISON	03	\$50,000	6	2	6	NEW	Poured Concrete Foundation and Structure
,				<b></b> ,	-	_	-	Contractors	
DCW Investments, LLC	Altoona	POLK	03	\$601,000	4	0	13	EXISTING	Offices of Physicians (except Mental Health
				¥ = = 1, = = =	•	-		Specialists)	(
Altoona Athletic Training, LLC	Altoona	POLK	03	\$576,000	5	1	1	NEW	All Other Personal Services
PAINTING BY JEN LLC	ANKENY	POLK	03	\$30,000	3	5	9	EXISTING	Painting and Wall Covering Contractors
BILT GUITARS, LLC	Des Moines	POLK	03	\$105,000	0	6	6	EXISTING	Musical Instrument Manufacturing
Beaverdale Books LLC	DES MOINES	POLK	03	\$100,000	0	17	17	EXISTING	N/A
BEST DEAL IOWA AUTO SALES & SERVICE L.L.C.		POLK	03	\$90,300	0	2	2	NEW	Used Car Dealers
BURK HOLDINGS LLC	GRIMES	POLK	03	\$2,217,700	10	20	20	NEW	Limited-Service Restaurants
BNPSUN LLC	JOHNSTON	POLK	03	\$350,000	3	17	17	EXISTING	New Single-Family Housing Construction (except
5 55 220				*****	-			Operative Builders)	
PELLAKIN CONSTRUCTION LLC	SEARSBORO	POWESHIEK	02	\$40,000	1	1	1	EXISTING	Residential Remodelers
Akshay Patel Corporation	Davenport	SCOTT	01	\$833,000	2	7	7	EXISTING	Hotels (except Casino Hotels) and Motels
Midwest Iron Addicts LLC	Walcott	SCOTT	01	\$150,000	2	2	1	EXISTING	Fitness and Recreational Sports Centers
Offfset LLC	Ames	STORY	04	\$25,000	0	1	1	NEW	N/A
Arch Foot and Ankle, P.C.	NORWALK	WARREN	01	\$250,000	2	3	3	EXISTING	Offices of Podiatrists
TRIPLE D CONTRACTING, INC.	LAWTON	WOODBURY	04	\$150,000	0	5	5	EXISTING	Poured Concrete Foundation and Structure
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TRANSACTIONS FROM JULY 2025

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#### Send information on new hires, promotions, expansions, openings and other business news to editor@dmcityview.com.

#### Gibbons joins All-Pets Hospital

All-Pets Hospital welcomes a new veterinarian to its medical team. **Dr. Cheyenne Gibbons** officially joined the team on June 16. A native of Nebraska, she graduated from the University of Nebraska–Lincoln before earning her Doctor of Veterinary Medicine degree from Iowa State University in 2025.

### Hoyt Sherman Place Foundation welcomes new board members

Hoyt Sherman Place Foundation announced its six new board members: Shashank Aurora, Oxana Bedore, Lisa Holtorf, Jane Keairns, Maura Lyons, Steve Wilkes-Shapiro and Eric White.

#### Iowa HHS announces new Medicaid director

The Iowa Department of Health and Human Services (HHS) announced that **Lee Grossman** has been appointed as the new director of Iowa Medicaid. Grossman, an Iowa native, brings more than 14 years of experience from the Wyoming Department of Health, where he most recently served as Medicaid director since February 2023. Grossman will begin this new role in early September.

#### Furlow joins Iowa Pork Producers Association as director of public policy

The Iowa Pork Producers Association (IPPA) has named **Harrison Furlow** as its new director of public policy. Furlow began the role on Aug. 4, bringing extensive experience in agricultural policy, strategic communications and producer-focused advocacy to the organization.



Harrison Furlow

#### MMG Real Estate Advisors appoints Patrick as managing director of multifamily brokerage

National multifamily and land advisory firm, MMG Real Estate Advisors, announces the addition of **Shana Patrick** as managing director, overseeing multi-family brokerage advisory services across the Midwest Market states of Iowa and Nebraska.



Shana Patrick

## Maertens named vice president of account services at Flynn Wright

Flynn Wright President Paul Schlueter recently announced that **Kiersten Maertens**, who has served as vice president of account services, was formally named an agency partner. Schlueter said, "Throughout her career at Flynn Wright, Kiersten has demonstrated a keen understanding of how we operate this business in a way that drives long-term client success alongside positive business outcomes for our team.



Kiersten Maertens

Many of you have had the privilege of working with Kiersten and know just how impactful her strategy, approach and service is. As someone who started her journey as an intern, she fulfills the promise that, at Flynn Wright, anything is possible."



#### DMPS welcomes additional new leaders

Des Moines Public Schools announced more leaders taking on new roles for the 2025-2026 school year.

Peter LeBlanc - deputy chief human resources officer

Laurel Friedman - Ruby Van Meter principal

Dr. Tori Rabe - Goodrell Middle School principal

Frank Lee, III - McCombs Middle School principal

Terry Mitchell - public safety manager

**Brianna Schwenk Maschman** - director of teaching and learning – high schools

Matthew Rohn - director of student and family services

Mark Lee - director of student and family services

### Brody announces retirement as president and CEO of BioConnect Iowa

BioConnect Iowa announced that **Steve Brody** will retire and step away from his role as president and CEO. Brody led the organization with efforts focused on advancing Iowa's bioscience sector and fostering innovation through strategic partnerships with the University of Iowa and Iowa State University.

#### Ankeny Area Chamber of Commerce promotes Anderson to executive director

The Ankeny Area Chamber of Commerce announced the promotion of **Jamie Anderson** to executive director. Anderson's appointment reflects both her leadership over the past 10 months and her commitment to the Chamber's mission, members and the Ankeny community. She will work alongside interim CEO Trent Murphy, who has led the Chamber since November of 2025, for the coming months to ensure a smooth transition.



Jamie Anderson



#### By Cyote Williams

The leaves are changing, the days are getting shorter, and the weather is cooling off. What does not change is the array of things to do around central Iowa. From September to December, the metro area has countless activities for those of all ages.

Art galleries continue to display the best works from worldfamous artists to those who make their art right here in the Hawkeye state and in Des Moines. The same goes for theatrical and musical performances. The wide range of theaters gives Iowans the chance to check out which local talents are showing their stuff, while also being able to see who is topping the charts. Our local sports teams do the same, with several high-level collegiate programs close by, as well as the ever-present Wild, Wolves and Buccaneers, ready to skate, shoot and entertain.

If that is not enough, we gathered a list of events from comedians, community festivals, pumpkin smashings, and even holiday celebrations to fill your schedules with.



#### **DES MOINES ART CENTER**

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

#### Current and upcoming exhibits

- Through Sept. 7: Light Within Ourselves - Haitian Art in Iowa
- Through Sept. 21: Firelei Báez
- Through Nov. 2: Iowa Artists 2025 -Ben Millett

#### **OLSON-LARSEN GALLERIES**

542 Fifth St., West Des Moines www.olsonlarsen.com

#### Current and upcoming exhibits

- Through Sept. 20: Painted & Printed: Laura Berman & Jeanine Coupe Ryding
- Oct. 10 to Nov. 29: The Female Gaze
- Dec. 4 to Jan. 31: The Animal Show 2025



Mainframe Studios First Friday event showcases local artists' talent. Photo courtesy of Mainframe Studios







**Sept. 26-28** 

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#### ANDERSON GALLERY

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

 Sept. 4 to Oct. 17: Unfurling Garden. Featuring the work of Nikki Renee Anderson, artist and Drake University alumna.

#### **MAINFRAME STUDIOS**

900 Keosauqua Way, Des Moines www.mainframestudios.org

Mainframe Studios hosts "First Friday" every first Friday of the month, featuring a changing theme, with the artists' works on display alongside live music and food.

#### First Fridays

- Sept. 5: Bienvenidos A Iowa
- Oct. 3: Pen & Ink
- Nov. 7: State of the Arts: Iowa's Artist Fellows
- Dec. 5: Daulities

#### **MOBERG GALLERY**

2411 Grand Ave., Des Moines www.moberggallery.com Upcoming exhibits

• September: Ruben Sanchez

• October: Sarah Grant and Scott Charles Ross

#### POLK COUNTY HERITAGE GALLERY

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

- Through Sept. 24: Notes from the Sea: Invitational Curated Show by Sara Sato
- Oct. 9 to Nov. 13: TBD, curated by Larry Campbell
- Nov. 20 to Dec. 31: The Invitational: Curated Show

#### **ANKENY ART CENTER**

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

- Through Sept. 23: John Hansen and Michael Hassig
- Sept. 30 to Nov. 26: Iowa Watercolor Society -Susan Moore
- Dec. 3 to Jan. 14: Members Show



### ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames www.actorsinc.org

- Sept. 11-13, 19-21: "You Can't Take It With You"
- Nov. 6-8, 14-16: "Next to Normal"

#### **ANKENY COMMUNITY THEATRE**

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

- Oct. 3-12: "Blithe Spirit"
- Dec. 5-14: "Miracle on 34th Street, the play"

#### **CLASS ACT PRODUCTIONS**

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

• Oct. 24-26, 31, Nov. 1-2, 7-9: "Beetlejuice JR."





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# CITYVIEW | SEPTEMBER 2025

#### **DES MOINES PERFORMING ARTS**

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

- Oct. 14-19: "Disenchanted! The Hit Musical Comedy"
- Oct. 21-26: "A Beautiful Noise: The Neil Diamond Musical"
- Nov. 3: "BODYTRAFFIC"
- Nov. 7: "Both Sides Now: The Music and Lives of Joni Mitchell and Leonard Cohen"
- Nov. 8: "SUGAR SKULL! A Día De Muertos Musical Adventure"
- Nov. 12-16: "Les Misérables"
- Nov. 18: "Earth After Dark"
- Nov. 18-23, 25-26, 30, Dec. 3-7: "Triple Espresso"
- Nov. 25: "A Drag Queen Christmas"
- Dec. 2-7: "The Notebook"
- Dec. 16-21: "Dr. Suess' How the Grinch Stole Christmas! The Musical"

#### **IOWA STAGE THEATRE** COMPANY

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

- Oct. 17-26: "Buried Child"
- Dec. 5-21: "A Christmas Carol"

#### **DES MOINES COMMUNITY PLAYHOUSE**

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

- Sept. 7: "Runaway Train"
- Sept. 19 to Oct. 5: "Bright Star"
- Dec. 5-27: "Frozen"

#### **DMACC ANKENY CAMPUS THEATRE**

2006 S. Ankeny Blvd., Ankeny www.dmacc.edu/theatre/ankeny/Pages/ welcome.aspx

- Oct. 3-5, 9-12: "The Apiary"
- Nov. 14-16, 20-23: "Kate and Sam Are Not Breaking Up"

#### TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100,

West Des Moines

www.tallgrasstheatre.org

- Sept. 12 to Sept. 28: "Blithe Spirit"
- Nov. 7 to Nov. 23: "The Boxcar Children"
- Dec. 19-21: "The A Sisters & Friends at The Velvet Lounge"



#### **DES MOINES CIVIC CENTER**

Des Moines Civic Center, 221 Walnut St., Des Moines www.dmpa.org

- Sept. 5: The Power of Love
- Sept. 12: Sharane Calister & The Feel Right Band
- Oct. 23: The Lubben Brothers
- Oct. 29: PlayStation | The Concert
- Oct. 30: Twilight in concert
- Nov. 4: Jordan Messerole
- Nov. 5: Straight No Chaser
- Dec. 13: Andrew Hoyt

#### **DES MOINES SYMPHONY**

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

- Sept. 27-28: Opening Night 2025 Celebration: Triumph -Tchaikovsky 5
- Oct. 11: The Goonies in Concert
- Oct. 18-19: Wisdom Dvořák 6 & Chopin
- Nov. 22-23: Strength Scottish Highlands & Eroica
- Dec. 20-21: Holiday Brass
- Dec. 31: New Year's Eve Pops: Crique







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Planning ahead to have all your resources (your team) in order will empower and enable you to make informed decisions when the time comes. And what a wonderful gift this becomes to your family to have this information available to them,

Join us as our panelists share who they believe are some of the people we should have on our team as we age.

Thursday | September 25, 2025 10:00 - 11:30 AM

DOORS OPEN AT 9:30 AM

#### Location

West 48 Conference Center 1601 48th Street, West Des Moines IA

#### **RSVP Online or Call**

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Mary Eikenberry Certified Senior Housing Professional Certified Senior Downsizing Coach



Dee Dee Bridgewater performs with Bill Charlap at Hoyt Sherman Place on Oct. 23. Photo courtesy of Hoyt Sherman Place

#### **HOYT SHERMAN PLACE**

1501 Woodland Ave., Des Moines www.hoytsherman.org

- Oct. 1: Leonid & Friends at 7:30 p.m.
- Oct. 2: AJ Croce presents Croce playing Croce at 8 p.m.
- Oct. 5: Il Divo at 3 p.m.
- Oct. 6: Johnnyswim: When the War is Over Tour at 7:30 p.m.
- Oct. 12: Evil Dead in Concert at 7 p.m.
- Oct. 14: Mania: The ABBA Tribute at 7:30 p.m.
- Oct. 18: Girl Named Tom at 7:30 p.m.
- Oct. 23: Dee Dee Bridgewater with Bill Charlap at 7:30 p.m.
- Oct. 29: Greensky Bluegrass at 8 p.m.



Catch a live jazz performance at Noce throughout the fall season. Photo courtesy of Noce

- Nov. 2: Blue October at 8 p.m.
- Nov. 5: Keb' Mo' at 7:30 p.m.
- Nov. 9: Josh Ritter and the Royal City Band at 7:30 p.m.
- Nov. 15: The Black Jacket Symphony presents AC/DC's "Back In Black" at 7:30 p.m.
- Nov. 16: A Motown Christmas at 7 p.m.
- Dec. 3: Christmas with The Celts at 7:30 p.m.
- Dec. 4: Christmas with Lorie Line 2025 at 7 p.m.
- Dec. 20: Shaun Johnson & The Big Band Experience at 7:30 p.m.





#### NOCE

1326 Walnut St., Suite 100, Des Moines www.nocedsm.com

- Sept. 5: The Paul Lichty Jazz Orchestra, feat. Vocalist Annie Kemble at 7 p.m.
- Sept. 6: The Road Scholars Spyro Gyra Tribute
   Band, feat. Dan Moore & Damani Phillips at 7 p.m.
- Sept. 11: Jazz on the House with Dave Atlemeier & Co. at 7 p.m.
- Sept. 12: My Favorite Things: Amber Duimstra Sings with Her Band at 7 and 9 p.m.
- Sept. 13: Fly Me To The Moon: The Max Wellman Big Band Plays Sinatra & More at 7 and 9 p.m.
- Sept. 18: Jazz Vocalist Stella Cole National Act at 7 p.m.
- Sept. 19: One Monkey Don't Stop No Show: Gina Gedler Sings Bette Midler with Her Band at 7 and 9 p.m.
- Sept. 25: Jazz on the House with Zane Gedler & Co. at 7 p.m.
- Sept. 26: For Once In My Life: A Night Of Stevie, Luther, & More with Napoleon Douglas at 7 and 9 p.m.
- Oct. 3: Fly Me To The Moon: The Max Wellman Big Band Plays Sinatra & More at 7 and 9 p.m.
- Oct. 4: Hannah Marks, Michael Malis, & Jonathan Taylor - National Act at 7 p.m.
- Oct. 10: Follies: A Night of Broadway with Napoleon Douglas at 7 and 9 p.m.
- Oct. 11: Torch Songs: Lauren Vilmain with Her Jazz Orchestra at 7 and 9 p.m.
- Oct. 17: MN Jazz Vocalist Leslie Vincent National Act at 7 p.m.
- Oct. 24: The Nola Jazz Band at 7 p.m.
- Oct. 31: Halloween with The Paul Lichty Jazz Orchestra at 7 and 9 p.m.
- Nov. 1: Bojangles: Napoleon Douglas Sings The Music of Sammy Davis Jr. with His Jazz Orchestra at 7 and 9 p.m.
- Nov. 6: Jazz on the House with Kyle Bachara & Co. at 7 p.m.
- Nov. 7: Mike Conrad with The Iowa Jazz Composers Orchestra at 7 p.m.

- Nov. 8: Vocalist Aviana Gedler with Her Band -National Act at 7 and 9 p.m.
- Nov. 13: Jazz on the House with Robert Espe & Co. at 7 p.m.
- Nov. 14: Voix de Ville: A Noce Folly From Max Wellman at 7 and 9 p.m.
- Nov. 15: KC Saxophonist Adam Larson National Act at 7 p.m.
- Nov. 20: Jazz on the House with The Carson Parker Trio at 7 p.m.
- Nov. 21: Standard Time with Max Wellman at 7 p.m.
- Nov. 28: The Domita Show, feat. Travis Ness at 7 and 9 p.m.
- Nov. 29: The Nate Sparks Big Band at 7 and 9 p.m.
- Dec. 1, 21: Under The Mistletoe with Lauren Vilmain at 7 p.m.
- Dec. 2, 4, 6, 12-14: Max Wellman's 16th Annual Home for the Holidays at 7 p.m.
- Dec. 3, 17: Sounds of the Season with The Des Moines Big Band at 7 p.m.
- Dec. 5, 7, 23: All I Want For Christmas: Gina Gedler at 7 and 9 p.m.
- Dec. 8, 10, 15, 22, 27: A Charlie Brown Christmas with The Tanner Taylor Trio at 7 p.m.
- Dec. 9, 16, 26: A NOLA Christmas at 7 p.m.
- Dec. 11, 19: A Swingin' Christmas with Carson Parker, feat. Aviana Gedler at 7 p.m.
- Dec. 18: Matt Wilson's Christmas Tree-O National Act at 7 p.m.
- Dec. 20: Christmas with/ The Nate Sparks Big Band at 7 and 9 p.m.

