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NOVEMBER 2025

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A NEW PACK OF

WOLVES

A new head coach and new general manager look to bring the Iowa Wolves back into the spotlight

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FROM THE PUBLISHER

Showing the love for our sport teams

Some people tell me that we Iowans love our Cyclones and Hawkeyes so much because we don't have any "professional" teams. I caution them on their use of the word "professional," as many players, coaches and members of the front offices of those teams would give them an earful. I also remind them that we have many fans of the Panthers, Bulldogs, Vikings and the dozens of other universities and colleges in our state, too.

Truth be told, though, we may take our next level of sports teams for granted at times. We are fortunate to have the Iowa Cubs, the Iowa Wild, the Iowa Wolves, the Des Moines Buccaneers and others right here in the Des Moines area. We dedicate a lot of ink and paper to these teams in the pages of this magazine and our other publications, as we want to support their efforts and tell them how much we appreciate them being here. With that in mind, check out our cover story on the Iowa Wolves by Cyote Williams this month and then take the time to watch a game in person.

Movie theaters of days gone by

Something else we have taken for granted in Iowa, and all over the nation, in recent years are movie theaters. Not too many years ago, going to a movie was a staple of date night, a place to take the kids, or just a spot to get away by yourself for a few hours and be entertained. The theater popcorn was added value. Decades prior to automation, movie theaters were an even bigger draw, especially here in Des Moines. Kristian Day takes us on a walk down the tiled aisles and into the red velvet seats of the movie theaters of years gone by.

Promoting from within

Our business story this month features three different companies and explains why and how they work to promote talent from inside their doors. Writer Lindsey Giardino tells their stories, sharing how owners and managers of businesses of all sizes can, and should, do the same.

You will find all this and much more in this issue of your locally owned CITYVIEW magazine. Thank you being one of our 100,000-plus monthly readers. ■

Shane Goodman

Editor and Publisher
CITYVIEW

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Death . . . it's the common denominator for every living person.

Death . . . since it happens to everyone, why is it so hard to talk about?

Death . . . we plan vacations, Dr. appointments, dinners with friends, trips to the Rose bowl.

Why don't we plan for our "end of life" when we can control the outcome.

In the tapestry of life, the "end of life stage" is profound and complex . . . and often ignored in family discussions.

Our expert panel will guide you the in obvious and not so obvious aspects that are often overlooked or misunderstood. Join us for this frank conversation that will provide you with necessary insights, knowledge, and resources so you can confront this stage of life with clarity and courage.

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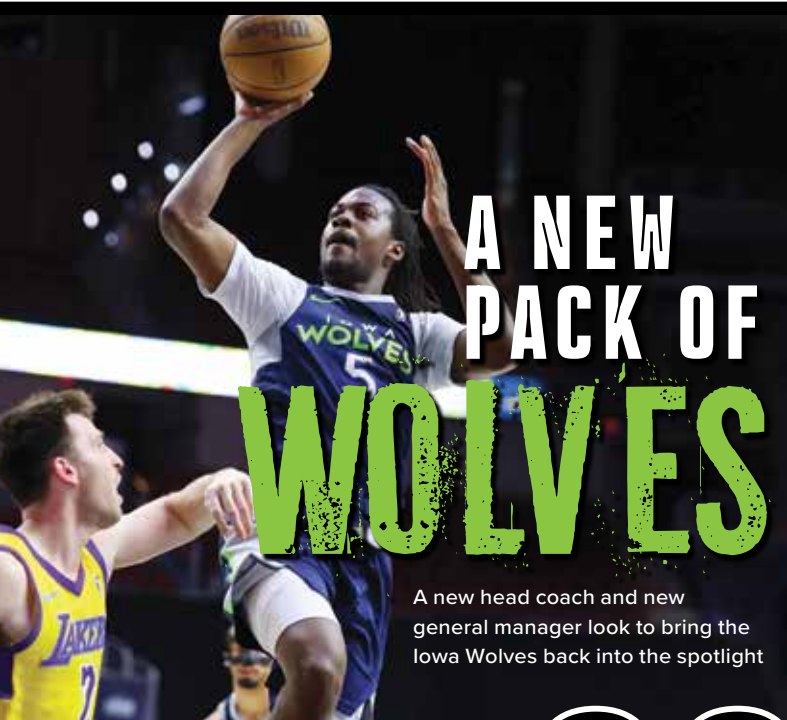
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Manuel Álvarez Bravo (Mexican, 1902-2002). *Autoretrato (Self-portrait)*, 1980. Gelatin silver print. 8 x 10 inches. Colección Archivo Manuel Álvarez Bravo

Manuel Álvarez Bravo

Collaborations

OCTOBER 25, 2025 – JANUARY 18, 2026

In the history of Mexican photography, Manuel Álvarez Bravo is a towering figure, without equal. Working with artists such as Frida Kahlo, Diego Rivera, André Breton, Luis Buñuel, Gabriel Figueroa, Octavio Paz, *Manuel Álvarez Bravo: Collaborations*, is a survey of the photographer's career and projects he created with others.

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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. Who on the Des Moines City Council, Polk County Board of Supervisors and Police Department have received campaign donations and dollars from Crow Tow?

A. Crow Tow is a towing service company in Des Moines that has come under scrutiny over the years for alleged predatory towing practices. The towing company once had a contract with Polk County for vehicle impound services but was dropped, reportedly due to complaints. As of July of this year, however, the Polk County Board of Supervisors will be contracting with Crow Tow for its services until June 2028. The Des Moines Register found that Crow Tow lobbyist and lawyer Marc Beltrame had made significant contributions to several individuals, Dawn Thorton, Randy Crow's wife, who runs Crow's Auto Service with him also made several contributions. We looked at the donations on the Iowa Ethics and Campaign Disclosures Board database. Here are the donations these three made related to the above question.

Randy Crow has only made a few contributions in recent years. In 2019, he donated a total of \$2,000 to Frank Cownie's mayoral campaign. He also donated \$20 in 2021 to Carl Voss for his city council campaign.

His wife, Dawn, has been more generous. She made contributions of \$4,000, \$2,500, two \$1,000 donations and \$400 to Linda Westergaard for city council, totaling \$8,900. She also made two separate \$2,500 contributions and another \$1,000 to Mayor Connie Boesen. In addition, she donated several times to City Councilmember Joe Gatto — \$2,500 to Citizens for Joe Gatto in 2024, \$2,500 in 2022, \$2,500 in 2021, \$2,500 in 2019, \$1,000 in 2023 and \$500 in 2015 — totaling \$11,500 since 2015. She donated \$1,000 to Polk County Supervisor Mark Holm and a total of \$1,500 to Polk County Supervisor Jill Altringer as well. In 2023, she donated \$2,500 to City Councilmember Chris Coleman. In 2021, she donated \$1,000 to City Councilmember Carl Voss, as well. In 2019 and 2020, she donated a total of \$750 to Polk County Sheriff Kevin J. Schneider.

Beltrame has been generous as well. His two largest donations, one in 2024, was \$10,000 to Mark Holm, and another \$10,000 to another Polk County Supervisor Matt McCoy. He donated another \$2,983 to Holm and \$2,000 to Altringer, also in 2024. Back in 2019, he donated a total of \$750 to Schneider, too.

The other lobbyist listed under Crow's Auto Service on the Iowa Legislature's website is David Peck, who has made no contributions to any of the previously mentioned supervisors, councilmembers or sheriff. ■



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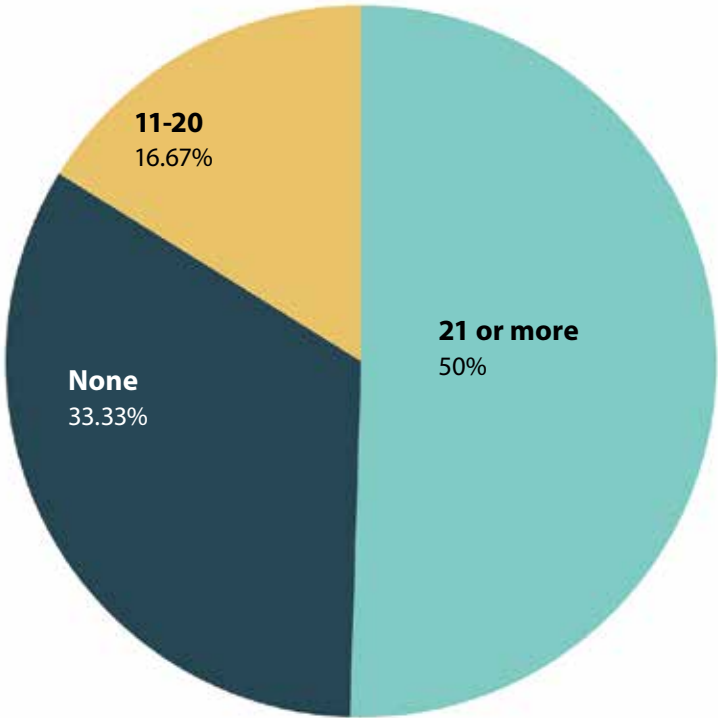


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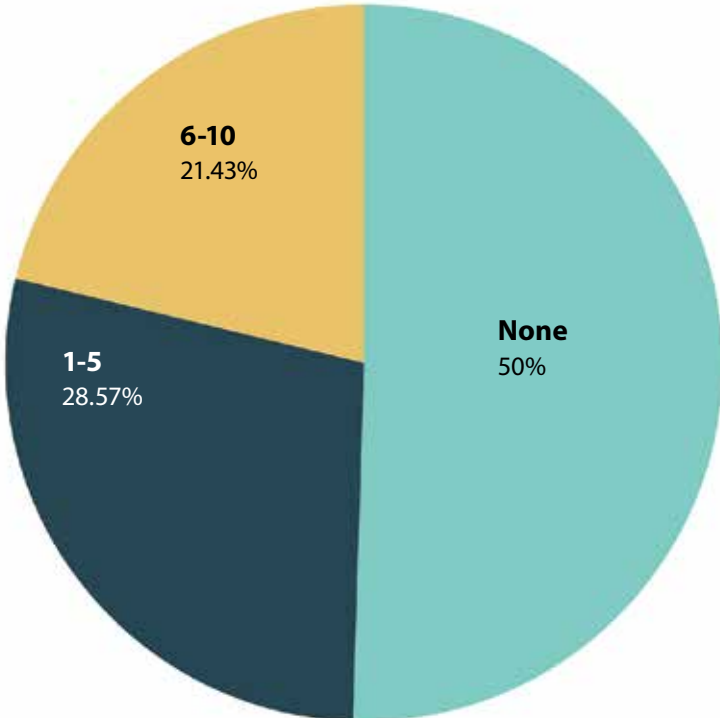


Results from last month's poll at www.dmcityview.com

How many football games do you watch each season?



How many over-the-counter pain medication pills do you take per week?



FACEBOOK COMMENTS cityview magazine (comments unedited)

CITYVIEW magazine: What does a government shut-down mean to you personally?

- Adam J. Moraine:** Absolutely nothing at all.
- Kevin D. Hyberger:** If it only impacted elected officials... I wouldn't care. However, it impacts our service men as well as other government employees that have no say.
- Dan Gregory:** Zip
- Julie Chase:** My husband won't be able to work and we will have to be prepared to use our emergency funds to get by for the time being.
- John Criger:** It SHOULD mean we don't have to pay taxes during that time.
- Michelle Smith:** Nothing
- Gale Banks:** Just another facist move!
- Joe Dwight Hayes:** It means I live in a country with a heartless president and a gutless majority in Congress
- James Klier:** I want a refund of my taxes for the period of time that it's shut down.
- Macie Jo Grear:** I'm a bit tired of the shock

- and fear that comes from the media. It means we have some checks and balances and thank goodness we have people willing to fill these seats. Can you imagine the stress congress has. Democrats or Republican humans. Someone will hate you no matter the decisions make. I applaud both sides as MOST humans get to just sit and type a post on social media. I would never be able to withstand the constant pressure of that job as I know most of the public can't either!!! Shooney
- CITYVIEW magazine:** Should kids trick-or-treat on Halloween or on a separate Beggars' Night?
- Anthony Garza:** New Year's Eve - Getting a bag filled with free candy is a great way to start a new year.
 - The Abandoned Iowa Project:** Beggars night. Halloween is my goat sacrificing night.
 - Marie Robertson-Pavon:** Beggars night. Its a tradition.

RETWEETS

- (comments unedited)
- @lilbagxx:** Waking up early is cool until it starts feeling like you have had a long day at 10 a.m.
 - @fromkicatcher:** "why is it 90 degrees in october?" bc you can't make your grocery list without using chatgpt
 - @lilydsmith:** This can't possibly be the same 9pm I used to be starting to get ready for a night out at
 - @mrjohndarby:** in the 90s the internet used to scream at you when you tried to enter and they should never have taken that warning away
 - @VeryBadLlama:** honestly human history makes a lot more sense when you remember how many of the major decisions were made by 19-year-olds who drank wine for breakfast
 - @SamuelSaulsbury:** The guy with the worst grades should get to give a graduation speech too. Let me hear both sides
 - @wiki_early_life:** Shoving an iPad in my boss's face with the word "Raise?" with options to click 30%, 40%, 50%, like a desperate barista

CORRECTION

It has come to our attention that in our October 2025 Iowa Artist story, "Zavalla's crocheting hobby has endured," we incorrectly spelled the artist's name as "Ravalla." We have since corrected this online, and we sincerely apologize for the error. ■

STRAY THOUGHTS

BY RANDY EVANS

Toddlers know, so why can't school officials learn?

The lesson of the hot stove emerged again.

That is the lesson toddlers learn early and smart ones retain for a lifetime. Touch something hot and you know not to touch it again.

Educator Ian Roberts delivered a new rendition of the lesson over the past fortnight. Time will tell whether government officials take to heart the learning moment offered by the Roberts train wreck.

You may recall how Des Moines Public Schools officials effusively welcomed Roberts to Des Moines in the summer of 2023. He quickly impressed state officials, parents and their kids, and his bosses, with his charisma, enthusiasm, a can-do message and foot races with kids.

Roberts also knew how to write a convincing resume — with its references to impressive awards and honors, and a Ph.D. dissertation titled “Teachers and School Leaders’ Perspectives on the Efficacy of Culturally Responsive Inclusion and Self-Contained Settings.”

What the public did not know at the time — and what the school board should have learned had it done its homework — has grabbed the nation’s attention: Roberts lacked immigration eligibility to work in the United States.

Accompanying him to Des Moines were enough half-truths and outright lies to make Pinocchio take notice. So many that the executive recruitment and screening company that vouched for him now stands embarrassed by facts learned since U.S. Immigration and Customs Enforcement agents jailed him on Sept. 26 after pursuing him in his school vehicle and then on foot.

The superintendent formerly known as Doctor Roberts now awaits deportation to Guyana, where he was born and grew up. There is little chance he will be able to pack his flashy track shoes or his collection of guns before he goes.

Meantime, Des Moines school board members will not see calls for accountability and change disappear. They have yet to acknowledge they should have recognized the red flags about his past before hiring him two years ago. They have tried to shift blame to Roberts and the contractor hired to recruit and investigate the

backgrounds of candidates for the superintendent’s job. But the school board alone acted in May to extend his contract and increase his salary.

So, continuing demands for accountability may provide a hot-stove education for the seven current members of the school board, four of whom served when Roberts was hired. At a minimum, the chaos Roberts and the search firm and the board brought to Iowa’s largest school district teaches four valuable lessons:

Lesson 1: Trust but E-Verify

Iowa’s public-school districts and other state and local government employers, as a matter of policy, should use the federal government’s E-Verify+ system to confirm the employment eligibility under federal immigration laws. E-Verify+ is not problem-free, but its use might help avoid a mess like that revealed after Roberts tried to out-run law officers last month. When the Legislature convenes in January, lawmakers should consider requiring government employers to use E-Verify+.

Lesson 2: Liars seldom stop at one

The school board knew before it hired Roberts that despite the claim on his resume, he did not receive a Ph.D. from Morgan State University in Maryland. True, he later “amended” his resume to show, instead, his claimed doctorate came from Trident University International, a for-profit online school. This after-the-fact rationalization of an “error” should have tipped Des Moines school officials that all with Roberts was not as he tried to portray. In the days after his arrest, journalists also confirmed he had never received some awards and honors listed on his resume.

If journalists can substantiate these lies with a few Google searches and phone calls, surely a professional search firm like JG Consulting could have learned about these misstatements, too — especially considering how Des Moines paid the company \$35,000 for short-term work supposedly enabled by its special expertise. But rather than relying solely on outsiders

to find any lies or factual errors, the school board should remember, once someone smoothly tells you a falsehood, be on the lookout for more lies that may follow. If people are willing to lie when details can be easily verified, what won’t they lie about?

Lesson 3: Public can save you

Iowa’s sunshine laws do not require governments to disclose the names of finalists for key jobs like university president, school superintendent, city manager or police chief. Nothing in the law prohibits a government body from telling applicants and the public that it will release the names and resumes of a short list of candidates before final interviews and a hiring decision.

Des Moines made such a list public when the school board hired Roberts’ predecessor, Thomas Ahart. But when hiring Roberts, the board kept the finalists’ names secret and did not identify Roberts until he was hired. Nothing guarantees that releasing those names before the board picked Roberts would have ferreted out the phony resume claims. But it is a certainty the public cannot reveal facts about a candidate, good or bad, when the names remain secret.

Lesson 4: Check it out

John Bremner, a legendary professor at the University of Kansas, reminded generations of journalism students, “If your mother says she loves you, check it out” — meaning journalists need to verify everything.

In the context of hiring, if a search company tells you something, check it out. If a candidate tells you something, check it out. If an anonymous tipster passes along a rumor, check it out. Most of all, when it comes to entrusting the education and nurturing of children to a person, check the applicant out no matter how trustworthy, respectable or likeable the person seems.

You can learn these lessons by touching a hot stove that Ian Roberts just ignited or simply by watching others scorch their fingers. ■

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



IOWA WILD NOVEMBER

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SUNDAY, NOV. 2

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THURSDAY, NOV. 6

SCHOOL DAY GAME

School Day Workbook (All Students in Attendance)

SUNDAY, NOV. 9

HOCKEY FIGHTS CANCER

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FRIDAY, NOV. 14

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SATURDAY, NOV. 15

VETS APPR'N NIGHT

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CIVIC SKINNY

BY CITYVIEW STAFF

Guess which nonprofit CEO earned \$4,926,772. See how Des Moines schools are ranked. And quit talking with chatbots.

Each November, we take a look at some of the highest salaries among nonprofit organization employees in the state of Iowa. Using candid.org, we sort by the highest-grossing nonprofits in the area and review their most recent 990 tax form. Here are the largest salaries we found:

Prairie Meadows Race Track and Casino once again jumped to the top of the highest-grossing nonprofits, coming in at \$2,595,228,457 in total revenue. Their most recently available 990 form is from 2023. It states President and CEO **Gary Palmer** as its highest earner, with his salary listed at \$1,698,944. This is up a bit more than \$100,000 from the 2022 form. The next highest earner was Senior VP and COO **Ann Atkins**, whose salary also jumped six figures to \$693,268.

The Central Iowa Hospital Corporation's total revenue came out to \$1,227,218,973. They have three physicians on their books who earned seven figures. On their 990 form, it lists Physician **Robert Isaak** with a salary of \$1,137,409, **Arshin Sheybani** earning \$1,007,862 and **John Triantafyllos** at \$1,005,243. As for executives, CEO **David Stark** has earned \$1,133,577 total, and Senior VP and COO **Eric Lothe** is listed as making \$1,009,710.

Catholic Health Initiatives - Iowa Corporation, aka Mercy Medical Center, came in third with a total revenue of \$977,048,225. Five of their employees hauled in seven figures, according to their 2024 990 form. Director and CEO **Robert Ritz**, who topped our list last year, had a total compensation of \$2,103,598. **Dr.**

Hijinio Carreon, regional chief medical officer, earned \$1,196,065. Director and President **Michael Wegner** earned \$1,084,868. Senior VP and CFO **Randall Rubin** made \$1,023,460. Cardiologist **Mark Tannenbaum** rounds out their starting five at \$1,003,530.

Next up is Iowa Health System, which features our highest earner. According to their 990 form, total revenue came out to \$495,106,486. In total, Iowa Health System had nine executives or employees making seven figures. Here are the top three: President and CEO **Clay Holderman** put all others on this list to shame with his total compensation coming in at \$4,926,772, more than double that of last year's highest. COO and Senior VP **Susan Erickson**'s total compensation was \$1,969,435. **David Williams**, CCO, earned



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\$1,857,782. The other five seven-figure earners were **Scott Kizerch, Peter D Watson, Robert Erickson, Dandre Carpenter, Aaron Gillingham** and **Daniel Carpenter**. ...

The **Iowa School Performance Profiles** released its 2025 data on how public schools performed on required measures. We went to the school rankings tab to see which Des Moines area schools are performing the highest. The categories are: Exceptional, High Performing, Commendable, Acceptable, Needs Improvement and Priority. The largest percentage of Iowa schools is in the commendable score range at 25.19%. Only 1.88% of schools are in the exceptional range.

Cowles Elementary School, located in Windsor Heights, was the lone Des Moines School in the exceptional school range. Downtown School, located, you guessed it, downtown, was the only Des Moines school in the high performing range. Jefferson Elementary School and Greenwood Elementary School were in the commendable range. Thirteen schools landed in the acceptable range, including Roosevelt High School. Seventeen schools landed in the needs improvement range, including Lincoln, North and Hoover high schools. Twenty-one schools fell in the priority school range, including East High School. ...

Advance America, a consumer financial services

company, conducted a survey on how many days on average people have to work to cover household bills. This included housing, food, childcare, healthcare, transportation and utilities. The group surveyed more than 3,000 households across the country and determined that, on average, it takes Iowans 17 days to earn enough to cover their bills. Alabama had the greatest struggle, coming out to 26 days. Colorado is doing the best, at 10 days. Groceries and food hit people the hardest, with 56% saying food was the expense that climbed the most in the past year. ...

Have you talked to a **chatbot** lately? Have you talked to it about your feelings? First of all, cut it out. Second, according to a study by AllSafeIT, an IT provider, Iowans' top use for chatbots was "coping with anxiety." The study also said that, on average, Iowans spent an additional 17 days, two hours and 36 minutes online since using chatbots. ...

The **Iowa Energy Center Board** awarded nearly \$2.3 million in energy grants in October. The program is funded by gas and electric utilities across the state and enables eligible applicants to "pursue projects that provide a benefit to Iowa ratepayers." The majority of the money went to Iowa State University, which is using the wind from Cyclones to power windmills. Not really, but the projects ranged from enhancing Iowa's energy resilience through anaerobic digestion-

based microgrids to AI-assisted robotic mapping of underground infrastructure. Of the \$2,267,837 in grants, \$2,011,328 of it went to **ISU**. The remaining \$256,509 went to **Terenc**, a company based in Bloomfield that focuses on sustainable energy solutions, for a distributed energy resource management system for rural electric cooperatives and municipal utilities. ...

Iowa Realtors released housing market data for September 2025. Year over year, for single-family homes, the numbers say there are 7.2% more new listings, 5.9% more home sales, and a 6.5% increase in median sales price. Numbers were similarly positive from the Des Moines Area Association of Realtors, whose September numbers say, year over year, there was a 14% increase in available homes, an 18.3% increase in home sales and a 5.1% increase in the median sales price, which is \$305,000.

Nationally, homebuyer statistics have caused some concern. According to a report from BatchData, 33% of single-family homes were bought by investors in Q2 2025. According to the National Association of Realtors, the median first-time home buyer age increased to 38 from 35, and the typical repeat buyer age increased to 61 from 58. Data from Redfin shows that home sellers outnumber home buyers by more than 500,000, the largest gap ever recorded since it began tracking data in 2013. ■



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POLITICAL MERCURY

BY DOUGLAS BURNS

Art Cullen's new book tells us the rent is due for Iowa

Storm Lake editor describes where Iowa is now with breathtaking clarity.

