

OCTOBER 2022

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FALL

Arts & Entertainment

GUIDE

Taking you through 2022 with central Iowa's biggest events among stages, fields, courts, galleries and communities.

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FROM THE PUBLISHER

Make memories

When I would talk with my 86-year-old mother in her final years, she would frequently tell me how bored she was. I couldn't help but think about what she used to say to me when I was a teenager and told her I was bored. I usually ended up with a paint brush or a rake or a lawn mower in my hand. When I reminded Mom of this, she replied how much she wished she was able to do those things again. That comment was a stark reminder of why we need to soak in all we can while we can.



The reality is that many of our lives are now filled with events and activities and tasks that eat up most of the minutes of our days. And, as such, we come up with excuses why we can't do so many of the things that we previously said we wanted to do. Sound familiar?

Well, memories don't just happen. We make them, and the best ones are usually with friends and family at various events. You are likely thinking of some great memories right now.

So, with that in mind, I encourage you to peruse the listings in our Fall Arts & Entertainment story and place several events on your calendar right now. While you are at it, lean on your friends and family to do the same.

Take your pick from many of central Iowa's finest events on or in the stages, fields, courts, galleries and communities. We proudly support the arts, theater, music, sports and community happenings, and we hope you will, too.

Make some memories and, as always, thank you for reading CITYVIEW. ■

Shane Goodman

President and Publisher

Big Green Umbrella Media

shane@dmcityview.com

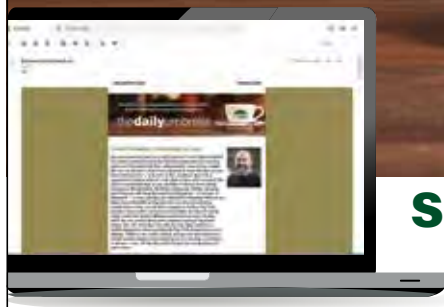
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EDITOR / PUBLISHER

Shane Goodman

VICE PRESIDENT

Jolene Goodman

STAFF WRITER

Sofia Legaspi Dickens

EDITORIAL CONTRIBUTORS

Douglas Burns
John Busbee
Kristian Day
Zane Douglas
Jim Duncan
Brian Duffy
Randy Evans
Marsha Fisher
Lindsey Giardino
Becky Kolosik
David Rowley
Ashley Rullestad
Colson Thayer
Joe Weeg
Jackie Wilson

SALES MANAGER

Pat Checketts

ACCOUNT EXECUTIVES

Megan Pugh
Nick Noah

DESIGN MANAGER

Celeste Tilton

ADVERTISING DESIGNER

Jayde Vogeler

DIGITAL

Beckham Miller

BUSINESS OFFICE

Brent Antisdell

DISTRIBUTION

Mike Chiston



ADDRESS: 8101 Birchwood Court, Suite D, Johnston, Iowa 50131

PHONE: 515-953-4822 **FAX:** 515-953-1394

WEB: www.dmcityview.com

EMAIL: editor@dmcityview.com

CITYVIEW is delivered throughout central Iowa to more than 750 locations every month. To request delivery of CITYVIEW to your business, or to inquire about our distribution services, call 515-953-4822, ext. 304. Annual mailed subscriptions are available by mail at a rate of 12 issues for \$29. CITYVIEW is a monthly magazine published by Big Green Umbrella Media Inc., an Iowa corporation. Contents 2022 Big Green Umbrella Media, Inc. All rights reserved. Nothing may be reprinted in whole or in part without permission of the publisher. First copy of CITYVIEW is free at the newsstand. Subsequent copies are \$5 each. Copies of past issues, as available, may be purchased for \$5 each (plus shipping if required) from the CITYVIEW offices. One copy per reader, please. It is unlawful to remove copies in bulk; violators will be prosecuted to the fullest extent of the law. Editorial Policies: Contact the publisher for permission to reprint articles, cartoons or any other portions of the paper. CITYVIEW is not responsible for unsolicited manuscripts. All letters received become the property of the publisher. We reserve the right to print letters in condensed form and to edit them for libel.



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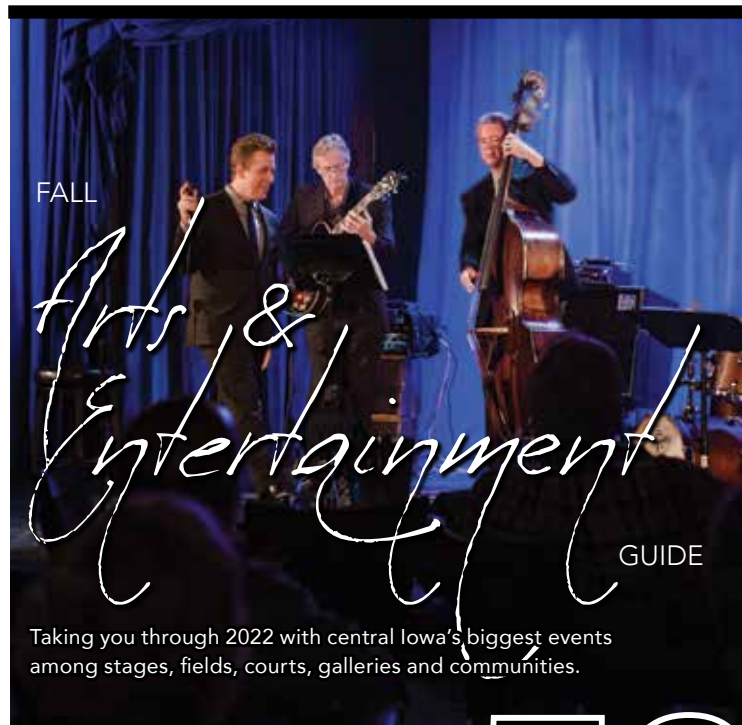


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Taking you through 2022 with central Iowa's biggest events among stages, fields, courts, galleries and communities.

COVER: Noce's co-owner and operator, Max Wellman, performs regularly at the downtown jazz and cabaret club. Photo courtesy of Noce

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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. I used to go to the Wild Rose Film Festival in Des Moines. In looking for it this year, I see that it was put out of commission by COVID — no postings on their Facebook since then. Is this totally dead? Or any chance for a revival? I hope you can let me know.

A. We reached out to Kimberly Busbee, the festival's founder and artistic director, who said: "We are taking a break but may consider revamping and reviving the international Wild Rose Independent Film Festival sometime in the future." The Wild Rose Independent Film Festival claimed to be the longest continually running international film festival in the state, deemed a Top 100 Film Festival with FilmFreeway, a conduit for film festival registration and promotion. They announced a hiatus in 2017.

Q. What important election-related dates should I keep in mind? And what positions will be on the ballot?

A. Here are important dates for the upcoming general election:

- **Wednesday, Oct. 19:** First day of absentee voting
- **Monday, Oct. 24:** Pre-registration deadline; deadline to request absentee ballot to be mailed
- **Saturday, Nov. 5:** County auditor's office will be open for absentee voting
- **Monday, Nov. 7:** Absentee ballot in-person deadline. (Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.)
- **Tuesday, Nov. 8:** General Election polls open 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m.

In Polk and Dallas counties, the following positions will be on the ballot: U.S. Senator, U.S. House, Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Secretary of Agriculture, County Treasurer, County Attorney, County Recorder, Iowa Senate District 23 (Dallas County), Iowa House District 43 (Polk County), Iowa House District 44 (Polk County), Iowa House District 46 (Dallas County), Dallas County Supervisors Districts 1 and 3.

A useful resource for learning about candidates is www.ballotpedia.org. Check and make sure you are registered to vote at www.sos.iowa.gov/elections/voterreg/regtovote. Find your polling location (it may have changed) at www.voterready.iowa.gov.

Q. Kwik Star, Kwik Trip, QuikTrip — what's the difference?

A. Sorry to disappoint, Kwik Star fans, but your favorite gas station/convenience store is only known as Kwik Star in Iowa (and Illinois). Some might call us special; others find it bizarre.

The company goes by its original name, Kwik Trip, in Minnesota and its home state of Wisconsin. When the chain opened its first store in Iowa in 1993, it changed the "Trip" to "Star" to avoid confusion and trademark violations with QuikTrip (QT), an Oklahoma-based chain that got here first. Kwik Trip/Star has over 800 locations across the Midwest, and QT has over 900 locations spread mainly throughout the southern U.S.

Now, look up: "Hardee's versus Carl's Jr." ■

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YOUR VIEW

Letters are edited for space, spelling and clarity.

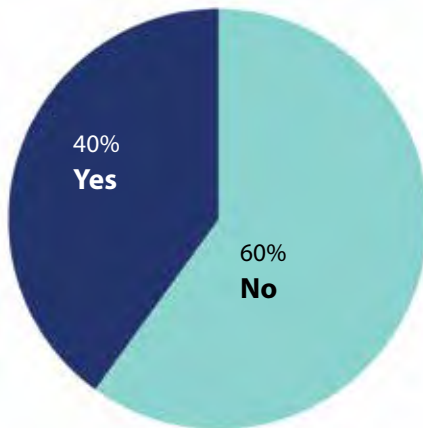
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Do you have a comment or photo you'd like to share with the readers of CITYVIEW through this page? Use the hashtag #dmcityview on Facebook, Instagram or Twitter — or email editor@dmcityview.com.

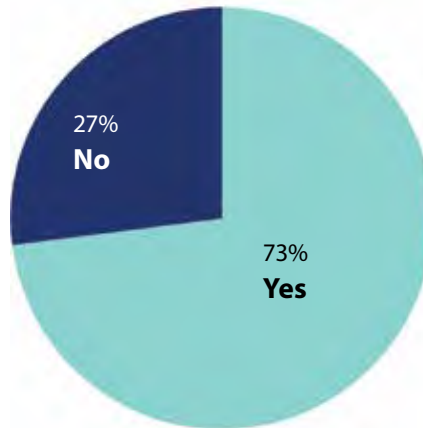
POLL POSITION

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

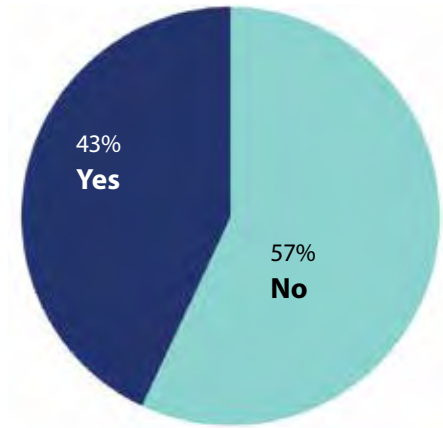
Do you believe Johnny Gosch, a Des Moines Register paperboy from West Des Moines who disappeared on Sept. 5, 1982, is still alive?



Should children younger than 5 be vaccinated for COVID-19?



Have you ever been fired from a job?



LETTERS TO THE EDITOR

Tired of biased mainstream media content

Just once, I would like to read a media publication that stays away from the "Trump and all Republicans BAD, ALL DEMOCRATS good" narrative. The latest issue of CITYVIEW has failed in that respect. The Political Mercury column on page 18 is the violator. The headline suggests that a Democrat was falsely accused of being a "child molester" by a GOP opponent, yet no evidence of this is presented in the article. The author suggests

that anyone who lies about an opponent, for political gain, should be removed. If we follow that guideline, there would be very few politicians left in Washington, following the Trump "Russian collusion" hoax.

CITYVIEW should be a fun publication that focuses on local businesses, people and events. People are tired of the biased mainstream media content, which bends over backwards to paint a particular party

in a bad light, while totally ignoring the warts of the other party. The plummeting circulation numbers of many publications are proof of this.

Let's keep CITYVIEW fun. Let's keep CITYVIEW above the political fray. You can publish whatever you like, but if I want to read one-sided political articles, I can always scrounge a copy of the Register out of a trash can somewhere. - *Adam Jones*

Political restaurant review

I read Jim Duncan's review of Irina's restaurants in September's CITYVIEW. I found the comment on the "earth shattering" Chicken Kiev had been removed from both menus of the Russian themed restaurants to be cleverly written and well done. - *Jim Elliott*

FACEBOOK COMMENTS



cityview magazine
(comments unedited)

Cityview Magazine: Do you plan to get the updated COVID-19 booster shot?

Roberta Zastawniak: Yep!

Nick Marvelli: Hell no!

Bobbi Meister: Possibly.

Kathy Hinrichs Boe: Depends on what my doctor says. Really not up for having Covid again even after vaccines

Patty Miller Wagner: Just got it yesterday.

David Tweedt: After both Biden and Fauci, who we know are both fully vaccinated and boosted, get covid multiple times? Easy pass for me.

Michael H Hamilton: Absolutely. Unfortunately, I just caught COVID at the State Fair this year and spent the last 30 days recovering and they think I should let those antibodies run a course before getting a new booster.

Andrea Stanfel: Ask your doctor for Ivermectin if you want to recover faster and have fewer symptoms.

Cityview Magazine: What will you most remember about Queen Elizabeth II?

Troy Cook: Her death

Lemon Smith: That she followed Winston Critic advise and that she treated horribly Princess Di.

Dan Gregory: Wringing the necks of pheasants.

Vinnie Vinson: Peasants, too.

Kathy Hinrichs Boe: Her treatment of Di, Megan and Harry. Will this olive branch that Charles extended heal anything?

Michael H Hamilton: Her silence during Princess Diana's death and the cheeky way that she would stay out of political situations and yet show her true opinions with her outfits and her jewelry. I spent a lot of time upset with her about the way Diana was treated, starting with the requirement that Diana had to be a virgin to marry Charles and sending her to a doctor to make sure she was, and allowing all that to go public. That was scandalous, even in the 80's. I've mellowed in regards to her over the years.

RETWEETS



(comments unedited)

@MisterD78UK: Life was once a string of awkward silences but then I got a kazoo

@TheThomason: Will I understand Charles III if I haven't seen Charles I or II

@Fred_Delicious: having a king is going to take some getting used to. we're used to our monarch moving as far as they want in any direction but now it's just one square at a time. much higher chance of being killed by a horse

@SunshineJarbol: lawyer: juror number 4 why wouldn't you be able to serve on this jury?

me: i have ice cream in my car, your excellency

@FredTaming: taking my contact lenses out and putting each in their own little soup for the night

@oneawkwardmom: Me: people are going to body shame no matter the size so you may as well have some cake

Them: okay, ma'am, but you still can't bring a sheet cake into the movie theater

@oksheesh: Going to be the corpse found at the lowest elevation of Everest ever, like by the parking lot

@SydneyBattle: the highest compliment is someone asking for ur soup recipe and the highest ego swell is telling them there isn't one

@portmanteauface: If a recipe calls for watermelon and you can't find one you can substitute two hydrogenmelons and an oxygenmelon and nobody will know ■



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STRAY THOUGHTS

BY RANDY EVANS

Technology has super-sized kind donations

Coffee cans and gift trees were easy ways to connect beneficiaries with the kind-hearted.

Growing up in Bloomfield in the 1950s and 1960s, I remember seeing empty coffee cans next to the cash registers in places like Ollie O'Briant's drug store, Bill Tews' coffee shop and Isham Pottorff's gas station.

The cans had handwritten signs taped to the side — a common fundraising technique of the day.

Those simple solicitations were the go-to means of seeking donations to help a local family with their expenses from a serious medical setback or help victims of a house fire. The donations might go for new band uniforms for the high school or provide a financial boost for local Little League teams.

Brian Burnam had an "angel tree" in his family's supermarket each Christmas for many years. It linked families needing a helping hand with shoppers who might contribute.

The coffee cans and gift tree were easy ways to connect beneficiaries with the kind-hearted, charitable spirit of people in the community. That spirit of helping others — friends, neighbors and even strangers — is one of the intangibles of living in rural Iowa that is still alive and well these days, despite disagreements that sometimes divide us.

But technology seems to have pushed the coffee can aside. In the process, though, the change has broadened the reach of that lend-a-hand spirit. The results often are stunning.

All of this comes to mind as people across the nation responded last month to the tragedy of Pieper Lewis of Des Moines. The homeless teenager was 15 when she fatally stabbed a 37-year-old man in 2020 after she said he raped her five times during a period when she was being prostituted by another man who had befriended her.

Lewis pleaded guilty of involuntary manslaughter. Last week, she was placed on probation for five years

and was ordered to pay \$150,000 in restitution to the dead man's family.

The restitution obligation angered her former teacher, especially because of Lewis' victimization as a foster child who had been kicked out of her last home and then was abused in sex-trafficking.