#### CASEY'S CENTER

Casey's Center, 223 Center St., Des Moines www.iowaeventscenter.com

- Sept. 19: Jason Aldean: Full Throttle Tour 2025 at 7:30 p.m.
- Sept. 23: Breaking Benjamin and Three Days Grace at 7 p.m.
- Sept. 27: Eric Church Free the Machine Tour at 7:30 p.m.
- Oct. 5: Jonas Brothers: JONAS20 Greetings From Your Hometown at 7:30 p.m.
- Oct. 9: Brandon Lake: King of Hearts Tour at 7 p.m.

#### MORE LIVE MUSIC VENUES

#### **WOOLY'S**

504 E. Locust St., Des Moines www.firstfleetconcerts.com

#### VIBRANT MUSIC HALL

2938 Grand Prairie Parkway, Waukee www.vibrantmusichall.com

#### **LEFTY'S LIVE MUSIC**

2307 University Ave., Des Moines www.leftyslivemusic.com

#### **WATERWORKS PARK**

Lauridsen Amphitheater, 2251 George Flagg Parkway www.dsmwaterworkspark.com

#### **XBK**

1159 24th St., Des Moines www.xbklive.com

#### TEMPLE THEATRE

1011 Locust St., Des Moines www.desmoinesperformingarts.org

#### HORIZON EVENTS CENTER

2100 N.W. 100th St., Clive www.horizoneventscenter.com

#### SHESLOW AUDITORIUM

2507 University Ave., Des Moines www.calendar.drake.edu

#### **CAPTAIN ROYS**

1900 Saylor Road, Des Moines www.captainroys.com

#### **GREENWOOD LOUNGE**

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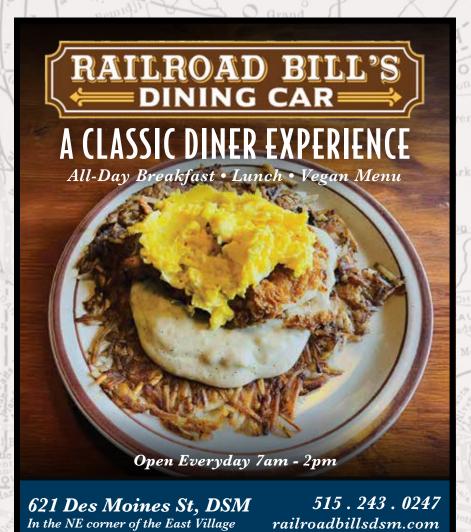
#### **VAL AIR BALLROOM**

301 Ashworth Road, West Des Moines www.firstfleetconcerts.com

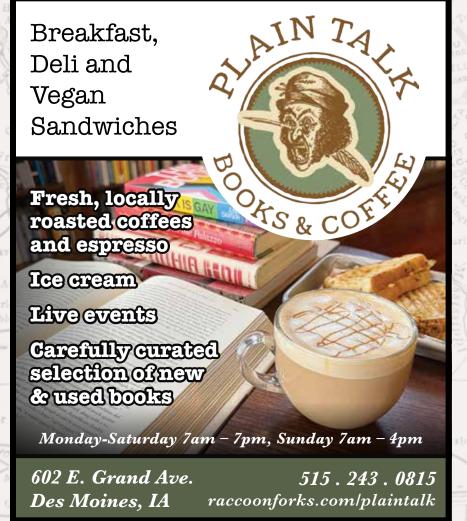
- Oct. 14: Paul McCartney at 6:30 p.m.
- Oct. 24: Sexyy Red Midwest Fall Jam at 6:30 p.m.
- Nov. 27-30: Disney On Ice presents Frozen & Encanto

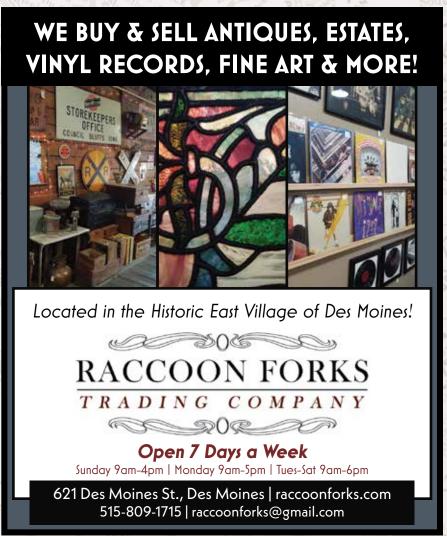












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The lowa Wolves host some of the most talented basketball players in the world at the Casey's Center. Photo courtesy of Iowa Wolves



#### **IOWA WOLVES**

Casey's Center, 233 Center St., Des Moines iowa.gleague.nba.com Scan this code for the Iowa Wolves schedule once it's released



#### **IOWA WILD**

Casey's Center, 233 Center St., Des Moines www.iowawild.com

#### Home games:

- Oct. 11 vs. Chicago Wolves at 6 p.m.
- Oct. 12 vs. Rockford Icehogs (Chicago Blackhawks) at 5 p.m.
- Oct. 28 vs. Grand Rapids Griffins (Detroit Red Wings) at 7 p.m.
- Nov. 1 vs. Tucson Roadrunners (Utah Hockey Club) at 6 p.m.
- Nov. 2 vs. Tucson Roadrunners at 3 p.m.
- Nov. 3 vs. Chicago Wolves at 10:30 a.m.
- Nov. 9 vs. Rockford Icehogs at 6 p.m.
- Nov. 14 vs. Charlotte Checkers (Florida Panthers) at 7 p.m.
- Nov. 15 vs. Charlotte Checkers at 6 p.m.
- Nov. 18 vs. Texas Stars (Dallas Stars) at 7 p.m.
- Dec. 6 vs. Manitoba Moose (Winnipeg Jets) at 6 p.m.
- Dec. 7 vs. Manitoba Moose at 3 p.m.
- Dec. 10 vs. Rockford Icehogs at 7 p.m.
- Dec. 17 vs. Grand Rapids Griffins at 7 p.m.
- Dec. 19 vs. Grand Rapids Griffins at 6 p.m.
- Dec. 27 vs. Chicago Wolves at 6 p.m.
- Dec. 30 vs. Texas Stars at 7 p.m.
- Dec. 31 vs. Texas Stars at 5 p.m.





The men's and women's basketball programs continue to improve, providing elite college hoops viewing in Des Moines. Photo courtesy of Drake

#### **IOWA CUBS**

Principal Park, 1 Line Drive, Des Moines

#### www.iowacubs.com

- Sept. 5 at 7:08 p.m. vs. Omaha | Hockey Night, Friday Night Fireworks
- Sept. 6 at 6:08 p.m. vs. Omaha
- Sept. 7 at 1:08 p.m. vs. Omaha
- Sept. 16 at 6:38 p.m. vs. Toledo
- Sept. 17 at 12:08 p.m. vs. Toledo
- Sept. 18 at 6:38 p.m. vs. Toledo | Iowa Oaks
- Sept. 19 at 7:08 p.m. vs. Toledo | Fan Appreciation Weekend
- Sept. 20 at 6:08 p.m. vs. Toledo | Demonios De Des Moines
- Sept. 21 at 1:08 p.m. vs. Toledo

#### **IOWA STATE BASKETBALL**

Hilton Coliseum, 1705 Center Drive, Ames www.cyclones.com

#### Men:

#### Non-conference home games (times TBA):

- Oct. 26 vs. Farleigh Dickinson
- Nov. 6 vs. Grambling State
- Nov. 17 vs. Stonehill College
- Dec. 3 vs. Alcorn State
- Dec. 11 vs. Iowa
- Dec. 14 vs. Eastern Illinois
- Dec. 21 vs. Long Beach State
- Dec. 29 vs. Houston Christian

#### Big 12 home games (dates and times TBA):

• Arizona State, UCF, Colorado, Houston, Texas Tech, West Virginia, Baylor, Kansas and Oklahoma State

#### Women:

• Dates and times TBA, scan this code: https://cyclones.com/sports/womens-basketball/schedule

#### **IOWA STATE FOOTBALL**

Jack Trice Stadium, 1732 S. Fourth St., Ames www.cyclones.com

#### Home games:

- Sept. 6 vs. Iowa
- Sept. 27 vs. Arizona
- · Oct. 25 vs. BYU
- Nov. 1 vs. Arizona State
- Nov. 22 vs. Kansas





## CITYVIEW | SEPTEMBER 2025 36

#### DRAKE BASKETBALL

Knapp Center, 2601 Forest Ave., Des Moines www.godrakebulldogs.com

#### Men's home games

- Dates and times TBA scan this code Women's home games
- Dates and times TBA scan this code



#### **DES MOINES BUCCANEERS**

MidAmerican Energy RecPlex, 6500 Grand Ave., West Des Moines www.bucshockey.com

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

#### Home games:

- Oct. 3 vs. Chicago Steel at 7:05 p.m.
- Oct. 4 vs. Chicago Steel at 6:05 p.m.
- Oct. 24 vs. USA NTDP at 7:05 p.m.
- Oct. 25 vs. USA NTDP at 7:05 p.m.
- Nov. 1 vs. Tri-City Storm at 6:05 p.m.
- Nov. 14 vs. Waterloo Black Hawks at 7:05 p.m.
- Nov. 21 vs. Lincoln Stars at 7:05 p.m.
- Nov. 22 vs. Sioux City Musketeers at 6:05 p.m.
- Nov. 28 vs. Lincoln Stars at 7:05 p.m.
- Dec. 5 vs. Sioux City Musketeers at 7:05 p.m.
- Dec. 9 vs. Waterloo Black Hawks at 6:35 p.m.
- Dec. 13 vs. Waterloo Black Hawks at 7:05 p.m.
- Dec. 27 vs. Tri-City Storm at 7:05 p.m.

## vents

#### SEPTEMBER

#### SEPTEMBER THROUGH OCTOBER:

Des Moines Farmers Market. Residing in the Historic Court District, Iowa's largest farmers' market will cater to all of the local fall cravings every Saturday morning. www.dsmpartnership.com/ desmoinesfarmersmarket

#### SEPT. 5: First Friday in the East Village.

Attendees cand do some shopping, have dinner and listen to free music in the streets. Historic East Village first through seventh blocks of East Grand, Locust and Walnut, Des Moines; www. eastvillagedesmoines.com/events

SEPT. 6: Monarch Day at the Blank Park Zoo, 7401 SW Ninth St., Des Moines; www. blankparkzoo.com

SEPT. 6: Family Fun Day. The afternoon will offer many hands-on activities and events for kids and families of all ages. The Brenton Arboretum, 25141 260th St., Dallas Center; www. thebrentonarboretum.org

**SEPT. 7: PorchFest.** This year will have 19

bands with music to match everyone's favorite genre. PorchFest DSM is an organic, walking music festival that takes place on the porches around Union Park in Des Moines, featuring talent from around Iowa. Union Park, 2009 Saylor Road, Des Moines; www.porchfestdsm.org

SEPT. 6-7, 13-14: 20th anniversary celebration of the Renaissance Faire at Sleepy Hollow Sports Park, 4051 Dean Ave., Des Moines; www.sleepyhollowrenfaire.com

**SEPT. 6: Touchdown Tailgate.** Watch the Cy-Hawk football game on two jumbotron TVs with food and drink vendors present at Cowles Commons, 221 Walnut St., Des Moines; www. desmoinesperformingarts.org/events/touchdown-

SEPT. 7: 2025 Des Moines Concours

d'Elegance. A premier automotive exhibition held at the internationally recognized John and Mary Pappajohn Sculpture Park in downtown Des Moines. John & Mary Pappajohn Sculpture Park, Western Gateway Park, 1330 Grand Ave., Des Moines: www.desmoinesconcours.com



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5th Street, West Des Moines

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SEPT. 7 THRIFTED

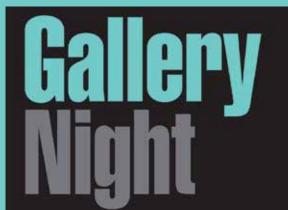
& HANDMADE

10AM - 5PM

FAIR

5TH ST WEST DES MOINES





FRIDAY, OCTOBER 10 | 5-8PM

Valley Junction's galleries come together to showcase new artwork by regional, national, and international artists.

9/4 Dirty Champaign

9/11 Red Dirt Renegade

9/18 Molly Nova & the Hawks

9/25 Sumpin Doo

EVERY THURSDAY 5:00PM-8:30PM

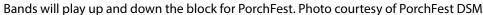
In the Beer Garden of Valley Junction Farmers
Market | Railroad Park, West Des Moines

PRESENTED BY











Vinyl lovers rejoice as the Big Grove Vinyl Market returns this fall. Photo courtesy of Big Grove Vinyl Market

SEPT. 11: Music in the Junction - Red Dirt Renegade Historic Valley Junction, 100 to 300 Block of Fifth St., & Railroad Park; www.valleyjunction.com/ events

SEPT. 11, 18, 25: Confluence Brewing Summer Concert Series. Free to attend at Confluence Brewing Company, 1235 Thomas Beck Road, Des Moines; www.confluencebrewing.com

**SEPT. 12-14: GalaxyCon.** This is a festival of fandom with celebrity appearances, artists, writers, voice actors, cosplayers, entertainers, creators and much more. Iowa Events Center, 730 Third St., Des Moines; www.galaxycon.com/pages/ animate-des-moines

SEPT. 13-14, 20-21, 27-28: Apple and Pumpkin Festival. Enjoy wagon rides, a corn maze, and a corn pool, along with apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturday and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; www.willsfamilyorchard.com/apple-and-pumpkinfest/

**SEPT. 13: Pickle for a Purpose.** Pickleball tournament to help support Dorothy's House. 1000 S.E. 68th St., Pleasant Hill; www.dorothyshouse.org

**SEPT. 13: Botanical Bash.** Reiman Garden's 30th anniversary celebration. Reiman Gardens, Iowa State University, 1407 University Boulevard, Ames; www. reimangardens.com

**SEPT. 13: Adventureland's Oktoberfest.** This event is the 11th installment at the amusement park and is 21-plus. 3200 Adventureland Drive, Altoona; www. adventurelandresort.com/discover-adventureland-resort/oktoberfest

SEPT. 14: Halfway to St. Patrick's Day Charity Car Show with the Friendly Sons of St. Patrick of Central Iowa at Charlie's Filling Station, 305 Grand Ave, West Des Moines; www.friendlysonsiowa.com

SEPT. 19-20: Beaverdale Fall Festival. Celebrate Beaverdale's rich history at this family-friendly event. Enjoy live music, thrilling carnival rides, and delicious offerings from local food vendors, all in the heart of Beaverdale. Beaver Avenue and Urbandale Avenue; www.fallfestival.org

**SEPT. 20: 2025 Iowa Outdoor Expo.** Attendees will have the opportunity to try out virtual skeet shooting, cast a line, shoot a bow, try the slingshot range, shoot on the BB gun range, experience animal presentations and participate in the minnow races. 4343 George Flagg Parkway, Des Moines www.desmoines-ikes.com

SEPT. 20: Hot Rods for Heroes. All proceeds benefit the Blue Star Mothers of Iowa, who send care packages to Iowans serving in the military. Des Moines Area Community College, 2006 S. Ankeny Blvd., Ankeny; www. bluestarmothersofiowa.com

SEPT. 20: Iowa State Armwrestling Championship. \$30 entry fee. Enter if you're feeling lucky. Big Grove Brewery, 555 17th St., Des Moines; www.facebook. com/events/1272994067127516

SEPT. 20: Downtown Des Moines End of Summer Block Party. The Downtown Neighborhood Association celebrates the end of the summer with this free event. HubSpot, 215 Water St., Des Moines; www.facebook.com/desmoinesdna



855 E. Hickman Road, Waukee • 6135 Mills Civic Pkwy, West Des Moines • 3815 14th Street, Des Moines 4820 SE 14th Street, Des Moines · 4500 Fleur Drive, Des Moines · 251 NE Cypress Drive, Grimes 2205 SE Delaware Avenue, Ankeny - 3635 8th Street SW, Altoona - 4565 86th Street, Urbandale 1105 73rd Street, Windsor Heights • 5340 Buffalo Ridge Drive NE, Cedar Rapids

Limit one per person. Not valid with any other offer. Expires 9/30/25

WWW.B-BOPS.COM



SEPT. 21: Big Grove Vinyl Market. Several record vendors from around the Midwest will be on hand from 1-4 p.m., selling hundreds of vinyl records, CDs, cassettes and more. The event will be held inside the Crescent Room. Admission is free to the public. Big Grove Brewery, 555 17th St., Des Moines; www. biggrove.com

SEPT. 21: IRIS Peace Day International **Festival.** This free public event celebrates diverse global cultures through local art, dance, and music performances. Mainframe Studios, 900 Keosauqua Way, Des Moines; www.iris-center.org/peace-day

SEPT 25-27: Des Moines Area Quilters Guild annual show. Iowa State Fairgrounds 3000 East Grand Ave., Des Moines; www.dmaqg.org

**SEPT. 26: Comedy Revival** at The Station: Stand-up Comedy Showcase. A night of comedy by local comedians. The Station on Ingersoll, 3124 Ingersoll Avenue, Des Moines. www.thestationdsm. com/des-moines-ingersoll-the-station-on-ingersoll-party

SEPT 26-27: Oktoberfest. Celebrate with authentic German traditions: enjoy German beers, delicious German food, and much more. The District at Prairie Trail, S.W. District Drive, Ankeny; www. oktoberfestdsm.com

SEPT. 26-28: Iowa's Largest Arts and **Crafts Show.** More than 250 creators bring

their best handmade products to the Iowa State Fairgrounds, E. 30th Street and E. University Avenue, Des Moines; www.iowastatefairgrounds.org/eventcalendar/iowa-largest-arts-and-crafts-show

#### SEPT. 27-28: Latino Heritage Festival.

This is the only two-day Latino Heritage festival in the state. The exclusive Sabor Latino event features everything, meaning there's something for everyone during the action-packed weekend. Western Gateway Park, 100 Grand Ave., Des Moines; www. latinoheritagefestival.org.