With a rare sense of place, a know-it-when-you-see-it Iowa-ness, Art Cullen's roaring new book is nothing short of an unsparing mirror for 3.3 million of us in the state. With still-night whispers of truth and bar-fight ferocity, this western Iowa newspaperman reveals the masquerade-ball leadership that's turned so many of Iowa's once-warm communities into furnaces of justified grievance and misdirected outrage.

Readers will absorb the very landscape of this state with more informed eyes after completing Cullen's "Dear Marty, We Crapped In Our Nest: Notes From The Edge Of The World."

The roam of corn fields and barns and grain elevators around rural Iowa presents a post-card serenity to those who don't know the hidden churns of agriculture, the millions of miles of tiling under the land rushing chemical destruction to our rivers or the exploitation of slaughterhouse workers, immigrant strivers who capture Cullen's heart as he writes with alarm-clock urgency about their lives in his hometown of Storm Lake, Iowa, *The City Beautiful*, which is all the more so, Cullen writes soaringly, because it is one of the more diverse communities in Iowa.

"We get along pretty well," Cullen says of Storm Lake. "We have to. Most of rural Iowa loses population every year. Storm Lake grows while speaking 30 languages."

The book, published by the independent-minded Iowa-based Ice Cube Press, is a collection of timely and timeless meditations, structured by Cullen as a series of letters to a former high school classmate, on Iowa's people, land and politics — but mostly the land, because as Cullen explains, that's where it all starts and ends in Iowa.

"The Dust Bowl ended in 1939 only with the cyclical return of rainfall to end a 20-year drought," Cullen writes. "Surprisingly few lessons were learned from this disaster."

Art Cullen is to Iowa what William Allen White was to Kansas a century ago. The late Kansas publisher, the "Sage of Emporia," White — a Pulitzer-Prize winner like Cullen — earned a national following with insightful and poignant writing from a rural newspaper office. White started more conventionally than Cullen but found the same progressive lane Cullen so fully inhabits.

Through a seven-decades-deep understanding of small towns, an intimate and intuitive sense of his fellow rural Iowans, Cullen comes to understand what other journalists miss. He describes where Iowa is now with breathtaking clarity.

"When you lose the sanctuary of shared experience, shared prosperity and shared desire to see your stake in

community grow, being put in your place incites a simmering rage," Cullen writes. "There is a sense of loss of comity, of kinship in ownership, where your differences become your only mutuality, and you wonder what you are doing here. You are trying to build a house where nobody is left with the key to the door."

I know this book to be true because I know Art Cullen to be true. I'm a fourth-generation Iowa newspaper publisher who lives in Carroll, an hour south down Highway 71 from Art Cullen's Storm Lake. We may have smoked different brands of cigarettes (Marlboro Red for Cullen, American Spirits for me), but we operated the same printing presses, literally and exactly.

"Dear Marty" is, at times, heartbreaking. I know the Iowa Cullen longs for, because I lived in that time and place, too — albeit a generation later, but nevertheless in a place where kindness and credentials mattered.

"If you cannot imagine a town of 68 people, you might not be able to appreciate how things get done around here," Cullen writes.

We used to have a church-potluck civility in rural Iowa, not communities — families themselves even — cleaved by political differences.

Not too long ago, people in our small towns "recognized their differences were artifices created in their minds by someone who never turned a wrench or was chased away by a farm dog through mud," Cullen writes.

The Storm Lake Times Pilot, Art Cullen's family newspaper, still understands this, and it shows in the news coverage. This was particularly true during the COVID-19 pandemic when the newspaper reported to its readers — and the state and the nation with the reach of Cullen's voice — the deadly disparity in how Gov. Kim Reynolds and others managed risk. The federal government bailed out farmers but forced packinghouse workers to stay in their jobs, and often die for it.

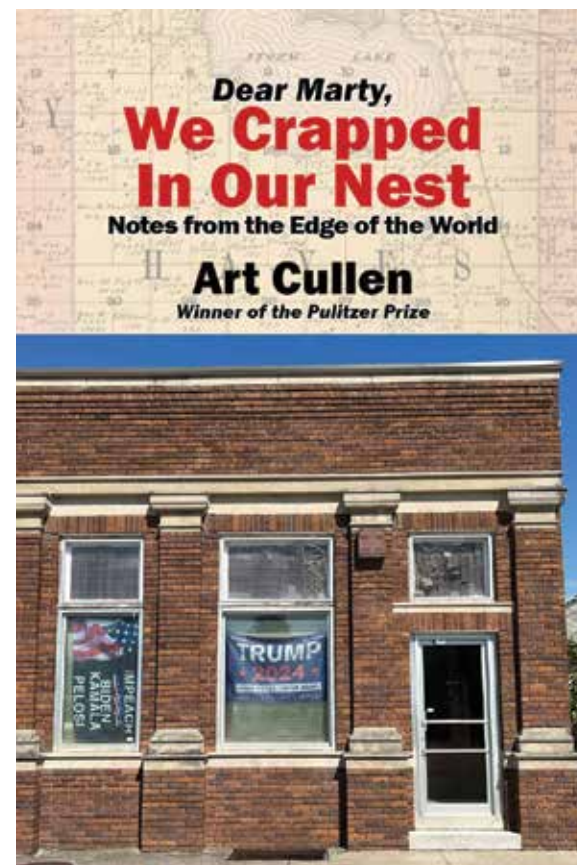
"The farmers are white," Cullen writes. "The people dying, overwhelmingly, are not."

Villains and heroes aplenty populate "Dear Marty" with the former generally being people you've heard of before. The consolidators of agriculture come in for special fury.

The heroes in the book often are people you don't know, the everyman, small-town guys who make us what we are, from the musician-businessman in Auburn (who



Art Cullen. Photo courtesy of Ice Cube Press



Iowa-based Ice Cube Press published Storm Lake journalist Art Cullen's new book. Photo courtesy of Ice Cube Press

I know, too) to the immigrant down the street from Art Cullen in Storm Lake (who I know, too).

"Dear Marty" will get you to think. But that's just it; it requires you to think. Cullen might be able to break through to more people than most journalists because his writing is tied to an abiding curiosity that's essential to uphold what all good small-town editors must know to get the paper out: Everyone has a story. Art Cullen's demands to be read.

"As the mural warns on the abandoned motel on a highway in the Navajo Nation off the beaten path of interstate freeways packed with campers and 18-wheelers 'The American rent is due.' " Cullen writes. "There's no avoiding it."

Cullen knows how much that rent is. He might be the only one in Iowa who does.

NOTE: Art Cullen is scheduled to speak at the Harkin Institute in Des Moines on Wednesday, Nov. 12 at 6 p.m. ■

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



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COMING UP

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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.

THINGS TO DO



"Les Misérables" will be at the Civic Center from Nov. 12-16. Photo by Matthew Murphy



Photo courtesy of Iowa's Largest Arts & Crafts Show

DES MOINES PERFORMING ARTS

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

www.dmpa.org

- 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"

IOWA'S LARGEST ARTS & CRAFTS SHOW

Varied Industries Building, E. 30th St. and E. University Ave., Des Moines

www.iowastatefairgrounds.org/event-calendar

Nov. 14-16

More than 250 exhibitors set up inside the Varied Industries Building at the fairgrounds to bring Des Moines the state's largest arts and crafts show. Products being sold include oak furniture, pottery, jewelry, clothing, floral wreaths, pet products, purses, rugs, candles and so much more in the 80,000 square feet of display space.

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines

www.tallgrasstheatre.org

- Nov. 7 to Nov. 23: "The Boxcar Children"

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:

- 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.

DES MOINES HOLIDAY BOUTIQUE

EMC Expo Center, Iowa Events Center, 730 Fourth St., Des Moines

www.desmoinesholidayboutique.com

Nov. 7-9

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.

DRAKE FOOTBALL

Drake Stadium, 2719 Forest Ave., Des Moines

www.godrakebulldogs.com/sports/football

Home games

- Nov. 8 vs. St. Thomas at 12 p.m.
- Nov. 22 vs. Morehead State at 12 p.m.

RUNS IN NOVEMBER

Metro residents can find their runner's high at these various runs or walks.

Living History Farms Race, Nov. 8

11121 Hickman Road, Urbandale
www.lhf.org/events

Born to Run 5k and one-mile walk, Nov. 8

Confluence Brewing Company, 1235 Thomas Beck Road, Des Moines
www.runsignup.com/Race/IA/DesMoines/MilesforMomsIowa

Girls on the Run 5k, Nov. 9

Principal Park, 1 Line Drive, Des Moines
www.gotrcentraliowa.org/5k

Turkey Trails 5k/10k, Nov. 23

Gray's Lake, 2100 Fleur Drive, Des Moines
www.runsignup.com/Race/IA/DesMoines/TurkeyTrailsDesMoines

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo courtesy of Drake University

DRAKE BASKETBALL

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

- Men's home games:
- Nov. 10 vs. Simpson
 - Nov. 14 vs. SIUE
 - Nov. 21 vs. Buena Vista
- Women's home games:
- Nov. 9 vs. Creighton
 - Nov. 20 vs. Iowa State



Photo courtesy of Exile Brewing Company

EXILE'S SNOWGLOBE DSM

Exile Brewing Company, 1514 Walnut St., Des Moines
www.exilebrewing.com/exile-events/snowglobe-1

Exile Brewing Company transforms it's brewery to fit the holidays for its SnowGlobe DSM event. From November to December, Exile gets a holiday makeover and special events to celebrate the season.



Photo by Jasey Michelle, Picture Iowa

IOWA WOLVES

Casey's Center, 233 Center St., Des Moines
www.iowa.gleague.nba.com

- Nov. 7 vs. Cleveland Charge at 6:30 p.m.
- Nov. 8 vs. Cleveland Charge at 6:30 p.m.
- Nov. 16 vs. Noblesville Boom at 3 p.m.
- Nov. 17 vs. Noblesville Boom at 6:30 p.m.
- Nov. 20 vs. Windy City Bulls at 6:30 p.m.
- Nov. 21 vs. Windy City Bulls at 6:30 p.m.



Photo by Tim Garland, courtesy of the Iowa Wild

IOWA WILD

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

- Home games:
- 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 (Florida Panthers) at 6 p.m.
 - Nov. 18 vs. Texas Stars (Dallas Stars) at 7 p.m. ■

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PROMOTING from within

Executives from three Des Moines companies share why and how they look for talent inside their doors.

By Lindsey Giardino

FEATURE

At Bankers Trust, promoting from within is a core pillar of the organization.

To make that happen, leaders participate annually in talent reviews to discuss succession planning for key roles and employee development plans. They also map out the current and future needs of the organization so they can align talent with professional development opportunities and growth within the bank — an approach that supports the organization's culture and helps the team better serve its customers.

For employees, Bankers Trust offers numerous opportunities to develop and advance their careers internally. Many employees have created individual development plans and update them at least annually. They identify goals they want to achieve and build a plan to reach them, whether through on-the-job training, learning from others or self-study.

In addition to a large library of on-demand trainings, Bankers Trust regularly offers live sessions on topics such as crucial conversations and inclusive leadership. The bank has also developed two one-year leadership programs: Leadership Academy, which focuses on new and emerging leaders and has been around for more than a decade, and Ready Leader, a program created in partnership with Drake Executive Education to help leaders advance their skills in strategy and business planning.

In part because of this support, there are many success stories of team members who have grown within their teams or transitioned into new roles across the bank through these professional development programs.

One recent example is a Ready Leader graduate who has taken the skills and tools she learned in both programs and grown into a highly valued leader. Following the program, she implemented the business plan she developed in Ready Leader — an initiative that led to the bank receiving external recognition for her work. Her team members continue to praise her leadership approach, her support and her encouragement of their own professional development.

This example illustrates how promoting from within helps Bankers Trust maintain the strong culture it has worked hard to build.

"Team members can see our commitment to their growth and success, which helps increase engagement and retention," Julie Eggleston, chief human resources officer at Bankers Trust, says. "Investing in professional development, which has been a key factor in allowing us to promote from within as much as we do, also helps to continue upskilling our workforce to support the evolving needs of our customers."

Of course, developing internal talent comes with challenges, but Bankers Trust meets them head on.

"Employees are busy and give so much to the organization and our customers," Eggleston says. "They often put their development last, which means taking time to invest in themselves constantly gets pushed to

something that can be done 'later.' "

To help team members prioritize their own development, the bank reminds managers to regularly discuss growth goals with employees. The company also offers training on how to create individual development plans and how managers can support them. Additionally, Bankers Trust has expanded its Learning Management System, which now includes more than 4,000 on-demand trainings, developed shorter micro-trainings such as the Manager Lunch and Learn series, and incorporated more virtual live trainings when possible.

To measure the success of these efforts, Bankers Trust conducts an employee engagement survey every two years, tracking progress in three major areas: employee engagement, equip factors (whether employees have the tools they need to do their jobs) and manager effectiveness.

"We are proud that Bankers Trust's engagement scores consistently put us in the top quartile of our industry and that we've seen increases to overall engagement in our last two surveys," Eggleston says.

From potential to purpose

Holmes Murphy has several ways to identify employees with potential to take the next step in their career journey, one of which stems from their relationship with their leaders.

"That is a vital relationship that helps foster the opportunities," Julie McAnally, vice president of growth and development, says. "In addition to leader advocacy, we've built structured programs that create space for recognition and development. Through these channels, employees can showcase their strengths, take initiative and be seen by a broader audience."

The company also offers a range of programs for employees, from interns to those on the path to becoming shareholders. The Brainery focuses on accelerating the growth of those new to their professional careers and to insurance, while Soul recognizes and develops high-potential talent by engaging them with a deeper understanding of the business, connecting them with senior leadership, encouraging cross-departmental relationships, providing tailored mentorship and helping them see the career opportunities available within Holmes Murphy.

Through Holmes Murphy University, a shareholder education program for nominated employees whose next step is becoming an owner, participants gain a deeper understanding of the company's privately held structure, shareholder expectations, strategic history, financial insights and the benefits of ownership.

Why go to such lengths to nurture internal talent at Holmes Murphy?

"Promoting from within reflects our mission statement, 'Caring for your unique potential is our soul purpose,'" McAnally says. "We believe that when



Julie Eggleston, chief human resources officer at Bankers Trust

employees see a clear path for growth, they're more engaged, more invested and more likely to stay. Internal mobility recognizes that their development matters and their contributions are recognized."

She adds that employees who grow within the organization already understand the culture, systems and clients. They bring knowledge and established relationships that accelerate their impact in new roles.

"Promoting from within builds trust," McAnally says. "It shows that we're not just filling seats — we're building careers."

One of Holmes Murphy's challenges in this area is striking the right balance between individualization and scalability.

"We're committed to creating meaningful, unique learning experiences that meet individuals where they are," McAnally says. "But as our organization grows, so does the complexity of delivering tailored development at scale. Every employee has different aspirations, learning styles, and career paths. Designing programs that honor that, while still being efficient and accessible, is a balancing act."

One way Holmes Murphy tracks the success of its internal promotion efforts is by monitoring the number of new hires who join through employee referrals. A high referral rate is a strong indicator that they're encouraging an engaged, caring environment — one where employees feel proud to recommend Holmes Murphy to those in their personal networks.

"Once employees are part of our organization, it's essential that we continue to invest in their unique potential," McAnally says. "We believe in creating diverse pathways for employees to engage in areas they're

passionate about. Success here is reflected in the number of employees actively involved in our communities such as employee resource groups, culture teams and philanthropy initiatives. These connections deepen a sense of belonging and ultimately contribute to long-term loyalty.”

Investing in people

At Merchants Bonding Company, identifying future leaders within the organization begins with meaningful conversations about performance. Through regular one-on-one meetings, career discussions and annual performance reviews, leaders assess both results and growth potential.

“We want our managers and our associates to have great relationships, and that drives the way we grow our potential,” says Michelle Cole, director of training and development. “It’s truly at the heart of what we do.”

In addition, company leaders look beyond business goals to identify future leaders who engage in Special Interest Groups, Employee Resource Groups and the broader community and professional organizations.

“We are looking for people with a deep desire for continuous improvement,” Cole says. “Our goal is to recognize not only those who consistently deliver excellence, but also those who demonstrate curiosity, integrity and a willingness to stretch beyond their

current role — qualities that align with our courageous culture.”

Merchants offers a variety of development opportunities designed to help associates grow in their current roles and prepare for future ones, including through their new learning management system, Paycom Learn, book discussions, an EC mentoring program in which executives serve as mentors, and specialized in-house training for associates at every level.

“We encourage associates and managers to have ongoing career conversations as part of our development approach, exploring aspirations and growth opportunities within the wide range of programs we offer,” Cole says. “We believe in developing potential through learning and involvement, ensuring every associate has a path to grow both personally and professionally.”

For Merchants, promoting from within reinforces its purpose: to be the most trusted team in surety.

“It reflects our belief that trust is built when we invest in our people, nurture their potential and recognize their contributions,” Cole says. “Internal growth not only supports business continuity and innovation but also strengthens engagement and loyalty.”

Merchants measures the success of these efforts through multiple lenses, including retention rates, promotion trends and associate feedback. The company



Julie McAnally, vice president of growth and development at Holmes Murphy

also participates in the national Great Place to Work survey each year to assess its culture and ensure associates feel supported in every way, a recognition they recently received for the fifth year in a row.

“Ultimately, success is seen when our associates feel valued, supported and inspired to do their best work — because that’s what drives our culture and our business forward,” Cole says. ■

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4107 KINGMAN BLVD., DES MOINES
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SELLER: LEUTZINGER, CARRIE A
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ACRES: 0.549
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335 S.E. ORALABOR ROAD, ANKENY
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500 E. LIVINGSTON AVE., DES MOINES
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BUYER: NORTHWAY, CHARLES T
ACRES: 0.710
SQUARE FEET: 8,300

4825 N.W. 59TH AVE., JOHNSTON
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SALE PRICE: \$408,531
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BUYER: KOHLES MECHANICAL INC
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SQUARE FEET: 0



519 S. 18TH ST., WEST DES MOINES
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SALE PRICE: \$1,450,000
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ACRES: 1.800
SQUARE FEET: 14,250



1304 LOCUST ST., DES MOINES
SALE DATE: 2025-06-19
SALE PRICE: \$1,500,000
SELLER: GARLAND ENTERPRISES LLC
BUYER: THREE'S CAR GARAGE LLC
ACRES: 0.319
SQUARE FEET: 17,136

3081 N.W. PRAIRIE LANE, DES MOINES
SALE DATE: 2025-06-19
SALE PRICE: \$790,000
SELLER: WW BUILDING SYSTEMS LLC
BUYER: WILD WILLY'S REAL ESTATE LLC
ACRES: 1.441
SQUARE FEET: 6,000

NO ADDRESS LISTED
SALE DATE: 2025-06-19
SALE PRICE: \$75,840
SELLER: MAPLEWOOD FARM LC
BUYER: CITY OF URBANDALE
ACRES: 2.803
SQUARE FEET: 0

3330 UNIVERSITY AVE., DES MOINES
SALE DATE: 2025-06-19
SALE PRICE: \$729,999
SELLER: ALPHA DELTA PI INTERNATIONAL HOUSING INC
BUYER: KNOWLTON BAILEY PROPERTIES LLC
ACRES: 0.530
SQUARE FEET: 5,756



213 S.E. MAIN ST., GRIMES
SALE DATE: 2025-06-20
SALE PRICE: \$290,000
SELLER: 206 PROPERTIES LLC
BUYER: MARK A WISKUS LIVING TRUST
ACRES: 0.067
SQUARE FEET: 1,323

1680 E. 17TH ST., DES MOINES
SALE DATE: 2025-06-20
SALE PRICE: \$250,000
SELLER: BKV ENTERPRISES LLC
BUYER: DMF PROPERTIES LLC
ACRES: 3.401

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NO ADDRESS LISTED
SALE DATE: 2025-06-24
SALE PRICE: \$1,128,400
SELLER: HOPE K FARMS LLC
BUYER: MIDAMERICAN ENERGY COMPANY
ACRES: 4.344
SQUARE FEET: 0

NO ADDRESS LISTED
SALE DATE: 2025-06-24
SALE PRICE: \$195,000
SELLER: DONOVAN INDUSTRIES LLC
BUYER: 100 SHERIDAN LLC
ACRES: 1.039
SQUARE FEET: 0

2030 S. ANKENY BLVD., ANKENY
SALE DATE: 2025-06-24
SALE PRICE: \$7,150,000
SELLER: CAMPUS VIEW STUDENT HOUSING LLC
BUYER: PRAIRIE POINTE LC
ACRES: 3.320
SQUARE FEET: 79,637



3400 E. EUCLID AVE., UNIT C, DES MOINES
SALE DATE: 2025-06-25
SALE PRICE: \$350,000
SELLER: IOWA LABORERS' EDUCATION & TRAINING TRUST FUND
BUYER: PROVIDENCE REFORMED CHURCH OF DES MOINES IOWA
ACRES: 0.470
SQUARE FEET: 3,468

113 MILL ST., S.W., MITCHELLVILLE
SALE DATE: 2025-06-25
SALE PRICE: \$370,000
SELLER: MCCONNELL, VICKI TYLER
BUYER: LAB INDUSTRIAL PROPERTIES LLC
ACRES: 0.313
SQUARE FEET: 3,240

2000 MEADOW CHASE LANE, DES MOINES
SALE DATE: 2025-06-26
SALE PRICE: \$2,437,500
SELLER: DSMIA LLLP
BUYER: HGIG LYN HOLDINGS LLC
ACRES: 5.687
SQUARE FEET: 43,496

8717 URBANDALE AVE., URBANDALE
SALE DATE: 2025-06-26
SALE PRICE: \$295,000
SELLER: PICKLE PROPERTIES DSM 24TH ST LLC
BUYER: SAWYER, GRAHAM
ACRES: 0.581
SQUARE FEET: 2,744

2109 FOREST AVE., DES MOINES
SALE DATE: 2025-06-26
SALE PRICE: \$70,000
SELLER: FOREST AVENUE PROPERTIES LC
BUYER: KIMA, DANIEL
ACRES: 0.071
SQUARE FEET: 1,272

1702 KEOSAUQUA WAY, DES MOINES
SALE DATE: 2025-06-26
SALE PRICE: \$311,000
SELLER: PAVEMENT PLUS LLC
BUYER: SOLID CONCRETE DESIGNS INC
ACRES: 0.631
SQUARE FEET: 5,548

3330 109TH ST., UNIT 214, URBANDALE
SALE DATE: 2025-06-26
SALE PRICE: \$365,000
SELLER: GREENSPON PROPERTY MANAGEMENT INC
BUYER: IRVING LLC
ACRES: 0.154
SQUARE FEET: 32,500

3360 109TH ST., UNIT 102, URBANDALE
SALE DATE: 2025-06-26
SALE PRICE: \$300,000
SELLER: GREENSPON PROPERTY MANAGEMENT INC
BUYER: BAUM, NORMA
ACRES: 0.131
SQUARE FEET: 21,000

4090 WESTOWN PARKWAY, SUITE E, WEST DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$550,000
SELLER: LD&P LC
BUYER: B&C MOORE ENTERPRISES LLC
ACRES: 0.431
SQUARE FEET: 3,812

3205 KINGMAN BLVD., DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$900,000
SELLER: DRAKEMAN LLC
BUYER: OKSE LLC
ACRES: 0.864
SQUARE FEET: 11,368

2014 E. OVID AVE., DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$850,000
SELLER: CM REAL ESTATE LLC
BUYER: MANTODEA LLC
ACRES: 0.832
SQUARE FEET: 9,712

30 N.W. 47TH PLACE, DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$130,000
SELLER: CORADO BODY SHOP & REPAIR LLC
BUYER: NAIG REAL ESTATE LLC
ACRES: 0.858
SQUARE FEET: 0



3000 WESTOWN PARKWAY, WEST DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$1,125,000
SELLER: 3000 WESTOWN PARTNERS LP
BUYER: KIDWELL FAMILY II LLC
ACRES: 1.946
SQUARE FEET: 15,640

3120 DOUGLAS AVE., DES MOINES
SALE DATE: 2025-06-30
SALE PRICE: \$6,125,000
SELLER: VARECO 3120 DOUGLAS LLC
BUYER: THE BIRCH APARTMENT LLC
ACRES: 3.339
SQUARE FEET: 66,127

8401 DOUGLAS AVE., UNIT 2, URBANDALE
SALE DATE: 2025-07-01
SALE PRICE: \$475,000
SELLER: HATFIELD, ALMUT
BUYER: IOWA EQUITY EXCHANGE PRKG 3260 LLC
ACRES: 0.399
SQUARE FEET: 4,900

7423 S.E. NINTH AVE., PLEASANT HILL
SALE DATE: 2025-07-01
SALE PRICE: \$731,500
SELLER: REVEIZ FARMS INC
BUYER: MIDAMERICAN ENERGY COMPANY
ACRES: 14.630
SQUARE FEET: 0

NO ADDRESS LISTED
SALE DATE: 2025-07-07
SALE PRICE: \$125,000
SELLER: RAE'S LAND COMPANY LLC
BUYER: THE DIRT COMPANY LLC
ACRES: 10.675
SQUARE FEET: 0



525 E. NINTH ST., DES MOINES
SALE DATE: 2025-07-02
SALE PRICE: \$700,000
SELLER: ELIM CHRISTIAN FELLOWSHIP OF DES MOINES IOWA INC
BUYER: STARTS RIGHT HERE
ACRES: 0.618
SQUARE FEET: 18,676



2831 DOUGLAS AVE., DES MOINES
SALE DATE: 2025-07-03
SALE PRICE: \$205,000
SELLER: CHIN, RET
NUYER: LIN, FANG
ACRES: 0.327
SQUARE FEET: 902 ■

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

Sexton named as USDA Rural Development State Director

U.S. Secretary of Agriculture Brooke Rollins announced Michael Sexton has been appointed by President Donald Trump to serve as the USDA Rural Development State Director for the state of Iowa. Director Sexton will implement President Trump's America First agenda at USDA Rural Development, ensuring the needs of America's farmers, ranchers, and producers remain a top priority.