The teacher, Leland Schipper, did not reach for an empty coffee can. Instead, he set up an account on the GoFundMe website and posted a note explaining Lewis' abuse and her current legal predicament.

"Pieper does not deserve to be financially burdened for the rest of her life because the state of Iowa wrote a law that fails to give judges any discretion as to how it is applied," Schipper said on GoFundMe. "Pieper needs us now."

Fifteen thousand people across Iowa and around the United States heard Schipper's plea. By Sunday, \$541,700 had been contributed — enough to satisfy her restitution debt and pay for a college education.

The success of this GoFundMe initiative is not a fluke.

Every day in cities large and small, people set up similar fundraising accounts in the hope of connecting with sympathetic souls who will help make a difficult task a bit easier to bear. Unlike the coffee can method, which only makes a connection with prospective donors when they walked past the cash registers, GoFundMe solicitations have a reach that can stretch from border to border and beyond 24 hours a day.

That's the way it was last March 5, when freak early season tornadoes tore a swath between Winterset and Chariton. Tragically, seven people died, and dozens of other lives were upended by widespread damage to homes and cars.

One of the haunting images of the storm's toll was the charming family portrait of Michael and Kuri Bolger and their three young children. The photo

showed the couple seated in the bed of an old pickup truck, with their kids peering through the truck's rear window.

The Blue Springs, Missouri, family was visiting Kuri's parents in Winterset when the tornado struck. Everyone sought shelter in the home's pantry, but Michael, Kinlee and Owen were killed, along with Kuri's mother, Melissa Bazley.

Friends quickly established a GoFundMe account to help Kuri and her family. It would have taken a truckload of coffee cans to accommodate the donations — which came from 10,000 donors across the United States and ultimately reached \$567,600.

The response to another family's loss in the same storm brought tears, too. Jesse Theron Fisher of Chariton was camping south of there with his uncle, Garold Smith, at Red Haw State Park when the 170 mph winds hit. They were staying in the camper because their home had been damaged in a recent fire.

The two friends huddled together in the camper as the tornado passed overhead. Afterward, Smith crawled out of the rubble and called for his nephew.

"Then I found him laying on the ground," Smith told KCCI a few days later. "Every time I close my eyes, that's all I can see. Why couldn't I have went with him?"

Friends jumped in with a GoFundMe account that raised \$26,400 to pay for Fisher's funeral and provide money for Smith's needs moving forward.

Save those coffee cans for other uses. You can't argue with success — or with the kindness of friends and strangers during times of adversity or special needs. ■

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



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CIVIC SKINNY

BY CITYVIEW STAFF

Profits at Prairie Meadows. Firearm at airport. No more IMAX dome. Historic preservation grants.

“We are having a record year,” said CEO **Gary Palmer** at the September board meeting of Prairie Meadows Casino and Hotel.

“When we did our budget, we thought the inflation factor would hit us much earlier in the year,” said CFO **Elaine Castelline**. “So far, our customers are still gambling at a similar rate to last year.”

Through July, Prairie Meadows garnered revenue totaling \$156.1 million with a net revenue of \$148 million, exceeding their goal by \$12 million. Of that total, the casino generated \$136.7 million. For every dollar Prairie Meadows brings in, 88 cents come from the casino.

Payroll expenses were about \$2 million less than budgeted, even when taking Palmer’s \$1.4 million salary and bonus into account. This was due, in part, to health expenses decreasing among employees, Castelline said. Prairie Meadows is self-insured.

Other upcoming expenses for the facility include a delayed \$12 million hotel remodel expected to conclude

through the spring, plus an \$800,000 exterior painting project and \$1.4 million escalator replacement.

In other business, the board plans to discuss and vote on a \$5 million contribution to the Des Moines International Airport expansion project. **Kevin Foley**, the airport’s executive director, presented the request to the executive committee and will address the entire board at their next meeting. The \$5 million would be donated outside of Prairie Meadows’ three grant programs.

“We are real firm believers in keeping the grants within the grants,” Palmer told the board, “but we’ve made exceptions through the years for economic development.”

Palmer recommended paying the \$5 million over three to five years. Polk County and the City of Des Moines are each giving \$10 million to the project that is currently \$155 million short of its goal, Palmer said, adding that the county might partner with the casino to match their \$5 million contribution.

The board meeting concluded after a closed session to discuss the succession plan of Palmer, who recently postponed his retirement and renewed his contract through 2026. ...

Speaking of the Des Moines International Airport, TSA officers intercepted a handgun before it was brought onboard a plane last month. A routine X-ray screening revealed the pistol stowed in carry-on luggage, loaded with six rounds — none in the chamber — and without a safety. Law enforcement issued a citation and confiscated the gun. The incident marked the 11th firearm detected at the Des Moines airport in 2022, just three-fourths of the way into the year. A total of nine firearms were discovered at security checkpoints in 2021.

TSA policy states that passengers “may transport unloaded firearms in a locked hard-sided container as checked baggage only.” Firearms and ammunition must be declared, and their containers must “completely secure the firearm from being accessed.” Carrying a

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loaded handgun into a security checkpoint could impose civil penalties of nearly \$14,000, with a typical first offense falling around \$4,000. ...

The iconic Blank IMAX Dome Theater at the Science Center of Iowa (SCI) is permanently closed, after its status had remained in flux for more than four years. Heavy rains in June 2018 inflicted severe flood damage that rendered the facility “a total loss,” SCI President and CEO **Curt Simmons** told CITYVIEW. A failed storm drain caused water to disperse broadly across the whole ceiling and rain down across the entire theater, damaging projectors, film, speakers, acoustical material, seating and the dome screen. Repairs would have cost upwards of \$3 million.

SCI later filed a lawsuit against its insurance carrier, Philadelphia Insurance Company, claiming underpaid and delayed claims. “The highly technical nature of the equipment in the theater has created complicated settlement negotiations,” Simmons told CITYVIEW in February 2020. The two entities finalized a settlement in February 2022, although details are shrouded under a non-disclosure agreement.

Next, SCI will undergo a capital campaign to renovate the space covering 6,000 square feet, where the IMAX screen had towered six stories tall. The project remains in a “quiet phase,” Simmons said, but leadership is targeting mid-2023 to announce plans.

“Suffice it to say, we will be producing something that is compatible with our high-quality science learning experiences here at the Science Center,” Simmons said. “We’re really excited about the opportunities that the

space provides us.”

The remaining IMAX theatre in the metro is located at The Palms Theatre in Waukee. ...

The Iowa Economic Development Authority (IEDA) awarded \$19 million in tax credits to preserve and transform historic buildings across the state. IEDA had received 23 applications requesting almost \$35 million. The 14 awarded projects included four buildings in Des Moines.

The Globe Hoist building, located at 217 E. Second St. in the East Village, was awarded \$2.58 million. The 24,000 square-foot building opened as a class A office in January this year, said **Jake Christensen**, president of Christensen Development. The structure features a sawtooth roofline rarely found in Des Moines. The building was built in 1928 as a factory that built hoists, then machine gun mounts during World War II. It later housed a casket factory. Various nightclubs occupied the building until its purchase for \$1.8 million in 2018 by 217 E Second LC, managed by Christensen Development. The total cost of the project was \$15 million.

The Des Moines Film Society was granted \$1.06 million for its renovation of the Varsity Theater at 1207 25th St. The building constructed in 1916 had an assessed value of \$139,000 prior to the project’s start. After serving as a Coca-Cola bottling plant, The Varsity was renovated back into a theater in 1938, one of the oldest art house cinemas in the nation. The Des Moines Film Society announced the renovation and plans to reopen the theatre as the Varsity Cinema in May 2020.

A 40-seat micro-cinema was added to the second floor, in addition to the upgraded main auditorium planned to seat 240. The project’s estimated total cost is \$5 million, according to IEDA records. The cinema anticipates opening this fall.

A third Des Moines building received \$701,739 in tax credits. The two-story French Way Cleaners building was constructed in 1925 at 413 Euclid Ave., about a block from the Highland Park neighborhood. Its original 2,400 square feet expanded to 14,000 over the years, with Hi-Ho Grill operating in one of the commercial bays until 1995, and the century-old dry cleaning business closing in 2018. The \$4 million building restoration involves significant environmental cleanup due to its dry cleaning history, said **Danny Heggen** of DEV Partners. Construction began last September, with completion projected in June 2023. Four residential units will occupy the upper floor, with an unannounced restaurant and brewery coming to the first floor.

Finally, IEDA awarded \$479,280 to Benchmark Real Estate Group for its preservation of the Euclid Avenue State Bank Building at 3523 Sixth Ave. The previously vacant structure built in 1917 will be rehabilitated with six commercial bays totaling 8,870 square feet. IEDA records show the project total as \$2.16 million.

Project applications for the next round of IEDA awards are due Jan. 9, 2023. More than \$20 million is available. ■

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BY BRIAN DUFFY





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POLITICAL MERCURY

BY DOUGLAS BURNS

Harkin says maybe it's time for Grassley to retire

'That's not the Chuck Grassley I know. That's not the Chuck Grassley I served with,' Harkin adds of former long-time colleague.

Iowa Republican U.S. Sen. Chuck Grassley, who has served in public office since the Eisenhower administration, should perhaps “retire” or “step aside.” This is the sense his former colleague Tom Harkin says he gets when traveling the state, talking to Iowans — including political independents, a voting block Harkin thinks could swing the Nov. 8 election in favor of Democratic Senate candidate Mike Franken, a retired admiral.

Rural Iowans see that Franken, a high-ranking retired military figure and a native of Sioux County who worked in meat-packing plants to put himself through college, has a solid resume and values — and is poised to outperform recent statewide Democratic candidates in rural reaches of the state, Harkin said in an interview following a Democratic event in Council Bluffs for Josh Turek, a state legislative candidate, and Jeff Shudak, a Democrat labor leader seeking a Pottawattamie County Board of Supervisors seat.

Harkin said Franken is clearly the change candidate in a U.S. Senate race where that matters.

“First of all, I think he will win the independent vote, not because people are mad at Grassley,” Harkin said. “Look, I’ve been a friend of Chuck Grassley all the time I was in office. We are talking about 40 years. We came together in 1975. We had a different political philosophy. I always liked Chuck. I got along fine with him. What I sense is that a lot of people think is maybe it’s time for him to retire.”

Harkin, elected to the U.S. House in 1974 and the Senate in 1984, retired in 2014 and was succeeded in office by Republican U.S. Sen. Joni Ernst, who then captured a second term in 2020.

Grassley won election to the Iowa Legislature in 1958. Like Harkin, he then served in the U.S. House and, at age 89, is seeking an eighth, six-year term in the Senate.

Should Grassley have retired in 2016, going out around the same time as Harkin? Did Grassley stay too long?

“Look, people have to do what they feel they have to do,” Harkin said. “I can’t say that. And I can’t say that I personally feel Grassley should retire. What I’m telling you is that what I’m hearing from a lot of people is they think Grassley has done a good job, they’ve appreciated his representation of Iowa all these years, but, you know, maybe it’s time for him to step aside, to retire. I think a lot of that sense is going around the State of Iowa, and that’s why I think Mike Franken has a very good chance in this.”

Harkin said Grassley, with whom he interacted on countless agriculture initiatives and other endeavors for

Iowa, with effective bipartisanship, often surprises him with statements and political decisions.

“I have on several occasions read some things and said, ‘That’s not the Chuck Grassley I know. That’s not the Chuck Grassley I served with,’” Harkin said.

Specifically, Harkin said Grassley was out of line to suggest that Internal Revenue Service officials would potentially bring firearms to meetings with Iowans and possibly gun down small businesspeople.

“Senator Grassley says they are going to come out with AK-15s shooting our local, small businesspeople,” Harkin said. “That does not sound like the Chuck Grassley I’ve known in the past.”

Speaking in August on “Fox & Friends,” Grassley said of the IRS:

“Are they going to have a strike force that goes in with AK-15s already loaded, ready to shoot some small businessperson in Iowa with these, because I think they’re going after middle class and small business people, because they think that anybody that has pass-through income is a crook, and they aren’t paying their fair share, and we’re going to go after them.”

So what does Harkin think it is? Is Grassley just that desperate to win and hold on to power, or is he a different person?

“I’m not making a judgment, I don’t know,” Harkin said. “All I can tell you is it just doesn’t sound like the Chuck Grassley I used to know.”

Has Harkin ever thought about picking up the phone and calling Grassley and saying, “What are you doing? This isn’t you.”

“Maybe I should have, I don’t know,” Harkin said. “I haven’t.”

Meanwhile, Harkin says he has gotten to know Franken quite well.

“I think what rural people like is they like the real deal,” Harkin said of Franken. “They want someone who, ‘Hey, you’re honest, you’re real, you’re not being phony.’ He’s the real deal, and I think people sense that.”

•••

Since the Clinton years, the Democratic Party has relied too heavily on the celebrity of Oval Office aspirants and ignored county and local level races, a strategy, by turns design and mistake, that leaves Democrats with few officeholders and candidates in vast swaths of Iowa, Harkin said.

It’s no accident that Harkin made the comments in this southwest Iowa city, where the tireless Jeff Shudak, a union plumber who knows his politics, the people and the region, has assembled an aggressive campaign in his bid as a Democrat for the GOP-controlled Pottawattamie

County Board of Supervisors.

Another local candidate who can cut through the tribalism in western Iowa is in Manilla — former Crawford County Supervisor Dave Muhlbauer, a Democrat who farms and helms a cattle-and-hog operation south of Aspinwall. Muhlbauer is seeking a seat on the Board of Supervisors in November — and he has a message and the local credibility in agriculture and small-town life to be viable.

Should they win, both Shudak, the president of the Western Iowa Labor Federation, and Muhlbauer, a son and grandson of state legislators, have potential for higher office.

It’s essential party building of the variety that seeded the Republican field with Gov. Kim Reynolds, a former Osceola County treasurer, and U.S. Sen. Joni Ernst, a former Montgomery County auditor, many Iowa Democrats say.

“We Democrats forgot about local government,” Harkin said. “And I’ve said this before: quite frankly, in Iowa, the Republicans have cared more about local government than Democrats. Look at what’s happened out there. We didn’t focus on those county offices. They are important to people, and we left it, and even somewhat the Legislature also.”

The roots of the problem?

“When Clinton became president, it was all for Clinton,” Harkin said. “It was all for the president and re-election. I thought with Obama it was going to be different because he had been a state senator in Illinois.”

Harkin credited former Democratic National Committee Chairman Howard Dean, a presidential candidate in 2004 whom Harkin endorsed, with developing an effective 50-state strategy focusing on local races, rural swaths of the nation.

“Obama comes in, they get rid of Howard Dean, and it all becomes Obama For America, and everything became just for the Obama White House and his re-election,” Harkin said.

Backing off on local races and relying on top-down party building has been disastrous for Democrats, Harkin said.

“To me, that’s what we Democrats have to do. We have to get back to local government and finding good candidates to run for these offices and supporting them,” Harkin said. ■

Douglas Burns is a fourth-generation Iowa newspaperman. He and his family own and publish newspapers in Carroll, Jefferson and other neighboring communities.



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COMING UP

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

THINGS TO DO



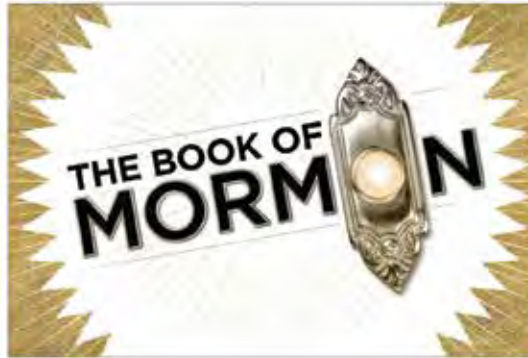
Photo by Rich Sanders

'VIBRANT EXPRESSIONS'

Through Oct. 14

Harmon Fine Arts Center, 1310 25th St., Des Moines

A vivid exhibition exploring the use of color and material in contemporary art. Curated by Lilah Anderson and featuring five Iowa artists: Andrew Casto, Gyan Shrosbree, James Shrosbree, Aaron Tinder and Susan Chrysler White. The Anderson Gallery is free to visit, located on the ground floor of the Harmon Fine Arts Center at Drake University. Free parking is available on 25th Street. More information at andersongallery.wp.drake.edu.