**SEPT. 27: Applefest.** The historic Living History Farms celebrate the apple harvest season apple treats, such as apple butter, cake or pie, and cider. Living History Farms, 11121 Hickman Road, Urbandale; www.lhf.org

SEPT. 27: Wild Boar Challenge. An off-road obstacle course designed to push participants through a series of challenges that will test both their speed and agility as they navigate through the course. Wildwood Hills Ranch, 2552 Union Lane Street, St. Charles; www.wildboarchallenge.org

SEPT. 27: Log Cabin Days Festival. The annual festival brings you in for a taste of Indianola's history. Warren County Fairgrounds, 1400 W. Second Ave., Indianola; www.warrencountyhistory.org

# OCTOBER

exilebrewing.com

**RECURRING WEEKLY THROUGH NOVEMBER: The Haunting at Exile.** This pop-up includes both the upstairs dining room and beer hall spaces. Halloween-themed drinks, dishes and decor create a unique and memorable experience for anyone looking to enjoy the holiday. Exile Brewing

**RECURRING DAILY THROUGH NOV. 2:** 

Scarecrow Festival. A farm-wide celebration filled with colorful displays, playful scarecrows, and the warm spirit of the season. Center Grove Orchard, 32835 610th Ave., Cambridge; www. centergroveorchard.com

Company, 1514 Walnut St., Des Moines; www.

OCT. 4-5, 11-12, 18-19, 25-26: Apple and Pumpkin Festival. Wagon rides, corn maze and corn pool and of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturday and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; www.willsfamilyorchard.com

OCT. 4: Spooky Sprint - Des Moines. A Halloween-themed event that is perfect for the whole family. Big Creek State Park, 8550 NW 142nd Ave., Polk City; www.runsignup.com/Race/IA/PolkCity/ SpookySprintDesMoines

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# Special

IPL \$300 off package of 3 face treatments this month only!

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OCT 4: Wauketoberfest. Join the Waukee Area Historical Society for a day of fun, featuring live music, delicious German food beer, and an exciting stein-holding contest. Traditional attire is encouraged. Downtown Waukee Triangle, Ashworth Drive and Sixth Street; www.waukeehistory.org

OCT. 4: Little Giant Beer Summit at El Bait Shop. El Bait Shop's love letter to local craft breweries, held in its parking lot. El Bait Shop, 200 S.W. Second St., Des Moines; www.elbaitshop.com

OCT. 4: Adam Sandler. Casey's Center, 730 Third St., Des Moines; www.iowaeventscenter.com

OCT. 11: Indigenous Iowans Day. Explore the native cultures that have shaped our state. Living History Farms, 11121 Hickman Road, Urbandale; www.lhf.org

OCT. 11-12: Madison County Covered Bridges Festival. Discover Madison County's rich history and iconic covered bridges. Enjoy food and art vendors, a car show, a parade and more. Starting at 9 a.m. in Winterset Square, Winterset; www. exploremadisoncounty.com

#### OCT 17-19: Capital City Gaming Con.

Des Moines' very own board game convention. Buy, play, test and enjoy board games of all types. Hilton Garden Inn, 205 S. 64th St., West Des Moines; www. capitalcitygamingcon.com

OCT. 17-19 and 24-26: Family Halloween at Living History Farms. Various start times, at 11121



Take in the iconic sights and enjoy the Covered Bridges Festival in Madison County at the same time. Photo courtesy of Explore Madison County

Hickman Road, Urbandale; www.lhf.org/event/halloween Parkway, Des Moines; www.sciowa.org

OCT. 18: SCI's Big Blast: 55 Years of Science, Wonder and Community. Celebrate the past and present of one of Des Moines' best attractions. Science Center of Iowa, 401 W. Martin Luther King Jr.

OCT. 18-19: Des Moines Lapidary Society 2025 Gem, Jewelry, Mineral and Fossil show. Iowa State Fairgrounds, 3000 East Grand Ave., Des Moines; www.dmlapidary.org





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OCT. 18-19: Great lowa Pet Expo. Including trade show, education and entertainment. 2100 N.W. 100th St., Clive; www.greatiowapetexpo.com

OCT. 19: Gabriel Iglesias. Casey's Center, 730 Third St., Des Moines; www.iowaeventscenter.com

OCT. 19: IMT Des Moines Marathon. Since 2002, the annual marathon has been taking participants on a run throughout Iowa's capital. 1001 Grand Ave., West Des Moines; www.desmoinesmarathon.com

**OCT 19: Ehud Asherie** performs at the Caspe Terrace, 33158 Ute Ave., Waukee; www.jazzatcaspe. weebly.com

OCT. 25: Des Moines Whiskey Festival. Horizon Events Center, 2100 N.W. 100th St., Clive; www.horizoneventscenter.com

OCT. 26: Des Moines Jazz Hall of Fame Gala. Hall of Fame honors for 2025 will be awarded to trombonist/educator/arranger Paul McKee and guitarist Willie Shay, with other honors presented throughout the night. Community Jazz Center of Greater Des Moines, 1326 Walnut, Des Moines; www.cjc-dsm.org

THROUGH OCT. 26: Phantom Fall Festival. Every weekend in October, Adventureland hosts its fall festival with several haunted houses, ghosts, ghouls, goblins and more. 3200 Adventureland Drive, Altoona; www.adventurelandresort.com/discover-adventurelandresort/Phantom-Fall-Fest

OCT. 30: Beggars' night. The night before

Halloween is Beggars' Night, and children across many communities will be out and about performing tricks or asking for treats. In many neighborhoods, from 6-8 p.m.

# NOVEMBER

NOV. 1: 25th annual Red Tie Gala. Help support the Ronald McDonald House Charities of Central Iowa. Dress to impress for this special benefit. Community Choice Convention Center, 833 Fifth Ave., Des Moines; www.rmhdesmoines.org

NOV. 1-2: Pumpkin Destruction. Sick and tired of pumpkin spice season? See pumpkins smashed in a variety of ways at this event. Center Grove Orchard, 32835 610th Ave., Cambridge; www. centergroveorchard.com

NOV. 7-9: Des Moines Holiday Boutique. More than 200 businesses join together to create the shopping event of the season. Discover unique, high-quality vendors showcasing the latest trends in jewelry, gifts, children's items, gourmet foods and more for the holiday season. EMC Expo Center, Iowa Events Center, 730 Fourth St., Des Moines; www. desmoinesholidayboutique.com

NOV. 8: Living History Farms race. Race across the grounds and see 300 years of Iowa history in the process. Living History Farms, 11121 Hickman Road, Urbandale; www.lhf.org

NOV. 9: Girls on the Run 5K. Principal Park, 1 Line Drive, Des Moines; www.gotrcentraliowa.org/5k

NOV. 9: Frank Basile and Jeb Patton perform at the Caspe Terrace, 33158 Ute Ave., Waukee; www. jazzatcaspe.weebly.com

NOV. 23: Fall Makers Market. Local vendors, crafters, artisans and more will be available for your shopping needs right before the holidays, from 11 a.m. to 4 p.m. Jester Park Nature Center 12130 N.W. 128th St., Granger; www.jesterparknaturecenter.com/ calendar-events/fall-makers-market

NOV. 29: Christmas in Olde Town. A holiday celebration in the heart of Downtown Altoona. S.E. Second Street, Altoona; www.visitaltoona.com

NOV. 27: Des Moines Turkey Trot. The 5K plus 5-mile race takes over Des Moines on Thanksgiving and is regarded as one of the top trots in the country. Starting at 9 a.m. on Court Ave., Des Moines; www.desmoinesturkeytrot.com

NOV. 28: Winterset Festival of Lights. Kick off the holiday season with an enchanting display of lights, live music and delicious food and drinks. From 5-8 p.m. at Winterset Courthouse, 112 S. John Wayne Drive, Winterset; www.madisoncounty.com/special-

NOV. 28-30: 42nd annual Festival of Trees and Lights. Expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the



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At a member-owned cooperative like Dupaco, we know that a goal is a dream with a plan.

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So when you think about yours, remember that Dupaco can help you. Be Well.











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Thursday, Sept. 18, 2025
10:00 AM
Law Group of Iowa
7900 Hickman Rd, Suite 200, Windsor Heights

RSVP: (515) 309-2985

# Your Hosts & Presenters:



Ann M. Hartz
Certified Public Accountant
President, Ann M. Hartz CPA & Associates



Vicki L. Monaco Investment Advisor Representative CEO, Life & Legacy Advisors, LLC

Vicki Monaco is an Investment Advisor Representative for and investment services offered through Royal Fund Management, LLC a SEC Registered Investment Advisor



ChristkindlMarket returns for another season of holiday shopping. Photo courtesy of Leaps + Bounds Photography

name of supporting Blank Children's Hospital. Iowa Events Center, 833 Fifth Ave., Des Moines; www.unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights

# DECEMBER

**DEC. 4-6, 11-14: ChristkindlMarket.** Discover regional vendors showcasing handcrafted products from charming wooden stalls. Enjoy lively performances of polka music, traditional dances and choirs in Yuletide Hall. Engage in children's activities and savor Glühwein (warm, mulled wine) and European beers. All at Principal Park, 1 Line Drive, Des Moines; www.christkindlmarketdsm.com

**DEC. 5: Light Up Polk City** from 6-8 p.m. in the Polk City town square; www. gopolkcity.com/light-up-polk-city

**DEC. 5: City of Clive Mayor's Tree Lighting.** Clive Public Library, 1900 N.W. 114th St., Clive; www.cityofclive.com/parkandrecreation

**DEC. 6: Family Christmas** at Living History Farms. 11121 Hickman Road, Urbandale; www.lhf.org

**DEC. 11: Bert Kreischer.** Casey's Center, 730 Third St., Des Moines; www. iowaeventscenter.com

**DEC. 12-13: Winter Solstice Market.** Get some holiday shopping done for your friends, family or yourself. 116 S. 1st Ave., Winterset Courthouse Square; www. madisoncounty.com/special-events

**DEC. 13: Santa 5K run.** Bring your best Santa suit, but leave the milk and cookies at home. 521 E. Locust St., Des Moines; fleetfeet.com/s/desmoines

**DEC. 13: Peppermint Trail.** Winter festival located along Ingersoll Avenue, Des Moines; theavenuesdsm.com/peppermint-trail

**DEC. 5 through DEC. 28: Holiday Hullabaloo.** Experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Southridge Event Center, 1111 Army Post Road, Des Moines; www. holidayhullabaloo.com ■

# THE DUCKTAIL LOUNGE

# RELAX IN CENTRAL IOWA'S ORIGINAL MARTINI BAR

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SUNDAY, SEPTEMBER 28 • 3-8PM

Parking Lot Party • Live Music • Food Truck • \$5

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Check out our website!

# WEEKLY SPECIALS!

Martini Monday

\$2 off all martinis Karaoke 8-12am

**Tuesday Trivia Night** \$3 Tall Boys

Wednesday Whiskey and Wine

\$2 off whiskey drinks & glasses of wine

Thursday Karaoke

8-12am

Friday: Live Music

Check Facebook page for upcoming performances!

Saturday Karaoke

8-1am

All day happy hour on Sunday and Monday

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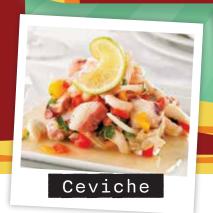
IOWA LATINO RESTAURANT WEEK

# SEPTEMBER 5-14

# **CELEBRATING CULTURE WITH EVERY BITE!**

Step into a world of vibrant flavors and discover the incredible diversity of Latino cuisine. Iowa Latino Restaurant Week is your passport to a culinary adventure, where 21 local restaurants are serving up the very best from across Latin America.

Don't miss out on this opportunity to experience the vibrant culinary traditions of Latin America right here in Iowa.









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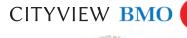
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2025 Grand Ave., West Des Moines 515-223-0145 | fiestaiowa.com



# **FLAME CANTINA**

1315 SW Oralabor Rd., Ankeny 515-963-7719 | dsmflame.com



# **BLUE BEAN | ANKENY**

110 N Ankeny Blvd., #200, Ankeny 515-207-9998 | bluebean.studio



# EL BARCO MEXICAN RESTAURANT

8801 Hickman Rd., Urbandale 515-276-0162 | elbarcodsm.com



# **ROOTS 95**

8705 Chambery Blvd., #700, Johnston 515-561-0408 | roots95dsm.com



# **BLUE BEAN | JOHNSTON**

6205 Merle Hay Rd., #120, Johnston 515-207-9998 | bluebean.studio

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# FLAME THE TAQUERIA

5765 Merle Hay Rd., #9, Johnston 515-723-8934 | flametaqueriadsm.com

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# MARGARITA'S MEXICAN BUFFET

1810 Army Post Rd., Des Moines 515-822-9097



# PANKA PERUVIAN RESTAURANT

2708 Ingersoll Ave., #200, Des Moines 515-244-1430 | pankadsm.com



# **TULLPA RESTAURANT**

3708 Merle Hay Rd., Des Moines 515-214-2327 | tullpadsm.com



# FIESTA MEXICAN PLEASANT HILL

1100 N Hickory Blvd., #203, Pleasant Hill 515-262-1520 | fiestaiowa.com



# Why standard lenses shouldn't cut it

Vision insurance is designed to cover the essentials, which typically means standard lenses and frame up to a certain allowance, along with small copays. While this provides a solid foundation for basic eyewear, it's important to understand that many advancements in lens technology (improved materials, coatings, and designs) fall outside of what insurance considers standard coverage.

Standard plastic lenses were first made into eyeglass lenses after WWII to replace the much more dangerous glass (shattering glass next to the eye is not ideal). In 1953, Polycarbonate was patented and took over as the go to plastic for lenses. In 2002, Trivex entered the market, originally developed for military use. Trivex has surpassed its predecessors because it has better vision, is lightweight and is very resistant to shattering and scratching compared to earlier materials.

Anti-reflective coating was first invented in 1904 but generally applied to eyeglasses in 1935. It was originally a spray on coating for glass to reduce glare and reflections. With any spray-on coating, they tend to eventually craze or form micro-cracks. Anti-glare coatings today offer resistance to smudges, water and dust, have multiple layers of anti-glare coating, plus multiple anti-scratch coating and UV protection. They are also not only sprayed on but baked into the lens to make it very difficult for the coating to worsen over time.

Progressives or "no line trifocals" were first invented in 1959. They were the first major stride in bifocal lenses since Benjamin Franklin first patented a lined bifocal in 1784. Progressives became the go-to lens, given they allow a wearer to have every distance clear from near to far distance. Every year, they continue to improve in design, making it easier for the eye to find its set area. Standard progressives still use designs from the 1970s with a very set hourglass shape of clear vision, making them harder to adapt to. The latest designs go through five years of FDA testing before they are released, so the newest ones — those invented in the past five to 10 years — take into consideration how different our eye usage has become with smart phones.

The newest wave in lenses are very much due to cell phone usage. These anti-fatigue lenses, or "baby bifocals," have a very slight add power for near to help those of us younger than 40 with all the things we need to do within arm's reach. They help relax our eyes, and when combined with a blue light filter, they drastically reduce eye tiredness after a long work day.

With so many options available, it's worth looking beyond what insurance covers and find lenses that truly fit your lifestyle and daily needs. If you are considering new glasses, ask your eye care provider about the latest lens technologies and how they might improve your comfort, vision and overall eye health. ■

Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.





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# | CITYVIEW | SEPTEMBER 2025

# Transform your workout: the power of FAR Infrared heat

Are you looking to elevate your fitness routine and unlock new levels of performance and recovery? The secret might be closer than you think. While many of us are familiar with traditional heat, a revolutionary technology is changing the way people think about exercise: FAR Infrared (FIR) heat. Unlike a traditional sauna or steam room that heats the air around you, FIR heat penetrates the body directly, creating a gentle, therapeutic warmth from within. When incorporated into your workout, this subtle yet profound difference can lead to a cascade of remarkable benefits.

One of the most immediate and tangible advantages of working out in an FIR environment is its effect on your muscles and joints. The deep, penetrating heat helps to warm up your muscles more efficiently, increasing flexibility and range of motion. This can reduce the risk of injury and allow you to push deeper into stretches and movements. It's like a built-in warm-up that gets your body ready for peak performance from the very first minute. The warmth also soothes stiff joints, making high-impact workouts more comfortable and accessible

for a wider range of people.

Beyond the physical sensations, FIR heat has been shown to boost circulation. As your body temperature rises from the inside, your cardiovascular system works to cool you down, increasing blood flow to your muscles. This enhanced circulation delivers more oxygen and nutrients to your working muscles, helping to improve endurance and reduce fatigue. It also aids in the removal of metabolic waste products, allowing for a more efficient workout and a quicker rebound afterward. This improved circulation also supports a faster post-workout recovery, helping to ease muscle soreness and stiffness.