Michael Sexton

Merit Management Group appoints Jose Alfredo Pando Burciaga as director of marketing

Merit Management Group announced the appointment of Jose Alfredo Pando Burciaga as director of marketing. In this role, Pando will oversee the development and execution of marketing strategies across Merit's portfolio of companies, with a focus on building a strong internal team and driving measurable growth.

Pando was drawn to Merit by the company's vision for growth and the alignment he felt with its leadership team. "I joined the Merit team because of the exciting opportunities and growth I saw ahead. I instantly felt a good connection when meeting with Mike and Ryan and felt aligned with their leadership," said Pando. "What excites me most is the tight team we are building and the role I'll get to play in shaping that. Merit is focused on all the right things, from how we service our portfolio companies to the systems and teams we are building. I am thrilled to be here."

Williams named director of development and planned giving at DMU

Des Moines University Medicine and Health Sciences has promoted Dave Williams, M.B.A., to the role of director of development and planned giving. As the new director, Williams will lead DMU's planned giving efforts, helping alumni and friends of the university explore charitable options that align with their personal and financial goals. These options include bequests, charitable trusts and other tax-advantaged giving strategies.



Dave Williams

De Jong joins DMU Clinic as certified athletic trainer

Des Moines University Clinic - Physical Therapy welcomes Brittney De Jong, M.A., LAT, ATC, as a certified athletic trainer. In June, the DMU Clinic announced its exclusive athletic training partnership with the Des Moines Buccaneers, a Tier I junior ice hockey team in the United State Hockey League (USHL). As part of that agreement, De Jong will also train exclusively with the Bucs throughout the 2025-2026 season. She says her goal is ultimately to help the Bucs win the league's Clark Cup.



Brittney De Jong



Iowa Bankers Association announces 2025-26 leadership

The Iowa Bankers Association recently elected officers and directors to serve on its 2025-26 board of directors. These leaders assumed their roles during the IBA Annual Convention, held Sept. 21-23 in Des Moines. Officers for the IBA executive committee are as follows:

- Abram Tubbs, at Ohnward Bancshares in Maquoketa, will serve as chair of the board.
- Melissa Spurgin, at First Iowa State Bank in Albia, will serve as chair-elect.
- Shane Zimmerman, at Two Rivers Bank & Trust in Burlington, will serve as treasurer.
- Jim Plagge, at Bank Iowa in West Des Moines, will serve as past chair of the board.
- Adam Gregg, IBA president and CEO, will serve as secretary of the board.

Officers were nominated and approved by IBA member banks from across the state. The IBA executive committee leads the board of directors, which is responsible for setting policy and overseeing the general operation of the IBA.

Also serving on the 2025-26 IBA board of directors are:

- Seth McCaulley, at Community State Bank in Spencer, representing the northwest region.
- Ryan Sheridan, at Denver Savings Bank in Denver, representing the northeast region.
- Matt Morris, at Charter Bank in Johnston, representing the central region.
- Nathan Koch, at Heartland Bank & Trust Company in Coralville, representing the east region.
- Julie Lanning, at Northwest Bank in Creston, representing the southwest region.
- Steve Fopma, at Leighton State Bank in Pella, representing the southeast region.
- Heidi Parkhurst, at Bank of America in Davenport, serving as member-at-large.
- Chip Reeves, at MidWestOne Bank in Iowa City, serving as member-at-large.
- Emily Abbas, at Bankers Trust Company in Des Moines, serving as member-at-large. ■



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Breast
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Adamantine Spine Moving is a small, Iowan owned moving company with branches in Des Moines, Iowa

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

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Adamantine Spine Moving

4701 NW Urbandale Dr., Suite #230, Urbandale

5.0 ★★★★★

Heidi L.

★★★★★

I have made many moves and worked with many different companies. Hands down, Adamantine Spine was the best. From the onset, the staff member who served as my moving consultant provided excellent communications and was very responsive to questions which arose along the way. The crew was great. The pick-up crew arrived right on time and had a large house loaded in just a few hours; for the unloading it was a smaller crew (so it took a little longer), but they gave regular updates on their arrival time and once here were efficient, friendly, and great to work with. The rates were reasonable with no surprises. I would use Adamantine Spine again without any hesitation!

CyPilot Iowan

★★★★★

I have engaged Spine for several commercial moves since 2008. Uniformly excellent. Their crews on my job sites have been conscientious to a fault - they take better care of my property than I do!! We have moved well over a million dollars of goods with them, and we have not had a single instance of damage. I've also found their back-office communications and procedures to be far better than most of the moving industry. Last, for the quality of service I received, the rates are extremely fair. THANK YOU!!!

Rod W.

★★★★★

I did a lot of research into movers. We have used movers several times the last 5 years, and we have sometimes been disappointed by the job done and the final cost. I read very positive reviews about Adamantine Spine Moving and those reviews were 100% accurate. The team we had handle our move was professional, dependable, on time, and genuinely cared that they were meeting (or rather, exceeding) our needs. Drew and Nick were our leads and they were excellent. I would absolutely not hesitate to use them again and would not even bother considering anyone else given this experience. A++++ to the Adamantine Spine Moving team!!!!!!

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Abendroth Russell Barnett Law Firm

2560 73rd St., Urbandale

5.0 ★★★★★

Jodi J.

★★★★★

"I was very satisfied with the service from this law firm. I initially felt nervous and unsure, but Ross and his professional staff immediately put me at ease. They are kind and spoke to me in terms I could understand. I highly recommend them!"

Danny M.

★★★★★

"Excellent group of folks to work with; huge shoutout to Charlotte for assisting with legal needs for my business. Thanks for all you do!"

Taylor D.

★★★★★

"I can't thank Ross Barnett and his team enough. They turned what was an incredibly stressful and overwhelming time—dealing with a loss, the estate, and everything that comes with it—into one of the most seamless experiences I could have imagined. [They] handled everything with care and professionalism, guiding me through each step of the process...I'm deeply grateful for the care, transparency, and dedication they showed throughout. I truly can't recommend [them] enough."

Barbara D.

★★★★★

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

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Historic Valley Junction Foundation

137 Fifth St., West Des Moines

5.0 ★★★★★

Christina E.

★★★★★

Absolutely love coming to the Thursday farmers market and free live music! It has become a tradition during the season. It's a really great place to find some terrific food, chill, listen to talented artists, and people watch! Drinks are also available on site. Arrive early for good parking!

Lillian E.

★★★★★

Fantastic Farmers Market on Thursday night with a very popular live music area and activities for kids.

Mike S.

★★★★★

I visited Valley Junction for the Henry Gregor Felsen car show. I was very impressed with all of the shops that were open; it definitely kept that old-time vibe alive.

Cindy N.

★★★★★

Cute little shops. Fun restaurants. Great Farmer's Market on Thursday evenings in the summer...They alone are worth the trip!

Deborah L.

★★★★★

A historic and fun neighborhood to shop for unique things. Spent an afternoon exploring all the neat shops.

★★★★★
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5.0 ★★★★★



Nannette S.

★★★★★

So many treasures! Great prices. Something for everyone in such a beautiful store! You've got to see it to believe it.

Adati T.

★★★★★

It was my pleasure shopping at this store. The organization is top notch and I liked their household items. My favorite items was their jewelry and other accessories collection. The staff were very sweet.

Darla B.

★★★★★

I thought I walked into a high priced boutique! Very reasonable prices! Sales every day! Great inventory!

Sharon S.

★★★★★

I stop at this store whenever I'm in Des moines. They have lovely, gently used items at great prices. Be sure and check out the 50 percent off color tags. Love the store. Love the gals that work there. And there always seems to be a plate of treats by the door!

Daniel D.

★★★★★

One of my favorite thrift shops in Des Moines. Very clean, well organized, friendly staff and sales that keep me coming back. Highly recommend visiting Thriftmart! And I can't leave out that the cookies greeting you always enhance the visit.

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A NEW PACK OF WOLVES

A new head coach and new general manager look to bring the Iowa Wolves back into the spotlight.

By Cyote Williams

The 2024 season was less than ideal for the Iowa Wolves. For the second season in a row, the squad only won seven games, compiling a 7-27 record in back-to-back seasons, and the third season in a row when the squad failed to hit double-digit wins. G-League teams are not all about wins and losses, though, as the main function of the organization is to develop talent for the Minnesota Timberwolves up north.

The Iowa Wolves have since seen a major shakeup. There is a new general manager in town: Josh Gershon was most recently director of basketball intelligence/assistant general manager for the Wolves. Also, Ernest Scott is out the door as head coach, replaced by new Head Coach Mahmoud Abdelfattah. We spoke with Abdelfattah to find out what he plans to do to turn the Wolves back into the winning franchise it was during its Iowa Energy days.

Photo courtesy of Jasey Michelle (Picture Iowa)



Photo courtesy of Jasey Michelle (Picture Iowa)

As a Chicago native, Abdelfattah is already acclimatized to the harsh winters found in the Midwest. He played college basketball at Wilbur Wright College and St. Cloud State University, where he realized coaching would be his next step.

“When I was a collegiate player, I knew I wasn’t good enough to be an NBA player,” Abdelfattah said with a laugh. “That’s when I realized I had to figure out a different path. I always told myself that I want to be the coach that I always wanted to play for.”

He believes his organizational and communication skills are big reasons why the Iowa Wolves presented him with the opportunity to bring his talents to Des Moines.

“I’m very thankful that they gave me that opportunity, and they saw how organized I was. They saw my plan going into Iowa. I showed them some of the things that I would do in regard to developing guys and how our communication would be from Iowa to Minnesota,” Abdelfattah said.

“I’m just excited to be the head coach of the Iowa Wolves. I’ve heard from everybody on the business side, to former coaches and former players, just how great the support is over there.
I’M LOOKING FORWARD TO COACHING OUR GUYS AND BRINGING A WINNING TEAM TO DES MOINES.”

- Mahmoud Abdelfattah



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THE BASKETBALL

A pillar of Abdelfattah’s coaching philosophy is allowing players to be themselves. Knowing and understanding what his players are working toward in the weight room, on the court and in preparation is different.

Abdelfattah comes with solid coaching experience. He spent four years as an assistant at his alma mater, St. Cloud; one year as an assistant with the Rio Grande Valley Vipers, G-League affiliate with the Houston Rockets; and three years as their head coach. His coaching record during that time was 49-43 with one season ending in the quarterfinals and his last resulting in a G-League championship, something the Iowa Wolves have not accomplished since 2011. After that, he spent one season leading the Sydney Kings in Australia.

Besides some rule changes, Abdelfattah points to the ever-changing roster of a G-League team as the main difference between the two leagues.

“Your roster can change every day. I believe when we won a championship, we had 25-plus different guys on the roster. The G-League is the only place like that,” Abdelfattah said.

Dealing with that many roster changes can stretch and strain even the best teams and coaches. It is a problem that got the better of the Wolves last season, with both its squad and the Timberwolves being hit frequently by the injury bug.



Leonard Miller played 13 games for the Minnesota Timberwolves last season. Photo courtesy of Jasey Michelle (Picture Iowa)

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CITYVIEW



When the Timberwolves howl, the Iowa Wolves have to answer. Abdelfattah says having solid communication between him and his players is most important.

“Having consistent communication with the guys and helping them understand if they don’t know what the G-League is about, that they have to stay ready. I’ve been around where the eighth, ninth or 10th man on the roster is not playing the first few games, and then he’s going to be your most important piece toward the end of the year, trying to make the playoffs, and winning the championship,” Abdelfattah said.

At the end of the day, he understands the G-League is a stepping stone for these players. The goal for them is to make it to the next level.

“They want to be on an NBA roster. But, you have to turn that thinking into, winning is the ultimate goal. And, if we all win, then individual success comes out of the entire group,” Abdelfattah said.

Abdelfattah has his own style of coaching, but when the goal is to develop players for the next level, those players need to be prepared for what the Minnesota team wants to do. How he blends his style with

Minnesota’s is crucial to both teams’ success.

“It’s actually been great for me, because just being around different staff, I truly invest in learning, you know, what they do at the NBA level, because it allows me the opportunity to learn another style, different types of schemes, and try to implement what they want down in the G,” Abdelfattah said. “Whatever we do in Minnesota, I truly try to do my best to implement all of that in Iowa.”

When it comes to whether his players are truly capable of playing at the next level, Abdelfattah looks for something besides their playing ability.

“Usually, the guys that have a consistent routine and a consistent work ethic, because in the G-League, you can say your back is against the wall. Some of these guys take the opportunity for granted or really don’t value the opportunity that they’re in. But some guys truly take it and run with it. And when those guys put forth the work, and those guys are in the gym consistently, those guys have a routine that is second to none. Eventually, they’re going to pass up some of the guys that maybe have been former draft guys or guys that have been up on NBA rosters,” Abdelfattah said.

THE PLAYERS

It is difficult to get a read on who is going to be on the Iowa Wolves roster ahead of time not only for the media but for the coaches themselves. Rosters are never truly final in the G-League, and that extends to preseason as well. Not even Abdelfattah was sure who he would have on his squad at the time of our interview. He was only able to say for certain that Nojel Eastern and Martez Brown will be back in Iowa for 2025-2026.

Brown was a staple for the Wolves in his first season with the team, playing in 33 games, averaging 7.6 points and 6.9 rebounds, 1.1 assists, 1 steal and 0.9 blocks.

Eastern, playing in his second season in Iowa, averaged 13.3 points, 5.4 rebounds and 2.9 assists in 26 games. Expect to see both Brown and Eastern get extended playing time again this year.

As for the rest of the roster, several young prospects in Minnesota could see time in Iowa. Rookie Rocco Zikarsky is a 7’3” center hailing from Australia who had solid performances during the summer league. Forward Leonard Miller is another young player in the team’s pipeline. He played in 13 games for the Timberwolves last season.

The Wolves need to replace the offensive output they received from Trevor Keels, a player who had been a mainstay in Iowa for the last three seasons. Finding someone to take over his team-high 20.7 points per game will be crucial.



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FEATURE STORY

The glitz and the glamor of professional basketball are largely played out on the court in front of the fans. But, there is plenty of work done behind the scenes to make sure the team is running smoothly. In steps Team President Drew Van Meeteren. Van Meeteren did not originally work in sports, nor was it his original goal to work within a sports organization. He spent the bulk of his career working in corporate America, including 18 years at Principal Financial Group. A major event in his life changed the path he was on.

“My daughter passed away when she was 5, and it was at that point when we set up a fund at Blank Children’s Hospital to help special needs children purchase special needs equipment. Those things are very expensive,” Van Meeteren said. “I came from a golf family, so I started up a golf tournament as the fundraiser. Nine years later, we had raised a quarter of a million dollars for this fund, and the cards and letters I got in the mail for these kids were just life-changing for me. It was at that point where I’m like, I need to do something different. The impact, the passion, the everything that I was receiving — and from the impact we were making in this community — I’m like, I want that every day.”

And so, he did something different. Van Meeteren eventually found himself with the PGA Tour, which, with each of its tournaments, gives back to a local charity, such as the Principal Charity Classic. He became the tour director for the Korn Ferry tour, which is essentially the minor leagues for the PGA.

“The long and short of that is, I love what I do. I don’t feel like I work a day in my life, because we use this platform just like I did with the PGA, as a tool for the betterment of the community,” Van Meeteren said.

Community engagement is something the Iowa Wolves lean into. The Iowa Wolves have the Read to Achieve program. Since it began four years ago, more than 12,000 kindergarten through eighth-grade students have participated. Classrooms that read 500 or more minutes by Jan. 1 are entered to win the opportunity for a field trip to the Iowa Wolves Education Day game on Tuesday, Feb. 10. There is also the Leader of the Pack, which, through nominations, honors community members who have shown outstanding service and leadership to the Iowa community. The DASH auctions also benefit various local organizations.



Photo courtesy of Jasey Michelle (Picture Iowa)

“It’s what we’re doing as a part of our platform that’s important to us. It’s not the basketball game; it’s not the players. It’s what are we doing with our platform, right? Using our sports platform to make a difference in the community,” Van Meeteren said.



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Community engagement programs, specialty jerseys and more keep the Iowa Wolves toward the top in average attendance. Photo courtesy of Jasey Michelle (Picture Iowa)

Van Meeteren also stressed how important it is for fans to realize how fortunate the community is to have had a G-League present in the city for as long as it has.

“The G-League has been in this city for 18-plus years. People don’t realize that, and I think it’s good for people to know the longevity. When you’re in minor league sports, a lot of people are like, what’s the credibility of the minor league team? Are they going to be here today, gone tomorrow? Eighteen years of longevity is certainly something to be proud of and something that the city doesn’t necessarily know,” Van Meeteren said.

The Iowa Wolves are considered part of the trio of the Minnesota Timberwolves and Minnesota Lynx (WNBA). Van Meeteren points to the organization investing in a permanent office for the Iowa Wolves staff as a commitment not only to the team but to Des Moines.

“Minnesota absolutely loves the Des Moines market, and they feel this is a perfect fit for their G-League team. They want us to be here for a long, long time,” Van Meeteren said.

Van Meeteren is also on the board of directors for the Des Moines Partnership, on the board of the Greater Des Moines Sports Commission, and is on the executive committee for team presidents in the G-League. Each of these helps him run the Iowa Wolves as effectively as possible.

“I have a responsibility, just like a lot of other businesses down here, to make downtown Des Moines the best it can be. (The Greater Des Moines Sports Commission) is an opportunity for all of my peers and myself to discuss things that are happening from a sports perspective, from colleges to minor leagues, to hotels and everything. (Executive Committee of Team Presidents) has an executive call monthly, and we share different best practices. That is an amazing resource for me, because we’re all trying to do the same thing, but yet we’re in our own respective markets,” Van Meeteren said.

While he doesn’t control the X’s and O’s, Van Meeteren’s goals are clear: Make sure the team runs smoothly, and make sure there are satisfied butts in seats.

“It’s not about selling tickets. It’s not about whether the team is 10-0 or 0-10. It’s about an opportunity for, in our case, our core audience, families and two and a half kids, to come out, have a great time and leave here knowing that they had a great time and they want to come back again,” Van Meeteren said. ■

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- **Nov. 17** at 6:30 p.m. vs. Noblesville Boom
- **Nov. 20** at 6:30 p.m. vs. Windy City Bulls (Chicago Bulls)
- **Nov. 21** at 6:30 p.m. vs. Windy City Bulls
- **Dec. 12** at 6:30 p.m. vs. Motor City Cruise (Detroit Pistons)
| **HOWLIDAY JERSEY**
- **Jan. 3** at 6:30 p.m. vs. Sioux Falls Skyforce (Miami Heat)
| **TIMBERWOLVES-INSPIRED JERSEY**
- **Jan. 4** at 3 p.m. vs. Sioux Falls Skyforce
| **FAITH AND FAMILY DAY**
- **Jan. 18** at 3 p.m. vs. Long Island Nets (Brooklyn Nets)
| **ALPHA'S BIRTHDAY**
- Jan. 19 at 1 p.m. vs. Long Island Nets | **MLK DAY**
- Jan. 24 at 6:30 p.m. vs. Memphis Hustle (Memphis Grizzlies)
| **HOOPS FOR HOPE**
- Jan. 26 at 6:30 p.m. vs. Rio Grande Valley Vipers (Houston Rockets)
- Jan. 27 at 6:30 p.m. vs. Mexico City Capitanes
- Feb. 7 at 6:30 p.m. vs. Maine Celtics (Boston Celtics)
| **BASKETBALL FOR ALL**
- Feb. 10 at 10:30 a.m. vs. Austin Spurs (San Antonio Spurs)
| **EDUCATION DAY**
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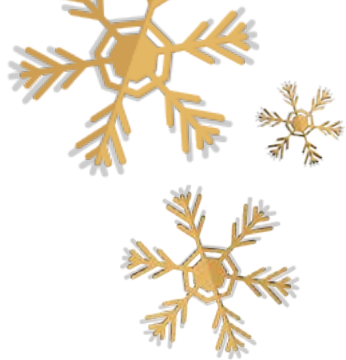
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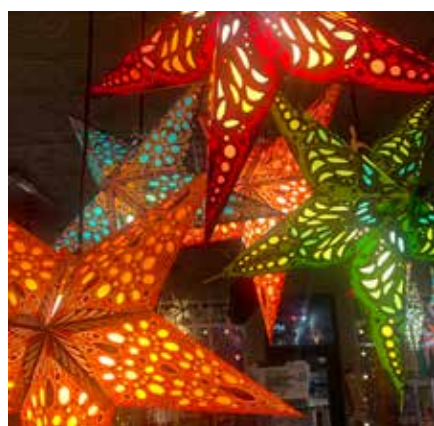
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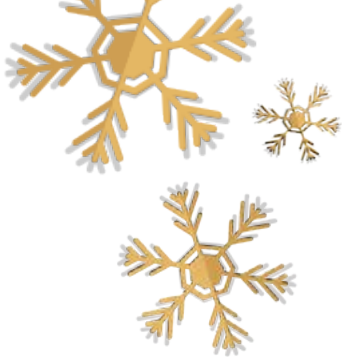
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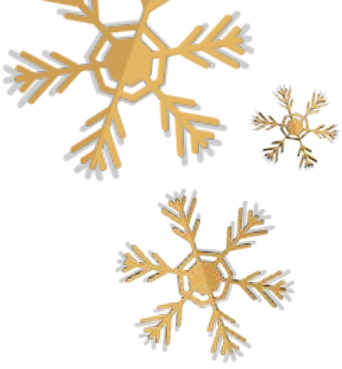
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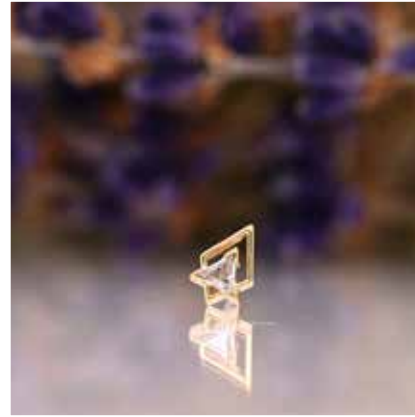
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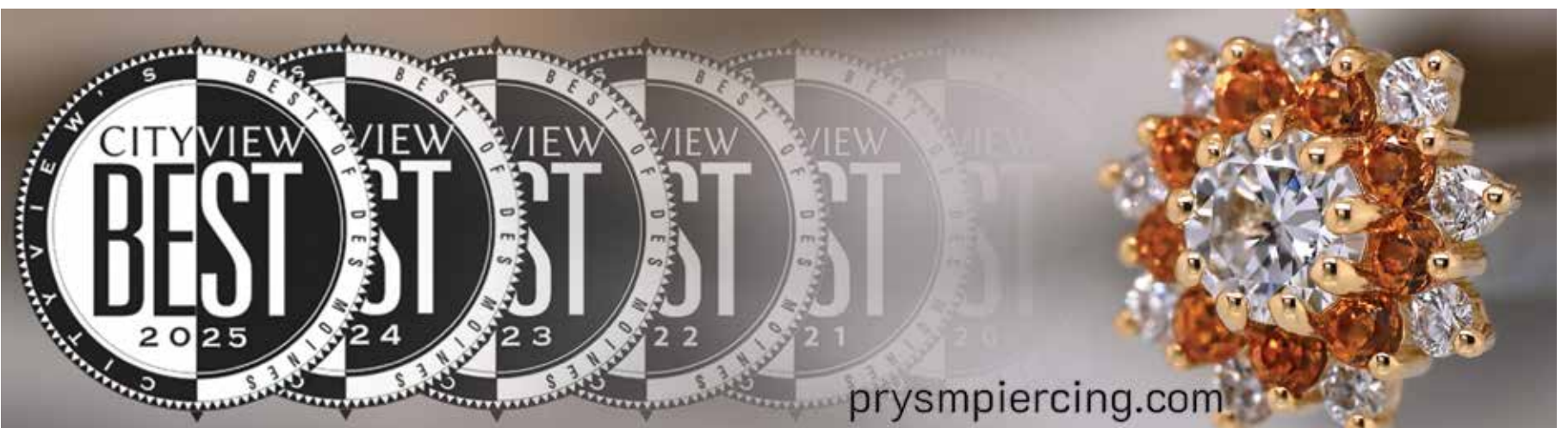
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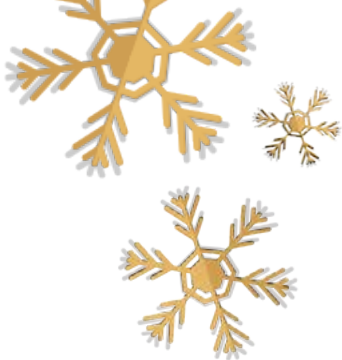