'THE BOOK OF MORMON'

Friday - Sunday, Oct. 7-9

**Des Moines Civic Center
221 Walnut St., Des Moines**

For just one weekend, watch the Broadway production that Entertainment Weekly called "the funniest musical of all time." A hilariously mismatched pair, Elder Price (Sam McLellan) and Elder Cunningham (Sam Nackman) travel to a remote Ugandan village on a missionary journey. Shows are 7:30 p.m. Friday; 2 p.m. and 7:30 p.m. Saturday; and 1 p.m. and 6:30 p.m. Sunday. Tickets and information at dmpa.org

FAMILY HALLOWEEN

Oct. 15-29

Living History Farms, 11121 Hickman Road, Urbandale

Experience historic trick-or-treating, pumpkin bowling, story-telling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 15, 5-8 p.m.; Oct. 16, 4-7 p.m.; Oct. 21, 5-8 p.m.; Oct. 22, 5-8 p.m.; Oct. 23, 4-7 p.m.; Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and under free. Information at lhf.org.

CLEARJOY MUSIC: AN EVENING OF CELTIC MUSIC

Thursday, Oct. 22 at 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents this fundraising concert. Admission is free, but a freewill donation will be used to support programming related to providing safe housing for women. The Sewing Group from Trinity Presbyterian Church in Indianola will provide a display of their comforters which travel world-wide to people in need. More information at crossroadsofiowa.org.



HARI KONDABOLU

Sunday, Oct. 9 at 7:30 p.m.

**Teehee's Comedy Club
1433 Walnut St., Des Moines**

Comedian Hari Kondabolu brings a new hour of stand-up to Teehee's for one night only. Hailed by the New York Times as "one of the most exciting political comics," Kondabolu is a regular on NPR's "Wait Wait...Don't Tell Me!" and has performed on Comedy Central, Conan, Jimmy Kimmel Live, John Oliver's NY Standup Show and The Late Show with David Letterman. Tickets are \$20 in advance and \$25 at the door (open at 6:30 p.m.). Find more info at harikondabolu.com and tickets at teeheesc comedy.com.



THE MANHATTAN TRANSFER

Thursday, Oct. 13 at 7:30 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Celebrating their Golden Anniversary Tour, The Manhattan Transfer and their legendary vocals return to Hoyt Sherman, with a fusion of swing, R&B, doo wop and jazz in hits like "Birdland," "Operator" and "Soul Food To Go (Sina)." They'll be accompanied by The DIVA Jazz Orchestra, an all-female ensemble from New York. Tickets at hoytsherman.org.



SIP & SHOP

Thursdays, Oct. 20, Oct. 27, and Nov. 3

Along Fifth Street in Historic Valley Junction, West Des Moines

Sip, shop and socialize to your heart's content as Valley Junction businesses host extended open hours from 5 to 7 p.m. Participating stores will offer beverages and mini-events. More information at valleyjunction.com/events.

Photo courtesy of Historic Valley Junction Foundation

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo courtesy of Greater Des Moines Botanical Garden

FALL BULB MARKET

Friday - Saturday, Oct. 14-15
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Peruse more than 100 unique bulb varieties selected by Botanical Garden horticulturists and volunteers. If you've fallen in love with a plant featured at the Botanical Garden, some of those bulbs will be for sale, too. Members receive early access from 8-10 a.m. on Friday; open to the public 10 a.m. to 5 p.m. both days. More information at dmbotanicalgarden.com.

'THE FIREBIRD'

Saturday - Sunday, Oct. 22-23
Des Moines Civic Center, 221 Walnut St., Des Moines

Award-winning pianist Charlie Albright will join the Des Moines symphony for the second performance in its Masterworks season. Audiences will experience William Bolcom's "Ragomania," Rachmaninoff's "Rhapsody on a Theme of Paganini," "Symphony No. 2" by Saint-Georges, and "The Firebird." Shows are 7:30 p.m. Saturday and 2:30 p.m. Sunday. Info and tickets at dmsymphony.org.

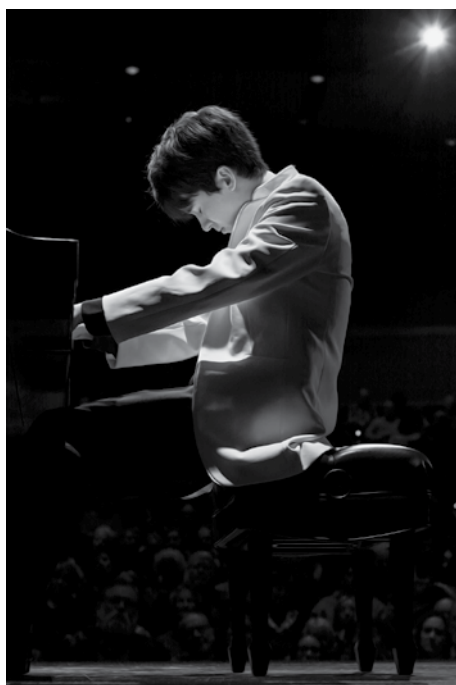


Photo by TC Elofson

HAUNTED ATTRACTIONS

Various dates: check websites

Some people prefer to traipse around pumpkin patches or wander through a corn maze — others would rather face haunted horrors and scream their hearts out. If that's you, here's a list of haunted attractions in and around Des Moines.

• AMES HAUNTED FOREST

1400 S. Fourth St., Ames
ameshauntedforest.com

• LINN'S SUPERMARKET

3805 Sixth Ave., Des Moines
linnshauntedhouse.com

• PHANTOM FALL FEST

3200 Adventureland Drive, Altoona • adventurelandresort.com

• SLAUGHTERHOUSE

500 Locust St., Des Moines • slaughterhousedm.com

• SLEEPY HOLLOW HAUNTED SCREAM PARK

4051 Dean Ave., Des Moines • sleepyhollowscreampark.com

• SCAREDSM

97 Indiana Ave., Des Moines • scaredsm.com

• TORMENTED SOULS HAUNT & SCREAM PARK

Catch the Terror Bus at Edgewood Park, Madrid • tormentedoulshaunt.com



THINGS TO DO

Photo via Pixabay



5K BOOS & BREWS

Saturday, Oct. 29 at noon

Fox Brewing, 103 S. 11th St., West Des Moines

Run, walk or jog the course and receive a free local craft brew at the finish line. Enjoy other event festivities, games, giveaways and free swag.

Information at breweryrunningseries.com/iowa; register at eventbrite.com. ■

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IT'S HOCKEY TIME!

Iowa Wild and Des Moines Buccaneers
prepare for battle as seasons draw near.

Forward Nick Swaney.
Photo courtesy of
Tim Garland, Iowa Wild.

By Zane Douglas

With fall upon us, the start of hockey is right around the corner with two teams raring to go.

The Iowa Wild and the Des Moines Buccaneers are kicking off their seasons soon, and the fall slate for the Des Moines teams will be full of action.

WILD COACHES, PLAYERS FOCUS ON GETTING BACK TO WINNING

A season with a ton of moving parts brought on by injuries and player movement within the organization handed the Iowa Wild a 2021-2022 season with just one more win than losses. The Wild failed to reach the playoffs, despite solid individual performances from high-value players. The Wild had a record of 32-31-9. A late season surge wasn't enough to vault it into the playoffs, but as the 2022-23 season comes into view, led by fourth-year head coach Tim Army, the Wild will strive to return to its winning ways.

"When you look at what potentially could be our group, I like our lineup and the makeup of our lineup," Army said. "I think we've got a little bit of everything. I think we're deeper than we were a year ago. I think we're more versatile than we were a year ago. I think we're big, and I think we'll be physical."

With camp still going on and rosters not yet decided, the Iowa Wild — which is the American Hockey League (AHL) affiliate of the Minnesota Wild — doesn't know yet who will be playing. Players who were on their roster last season will be vying for spots in Minnesota. Army knows that right now the goal is player development, especially before the season starts. Once the teams



Forward Mitchell Chaffee. Photo courtesy of Tim Garland, Iowa Wild

FEATURE STORY



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Forward Mason Shaw. Photo courtesy of Tim Garland, Iowa Wild

are decided, then Iowa will focus on improving and winning.

Some players have already shown noticeable improvement in Army's eyes from last season to this season. Army pointed to left wing Mason Shaw and right wing Mitchell Chaffee as two players who have shown progress after multiple seasons with Iowa. Shaw is heading into his fifth season with the team. Last season, Shaw finished third on the team in points with 52, third in goals with 19, and second in assists with 33. Chaffee, in his second year with the team,

finished with 39 points on 23 goals and 16 assists, good for fourth, second and 10th, respectively. Army also mentioned right wing Nick Swaney, the fifth-place point getter on the team, as someone who has shown development.

Some of the young players who are rising into Minnesota's consideration are Marco Rossi, Calen Addison and Adam Beckman. All three players are from different draft classes, with Addison and Beckman coming from the 2018 second round and 2019 third round. Army has seen improvement in their

IOWA WILD 2022 HOME SCHEDULE

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

The AHL affiliate of the NHL's Minnesota Wild.

Home games:

- Oct. 5 at 7:05 p.m. vs. Rockford IceHogs (at Xstream Arena, Coralville)
- Oct. 6 at 7:05 p.m. vs. Rockford IceHogs (at Xstream Arena, Coralville)
- Oct. 14 at 7 p.m. vs. San Jose Barracuda
- Oct. 15 at 6 p.m. vs. San Jose Barracuda
- Oct. 21 at 7 p.m. vs. Texas Stars
- Oct. 22 at 6 p.m. vs. Texas Stars
- Nov. 3 at 10:30 a.m. vs. Grand Rapids Griffins
- Nov. 4 at 7 p.m. vs. Grand Rapids Griffins
- Nov. 18 at 7 p.m. vs. Milwaukee Admirals
- Dec. 3 at 6 p.m. vs. Chicago Wolves
- Dec. 4 at 3 p.m. vs. Chicago Wolves
- Dec. 13 at 7 p.m. vs. Rockford IceHogs
- Dec. 16 at 7 p.m. vs. Texas Stars
- Dec. 17 at 6 p.m. vs. Texas Stars
- Dec. 21 at 7 p.m. vs. Manitoba Moose
- Dec. 23 at 7 p.m. vs. Manitoba Moose
- Dec. 28 at 6 p.m. vs. Colorado Eagles
- Dec. 30 at 6 p.m. vs. Colorado Eagles

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games and said, while they both have a long way to go, they could move up. Rossi is where the prospect status reaches bigger heights. The ninth overall center pick in the 2020 draft led the Iowa Wild in points with 53 with left wing Kyle Rau, putting up a team-leading 35 assists to go with 18 goals, good for fourth on the team.

“It was a really good rookie year for Marco and, again, like [Beckman], he’s an important player for the organization, being a ninth pick overall,” Army said. “He got a little bit tired about two-thirds of the way through the season last year. It’s a long year. It’s tough. He was 20 years old, and it’s tough on young players.”

Despite the grueling schedule, Rossi was one of Iowa’s best players, leading the team in plus/minus as well at plus 11, adding to a solid rookie campaign for him. Rossi, Beckman and Addison are all looking to make the NHL this season but could find themselves in Iowa, depending on how everything shakes out.

Iowa will open its season at home against the Rockford IceHogs, the AHL affiliate of the Chicago Blackhawks. The IceHogs were led in points last season by left wing Lukas Reichel, the 2020 17th overall pick in the first round. The two teams met 12 times last season, with Iowa dominating their battles with an 8-2-2 record. Iowa will have plenty of games against division rivals in the upcoming season, including the Chicago Wolves, a team that Army wants to do better against this season.

“We had a tough time against Chicago last year,” Army said. “We only beat them twice out of 10. They beat us eight times, and one game went to overtime, so essentially out of 20 possible points, we got four and they got 17 last year. It’s important for us to get over that hump against them.”

Despite all the moving pieces and not knowing exactly what the roster will look like, Army is feeling good about this upcoming season with the goal to make the playoffs and compete for the Calder Cup. After last season’s disappointing finish, the team will focus this year on improvement. In his first three seasons coaching Iowa, Army saw successful teams either make the playoffs, or, in the COVID-19 shortened year’s case, end the season in a position that would’ve made the playoffs.



FEATURE STORY

Forward Will Bitten. Photo courtesy of Tim Garland, Iowa Wild

The excitement before last season was high because of this, but now the philosophy is to improve.

“[My] first three years, we were a playoff-level team,” Army said. “So, going into last year, we really talked a lot about standard of play and unfinished business, and we really talked about finishing particularly what we weren’t able to finish the prior two years, and it might’ve been a little too much mentally for our guys, too.”

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BUCCANEERS SET SAIL FOR IMPROVED SEASON

FEATURE STORY

After a last-place finish with just 41 points in the 2021-22 season for the Des Moines Buccaneers in the United States Hockey League (USHL), there is room for improvement this season. The Buccaneers finished with a record of 18-39-5.

There is promise for the 2022-23 season for the Buccaneers however, as Head Coach Matt Curley returns for his second season. The former defenseman has established a 10-year coaching career including jobs coaching young teams like the Buccaneers.

“Coming out of last year, we had some younger guys that were with us toward the end of our season to get some good experience, and, so far, those guys have shown well,” Curley said. “They’ve come in looking good, have taken nice steps through their summer training, and really given us a good baseline to work from. We’ve also had some new additions from the draft and other acquisitions.”

The Buccaneers will be without their top point scorer from last season in forward Scout Truman, who lead the team in goals and assists. The player with the most points returning is forward Henry Bartle. The lefty from Blaine,

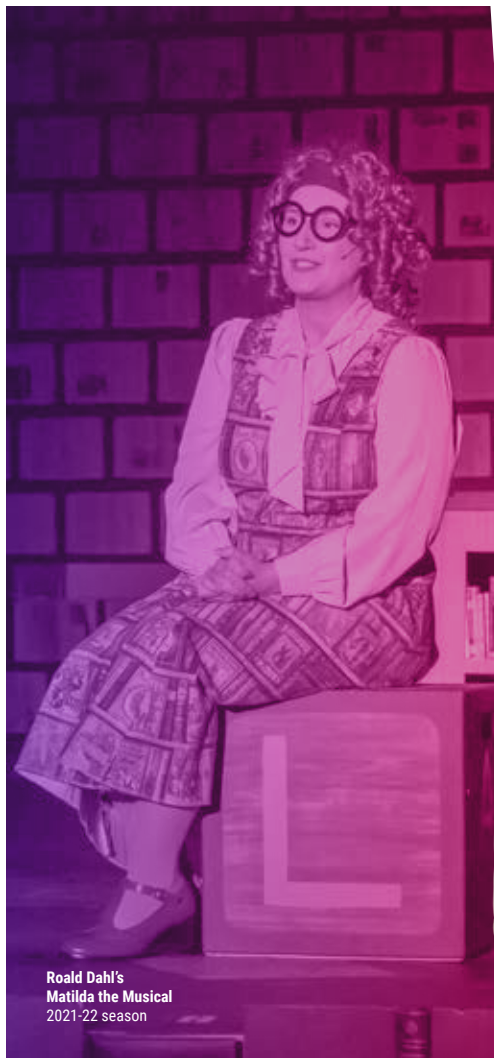
Minnesota, notched 24 points in 56 games, coming from 20 assists, which was second on the team behind Truman. At 19 years old, Bartle managed to sustain a plus/minus of -5 on a last-place team, playing in 56 of 62 games.

“It was a very steep learning curve for Mr. Bartle coming from Minnesota high school hockey to the level of this league, the day-to-day grind of everything,” Curley said. “To his credit, he stuck with it. He made it through, and I think the licks he took along the way last year will serve him well as he heads into this year.”

Curley mentioned a few players he has seen show improvements, including Bartle, forward Michael Stenberg and forward Ethan Fredericks. Stenberg played in 51 games last season, totaling 12 points on one goal and 11 assists. Fredericks played in 48 games, accruing three goals and seven assists to tally 10 points. Curley brought up these players, not to put the spotlight on them, but to give examples of team-wide improvement that is seeing its way through the entire roster. Curley’s version of improvement isn’t just about on-ice achievements either.



Lubomir Kupco. Photo courtesy of Dynamic Motion LLC (DYMO)



Roald Dahl's
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2021-22 season



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Christian Kocsis. Photo courtesy of Dynamic Motion LLC (DYMO)

“It’s been a nice collection of guys showing improvement to their games,” Curley said. “There’s some off the ice stuff, too. Guys maturing, taking on roles that they might not have had in the previous season.”