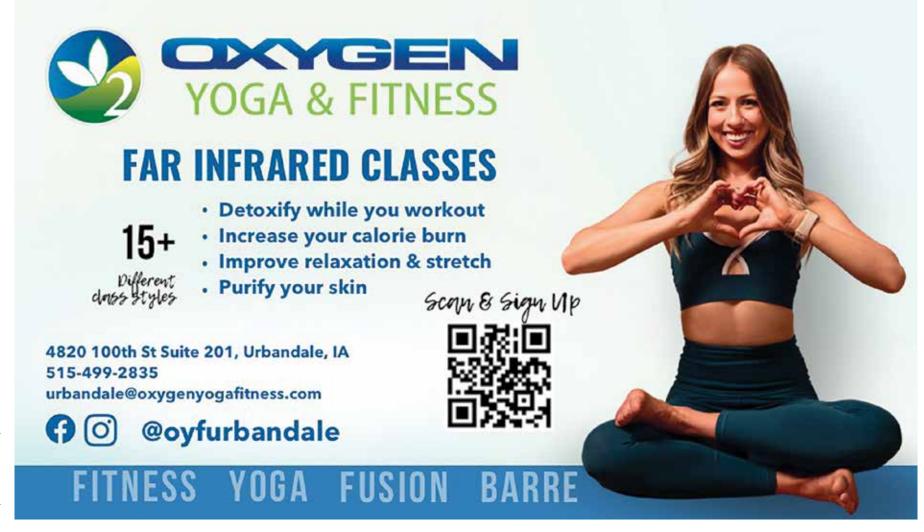
Perhaps one of the most exciting aspects of incorporating FIR heat is its potential to aid in detoxification. As the body heats up, it naturally promotes sweating, a key mechanism for flushing out toxins. This process helps to cleanse the body from the inside out, leaving you feeling refreshed and revitalized. The sweat produced from FIR heat is often said to contain a higher concentration of

toxins compared to traditional sauna sweat, making it a powerful tool for those focused on holistic wellness.

Finally, FIR heat provides a serene and calming atmosphere that can help you find a deeper connection to your workout. The gentle warmth is soothing, not stifling, allowing you to focus on your form and breath without feeling overwhelmed by heat. This meditative quality can transform your workout from a chore into a restorative practice for both your body and mind. It turns a sweat session into a true sanctuary.

From enhanced flexibility and circulation to improved recovery and detoxification, adding FIR heat to your workout can be a game-changer. It's a simple, yet powerful way to unlock your body's potential and make every sweat count. Experience the difference and start feeling the transformative benefits of infrared heat for yourself.

Information provided by Amy Johannsen, Owner, Oxygen Yoga & Fitness, 4820 100th St., Suite 201, Urbandale. 515-499-2835. www.oxygenyogaandfitness.com/urbandale.



# Addiction treatment works. Why can't more lowans access it?

I've been working in addiction treatment for five-plus years, and one truth has never changed: Recovery is possible. I've seen hundreds of lowans rebuild their lives, reconnect with their families, and return to work after struggling with substance use. But, despite decades of progress, too many people never make it to our doors. In lowa, one in five people older than age 12 meet the criteria for a substance use disorder, yet only about one-quarter receive care (SAMHSA, 2022). That gap isn't about willpower; it's about barriers standing in people's way.

Cost is often the first hurdle. Many assume treatment isn't covered by insurance or requires expensive residential programs. In reality, most insurance — including Medicaid and Medicare — covers substance use treatment (lowa Department of Public Health, 2023). Today's care lets people stay connected to their families and jobs.

Geography makes things worse. In rural areas, the closest treatment provider can be hours away. For someone without reliable transportation — or balancing work and childcare — that distance

makes treatment feel impossible (Rural Health Information Hub, 2023). Virtual programs are closing that gap.

The hardest barrier is stigma. People believe they need to "hit rock bottom" before asking for help. Shame around using medication — despite its proven effectiveness — keeps many from reaching out. These beliefs hold people back from modern, evidence-based treatment.

Treatment today fits into people's lives. Evidence-based care combines:

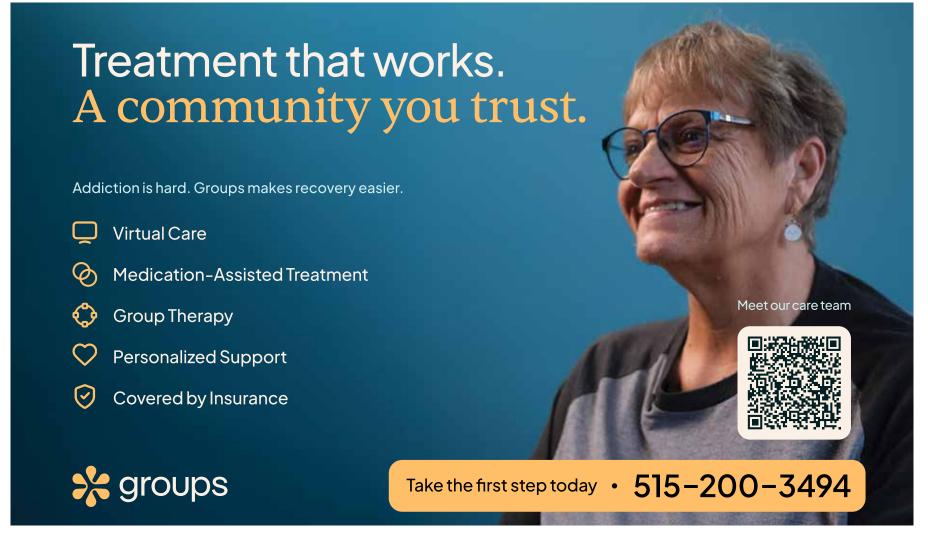
- Medications like buprenorphine or naltrexone, which reduce cravings and withdrawal symptoms (CDC, 2023).
- Group therapy, where people build accountability, community and hope — reducing the isolation that addiction feeds on (NIDA, 2020).
- Wraparound supports like help with transportation, housing and employment, which make it possible for people to stay in care (SAMHSA, 2021).
- Flexible access, including virtual options that

sometimes require just an hour a week.

I've seen these approaches change lives — not just for the individuals in treatment.

When recovery takes root, families stabilize, hospitals see fewer crises, employers retain workers, and communities grow stronger. This National Recovery Month, I hope lowans will challenge myths keeping people from seeking help. Addiction is a health condition, not a moral failing. Recovery doesn't require "rock bottom." It requires timely access to care, support and community. After five years in this field: treatment works, recovery is possible, and it's happening daily in lowa.

Information provided by Barbara Riley, BS, CADC, Counselor, Groups Recover Together. Groups, a national outpatient program helping people overcome addiction and thrive in recovery. We provide evidence-based medication, group therapy, and personalized support—available online or in person — for opioid, alcohol, stimulant, and cannabis use disorders. Services are covered by most major insurance plans, including Medicaid and Medicare. Visit us at 3070 104th St., Unit 100, Urbandale, IA 50322. Learn more at www.joingroups.com or call 515-200-3494.



# 2 | CITYVIEW | SEPTEMBER 2025

# Busting joint pain myths: What's really holding you back from feeling better

We've all been there: a twinge in the knee after climbing stairs, stiffness after gardening, or an ache that lingers after a workout. Joint pain is one of the most common reasons adults seek medical advice. The challenge? Myths and half-truths often keep people from finding real relief.

Here are some of the most common misconceptions — debunked.

#### Myth No. 1: "Joint pain is just part of getting older."

Aches may appear more with age, but suffering isn't inevitable. Many causes — from arthritis to overuse injuries — can be treated or improved with the right plan. The danger lies in ignoring early signs. When addressed promptly, joint issues can often be managed before leading to long-term damage.

Thought shift: Aging is natural. Living in pain doesn't have to be.

#### Myth No. 2: "If it hurts, stop moving."

It feels logical — pain means rest — but complete rest often makes things worse. Joints actually thrive on movement. Low-impact activities like swimming, biking or yoga improve circulation, strengthen muscles and cushion joints. The goal isn't to push through sharp pain but to keep moving in safe, supportive ways.

Thought shift: Motion is like a "magic potion" for your joints. Bodies in motion tend to stay in motion.

#### Myth No. 3: "Surgery should be avoided at all costs."

Surgery can sound intimidating, but avoiding it altogether may close the door to real recovery. Many people do well with physical therapy, lifestyle changes and medication. But, for others, surgery at the right time restores mobility and prevents further damage. The best care is individualized — not one-size-fits-all.

Thought shift: The best option isn't always "later." Sometimes it's "sooner."

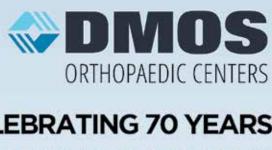
#### Myth No. 4: "Joint replacements wear out too quickly."

This myth is outdated. Thanks to advances in materials and techniques, today's joint replacements often last 15 to 20 years or more. For many, that's not just restored mobility — it's decades of hiking, dancing or simply walking without pain.

#### Thought shift: A joint replacement isn't an expiration date. It's a fresh start. ■

If joint pain is interfering with your life, don't "wait and see." Talk to a DMOS Orthopaedic Centers specialist. Relief may be closer than you think. Walk-In Urgent Injury Clinics: Ankeny, Urbandale and West Des Moines – Open 6 Days/Week; VirtualDMOS.com – Virtual Support & Advice on the go.

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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Andy Anderson, a resident of Luther Park Community's Independent Living, marked his 100th birthday with a once-in-a-lifetime honor — throwing out the ceremonial first pitch. Anderson, a lifelong baseball fan, enjoyed the milestone celebration surrounded by family and friends. Adding to the excitement, he is the proud grandfather of Chicago Cubs third-base coach, Quintin Berry, making the day even more special.

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# FOOD DUDE BY JIM DUNCAN

# Masao is redefining fresh

The menu changes more frequently than any other in town.



Nick Hanke

Masao is Des Moines' greatest application yet of the miracle of overnight air freight. It is also dramatic evidence that technology shrunk the world more than anything else did. When I graduated from high school here in 1965, I had never seen an avocado, a mango nor cilantro. The only ethnic restaurants here were Italian, Mexican and Chinese. I had never even met a human who had eaten raw fish. Anyone who wanted to taste new foods needed to travel to them.

That all began to change after 1971 when Fred Smith determined to turn a proposal (that got him a failing grade at Yale) into a business that moved freight overnight all over the world. FedEx brought exotics to Iowa and everywhere else. Sushi began in Des Moines at Happy Sushi in Beaverdale far too early to be successful. Our first sushi joint had tatami rooms, bamboo doors and kimono dressed servers — ahead of its time by decades. Sushi only took off here when combined with teppanyaki.

Nick Hanke is a child of the air freight revolution. His father, Ted, opened Waterfront Seafood Market Restaurant in West Des Moines in 1984, the year prophesized to change everything. It changed much. Waterfront brought the catch of the world to town fresh. Masao "Mike" Yamamoto brought rare skill to Des Moines when local doctors persuaded him to move his Miyabi 9 café from Boston to East Village.

But sushi is a difficult business because fresh raw



**Pavlova** 

fish is extremely perishable, and restaurants can't afford much waste. Sushi joints in town stuck to fish that sold at popular price points. Exotics were limited blackboard specials if they even existed. When Nick bought Masao's place in East Village, he thought he could use his extraordinary contacts from growing up at Waterfront to expand the city's palate.

Masao exudes the excitement of discovery. The menu changes more frequently than any other in town, and there are surprises like — "In the next half hour, we should be getting in some urchins from Santa Barbara."

I visited the busy sea urchin docks of Fort Bragg, California, around the turn of the century to research a story. That was the only time in my life I had ever eaten their roe fresh from their bellies. Until now. Uni caught on here, but there is nothing like eating them fresh from the womb.

In just a few visits to Masao, I have enjoyed such formerly forbidden "fruits" as gizzard shad, blue snapper, suzuki sea bass, abalone, Iranian caviar and smoked trout roe. Nick says the selection will always be seasonal. I tried delicious octopus from Spain, yellowtail from Japan, shrimp from Florida, and blue crab from Columbia. Unagi was bought smoked and served with a sauce made of crustacean and octopus reduction — less sweet than usual soy and sugar sauces. All Masao's wasabi is freshly ground from



Uni with caviar

wasabi root.

Just in case all such things don't distinguish Masao from all other sushi joints west of Chicago and east of California, Nick hired Phil Shires to run his kitchen. Shires is one of the few Des Moines chefs named a top-20 Midwestern chef by James Beard Awards. He had been semi-retired for eight years after a pair of surgeries. He has never looked happier.

His kitchen used the bounty of Nick's connections in a halibut dish, steamed in red snapper stock with parsnip puree, and in a scallop dish that complimented Iowa sweet corn succotash with rosé butter. He made fried green tomatoes and shishito peppers that both came from Japan, but many of his best cooked dishes were purely French: chicken pistachio paté, foie gras with mushrooms and salmon mousse.

Shires says he is most proud of a scrambled eggs dish with lavender and caviar in crème fraiche. His most difficult dish was a Pavlova that takes four hours to make. He served it with raspberry ricotta, candied pistachios and fresh berries. It was barely better than his other decadent desserts.

Bar service is limited — no gun, no tap, no ice. Bathrooms are quirky in a good way. Bottom line, Masao provides a dining experience unique to Iowa. ■

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

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# LUNCH WITH... BY JIM DUNCAN

# Don Cotran at Pho 515

We talked about the supermarket's first dozen years, its current expansion and fabulous things to eat in general.

Don Cotran heads the C Fresh Supermarket and Pho 515 restaurant. He recently returned from a four-week family research trip to Vietnam, covering every province in search of new things to eat and sell. We asked him to lunch and met at Pho 515. Over durian smoothies, fresh-squeezed lemonade and marinated beef spring rolls, we talked about the supermarket's first dozen years, its current expansion and fabulous things to eat in general.

In the 1990s, I wrote a story about seeking out the forbidden fruit that was then mangosteen. It was long banned from the U.S. by the U.S. Department of Agriculture. I found a black market in San Francisco where I bought a single mangosteen for \$50 by appointment. When we met in mid-August, C Fresh was selling entire bags of mangosteens for \$12.

"In Vietnam, we bought two kilo (4.4 pound) bags of them for \$2. Our family loves exotic fruit — custard apple, lychee, durian, rambutan, sour apple, longam. So, we try to get them for the market when they are in

# Cotran's kids were born here and are still rather young. How did they hold up to a month of travel in Vietnam?

"They did great. Our kids are quite interested in trying new things. My youngest asks for 'extra blood' in his soup at home. I make soup with pig's blood and cow hocks. Even in Vietnam, I realized my soup is rather unique."

# Did Cotran find some new menu dishes on his

"Yes. We told the kids that we would move on every two or three days. They loved looking for new foods. It takes a while to add them to the menu, though, to train chefs to make new dishes. I hope by Thanksgiving the new menu will be up."

When Top Value, a civic backed independent supermarket, flopped ignominiously in 2004, River Bend was left with no grocery store at all for a decade. It was proclaimed a "food desert." How did your family persuade a bank to loan money for a project that had such a dismal history?

"We didn't. No bank would loan us money. We financed it with friends and family."

C Fresh's dozen years of operation and current expansion suggest that independent supermarkets can succeed in food deserts. Could C Fresh be a model for other food deserts wanting a private solution?

"We are probably unique. My father is an expert jeweler. He has trained over 50 other top jewelers in America. There was a jewelry store robbery last week in Oakland; the jeweler they shot was one of his apprentices.

Father learned that skill in the Philippines, where our family spent time in a refugee camp. I am also a jeweler. I began my apprenticeship when I was 9. We opened C Fresh with a jewelry operation in the store. That covered losses in the grocery section for several years. Even today, my father has contracts with many local jewelry retailers, those too small to have a fulltime jeweler in the back room."

## What is Cotran's family history after the refugee camp?

"Our family was welcomed to Davenport. I went to school there and then to the University of Iowa. After college, I moved to Des Moines and my brother, too. Dad had a dream to open a grocery store as a way of paying back the community. My brother and I talked him into building it in Des Moines rather than Davenport."

# From the beginning, C Fresh has catered to ethnic groups.

"We had seen several amazing supermarkets in Minneapolis and California. They catered to all ethnicities and attracted all kinds of shoppers by supplying things that were not available anywhere else."

When I was growing up in Des Moines in the 1950s and 1960s, we had multiple fish markets that provided full service including frying. I had not seen any in supermarkets until C Fresh opened in 2013. Iowa lawmakers made it illegal to sell fish that were locally caught, and the fresh fish markets all died.

"All C Fresh fish comes in frozen. I think it's actually fresher that what major supermarkets call 'freshly caught,' because our fish is frozen on the boats that catch them. How many days have passed since 'freshly caught, never frozen' fish were caught?"

# C Fresh has two showcases filled with whole fish that fishmongers will clean to customer specifics, even frying. Some fish are familiar like tilapia and red snapper. Some are less so like pompano and eel.

"Pompanos are popular. Our fish market is seasonal like our fruit. When we expand, we hope that Iowa allows us to sell live fish and seafoods beyond lobsters and crabs. That's allowed in Minnesota and Illinois, but Iowa is unclear about it."

C Fresh's butcher section is unique in Des Moines. Where else are you going to find "pizzle" (Hong Kong English for cow penis), ox tails, chickens' feet, hog heads, etc.? C Fresh roasts an average of (five) whole hogs (Berkshires from Decorah) each week and many more ducks. The many bags of beef bones testify that Des Moines is a pho town. C Fresh bakes the banh mis bread for all local places, except Paris Banh Mis.



"We listened to our customers from day one. They tell us what they want and need. Most Asian restaurateurs are customers. Our businesses grew up together." (Many non-Asian chefs and restaurant owners dine at Pho 515, too.)

# Covid shutdowns gave C Fresh a refresh?

"Yes. We were able to completely remodel the restaurant and to separate it from the grocery section. Before, they even shared the same restrooms. Restrooms are very important to customers. We kept prices unchanged because our customers were feeling the stress of the inflation after Covid. But it's been five years now."

# Don speaks three languages, and his kids will, too. C Fresh is expanding considerably with more than 80 employees and growing.

"Evelyn Davis Center next door to us needed to expand. We did, too. Fortunately, they could buy the Planned Parenthood building for the same price we could pay them for their property adjacent to us. We have 10,000 more square feet now, and we also bought a separate warehouse. We are expanding the fish market to also take over all of the butcher shop space. Then we will move the butcher shop to the new space and add carry out services with cooked foods."

That sounds like Ranch 99, the chain of Asian supermarkets in California. Also, it sounds like an Asian Eataly, the upscale Italian supermarket-delirestaurants of Europe and the U.S.

"That's what we are envisioning."