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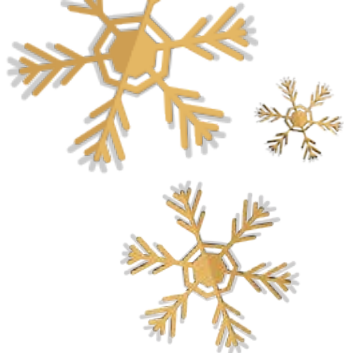
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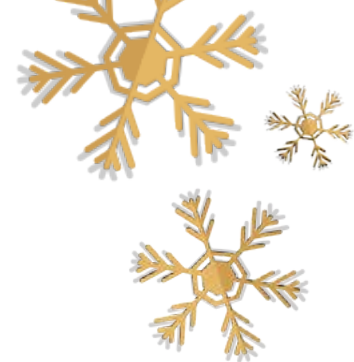
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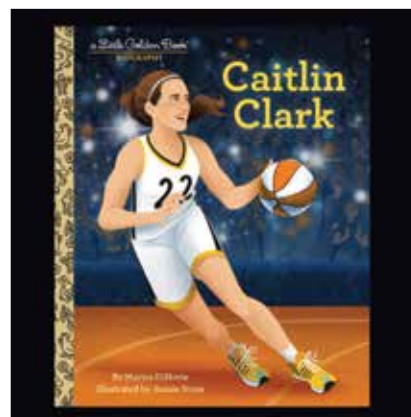
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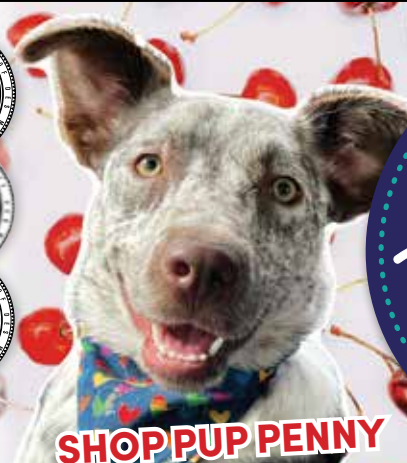
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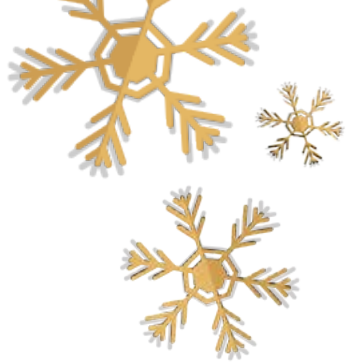


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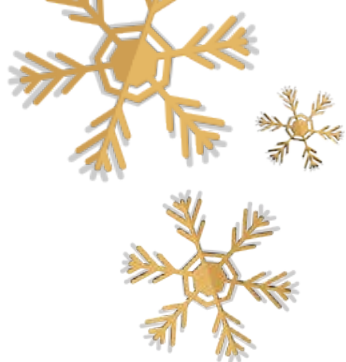
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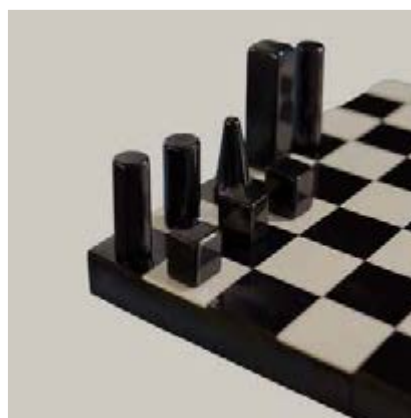
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44

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FREEMAN

WOLVES
25

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WOLVES
9

2025-26 PROMO SCHEDULE

NOV	11.7	OPENING NIGHT - T-SHIRT GIVEAWAY	
	11.8	MAGNET SCHEDULE GIVEAWAY	 THE IOWA CLINIC
	11.21	STEIN GIVEAWAY	 MIDAMERICAN ENERGY COMPANY
DEC	12.12	HOWLIDAY GAME + SPECIALTY JERSEY - BEANIE GIVEAWAY	
JAN	1.3	TIMBERWOLVES DAY + SPECIALTY JERSEY - YOUTH JERSEY GIVEAWAY	
	1.4	FAITH AND FAMILY - POSTGAME CONCERT	
	1.18	ALPHA'S BIRTHDAY	 PARTY RENTALS - PIT VIPER GIVEAWAY  FULLY PROMOTED URBAN DALE
	1.24	HOOPS FOR HOPE	
FEB	2.7	BASKETBALL FOR ALL	
	2.10	EDUCATION DAY	 MIDAMERICAN ENERGY COMPANY
	2.22	STATE FAIR DAY + SPECIALTY JERSEY - BUTTER BELL GIVEAWAY	
	2.27	GET LUCKY WITH IOWA LOTTERY - GIVEAWAY	 IALottery Woo Hoo for You
MAR	3.8	WOMEN'S EMPOWERMENT + SPECIALTY JERSEY - TUMBLER GIVEAWAY	
	3.26	CARS JERSEY WEEKEND + SPECIALTY JERSEY	
	3.28	CARS JERSEY WEEKEND + SPECIALTY JERSEY - FANNY PACK HAT GIVEAWAY	

Waterfront Seafood Restaurant — a classic

Waterfront is now the oldest independent seafood market-restaurant between Chicago and Denver.



Waterfront counter

Waterfront Seafood Restaurant is a trump card Des Moines can play against similarly sized cities in a game of “Whose food scene is better?” Its 247-seat mother store in West Des Moines has been busy for so long that metro diners take it for granted. Big mistake.

Independent seafood market-restaurants are a dying species in America. Giant distributors, a metastasizing species, have scared off most everyone from opening one the last 50 years. When Joe Tess Place closed in Omaha in 2023, Waterfront became the oldest such place between Chicago and Denver.

Seafood is expensive compared to other proteins. The only way to compete for customers is to cut out the middlemen. But middlemen have the upper hand.

“Watermen and fishermen are dying out for the same reasons as independent Iowa farmers. Those jobs used to be inherited within families. But the last few generations of children didn’t want that life,” explained Waterfront founder Shawn Hanke.

Hanke began his business in 1983, running his pickup truck to Louisiana docks to buy shrimp directly off the boats, then bringing them back to sell at the Amoco gas station on 22nd Street in West Des Moines.

“My dad Ted owned Dairy Queen franchises and operated the DQ by North High. He thought the west side needed a place like East Side Fish Market. I was 28 then, so I had the energy to run back and forth to the Gulf. But that wasn’t sustainable, so I rented storage space from Holmes Meat Market and the kosher market next to Mustard’s Last Stand and got into wholesaling. Then I met a regular at Mustard’s who was developing Clocktower Square. I opened here in 1984.”

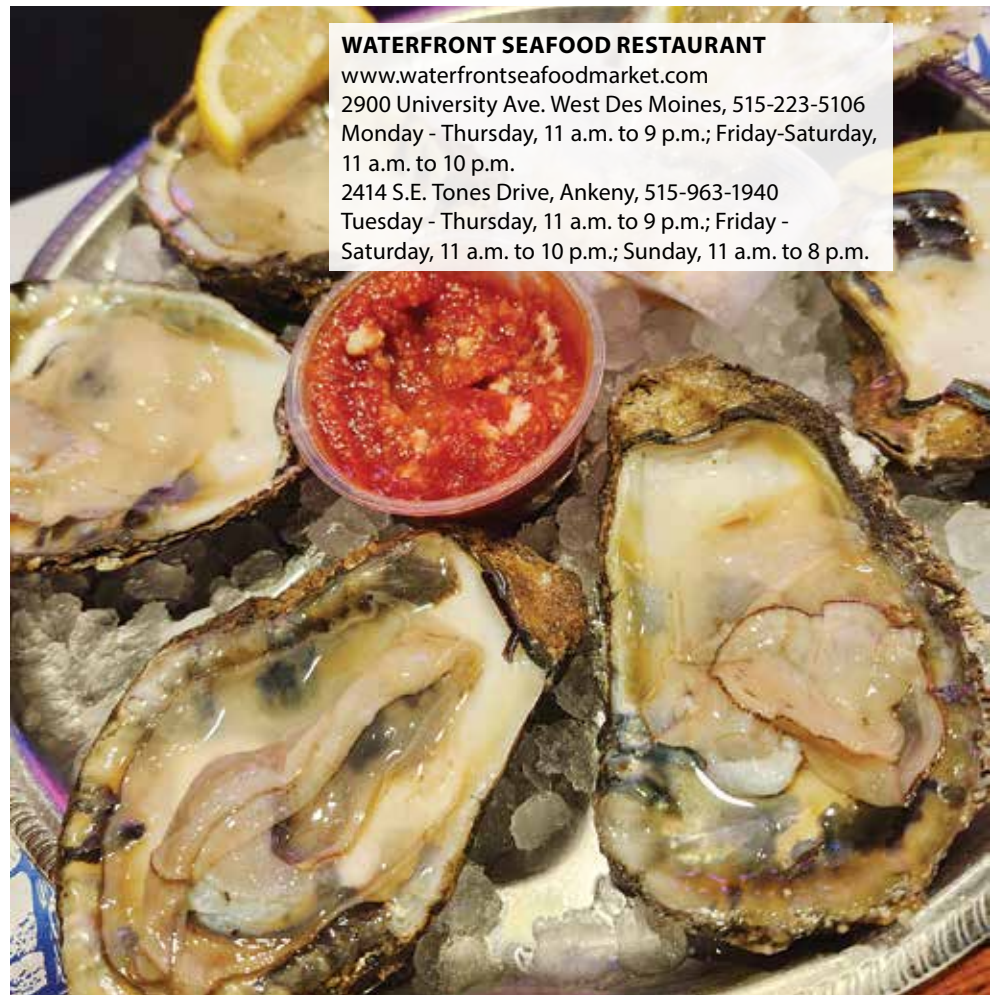
Shawn distinguished from East Side Fish Market by including table dining. He opened with 14 seats and 10 employees. Today, the West Des Moines store alone has 247 seats in the dining room and bar, plus another 50 in a party room — and 72 full-time employees. Some of them have been there since day one.

“We’re a family here,” he said.

Waterfront offers Des Moines fish that one finds nowhere else. French chef David Baruthio shows up for John Dory. Sablefish, an Asian delicacy now catching on in America, soft shell crabs, King salmon, pompano, blue fin tuna, flounder, Chesapeake rock fish and Alaskan halibut also star here.

Waterfront also operates the oldest sushi bar in central Iowa.

“When I was wholesaling, I supplied the first two sushi places in Iowa — Happy Sushi in Beaverdale and Sushi Bar in Ames. They were run by Japanese families. Before they moved back to Japan, I asked them to train sushi chefs for us.”



Waterfront oyster

Shawn still buys most seafood directly from old connections who fish it.

“I prefer to buy American, but so few people are still in the business that I have to buy some things overseas — mahi mahi from Costa Rica this week.”

Almost from the beginning, Waterfront has featured catfish nights on Monday, rotating specials on Wednesdays and half-priced oysters and shrimp cocktails on Saturday afternoons. A recent Wednesday special on sablefish was so popular that the restaurant ran out.

“I bought 70 pounds of filets. That should have been enough, but I let them sell some in the market. I used to plan a month ahead on Wednesday specials. Today it’s impossible to be sure I will get enough fresh seafood in time. I ordered two large tunas from a guy in the Gulf last week. Air freight shut down early on Saturday and sent them back. By Monday, they were sold to another buyer. Nothing is as dependable as it used to be.”

Except that Waterfront will always be stocked with fish you can’t buy anywhere else, bargains will always pop on Mondays, Wednesdays and Saturdays, and employees will include familiar faces. ■

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



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Yoni Diller at Drake Diner

American Italian Israeli was one of the fortunate ones who escaped from Hamas terrorists at the Nova Festival.

Yoni Diller is an American Italian Israeli who escaped from Hamas terrorists at the Nova Festival Oct. 7, 2023. Iowans Supporting Israel brought him to Des Moines in October. We asked him to lunch and met at Drake Diner, the site of its own senseless massacre in 1992.

Our lunch happened on the very day that Israeli hostages from Nova were finally released. Over pancakes, muffins and coffee, we talked about life-changing moments, serendipity and logotherapy.

Being an American Italian Israeli begs a back story. What is Yoni's?

"I was born in Tel Aviv. My father is a California cowboy, and my mother is Roman. They met over the telephone in Israel. My father was calling the boss of a Duty Free shop, and mom answered. He was fascinated by her accent and offered her cappuccino. I happened later."

How did Yoni happen to be at Nova?

"I was excited to be going with my girlfriend. Nova was not just a concert; it was a celebration of culture and love — part Woodstock and part Burning Man. There were over 20 nationalities there dancing in the desert, 15 miles from Gaza. The concert began at midnight. My parents told me not to go, that I should grow up, festivals were a waste of time. I told my father to mind his own business."

When did Yoni know he was trapped in hell?

"That wasn't so clear. We arrived at 4 a.m., and the terrorists attacked at dawn. First, we saw a missile, then more of them. But, that was not unusual. Hamas had been lobbing missiles at Israel for years. Most people just kept on dancing. The disk jockey didn't even hear the first alarm siren.

"Then, there were hundreds of missiles. A woman who had left the festival early came driving toward us. We could see that her car was filled with bullet holes. She was bleeding to death from a bullet in her knee, yet she turned her car around from safety and came back to warn the rest of us. We tried to help her. Her name was Shani Gabay, and I will never forget her.

"I knew then that the missiles, and later the fire of automatic rifles, were for real. I tried to tell others to put their heads down. Only those who did so survived. But some people were drunk. Others were high on hallucinogenic drugs. One bullet flew by my head so close I could feel it. People were being slaughtered by

monsters. They were shooting up the restrooms and ambulances full of people and, to be sure they were dead, they would also lob in hand grenades. I heard a guy answer his phone. It was his sister, worried about him. I heard him say 'This is not a good time. I'll call you back.' It was time to flee."

How did he escape?

"I had spent three years serving in special forces in the army, but, at that moment, I had learned nothing that helped. We ran toward an empty field away from the gunfire. Because I am a geography nerd, I checked my phone for my co-ordinates and for the nearest town in the opposite direction of the gunfire. It was a small town named Papish, 17 miles across the desert. We determined to walk straight there even without water.

"The desert was hot, and we became dehydrated. Twice I felt like fainting, but I knew that fainting meant death. In five hours, we finally made it to Papish, knocked on a door and people came running to help us. They knew far more than we did about what was happening.

"The next day, I returned to Tel Aviv. I told my parents I had been to Nova, and my mother cursed me in Italian. 'How could you be so stupid?' "

How did his life change like after that?

"At first, I was just angry. Two days after the massacre, I tried to rejoin my special forces unit. When I told my commander that I had been at Nova, he told me they were full. He didn't want to take a chance that I was unhinged by my experience. I was frustrated. I didn't know what I could do. That is when I discovered the books of Viktor Frankl. That was life changing."

Frankl, a Holocaust survivor, developed logotherapy, the third school of Vienna psychotherapy after Freud's and Adler's. Freud thought humans were motivated by the urge for pleasure; Adler by the urge for power. Frankl believed it was the urge for meaning in life. **How did Yoni find direction in his search for meaning?**

"About that time, Italian TV asked to interview me. It felt good to tell my story, and especially Shani Gabay's. Then the BBC and American TV followed. I speak three languages and a bit of Spanish. Next, I was invited to come to the U.S. Congress to speak. After that, I spoke on college campuses — Harvard, Princeton, Yale, MIT, Penn. That was an awakening. Those places were filled with Antifa protesters. Some claimed that Nova never happened. One Pakistani



protestor at Princeton told me Oct. 7 was justified, that it was morally correct to kill Jews because they were conducting a genocide. I had learned from Frankl to use Socratic method rather than anger to deal with him.

"Before speaking on those campuses, my dream was to get a doctorate in business at such Ivy League schools, or at Wharton. That dream ended then and there. Today, the hostages are finally home. That changes everything again."

And how does Yoni now plan to pursue his quest for meaning?

"I am counseling entrepreneurs, mental coaching, mostly geared at real estate developers. I still feel it is important, even patriotic, to tell my story and especially Shani's. It is getting easier to speak without breaking down. I never use notes because the story needs to be fresh each time it's told."

The Nova campground is now a shrine, similar to Gettysburg and the World Trade Towers. How does Yoni feel about that?

"It's essential to never forget. Now I believe the terrorists were surprised by the festival. It was a distraction for them — easy targets for rape and murder. Probably that kept them from deeper invasions of kibbutzim."

If the massacre that would change the world was an accident, God must appreciate absurdity. ■

BELLY UP TO:



Sunset Lounge in Norwalk

The 21-and-older bar and restaurant is located on Sunset Drive.

BY JACKIE WILSON

While settling in at the patio at the Sunset Lounge in Norwalk, the sun was nearing the horizon, but I couldn't see any blazing red and orange colors. Where's the sunset? Isn't that why it's named Sunset Lounge?

Nope. Turns out it is named Sunset Lounge because it is located on Sunset Drive.

Sunset Lounge opened up early in February 2025. The place is advertised as an adults-only, 21-plus establishment. It has nothing against kids; however, it is a nice break from the often rambunctious, high-energy and needy vibe of children.

And, it seems like many patrons agree, as the patio was full of couples relishing their adult time. Another nice bonus is there is no smoking on the patio. I am happy to see they are following the Iowa Smokefree Air Act, which says Iowa restaurants are prohibited from allowing smoking in enclosed public areas.

The owners spruced up the former bar. The current owners have a few other establishments to look to for inspiration including the Coa Cantina, The Lamp and others.

The food is a big draw. Smash burgers are a favorite. The Bacon & Bleu includes two smash patties, bleu cheese, bacon and balsamic onions for \$17 and comes

with a side. Sides include a choice of fries, potato salad, macaroni salad or coleslaw — a nice mix apart from the typical fries.

When is the last time you had deviled eggs? Well, now you don't have to wait until Easter or a family potluck to get your deviled egg fix. Just order a half dozen at the Sunset Lounge for \$8.

The Graziano fingerling dip included Graziano sausage, fingerling potatoes, peppers and onions in a red sauce, served with crostini for dipping for \$10. It was topped with grated cheese, but this cheese lover suggests more melted Italian cheese to complete the dip.

The rest of the menu offers up tasty wraps, wings and salads. Hit various days of the week for daily specials including Monday rarebit, Tuesday reuben, Wednesday French dip, Thursday tuna melt and Friday Graziano sausage sandwich. Items cost about \$16.

Come in during football games where various menu items, such as wings, smash burgers and drinks, are offered at special prices.

Happy hour goes from Monday through Friday until 6 p.m. and includes \$1 off all drinks. Missed after-work happy hour? Come in late. From 8 p.m. until close, Tito's Tuesday gets you \$5 Tito's drinks.



Are you always looking for a good lunch spot? Norwalk is relatively close to downtown and the suburbs, and it is open seven days a week, including lunches. Get a punch card for the lunch bunch club; when you buy nine burgers or sandwiches, you can get a 10th one free.

If you're looking for a getaway without high chairs, the Sunset Lounge in Norwalk is the place for adult conversation, beverages and delicious food. ■

CITYVIEW's
50
FAVORITE PLACES
TO EAT OUT

The Des Moines metro is loaded with almost any kind of culinary experience you could want. From greasy bar food to smash burgers, onion rings and fries, and from the glitz and glamor of fine dining to some of the world's best chefs' plated masterpieces, this area has it all. Look through this listing of 50 of our favorite places to eat, put a checkmark next to each eatery you've attended, and tally your score to see where you rank. If you're a veteran of the Des Moines restaurant scene, checking these boxes might bring back a nostalgia for flavors as your score rises. If you're a newbie, you may find ways to expand your palate while exploring the city. Either way you shake it, we won't judge. Mark your score and share it with us. Ready?... Set?... Bon appétit!

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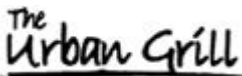
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☐ 50 — The best of the best

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☐ 40-49 — Foodie fanatic

You love a night of dining out, enjoying almost all of Des Moines’ excellent food scene. You peruse this magazine each month to see what spot Jim Duncan has highlighted in his “Food Dude” column and make sure to check it out — if you haven’t already.

☐ 30-39 — A seasoned metro diner

If you scored between 30-39, your love for food is unquestionable. When you head out

for a bite to eat, you order an extra side, an appetizer for the table and make sure to ask what the specials are. In just a short time, you, too, could join the table with a foodie fanatic or the best of the best.

☐ 20-29 — You like what you like

There’s no shame in this game. You’ve traveled outside of your neighborhood to see what new eatery has popped up around the city and likely dined at some of the area’s classics. However, you like to stick to your favorites. You know your local joint’s menu from start to finish and how each item tastes, too.

☐ 10-19 — “I’ll have the chicken tenders, please”

In the 10-19 range, you’ve hit a handful of our favorite places to eat but probably didn’t let your tastebuds run wild. You stick to your order and look for it wherever you

go. Your fellow diners won’t hate you for this, but they might give you a side-eye when you ask for the chicken tenders and fries (and don’t forget the side of ranch).

☐ 0-9 — Sticks to the chains

You enjoy a night of eating out but likely stick to the national chains that take up space among this city’s great establishments. Sure, the big guys are good, sometimes even great. But in a city like ours with this many great spots, you’ll be remiss if you don’t improve your score — and fast.