Improvements for the Buccaneers will also have to come in the form of wins. Des Moines has the first important stepping stone to that in the form of effort. Curley is not worried about the effort his team will, or can, put in for the season. The issue now is with execution and performance, something that should come easier as Curley spends his second year with the team. The first season for a new head coach can be tough, but coaching young players in the USHL also requires time and experience.

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“It’s always easier coming back for round two,” Curley said. “I think that’s in anything in life, whether that’s an athlete coming back for year two, or in the workforce, as a teacher, whatever it may be, you’ve got some more experience under your belt. I’ve been doing this for a number of years, but it’s been awhile since it’s been at the junior level. So having to go through the year we did last year, getting to know the kids a little bit better, getting to know the league, the community — all those things matter.”

The team played its first game of the regular season on Oct. 1, at home against Waterloo. The home opener took place at the new Mid-American Rec Plex in West Des Moines. The Bucs’ actual home arena in Urbandale was missing one key component: ice. Repairs to the ice-making equipment at the 62-year-old facility were ongoing at press time. Curley and the team hope to get back there by sometime in October after their first road trip, with renovations nearing an end sometime in the month.

The Buccaneers have 60 games scheduled between October and April, playing anywhere from one to three games almost every week in that time. Banking on good seasons from returning young players and new additions, Des Moines will look to improve as the team looks forward to a better season with a potential playoff berth at the end of it. For Curley, he knows his team will put in the effort every day.



Frederic Deschenes. Photo courtesy of Dynamic Motion LLC (DYMO)

“Regardless of wins or losses, whatever the results are on a given night, I always like to think that our fans are going to be treated to just an honest and complete effort from our players,” Curley said. “During the course of a very long season, these are, at the end of the day, young men. They’re kids trying to figure out how to be hockey players, be good people, be good citizens, and part of that is giving what they have to the game and to each other.” ■

DES MOINES BUCCANEERS 2022 HOME SCHEDULE

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The Bucs are a member of the United States Hockey League (USHL), the only Tier 1 Junior Hockey League in the country.

Home games:

- Oct. 15 at 6 p.m. vs. Dubuque Fighting Saints
- Oct. 28 at 7 p.m. vs. Sioux Falls Stampede
- Oct. 29 at 6 p.m. vs. Cedar Rapids Roughriders
- Nov. 5 at 6 p.m. vs. Omaha Lancers
- Nov. 11 at 7 p.m. vs. Fargo Force
- Nov. 25 at 7 p.m. vs. Lincoln Stars
- Dec. 2 at 7 p.m. vs. Tri-City Storm
- Dec. 3 at 6 p.m. vs. Sioux City Musketeers
- Dec. 10 at 6 p.m. vs. Dubuque Fighting Saints
- Dec. 16 at 7 p.m. vs. Waterloo Black Hawks
- Dec. 17 at 6 p.m. vs. Sioux City Musketeers

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Switching to SOLAR

Benefits and barriers to solar panel investment

By Colson Thayer

More central Iowans are making the switch to solar, and it's not just because of the tax incentives. On one hand, solar energy is seen as an alternative to typical means of electricity production: natural gas, coal and nuclear energy. On the other, solar panels are an investment and a way to take ownership of one's power. However, more than just cloudy skies stand in the way of solar energy taking over. Homeowners, business owners and farmers alike can benefit greatly from solar panels, but it all comes down to having enough capital.

Ben and Lety Wuertzer installed a \$19,000 solar array atop their Waukee home. Photo courtesy of Ben Wuertzer

FEATURE

Residential solar

Ben and Lety Wuertzer moved into their new Waukee home in October 2020. Much like how they owned their house and cars, the Wuertzers wanted to own their electricity, too. Ben first inquired about solar panels last February. While doing online research, he stumbled upon an online questionnaire for those interested in residential solar.

"Next thing I know, after putting in my address, phone number, email... Purelight Power was actually the first company to call me," Wuertzer remembered.

He found comfort in answering a call from a local 515 number. After speaking with a representative from Purelight Power, he set up a time for them to come out, look at the house and discuss solar options for the couple.

The installation process took four months to complete. After the city and utility company completed their inspections in May 2022, the couple turned on the switch and began producing their own power. Since installing their solar array, the Wuertzers have drastically reduced their electric bills.

"I'm saving anywhere from about \$20 to \$40 a month," Wuertzer said.

When Wuertzer's panels produce power, it is consumed live by his own home first. On especially

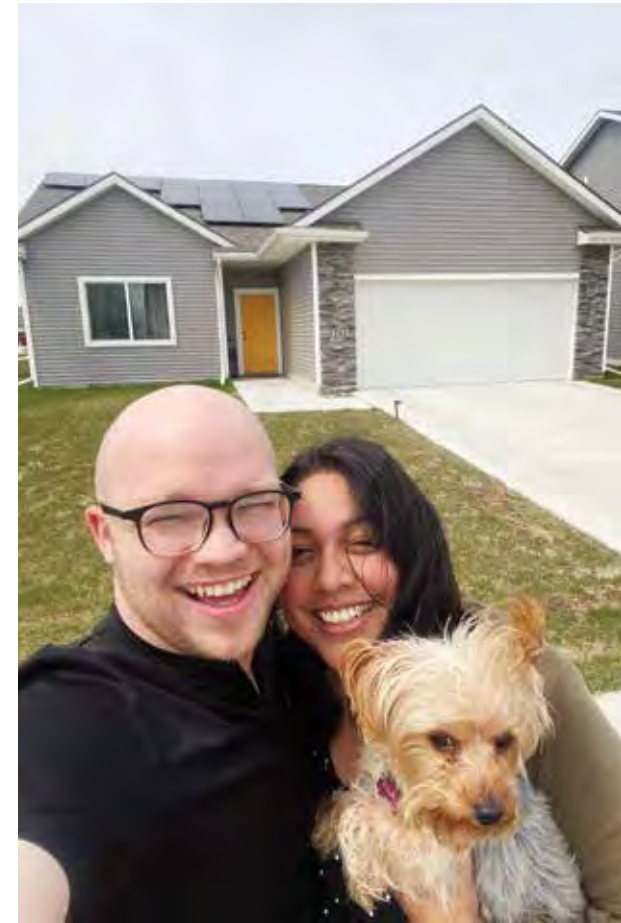
sunny days, the excess power the panels produce is backed into MidAmerican Energy's grid so that Wuertzer's neighbors can use it. Each month, MidAmerican tracks the number of kilowatt-hours (kWh) Wuertzer puts into the grid. In a process called net metering, MidAmerican exchanges 1 kWh to 1 kWh at full retail price. During not-so-sunny days or shorter winter days, the Wuertzers can use those credits built up over the course of the year.

The total cost for the solar array and installation was \$19,000. However, after a 30% federal tax credit made possible by the Inflation Reduction Act, the cost was lowered to \$14,000. The Wuertzers decided to finance through Sunlight Financial, which works with Purelight Power to finance their solar installs.

"Our first solar payment wasn't due until after the install, and there was no money down needed to get the project started and installed," Ben explained. Most months, Wuertzer is only paying MidAmerican's connection fee of \$8.50, which is required by each resident to stay on the grid. His monthly bill is \$8.59 after tax.

Wuertzer said he is excited to be investing in something he will own. He expects the panels to pay for themselves in about eight years.

"It's just like owning your house, your car; there's an actual completion date," he said. "Stop renting your power and start owning it."



Ben and Lety Wuertzer save \$20 to \$40 a month with their solar array in Waukee. Photo submitted

Commercial solar

John Forbes is the owner of Urbandale's Medicap Pharmacy. He was also elected to the Iowa House in 2012.

"You learn a lot of things when you're a legislator," Forbes explained. During his time in the House, one of the things he learned about was solar energy.

Forbes wanted to do his part and reduce his carbon footprint. When he built the pharmacy facility in 2014, he did not have the capital up front to include solar in the construction. He told the engineers to plan for a solar installation down the road. One of Forbes' colleagues in the House, Tyler Olson, encouraged him to use his Cedar Rapids-based company, Paulson Electric Co. By 2015, Forbes had enough funds to purchase his own solar array. In two weeks, Paulson Electric installed 90 total panels, weighing about 12,000 pounds.

The total cost for Forbes' solar array, on top of the Medicap Pharmacy, was about \$90,000. However, he took advantage of the federal tax credit and, at the time, the state's tax credit. He ended up paying a net of about \$50,000.

Forbes expects his payback to be within seven



Medicap Pharmacy in Urbandale has 90 total solar panels on its roof. Photo courtesy of John Forbes

John Forbes uses solar to run his Medicap Pharmacy in Urbandale. Photo by Colson Thayer

to eight years of the install. Without the federal tax credit, it would have been pushed to about 12 years.

For commercial businesses, the payback for solar panels comes more quickly than residential arrays. This is due to the unique depreciation rules regarding commercial solar. At today's 30% federal tax credit rate for solar, a \$100 array would normally be a \$70 deduction and a \$30 credit. But with solar, the depreciation basis for solar is reduced by one-half of the allotted tax credit. So, it would be an \$85 deduction and a \$30 credit. Essentially, there is double dipping in the dollars being deducted and the dollars being credited.

In Iowa, the state tax credit for solar was first available on Jan. 1, 2012. Until Jan. 1, 2016, the state tax credit was equal to its federal counterpart. Between 2016 and 2021, it was reduced to 50% of the federal tax credit. In 2021, the appropriated money for solar tax credits had dried up.

"People thought they were going to get it, and they didn't receive the credit," Forbes said.

On Jun. 17, 2022, Gov. Reynolds signed a modification to the Iowa Solar Energy Tax Credit. It appropriated \$5 million more to credit those who missed out in 2021. The credit is not extended into the future for individuals installing solar, but businesses are still eligible.

Throughout the year, Forbes produces about 100 to 110 kWh per day. For comparison, the Wuertzer household produced 481 kWh between July and August this year. Forbes saves between \$600 to \$800 per month: \$7,200 a year. However, he does run out of credits before January. Between January and March, Forbes pays MidAmerican Energy full price for electricity.

Forbes produces about 85% of his power with his array. He said he strives for 85% because MidAmerican never writes any customer a check. If a solar customer produces more than 100% of their energy consumption, they just end up giving the grid free energy.

As both a solar user and legislator, Forbes recognizes the challenges that solar in Iowa still faces.

"The reason why people have a hard time installing solar is No. 1, banks don't like to lend money on solar; they just don't see it as a safe investment. No. 2, you have to have the capital up front to be able to do the install."

As a legislator, Forbes said he wants solutions to make solar installation easier and hopes the state will look at loan incentive programs where the state would offer low-interest loans. Another issue is that those who install solar might have to wait up to a year to be credited for their installation.



Matt Edwards of CB Solar uses his background in corporate tax to help customers find the right solar incentives. Photo by Colson Thayer

The solar industry

CB Solar in Des Moines specializes in residential, commercial and agricultural solar installation across the entire state. The company is just a small operation of a few "Iowa boys." Matt Edwards has a background in corporate tax and considers himself the "numbers guy" at CB Solar.

"Solar is a tax-heavy, tax-incentive-heavy item," Edwards explained.

For CB consumers interested in solar, the process begins with a rough estimate.

"We don't need a lot to give you a rough quote," Edwards said. "A little more than your address could get the ball rolling."

CB Solar asks for an address, a previous utility bill and satellite imagery to map an array. If the quote looks good to the consumer, a representative from CB Solar will come out to the site to do an in-person quote and make the unknowns known. All quotes from CB Solar are at no cost to the customer.

When CB Solar first began business, most of their clientele were farmers who had the capital to invest in solar panels. Today, two-thirds of their business comes from residential solar. Edwards said he thinks a general adoption of solar has supported their business; however, there is still a lot of

opportunity on each residential street in the metro.

For some homes, CB Solar could come out in one afternoon to install and flip on the switch the next morning. But, most of the time, there are a lot of safety and municipal regulations along the way.

"Some people's houses are ready for solar right now with nothing more than the solar itself; others, they need a considerable amount of electrical upgrades," Edwards explained. "Many jurisdictions are involved because you have city rules, county rules, utility rules, and you're just putting a lot of pieces together. And you're dealing with Iowa elements."

Edwards compared solar in Iowa to solar in the city of Chicago. While Chicago has about two or three utility companies and one jurisdiction, Iowa has 99 counties and about 200 utilities in the state.

Edwards recognized the issue of having enough capital, reasoning: "The average homeowner, you're asking them to buy a car and park it on their roof."

CB Solar also uses Sunlight Financial to provide consumer financing. Sunlight has loans with 25- or 30-year amortizations to match the warranted lifespan of most solar panels. Edwards explained that the monthly loan installments are essentially a bill swap with the monthly electricity bill avoided by solar. ■

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ACCOUNTING

How is an LLC taxed?

In most cases, the best tax structure for small start-up companies is to set up an LLC and tax that LLC as an S Corp. When a business sets up an LLC they have to complete either an 2553 S Election form or an 8832 Entity Classification Election to determine how they want that LLC to be taxed. As an S Corp the shareholder is required to pay themselves a wage. The entrepreneur is then able to reduce the amount of self-employment tax, as well as Iowa unemployment tax on their wages. Another benefit is rather than pay estimated tax payments as a sole proprietor, the shareholder will pay withholding through the W2, therefore, they avoid getting hit with the underpayment penalty. Each business is unique. If you are considering a start-up company you should sit down and consult with a professional to determine what would be the best structure for your particular business.



Ann M. Hartz

CPA



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ADVERTISING

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Second, keep it simple. Create an ad starting with your one need. Choose a correlating graphic or picture and add a snappy headline along with brief supporting information. Your logo, location, phone number, website, etc. should always be placed at the bottom.

Last, establish and state your brand. Establish colors and a look for your ads and carry this through all of your marketing. Always use your logo and include all important basic information to contact you or learn more about your business. A good ad is one that makes the consumer respond the way you want them to!



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 ACRES: 0.49

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 SALE PRICE: \$735,000
 SELLER: STONEY POINTE CAR WASH LLC
 BUYER: BDC-STONEY POINT LLC
 SQUARE FEET: 3,944
 ACRES: 0.97



2221 STANTON AVE., DES MOINES
 SALE DATE: 2022-08-22
 SALE PRICE: \$5,275,000
 SELLER: STANTON ESTATES LLC
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 SQUARE FEET: 73,150
 ACRES: 3.85



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 SQUARE FEET: 41,766
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NO ADDRESS LISTED
 SALE DATE: 2022-08-23
 SALE PRICE: \$1,900,000
 SELLER: SARAH IRENE OSBORNE WHEELER LIVING TR
 BUYER: ASSK PROPERTIES LC
 SQUARE FEET: 0
 ACRES: 20.3

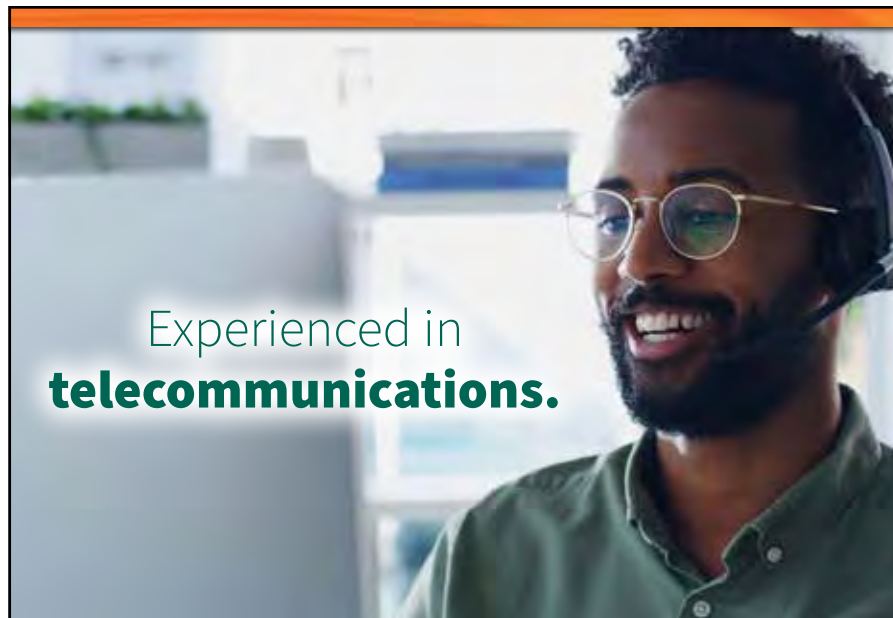
110 W. VAN DORN ST., POLK CITY
 SALE DATE: 2022-08-24
 SALE PRICE: \$750,000
 SELLER: RT&T LLC
 BUYER: PENTA PARTNERS LLC
 SQUARE FEET: 7,027
 ACRES: 0.264