# Charlie's Filling Station

A West Des Moines landmark for 50 years

BY JACKIE WILSON

"Saturday Night Live." "Jaws." "All In the Family." "Monty Python and the Holy Grail."

It was 1975 when these shows and movies were popular. Meanwhile, one other 50-year landmark is still going strong.

Charlie's Filling Station, located at 305 Grand Ave. in West Des Moines, was created from an old gas station. Charlie Sovich sold the bar two years ago. Andrew Tomes bought the landmark spot. He explains why.

"When I was young, I used to go to Charlie's all the time," he says. "After I moved back, I forgot how much I liked the place."

Tomes fixed up a couple things, but as an ode to maintain the same vibe, his goal is to keep the bar the same.

"Brand equity is such a tradition for so many years," he says. "I want to pay respect to people before us. I'm humbled and honored to carry on into the future."

Charlie's interior décor is simple. Traditional black stacking chairs, bucket bar stools, white ceiling tiles, orange tables and wood paneling are among a weathered laminate bar that is reminiscent of a classic dive. Beer signs, game machines and a random non-working pay phone complete the look.

A bevy of regulars sauntered in during the late afternoon. One gentleman got off his phone, ordered a pitcher of beer and, within three minutes, his companion sat next to him, filling up her beer glass.

There are two must-drink items to order when you're here — either Iowa brews or

freshly squeezed juice drinks. Two juicers on the counter are surrounded by large oranges and grapefruits. I saw the bartender grab fruit from a stack of more than a half dozen cases of fresh citrus.

The bartender sliced the fruit and stuck a half in the juicer, then tossed the rind in the garbage. After pouring it over ice and vodka, she served it to the waiting patron and repeated the process throughout the evening. Prices are reasonable for fresh juice: \$7 for a screwdriver with house liquor and about \$8 for call liquor such as Tito's. There is no better way to get your Vitamin C fix and check off your daily fruit intake on the food pyramid. If you purchased a similar drink at a trendy cocktail joint, it would surely cost double.

The PBR beer came in PBR logo glass, as my Belly Up companion's favorite beer draft was just \$4. Or, take advantage of Iowa's craft beers, such as Confluence's Des Moines IPA, Big Grove Brewery's Easy Eddy, Toppling Goliath's Pseudo Sue and Exile brews.

A half dozen televisions dot the place, but it is not all focused on sports. Free salty popcorn satisfies the munchies. No food is served; however, an occasional Sunday potluck brings friends together.

The bar is popular with bicyclists as a trail is close by. Two patios offer options essential to Iowans. Is it a shade or sun day? With Iowa weather, it is nice to have both options covered.

As we left, a patron cleared the table, and another group took our place, just as they have done every day for the past 50 years. ■











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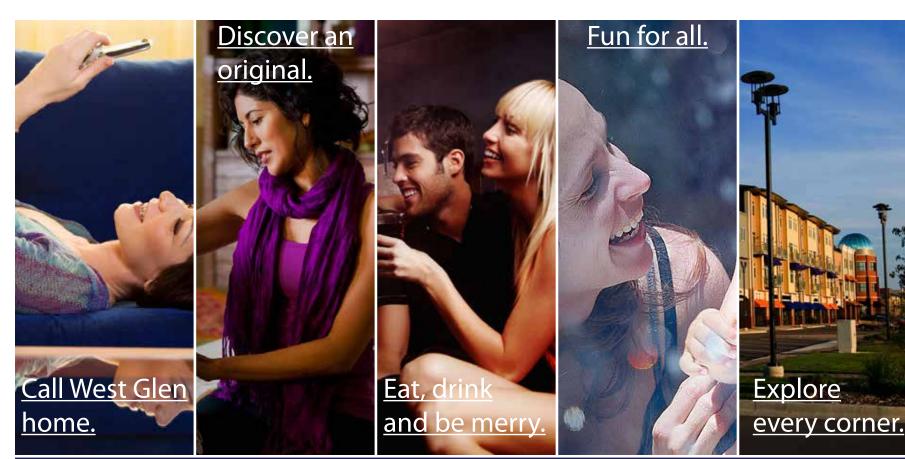
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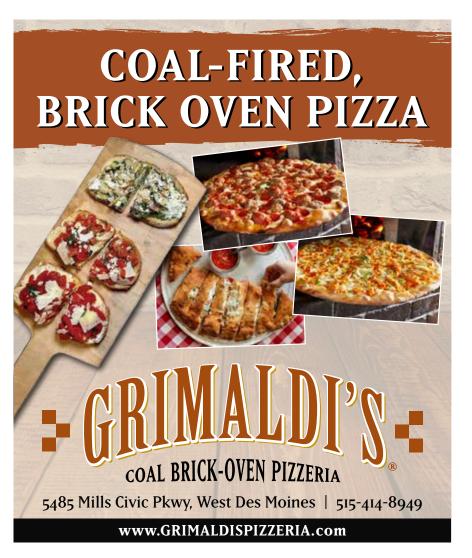


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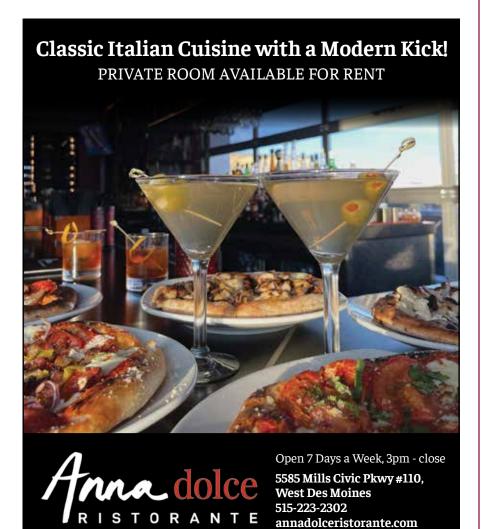


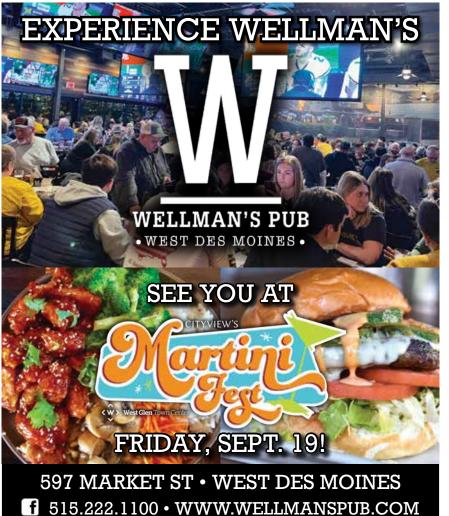
**MELON MARTINI** Wheatly Vodka, Melon pucker, pineapple juice



# **PUMPKIN SPICE MARTINI**

Wheatly Vodka, Rumchata Pumpkin Spice, cinnamon





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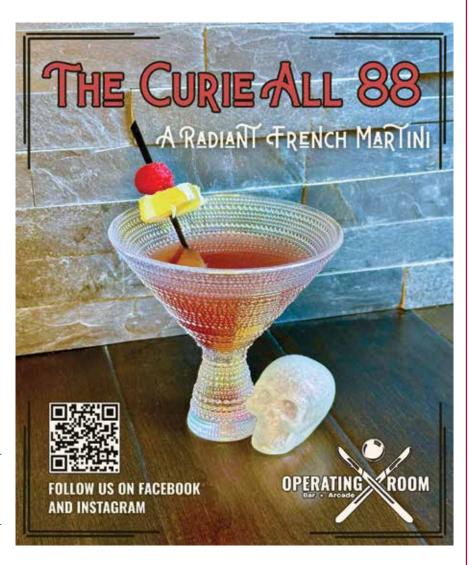
5465 Mills Civic Parkway, Suite 101



**CURIE ALL 88** Wheatley Vodka, Chambord, pineapple juice



Pendleton Whisky, vodka, horchata, coffee











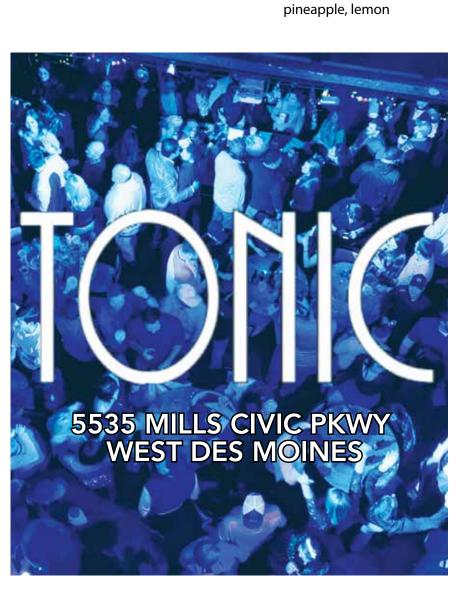
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FRENCH GIN MARTINI Bookers Gin, Chamboard,









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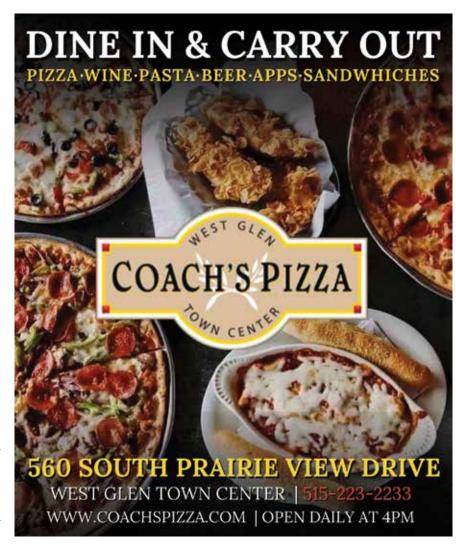
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CITYVIEW



# TRAVELING HIGHWAY 44

One quotation at a time

"A good traveler has no fixed plans and is not intent on arriving."

- Lao Tzu

# 44

By Joe Weeg

I pull off Highway 44 on a chance, turn off the car on a whim, step into a farmyard of swarming chickens with trepidation, and listen to an old man weave his stories.

"Meryl Streep rode that bicycle right there."

The weathered, sober-looking man, straight out of a Grant Wood painting, points into the distant dark corner.

I look around the massive pole barn — past the buckets and tins and tools and lamps and trunks and tractors and ladders and sleds and tires and even past the obliging owner, Jimmy Boll. Where is that bike? And is that rooster that followed us into the barn going to attack me?

Sure enough, there is a bike where Jimmy is pointing. And there is a swing he says was also used by Warner Brothers in making the same movie, "The Bridges of Madison County," starring Meryl Streep and Clint Eastwood (and written by Iowa boy Robert Waller).

"I rented 200 items to Warner Brothers when they made the movie. And I restored a windmill at the movie site."

For 78 years — Jimmy Boll's entire life — he has lived in the family home along Highway 44.

"I'm the oldest person living on the highway between Grimes and Dallas Center." Jimmy stops to think for a moment. "A woman just down the road had me beat. She was in her 90s, but she passed away."

Jimmy is a man who is clear-eyed about the facts. Several chickens, a rooster and four baby ducks run past me.

"There's 150 chickens here. I sell eggs every day." Well, that explains why I am surrounded by these two-legged noisemakers.

Don't they get hit by the cars on Highway 44?



Jimmy Boll

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"There's nothing out there to eat."

Jimmy then continues his guided tour of windmills, sleighs, tractors and anything else you can imagine a person could collect. And, yes, several times he comes close to smiling.

Let's pause for a minute and think how we arrived here on Jimmy's property next to Iowa Highway 44.

I love a journey.

And, apparently, I'm not alone. There's Willie Nelson traveling between concerts singing "On the Road Again." And Jack Kerouac with his thumb out hitchhiking across America so he can write "On the Road." And there's the farmer/poet Robert Frost, breaking the spring ground and reciting: "Two roads diverged in a wood, and I — I took the one less traveled by."

News flash — America is the land of the free and home of the brave and also a country of more than 4 million miles of roads, according to the Federal Highway Administration. That is a lot of concrete and blacktop and gravel and dirt. But what if we travel just 44 miles of road? And only on Highway 44?

Iowa Highway 44 stretches west from Grimes, past Guthrie Center, and on to nearly the Missouri River — 104 miles in total. It was born out of the ashes of two different highways back in 1969 when the State of Iowa was trying to clean up all the highway numbers. So, let's start at Grimes and go west.

But first, do you have the car ready? Coffee in your insulated cup? A big jug of water? One more run to the bathroom? Highway 44, here we come.

# "The extent to which you can walk in someone else's shoes or at least eat their food, it's a plus for everybody."

- Anthony Bourdain

STOP!

Is that a pie shop? Yup. "Once Upon an Apple Pie" to be specific, snuggled up next to Highway 44 at 312 East First St., Grimes. The shop was recently opened after several years of JoAnn Beeman and her husband, Jason, selling pies at farmers markets around the Des Moines metro. Their first storefront.

Listen, pie may be my first love. Any kind of pie — apple pie, blueberry pie, mincemeat pie. I blame my mom. She baked around the clock for our family of eight kids. It created certain rules for the good life — 1) always save room for dessert, and 2) everything is better with butter and sugar. Duh.

JoAnn also blames her mom.

"Well, my mom was actually the pie baker. She



Jason and JoAnn Beeman

lives in South Carolina, and every time she would visit, I'd ask her to make me an apple pie."

Great, but why are YOU making pies?

"Over time, her visits became fewer, and so I started trying to make it myself. And I wanted to do something a little different, use an all butter crust, but that took a long time to nail down."

And...

"And once I did, I couldn't make enough pies."

I look at the counters overflowing with pies soon to be gone when the store opens. My stomach grumbles.

"It is my passion," JoAnn says with a laugh.

So it is.

I buy four small pies. Thank JoAnn and Jason for their time. And promptly eat two pies in my car. Yum! When you are going on a road trip, you must be well fortified.

Highway 44 stretches west out of Grimes to Dallas Center, a little more than 9 miles away. After driving past the new houses and apartments and condos and Dallas Center-Grimes High School, it quickly turns into Iowa farm country — fields just planted smelling of rich black dirt, creeks running fast from a recent rain, and pastures with baby calves hanging close to their grass-munching moms.

# "People travel to faraway places to watch, in fascination, the kind of people they ignore at home."

- Dagobert D. Runes

I travel into Dallas Center where Highway 44 cuts through a narrow edge of the town. And sitting nearly on the highway is a white two-story house with a wraparound porch looking out on the road. A beauty of a porch, with decorative spindles and lattices and posts and a wainscoted ceiling. A porch out of another time — a time of rocking chairs and long cotton dresses and suspenders and bowler hats and the sweet smell of a pipe cupped in a callused hand.

"The house was built in 1890, and my husband and I have lived here 45 years. I was pregnant when we looked at the house." Sandy Clinkinbeard smiles at me as she apologizes for her wet hands from power washing. "We were living in a mobile home, so it was quite a change to move."

Sandy talks of her home with love and pride. She even runs inside to show me an old photograph of the house taken long before she and her husband, Al, owned it. And the photo shows the beautiful porch just as it looks now.

Almost.

The old photo shows a hammock strung up in the bend of the porch. A cool place to sleep on a hot summer night. But, today, the roar from the road makes even talking impossible.

"There is just a lot more traffic and a lot more people."

But the porch still stands proudly while Sandy welcomes me to visit again.

Back on the road and driving through Dallas Center, I cross a paved bike path running diagonally from south to north. It's the northern route of the Raccoon River Valley Trail that goes from Waukee to Perry and then all the way to Jefferson.

I love bike trails — you can work out, enjoy nature, and think, all at the same time. Of course, after a few profound thoughts, I'm worn out and decide to check out The HandleBar next to the trail to see if fries and adult beverages are on their menu. They are.



The Clinkinbeard home in Dallas Center



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The bicycle trail through Dallas Center

# "Tourists don't know where they've been, travelers don't know where they're going."

- Paul Theroux

Highway 44 continues west descending to the Raccoon River. And there, I find Bob fishing under the highway. Bob is a true fisherman. He is friendly and smiles. But he doesn't really want to talk. He is fishing.

Bob, what are you fishing for?

"Anything that bites."

And he looks away toward his line. That's enough talk for now. I get it. Although he did let me take a picture, and he did tell me his favorite place to fish. Sorry, you're only getting the picture. Some secrets are sacred.

Climbing out of the valley, corn and beans checkerboard the landscape. But don't be fooled by the pastoral fields because this is a particularly violent section of Highway 44. See, over there, is Panther Creek Church of The Brethren. Behind the church is the cemetery. And, according to The Panther Creek Church of the Brethren Cemetery History, the cemetery is "the resting place of the first murders committed in Dallas County." Yup, the tombstone reads: "John N. Bold was shot by J.E. Elliott Aug 23, 1872 died Aug 25, 1872." Shot, according to the Brethren History, because "they became angry after an argument over a cow."

The lesson from this, folks? Keep your eyes peeled for cows on this stretch of Highway 44. And perhaps you should eat one more pie before an untimely death. I do.



Bob the fisherman



The resting place of the first murders committed in Dallas County





# "Travel is glamorous only in retrospect."

- Paul Theroux

The land flattens as we get closer to the hill and pond and lake area surrounding the town of Panora. Past the East Branch of Panther Creek and then the West Branch of Panther Creek and Mosquito Creek and Bays Branch and... Ditch Number 4?

Ditch Number 4 may not be a name from a romance novel, but it does tell the story of Iowa agriculture and the draining of the land. "The U.S. Census Bureau estimated that as early as 1920 approximately nine million acres of Iowa farm land had been artificially drained or needed to be." Iowa Drainage Law Manual. Thus were born all sorts of drainage ditches to do this job — including our very own Ditch Number 4. Thank you for your service.

The highway continues west and goes through the heart of Panora. Of course I have to stop at the Pedal-In for a burger because it is on the southern branch of the Raccoon River Valley Trail. And then for a coffee at Crafty's Coffee & Gifts. A beautiful coffee shop that invites you to linger, eat a second lunch, try the pastries, and feed my relentless coffee addiction.