☐ 0 — There’s still hope for you

If you’ve managed to go this far in life without trying one of the restaurants on our list, you’re part of another special list — not one that most would like to be on, but a list nonetheless. The good news for you is there’s still time and a great list of places to get started right here.

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LUTHER, IA

A city of SCREENS

The rise and fall of
the movie palaces of
downtown Des Moines.

By Kristian Day

The first movie I saw in a theater was “Ghostbusters II” at the Showcase Cinemas in Milan, Illinois. My parents asked if I wanted to see that or “Honey, I Shrunk the Kids.” It was 1989, and I was a mere 4 years old. “The Real Ghostbusters” cartoon was on TV, and I had an abundance of related toys, so, of course, I wanted to see “Ghostbusters II.” The original “Ghostbusters” film was also one of the few VHS tapes that we owned because it came with our VCR when it was purchased. My dad would put that on repeatedly until the VCR eventually snapped the tape while it was rewinding. (We paid to have it fixed.)

That first movie-going experience didn’t last long. We had to leave during the scene when all impaled heads showed up in the subway tunnel. According to my dad, I screamed louder than Ernie Hudson after the ghost train runs right through him. My parents didn’t take me to another movie until “The Teenage Mutant Ninja Turtles” was released in March of 1990. It was the first movie I saw from the trailers until the end credits finished. That was the moment that inspired me to go to the movies as often as I could. When my parents divorced, my dad had cable with HBO (cool dad syndrome), but my mom just had the local channels, which is where I spent most of my time. When a new movie came out, it was an event. Trailers would be released sometimes four months before the movies would ever hit the screen. There would be big fast-food tie-ins like when Pizza Hut had the “Casper” puppets or the 1998 Taco Bell “Godzilla” big gulp cups that drew kids my age to opening night. Lines would be out the door, and tickets could not be purchased online ahead of time. No assigned seating and absolutely no beer or wine sales.

Capitol composite. Courtesy of Mark Heggen

Movies would live in the first-run multiplexes for a month and then for a few weeks at the dollar discount theaters. It would take nearly a year or more before they would make it to the video stores and then maybe another six months to a year before they were on television. The real money was in the box office. If you missed it, you had to wait nearly a year to see it. We all know the vibes of the multiplexes: high-priced concessions, assigned seating and sometimes they might even have an arcade where you can dump more of your money in while you wait for the movie to start. The second-run theaters would be more minimal: \$3 tickets, cheap concessions and, if you are lucky, the auditorium would be cleaned with one of those tiny push vacuums.

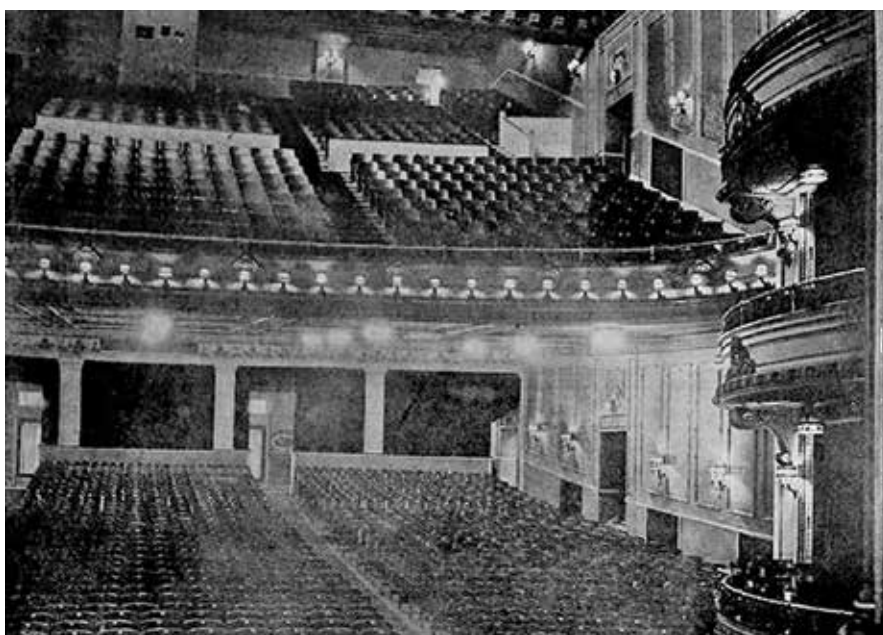
If you go back even 10 years prior, the pre-home video era existed and movies could live at theaters for a year or more. This was a time when the cities were littered with neighborhood theaters and downtown movie palaces.

For most of the 20th century, downtown Des Moines glittered at night with the light of movie marquees just like New York, Los Angeles and Chicago. Long before multiplexes sprawled across suburban malls, the heart of the city was where Iowans went for a spectacle. They had massive auditoriums lined with gilt plaster, neon and velvet curtains that parted for newsreels, musicals, westerns and roadshows.

To understand Des Moines' cinema history, one must understand the two-family names that defined it: A.H. Blank and Bob Fridley.

A.H. Blank was more than an exhibitor; he was a civic figure. His Central States Theatres (and later Tri-States) chain shaped Iowa's movie culture for half a century. Under his guidance, Des Moines was a hot spot in the Midwest's exhibition network. Blank's theaters were famous for impeccable presentation and community ties — employees in suits, ushers trained in etiquette, and programs that blended Hollywood spectacle with local pride.

Bob Fridley, by contrast, emerged from the small-town circuit — practical, expansion-minded, and focused on efficiency. By the 1980s, Fridley Theatres was



Empress Theatre, 1920. Courtesy of Mark Heggen

the largest independent chain in Iowa, emphasizing comfort, modern projection, and neighborhood accessibility. The Fridleys had built some of the most beautiful movie houses Iowa had ever seen. Some theaters even had small waterfalls in their lobbies.

When television and people fleeing to the suburbs weakened the downtown trade, Blank's successors pivoted, investing in smaller neighborhood theaters and drive-ins. The old downtown palaces, with their high overhead and aging infrastructure, could not compete. The implosion of the Paramount in October of 1979 was not just a demolition but an elegy for an entire model of showmanship.



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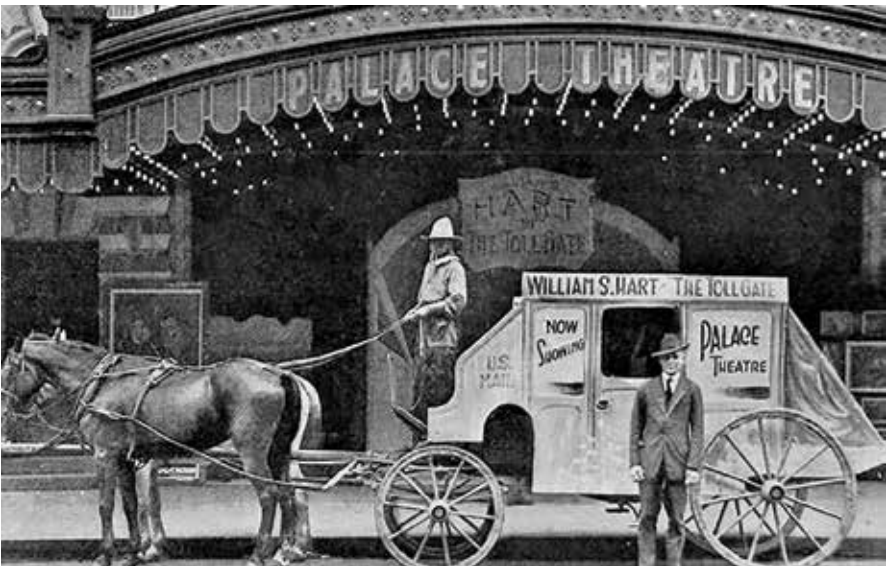
The First Golden Age (1910s-1930s)

When the Empress Theatre opened in September 1913 at Eighth Street and Locust, Des Moines joined a national wave of vaudeville palaces built to impress. The Empress was an opulent “continuous performance” house — marble foyer, red carpets, chandeliers — designed to host traveling vaudeville acts and, increasingly, the new novelty of motion pictures.

Within a few years, the city’s appetite for grander venues outgrew the modest storefront nickelodeons of the 1900s. The Empress changed names several times as national chains consolidated: Pantages, Sherman, Orpheum and, eventually, RKO Orpheum by the early 1930s. By then, the Empress was part of the mighty RKO circuit that blanketed America’s downtowns with neon and synchronized sound.

Meanwhile, Des Moines entrepreneurs were building their own empires. Among them was Abraham Harry “A.H.” Blank, a visionary exhibitor whose company, Central States Theatres, became synonymous with moviegoing in Iowa. Blank, who had started in the nickelodeon business around 1908, was a master of promotion and local investment. He saw theaters not just as entertainment venues but as civic monuments — places where the community gathered, celebrated and marveled at the modern world of the movies.

In 1919, Blank unveiled one of his crown jewels: the Des Moines Theatre at Fifth and Grand. Its July 10 opening marked the city’s embrace of the movie palace era. The Des Moines Theatre’s design blended Beaux-Arts elegance with a massive vertical sign that could be seen from blocks away. Inside, it seated more than 1,000 patrons beneath a domed ceiling and a proscenium festooned with gilded ornamentation. It quickly became the city’s “home office of Hollywood,” hosting world premieres such as “Happy Land” in 1943 and Rodgers and Hammerstein’s “State Fair” in August 1945. The Blank family had created a showplace worthy of the state capital’s stature.



Manager Jess Day with promo coach for “The Toll Gate” at Palace Theatre, 1920. Courtesy of Mark Heggen

The Paramount and the Age of Splendor (1920s-1940s)

If the Des Moines Theatre established A.H. Blank as a showman, the Capitol Theatre, which opened Aug. 19, 1923, confirmed him as a master entertainer. Located just down the block on Fifth and Grand, the Capitol was built for spectacle. With more than 2,000 seats, an orchestra pit, a Wurlitzer organ and a marble staircase, it rivaled the finest houses in Chicago or Minneapolis.

In 1929, the Capitol was absorbed into the Publix and Paramount circuits during the great consolidation of the late silent era, and its name changed to the Paramount

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The 1930s were a time of glamour amid hardship. At the height of the Depression, the Paramount offered escape: Busby Berkeley musicals, screwball comedies, and Disney shorts that let audiences forget about the hard times that were happening outside. Blank’s Central States chain continued to thrive by blending local management with Hollywood supply. The Des Moines and Paramount were not merely screens; they were civic gathering points, hosts for radio broadcasts, war-bond rallies and talent contests. The movie business is often called “recession proof” because at any given time there are people looking to forget about their problems for a short moment.

Restaurateur George Formaro has an interesting artifact from this time, a printing plate from 1932 that was most likely used in The Des Moines Register.

“The 1932 plate is pure magic,” Formaro explains. “You can see ads for ‘White Zombie,’ ‘The Age of Consent’ and ‘Lady and Gent,’ which puts this right around late summer that year. These were playing at the Paramount, the Orpheum, and the Strand. The Paramount was the jewel of downtown, built for vaudeville and later converted for sound, I believe. The Orpheum, from what I’ve been able to tell, was part of RKO’s circuit, and the Strand on Locust was one of the Tri-States houses that helped shape how Des Moines went to the movies.”

Formaro pointed out that, if you look closely, you can see a small ad for a live stage show, which was still common then.

“Man, I would love for someone to walk me through what going to the movies was like then,” Formaro said. “Even if I can’t make out every detail on the plate, it feels alive. I can see my dad and uncles saving up their money and taking the trolley to see a movie. You can imagine the city at night, lights glowing, organists warming up, and people filling the sidewalks to see Bela Lugosi or George Bancroft on screen.”



Box office display for “Forbidden Fruit” at Rialto Theatre, 1921. Courtesy of Mark Heggen

In 1938 the U.S. Department of Justice filed suit against the major motion picture studios. The “Big Five” — Paramount Pictures, MGM, Warner Bros., RKO Pictures, and 20th Century Fox — for a pattern of anticompetitive practices including vertical integration (studios producing films and then distributing them and exhibiting them in theaters they owned), block-booking (requiring theaters to buy a block of films rather than select films individually) and clearance/first-run

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Printing plate, Strand Theatre, 1932. Courtesy of George Formaro

arrangements that favored studio-owned theaters. Many of the major studios owned or had controlling interest in chains of theaters, which created a closed system. They produced the film, distributed it, exhibited it in their theaters, and often excluded independent theaters from access. An example of this was RKO Pictures producing “King Kong.” When it came time for “King Kong” to hit the movie screens, only RKO Theatres or venues that RKO had controlling interest in got the movie. Independent theaters missed out.

This became known as the “Paramount Decrees” or The Hollywood Antitrust Case of 1948, and it changed the economics of how films got to theaters and the business models of theaters themselves. This allowed independent producers to have access to more screens, and it forced exhibitors like Central State and Fridley Theatres to concentrate more on their own amenities, design and diverse film bookings.

Fellow CITYVIEW writer Jim Duncan shared some of his theater memories.

“Paramount had a lobby for its balcony level with furniture and vending machines. They would host traveling stars there as the balcony lobby was bigger than the main floor lobby,” he said. “I met Audie Murphy there. He seemed like a high school kid, not a god. I loved the aroma of coconut oil, which was the cooking oil of popcorn then. The machines were just inside the doors at the Paramount, Orpheum, Rocket, Strand.”

By the 1940s, the Blank family’s theater network had become a regional power. Through Central States Theatres, they operated dozens of screens across Iowa, Nebraska and the Dakotas. A.H. Blank was recognized nationally for his philanthropy — funding the Blank Children’s Hospital, the Blank Park Zoo, and numerous civic projects. His theaters projected not only Hollywood glamour but a kind of Midwestern optimism.

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Paramount Theatre ad, 1949. Courtesy of Mark Heggen

Postwar and downtown's decline (1950s-1970s)

After World War II, the shape of American leisure began to shift. Families moving to the suburbs, the rise of television and the new car culture changed how audiences consumed movies. Downtown Des Moines, once packed on Saturday nights, saw its crowds drifting toward drive-ins and neighborhood houses.

The RKO Orpheum rebranded in the 1960s as the Galaxy Showcase, installing wider screens and stereo sound to lure audiences back with roadshow attractions like "Ben-Hur" and "The Sound of Music." The Paramount tried similar updates, adding new projection and redecorating in 1949, but the economics were turning against single-screen giants. Maintenance was costly, and parking downtown was scarce.

By the mid-1960s, the tide was irreversible. The Des Moines Theatre closed its doors on Jan. 27, 1966, after nearly half a century as the city's cinematic cathedral. Its demolition soon followed, erasing one of downtown's architectural gems. The Paramount struggled on, experimenting with reinvention. In April 1974, it reopened as Theatre Fabulous, a short-lived dinner theater experiment. By July, it was rebranded again as The Country Club, hosting live music instead of films. None of it could stop the inevitable. On Oct. 14, 1979, the Paramount was spectacularly imploded before a crowd of thousands. The blast marked the symbolic end of downtown Des Moines as a moviegoing district.



RKO Orpheum Theatre, 1949. Courtesy of Mark Heggen

The River Hills and the end of an era (1968-2000)

Even as the old palaces faded, one last monument rose on the south edge of downtown — a modern temple to widescreen spectacle. The River Hills and its twin, the Riviera, opened in April 1968 at Second and Walnut. The Riviera premiered a week earlier; the River Hills followed with the Cinerama documentary “Mediterranean Holiday,” then the 70mm juggernaut “2001: A Space Odyssey.” Built by the Davis family’s theater company, the River Hills was designed for the new era of epic roadshows. Its curved 70-foot screen and six-track sound system made it Iowa’s premier showcase for films like “Patton,” “The Sound of Music” and “Lawrence of Arabia.” Unlike the ornate Paramount, the River Hills was sleek and modernist with a vast single screen and plush seating for 900.

For downtown Des Moines, the River Hills/Riviera complex represented both continuity and transition — a bridge between the movie palaces of the past and the multiplexes of the future. Through the 1970s and 1980s, it hosted blockbusters like “Jaws” and “Star Wars” while smaller downtown screens shuttered one by one.

By the late 1990s, even this last downtown fortress was losing ground to megaplexes like Fridley’s Fleur Cinema and the new Carmike complexes near the interstate. The River Hills closed on Sept. 7, 2000, ending an unbroken 87-year streak of downtown first-run movie exhibition. The building was demolished in 2003, leaving behind only photos and the faint memory of its curved screen.

While most of the theaters in Des Moines are now owned by major chains like Cinemark and B&B, Fridley Theaters is still going strong. I don’t mind driving out to Waukee to visit the Palms to check out a movie in IMAX. In the post-COVID era, I was happy to see they purchased the Fleur Cinema and kept it as an art house theater. Do I wish we had at least one downtown cinema? Sure. Something like Chicago’s Music Box Theatre would be amazing on Court Avenue, East Village or even in the upcoming Market District. The Varsity Cinema has been my home theater since it opened due to both its location and diverse programming. They have been building a great culture for film-lovers who have an affection for movies that goes beyond franchises and cinematic universes.

My last note on this subject: I want to recommend checking out director Mark Heggen’s documentary, “Lost Cinemas of Greater Des Moines.” This story could not have been written without his guidance and the research he spent years gathering. ■

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Abram, Robert
US Marine Corps
1968-1970



Amerson, Phillip
US Army
2010-present



Anderson, Wilford
US Navy
1942-1957



Armstrong, Rhonda
US Navy
1982-1987



Bale, James Edward
US Army
1965-1968



Banwart, Harold
US Army
1941-1945



Barron, Aurielo
US Army
WWII



Becker, James
US Coast Guard
1962-1968



Becker, Ray
US Navy
1942-1945



Becker, Tom
US Navy
1972-1976



Bender, Jack
US Navy
1946-1950



Blackburn, Harry
US Navy
1942-1947



Bohle, Terry J.
US Air Force
1972-1974



Brady, Arlus D.
US Army
1943-1946



Bruns, Denny
US Army 1965-1967



Burley, Randy
US Navy 1979-1992



Button, John
US Army
1943-1946



Button, Tom
US Navy
1972-1974



Buttrey, Lyle
US Army
1946-1948



Cade, James
US Air Force
1972-2006



Caldwell, Terry
US Army
1968-1971



Cameron, John Edward
US Navy



Carroll, Dick
US Army 1946-1948



Carroll, Steve
US Navy 1972-1974



Caudle, Duane
US Army
1946-1947



Chadwick, James
US Air Force
2003-2023



Chadwick, Miranda
US Air Force
2020-2024



Cheever, Lyle M.
US Army
WWII



Christiansen, Glen
US Navy
1944-1947



Christiansen, Jame
US Army
1972-1974



Clippert, David
US Air Force
1978-1998



Collins, Michael C.
US Navy
2008-2013



Couvillion, CJ
US Marine Corps
1968-1976



Craig, Chandler
US Marine Corps
2018-2022



Craig, Theodore
US Marine Corps
2018-2024



Crouch, William
US Army
1942-1945



Crowl, Jennifer
US Army Reserves and
National Guard
1996-2004



Custer, Virgil
US Coast Guard
1942-1946



Daughenbaugh, Dale A.
US Marine Corps
1986-1990



DePue, Darrell
US Marine Corps
1949-1952



Dresback, Brian
US Army Reserves
1996-2013



Durrell, William Ewing
US Army
1965-1969



Edwards, Neil
US Navy
1945-1948



Edwards, Steve
US Army
Killed in Action 1970



Eldridge, Seth
US Army
2003-Present



Emehiser, Delbert
US Army
Killed in Action 1950



Faber, Floyd
US Army
Killed in action 1944



Fackrell, Scott
US Navy
2011-2020



Firestine, Phil
US Army
2001-2009



Fiser, Eleanor
US Navy
1989-1999



Fiser, Matt
US Navy
1994-2018



Fisher, Bob
US Navy
1945-1948



Frank, Michael
US Army
1988-2019



Fulitano, John A.
US Army



Fulitano, Joseph F.
US Army
2018-present



Fulitano, Joseph J.
US Navy
1942-1946



George, Thomas J.
US Marine Corps



Glasgow, Gilbert III
US Navy



Glenn, Clinton
US Army
Killed in Action 1944



Godsell-Glasgow, Jenny
US Army



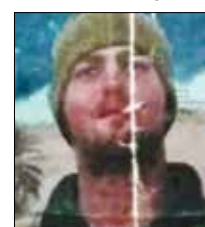
Gowin, Howard
US Army
1942-1946



Greenslade, Harvey
US Army
1942-1946



Griffith, James
Wisconsin Infantry
1864-1865



Gritton, Adam
US Marines
2002-2006



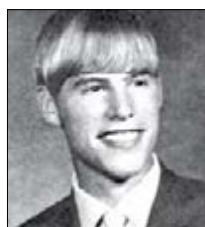
Gubser, Ed
US Army Air Corps
1944-1947



Gubser, Karl
US Air Force
1972-1980



Gustavson, Eric
US Air Force
1970-1990



Hackbart, Mike
US Navy
1971-1975



Hague, Jesse
US Army Air Corps
Killed in Action 1941



Hall, Howard
US Army
1942-1945



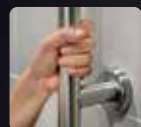
Hansen, Herman
US Navy
WWII



Harnden, Timothy L.
US Army
1979-1981

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Harper, Kent
US Army
1974-1999



Harper, Larry
US Army
1953-1956



Heddens, Ross Martin
US Marine Corps
2017-2023



Hiatt, John
US Army
1965-1967



Hill, John Lowell
US Navy
1960-2964



Hindman, Steven
US Army
1968-1969



Hoffman, Maurice
US Navy/US Army
1944-1974



Holmstrom, Aidan
US Army



Hougham, Larry
US Navy
1959-1962



Hughes, Adam M.
US Navy
1992-1996



Hughes, Jason S.
US Army
1998-2007



Hunnell, Hal
US Army Air Corps
1943-1945



Huston, Howard
US Army
1942-1945



Irwin, Arthur
US Army
1942-1945



Jenkins, Lewis A.
US Navy



Jensen, John
US Navy
1944-1946



Joiner, Thomas
US Army
1942-1945



Jones, David
US Army
2006-2001



Jorgensen, Roger
US Army
1942-1945



Kalahiki, Kaylor
US Army
2008-2015



Kaser, John
US Navy
Killed in Action 1944



Kelly, Fred J.
US Navy



Kinnick, Benjamin
US Marine Corps
Killed in Action 1944



Kinnick Jr., Nile Clark
US Navy
1941-1943



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Steve D.



Vicki D.



Mark D.



Bill E.



Richard F.



Wade F.



Jon G.



Jake H.



Joe H.



Ron K.



Chuck M.



Larry M.



William N.



Brandon N.



Ed R.



Steven R.



Bruce R.



Paul S.



Gary S.



Austin S.



Brent T.



John T.



Chris T.



Mike T.



Darrell W.



Bob W.