615 EUCLID AVE., DES MOINES
 SALE DATE: 2022-08-25
 SALE PRICE: \$950,000
 SELLER: SIX HUNDRED LLC
 BUYER: LEGACY 515 LLC
 SQUARE FEET: 16,248
 ACRES: 0.613



1304 34TH ST., DES MOINES
 SALE DATE: 2022-08-25
 SALE PRICE: \$9,750,000
 SELLER: 1260 34TH STREET LLC
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5509 N.W. JOHNSTON DRIVE, JOHNSTON

SALE DATE: 2022-08-26
 SALE PRICE: \$532,981
 SELLER: STARLING LLC
 BUYER: JOHNSTON CROSSING II LP
 SQUARE FEET: 0
 ACRES: 1.84

10950 MEREDITH DRIVE, URBAN DALE

SALE DATE: 2022-08-27
 SALE PRICE: \$5,900,000
 SELLER: MILLER PROPERTIES 1 LLC
 BUYER: VIA REAL ESTATE LLC
 SQUARE FEET: 5,194
 ACRES: 1.246

3725 HUBBELL AVE., DES MOINES

SALE DATE: 2022-08-29
 SALE PRICE: \$400,000
 SELLER: COLLINS, KAM
 BUYER: AL3 PROPERTIES LLC
 SQUARE FEET: 660
 ACRES: 1.183

NO ADDRESS LISTED

SALE DATE: 2022-08-29
 SALE PRICE: \$350,000
 SELLER: DAVID HANCE PC
 BUYER: DHANI DM INVESTMENTS LLC
 SQUARE FEET: 0
 ACRES: 1.389

6130 N.W. 86TH ST., JOHNSTON

SALE DATE: 2022-08-29
 SALE PRICE: \$2,790,700
 SELLER: HURD COLUMBUS LLC
 BUYER: CHERYL LAIRD HUMPHREY FAMILY TRUST
 SQUARE FEET: 3,358
 ACRES: 1.288

2670 FLEUR DRIVE, DES MOINES

SALE DATE: 2022-08-30
 SALE PRICE: \$400,000
 SELLER: REH PROPERTIES LLC
 BUYER: PATH INVESTMENTS LLC
 SQUARE FEET: 9,408
 ACRES: 1.174

1420 E. 14TH ST., DES MOINES

SALE DATE: 2022-08-30
 SALE PRICE: \$603,000
 SELLER: OHP 72 LC
 BUYER: KINGDOM HOMES LLC
 SQUARE FEET: 3,322
 ACRES: 0.629

3892 N.W. URBAN DALE DRIVE, URBAN DALE

SALE DATE: 2022-08-30
 SALE PRICE: \$1,450,000
 SELLER: JESSE PLACE II LLC
 BUYER: JEESE PLAZA LLC
 SQUARE FEET: 19,476
 ACRES: 2.381

3311 S.W. NINTH ST., DES MOINES

SALE DATE: 2022-08-31
 SALE PRICE: \$382,000
 SELLER: LYMAN ENTERPRISES LC
 BUYER: DSM PROPERTIES LLC
 SQUARE FEET: 5,805
 ACRES: 1.242



225 S.W. ORALABOR ROAD, ANKENY

SALE DATE: 2022-08-31
 SALE PRICE: \$4,946,000
 SELLER: EIG14T RCCC 249 IA-ANKENY S LLC
 BUYER: SHOBBY HOLDINGS INC
 SQUARE FEET: 11,130
 ACRES: 1.373

502 N. ANKENY BLVD., ANKENY

SALE DATE: 2022-08-31
 SALE PRICE: \$3,168,000
 SELLER: LASSAUX UNIVERSITY LLC
 BUYER: KIMBERLY PLAZA, LLC
 SQUARE FEET: 27,772
 ACRES: 2.303

6212 MERLE HAY ROAD, JOHNSTON

SALE DATE: 2022-08-31
 SALE PRICE: \$400,000
 SELLER: CHELSEN, JEANNE J.
 BUYER: JOHNSTON RIVER OF LIFE UNITED METHODIST CHURCH
 SQUARE FEET: 3,600
 ACRES: 0.782

1861 S.E. PRINCETON DRIVE, GRIMES

SALE DATE: 2022-08-31
 SALE PRICE: \$2,230,000
 SELLER: NADAREVIC INVESTMENTS IV LLC
 BUYER: IPE1031 REV444 LLC
 SQUARE FEET: 15,750
 ACRES: 1.545

2202 WOLF WAY, SUITE 100, WEST DES MOINES

SALE DATE: 2022-08-31
 SALE PRICE: \$3,000,000
 SELLER: MANNA LAND LLC
 BUYER: WOLF WAY LLC
 SQUARE FEET: 58,358
 ACRES: 5

1400 E. 14TH ST., DES MOINES

SALE DATE: 2022-09-01
 SALE PRICE: \$26,000
 SELLER: IAT 72 LLC
 BUYER: GARZA DE MARTINEZ, EDITH
 SQUARE FEET: 0
 ACRES: 0.166

302 W. BROADWAY ST., POLK CITY

SALE DATE: 2022-09-01
 SALE PRICE: \$483,335
 SELLER: IOWA GROWTH INVESTORS INC
 BUYER: BRUCE A BOLAND TRUST
 SQUARE FEET: 3,896
 ACRES: 0.15



2402 S.E. TONES DRIVE, ANKENY

SALE DATE: 2022-09-02
 SALE PRICE: \$2,690,000
 SELLER: SHREE INC.
 BUYER: ANKENY HOTEL MANAGEMENT IOWA LLC
 SQUARE FEET: 40,284
 ACRES: 1.952

1609 WALKER ST., DES MOINES

SALE DATE: 2022-09-06
 SALE PRICE: \$3,500
 SELLER: MAPLE STREET BAPTIST CHURCH
 BUYER: DVENAS, GILBERTO
 SQUARE FEET: 0
 ACRES: 0.241

4090 WESTOWN PARKWAY, UNIT B1, WEST DES MOINES

SALE DATE: 2022-09-07
 SALE PRICE: \$615,000
 SELLER: HAMMOND BLUMBERG FAMILY REVOCABLE TRUST
 BUYER: SINGH INVESTMENT PARTNERS, LLC
 SQUARE FEET: 3,476
 ACRES: 0.393

3155 N. ANKENY BLVD., ANKENY

SALE DATE: 2022-09-08
 SALE PRICE: \$260,000
 SELLER: JAM INVESTMENT OF ANKENY LLC
 BUYER: GWEN HELENE ZELLER 2018 TRUST
 SQUARE FEET: 0
 ACRES: 1.032

1602 N.W. PINE ROAD, ANKENY

SALE DATE: 2022-09-09
 SALE PRICE: \$2,950,000
 SELLER: NW PINE PROPERTIES RESIDENTIAL HOUSING COOPERATIVE
 BUYER: MCQUAID 2014 REVOCABLE TRUST
 SQUARE FEET: 26,976
 ACRES: 2.815

1510 W. WALNUT ST., UNIT 105, BLDG 1, ELKHART

SALE DATE: 2022-09-12
 SALE PRICE: \$162,500
 SELLER: ELKHART PROPERTIES LLC
 BUYER: KLEIN, GENE
 SQUARE FEET: 1,800
 ACRES: 0.135 ■

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Tina Smothers serves as President for ARTISAN Management Group (AMG). With 25 years of experience, she does not have a doubt that she will continue marching on for 25 more. Tina’s goal is to continue gaining recognition for the Residential Property Management Industry and to continue providing jobs for over 80 individuals. Her team provides multiple levels of management for approximately 4,500 residential units. AMG expands beyond the Des Moines Metro to Eastern Iowa, Missouri, and Kansas. AMG’s executive team brings over 200 years of direct property management experience to asset with boots on the ground management. AMG was recently recognized as a Top Work Places 2022 company. Contact AMG to increase your NOI.





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Charlotte Sucik spends the bulk of her practice helping clients form and manage their small business. By working with her clients as well as CPAs, financial planners and other members of the client's team, Charlotte is able to craft business documents that match tax and financial goals, as well as the goals of the business now and in the future.

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

As partners of Abendroth Russell Barnett Law Firm, Gail and Charlotte treat each client and their needs with the dignity and respect we all deserve. If you have questions or want to set up an appointment to discuss your legal needs, please call us or visit us online!

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Borrower Name	City	County	Cong. District	\$ Amount	Jobs Created	Jobs Retained	Existing Jobs	New Vs. Existing	Business Type
Millennial Ag Solutions, LLC	DUNKERTON	BLACK HAWK	01	\$100,600	0	1	1	NEW BUSINESS	Soil Preparation, Planting, and Cultivating
Central Property Holdings, LLC	WATERLOO	BLACK HAWK	01	\$1,244,000	40	0	0	NEW BUSINESS	Supermarkets and Other Grocery (except Convenience) Stores
Marting Rentals, LLC	Independence	BUCHANAN	01	\$304,000	1	0	1	EXISTING BUSINESS	Sports and Recreation Instruction
Teggatz Enterprises, Inc.	MASON CITY	CERRO GORDO	04	\$200,000	4	35	35	NEW BUSINESS	Remediation Services
Ripke Investments, LLC	Waukee	DALLAS	03	\$413,000	10	0	30	EXISTING BUSINESS	Landscaping Services
R and J Weis Holding Company 8, L.L.C.	Waukee	DALLAS	03	\$1,337,000	5	25	25	EXISTING BUSINESS	Limited-Service Restaurants
Lakes Area Funeral Service, Inc	SPIRIT LAKE	DICKINSON	04	\$533,700	1	1	1	NEW BUSINESS	Funeral Homes and Funeral Services
Freeseemann Distributing LLC	HAMPTON	FRANKLIN	04	\$85,500	1	1	0	NEW BUSINESS	Food Service Contractors
Trendy Pineapple	GARNER	HANCOCK	04	\$9,700	0	0	1	EXISTING BUSINESS	N/A
Midwest Hydro Chipping LLC	GRINNELL	JASPER	02	\$192,800	1	1	0	NEW BUSINESS	Commercial and Industrial Machinery and Equipment (except Automotive)
Blade Pest Management LLC	Olin	JONES	01	\$170,000	2	1	1	NEW BUSINESS	Exterminating and Pest Control Services
The Powder Shop, Inc.	Cedar Rapids	LINN	01	\$3,500,000	10	30	30	EXISTING BUSINESS	Metal Coating, Engraving (except Jewelry and Silverware), and Allied Serv
Keegan Jarvis	SWAN	MARION	03	\$190,000	0	1	1	EXISTING BUSINESS	Recyclable Material Merchant Wholesalers
Salon Moravec LLC	Ankeny	POLK	03	\$346,500	2	21	21	EXISTING BUSINESS	Beauty Salons
Premier Health Clinic, LLC	Clive	POLK	03	\$80,000	2	2	2	NEW BUSINESS	Offices of Chiropractors
Innovative Metal Products, Inc.	Des Moines	POLK	03	\$1,600,000	2	2	2	NEW BUSINESS	Machine Shops
5 Borough Bagels, LLC	Urbandale	POLK	03	\$765,000	25	22	22	EXISTING BUSINESS	Limited-Service Restaurants
DAM VENTURES VALLEY JUNCTION, LLC	WEST DES MOINES	POLK	03	\$342,900	10	2	2	NEW BUSINESS	Confectionery and Nut Stores
Hosey & Associates, Pllc	West Des Moines	POLK	03	\$466,000	2	1	1	NEW BUSINESS	Tax Preparation Services
La Mia, LLC	Davenport	SCOTT	02	\$143,000	2	0	11	EXISTING BUSINESS	Beauty Salons
Roadrunner Consortium, LLC	Davenport	SCOTT	02	\$1,297,000	2	0	18	EXISTING BUSINESS	Offices of Physicians (except Mental Health Specialists)
R and J Weis Holding Company, L.L.C.	Ames	STORY	04	\$582,000	5	35	35	EXISTING BUSINESS	Limited-Service Restaurants
R and J Weis Holding Company 2, L.L.C.	Story City	STORY	04	\$199,000	5	20	20	EXISTING BUSINESS	Limited-Service Restaurants
Simply You	AGENCY	WAPELLO	02	\$58,500	0	1	1	EXISTING BUSINESS	Beauty Salons
Lindsey Boys Sales LLC	OTTUMWA	WAPELLO	02	\$105,000	2	4	4	EXISTING BUSINESS	General Freight Trucking, Local
TYTAN LAWN CARE LLC	CARLISLE	WARREN	03	\$15,000	0	0	1	NEW BUSINESS	Landscaping Services
R and J Weis Holding Company 9, L.L.C.	Fort Dodge	WEBSTER	04	\$516,000	10	13	13	NEW BUSINESS	Limited-Service Restaurants

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CITYVIEW'S Wedding GUIDE

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12 wedding tricks add ease to planning and fun

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

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

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

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

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

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

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

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

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



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

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

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

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

12. Stock up on string lights. Lights can be wrapped around trees outdoors, strung indoors around windows or draped along buffet tables to create a romantic ambiance.

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

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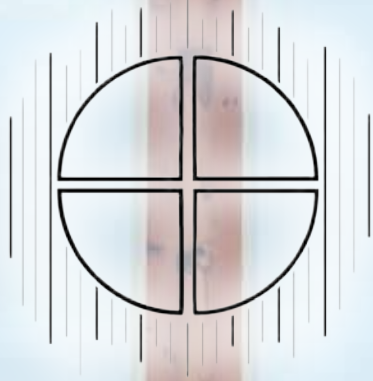
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Put more you into your wedding day

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

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

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



Photo courtesy of Getty Images



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

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

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

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



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OCTOBER 2022 | CITYVIEW | 45



2022-23 IOWA WILD PROMOS AND GAME SCHEDULE

GAME DATE & PROMO



10/14 • OPENING NIGHT

Magnet Schedule Giveaway (First 1500 Fans)



10/15 • HOPTOBERFEST

Poster Schedule Giveaway (First 1500 Fans)



11/3 • SCHOOL DAY

Workbook Giveaway (All Students in Attendance)



11/4 • HOCKEY FIGHTS CANCER NIGHT



11/18 • VETERAN'S APPRECIATION

Specialty Jersey Auction & Camo Hat Giveaway (First 1500 Fans)



12/3 • DECADE DAY



12/4 • PUCKS 'N PAWS

Dog Bag Dispenser Giveaway (First 400 Dogs)



12/16 • TEDDY BEAR TOSS



12/17 • VIDEO GAME NIGHT



12/30 • NYE CELEBRATION

Post Game Fireworks



1/7 • LOCAL HEROES NIGHT

10TH Anniversary Hat Giveaway (First 1500 Fans)



1/21 • MATT BOLDY BOBBLEHEAD

Bobblehead Giveaway (First 1500 Fans)



2/11 • PINK IN THE RINK

Specialty Jersey Auction & LED Wand Giveaway (First 5000 Fans)



2/19 • CRASH'S BIRTHDAY BASH

Youth Jersey Giveaway (First 1500 Fans, 12 & Under)



2/24 • PRIDE NIGHT

Pride Scarf Giveaway (First 1500 Fans)



3/12 • KIDS TAKEOVER DAY



3/24 • JOE HICKETTS BOBBLEHEAD

Bobblehead Giveaway (First 1500 Fans)



4/1 • LET'S GET TROPICAL

Beach Towel Giveaway (First 1500 Fans)



4/2 • PUCKS 'N PAWS

Rope Toy Giveaway (First 400 Dogs)



4/7 • FAN APPRECIATION NIGHT

Trading Cards & Team Photo Giveaway (First 1500 Fans)

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SUNDAY - Post Game Skate

MONDAY - \$1 Hot Dogs

TUESDAY - \$2 Hot Dogs & \$2 Popcorn

WEDNESDAY - Winning Wednesday

FRIDAY - \$2 Beers & Fireball Drink Special

SATURDAY - Local Concert Series & 2 for 1 Confluence Beers

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OCTOBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14 SJ 7 PM	15 SJ 8 PM
16	17	18	19	20	21 TEX 7 PM	22 TEX 8 PM
23	24	25	26	27	28	29 MB 2 PM
30 MB 2 PM	31					

NOVEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3 GR 10:30 AM	4 GR 7 PM	5
6 RFD 4 PM	7	8	9	10	11 MIL 7 PM	12 CHI 7 PM
13	14	15	16	17	18 MIL 7 PM	19 MIL 8 PM
20 CHI 3 PM	21	22	23	24	25 COL 8:05 PM	26 COL 4:05 PM
27	28	29 SJ 9 PM	30 SJ 9 PM			

DECEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3 CHI 8 PM
4 CHI 3 PM	5	6	7 GR 8 PM	8	9 RFD 7 PM	10 RFD 7 PM
11	12	13 RFD 7 PM	14	15	16 TEX 7 PM	17 TEX 8 PM
18	19	20	21 MB 7 PM	22	23 MB 7 PM	24
25	26	27 COL 8 PM	28 COL 8 PM	29	30 COL 8 PM	31

JANUARY						
SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3 CHI 7 PM	4	5	6	7 RFD 8 PM
8 RFD 3 PM	9	10	11 GR 8 PM	12	13 GR 8 PM	14
15	16 GR 2 PM	17	18	19	20 MIL 7 PM	21 MIL 8 PM
22	23	24 RFD 7 PM	25	26 CV 7 PM	27	28 CV 8 PM
29	30 TEX 7 PM	31				

FEBRUARY						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1 TEX 7 PM	2	3 RFD 7 PM	4 RFD 7 PM
5	6	7	8	9	10 CHI 7 PM	11 CHI 8 PM
12	13	14	15 MB 7 PM	16	17 MB 7 PM	18
19 RFD 3 PM	20	21 CHI 7 PM	22	23	24 RFD 7 PM	25 RFD 7 PM
26	27	28				

MARCH						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1 MIL 10:30 AM	2	3 GR 8 PM	4 GR 8 PM
5	6	7 MIL 7 PM	8	9	10	11 MB 8 PM
12 MB 3 PM	13	14	15 CV 3 PM	16	17 CV 8 PM	18 SD 8 PM
19	20	21 SD 9 PM	22	23	24 GR 7 PM	25 GR 12 PM
26	27	28	29	30	31	

APRIL						
SUN	MON	TUES	WED	THUR	FRI	SAT
						1 SD 8 PM
2 SD 3 PM	3	4	5	6	7 CHI 7 PM	8 CHI 7 PM
9	10	11	12 MIL 7 PM	13	14	15 TEX 7 PM
16 TEX 5 PM	17	18	19	20	21	22

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 San Diego Gulls [SD]
 San Jose Barracuda [SJ]
 Texas Stars [TEX]

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CITYVIEW'S SENIOR ANSWER BOOK

Almost every child dreams of being a grown-up – but, little do they know... While growing old does have its perks (senior discounts, anyone?), it also comes with its aches and ailments. Read on to learn about alternative solutions to aging gracefully and aging well.

SENIOR LIVING SERIES



NEVER A SALES PITCH . . . JUST STRAIGHT TALK!

STRAIGHT TALK about
Going from "Me" to "We"

FREE SEMINAR

Note: New date and Venue



Wednesday | October 26, 2022
10:00 - 11:30 AM
West 48 | West Des Moines
1601 48th Street

→ Hosted and Moderated by
MARY EIKENBERRY

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RESERVATIONS RECOMMENDED!
Log onto:
StraightTalkSeniorLivingSeries.com
OR call 515-321-7059

Losing a lifelong partner who shared in life's many responsibilities such as finances, travel, cooking, social activities or home maintenance can leave a giant void. Let's face it, most of us will one day face this reality of going from "We" to "Me", either as a result of the death of a spouse or through some type of dementia.

On October 26th we will look at what "We" can do to be better prepared when that time comes. Learn about resources and help available to those who have expectedly or unexpectedly become a "Me".

Please join us at our new venue.

West 48 in West Des Moines, IA located at 1601 48th Street - at the corner of Westown Pkwy and 48th Street.

CBD for older adults: benefits and uses

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

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

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

Is CBD safe?

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

CBD is usually tolerated by most people with

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

Potential health benefits of CBD

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

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

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

CBD has also been recommended for people with

sleep issues, multiple sclerosis, Alzheimer's disease, depression, epilepsy, Parkinson's disease, cancer and migraines.

Things to consider before buying CBD products

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

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

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

DID YOU HEAR?



Cast your vote TODAY for HW CBD in Cityview's Best Of Des Moines awards - BEST CBD RETAIL BUSINESS



Seniors may find improved health with CBD.

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- Brain Health • General Wellness



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Why you should pre-plan your final expenses

Pre-planning a funeral or celebration of life is a wonderful gift to give your survivors. We can attest to the fact that when family comes in to see us after a loss, they are grateful and relieved. Having your funeral arrangements planned, in order and paid for brings great comfort to those whose responsibility it is to take care of your end of life. If you consider that, many times after a loss, the people left to make decisions are emotional, sleep deprived and often have to travel, you can see how making end-of-life decisions in such a state can be unnecessarily difficult. The State of Iowa is a national leader in consumer protection when it comes pre-funding your final wishes with a funeral or cremation provider. Take the time to research and plan with a funeral professional. Let them show you the financial benefits, as well as the psychological benefits your thoughtfulness will give your surviving family.

THE PSYCHOLOGICAL BENEFITS

There is a multitude of questions that must be asked and answered when a person passes away. The best person to answer these questions is you. When left to your survivors, you could be adding to, rather than alleviating, the burden and grief they will be feeling.

Planning delivers solid direction; your survivors will know what your wishes are. What if your survivors do not agree on what to do? Your plans will alleviate the problems.

The financial responsibility will not be an issue; the relief felt by your family, knowing there is not a bill to deal with, is emotionally relieving during a trying time.

THE FINANCIAL BENEFITS

The State of Iowa allows for a guaranteed contract, making future price increases our concern, not yours. This is especially beneficial during times of high inflation, such as the current conditions we are experiencing.

Take advantage of payment plans. There is not an option for payment plans after someone has died, but there is if you pre-plan.

Make decisions without the stress of suffering a loss. This cannot be understated; everyone must make these decisions, so do so now with a clear heart and mind.

OTHER BENEFITS

The State of Iowa rules state that your funeral expenses are portable, meaning you still can select another funeral home if your end-of-life plan changes. The only caveat is the subsequent funeral home or cremation society is not contractually bound by the price guarantee.

Many times, long-term care expenses will necessitate a person to receive Title 19 benefits for the long-term care expense. The State of Iowa allows your pre-funded funeral to be held exempt, allowing someone to use their own funds to pay for end-of-life expenses and not leave the financial responsibility to their survivors. ■

Information provided by Blair A. Overton, Brooks Funeral Care, 7975 University Blvd., Clive, 515-277-8700.

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www.TheCremationSocietyofIowa.com
www.BrooksFuneralCare.com

Embrace aging: compassion, mindfulness and the cultural cure

Anxiety, depression and other emotional challenges can overwhelm families as they try to adjust to new realities in their lives.

Jake F. Li, a licensed independent social worker with Des Moines Pastoral Counseling Center, has advice for meeting retirement or declining health, especially mindfulness for opportunities and new goals.

FOR CAREGIVERS

On the topic of Alzheimer's Disease and other dementias, Jake Li says compassion and mindfulness are ways to combat internal expectations of what life was supposed to be for both the patient and the caregiver, and to reduce depression, anxiety and grief in this journey.

He talks often with clients about how some of the greatest challenges that we face aren't our fault.

"There is pain and suffering in life," Li says. "But we can have the wisdom to not blame ourselves."

Fundamentally, he says compassion and mindfulness are the idea of stepping out of the "autopilot of our lives." He describes that mindfulness is the ability to turn all of your senses on to a single focus and to be present with it. Specifically, mindfulness helps us understand rising thoughts, emotions and body sensations.

THE CULTURAL CURE

There are 47 million people experiencing dementia across the world. With no remedy on the horizon, Anne Basting works on what she calls the "cultural cure," bringing the tools of imagination and creative expression to care relationships.

As an educator and artist, Basting transports people out of isolation, bringing meaning back into the lives of elders with dementia wherever they live. She helps caregivers shift from the expectation of memory to the freedom of imagination.

"People with dementia are living in a world of metaphor," Basting says. "We just need to move into it."

Basting says dementia breaks rational language and the order of time. Shifting to symbolic, emotional communication lets people access and express strengths "instead of going to the loss and asking them to communicate with you out of loss."

She encourages "beautiful" questions in personal dialogue — evading cognitive disability with queries that open a shared path of discovery. For example: "What is the most beautiful sound in the world? And can you make it?" ■

Information provided by Calvin Community, 4210 Hickman Road, Des Moines, 515-633-2566, www.calvincommunity.org.



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FALL



Arts & Entertainment

GUIDE

Taking you through 2022 with central Iowa's biggest events among stages, fields, courts, galleries and communities.

By Sofia Legaspi Dickens

The school year is well underway, schedules have stabilized, and the frenzy of summer events and festivals is finally winding down. The calm may be a welcome relief to some, but for you adventure-seekers out there, fear not. If you're itching for something fun to do, look no further than our comprehensive guide to Des Moines metro events from now through December. And don't worry — we'll be back in January with our Winter Arts & Entertainment guide. For now, get out there and enjoy the arts, theater, music, sports and community happenings.

Noce's co-owner and operator, Max Wellman, performs regularly at the downtown jazz and cabaret club. Photo courtesy of Noce



BECAUSE WHAT IS LIFE WITHOUT ART?

ANDERSON GALLERY

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

Through Oct. 14: “Vibrant Expressions” with five Iowa artists: Andrew Casto, Gyan Shrobbree, James Shrobbree, Aaron Tinder and Susan Chrysler White.

ANKENY ART CENTER

1520 S.W. Ordinance Road, Ankeny
ankenycartcenter.com

Through Nov. 30: Josh Sorrell, fine art oil painting. Reception on Thursday, Oct. 13, 5-7 p.m.

Through Nov. 30: Lainey Beck, fine art oil and encaustic. Reception on Thursday, Oct. 13, 5-7 p.m.



“Iowa Women’s Bridge of Achievement” by Marybeth Heikes. Photo submitted

ARTISAN GALLERY 218

218 Fifth St., West Des Moines
artisangallery218.com

Through Dec. 31: “Local Impressions” with photographs by Victoria Herring and acrylic collage images by Marybeth Heikes. Reception on Friday, Oct. 14, 5-9 p.m.

Through Dec. 31: “Tale of Kitsune” by Mary Kline-Misol

DES MOINES ART CENTER

4700 Grand Ave., Des Moines
desmoinesartcenter.org

Through Dec. 11: “Hold Me Closer”

Oct. 15 - Jan. 15: “Alison Elizabeth Taylor: The Sum of It.” Artist lecture on Saturday, Oct. 15, 2 p.m.

Oct. 28 - Jan. 15: “Iowa Artists 2022: Miriam Alarcón Avila.” Artist lecture and reception on Sunday, Nov. 13, 1:30 p.m.

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MAINFRAME STUDIOS

900 Keosauqua Way, Des Moines
mainframestudios.org

Oct. 7: “Works of Growth + Recovery,” 5-8 p.m. Momentum Art Program celebrates its 18th annual exhibition, honoring artists living with disabilities and mental health diagnoses.

Nov. 4: First Friday open house, 5-8 p.m.

Nov. 26: Small Business Saturday open house, 1-5 p.m.

Dec. 2: Annual Ceramics Invitational, 5-8 p.m.

Dec. 17: Last Call shopping event, 1-5 p.m.

MOBERG GALLERY

2411 Grand Ave., Des Moines
moberggallery.com

Through Oct. 15: “Bananas” by Adele Renault

Through Oct. 15: “TMI” by Pref

Through Oct. 15: “Contemporary Abstraction”

Opening Oct. 21: “Human Nature” by Ruben Sanchez

Opening Dec. 2: Winter Group Show



Mainframe Studios. Photo by Ryan Damman

OLSON-LARSEN GALLERIES

120 Fifth St., Suite C, West Des Moines
olsonlarsen.com

Currently displaced from their 43-year home due to needed repairs to the historic building, Olson-Larsen Galleries has been hosting collaborative pop-up events in the area. For updates, check facebook.com/olson.larsengalleries.

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Stage

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ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames
actorsinc.org

Nov. 10-12, 18-20: "First Date"

ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny
ankenycitycommunitytheatre.com

Through Oct. 9: "Borrowed Beats"

Dec. 2-11: "She Loves Me"

CAROUSEL THEATRE OF INDIANOLA

117 E. Salem Ave., Indianola
carouseltheatre.org

Oct. 21-23, 28-30: "Steel Magnolias"

CLASS ACT PRODUCTIONS

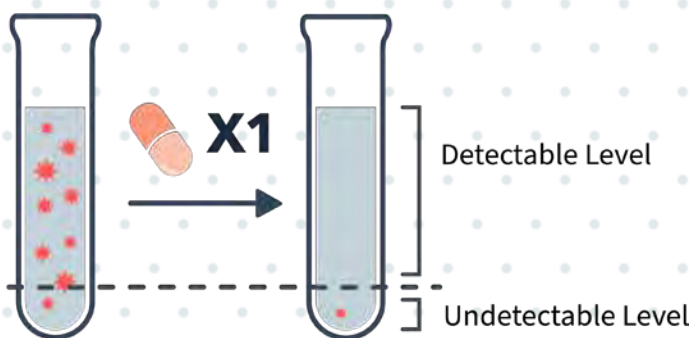
201 First Ave. S., Altoona
captheatre.org

Nov. 4-6, 11-13, 18-20: Rodgers & Hammerstein's "Cinderella"



"Cats" shows at the Des Moines Civic Center during Des Moines Performing Arts' 2022-23 Willis Broadway Series. Photo by Matthew Murphy

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A person living with HIV can take as little as one pill a day to help them achieve what's called an **undetectable viral load**.

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stophiviowa.org



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The Des Moines Playhouse concluded its run of "Guys and Dolls" on Oct. 2 and returns with several more shows throughout their season. Photo by Steve Gibbons

DES MOINES PERFORMING ARTS

Des Moines Civic Center & Stoner Theater
221 Walnut St., Des Moines • dmpa.org

Oct. 7-9: "The Book of Mormon"

Oct. 7-16: "Sister Act Jr." by Des Moines Young Artists' Theatre

Oct. 25-30: "Fiddler on the Roof"

Oct. 25-30: "The Crown - Live!" at Temple Theater, 1011
Locust St., Des Moines

Nov. 5: "Winnie the Pooh: The New Musical"

Nov. 22-27: "Come from Away"

Dec. 9-18: "A Christmas Carol" by Iowa Stage Theatre Company

Dec. 22: "Rudolph the Red-Nosed Reindeer: The Musical"

Dec. 27-28: "Bluey's Big Play"

Jan. 3-8: "Cats"

DES MOINES PLAYHOUSE

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

Oct. 14-16: "Annie Jr." by the Penguin Project

Oct. 28 - Nov. 13: "Harriet the Spy"

Dec. 2-18: Rodgers & Hammerstein's "Cinderella"

DRAKE UNIVERSITY

Harmon Fine Arts Center, 1310 25th St., Des Moines
drake.edu/theatre

Sept. 29 - Oct. 2: "The Bald Soprano"

Oct. 27-30: "Carrie - The Musical"

Nov. 17-20: "Silent Sky"

SIMPSON COLLEGE

513 N. D St., Indianola

simpson.edu/academics/departments/department-theatre-arts

Oct. 28-30: "Trouble in Tahiti" and "Gallantry: A Soap Opera"

Nov. 18-20: "Little Women"

STEPHENS AUDITORIUM

1900 Center Drive, Ames • center.iastate.edu/events

Nov. 6: "STOMP"

Nov. 29: "A Charlie Brown Christmas"

TALLGRASS THEATRE COMPANY

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

Nov. 4-20: "Miss Bennet: Christmas at Pemberley"

Dec. 16-18: "A Very Merry Tallgrass Holiday"

BALLET

- **Oct. 20-22, 27-29:** "Salem" with Ballet Des Moines at Stoner Theater, 221 Walnut St., Des Moines; balletdesmoines.org
- **Oct. 29:** "Dracula" with Iowa Dance Theatre, location TBA; iowadancetheatre.org
- **Nov. 19-20:** "The Nutcracker" with the School of Classical Ballet and Dance at Franklin Junior High Theater, 4801 Franklin Ave., Des Moines; myscbd.com
- **Dec. 3-4:** "The Nutcracker" with Iowa Dance Theatre at Des Moines Civic Center, 221 Walnut St., Des Moines; iowadancetheatre.org
- **Dec. 8-11:** "The Nutcracker" with Ballet Des Moines at Hoyt Sherman Place; 1501 Woodland Ave, Des Moines; balletdesmoines.org

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DES MOINES CIVIC CENTER

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

Nov. 13: Joe Bonamassa at 8 p.m.