Molly Allen

# "A journey is best measured in friends, rather than miles."

- Tim Cahill

And, look, on the green, across the highway from the coffee shop, is the Panora Public Library. I have a weakness for libraries. They are quiet and peaceful and shaded from the summer sun. They smell of books and adventure.

I can't resist.

When I enter the library, I see a woman hustling around getting things organized, straightening chairs, watching the kids. Molly Allen is the recently appointed director at the Panora Public Library.

Molly gives me a warm welcome.



Ping pong smackdown

So, what do you love about this job?

"I love the kids' programs. And I love books. And I just love reading. We did story time outside the other day. We had a parachute to go along with the story. It was just fun."

Molly says this with contagious excitement. I'm sold. I want to stay and sit in a kid chair and read stories and see the parachute. But, sadly, I'm 4 feet too tall and more than 100 pounds too much for those chairs. Shoot.

Outside the library is Percussion Park with, you guessed it, multiple percussion instruments that ring and clang and boom with deep rich sounds. And over there is a concrete ping pong table where, yesterday, Molly saw several older women in a spirited match. Who knew? Panora — home of ping pong smackdown. It had to start somewhere.





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**Grant Sheeder** 

Climbing out of Panora past the woods on the left and Panorama High School on the right, the terrain turns less agricultural and more wooded. We are on our way to Guthrie Center, the county seat for Guthrie County. And I'm looking for treats.

On the north side of the highway at the edge of town is Guthrie County Quality Meats. Grant Sheeder was born and raised in Guthrie Center and was a part of the Sheeder Dairy family. After a lot of work and a lot of research, Grant opened this meat locker to fill a gap he saw in the market for meat products. And it has worked.

Shirt tucked, easy smile, big ideas, Grant reminds me of every Iowa farm kid who has been responsible for land and animals and large equipment since being a youngster. It's why employers around the U.S. hire these kids — they know how to work.



Check our website for Sept. & Oct. hours

So, Grant, how is work?

"The home delivery side is a huge thing for us along with farmers bringing in beef or pork to be processed. We deliver meat to over 400 homes a month right now. We're expanding into restaurants and to the Hy Vee stores also."

And your staff?

"We have a great team. We have very little turnover. Quality is in our name, and they care about that, too. They treat it as if that farmer was looking over their shoulder as they process that meat."

But back to the treats. Actually, Grant has a storefront of treats — every type and flavor of beef stick you could ever want, dairy goods, any cut of meat up to a quarter of a cow, ham salad, egg salad, sauces, vinegars, jams, eggs. Oh, my.

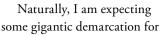
I don't get a quarter of a cow, but can I really pass up a garlic parmesan beef stick? And how will this impact kissing my sweet wife? I'm willing to take the risk.

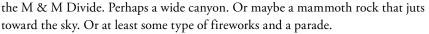
### "The whole object of travel is not to set foot on foreign land; it is at last to set foot on one's own country as foreign land."

- G.K. Chesterton

I'm back on Highway 44 through Guthrie Center. I am looking for the M & M Divide. It is supposed to be approximately seven miles west of Guthrie Center on Highway 44.

You might be wondering what the heck is the M & M Divide? The Missouri and Mississippi Divide is the line between two watersheds. On the east side of that line, every creek, every river, every raindrop flows to the Mississippi River. On the west side of that line, even your spilled glass of water flows to the Missouri River. There is no inbetween. You have to go one way or the other.





Nope.

It is an uninspired sign, in the middle of nowhere, that looks onto nothing. Not even one drum majorette. Bummer.

On the other hand, the quiet of it all does make you look closely at the fields on either side of the road and the creek down the way. Paying attention might be a traveler's superpower.

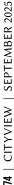
As for me, I eat the last pie.

### "Coming back to where you started is not the same as never leaving."

- Terry Pratchett

Oh, no, we are at the end of our trip. We have gone 44 miles on Highway 44. It's time to turn around and go home. And, as I head east, I am reminded of the great Yogi Berra, who said, "If you come to a fork in the road, take it."

Amen to that. ■





















# FILM REVIEW BY DAVID ROWLEY

### 'Honey Don't!' is a chaotic, stylish neonoir that refuses to play it straight

Ethan Coen and Tricia Cooke's film is an undeniable delight in mood and style.

In the sun-bleached, conservative community of Bakersfield, California, a Pontiac Firebird cuts through the dust and heat. Behind the wheel is Honey O'Donahue (Margaret Qualley), a private investigator with a husky voice, a quick wit and a low tolerance for nonsense. Ethan Coen and Tricia Cooke's "Honey Don't!" is a wild neo-noir dark comedy that moves with a pace that never lets up once it gets going — a deliciously chaotic twist on genre conventions that is as refreshing as it is overstuffed.

From the opening credits — a brilliantly stylish sequence where the cast and crew's names are painted onto the fading signage of rundown shops and juke joints — Coen and his co-writer (and wife) Cooke announce their intentions. They aren't just visiting this world; they are taking up residence in its unattended wasteland. This is the second chapter in their unofficial "lesbian B-movie trilogy" after "Drive-Away Dolls," and it fully leans into a playful, risqué sensibility that feels both nostalgic and entirely fresh. For a generation raised on the cult classics of the 1990s, "Honey Don't!" channels the bold, edgy spirit of Tarantino, Ridley Scott and Coen's earlier work while translating that energy for a modern audience without ever feeling like a cheap copy.

At the heart of this whirlwind is Margaret Qualley's performance. Honey is a masterful deconstruction of the hard-drinking, lone wolf detective archetype. Qualley owns the role completely, from the subtle yet stylish costuming to the rapid-fire, Chandler-esque dialogue she delivers with effortless cool. The genius of her performance lies in a central running joke: Honey might not actually be that good at her job. She is easily distracted, tries to talk clients out of hiring her, and would rather follow a pretty woman than a case file. Yet, her instincts are razor-sharp, and her resting interrogator face is a formidable weapon. The sexual tension she generates, particularly with the women around her, is palpable and a genuine delight to watch.

The film's plot is something of a convoluted mess, a series of bizarre and unpredictable happenstances and characters that Coen joints are famous for. A suspicious car crash, a missing niece, a shady evangelical cult fronting as a drug ring, a cheating boyfriend, a grisly revenge cycle, and a French femme fatale on a Vespa all swirl around Honey. The primary villain is the Rev. Drew Devlin, played with sublime, sleazy charm by Chris Evans, who seems to gleefully continue his post-Marvel mission of shedding his Captain America image. Evans leans fully into the role of cult leader bro douche,



preaching about pathways to the lord while incorporating dom/sub roleplaying into his sermons. He is a narcissistic predator, and his smarmy charisma is magnetically infuriating.

The supporting cast is a parade of perfectly pitched performances. Aubrey Plaza, as police officer MG, delivers her signature deadpan style infused with an emotional depth that makes her more than just another April Ludgate clone. Charlie Day provides excellent goofy relief as a smitten, bumbling and unofficial sidekick in the police force who can't comprehend Honey's sexuality, and Billy Eichner is a hoot in a brief but memorable role as a client Honey tries to talk out of his own investigation.

If "Honey Don't!" stumbles, it is in its ambition. The film tries to jam too many moving parts into its lean, 90-minute runtime. While the intention to add depth to Honey's character through her father and her niece's home life is admirable, these elements feel underdeveloped and ultimately bog down the narrative momentum. The major twist and its resolution can come across as a rushed "OK, we gotta end it somehow" decision.

This is why the film feels like it would have been better served as a limited series. A longer format would have given Coen and Cooke the space to truly explore the themes they introduce, properly set up the ending, and allow the mystery and character dynamics to breathe without losing the fantastic pace of the best comedic scenes. The film is at its absolute best when it sticks to the mystery and the comedy — the sharp, witty exchanges and the bursts of hilariously nasty, Coen-esque violence.

Yet, even with these minor flaws, "Honey Don't!" is an undeniable delight in mood and style. It's gory, unapologetically sexual, quippy and darkly funny. It's a feel-good movie precisely because it doesn't try to be perfect; its chaos is part of its charm.

### **PREVIEWS**

BY DAVID ROWLEY

#### "Caught Stealing"

R | 107 minutes Director: Darren Aronofsky



Writer: Charlie Huston Stars: Austin Butler, Carol Kane, Bad Bunny

Hank Thompson (Austin Butler) was a highschool baseball phenom who can't play anymore, but everything else is going OK. He has got a great girl (Zoë Kravitz), tends bar at a New York dive, and his favorite team is making an underdog run at the pennant. When his punkrock neighbor Russ (Matt Smith) asks him to take care of his cat for a few days, Hank suddenly finds himself caught in the middle of a motley crew of threatening gangsters. They all want a piece of him; the problem is, he has no idea why. As Hank attempts to evade their ever-tightening grip, he has got to use all his hustle to stay alive long enough to find out.

#### "The Roses" Director: Jay Roach Writers: Warren



McKinnon

Stars: Olivia Colman, Benedict Cumberbatch, Kate

This is a "reimagining" of the 1989 film "The War of the Roses." Life seems easy for pictureperfect couple Ivy (Olivia Colman) and Theo (Benedict Cumberbatch). They have successful careers, a loving marriage and great kids. But beneath the facade of their ideal life, a storm is brewing. As Theo's career nosedives while Ivy's own ambitions take off, a tinderbox of fierce competition and hidden resentment ignites.

#### "The Toxic Avenger"

R | 102 minutes Director: Macon Blair Writers: Macon Blair, Lloyd Kaufman, Joe Ritter Stars: Peter Dinklage, Jacob Tremblay, Taylour Paige



When a downtrodden janitor, Winston Gooze (Peter Dinklage), is exposed to a catastrophic toxic accident, he is transformed into a new kind of hero: The Toxic Avenger. Now, Toxie must rise from outcast to savior, taking on ruthless corporate overlords and corrupt forces who threaten his son, his friends and his community. In a world where greed runs rampant, justice is best served radioactive.

### Historical America and UK featured in September shows

As summer slips into fall, central Iowa will be offering two distinctly different, yet delightfully appealing, shows set back in time. The 1920s and the 1940s America are the settings for "Bright Star" while the late 1930s provides the historic backdrop for "Blithe Spirit." This one-two theatrical punch of a musical and a comedy should be on everyone's calendar this month.

#### Shining musical to bedazzle audiences

The Des Moines Playhouse brings Experienced director Katrina Ploof back to direct its fall musical, "Bright Star." This Broadway hit features music and book by Steve Martin and music and lyrics by Edie Brickell. Martin and Brickell began their collaborative journey in 2013 when she toured with Martin and the Steep Canyon Rangers throughout North America. That underscores the rich bluegrass-inspired score. The musical is inspired by the real-life story of a baby thrown from a train in a suitcase. It tells the story of Alice Murphy, a literary editor, and her journey to understand her past and the child she lost. The show is set in the American South in the 1920s and 1940s.

When asked to describe the appeal of this Broadway show, Ploof shares, "It's exciting as a story-teller, when presented with a dual-time story like 'Bright Star,' to look for and illuminate the contrasting worlds and time periods of the play. And theatre is uniquely qualified to show us that contrast through both the technical aspects of the play — costumes, dance styles, furnishings and props-and also the directorial and acting choices — how do men and women relate to one another in 1923? In 1945? How do individuals approach problems and solutions when the world they live in offers few, or abundant, solutions? And, of course, there is the element of sweet nostalgia for a time gone by — a time when historically we came together as a nation to strive for something bigger than ourselves. In 2025, that notion seems almost quaint, doesn't it?"

What as a director drew you to 'Bright Star'? "Well, at its core, 'Bright Star' is a mystery, and who doesn't love a good mystery? As an artist, I have always been drawn to stories that reflect upon the decisions made by the characters and the outcome of those decisions. As the mystery of 'Bright Star' begins to unravel, it's clear that a decision made by one character has set in motion an inevitable outcome, one that in the end will change the lives of everyone involved. It's a story full of intrigue and love and a joy unique in



Becca Shell, Eric Olson, Ruthellen Cunnally and Erica Eckley in Tallgrass Theatre Company's "Blithe Spirit." Image courtesy of Dylan Heuer

American history. That, and the fact that 'Bright Star' is set in such a beautiful place, full of the magic of nature and history, made it a very easy project to say yes to."

#### The spirits are about the speak

Noël Coward had been thinking about writing a comedy about ghosts, but, in 1941, during the blitzkrieg, such references to death would probably not be well received. "Blithe Spirit" evolved from a holiday in Wales with actress Joyce Carey and an extended conversation on the beach that resulted in the title and synopsis for the comedy. The title of the play is taken from Percy Bysshe Shelley's poem "To a Skylark" ("Hail to thee, blithe Spirit! / Bird thou never wert").

Director Bob Baskerville talks about the special appeal this show offers.

"'Blithe Spirit' is, in the words of its author, Noel Coward, an 'improbable farce in three acts.' Our goal is to take our audiences back in time to the late 1930s, a time before we were overwhelmed with the constant barrage of electronics, sound bites and social media. A simpler time when conversations were more than simply exchanging information; they were entertaining in and of themselves. One of the hallmarks of Coward's writing is his ability to make the English language fluid and lyrical, almost to the point of it being another character. There's a certain musicality we hope to share with folks so they can sit back and relax for an evening

#### **BARE BOARDS CHATTER**

#### **Tallgrass Theatre Company**

Sept. 12-28. "Blithe Spirit"

#### **Des Moines Metro Opera**

Sept. 14-15. Three Guild Kick-Off Events. Indianola, Ames, Des Moines. Event details at https://desmoinesmetroopera.org/events/2025/ September

#### **Des Moines Playhouse**

Sept. 19 - Oct. 5. "Bright Star"

#### **Ballet Des Moines**

Sept. 26-27. "Forward." Season opening dance concert, "Forward" is "driven by transformation and charged with energy, exploring what it means to evolve: artistically, emotionally, collectively.

#### **Des Moines Symphony Opening Night 2025** Celebration

Sept. 27. Pre-concert celebration filled with live music, cocktails and dinner at the Savery Hotel. Afterwards, hear Shostakovich's "Festive Overture" and other offerings as the Symphony's new season begins.

of live, local theatre. Oh, and some pretty cool special effects, too. I mean, it is a ghost story."

Baskerville synopsizes the 'Blithe Spirit' story nicely.

"The plot centers around Charles Condomine, a successful author. He is in the process of doing research for his next book, which includes a charlatan mystic. Charles and his wife, Ruth, are hosting a dinner party and have invited two of their friends and a local clairvoyant in the hopes of learning some of her 'tricks of the trade.' After dinner, the group holds a seance and inadvertently summons the spirit of Charles' deceased first wife, the mischievous Elvira. However, Charles is the only one who can see her. The action continues as the three attempt to adjust to their new situation, with varying degrees of success."

Make plans for the current theatre season, as regional companies now have their seasons posted through summer of 2026. Iowa Stage Theatre Company's seasons runs the calendar year.

John Busbee produces The Culture Buzz, a weekly arts and culture radio show on www. kfmg.org, covering Iowa's arts scene with an inclusive sweep of the cultural brush. He received the 2014 Iowa Governor's Arts Award for Collaboration and Partnership in the Arts.



# ART NEWS BY JIM DUNCAN

### Des Moines' time has come

A magnificent new electronic neon clock, with 12 rotating faces, now watches over the Western Gateway.



Oyoran

September is a self-contradiction. It is our ninth month, yet named as if the seventh. It marks the end of summer and the beginning of the end of all things perennial. It is the time of year that makes us most conscious of time.

Time measures, organizes and judges everything else. That is why the world's most famous clocks tower above the places they watch over. The Makkah Royal Clocktower in Mecca is the tallest structure in Saudi Arabia and the tallest clock in the world. Each of its four faces is 35 times larger than Big Ben. It beckons pilgrims from as far as 19 miles away and even further five times a day when 21,000 additional lights flash to mark prayer calling.

In the arts world, this last month of the third quarter escorts the beginning of new seasons. In Des Moines, a magnificent new electronic neon clock, with 12 rotating faces, now watches over the Western Gateway from the north face of the Fitch Building and its artist studios. "Timepiece" is from French-Israeli artist Oyora (nee Yorame Mevorach), who has a house and studio in Sherman Hill and a place in most maisons of the Louis Vuitton Moet Hennessy empire, the world's top luxury goods conglomerate. Oyoram's clock metamorphosizes at the top of each hour: Its hands fall off, its face

disintegrates, and all is reborn.

It is a fabulous addition to its arty neighborhood and should become as luring an attraction and civic symbol as the Plensa "Nomad" a few blocks away.

#### "Seeina time"

Kelly Crow, who usually immerses herself in the intricacies of world art markets and auctions for Wall Street Journal, published a wonderful essay this summer about efforts to keep time with the Givenchy Gardens created and immortalized by Claude Monet. Monet was obsessed with time, painting the same scenes in different hours of the day, or months of the year, "to see time." Crow tells us that today's head gardener and his 12 assistants must grow and nourish at least 520,000 plants each year to re-create the historic grounds. "Each year, at least 10 seed varieties he selected the previous season will have disappeared."

The "beautiful sadness" of such ephemerality is expressed in Kansas City's Nelson-Atkins Museum "Monet's Garden and the Secret Language of Flowers." Monet observed and painted the same things at different times to emphasize time's power to do what it wants with things we would rather preserve. The



Giorgi Andonov's "Black Sea"

Monet paintings in the KC show will change annually, "encapsulating the essence of transformative artistic exchange."

Bittersweet ephemerality also is explored in a new exhibition in metro Chicago. "Hokusai & Ukiyo-e: The Floating World" at the Cleve Carney Museum of Art in Glen Ellyn offers an immersive journey through Edo-era Japan, including original works by Hokusai and Hiroshige. It features a recreation of the Yoshiwara Main Gate, a samurai costume from a Warner Brothers film, and an interactive manga exhibit. Through Sept. 21.