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Knoll, Ivan
US Navy
1943-1946



Ladurini, David
US Army/Ntl. Guard
1987-2014



Laidlaw, Bill
US Air Force
1952-1955



Lienemann, Don
US Navy
1945-1955



Lienemann, Virgil
US Marine Corps
Killed in Action 1953



Loehrs, Kylee
US Army
1999-2001



Longfield, Jared
US Army
1986-2016



Mahony, Connie
US Army
1975-1977



Manna, Rachel
US Army



Marsh, Kenneth
US Army
1951-1953



Marshall, Lowell
US Army Air Corps
1942-1945



Martens, Wayne
US Army
Killed in Action 1952



McCarthy, Edward
US Air Force



McClurg, John
US Air Force
Killed in Action 1970



McMahon, Thomas F.
US Navy
1964-1968



Messerschmidt, Jon
US Marine Corps
1971-1974



Mickle, David
US Navy
1962-1964



Mild, Mary
US Air Force
1980-2022



Miller, Frederick E.
US Navy
1963-1966



Miller, James
US Navy



Moneyhun, Penny
US Army
1981-1991



Moody, William J.
US Navy
1943-1945



Moorhead, Larry
US Coast Guard
1971-1974



Moorman, Eric
US Marine Corps
1986-1992



Morris, John
US Navy
1971-1991



Moser, Dave
US Coast Guard
1972-1974



Mosley, Diane
US Army
1975-1980



Munoz, Kade
US Marine Corps
2019-2023



Myers, Lee
US Navy
1945-1948



Nation, David Aurthur
US Air Force
1970-1973



Neff, Scott T.
US Navy
1974-1978



Newman, Lawrence
US Army
1944-1948



Noble, Tony
US Army
1989-2006



Norenberg, Stanley
US Marine Corps
1951-1954



Norman, Lee
US Army, Retired
2023



O'Brien, Charles
US Army
1942-1954



Olson, Leland
US Army
1971-1975



Osborne, Lester
US Army
Killed in action 1918



Ostrander, Marion
US Army
1942-1944



Patterson, Ken
US Navy
1965-1969



Peters, James
US Navy
1971-1975



Plymesser, Dale
US Army
1942-1946



Plymesser, Gale
US Marine Corps
1972-1976



Plymesser, John
US Army
1968-1970



Quarntrom, Robert
US Army
1942-1944



Quinn, Harry
US Army
Killed in Action 1943



Reed, Harold
US Air Force
1974-2014



Reves, James
US Army 1951-1954



Richards, Michael Frank
US Marine Corps
1988-1992



Ross, Bill
US Navy
1970-1974



Ross, Don
US Army
1942-1944



Ross, Ronn
US Navy
1968-1972



Rowley, Denton
US Army
1938-1962



Rumbaugh, Chad
US Army



Salazar, Albert Joseph
US Army
1954-1957



Salazar, Albert
US Army 1987-1989

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Saveriaid, Craig
US Marine Corps
1972-1975



Scarpino, Ken Sr.
US Navy
1943-1946/1953-1959



Scebold, Harold
US Army
1953-1955



Schnotala, David
Army National Guard
2008-Present



Scholer, Michael
US Army
1969-1971



Schultze, Ron
US Army
1971-1974



Schwartzkopf, Philip
US Air Force
1947-1950



Seymour, Ralph
US Army
1970-1973



Shoeman, John C.
US Navy
1949-1953



Siriwardena, Cedric
US Army Reserves
1998-present



Slagle, Jim
US Army
1970-1973



Slagle, Maurice
US Army
1942-1946



Smith, W. Caesar
US Army



Standley, Dennis
US Army
1971-1973



Stover, Gerald
US Army
1987-1996



Straight, Lee
US Army
1941-1946



Stump, Donald
US Army
Killed in action 1952



Stump, Max
US Army Air Corps
Killed in Action 1945



Swink, Charles
US Army



Tauke, Leo
US Marine Corps
2018-2024



Taylor, Edward
US Army
Killed in Action 1918



Thompson, Chuck
US Air Force



Thompson, Merlyn Lyle
US Marine Corps
WWII



Troster, Lester C.
US Navy
1969-1973



Updike, Rowland
US Army
1958-1963



Valentine, Billy
US Navy
1942-1945



Valentine, Randy
US Marine Corps
1972-1976



Vance, Charles
US Air Force
1952-1956



Wade, Logan G.
Army National Guard
(Afghanistan)



Wade, Shawn J.
US Navy (Desert
Storm) 1991-1994



Wahus, Glenn
US Navy
1983-1987



Walrod, Bud
US Army
1950-1951



Warford, George
US Army
1973-1975



Warren, William
US Army
1944-1946



Waters, Katherine M.
US Army
1981-2001



Weeks, Noah
US Army
1918-1920



Weil, Leo
US Army
1947-1949



Welch, David C.
US Army
1957



Wells, Curtis
US Army
1982-1994



West, Ray
US Army
Killed in Action 1944



Whitlow, Carson E.
US Army
1962-1964



Wicks, Delbert
US Navy
1942-1946



Wiese, Chris
US Army National Guard
2019-present



Wilson, Daniel
US Army Air Corps
Killed in Action 1945



Wolf, Matt
US Army/Nat'l Guard
1989-2014



Wolfe, Howard
US Navy
1942-1945



Woodley, Brent
US Marine Corps
1972-1976



Woodley, Todd
US Navy 1971-1975



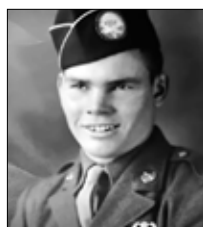
Woodley, Warren
US Army
1947-1949



Wynn, Chris
US Navy
1970-1972



Wynn, Robert
US Navy
1942-1944



York, Carroll
US Army
1942-1945



Young, Michael
US Marine Corps
1990-1994



Young, Owen David
US Marine Corps
1934/1943-1947



Carver, Dale L.
US Navy
1960-1985

BOOK REVIEWS

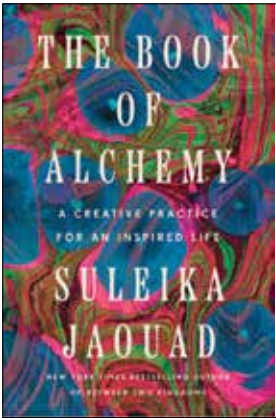
COURTESY OF BEAVERDALE BOOKS

‘The Book of Alchemy: A Creative Practice for an Inspired Life’

I would love to tell you that I’m a lifelong journaler and that I have reams of my thoughts ready to burn at my funeral. Alas, instead I have boxes of journals I’ve started but never could maintain the habit for more than a week or two. This time, though, I think I’ve found the secret ingredient.

During the pandemic, the author began to work through her isolation by starting a journaling group that quickly grew into this lovely book of creative joy, encouragement and insight. From this social media phenomenon, Jaouad has taken 100 prompts/essays from the likes of Hanif Abdurraqib, Salman Rushdie, George Saunders, Gloria Steinem, Jia Tolentino and many more and turned them into a collection for even the most scattered of creatives to use as a spark.

Here I am, nearly 100 days later, and I can’t stop recommending this book to anyone feeling stifled, broken, lonely or disengaged. There is a lot of humanity in these pages and a lot of hope that doesn’t read like saccharine self-help. This is easily my most recommended book of the year. ■ — *Review by Julie Goodrich*



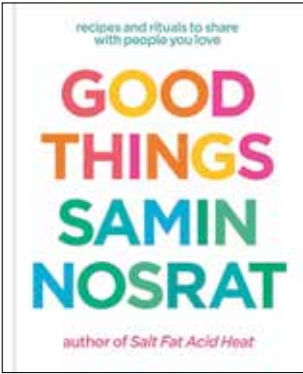
By Suleika Jaouad
4/25/25
336 pages
\$30
Random House

‘Good Things: Recipes and Rituals to Share with People You Love’

The photos, the recipes, the remarkably lovely and thoughtful musings on life and the power of eating with loved ones. This is a gorgeous book from cover to cover. I think it is my favorite in a long list of excellent modern cookbooks. It is testament to the value of trusting your instincts and tastes while also providing real recipes that I’ve not found in any other general cookbook.

There is an obvious cadence to the recipes and stories in this book. The author talks about her wildly popular first book, “Salt, Fat, Acid, Heat,” and the creative burnout she experienced after her fame rose. In this book, she leans into the comfort of family and the familiar, including the Persian recipes she grew up on. I learned a great deal from her first book about cooking as a whole. In this book, it feels more like I learned about the value good food adds to our lives.

This would be an ideal gift for anyone just starting out in their cooking journey, or even a connoisseur of great recipes. It has a little something for everyone, especially if, like me, cooking for friends is your love language. ■ — *Review by Julie Goodrich*



By Samin Nosrat
9/16/25
464 pages
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FILM REVIEW

BY DAVID ROWLEY

'Roofman' is a charming heist in a criminally underused setting

A quirky, character-driven story that is more likely to be appreciated as a modest late-night diversion than hailed as a must-see triumph.

Derek Cianfrance's "Roofman" is a stranger-than-fiction dramedy that finds both humor and heartache in one man's misguided pursuit of the American dream. Based on the true story of the "Roofman Robber," the film boasts a charming performance from Channing Tatum and a premise ripe with comedic and dramatic possibility. The result is a film that is as oddly endearing as its protagonist, balancing moments of genuine charm and tension with frustrating detours into schlocky melodrama.

However, its ambitions stretch beyond its grasp, resulting in a quirky, character-driven story that is more likely to be appreciated as a modest late-night diversion than hailed as a must-see triumph.

The film's zany premise is its greatest asset. Jeffrey Manchester (Channing Tatum) is a kind-hearted, simple-minded, desperate war veteran who finds his military skills useless in the civilian job market of late-1990s/early-2000s North Carolina. Manchester had once served in the 82nd Airborne Division and struggled to fit back into civilian life. He was rejected by his wife for being unable to support their three children. When an army buddy suggested he apply the best of his abilities to pull his life together, Manchester took the advice in a wholly original direction.

He leverages his observational skills into a unique criminal enterprise: memorizing scheduled money-drops and breaking through the roofs of fast-food restaurants at dawn to steal cash. Throughout his robberies, Manchester would maintain a gentle and cordial demeanor, almost apologetic courtesy, instantly framing him as a down-on-his-luck everyman we are meant to root for. After a dramatic arrest and a staggering 45-year sentence, the real story begins as he engineers a prison escape. His hideout? The whimsical, cavernous interior of a Toys 'R' Us.

It is here where "Roofman" finds its fleeting stride. Set against a backdrop of payphones and Blockbuster nostalgia, these sequences of clever survival are the film's undisputed highlight. A voiceover explains how the hardest part about isolation is keeping your brain busy, a seemingly simple task for Toys 'R' Us to provide. The cat-and-mouse game with the store's surly manager, Mitch (a deliciously ruthless but underused Peter Dinklage), hints at a sharper, more satirical film lurking beneath the surface. For a time, Cianfrance masterfully juxtaposes the life of a hardened fugitive with the colorful, innocent aisles of a toy store, creating a brilliant absurdity that is both alluring and engaging.

However, "Roofman's" troubles are most apparent when its ambitions pull it away from its strengths. What starts



"Roofman"

R | 126 minutes

Director: Derek Cianfrance

Writers: Derek Cianfrance, Kirt Gunn

Stars: Channing Tatum, Kirsten Dunst, Peter Dinklage

as a quirky crime caper drifts awkwardly into a middling family drama once Jeffrey John and Leigh's relationship blossoms. The film gives this romantic subplot so much weight that the pacing grinds to a halt. The thrilling tension of the hideout is abandoned for a straight-faced, Lifetime-esque domesticity where the fugitive and the cashier loll in bed after church.

This unfocused tone is exacerbated by the script's handling of its protagonist. The film works relentlessly to frame Jeffrey as a misunderstood criminal with a good heart — that ultimately means well. Through repetitive voiceovers and narrative beats, he justifies his actions with a litany of excuses: he was not good at school, he was good in the military, he just wanted to buy his daughter the things she deserved to have. This relentless sympathy grab often feels unearned, as the film downplays the seriousness of his sustained criminal behavior in service of a frothy, crowd-pleasing narrative.

Technically, the film reflects its narrative hesitancy. The cinematography has a dull, grainy quality that lends a certain nostalgic texture but also renders the visuals muted and lacking the crispness or visual flair the story's absurdity begs for. Furthermore, the ending, which sees the "genius" criminal undone by a bafflingly dumb move, feels like a narrative cheat — a safe resolution that avoids a more challenging or ambiguous conclusion.

"Roofman" is a film caught in a paradox of its own making. It is not a high-octane heist film nor a deeply probing character study, but a charming caper that plays it too safe. It would have fared better by wholeheartedly committing to the brilliant absurdity of its core premise — the criminal in the toy store — and scaling back its more conventional dramatic impulses. ■

PREVIEWS

BY DAVID ROWLEY

"Predator: Badlands"

PG-13 | 107 minutes

Director: Dan

Trachtenberg

Stars: Elle Fanning,

Dimitrius Schuster-

Koloamatangi

Cast out from his clan and stranded on "the most dangerous planet in the universe," a young predator named Dek (Dimitrius Schuster-Koloamatangi) is no longer the hunter but the hunted. In this treacherous wilderness, his only hope for survival is an unlikely alliance with Thia (Elle Fanning), a mysterious android who offers to guide him. Together, this fledgling warrior and his AI backpack must embark on a perilous journey through deadly landscapes and even deadlier, more intense predators.



"Die My Love"

R | 118 minutes

Director: Lynne Ramsay

Stars: Jennifer Lawrence,

Robert Pattinson, Sissy

Spacek

In a secluded old house on the Montana plains, Grace (Jennifer Lawrence), a writer and young mother, is slowly unraveling. Trapped in a life that feels both suffocating and barren, she is torn between the yearning for connection and the violent urge to burn it all down. As her behavior grows increasingly erratic, her companion Jackson (Robert Pattinson) can only seem to watch, helplessly. A descent into the terrifying edges of life where the banality of love clashes with the brutality of desire, the greatest threat may be the heart you've entrusted to another.



"Bugonia"

R | 118 minutes

Director: Yorgos

Lanthimos

Stars: Jesse Plemons,

Aidan Delbis, Emma

Stone

Teddy (Jesse Plemons) is losing his grip on reality. It has been fractured by personal tragedy and conspiracy theories, leading him to believe that humanity is being controlled by the alien race Andromedans. Enlisting his impressionable cousin Don (Aidan Delbis) in conducting his own research, Teddy kidnaps CEO Michelle Fuller (Emma Stone), convinced she is a member of the Andromedan alien race, and this is the only way he can gain an audience with their emperor and persuade them to leave their planet. ■



I love a cabaret

Liza Minelli belted the signature song of this musical in the film version of “Cabaret,” and its seductive allure continues to resonate. Michael Howland has accepted the invitation and has been producing a series of themed cabaret shows in central Iowa. Dans and performers alike are packing the house to experience them.

When asked about the difference between the shows he produces and a place where people can sing karaoke to Broadway tunes, Howland offered, “I am really trying to create a Des Moines version of what they do at the 54 Below club in New York. I vary the themes of each month. And then I work to cast the show with talented actors from the Des Moines metro and surrounding areas. I also try to look for opportunities every month to have at least one performer who I have never featured before.”

Howland’s vision and his ability to produce this series of shows elevates the experience for both performers and audience members alike. These shows become a magnet for singers seeking an opportunity to publicly perform and for patrons who enjoy the visceral joys of listening to impassioned artists.

For regional musical theatre performers, the number of musicals offered each year for which to audition is far outweighed by the number of performers with a desire to be part of a show’s cast. The central Iowa theatre companies producing shows are diligent in finding musicals that have audience appeal — after all, the bottom-line goal is to bring revenue into the company — and getting the talent needed to present a top-notch show. That leaves many performers where a show isn’t a good fit, or they may be too “fill-in-the-blank” for a role at that time. Lesser-known shows seldom see the established stages in Iowa, so there had been a missing opportunity for potential performers to, literally, sing their songs.

This missing cultural experience is what the Broadway Cabaret fills. As a producer, Howland uses his network with the musical theatre performers. He leverages that knowledge to benefit his programming while sating the appetite of his growing fanbase. Past themes have included “Broadway Songs from a Hat” and “Always a Hero, Never the Villian.” The November show has a special extra pzazz sure to generate interest and engagement: “Broadway Next Gen.” Thanks to a mix of companies dedicated to youth talent — Des Moines Young Artists’ Theatre, CAP Theatre, Des Moines Playhouse/Kate Goldman Family Theatre, and Tallgrass Theatre — and the collective attention gained through the annual Cloris Awards, young performers are finding new ways to express themselves through performance.

“I am carrying the torch for a vision presented to me by my dear friend, Tim Rose,” Howland shares when asked about the November show. “He created this concept a couple years ago. It has grown from 12 performers to 20...last year we



Images of “Broadway Next Gen” performers. Photo credit: Michael Howland

had audience members in the overflow room. It’s exciting. There is some phenomenal young talent, and they need to be celebrated, mentored and encouraged. This is one more chance to showcase their diverse talent. I was a youth pastor for over 25 years, so working with students is an absolute joy. Now at St. James Celebrations in Indianola, there will be ample room for our performers, their friends and family. They will leave you with your jaw on the floor.”

This labor of love from Howland is free and open to the public. He wants attendees to support the venue. He underwrites each production. He doesn’t worry about taking risks, often pulling songs from obscure shows.

“Performers can stretch their comfort zones and try new music. We have had miscast performances, allowing performers to put aside the norms of age, sex and race and let performers perform any song they would like that fits the given theme. The cabarets build a community with actors that might not have a chance to perform with one another as a traveling actor. I have also incorporated performers from a little further away — Knoxville, Pella, Newton, Boone, Ames and more. I really look at these events as a chance to simply celebrate one another, share stories, touch hearts, and inspire through the power of incredible performances and classic theater songs.” ■

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 Iowa Governor’s Arts Award for Collaboration and Partnership in the Arts. He has performed in more than 100 musicals, including many leading roles.



BARE BOARDS CHATTER

Carousel Theatre of Indianola

Nov. 6-16. “Almost Maine”

Des Moines Performing Arts

Nov. 8. “Sugar Skull! A Dia de Muertos Musical Adventure”

Des Moines Playhouse – Kate Goldman Family Theatre.

Nov. 7-29. “The Best Christmas Pageant Ever”

Des Moines Young Artists’ Theatre

Nov. 7-16. “Willy Wonka Jr”

Tallgrass Theatre Company – Seedlings

Nov. 7-23. “The Boxcar Children”

Broadway Cabaret at St. James Celebration

Nov. 16. “Broadway Next Gen”

Des Moines Performing Arts – Temple Comedy Series

Nov. 18 – Dec. 7. “Triple Espresso”

Des Moines Performing Arts – National Geographic Series

Nov. 18. “Earth After Dark”

Des Moines Symphony

Nov. 22-23. “Strength – Scottish Highlands & Eroica.”

Scan the QR code for the Broadway Next Gen Facebook event



Blood brothers — art and surprise

We call Steve Logsdon's inspiration an awakening because that's easier for us to comprehend than an obsession.



Des Moines Symphony excels at discovery.

Last month, Steve Logsdon turned the sesquicentennial architecture of his Lucca café into evidence of a personal awakening. Two years ago, Logsdon told us it would be absurd to put art on his restaurant's brick walls. In October, he covered the walls, upstairs and down, with more than 50 supersized paintings from a collection of "hundreds of them."

All the paintings were by one artist — Logsdon. All have been painted in a little more than one year. We call the artist's inspiration an awakening because that's easier for us to comprehend than an obsession. The paintings are not just a middle-aged crazy's midlife panic. They are so brilliant that Italian design companies are interested in them, they are selling briskly and Steven Vail is representing Logsdon. Vail is a Des Moines gallery owner who also represents Chuck Close's estate and deals mostly in art investments for coastal brokers.

The one-night event was a rare pop-up moment for the Des Moines art scene. It was likely the best-attended gallery opening of the year. There was a raffle, an auction and a crowd that included many of the best dressed, and a few of the worst dressed, people in town.

It was also a reminder of the good works of the late architect Kurt Blunck. Lucca was one of the treasures he rescued from the wrecking balls of powerful people who wanted to tear it down. It is now one of the jewels in East Village's revival — and one of a few great restaurants in town. Nothing has showed off its splendor better than that evening.



Lucca as a pop up gallery.

The Des Moines Symphony's (DMSO) season opener was another surprising moment of the city's art scene. Maestro Joe Giunta explained that it originated because COVID shutdowns provided him with "an abundance of time to listen to new music." His serendipitous discovery then was young Asian American composer Viet Cuong and his collaborations with Chicago sextet Eighth Blackbird (EB).

Cuong appeared with the symphony and told the audience that music saved him from an unhappy childhood of not fitting in with his contemporaries. EB doesn't fit in with other classical sextets — they are composed of flute, clarinet, piano, percussion, violin and cello. They are named after a little-known poem of Wallace Stevens, and they have won four Grammys and a MacArthur Award.

Their collaboration on "Vital Sines" was commissioned by the U.S. Navy Band. For this concert, Giunta provided pairs of flutes, oboes, bassoons and clarinets, three each trumpets and trombones, four horns, plus a tuba, glockenspiel, timpani, chimes, triangle, China cymbal, bass drum and crotales plus his usual strings.

The performances inspired the most enthusiastic audience reception we recall for a piece other than "Beethoven's Ninth" or "Tchaikovsky's 1812." It was performed before intermission. The crowd increased noticeably after intermission, obviously for Tchaikovsky's popular Fifth. Those who showed up late missed the kind of things that Giunta brings to Des

Moines — discovery and surprise.

Moberg Gallery provided a discovery for Des Moines gallery goers in October with a show by self-described "Romantic nostalgist" Georgi Andonov. The artist is a Bulgarian star. His obsession with the subject matter of queens reminds us of Freddy Mercury, who named his band Queen because "there is nothing more outrageous than the Queen."

Andonov did a show on Bulgarian national TV dressed in a performance jump suit from Des Moines' outrageous rockers Slipknot. In his artist statement, he explained, "I am driven to render familiar images and present them to the viewer in their most extreme form." Freddy would get that.

Touts

Des Moines' most celebrated living artist, b. Robert Moore, returns to his hometown for a November show at Moberg. "In Living Color" promises to "reimagine the iconic cartoons I grew up with... brown like me, brown like us."

DMSO's November concerts match Arnold's "Four Scottish Dances" and Bruch's "Scottish Fantasy" with Beethoven's "Eroica," frequently called "the beginning of Romanticism."

Brooklyn Museum's "Monet and Venice" is probably the best reviewed exhibition of the New York year. It plays through February and includes additional Venice lovers — Whistler, Singer Sargent and J.M.W. Turner. ■

Ty Smedes, nature photographer

Smedes travels all over the Midwest and other countries, where he documents cultures and nature through his photography.



ARTS & ENTERTAINMENT

Bright sun reflecting on an egret. A herd of camels trekking across the sand dunes. An elusive bird of paradise flitting in the wild.

These are a few of the photos that Ty Smedes has captured in his career as a nature photographer.



Smedes' favorite photo took a mere three seconds to set up and capture. He was on a safari in Zambia, Africa. The group took a night drive, and the guide shone a light on an impala (a type of antelope). Smedes viewed a leopard as it took the antelope down. When the leopard crouched over its prey, hyenas arrived and aggressively attacked the feast. The leopard drug the antelope to a log.

"She was surrounded by hyenas and finally let the impala go, and she ran off into a tree," he explains. "Then all this commotion took place."

Baboons began barking in the trees, and a herd of elephants rushed over.

"She looked around, then jumped off a tree. It was then that I got the shot. It was crazy chaos and a once-in-a-lifetime experience," he recalls. "I only had three seconds to get a photo."

Smedes has taken photos of various wildlife, and his talent attracted attention from the Iowa Department of

Natural Resources, which published his photos in the Iowa Outdoors Magazine. His photos also appeared in magazines, including The Iowan, Our Iowa and others. He then quit his job as an information technologist to pursue photography full time.

He took photos for the Mutual of Omaha's Wild Kingdom and the Iowa Natural Heritage Foundation. He's published three books, including one on bald eagles, and is working on a fourth that includes photos interspersed with his travel stories.

As photography has evolved over the years, Smedes says the technology was easy to transition from film to digital cameras.

"I watched the reviews and wanted to make sure it worked before getting rid of the film. In about 2005, once digital equalized film, everything had advanced so quickly," he explains. "I've even used my cell phone camera to capture some travel shots. You can't always tell the difference."

Patience and waiting for the right moment equals success. When he shot a bird of paradise in New Guinea, Australia, he contemplated using his flash but had conflicting reports that a flash on color might not work.

"I dropped the power level on the flash, and it came out just right," he says.

Smedes continues to travel all over the Midwest and other countries, where he documents cultures and nature through his photography.



"People ask why I travel. Life is like a book, and those who don't travel don't get past the first chapter," he reflects. "Travel opens up your world to learn new customs."

He has given presentations, combining his photography with nature talks.

"I feel like we're losing so much in nature. I want to teach people how to make better choices when it comes to nature," he explains.