Dec. 23: Mannheim Steamroller Christmas at 2 p.m. and 7:30 p.m.

DES MOINES COMMUNITY ORCHESTRA

desmoinescommunityorchestra.org

Oct. 30: John Williams iconic film scores will be honored. Pre-concert talk at noon and concert at 1 p.m., Sheslow Auditorium, 2507 University Ave., Des Moines

Dec. 4: Handel's "Messiah" will be performed at 2 p.m. at Grace United Methodist Church, 3700 Cottage Grove Ave., Des Moines



Chris Tomlin and Hillsong United perform at Wells Fargo Arena on Nov. 16. Photo courtesy of Schmidt Relations



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- No history of substance abuse
- No family history of inheritable genetic disorders
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DES MOINES SYMPHONY

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

dmsymphony.org

Oct. 15: “The Music of Queen”

Oct. 22-23: “The Firebird”

Nov. 19-20: “The Planets”

Dec. 31: “New Year’s Eve Pops: Frank & The Great Ladies of Song”

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

hoytsherman.org

Oct. 2: Jeremy Camp in his “I Still Believe” tour at 7 p.m.

Oct. 7: Joe Satriani performs the “Earth Tour” at 8 p.m.

Oct. 13: The Manhattan Transfer with the DIVA Jazz Orchestra at 7:30 p.m.

Oct. 27: We the Kingdom at 7 p.m.

Oct. 29: Lindsay Buckingham at 7:30 p.m.

Nov. 3: Craig Morgan in the “God, Family, Country Tour” with Ray Fulcher at 8 p.m.

Nov. 12: The Black Jacket Symphony performs Led Zeppelin IV at 8 p.m.

Nov. 14: Indigo Girls with special guests Chapel Hart at 7:30 p.m.

Nov. 17: Dropkick Murphys with Jaime Wyatt and Jesse Ahern at 7:15 p.m.

Nov. 22: Steve Vai performs the “Inviolata Tour” at 8 p.m.

Dec. 15: An Intimate Christmas with Lorie Line at 7 p.m.

Dec. 16: Shaun Johnson & the Big Band Experience at 7:30 p.m.

Dec. 17: Tonic Sol-fa a capella quartet at 7:30 p.m.

Dec. 22: Michael W. Smith at 7 p.m.

WELLS FARGO ARENA

223 Center St., Des Moines

iowaeventscenter.com

Oct. 27: Jason Aldean’s “Rock & Roll Cowboy” tour with Chase Rice, John Morgan and Dee Jay Silver at 7:30 p.m.

Nov. 16: Hillsong United and Chris Tomlin at 7 p.m.

Nov. 17: Eagles in the “Hotel California 2022 Tour” at 8 p.m.

Dec. 7: Five Finger Death Punch and Brantley Gilbert with special guest Cory Marks at 6:30 p.m. ■

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- **GAS LAMP**
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gaslampdm.com
- **GREENWOOD LOUNGE**
3707 Ingersoll Ave., Des Moines
515-277-1219
- **HORIZON EVENTS CENTER**
2100 N.W. 100th St., Clive
horizoneventscenter.com
- **LEFTY’S LIVE MUSIC**
2307 University Ave., Des Moines
leftyslivemusic.com
- **NOCE**
1326 Walnut St., Suite 100, Des Moines
nocedsm.com
- **PRAIRIE MEADOWS**
1 Prairie Meadows Drive, Altoona
prairiameadows.com/events
- **VAL AIR BALLROOM**
301 Ashworth Road, West Des Moines
valairdsm.com
- **XBK LIVE**
1159 24th St., Des Moines
xbklive.com
- **WOOLY’S**
504 E. Locust St., Des Moines
woolysdm.com

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Sports

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IOWA STATE FOOTBALL

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

Iowa State plays NCAA Division-1 FBS football, coached by Matt Campbell. This season's **home games**, times to be announced:

- Oct. 8 vs. Kansas State
- Oct. 29 vs. Oklahoma
- Nov. 5 vs. West Virginia
- Nov. 19 vs. Texas Tech

IOWA WOLVES

Wells Fargo Arena
233 Center St. in Des Moines
iowa.gleague.nba.com
Des Moines' pro basketball team plays in the Western Conference of the NBA G League. They were known as the Iowa Energy until their purchase by the Minnesota Timberwolves in 2017.

Home games:

- Nov. 5 at 7 p.m. vs. Sioux Falls Skyforce
- Nov. 6 at 3 p.m. vs. Sioux Falls Skyforce
- Dec. 9 at 7 p.m. vs. Grand Rapids Gold
- Dec. 10 at 7 p.m. vs. Grand Rapids Gold
- Dec. 12 at 7 p.m. vs. Motor City Cruise
- Dec. 15 at 7 p.m. vs. Cleveland Charge
- Dec. 29 at 7 p.m. vs. Raptors 905
- Dec. 31 at 2 p.m. vs. Raptors 905
- Jan. 1 at 2 p.m. vs. Texas Legends

DRAKE BASKETBALL

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

The Drake University Bulldogs compete in NCAA Division-1 basketball in the Missouri Valley Conference.

Men's home games:

- Nov. 3 vs. Minnesota Duluth
- Nov. 9 vs. IUPUI
- Nov. 14 vs. Wofford
- Nov. 26 vs. Louisiana
- Dec. 7 vs. Omaha
- Dec. 22 vs. St. Ambrose

Women's home games:

- Oct. 30 vs. Northwest Missouri State
- Nov. 7 vs. Green Bay
- Nov. 13 vs. Iowa
- Nov. 19 vs. Nebraska
- Dec. 1 vs. Lindenwood
- Dec. 18 vs. Southwest Baptist

IOWA STATE BASKETBALL

Hilton Coliseum
1705 Center Drive, Ames
cyclones.com

The Cyclones basketball teams compete in the Big 12 Conference. The men are coached by T.J. Otzelberger and women by Bill Fennelly. **This season's home games (men):**

- Nov. 7 vs. IUPUI
- Nov. 13 vs. North Carolina A&T
- Nov. 20 vs. Milwaukee
- Nov. 30 vs. North Dakota
- Dec. 4 vs. St. John's
- Dec. 11 vs. McNeese State
- Dec. 18 vs. Western Michigan
- Dec. 21 vs. Omaha

This season's home games (women's):

- Nov. 2 vs. Winona State
- Nov. 7 vs. Cleveland State
- Nov. 10 vs. Southern
- Nov. 20 vs. Columbia
- Nov. 29 vs. SIUE
- Dec. 11 vs. Jacksonville
- Dec. 22 vs. Drake ■

See our hockey feature story on page 22 to view schedules for the Des Moines Buccaneers and Iowa Wild.

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Events

COMMUNITY FESTIVALS, HOLIDAY HAPPENINGS, COMEDY, FUN RUNS AND MORE

OCTOBER

- **Wednesday through Saturday evenings:** Cocktails and live jazz at Noce from 7-11 p.m., or until midnight on Fridays and Saturdays. No cover charge during “Jazz on the House” on Thursdays. Open to all ages until 9 p.m. 1326 Walnut St.; noceds.com
- **Oct. 7, Nov. 18, Dec. 16:** Family Fun Night at 6 p.m. at Jester Park Outdoor Recreation and Wellness Center; 12112 N.W. 128th St., Granger; polkcountyiowa.gov/conservation/events
- **Oct. 7-8:** Halloweenapalooza film festival at the Bridge View Center of Ottumwa. 5-11 p.m. on Friday, noon to midnight on Saturday. 102 Church St., Ottumwa; halloweenapalooza.com
- **Oct. 8:** Cars and Coffee from 8-11 a.m. at 5901 Mills Civic Parkway, West Des Moines; carsandcoffeesm.com
- **Oct. 8:** Fall Festival from 10 a.m. to 2 p.m. at

South Sports Complex, 750 S. James St., Grimes; grimesiowa.gov

- **Oct. 8:** Community Table: Storytelling & Local Food Festival from 10 a.m. to 5 p.m. at Franklin Avenue Library, 5000 Franklin Ave., Des Moines; dmpl.org/events
- **Oct. 8:** Raccoon River Rally festival with cardboard boat races, fun zone, food trucks, beverage tent, business expo and live music. 11 a.m. to 6 p.m. at Raccoon River Park, 2500 Grand Ave., West Des Moines; wdmchamber.org/raccoon-river-rally
- **Oct. 8:** Bill Burr (Slight Return) comedy tour at 7 p.m. at Wells Fargo Arena, 223 Center St., Des Moines; iowaeventscenter.com
- **Oct. 8:** Moonlight Seed Harvest. 4-7:30 p.m. at Chichaqua Bottoms Greenbelt, 11204 N.E. 118th Ave., Maxwell; inhf.org/events
- **Oct. 8:** High Trestle Hawk Watch guided by

expert birders at the High Trestle Trail’s main viewing platform. 10 a.m. to 4 p.m. Closest parking is 2335 QF Lane, Madrid; inhf.org/events

- **Oct. 8:** Eat.Drink.Architecture, a three-hour tour through the Drake Neighborhood, starting at the University Library Cafe, 3506 University Ave., Des Moines; www.iowaarchfoundation.com
- **Oct. 8:** Wauktoberfest from 5-11 p.m. Downtown Triangle at Ashworth Drive and Sixth Street, Waukee; facebook.com/WaukeeAreaHistoricalSociety
- **Oct. 8-9:** Madison County Covered Bridge Festival in Winterset; madisoncounty.com/covered-bridge-festival-2
- **Oct. 13:** Sip, Shop & Stroll at The District at Prairie Trail, S.W. District Drive, Ankeny; thedistrictpt.com
- **Oct. 14:** Gallery Night at Valley Junction, 5-9 p.m. along 100 to 300 blocks of Fifth Street, West Des Moines; valleyjunction.com/events

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- **Oct. 14:** Whose Live Anyway? improv comedy at 8 p.m. Stephens Auditorium, 1900 Center Drive, Ames; center.iastate.edu/events
- **Oct. 14-16:** Iowa Home Show from 10 a.m. to 5 p.m., Varied Industries Building, 3000 East Grand Ave., Des Moines; iowahomeexpo.com
- **Oct. 14-15:** Fall Bulb Market. 10 a.m. to 5 p.m. at the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- **Oct. 15-16:** Great Iowa Pet Expo. 4-H Exhibits Building, Logan Ave., Des Moines; greatiowapetexpo.com
- **Oct. 15-29:** Family Halloween at Living History Farms. Check website for dates and times. 11121 Hickman Road, Urbandale; lhf.org
- **Oct. 16:** IMT DSM Marathon and Half-Marathon, plus the Bankers Trust Marathon Relay, Principal 5K Road Race and MercyOne Children's Hospital Kids Run; desmoinesmarathon.com
- **Oct. 16:** Geocache Pumpkin Hunt at 1 p.m. at Yellow Banks Park, Prairieview Shelter, 6801 S.E. 32nd Ave. Pleasant Hill; polkcountyiowa.gov/conservation/events
- **Oct. 20, Oct. 27, Nov. 3:** Sip & Shop after work hours. Along Fifth Street in Historic Valley Junction, West Des Moines; valleyjunction.com/events
- **Oct. 22:** Iowa Inferno natural bodybuilding championships at Franklin High School, 4801 Franklin

Ave., Des Moines; nattyrevolution.com

- **Oct. 22:** Bondu Spooktacular. 2-4 p.m. at City Park, 201 Main St. S.E., Bondurant; cityofbondurant.com/community-events-and-festivals
- **Oct. 22:** The Salvation Army: Unmasking the Singer. Costumed local celebrities will entertain to raise funds starting at 7 p.m.; Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org
- **Oct. 23:** Trunk or Treat with Waukee Public Safety from 4-6 p.m., 1300 S.E. LA Grant Parkway, Waukee; waukee.org
- **Oct. 23:** Community Jazz Center honors local jazz heroes at its Annual Hall of Fame and Special Recognition Awards at Noce. Reception and dinner at 5 p.m.; awards and performances at 6 p.m. 1326 Walnut St., No. 100, Des Moines; cjc-dsm.org
- **Oct. 25:** Trick or Treat Around the Lake from 5-7 p.m. Copper Creek Lake Park; 4390 E. University Ave., Pleasant Hill; pleasanthillchamber.org
- **Oct. 25:** Des Moines Storytellers Project: Obsessions as told by Des Moines Register journalists. 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org
- **Oct. 28:** Wine, Witches & Brews, hosted by the Indianola Downtown Association. 5-9 p.m. in the Indianola Downtown Square
- **Oct. 29:** 5K Boos & Brews. Noon at Fox

Brewing, 103 S. 11th St., West Des Moines; breweryrunningseries.com/iowa

- **Oct. 29:** Trick AND Treat with the Animal Rescue League. 5452 N.E. 22nd St., Des Moines; arl-iowa.org/events
- **Oct. 29:** Trick or Trees at the Greater Des Moines BOOtanical Garden. 10 a.m. to 5 p.m. 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- **Oct. 29:** Halloween Hikes: The Great Migration & Day of the Dead Festival. Register at eventbrite.com. 5-8 p.m. at Pammel Park Lodge; 1818 Pammel Park Road, Winterset
- **Oct. 29:** Charlie Berens comedy show at 8 p.m. Stephens Auditorium, 1900 Center Drive, Ames; center.iastate.edu/events
- **Oct. 29-30:** Reggie's Sleepout. Gather a team and sleep on the field of the Drake Stadium in solidarity with homeless youth in Iowa. 2719 Forest Ave., Des Moines; reggiessleepout.org
- **Oct. 30:** Dia de los Muertos (Day of the Dead) celebration of Mexican traditions. 10 a.m. to 3 p.m. at Des Moines Art Center, 4700 Grand Ave., Des Moines; desmoinesartcenter.org
- **Oct. 31:** Halloween on the Hill. Walk or drive through horrifically decked out historic homes in the Sherman Hill neighborhood. 6:30-8:30 p.m. shermanhilldsm.org/events/halloween-on-the-hill



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NOVEMBER

- **Nov. 3:** All Access Live! A live broadcast and taping of the Avey Grouws Band for Iowa Public Radio at xBk Live, 1159 24th St., Des Moines; xbklive.com
- **Nov. 3:** Discover Ankeny from 5-8 p.m. at FFA Enrichment Center, 1055 S.W. Prairie Trail Parkway, Ankeny
- **Nov. 4-6:** Des Moines Holiday Boutique at Hy-Vee Hall; 730 Third St., Des Moines; iowaeventcenter.com
- **Nov. 5:** 5K Beer Run at 11 a.m. at Twisted Vine Brewery, 112 S.E. Fourth St., Des Moines; breweryrunningseries.com/iowa
- **Nov. 10:** 2022 Morsel Combat. 5:30-9 p.m. at Prairie Meadows Event Center, 1 Prairie Meadows Drive, Altoona; mealsfromtheheartland.org
- **Nov. 11:** Iliza Shlesinger's "Back in Action" comedy tour at 7 p.m. Des Moines Civic Center; 221 Walnut St., Des Moines; dmpa.org
- **Nov. 11:** JP Sears comedy show at 8 p.m. 2100 N.W. 100th St., Clive; horizoneventcenter.com
- **Nov. 12:** Living History Farms Race returns after two years. Registration at 9 a.m. or online. 11121 Hickman Road, Urbandale; lhf.org
- **Nov. 12:** 5K Beer Run at 11 a.m. at Mistress Brewing Company, 1802 N. Ankeny Blvd., Suite 108, Ankeny; breweryrunningseries.com/iowa
- **Nov. 12:** Wine & Clay, a new event by the Des Moines Arts Festival. 11 a.m. to 6 p.m. at the Valley

Junction Activity Center, 217 Fifth St., West Des Moines; desmoinesartsfestival.org