#### **Touts**

Des Moines Symphony Orchestra heralds its new season with the appropriate fanfare of Shostakovich's "Festive Overture." The brass section alone calls for "four horns in F, three trumpets in B-flat, two trombones, a bass trombone, and a tuba." That same concert welcomes "Eighth Blackbird," Chicago's four-time Grammy-winning sextet named after Wallace Stevens' poem "Thirteen Ways of Looking at a Blackbird." Their "lucid, inescapable rhythms" (Stevens' words) will express Viet Cuong's "Vital Sines." Tchaikovsky's "throwing myself before Providence" Symphony No. 5, with an ominous "fate" motif in all four sections, closes their season debut Sept. 27-28.

"In Surreal Life," a group show, debuts Sept. 21 at Moberg Gallery featuring Bulgarian artist Georgi Andonov, and a selection of works by gallery artists. Andonov works in many mediums and genres, and his paintings draw from the inclination to nostalgia.

"Notes from the Sea" an invitational show with Sara Sato as curator plays, through Sept. 24 at Polk County Heritage Gallery. ■

# IOWA ARTIST BY JACKIE WILSON

### Majeran's yarn art builds community

Artist is part of Art Is Rad, which hosts various art-making events.



Creating and selling yarn art is essential to Stephanie Majeran's creativity, yet she takes it one step beyond and provides space for other artists to be creative as well.

To accomplish that, she joined the board of the nonprofit, Art Is Rad. It was established by Jeremiah and Megan La Bresh, who believed art nights should be more accessible to others, to unleash their creativity by providing low cost or free

Art Is Rad hosts various art-making events in the community. Participants created an egg carton art, where the public painted cutout shapes made from egg cartons. She assembled the structure called the Upcycled Garden, which was displayed at the Des Moines Children's Museum.

Art Is Rad offers weekly meet-ups where supplies are generally provided for \$10 or less. Artists can also bring their own artwork and supplies.

"There is a need for affordable ways to be creative or to try a new medium. It's a safe space for people to forget about things and talk things out," she says.

Majeran says it differs from the "paint and sip" classes because the program offers acceptance for everyone.

"We build community. Everyone feels welcome," she says.

Majeran is passionate about using repurposed items for the artwork. She has found used frames, driftwood and canvases to keep costs downs, and she picks up bundles of yarn at garage sales or thrift shops.

"There is so much stuff that people throw away," she says. "I rarely buy new." Majeran's personal artwork consists of yarn art woven into various shapes, similar to ocean waves.

"It's touchable," she explains. "I don't knit or crochet. It's like macramé, but it's yarn. It's a fun medium and a unique work of art."

Majeran previously worked as a CPA yet always liked yarn and how the textures create different designs. She hosted a show with her yarn work and sold a commissioned art hanging, with color coordinated sections for an Airbnb, which gave her confidence. Majeran still dreams of doing art more than a side hustle.





"I'm a logical realist, so I try not to put pressure on making money and just covering my art expense," she says.

Her yarn art is inspired by nature.

"I like to see what I have on hand," she says. "Some yarns are inspired by a 1970s

Her involvement in helping other artists provides her a mental boost.

with no energy," she says. "Now, I can do fun things, and it brings me joy." Majeran encourages interested artists

"When I did business taxes as a CPA, I felt down

to sit in on a session, regardless of their skill.

"Art Is Rad is a form of rebellion. You can bring joy and offer community. We can see immediate results. Art isn't frivolous, and it provides hope and joy," she says.

View Majeran's yarn art show with the Des Moines Craftmakers display at the Waukee Public Library through Sept. 27. Attend Art Is Rad Monday nights at Big Grove Brewery, Tuesdays at 515 Brewing Company, and a tie dye event at Hi-Fi Brew Lounge on Sept. 27. Visit https://artisrad.com/ for more details. ■



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# JOE'S NEIGHBORHOOD BY JOE WEEG

The Irish lilt is a thing of beauty

The rules were clearer back in sixth grade.

The Irish lilt is a thing of beauty. It moves up and down the vocal scale like a soaring and diving bird rather than the flat and plodding groundhog of American English. It wouldn't surprise me if Irish was the dialect spoken in the Garden of Eden. Angelic and holy.

"Jesus Christ, I almost stepped on your toe there," an older Irish woman at the table next to me says.

OK, not so angelic and holy.

I'm in a coffee shop in Swords, a skip and a hop from Dublin. My latte and scone are the price of admission as I'm surrounded by Irish customers taking a break from shopping at the large mall. My wife and my daughter are off doing their thing, and I'm unwisely left on my own to eavesdrop.

So far this morning, I have heard the name of the Lord called upon in a multitude of creative ways that appear to have nothing to do with spiritual salvation. Clearly, the Irish have an intimate relationship with "your man," and call upon Him frequently whether they are in church asking for forgiveness or queued in line waiting for a scone.

"Christ, that was unholy good."

Sister Timothy Mary, my sixth-grade teacher at St. Mary's Elementary School in Iowa City, would have sent them all to the principal's office and then marched them right to the confessional for such inappropriate language.

"If you want to die and go to hell for cursing, fine. Otherwise, you will say three Our Fathers and two Hail Marys. Now go back to your desks." Yup, the rules were clearer back in sixth grade.



I do wonder what happened to "Thou shalt not take the name of the Lord thy God in vain" in this formerly Catholic Ireland. You remember, it is the third "Thou shall not" on the top-10 list from the Old Testament. Perhaps the use of the Lord's name by my coffee shop neighbor is not "in vain" because it is done with such earnestness and good cheer. In fact, she is smiling like we're all having a second pint at the pub.

So, I sit back, drink my coffee, and listen.

And the older woman does not disappoint. She says loudly to her friend: "Oh Mary, that fecking chair leg is caught on the table." She pulls hard on the chair and frees the leg.

Oh my goodness, did I just hear that correctly?

According to my say-a-rosary-every-night mom, the f-word is the very worst curse word one can say. And, sure, "fecking" is not the f-word, but it sure behaves like the forbidden slippery-slope word "geez" for Jesus. In my family, near-miss words still paved the path to perdition. As I was already pretty far down that path by my teenage years, I steered clear of wannabe curse words — that is, until I didn't when I started teaching cops. Go figure.

Well, according to the "Irish Star," times have changed: "Nowadays in Ireland feck is essentially a far milder version of the f word. It can be said on television at any time, and you might even hear it at Sunday mass."

And Julian Walker with the British Library even argues that "feck" has its origins in the word "faith," not in the f-word. Can't get holier than faith. And, heck, in today's political Wild West, even politicians drop the f-bomb now and again. See, I AM behind the times.

I order another latte and continue to admire the linguistic vigor of this older woman at the next table.

And, of course, the inevitable happens with her crumbly pastry.

"Oh shite," she says as her buttered scone breaks apart and falls into her lap. Wow.

Well, it is pronounced with a long "i," wholly different than the American variation. And apparently the word is quite popular in England and Ireland, along with its close cousin, "gobshite" — a stupid or incompetent person or a braggart. But really?

See how travel opens your mind? Oh well, my eavesdropping opportunity is over. Time to go. My wife and daughter gather me up, and we make our way to the pub. As they drink their hard ciders, I patiently wait for my pint of Guinness to settle and the bartender to do a second pour to give it just the right head.

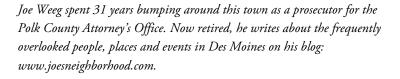
"Here it is," the bartender says, holding the glass with two hands as if raising a chalice.

I thank him. He smiles at my non-Irish accent and says, "God bless you."

Oh my. Old women curse and bartenders bless.

As I said, the Irish lilt is a thing of beauty. ■

GUINNESS





# SOUND CIRCUIT BY JACKIE WILSON

### Des Moines-based PLC is recording third album

Will play at Iowa Latino Heritage Festival, Sept. 28

Music from thousands of years ago has evolved from culture to culture throughout the world. The same rhythm performed then is still relevant today and is played by the Parranderos Latin Combo (PLC).

PLC is a Latin band with music inspired by salsa, cumbia, afrobeat, plena, son montuno and more from both South and North America. PLC plays original music with a high-energy dance vibe and consists of a 6- or 7-piece band.

The band is based in Des Moines and is a longtime performer at the Iowa Latino Heritage Festival, playing at the Western Gateway Park on Sept. 28.

PLC was formed 15 years ago by Fernando Aveiga and Ryan Mullin. The band recorded two albums with songs sung in Spanish. Currently, they are working on recording a third album. The albums were partially funded by the Iowa Arts Council and a National Endowment for the Arts award.

Aveiga began playing music when he was 5 years old. He attended classes to master playing the organ. His dad then taught him chords on a guitar, and he now plays an acoustic nine-string.

"It was the coolest thing to play guitar. I brought my guitar to school," he says. "Socially, it was better than playing

Aveiga continues to utilize a musical coach.

"I use a coach to prepare for a big tour, as it helps refine myself. I'm a musical person surrounded by experienced, high-caliber musicians. Great things happen when we elevate ourselves," he says.

PLC plays numerous Midwest venues including the World Food Festival, Iowa State Fair, Okoboji Store, soldout Valentine's Day shows at Wooly's and more. During performances, the band encourages dancing.

"People are drawn to the dance music, which we showcase. Some say they don't know how to dance, yet our music is intoxicating, and people are drawn to the dance floor," he

The rhythm includes afrobeat and Caribbean-inspired music. Aveiga cites the popularity of Bad Bunny, a young Puerto Rican rapper who sings primarily in Spanish, for

giving recognition to Latino music, which he says is timeless.

"I feel like it (Bad Bunny) is a renewal of salsa music. Many of our fans don't speak Spanish. Our shows don't mean you have to be in front of Spanish speakers to enjoy the universal language of music," he says.



Band members are mostly from Iowa, and they bring in other musicians to complete their sound. Yet, it comes with a trade-off, as more band members means less compensation.

"It's economically harder, such as a three-piece versus a seven-piece band," he says. "The dollars are stretched."

Aveiga says he is proud of the fact that band members hail from Iowa. Ironically, he says that Iowa-based Slipknot is similar in how they established themselves in Iowa.

"A lot of our writing occurs during hard winters. We see why Slipknot exists. We have in common extreme weather, which influences our music as well."

When Aveiga is on stage, he says he feels an adrenaline

"Once you're in the groove, you're relaxed. It's like a roller coaster. You go from easy part to hard parts, which are difficult to play," he explains.

Yet, when it all comes together and he views of sea of dancers in syncopated rhythm, it's a beautiful spectacle.

"People radiate that back to us, with their singing and dancing," he says. "You look around. I see my musician friends playing. It's contagious. They are having a great time,

#### **Iowa Latino Heritage Festival**

Sept. 27-28

Western Gateway Park, \$5 admission For more information in English and Spanish, visit www.latinoheritagefestival.org

#### **MUSICAL LINEUP** Saturday, Sept. 27

- 2 p.m. Son Peruchos (salsa, cumbia, bachata)
- 4:15 p.m. Los Llaneros (llanera, Colombia/Venezuela)
- 6:30 p.m. Selekto Show (pop, rock, cumbia, norteña)

#### Sunday, Sept. 28

- **Noon** Sons of Bossa Nova (bossa nova)
- 1:45 p.m. Parranderos Latin Combo (salsa, cumbia, Latin fusion)
- 3:45 p.m. Los Luzeros De Rioverde (norteña)

# SOUND ADVICE BY JACKIE WILSON

Emmy Award-winning songwriter and Iowa native Bonne Finken presents an Eras-style concert on Sept. 5 at xBk Live. She is debuting her new single, "Blood Runs Through Me." Tickets \$20.

Night Moves is a four-piece band from Minneapolis that recently released an album, "Double Life." Night Moves is often referred to as "cosmic twang rock disco" that pulls inspiration from Glen Campbell and Bobby Caldwell, Cleaners from Venus and early 1990s country. They will perform a concert, with Rachel

**Bobbitt** opening, on Sept. 9 at xBk Live. Tickets \$25.

TopHouse is a rising indie-folk group from Missoula, Montana, that released its new EP, "Practice," in February. A recent Grand Ole Opry debut performance earned them two standing ovations. If you're a Mumford & Sons or Lumineers fan, you will enjoy the rich harmonies of this folk rock/bluegrass, pop band. The Ruen Brothers open. Catch them at Wooly's on Sept. 20. Tickets \$33.15.

On Sept. 19 and Sept. 20, the annual Beaverdale

Fall Festival takes place. Christopher's in Beaverdale is sponsoring music by Sons of Gladys Kravitz on Sept. 19 and Stark Raving Madge on Sept. 20. For a full lineup of bands, visit www.fallfestival.org. Please add to Sound Advice:

Triple Elvis, an indie rock band from Des Moines, is releasing their EP "Funoff" at a concert release show on Sept. 27 at Lefty's Live Music. Also performing are the Foxholes and The Mesmerists. Cost is \$10 for the all-ages show. ■

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### Hess goes 'psycho' at Des Moines Farmers Market

Psychology teacher expands hobby that started by selling cookies during RAGBRAI.

Patrons of the Des Moines Farmers Market might have noticed a wild-looking mascot during this season's farmers market, courtesy of Jennifer Hess, owner of Psycho Sweets.

Like many, Hess learned to bake from her mother. While her mom perhaps didn't show her the wild side of what treats can be, thanks to Hess' imagination, that is where her love for baking started.

"My mom always baked, and I was always under the counter, and she would feed me," Hess says. "She's since passed away, but it's just always kind of like a comfort food for me, you know, it just makes you

Hess got started with her own baking during last year's RAGBRAI, where she sold her goods on the route. She drew inspiration for the name from those who participate in the cross-state bicycle ride.

"I wanted to be a part of it, but I didn't know what to do. Cookies seemed easy. So, I started baking cookies, and it ended up being that people liked them. And, with it, I created a billboard that was about 12 feet tall, where the cyclists could take pictures along their journey. That's where the psycho came into it, because I'm like, 'Anybody who rides across Iowa in seven days has to be a little psycho' — in a good way," Hess says.

Hess says she has received great reactions from people taking in the logo, but the responses she has received from people trying her baked goods, for her, are even better.

"The best part is when they try it in front of you and you see their faces light up," Hess says.

Hess, whose normal trade is not a baker, but instead is a psychology teacher who also teaches exercise classes, decided she wanted to continue making cookies for others to enjoy. That led her to the Des Moines Farmers Market. At first, she was unable to get into the summer market due to the large number of applicants. She was referred to the Des Moines Partnerships Spark DSM Business Incubator program, which helps early-stage and small businesses.

"That's been really amazing. I love it. Like, how they give us business classes and then help host us to be in the Des Moines Farmers Market. It was a really wonderful opportunity," Hess says.

Now far removed from her first time selling cookies during RAGBRAI, Hess says she continues to receive





several messages from those who enjoyed her treats.

"One person wrote me this year. They had messaged me saying they love the trail mix cookie. I gave them the recipe, and they made it for themselves this year," Hess says.

Many may not be willing to give up one of their recipes, but not Hess. After some research, she found out that the best number of choices to give people at her stand is six. More than that, and people start feeling overwhelmed. And the most popular?

"There's the almond sugar. A popular one is the cherry almond and the peanut butter cup. We've done pumpkin before. Monsters are very popular, double chocolate," Hess says.

One specific flavor might scare some and intrigue others.

"Troy, my boyfriend, who does the stand with me, developed what he calls a cherry bomb."

Hess explains that this is her cherry almond sugar cookie ground up with a bit of frosting, so it turns into the inside of a truffle. They then put (The Sweatshop



Pepper Farm) cherry habanero spice in it and coat it in chocolate.

"They're little balls," she says. "You bite into it and taste the cherry almond cookie, and it's super sweet. And then you always see it hit the people after a second or two. Then, they're like, 'Oh,' and it starts to kick in," Hess says.

Their first time at the farmers market was almost a disaster, according to Hess. One of their coolers fell and squashed a large portion of their cookie-dough

"The people who work the farmers market ran up and were helping. They happily took the squashed ones, so it worked out," Hess jokes. ■

# PEOPLE & PETS BY JACKIE WILSON

### Sims works to prove that Dobermans aren't bad dogs

Doberman Pinscher Club was formed 50 years ago to promote the breed.

With more than 300 breeds of dogs, pet owners have many options to choose a justright furry friend. Yet, dog temperaments vary, and, sometimes, a dog breed gets a bad reputation, often due to owner mishandling and other factors.

The Doberman Pinscher Club in Des Moines was established to promote the breed. The club is celebrating 50 years in existence in 2025. Stacy Sims, secretary for the Doberman Pinscher Club, explains why it was established.

"Doug O'Dell and James Waters put together the club in 1975 as a way to improve the breed and show that Dobermans aren't bad dogs," she explains. "Dobermans



Stacy Sims, with her Doberman pinscher, Tirana.

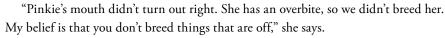
used to have a stigma, and we want to show everyone what good dogs they are."

Sims, a longtime dog lover, has owned the breed most of her adult life and currently has three Dobermans — Pinkie, Alyx and Tirana. All three came from South America. The breed born in Argentina are stockier with more bone and substance than United States-born breeds.

She says Dobermans can be clingy.

"They are Velcro dogs," she explains. "You go to the bathroom, and they have to be with you. They are great companions."

Sims enters her dogs in competitions and is dedicated to producing purebreds.



Sims is part of the Des Moines Kennel Club, and she is also president of the combined specialty dog clubs of Des Moines. The specialty clubs have 13 individual shows. She is excited that the top handler of dogs from Argentina will be on hand to judge at the regional dog show, which is held in conjunction with the Des Moines Kennel Club show on Sept. 5.

Specialties include breeds such as cocker spaniels and more.

"I retired from Wells Fargo. Now I'm busier than ever than when I was working. I'm involved in helping out with dog shows," she says.