His joy of nature and sharing his photography is why he keeps snapping photos.

"I love nature. I don't want to ever quit learning. It's important to reach other people so they care about the natural world and what we are losing. I want people to appreciate what we have."

For more information on Smedes' presentations or photography, visit www.smedesphoto.com. ■

CITYVIEW'S

Pet Guide

Inside

5 Tips for new pet owners

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Wellness beyond the bowl

Photo courtesy of Unsplash

5 Tips for new pet owners

Courtesy of Family Features

Welcoming a new pet is exciting, but preparation is needed to provide a loving home and enjoy the unconditional love. Prepare your furry friend for a new home with these essential tips for first-time pet owners.

1. Choose the right pet for your lifestyle

Consider your living situation, work schedule and personal preferences. Research different breeds to find the one that matches your activity level, living space and family dynamics. Also consider any allergies or sensitivities you or your family may have as some pets may trigger allergies or asthma symptoms.

2. Set up your home

Before bringing your new pet home, create a safe and comfortable environment. Start by pet-proofing your home, removing any hazardous substances and securing loose wires or cords. Make sure to store cleaning supplies, medications and toxic plants out of reach. Provide a designated space that includes a cozy bed or crate, food and water bowls and toys.

3. Create a routine

Establish a consistent schedule for feeding, exercise and bathroom breaks. Determine the appropriate amount and frequency of meals for your pet's age, size and breed. Spend quality time with your pet daily, providing attention, affection and mental stimulation.

4. Budget for your pet's needs

Owning a pet comes with financial responsibilities. Consider the costs of food, grooming, veterinary care, vaccinations and preventive medications. Additionally, factor in the cost of toys, bedding, litter and other supplies.

5. Find a reliable veterinarian

Regular check-ups and open communication with a local veterinarian can help detect any potential health issues early and ensure your pet receives the best possible care. Ask friends, family or neighbors with pets for provider recommendations and read reviews. Visit potential veterinarians' offices to meet the staffs, tour the facilities and ask any questions you may have.

Find more tips for welcoming a furry friend at eLivingtoday.com. 🐾

Fun frozen dog treats

Courtesy of Culinary.net

After a long day at work or an eventful weekend, don't just treat yourself to a delicious dessert — make sure you're treating your pets, too. These homemade dog treats are easy to make with organic ingredients so you can show your pets some love while feeling confident that you aren't putting their health in jeopardy.

Gather just a few ingredients and cute dog-shaped ice molds (like paws or bones) to give Fido the attention he deserves. The best part: these treats keep well in the freezer, meaning you can make a bigger batch to stay stocked up on your furry friends' new favorite treat.

Find more ways to take care of your pets at Culinary.net or eLivingtoday.com. 🐾

Berry Good Dog Bones

INGREDIENTS

- 10 fresh strawberries
- 1/2 cup plain Greek yogurt
- 2 tablespoons raw honey

INSTRUCTIONS

Remove stems from strawberries and slice in half. In blender, blend strawberries, Greek yogurt and honey until smooth.

Place silicone molds on baking tray to prevent spills. Fill molds with blended mixture and freeze 3 hours, or until firm.

Store in freezer-safe container or zip-top bags.



Peanut Butter Banana Paw-sicles

INGREDIENTS

- 1/2 cup plain Greek yogurt
- 2 tablespoons organic peanut butter (no salt added, no xylitol)
- 1 medium ripe banana

INSTRUCTIONS

In blender, blend Greek yogurt, peanut butter and banana until smooth.

Place silicone molds on baking tray to prevent spills. Fill molds with blended mixture and freeze 3 hours, or until firm.

Store in freezer-safe container or zip-top bags.

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Dog grooming advice to keep pets clean

Regular grooming can keep your dog looking and smelling his or her best, but it's also important for maintaining health. If you choose to groom at home rather than opting for (often expensive) professional care, it's also an opportunity to examine your pet for potential concerns.

A proper grooming routine starts with the right tools. Consider these suggestions from The Humane Society of the United States:

- Dog-friendly nail clippers
- Rubber-bristled brush
- Dog-friendly toothbrush and toothpaste
- Dog-friendly shampoo and conditioner
- Cotton balls
- Blunt-ended shears or small clippers with guides
- Microfiber towel

Trimming nails

When your dog's nails nearly touch the ground, it's time for a trim, typically every 3-4 weeks. Trimming the part of the nail that turns down helps prevent pain and damage to paws.

If your dog has white nails, avoid cutting the "quick," the pink part that's visible on white nails, which bleeds when cut. For dark nails, simply trim a bit at a time until evidence of the quick is visible.

Bathing and brushing

Frequency for baths and brushing depends on your dog's coat type – be sure to research optimal grooming schedules based on his or her breed. In general, The Humane Society of the United States recommends these guidelines:

- **Short, smooth or wiry coat:** Brush once a week with a rubber-bristled brush.
- **Long, silky or curly coat:** Brush once a day with a rubber-bristled brush or wire slicker brush. Use a steel comb to prevent tangles or mats, if necessary.
- **Double coat:** Use an undercoat rake or de-shedding tool to gently de-shed once a week in addition to regular brushing routines.

When it's bath time, use a shampoo formulated for dogs and a damp cloth or

cotton ball to clean around the eyes and ears without pushing anything into the eyes or ears. Dry with a microfiber towel or hair dryer on a low setting.

Cutting fur

Be careful and work slowly to avoid mistakes and keep your dog calm and comfortable. Brush, bathe and completely dry prior to cutting fur with blunt-ended shears or small clippers with guide combs. Specifically trim hair covering the eyes and private areas and between your pup's paw pads. It may be helpful to watch a tutorial online to ensure success.

Brushing teeth

You can prevent gum disease and plaque buildup by brushing your dog's teeth with a soft toothbrush and dog-friendly toothpaste. Make sure your pet is comfortable and start slow, staying on the outside surfaces of teeth and gently rubbing back and forth. Focus on the area where the tooth surface meets the gum.

Visit eLivingtoday.com to find more pet health advice. 🐾

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Wellness beyond the bowl

Exploring a holistic approach to happy, healthy pets

Courtesy of Family Features

When you think about your pet's wellness, it's easy to focus solely on the food you're placing in their bowl. However, true wellness encompasses a much broader spectrum, inclusive of nutrition, preventative care, oral health, exercise, mental stimulation and more.

This National Pet Wellness Month serves as an ideal reminder to examine your pet's health. Consult with your veterinarian to customize a wellness plan to improve the longevity and overall quality of your pet's life and consider these ideas from the experts at Swedencare, a leading pet health company, to play an active role in providing a happier, healthier life for your furry friend.



Focus on prevention and early intervention

While many think of preventative care as an annual vet visit, that is only the beginning. Those yearly checkups should include a thorough physical examination as well as necessary vaccinations, screening for potential parasites and age-related diseases and updated prescription medications — giving your veterinarian a chance to spot any potential problems early.

Based on the findings of the exam, you can work with your vet to create a prevention plan tailored to your pet's health and risk factors, including recommendations for spaying or neutering, maintaining good oral health and adjusting their diet to ensure proper nutrition and a healthy weight.

Emphasize nutrition as a building block for health

A balanced diet complete with the necessary nutrients is the cornerstone of pet wellness. Work with your vet to provide a combination of protein, carbohydrates, fats, vitamins and minerals tailored to your four-legged family member's species and life stage. Remember to review labels and certifications, choosing natural ingredients while avoiding artificial additives, fillers and preservatives.

Sometimes, even the best diets can leave nutritional gaps, however, and supplements can help fill voids and provide additional support for joint health, skin and coat condition, digestive function and dental health. Start small, swapping a regular treat for a functional dental bite, such as ProDen PlaqueOff Crunchy Dental Bites, which are formulated with clinically proven kelp to help support dental health and offer a Veterinary Oral Health Council stamp of approval for the dog version — offering owners an easy, reward-style supplement to fold into everyday routines.

Make daily movement a priority

Daily movement, whether through walks, playing, agility training or even using puzzle feeders, is critical for weight control and joint health. Regular activity also improves mood and helps prevent boredom-related behaviors — such as excessive meowing or barking, digging, clawing or chewing on furniture and more — according to the Foundation for Animal Care and Education.

The amount of exercise your pet needs can vary by species, breed and age. Some larger dog breeds may need multiple hours of activity per day, including walks or hikes and fetch sessions, while smaller dogs and cats may benefit from short, active play sessions throughout the day.



Don't overlook the importance of oral health

Proper dental care is an important aspect of overall pet care and helps prevent plaque buildup, tartar accumulation and gum disease, all of which can affect your pet's energy levels and organ health. Use National Pet Wellness Month to refresh their oral care routine with an option like ProDen PlaqueOff Crunchy Dental Bites.

Easy to incorporate into any routine, these low-calorie bites can be given daily alongside a pet's regular dental care regimen. They contain the unique, natural and clinically proven kelp ingredient A.N ProDen to help reduce plaque and tartar buildup while keeping breath fresh all in a bite-sized, crunchy form with a tasty veggie flavor.

Explore mental enrichment to keep pets sharp

Mental stimulation is just as important as physical exercise for your pet. Engaging in training games, using interactive toys, conducting scent work and organizing social outings can boost cognitive function and help reduce stress.

Mental enrichment complements physical exercise and is particularly beneficial for older pets or during inclement weather when activities can be taken indoors. Introducing a new walking route or adding a 5-minute training game to indoor playtime can make a difference in your pet's happiness and overall well-being.

Find more advice and products to help your pet live a long, healthy life at us.swedencare.com. 🐾

A focus on education

Lorelle Jones serves as the president of Des Moines Obedience Training Club.

Lorelle Jones, a dog owner “her whole life,” became president of the Des Moines Obedience Training Club two years ago. This year, the DMOTC celebrates 75 years in existence.

Her journey in the DMOTC began with her first new puppy in 1997. The breeder suggested Jones take the dog to an obedience class. At the end of 10 weeks, the puppy didn’t graduate.

“I took the class three times. I wanted to keep doing it,” she recalls.

She joined the DMOTC, not just for the competitive aspect, but to train her dog. Since then, she has served in a variety of roles, including an AKC Rally judge, a Canine Good Citizen judge and instructor for a variety of obedience classes. She also oversees monthly membership and assists board members and classes.

“I’m a jack of all trades for the club,” she reflects.

Her dog, Vanna, 8, is a long-coated German Shepherd. Vanna holds a Canine Good Citizen (CGC) certification. Dogs who are trained as therapy dogs are required to hold a CGC. Some homeowners’ insurance policies may suggest it for specific breeds to mitigate risk.

A CGC has a specific list of requirements to obtain the certificate. It include commands, such as coming when called, walking quietly next to another dog, and sit-and-stay commands.

“All attributes are really valuable when you take the dog to the vet or out in public,” she explains.

The DMOTC offers obedience and puppy classes and CGC certification. They work closely with the Des Moines Kennel Club and host various competitions, including rally, agility, sport and scent trials. Various classes and competitions are held at the Army Post Road location and at the Iowa State Fairgrounds. Jones says the classes are accessible for the public.

“We focus on education. All of our classes are economical,” she explains. “For the past 75 years, all of our teacher have been volunteers.”

Jones says her dog travels with her wherever she goes. With many dog owners taking their dogs in various public spots, obedience is crucial.

“Every dog is different. It’s important to know their limits and know the breed. Some dogs don’t want to be around other dogs,” she says.

She suggests dog owners benefit from early training; however, it’s not too late if owners experience difficulties with their dogs.

“That saying, ‘you can’t teach a dog new tricks,’ isn’t true,” she reflects. “You can teach them. In our obedience club, we train the owner.”



Jones says dog owners build an important trust and bond when the pair are learning tricks, competing in trials and displaying manners. She says Vanna is a wonderful companion.

“I like that dogs love you unconditionally. They are good companions and love to learn. You can teach them most anything.”

For more information on DMOTC certification, competitions and classes, visit www.dmotc.com. ■

JOE'S NEIGHBORHOOD

BY JOE WEEG

Where's my toast?

We are in that dreaded in-between time — that dead time caused by making it through airport security way too fast and having two hours before our plane departs. A harrowing situation for my wife who generally likes to hook a wool rug, send instructional messages to our middle-aged kids, and maybe pave the driveway, all before breakfast. One is either doing SOMETHING at all times, or one is in the grave.

But, here we are. In the airport. Trapped until departure. Of course, she could read one of the 15 hardback books she has brought. Nope, that won't work. Or she could play one of the 75 word puzzles she downloads daily on her phone. Hmm... probably not.

"Or what about knitting that complicated Estonian sweater you have in your bag?"

"Puh-lease, Joe."

She is at a loss as to how she is going to spend her time. And I, of course, am trying to stay out of her line of sight so I don't become a much-needed rehab project.

So, we stop for breakfast at an airport cafe.

My wife reads everything on the menu. Then, she looks at the big board over the bar to examine all the specials. Then, she goes back to the menu. Then, she looks around to see if there are other different menus, perhaps with wines, that she hasn't read. Nope. She's done it all. Wonderful.

Then, she orders: "Toast with butter, please."

At this point, things can go multiple directions. But, her ancestors are Irish, and she's from Iowa. Duh. She is going to want to know where the cashier was born, how many kids they have, where they presently live, and what their views are on the world situation. This is a good thing because time will pass. Finally, the cashier returns to her life after sharing with my wife her home address, phone number and the location of her future grave plot. Good to know.

Whew. We've made it this far. Only 95 minutes until departure. Ah, my wife has to run to the restroom. Great. Tick tock.

As we wait for her to return, I was wondering if you've given any thought to this so-called Information Age we now live in? Some folks call it the Digital Age. I didn't even know there was a formal name for it until recently.

Merriam-Webster says the "Information Age" is "the modern age regarded as a time in which information has become a commodity that is quickly and widely disseminated and easily available especially through the use of computer technology." In other words, we live in a time when the access and distribution of information is the name of the game. This is distinct from the preceding Industrial Age when manufacturing was the name of the game.

I don't think things are so clean as these definitions state, but as I think about the phone that is surgically implanted in my hip, I do wonder at the value of this mountain of information I consume every day and whether it is good or bad for us humans. Particularly in these divisive times. And I do think about AI and the internet and self-driving cars and doorbell cameras and Amazon Prime and those precocious twins, Siri and Alexa.

Noah Hawley recently wrote an article in The Atlantic called "Vonnegut and the Bomb." He says: "In some ways, Little Boy [the bomb dropped on Hiroshima] was the ultimate invention of the Industrial Age, which ended a few years later. What replaced it? The Atomic Age, of course, followed in the 1970s by the Information

Age. Were Vonnegut alive today, he might say that whatever they call the age you live in is actually the name of the weapon they're using to try to kill you."

Lordy.

My wife returns.

No toast yet. Then a strange robotic cart with a cat face rolls around the corner, comes up to our table, and waits patiently.

After my dropped jaw rejoins my face, it dawns on us that our food must be on one of the shelves. Sure enough, there are trays of food on the shelves below.

But, no toast.

And, after a while, the cat/cart/robot purrs off.

Well, that was an experience. We wait patiently. Still no toast. Then, my wife tracks down the human server, who comes eventually with some cold toast.

So, what does all this mean? Is it a parable about how the so-called Information Age may very well make information a commodity, but it doesn't actually bring you your toast? Or is it a story about how my wife didn't ask the robot/server about its family and what this lack of connection means for the threads that hold society together? Or is it reaffirming the well-known maxim: cold toast is... cold?

Got me. But, thankfully, it's time to get on the plane. And, even though I have 15 hardback books and have written three texts to my kids as to how they should live their lives and am working on two stories, I am at a loss as to what to do. My wife suggests I ask the attendant for something to eat. But, where's the menu? And, what should I order? And, do they have toast? ■

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



Other Brothers cooks up the blues

Iowa Blues Challenge winner will represent Iowa in the 2026 International Blues Challenge in Memphis.

Seven years ago, the Other Brothers received a second-place finish in the Central Iowa Blues Society's Iowa Blues Challenge. As "life happened" throughout the years, the band competed again in October 2025. This time, they won the best band award.

They will represent Iowa in the 2026 International Blues Challenge in Memphis. Also representing Iowa for a solo/duo act is the Weary Ramblers.

The Other Brothers is a three-piece, Des Moines-based band that consists of Eli Clark, Johnny Parrish and Jason Kadiwhompus.

Instead of the band identifying with just one genre of music, they play a unique combination of rock and roll, blues, rockabilly and country. Clark says throughout the years they have developed into a "Midwestern rock and roll, downhome sensibility."

"We play 1970s sounds on 1960s money," he says. "Our music is all about kicking back and having a good time. We want to get people dancing as much as we can. We don't play grandpa's blues. We want to cook a little bit."

The Other Brothers play all original music with songs written by Clark, who also sings and plays both the guitar and harmonica. Clark and Larry Enos formed the band in 2013. As Larry passed away and COVID hit, the band stopped in its tracks to regroup and find a new band member.

"When Jason came in, we wrote two or three songs that night and offered it to him on the spot," Clark says.

The revamped band rehearsed three times a week before performing.

"We were gung ho," he says. "I hashed out a harmonica rig, so we can offer a different sound than the lead guitar."

Clark began writing when he was 16 years old. He explains he was a "brooding 16 year-old writing poetry" when a friend set him straight.

"He said these are songs, not poetry. I never stopped

after that," he recalls. "I've been writing ever since."

He began singing and playing the harmonica. Eventually, he learned how to play the guitar.

Band members are "weekend warriors," playing numerous gigs, such as the Iowa State Fair, Dallas County Fair, Madison County Covered Bridges Festival, and other venues.

"We cast a wide net and want to play as much as we can for a variety of audiences," he says.

With five recorded albums, the band is currently working on a sixth. As they competed in the Iowa Blues Challenge, the band members questioned, "Are we blues enough?"

"These are our own songs. They're bluesy," he explains. "They (judges) saw the virtue in how bluesy it is."

Clark says the CIBS continually supports their musical efforts.

"They give us encouraging words. It's an equal playing field. The organization is accommodating for all walks of blues life," he says.

The band is excited to travel to Memphis in January 2026 for the competition.

"We're happy to go and represent Iowa and to compete internationally. We hope to have a great first time playing in Memphis," he says.

Meanwhile, the band is fortunate to play at weddings, parties, funerals and bars.

"We're something for everyone," he says. "We're lucky Des Moines has a good thing going, where people



Photo by Mark Lage

want to go out and discover music."

Clark says their music helps to sell beer at a venue and get people dancing.

"Our blues is the foot-stomping variety. We want people to have a good time. Life is hard, and we can all come together at the end of the day through music."

Catch the Other Brothers at xBk Live on Nov. 29 for the Seventh Annual Dipsos Blowout concert, which includes performances by 10 Watt Robot, Dipsos and Soulcase. They also perform Dec. 26 at the Greenwood Lounge and Feb. 13-14 at the Winter Blues Festival in Des Moines. ■

SOUND ADVICE

BY JACKIE WILSON

When imagining a symphony, one might visualize violin players playing classical music. Think again. **The Black Jacket Symphony** is a rock band that performs classic rock albums in its entirety. They will perform AC/DC's "Back in Black" album on Nov. 15 at Hoyt Sherman Place. Tickets start at \$47.

Singer, songwriter and producer **Jake Minch** is touring. His new album, "George," garnered praise from NPR Music and others. The alternative/indie

musician will be performing at xBk Live on Nov. 10, with opener **Darryl Rahn**. Tickets \$25.

Catch **Hayes Carll and the Gulf Coast Orchestra** at Wooly's on Nov. 15. Carll's songs have aired on the TV show, "Yellowstone." His new album "We're Only Human," has been making major waves with his insightful and witty lyrics. **Aaron Raitiere** is the opening act. General admission tickets are \$33.

If you have visitors complaining of boredom following Thanksgiving Day celebrations, treat them to some live music. At Wooly's Nov. 29, see **Alice Unchained: The Ultimate Alice In Chains Tribute Band**. General admission tickets \$22. Or head to xBk Live Nov. 29 for the **Seventh Annual Dipsos Blowout** concert featuring the **Other Brothers, 10 Watt Robot, Dipsos** and **Soulcase**. Tickets proceeds benefit The B. Well Foundation. \$15. ■

Quilters Guild and Blue Star Moms partner up

Cindy Alcorn and company made more than 1,000 stockings and helped supply 2,700 care packages.

The Eastern Polk County Quilters Guild had some simple missions as of a few months ago: make some stockings, and help supply care packages for the Blue Star Mothers of Iowa, a nonprofit of mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard, reserves or veterans. The quilters guild, through the help of Cindy Alcorn and Marilyn Breen, did those — and then some.

Alcorn joined the guild 12 years ago. A patient of hers at the hospital where she worked had a quilting magazine. After talking about it with the patient, she decided she wanted to give it a shot. As for Breen, she has been a member for three years.

The guild is involved in several forms of charity. Whether it be donating quilts to various organizations or donating dresses to children in Africa, the next project seemed right up their alley.

Karen Seidl of BSMI reached out to the quilters guild, and Alcorn answered the call.

"I took it to my board meeting. I was just telling them that this is what they need to fill the care packages. This is the stocking pattern," Alcorn said. "They thought it would be a really good idea for us. Marilyn came up with the idea that July would be snack stuff. In August, we did toiletries. Then, in September, it was for anything else that they needed."

During that time, the quilters' guild got to work on the stockings. Alcorn printed out a template for the other members to reference, and their hands got busy.

"People went crazy. I said, when we

first started I would be happy if we got 500 stockings. And then, in August, we were over 500. Marilyn asked if I had anything to say, and I said, 'Yes, you guys are you're blowing me away. This is amazing,' I said, 'How about we do 700?' " Alcorn said.

Alcorn made around 150 stockings herself. Some members of the group made more than others.

"Everybody brought what they'd completed at the September meeting. I counted them and added them up as they brought them in. One gal made 300 herself," Alcorn said.

Even people from outside the organization helped make donations.

"My next-door neighbor is a quilter, but she's had health issues, so she hasn't been able to quilt for a long time. I asked her, 'Do you have any Christmas fabric or patriotic fabric, fabric that you can donate?' Her granddaughter brought me a whole box of fabric," Alcorn said.

Making the stockings and getting everyone to participate, especially for a good cause, made it easier to convince the group to pitch in.

"Everybody was so willing to help. Like when we had the quilting retreats, and I had them already cut out, people would come over to the table and make a couple and put it back in the box," Alcorn said.

The only problem with the stockings was trying to keep a count of how many they had made.

As for the care packages, the main challenge is finding a way to fund the shipping. The groups have reached out to various representatives and organizations to varying degrees of success. A car show,



Karen Seidl, Marilyn Breen and Cindy Alcorn

Hot Rods for Heroes, helped fund a large chunk of the project, but there is a large cost remains.

"We're currently in need and looking for anybody who has any connections to packaging companies so that we can get them expedited," Alcorn said.

Nevertheless, the partnership between the two groups could not have gone any better, according to both.

"I'm just excited and thankful that these quilting organizations have stepped up to serve our men and women. We're very grateful for the quality organizations in the state of Iowa that stepped up to the plate," Seidl said.