Sims says she would like another Doberman.

"I want a fourth one, but it might be pushing it. So many people are afraid of Dobermans. I want to keep promoting the breed."

She encourages people who are curious about the breed to join the club or to ask

"This is my passion," she says. "I'm in a club where everybody loves the breed."

For more information about the upcoming Des Moines Kennel Club dog show, visit www.desmoineskennelclub.com. For information on the Doberman Pinscher



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# **PUZZLES**

#### **MAKING M ENDS**

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No, in Berlin

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Bit of untruth

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# is glad that summer is here:

SCRAMBLERS **HECOP** MUNACE **EXPECT** PEACH TODAY'S WORD

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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.

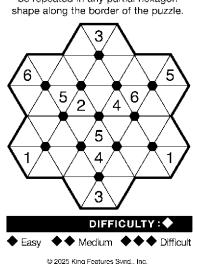
#### DIFFICULTY: ♦ ♦ ♦

◆ Moderate ◆◆ Challenging ♦♦♦ HOO BOY!

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### **SHOMELTHRES**

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



#### **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 X + + 7 = 9 + × × + = 5 4 5 6 7 8 9 2 3

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# SEPTEMBER 2025 | CITYVIEW | 81

# 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

"Volkswagen has reintroduced their FOX, but will it eat up their Rabbit business?"



- Rob "Rocco" Schwartz

PHOTO COURTESY OF SHARON ROMEO

#### Runners-up

"Don't you just hate it when you set your fox on the roof of your car, then forget it and drive off!" - Lori Schultz

"Moon Woof comes standard on the 2026 model" - M.A. Phat

"New Fiat Redfox Coupe — available with optional aerodynamic rooftop ornament!" - Mary Wedewer

"Although the woofrack was not a standard feature, it fit nicely in the two-car grrrrage." - Tom Geraty

"She said she wanted a foxy car, but the dealership got it backwards." - Tim Barry

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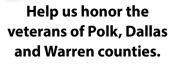
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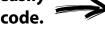




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CITYVIE Deadline is Monday, Oct. 20 at 5 p.m.

### 'Algospeak: How Social Media Is Transforming the Future of Language'

Every generation gathers its own stew of slang to scandalize their parents and, eventually, grows up to be those scandalized parents. Endless concern and overblown reactions to the evolution of expression is as old as humanity. Just ask the ancient Romans. All that aside, the introduction of the internet and, specifically, social media has sped up and changed the process an taken most everyone by surprise, regardless of generation.

In this well-researched and lively book, linguist Adam Aleksic, an influencer in his own right, tackles the changes we have seen in just the last few years. Discussing how the algorithm influences word-choice amongst the chronically online, and how a word can go viral from even the smallest of circles, Aleksic shows the massive influence social media has had not just on our habits and trends but even on how we think and communicate IRL (in real life).

The examples provided are both fascinating and even a little scary (or maybe I'm just old). What this means for the future, only time will tell, but this is a fascinating peek into the forces that are changing just about everything. ■ — Review by Julie Goodrich



By Adam Aleksic 7/15/25 256 pages \$29 Knopf

Oh, this is a fun book — escapist, heartwarmingly cozy, and funnier than it has any right to be. Retelling fairy tales is not the newest trope on the block, but when it's done well, the subversion of expectations is just the ticket for me to get swept away. And there are few out there doing it better than T. Kingfisher.

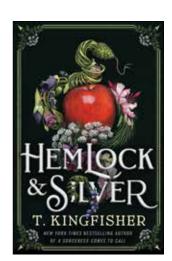
Anja is a healer, of a sort. She specializes in poisons, lost causes, and strict scientific discovery. Her ingenious methods and unique style have already saved lives, but she is not at all expecting a visit from her bereaved king who finds himself at a loss for how to treat his very ill daughter, Snow. Anja is forced to use all of her tricks and invent some new ones as she

discovers the strange magic threatening not just the princess but the entire kingdom.

I adore a fantasy heroine who isn't a teenager and isn't a perfect model of femininity. If you are looking for something easy to read that isn't bogged down by pages of romance, this sweet little story is definitely worth your time.

Be warned though, you will never look at mirrors in the same way again.

— Review by Julie Goodrich



By T. Kingfisher 8/19/25 368 pages \$28.99 Tor Books

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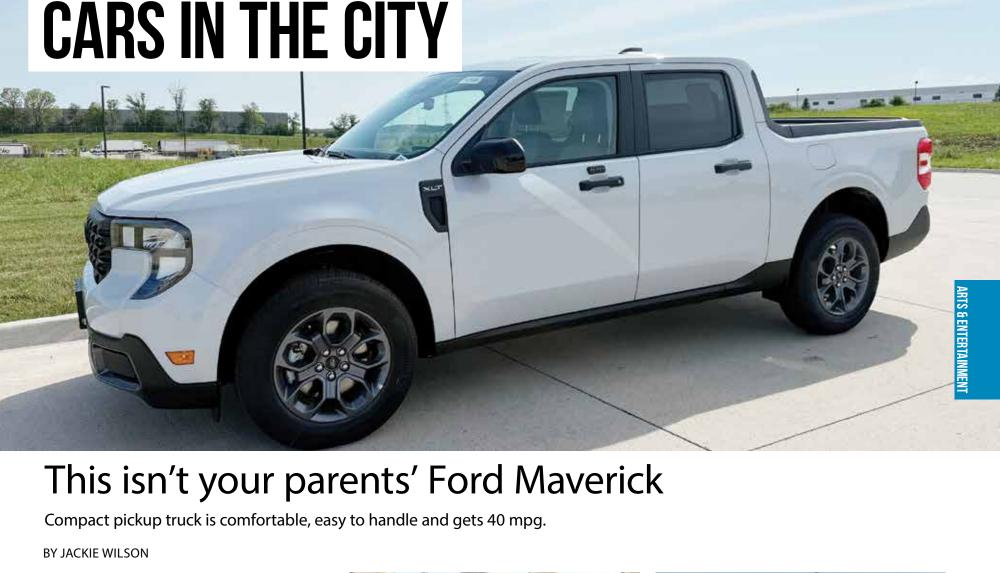
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When I heard Ford was coming out with another Maverick vehicle, I groaned. As a child, I grew up riding in a brown Maverick four-door, a barebones vehicle for a family of five. With no air conditioning and a small backseat, I fought my siblings for a window seat. But, as the baby of the family, I often ended up smack in the middle. That hot center seat meant little airflow. When I finally scored the window seat, my mom complained about the wind noise and made us shut the window.

Today's Ford Maverick is remarkably different than the 1970s version, which discontinued in 1977.

Ford, known best for its F-150 trucks, resurrected the name as a compact pickup truck in 2022. This Maverick is a pint-size version of the F-150 with a smaller price tag and better fuel efficiency.

I test drove a 2025 Maverick XLT hybrid. It gets 38 mpg average with 42 mpg in the city. The gas mileage is double that of the F-150, and it costs half as much at \$35,530. An F-150 ranges anywhere from \$37,000 to \$87,000.

I'm average height for a woman, and getting into this vehicle was surprisingly easy. I didn't need grab bars or a running board to step on. I simply slid into the comfortable seats. It felt significantly smaller than a mid-size SUV. The second row seating was ample in space, and three adults could sit in air-conditioned



comfort.

Of course, size is a factor when purchasing a compact truck. Why do most people buy a pickup truck? To haul stuff. At some point, everyone needs new furniture. College kids also need boxes moved from dorms to apartments at least a dozen times. So, having access to a truck can be ideal. That is why people tend to make friends with those who own pickup trucks.

Exactly how much stuff can be hauled in a pickup cargo bed? The Maverick's bed is 54 inches long, whereas the F-150's measures between 67 to 97 inches.

Tiedowns in the cargo bed can keep that awkward mattress from tumbling onto traffic. A 110 volt outlet in the truck bed provides power for lawn or construction equipment. The Ford salesman I talked



with said many gardeners like the bed for hauling bags of topsoil and bedding plants.

The Maverick can tow up to 4,000 pounds — enough power to pull a pop-up camper, a fishing boat or a small moving trailer.

Driving the Maverick along the freeway seemed similar to a sedan rather than a pickup truck. Taking corners with ease, I didn't worry about the back end sticking out into traffic. With a backup camera and other safety features, it was a smooth ride. I nearly forgot I was driving a truck.

The Maverick appeals to folks who desire the convenience of a truck bed but not the gas-guzzling size or higher price. Another bonus? This Maverick has air conditioning.

# DES MOINES FORGOTTEN BY KRISTIAN DAY

## When the movie cameras were rolling in Iowa

Will the return of the lowa Film Tax Incentive program bring back the movie sets?



"Peacock"

One of the bills that passed in this year's legislative session was Iowa Bill SF657, the Economic Development Bill that includes tax credits and incentives. One of the programs that finally made it through during the DOGE era was a new Iowa Film Tax Incentive program. I never thought I would see the day.

I moved back to Iowa in 2007 while the original tax incentive was being put in place. For a short while in the late 2000s, Iowa looked like it was about to become a star in its own right. The dream was simple enough: Create a tax incentive program that would make Hollywood look twice at our towns, our skylines (or lack thereof) and our cornfields. By 2007, with the passage of House File 411, the Iowa Film Office suddenly had the tools to lure two or three major features a year. It wasn't difficult to imagine boom mics dangling over Winterset's square or a caravan of production trucks pulling into Newton.

By 2009, the cameras were rolling. In Winterset and Lenox, Timothy Olyphant was running through the streets in the remake of "The Crazies," a big studio remake of the George Romero low-budget classic that seemed to promise Iowa's arrival on the industry map. For locals, it was surreal. A town better known for John Wayne and covered bridge festivals suddenly had Hollywood crews adjusting lights outside its hardware store. Meanwhile, in Council Bluffs, Cillian Murphy and Susan Sarandon arrived to shoot "Peacock," a strange psychological drama where Nebraska farmhouses doubled as Midwestern backdrops.

Even Newton had its moment. Ray Liotta spent time there filming "Ticket Out," a modest thriller but still a Hollywood presence during the thick of winter. Iowa wasn't just the background for quaint family films or B-movies; it was pulling in recognizable stars and notable budgets. For a few months, Iowa felt like a set. Extras lined up for casting calls. Coffee shops buzzed with crew members on break. I remember walking down Locust across the bridge to the East Village and saw a pile up of cars. I thought it was a bad accident, but there were no ambulances or police. They were set pieces for a scene that was going to be shot the next day. The tax credit program wasn't just a line in legislation; it was a living, breathing part of Iowa's economic culture.

By the fall of 2009, the dream soured. Gov. Chet Culver froze the incentive program after auditors uncovered alarming irregularities. Cars and luxury items were being written off as "film expenses." Receipts weren't adding up. What had looked like an economic engine started to feel like a trash fire.

The freeze came fast, and so did the headlines. By early 2010, lawsuits piled up. Some filmmakers demanded credits they had been promised; the state pushed back. Local vendors who had done honest work — catering, carpentry, costumes — were left holding unpaid invoices.

After the freeze, I remember being at an Iowa Motion Picture event at the Des Moines Social Club when it was on Locust (where Flynn Wright is now located).



"Ticket Out"



"The Crazies"

It was early 2010, and several crew persons were standing around talking loudly about how their livelihoods had been taken away, not unlike what is currently happening in Atlanta now that Disney is pulling out Marvel Studios and relocating it to Europe. Most of what I was hearing from people was just noise. However, one person said something smart: "If a light bulb doesn't work, you fix it. You don't just turn out the lights."

I agreed with that statement. Iowa was simply moving too fast with it, and people get tunnel vision when they start to see people in the wild who they previously only saw on their TVs. But, we have the opportunity for a fresh start now. The state of Illinois has created a lucrative film, television and commercial industry that feeds the economy. Although the hub is in Chicago, the sound stages and studios have expanded west toward the Quad Cities. Everyone needs to remember that films are made with blue collar workers: carpenters, electricians, painters, etc. Iowa needs better-paying labor jobs, ones that are more interesting than assembling toothbrushes or filling pallets of beer overnight to be delivered to local bars. Something that when you wake up each day for work, you are excited to be there.

Will the cameras roll again? ■

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



Know someone with an interesting hobby or collection we should cover?

Send suggestions to cyote@dmcityview.com.

### Video bunker hosts treasure trove of media

Brian Hogan has been building his collection of movies and related items for more than 20 years.



Brian Hogan is the owner and a barber at Franklin Barbershop in Beaverdale. After a day of cutting hair, he returns home to his video bunker — a space filled from head to toe with movies, posters and more.

Before we could talk about that collection, Hogan mentioned some puppets that he also works on in his free time. He made some for a short film shot by him and his friends a few years ago, and he convinced his friends to take a puppet-making class. It didn't stick for all of them, but it did for him.

"Had you told me, like, 10 years ago, I was going to be making puppets in my 40s, I would have told you you're crazy. But, yeah, it just kind of made sense to me," Hogan says.

As for his VHS and movie collection, this passion began at a young age, spurred by his parents and grandparents.

"At that age, everybody's grandparents had movies lying around. With my grandmother, I used to watch a lot of movies with Buster Keaton and The Three Stooges, like the old black and white silent films," Hogan says. "My dad would take me to see things that probably younger kids shouldn't see. That was kind of cool. You felt like you were seeing something that was risqué. I remember my dad took me to see 'Goodfellas' in the movie theater. I was probably 8 years old."

While perhaps Hogan should not have seen "Goodfellas" at such a young age, the seed was planted, and it grew into a stunning collection with thousands of VHS tapes, DVDs, signed movie posters and other

Having something tangible in an age of streaming services is important to Hogan. You could say he started his collection at that same young age. A flood at his parents' house took most of his early collection, but he has since built it back up. He used to go to Showtime Video, a video store that was located in Clive.



"I used to ride my bike down there all the time. And even when I would go with my dad, my dad never censored me. I would go pick out a movie. And he'd never be like, 'No, put it back,' " Hogan says.

Hogan is well-versed in video stores past and present, mentioning Suncoast Video Store, formerly in Valley West Mall, where he purchased a collector's box set of "Terminator 2" for more than \$100.

"I mowed lawns for months to get that," Hogan says.

We stepped into the Video Bunker, a video store of his own creation in his home. Separated by genre, movies from the classics to projects few have ever heard of line several rows in one part of the room. Posters adorn the ceiling, and in another room in the back, they go from floor to ceiling. Hogan puts the ballpark number of the total number of movie-related items somewhere in the realm of 5,000.

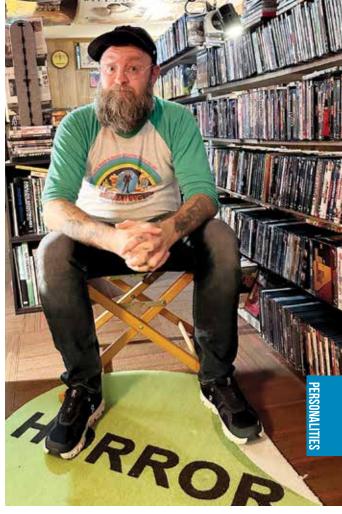
Interesting pieces in his collection include various "WrestleMania" shows (which he has played on a projector during Beaverdale Fall Fest), a "Close Encounters of the Third Kind" poster (signed by actor Richard Dreyfuss) and, soon to be added, an original "Jaws" poster that is currently being restored.

A friend of his also made an addition to the collection with "Sorority House Massacre II."

"I used to watch that a lot at the shop. Somebody stole it from the barber shop, which I was really surprised by," Hogan says. "It's a huge bummer. For the longest time, I was trying to get a copy of this, and it was \$75-80. A good friend of mine bought a copy of it

Hogan obtains his tapes in a variety of ways including flea markets, thrift stores and traditional video

An appearance on "Jimmy Kimmel Live!" after a video of the Video Bunker went viral on TikTok spurred people from across the country to send Hogan their



collections.

Recently, he bought tapes from someone in Iowa City, which came with an interesting surprise.

"We were going through them, and we opened one of the cases. And, inside the case was a good buddy of mine's middle school ID. He had donated all of his VHS years prior, and this person somehow ended up with them," Hogan says.

Small world. According to Hogan, some movie studios even sent him pieces for his collection. As cool as that, and his collection, may be, some are not mystified

"What I think is really interesting is that my kids are totally just desensitized to the entire thing. Their friends come over, and they're like, 'Oh my God.' They think this is super cool. But my kids, it's just like, whatever,"

Hogan says he has watched about 90% of his collection. He tries to focus on watching what he has and catching up on what is out in theaters, but the task can be daunting. In the meantime, the collection continues to grow.

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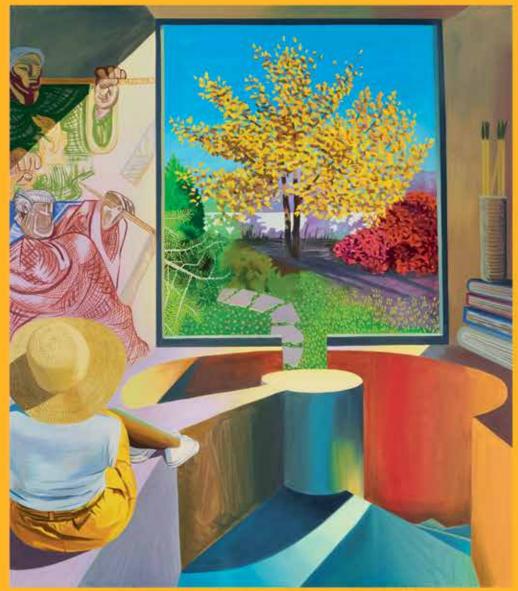


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Aliza Nisenbaum (Mexican and American, lives and works in New York, NY, born 1977)

Brutalist Spire, 2025 / Oil on canvas / 80 x 69 inches / Courtesy of the artist, Anton Kern Gallery, and Regen Projects.

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