On the group's website, www.bluestarmothersofiowa.com/home, there are links to where you can donate, lists of what goes in the care packages, and more information on how to help them box the packages and prepare them to be sent. ■



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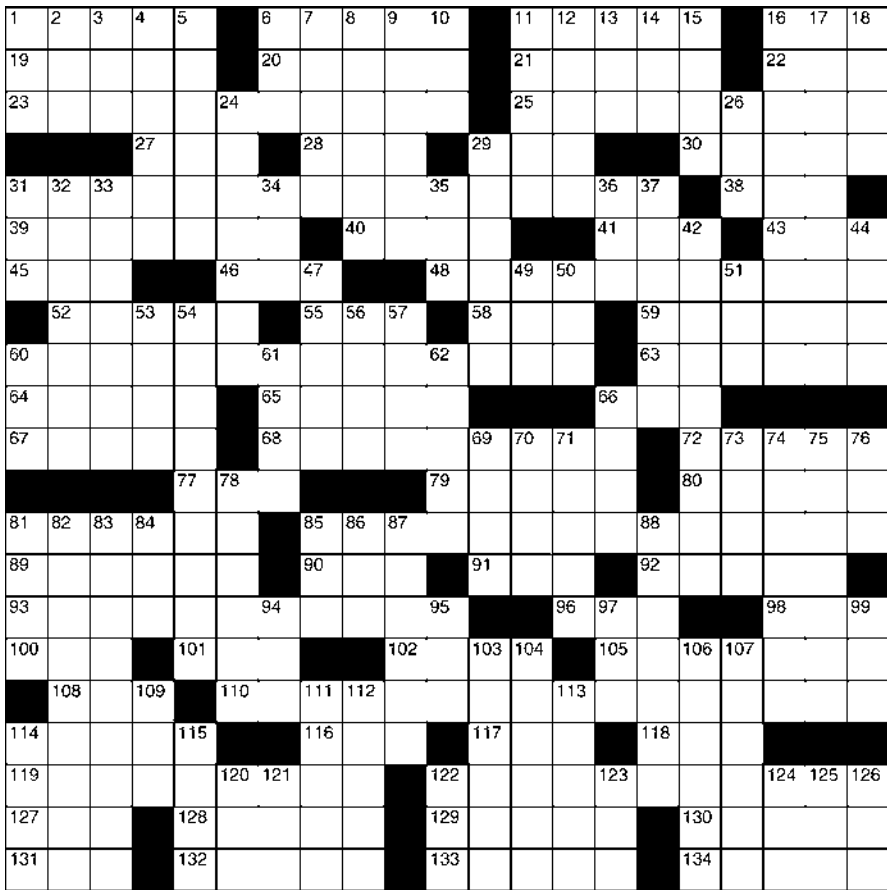
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PUZZLES

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RINGING-IN TUNE



- ACROSS**
- 1 Protestant denom.
6 Command
11 Duel weapon
16 Blind -- bat
19 Fiji neighbor
20 Acai, for one
21 Peel remover
22 Scanned ID on a pkg.
23 "Is that something that ought to worry me?"
25 Rembrandt or Rubens
27 Arafat's gp.
28 Thurman of the screen
29 With it, once
30 "I Got a Name" singer Jim
31 Patient information document
38 Be a thespian
39 Discount vouchers
40 ER "PDQ!"
41 Wanna- -- (copycats)
43 Coll. dorm overseers
45 Spanish "a"
46 Young miss
48 "I'm stepping away for just a sec"
52 Actress Bingham
55 "... boy -- girl?"
58 Gut-punch response
59 On the whole
60 Embarrassed oneself while singing, in a way
63 Rubs clean
64 Spinning, archaically
65 Peru's -- Picchu
66 Suffix with 29-Down
67 Fifth-cen. pope
68 What "etc." means
72 City sections
77 Oversee
- 79 Android, e.g.
80 Some steel girders
81 Wise up
85 Always the wrong way to go about it
89 With 49-Down, miraculous biblical staff
90 Singer Yoko
91 Science advocate Bill
92 Spa treats for feet, for short
93 Felled
96 Tip of a boot
98 Org. for a periodontist
100 Pigs' hangout
101 Female pig
102 Slithery fish
105 Left on one's plate
108 In what way
110 More so
114 Grads
116 Lyricist Kahn
117 Slugger Maris, to pals
118 Actor Stephen
119 Psyching-out activities
122 Time to sing the tune suggested by the starts of 10 long answers in this puzzle
127 Co. name abbr.
128 Lott of politics
129 Highly skilled
130 Sporty car roofs
131 Stretch (out)
132 Threescore
133 Harbors
134 Perception
- DOWN**
- 1 Twisty letter
2 Oom- -- band
3 "I think," to a texter
4 Add juice to, as an engine
5 Peruvian city near Lima
6 Honshu sash
7 Mow again
8 Serious plays
9 Straying
10 Bread type
11 Do a satire of
12 "Where's --?"
13 Munic. law
14 Sleep-stage acronym
15 Storied vampire, for short
16 Dictators
17 Striking thing to behold
18 Unit of area
24 Carrying out the task
26 Span. lady
29 Falling star
31 Prefix with puncture
32 Bend out of shape
33 Bicker
34 Hush-hush govt. org.
35 Hailed ride
36 1993-2020 Supreme Court justice, for short
37 Dr. Oz's first name
42 Over the entire shop, as a sale
44 "The -- the limit!"
47 Lindsay of "Get a Clue"
49 See 89-Across
50 Stipulations
51 Youth org. with dens
53 "Permit Me Voyage" author James
54 Food dyes
56 Shipping dept. stamp
57 "Horton Hears --!"
60 Notes after mis
61 Tax evasion agt.
- 62 Very unusual
66 Analogy part
69 Tooted thing
70 Online auction site
71 Thesaurus compiler
73 Place -- (participate on 70-Down)
74 Glow with joy
75 German city
76 Org. issuing nine-digit IDs
78 Final result
81 Chatters idly
82 Alternative to AOL or NetZero
83 Unit equal to about 31 grams
84 Astros, on scoreboards
85 Tacit "yes"
86 Rocker Brian
87 People taking oaths
88 From 1968 on, for tennis
94 A pair of
95 Born, in Nice
97 "Days of -- Lives"
99 Pantry pest
103 Texas city of song
104 One packing things away
106 Puts forth
107 One little bite
109 Nuke, e.g.
111 Intermediary
112 Like hurricanes
113 Cairo's land
114 Lady friend, in Le Havre
115 Mil. bigwigs
120 Meyers of "Dark Horse"
121 Tex- --
122 Brief sleep
123 Martians, e.g.
124 History unit
125 Corp. execs
126 Suffix with Siam

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Relax
ONELUG

Chine
SNIFE

Gone
SHAVIN

Fraud
CEDEIT

TODAY'S WORD

"The 'wet look' — the 'dry look' — I wish they'd come out with something for the ' look:'"

SUDOKU

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

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

DIFFICULTY: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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SNOWFLAKES

by Japheth Light

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

DIFFICULTY: ♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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GO FIGURE!

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

	+		÷		= 2			
+		-		+				
	+	3	+		= 12			
×		-		÷				
	-		×		= 24			
=		=		=				
24		2		2				
1	2	3	4	5	6	7	8	9

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WHAT THE...

Think you're funny?

Send us your best caption...

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

Next month's photo:



PHOTO BY YELENA FROM PEXELS

This month's winner

"Welcome to Sting's
Haunted House of Death!
Every Breath You Take...
could be your last!"

- Mary Wedewer



PHOTO COURTESY OF PIXABAY

Runners-up

"Insane Clown Posse's long lost brother, Out of Frame Posse."
- Mike Pulkrab

"Hey, kid...I'm going to be sleeping under your bed tonight."
- Brad White

"For Halloween, I've decided to go as Sting the Clown, or a less scary
Joker from Batman — you decide..." - John G. Brackin

"It seems that Sting and all those royalties have found a deep cave to
stay in while evading The Police." - Mark Alvord

"Forget the clown, does no one notice the darkness?" - Jeni Nosbisch

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CARS IN THE CITY

ARTS & ENTERTAINMENT



Mazda Premium Plus CX-50

A larger vehicle with better gas mileage? Sold!

BY JACKIE WILSON

Five years ago, CITYVIEW's Cars in the City column debuted, featuring "wheels" stories and new vehicle reviews.

After test driving shiny new cars, suddenly my trusty 2012 Honda Accord seemed dated, lacking cool tech and safety features. Shortly after driving an \$80,000 Lincoln Navigator with massaging seats, I thought this car column might get expensive.

It did.

I finally caved in and purchased a new car. After test driving nearly 50 different models, my mind swirled with details. All wheel drive? Electric? SUV? Sedan? Thanks to my budget, the sky was not the limit.

As a Honda loyalist, owning three since 1989, I appreciate the reliability, resale value and good gas mileage — all at an affordable price. The sensible car was named "Car and Driver's" 10 best vehicle award 39 times, the most awarded in history.

Instead of a four-door sedan, I considered an SUV that wasn't a gas guzzler. As I test drove the Honda CR-V, the driver's seat felt uncomfortable, similar to a no-frills airline seat. It lacked design updates, and the interior dash resembled my 13-year old car.

When my bottom and lower back said "no," I considered the Toyota RAV4. Toyota is another top-selling brand competing nearly head-to-head in reliability and resale. However, the RAV4 inventory in the Des Moines area was limited, and I couldn't test

drive one. A Lexus option was about \$20,000 more than my budget.

A friend suggested a Mazda, and I test drove three SUVs. The midsize Mazda CX-50 seemed just right. Yet, it came in a hybrid model. I hesitated, since hybrid technology is only a few decades old. The 100,000-mile battery warranty, fuel efficient SUV was a winner. A larger vehicle with better gas mileage? Sold!

I chose the Premium Plus CX-50 with my favorite interior color, red. It checked the boxes — hands-free connectivity, infotainment screen, plus heated and cooled seats.

My car buzzes and vibrates, communicating with me about my driving habits. If I drift into another lane without using my turn signal, it alerts me with a red flash and nudges my steering wheel over. Multiple times, a red BRAKE light appears. Why? I often argue I wasn't that close to the car in front.

The back-up camera and blind spot monitors mean I don't have to strain my neck looking for cars. When my emergency flashers kept coming on randomly, I thought it was a safety thing. Turns out my water bottle lid kept depressing the hazard lights button. That also explains why my seat heated up when I had two cups in the cupholder.

I love how I can view navigation effortlessly on the heads up display instead of fumbling with my phone's small screen. A favorite feature is my SiriusXM radio, which provides music education. I've discovered



hundreds of songs I've sang along with for decades but never knew the song or band name.

Driving a hybrid offers a sense of pride that I'm doing my part to save the environment by using less gas and improving air quality. I drove almost a month on a full tank of gas, just tooling around town, averaging about 35 mpg.

My new ride is nearly perfect, and may other choices certainly would have been, too. Sure, massaging seats would have been blissful, but I appreciate the extra \$40,000 in my pocket for choosing the Mazda instead. ■

DES MOINES FORGOTTEN

BY KRISTIAN DAY

Adult movie theaters in Des Moines

This national cultural ripple reached our city like a delayed radio transmission, humming quietly through the 1970s and into the uneasy 1980s before being shut down or ran out of town.

The first adult movie theater I ever encountered was when I was staying in Hollywood during my days on “The Bachelor,” the reality television series on ABC. I was living with a buddy who lived off Santa Monica Boulevard and Western Avenue, very close to the Hollywood Forever Cemetery. It was the kind of neighborhood where you could never find a parking spot. If you did, it was because it was designated for street cleaning the next morning and you wake up to a \$100 ticket on your window. I would park nearly a mile away and would walk on Santa Monica Boulevard. I would pass the Tiki Theatre, which is the last operating adult movie theater in Los Angeles. The screening room had red leather seats and, depending on the day, they would play shot video movies from the 1990s or something shot on film from the 1970s or 1980s. The sidewalk smelled like a mix of concrete and urine. Depending on the night, I would walk past a gaggle of prostitutes still on the clock.

There was a time when downtown Des Moines pulsed with more than neon marquee for Disney roadshows and MGM musicals. By the early 1970s, as the grand palaces fell to dust and television stole the suburbs, the city’s core found a new kind of glow — the pinkish hue of the adult theater. What began as a national cultural ripple reached our city like a delayed radio transmission, humming quietly through the 1970s and into the uneasy 1980s before they were shut down or ran out of town.

Before we get into these adult movie art houses, let’s sideline on the difference between X rated and XXX. X rated was the original NC-17 rating from the MPAA. These films would, on occasion, play at major theaters. “Midnight Cowboy” (1969) starring Dustin Hoffman and Jon Voight was rated X due to its depictions of prostitution, homosexuality and violence. It was the only X rated movie to win an Academy Award for Best Picture. XXX was never a real rating developed by the MPAA. It was simply a marketing device developed by adult film producers. Rated X was meant to be extreme, so the joke was adult films were even more extreme and rated XX or XXX.

The first of these houses to make headlines locally was the Mini-X Theater, which opened in March 1971 at 214 Fourth St., just off Court Avenue. It wasn’t a grand place — one screen, modest seating and a hand-painted sign advertising “Adults Only.” But, it marked

a shift. While the Paramount and the Des Moines Theatre had once defined the downtown night, the Mini-X represented the city’s changing pulse — a last refuge for the forbidden in an era obsessed with openness. In its small projection booth, the reels that once carried westerns and B-pictures now spun loops of hardcore films that had only recently escaped the censorship boards. Previously, these loops could only be seen through underground trades and in the adult bookstores like Page IV Books, which was located on Fourth Street and Court Avenue next to the Country Cove Tavern.

In 1970, the Supreme Court had loosened obscenity definitions, and films like “Deep Throat” and “Behind the Green Door” were touring the country with the air of cultural revolution. Even places as cautious as Iowa couldn’t ignore the wave. Downtown Des Moines — then half-empty after dark — offered cheap rents and leftover movie houses from the golden age. A few independent operators, sensing opportunity, converted them into adult cinemas. The Mini-X was joined by others over the decade including the Art Cinema and the Corral.

Police raids, moral campaigns and zoning fights became parts of a recurring ritual through the 1970s. City councils debated ordinances restricting “adult entertainment within so many feet of churches or schools,” though downtown’s vacant buildings and sleepy night life often made that a moot point. Yet, beneath the civic outrage was a quieter reality: These theaters survived because downtown was empty, and they were among the few businesses still drawing steady crowds.

The Blank family’s Central States Theatres and Fridley Theatres — the traditional exhibitors who had dominated Iowa screens at this time — wanted nothing to do with the adult market. Their empires had moved outward to suburban multiplexes and mall cinemas, leaving the old buildings behind. Into that vacuum stepped smaller operators who saw opportunity in the forbidden.

By the early 1980s, the scene had shifted again. Home video arrived like a wrecking ball, taking the secrecy of adult viewing out of the theater and into the living room. Suddenly, one could rent the classics without ever stepping downtown. The economic logic that had sustained the adult houses collapsed. The



Mini-X limped into the decade, surviving mostly on inertia and late-night trade, while others closed quietly or converted to adult bookstores and video booths.

As the city began to reinvent itself in the 1990s, those spaces disappeared. The Mini-X closed, and the building was repurposed; others were bulldozed for parking lots or office expansions. When Court Avenue redeveloped into a nightlife district of restaurants and lofts, there was no trace of the era’s neon signs, no marker commemorating the strange chapter between the fall of the movie palaces and the rise of the sports bars. Meanwhile, adult bookstores still exist both in the city and in the outskirts off Interstate 80.

For anyone who is curious, the last Iowa adult movie house in operation is Cinema 16 in Waterloo. I visited the place a few years ago while working on “Taken Together, Who Killed Lyric and Elizabeth?” a three-part crime documentary on HBO. Cinema 16 has an adult gift shop in the front of the shop and a 100-person theater in the back. For \$15, customers could purchase an all-day pass. And, yes, there were several people attending a screening. ■

Kristian Day is a filmmaker and writer based in Des Moines. He also hosts the syndicated Iowa Basement Tapes radio program on 98.9 FM KFMG. Instagram: @kristianday | Twitter: @kristianmday



A love for curling grows

A man of many hobbies, Jacob Pitzenberger has a soft spot for the icy game.

For most people, curling is a sport they tune into during the Olympics when one of the other major ones is not on screen. For others, it is their hobby. For Jacob Pitzenberger, it is one of several hobbies

Pitzenberger went to Mason City High School and graduated from Iowa State University with a degree in animal ecology. For the last 12 years, he has been managing a hunting and wildlife preserve just outside of West Des Moines.

The love for animals extends to another of his hobbies — wildlife photography. Add in that Pitzenberger also plays in a soccer league, and you have found yourself one busy body. How he got into the least likely of the three hobbies, curling, was due to a friend.

“My introduction was through a friend who I got a text from one afternoon, asking if I wanted to sub on his curling team,” Pitzenberger said. “I was like, yeah, that sounds awesome. I went, and I had no idea what I was doing. He walked me through it in about five minutes. I was awful the first time, but I just had to keep going back after that.”

That was two years ago. Pitzenberger subbed regularly for his friend’s team until he was able to sign up full-time. He and his team play in the Des Moines Curling Club. The group competes at the RecPlex in West Des Moines. While he does appreciate the ability to play, he would like it if the group had its own space to curl. He mentioned how nice the ice is at the RecPlex and how well-maintained it is with its variety of uses.

“I just got an email a few days ago that they’re just starting to raise funds to try to build a dedicated ice. I’ve never curled on dedicated ice, but, from what I’m told, it’s a very different experience,” Pitzenberger said.

Curling, on the slippery surface, is difficult. But, just like the slippery surface, once you get going, it is difficult to stop.

“It’s really easy to get hooked on and to get pretty good at, but one of those things that’s really hard to master,” Pitzenberger said.

Unlike sports like soccer or basketball where fields or courts are easier to access, getting time on the ice, and with the proper equipment, is challenging. The time they are able to play or practice is limited. It’s also much easier to find a basketball than a curling stone.

“That’s been the biggest challenge — getting that ice time and getting out there,” Pitzenberger said. “I



Jacob Pitzenberger (right) said, “It (curling) kind of took me by surprise. Like I said, I showed up once, and I was like, OK, I’m gonna keep doing this. Any chance I get, I’ll keep doing this.”

don’t even know where you buy the stones. Luckily, one of the beautiful things is that the curling club provides everything. Any beginner could just show up in a pair of tennis shoes. I think one of the coolest things they do is a learn to curl night, so people can sign up for that with zero experience and they’ve got a bunch of experienced curlers there that’ll help them learn from scratch. That’s super cool,” Pitzenberger said.

The slow pace of the game makes it easier to relax and enjoy, according to Pitzenberger.

“You’re in an environment where you’re right there with your opponents, but you have time to chat, get to know each other, and you meet new people kind of every week,” Pitzenberger said.

His preferred position is “skip,” the person who is on the opposite end of the ones rolling the stones, showing them where to throw it, what spin to put on it, etc.

“I love the tactical aspect of it. I’ve learned a lot about curling, the way a lot of people learn most things now — hours and hours of YouTube videos. Things like placing stones in certain places that don’t seem like they make sense until you think about things technically, and how they can come into play later,”

Pitzenberger said.

It took time for some of his teammates to adjust to his technical prowess, but he says it has worked out for the best.

“I would tell one of my guys where I wanted to put the stone. I could just see him looking at me, like, ‘Why? No, that’s an awful shot. Why would I do that?’ Trust me, four shots down the road, this is going to come in handy,” Pitzenberger said with a laugh.

He also enjoys sweeping, where players feverishly, or gently, brush the ice to create speed or slow down stones, although he says he does not do it much.

“Sometimes, I miss that, because it is actually a really good workout. You can work up a sweat for sure,” Pitzenberger said.

The advice Pitzenberger would give to someone interested in getting into curling is simple: It’s not too much of a commitment, and the community is a fun one to be a part of.

“Just show up, be open-minded and be willing to laugh at yourself, because there are going to be some funny moments. Show up for a few sessions, and you’ll pick it up pretty quickly. Everyone is willing to help, especially if they know that you’re new,” Pitzenberger said. ■

WALKS OF LIFE

Costume creations

Residents share how they add their own touches to Halloween garbs.

COMPILED FROM THE IOWA LIVING MAGAZINES

When it comes to Halloween, some people like to pull out all the stops. They turn their yards into haunted or cartoon landscapes. They carve pumpkins, bob for apples, and offer the best treats to their trick-or-treaters. And, they put their energy and holiday spirit into making sure their costumes — or their kids' — make others “ooh” and “aah” ... and perhaps shudder.



Katie Allgood

Costume contest winners

From gnomes to corn on the cob, Katie Allgood's unique costumes outfitted the entire family —including their dog.

When she began having kids, she donned the whole family in costumes. When she was pregnant with her second child, the family dresses as gnomes, which was an easy way to incorporate her baby bump.

“I had a baby three days later,” she laughs.

Another year, they dressed as chickens, caterpillars and ears of corn.

“I hot-glued hundreds of yellow pompoms on our outfits,” she explains.

Allgood discovers ideas after seeing a movie and keeps a running list of ideas on her phone. Pinterest also offers inspiration. Her hot glue gun keeps items together, and she tries to repurpose and reuse items from previous years. Most of her costumes are made for one use only.

“There's no guarantee of it lasting past one day. It's only made to last one night,” she explains.

Her family members — including her husband — are willing to dress in family-themed costumes.

“He's put up with it for the past 11 years,” she laughs.

Being crafty brings her joy.

“I love anything with a creative outlet. It's fun to see it all come together for the family,” Allgood says.

Source: Jordan Creel Living, October 2025; by Jackie Wilson

Read the full story here:



Andrea Capaldo

More than costumes

For many years, Brenda Hummel-Foreman has made Halloween costumes for her daughter, Andrea Capaldo, for one simple reason: Andrea is a wheelchair user, and there just aren't many options available.

For Andrea's first three Halloweens, Hummel-Foreman bought store costumes like candy corn, a bunny and a zebra. They were easy to get on because Andrea was still small.

“However, I felt we needed to do something bigger, something extra because she deserves it, and the wheelchair somewhat hid what she was wearing,” Hummel-Foreman explains.

So, in 2012, she dreamed up a frog on a lily pad costume in memory of her own mother.

That year sparked a tradition — and a following. Each Halloween, people began asking what Andrea would be. Hummel-Foreman always kept it a surprise until the big reveal.

Over the years, Andrea has been everything from Velma in the Mystery Machine to a gumball machine, a butterfly, a tissue box and a crayon box. One of Hummel-Foreman's most memorable projects was dressing Andrea as Ellie from the Pixar movie “Up,” while her brother, Sal, played Carl.

“I just want others to see my daughter having fun and doing activities her peers do, not her disabilities,” Hummel-Foreman says.

Source: North Polk Living, October 2025; by Lindsey Giardino

Read the full story here:



Scotlyn Greene

The spookier the better

Not all costumes are created equally, and sometimes the convenient option of a costume off a rack is considered subpar by potential customers. Scotlyn Greene is of this mindset. The 16-year-old began making her own costumes in 2019, right before the COVID-19 pandemic.

“I've always been into spooky Halloween stuff,” she says. “I was always picky about my costumes, and the ones in the store were not up to my standards. Storebought costumes always seemed basic, cheap and did not give dimension to the costume. I used to complain about how cheap they were and their lack of scare quality. When I got old enough, I realized that, if I made my own costumes, I could make them how I wanted them and give them the scare quality I wanted them to have.”

Greene's first costume creation was a possessed doll inspired by some of her favorite YouTubers who did a Halloween series. She found a dress that she liked as well as a doll from Menards. She used the doll to guide her costume. The following years, she created a spooky version of Little Red Riding Hood, the female character from the opening scene of the first “Scream” movie, and a clown.

Source: Bondurant Living, October 2025; by Rachel Harrington

Read the full story here:



Jason Park

Imagination transforms walker

When Ian Pak was 3 years old, he enjoyed watching “Blaze and The Monster Machines,” a cartoon on Nickelodeon. The show featured a boy who drives a monster truck named Blaze. The pair go on adventures together, fighting villains and saving the day.

As Halloween time rolled around, Ian's dad, Jason, wondered how he could make a costume such as Blaze. Yet, he had one requirement. Any idea needed to incorporate Ian's medical walker.

“I started looking at his walker. I thought it'd be cool if we could synergize some ideas and give the walker a ‘cool’ factor,” he recalls.

One year, Ian was a Hot Wheels racer. The walker was colored blue and included a spoiler on the back. A racing driver's outfit completed the look.

As Ian got older, he wanted more say in what characters or costumes he wore. A Godzilla costume was flanked by a miniature cityscape of tall buildings with working lights.

Jason says it's important to make costumes that help his son feel special.

“It's important for him to be inclusive,” Jason reflects. “It's a lot of fun. We're trying to figure out what to make for this year.” ■

Source: Waukee Living, October 2025; by Jackie Wilson

Read the full story here:



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