- **Nov. 12:** Bert Kreischer's "The Bertie Boy Relapse" comedy tour at 7 p.m. and 9:30 p.m. Des Moines Civic Center; 221 Walnut St., Des Moines; dmpa.org
- **Nov. 13:** Girls on the Run festival at 12:30 p.m. and 5K at 2 p.m. Principal Park, 1 Line Drive, Des Moines; gotrcentraliowa.org
- **Nov. 17, Dec. 1, 8, 15:** Jingle in the Junction. 5-9 p.m. along 100 to 300 blocks of Fifth Street, West Des Moines; valleyjunction.com/events
- **Nov. 18-19:** Des Moines Whiskey Festival at The River Center, 340 S.W. Third St., Des Moines; dsmwhiskeyfest.com
- **Nov. 19:** North Pole Craft & Vendor Show from 9 a.m. to 3 p.m. Adventureland Inn, 3200 Adventureland Drive, Altoona
- **Nov. 19:** Champagne & Chocolate at the Greater Des Moines Botanical Garden. 6-9 p.m. at 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- **Nov. 19-20:** Taylor Tomlinson in "The Have It All" comedy tour at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org
- **Nov. 24:** Des Moines Turkey Trot with 5K, 5 Mile and Tot Trot runs. Register online or on race day, 7-8:15 a.m. at Renaissance Savery Hotel, 401 Locust St., Des Moines; desmoines-turkeytrot.com
- **Nov. 24-27:** Disney on Ice presents Frozen and

Encanto at Wells Fargo Arena, 223 Center St., Des Moines; iowaeventcenter.com

- **Nov. 25:** Festival of Lights starting at 5 p.m. in Winterset, 112 N. John Wayne Drive, Winterset; madisoncounty.com/special-events
- **Friday evenings, Nov. 25 to March 31:** Dome After Dark. The Greater Des Moines Botanical Garden will be illuminated with unique lighting displays and luminarias. (No Dome After Dark on Dec. 9.) 909 Robert D. Ray Drive, Des Moines; dmbotanicalgarden.com
- **Nov. 25-27:** Festival of Trees & Lights at Iowa Events Center, 833 Fifth Ave., Des Moines; unitypoint.org/blankchildrens/festival-of-trees.aspx
- **Nov. 26:** Small business Saturday. Support local shops and restaurants around the metro.
- **Nov. 26:** Entirely Kids Day at the Des Moines Art Center. 11 a.m. to 3 p.m. at 4700 Grand Ave., Des Moines; desmoinesartcenter.org
- **Nov. 27:** Norwalk Tree Lighting & Santa Drive-Thru from 5-6 p.m. at O'Leary's Celebration of Life, 1020 Main St., Norwalk; norwalkchamber.org/calendar
- **Nov. 30:** The Illusionists - Magic of the Holidays at 7:30 p.m. Stephens Auditorium, 1900 Center Drive, Ames; center.iastate.edu/events
- **Dates TBD:** Holiday Promenade in the Historic East Village. Find updates at dsmpartnership.com/downtowndsmusa/experiencing-downtown/festivals-and-markets/holiday-promenade



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DECEMBER

- **Dec. 1-4:** Christkindlmarket. Experience a centuries-old European holiday tradition at Principal Park, 1 Line Drive, Des Moines. christkindlmarketsm.com
- **Dec. 2:** Light Up Polk City from 6-8 p.m. in the Polk City town square; gopolkcity.com/light-up-polk-city
- **Dec. 2:** WinterFest from 6-8 p.m. at Waukee's Downtown Triangle, Ashworth Drive and Sixth Street; waukee.org/476/WinterFest
- **Dec. 2-3:** Hometown Holiday Celebration in Adel; adelpartners.org/signature-events
- **Dec. 3:** Polar Plunge supporting Special Olympics Iowa at Raccoon River Park, 2500 Grand Ave., West Des Moines; soiowa.org/ways-to-give/fundraising-events
- **Dec. 3:** Windsor Wonderland at Hy-Vee, 7101 University Ave., Windsor Heights; windsorheights.org
- **Dec. 3:** Dazzling in the District at Prairie Trail, S.W. District Drive, Ankeny; thedistrictpt.com
- **Dec. 3:** Family Christmas at Living History Farms. 11121 Hickman Road, Urbandale; lhf.org
- **Dec. 3:** Merry & Bright Parade starting at 5 p.m. in Bondurant's downtown area; cityofbondurant.com/community-events-and-festivals
- **Dec. 3:** Holidays at the Town Center from 6-8 p.m., Merle Hay Road and N.W. 62nd Avenue, Johnston; johnstontowncenter.com
- **Dec. 4:** 3K Winter Beer Run at noon at Confluence Brewing Company, 1235 Thomas Beck Road, Des Moines; breweryrunningseries.com/iowa
- **Dec. 4:** Grimes Holiday Celebration. 5-7 p.m. at Grimes South Sports Complex, 750 S. James St., Grimes; grimesiowa.com
- **Dec. 6:** Alton Brown Live: Beyond The Eats – The Holiday Variant at 7:30 p.m. Des Moines Civic Center; 221 Walnut St., Des Moines; dmpa.org
- **Dec. 8:** "Wheel of Fortune Live!" at 7:30 p.m. Des Moines Civic Center; 221 Walnut St., Des Moines; dmpa.org
- **Dec. 9-10:** Bells, Bows & Boutiques Tour, a self-guided shopping and dining road trip through four communities; madisoncounty.com/special-events
- **Dec. 10:** Santa Fun Run. 521 E. Locust St., Des Moines; fleetfeet.com/s/desmoines/events
- **Dec. 10:** Home for the Holidays. 5-8 p.m. in the Indianola Downtown Square; indianolachamber.com
- **Dec. 10-11:** Winter Solstice Market runs 10 a.m. to 4 p.m. Saturday and noon to 4 p.m. Sunday. 116 S. First Ave., Winterset; madisoncounty.com/special-events
- **Dec. 13:** Des Moines Storytellers Project: Generosity as told by Des Moines Register journalists. 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org
- **Dec. 16-17:** Light the Night and celebrate the arrival of winter with a hike, bonfire and cocoa. Jester Park Nature Center, 12130 N.W. 128th St., Granger; polkcountyiowa.gov/conservation/events
- **Dec. 31:** Ultimate NYE 2k22 Gala. Holiday Inn, 6111 Fleur Drive, Des Moines. Tickets at eventbrite.com. ■



Winterfest at Waukee's downtown triangle. Photo courtesy of City of Waukee

AROUND TOWN

PHOTOS BY PAT CHECKETTS



A ribbon cutting was held at Anawim Housing's new location at 1750 48th St., Des Moines.



Chrissy Smith and John Kendeigh



Andy Rowland, Bryan Rowland and Eric Held



Elsie Rotich and Michael Littlejohn

RIBBON CUTTING

Anawim Housing, Des Moines
Sept. 3, 2022



Pro Buttrey and Betsy Happe



Holly Adams and Ryan Baldwin



Terrance Butts, Jeressa Powell and Helen Trisko

BELLY UP TO:

EAT & DRINK



Vintage Brewhouse is located at 1300 N.W. 36th St., Ankeny. Photos by Sofia Legaspi Dickens

Vintage Brewhouse

Taproom-coffee shop combo

BY SOFIA LEGASPI DICKENS

Is it a coffee shop, or a bar? Vintage Brewhouse says, “Why not both?”

Open since December last year, Vintage Brewhouse is located in the northwest corner of Ankeny, minutes down the road from the area’s long-awaited second Costco.

Walk into the newly constructed building, and it feels anything but vintage. Metal industrial chairs surround a mix of high- and low-top tables, with those exposed Edison lightbulbs that are all the rage these days. A small patio includes three tables, but the garage door can be opened to welcome the fall breeze into the entire building.

Two couch seating areas and an array of board games contribute to the cozy coffee house vibes while four TV screens, a projector screen and bar seating channel the taproom side of the business.

Their list of 13 beers on tap includes local favorites from Confluence, Peace Tree and Kinship, plus staples from across the state: SingleSpeed, Front Street and Big Grove. Pints run about \$6 while a 4-ounce flight of four costs \$9.50. Patrons can also choose from two types of sparkling wine, or six whites and four reds by the glass or bottle.

If beer and wine aren’t your thing, the mixed drink menu beckons with creative cocktails like Tootsie Pop

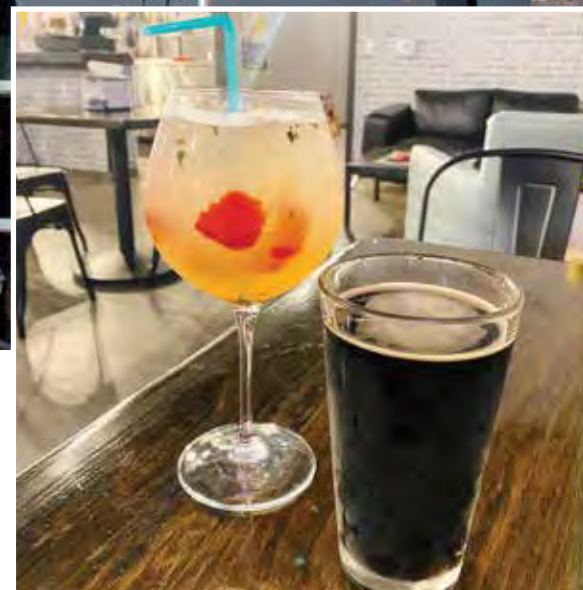
(“tastes just like the Tootsie Roll sucker!”) or classics like the bloody mary or paloma. The “Wake Up Call” encapsulates Vintage Brewhouse’s bar/coffee combination: dark rum, hazelnut, coffee liqueur, espresso and coconut milk. The strawberry basil lemonade I sampled was a refreshing pick-me-up on a gloomy day, and its \$8.75 price tag seemed reasonable for the large glass.

The food menu is short, but mighty. Choose from pretzel bites with beer cheese or chips with salsa or an entire flight of dips. A loaded charcuterie board delivered to a neighboring table sparked some serious food envy — charcuterie is \$5 off and wine bottles half-priced on Trivia Wednesdays, 6-8 p.m.

If you’re craving something heavier to munch on, try the Trash Can Pizza with all the toppings you could imagine, or build your own starting at \$18.50. Their 16-inch thin-crust pies, fired up in their own pizza oven, offer a melt-in-your-mouth crunch with a surprisingly sweet tomato sauce.

As of last month, Vintage Brewhouse also offers Taco Tuesdays from 4-8 p.m., with three tacos for \$10.

The café menu offers all the drinks you’d expect at a coffee shop, plus Red Bull infusions, yummy-sounding smoothies, and breakfast and bakery items. Café items can be ordered any time, all day — and the same goes for the taproom menu.



Strawberry Basil Lemonade and Peanut Butter Porter



The food menu includes 16-inch thin crust pizzas.

The unique coffee-bar combo brings in a diverse set of customers. During my visit, a mom relaxed with a glass of wine while her daughter enjoyed a smoothie and oversized Connect Four. On the other side of the room, a group of friends shared drinks over happy hour: 4-6 p.m. on weekdays, with \$1 off all beer, wine and cocktails.

Operations Manager Tiera Cordaro called it “the best of both worlds.”

“It really is fitting for any audience, whether it means coming in and working on your laptop or coming in for girls’ night,” she said. “It can be very diverse in that way.”

So, if you feel like having a java chip frappe at 11 p.m. or a flight of craft beer at 6 a.m. — or something in between — head over to Vintage Brewhouse. ■



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Adventureland's all-new Phantom Fall Fest features two different Halloween experiences in one thrilling, chilling event. Each weekend this October, enjoy daytime family fun until 6 P.M. Then the fear kicks in gear with haunted houses, scare zones and creepy characters prowling the park. Get FREE admission with select Season Passes.

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ADVENTURELAND

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Destination Grille

Grimes restaurant is a trailblazer — part sports bar, part steak house and part Vegas resort.

EAT & DRINK

Restaurants on the outskirts of town have been development pathfinders. When Eddie Webster's opened in 1970, it was miles of cornfields away from the houses. It introduced central Iowa to flagons of wine, Alaskan ice cream cocktails, and a menu of steaks and lobster, no pasta or chicken. Eddie built it and the people, houses and malls came. Sadly, Webster crashed his snowmobile through thin ice and died at age 53. His restaurants, all built in the middle of cornfields, did not survive him.

Similarly, Paul Trostel opened his Greenbriar amid cornfields on the edge of Johnston and Alice Nizzi operated Alice's Spaghetti Land in the cornfields outside Waukee. Nizzi's place lasted 50 years, and her name is honored with parks, housing developments and highways. When the Waukee city council tried to rename Alice's Road, protestors shouted them down.

Destination Grille is not really on the outskirts of town. There are housing projects as well as cornfields around it, but, as its name implies, it will draw people who have never been there before. It is unlike any other restaurant in the metro, built by the owners from the ground up. Tall windows are so impressive that one owner couldn't guess how much they cost. It is a two-story place with rooms for board meetings and private parties. Unlike most two-story restaurants, it has an elevator. The patio includes Vegas class cabanas with overstuffed furniture and fire pits. The backlit bar ranks with Irina's and AJ's in wow factor. Furniture includes high tops, low tops and handsome booths.

Attention to detail extends to the kitchen. A "steakhouse broiler oven" can cook steaks at 1,650 degrees F. It also has a cast iron grill on top for stunning sears. The kitchen also has four different ice machines because different drinks require different sizes of cube. One machine even impresses the restaurant's brand on the cubes. That is definitely a Vegas touch.

All beef is wagyu, the legendary breed that produces Kobe. Even chili, wieners and pastrami are made with wagyu. There is a Saturday and Monday specials menu with big bargains on pizza, chili dogs, beer and vodka. There is an international menu that offers rotating ethnic cuisines. Korean was up in September with a boneless version of short ribs. Weekends feature prime rib.

Medium crusted pizza were cheese forward with five and six cheese blends dominating sauce. They were blistered but not charred at all. Seared scallops were as



All Iowa cheese and charcuterie

good as they get, served on pickled watermelon radishes with citrus butter and cucumber. Lobster rolls were exquisitely fresh tasting.

The restaurant offers live baked lobsters. Chicken strips were made with thighs and sandwiches with breasts. Cheese and charcuterie employed Iowa legends from La Quercia, Milton Creamery and Maytag. Fabulous fries were tossed with truffle oil and Parmesan and served with truffle mayo.

Marinated local sweet corn was deep fried. Seared ahi was served in lettuce wraps. Mojito shrimp were nicely paired with corn salsa. Wings were smoked and fried, a good idea. Three of my favorite things were cheese stuffed hash browns, lobster corn chowder and Caesar dressing. One of the chefs admitted he had learned those recipes working at Des Moines Golf and Country Club, 801 Steak & Chop House and Fleming's.

Not up to the rest of the menu: Calamari were tough to chew, even baby whole ones; desserts were limited to just two choices; a bar well stocked with top-shelf boozes had zero after-dinner liqueurs, not even Irish cream.

Bottom line — this is a trailblazer, part sports bar, part steak house and part Vegas resort. ■

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

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Paul Willis at Zanzibar

Raising pigs, not pork chops

EAT & DRINK

Paul Willis is a Cerro Gordo County pig farmer who has been as successful as anyone in the world for upgrading the taste of pork. He is farmer No. 1 for Niman Ranch Pork, the company he has run since it was created. He was in town last month for Niman's annual farmers' appreciation dinner and conference. We asked him to lunch, and he suggested Zanzibar, a café on Ingersoll that is particularly popular with out of towners.

How did he get to where he is today?

"I grew up on a farm in Thornton. I was a Thornton High School Thunderbolt, then went to the University of Iowa, graduated and joined the Peace Corps. I think I wanted to get as far away as possible from my roots. My first assignment was to work with the Nigerian Ministry of Agriculture."

Was that during the Biafran War?

"Yes, but I was working in northern Nigeria, and the fighting was mostly in the southeast. It wasn't the last time the Peace Corps took me to the action. After Nigeria, I took a job as a Peace Corps recruiter and was headquartered in Madison, Wisconsin. That was during the time when Madison became the hotbed of antiwar protests. I was there when anarchists bombed Sterling Hall on the University campus.

"After that, the Peace Corps left Madison for Minneapolis, which was considered safer at the time. I became Minnesota and Upper Peninsula (Michigan) recruiter and added Vista to my job description. Then the family needed help on the farm for health reasons. I went back to Thornton to help with the harvest and stayed to put in the next crop. We transitioned to my owning the farm."

Was the farm raising pigs then?

"No, growing up we had some pigs raised in A houses, but that wasn't working anymore. A neighbor gave me five piglets, and two were female. I bought seven gelts and borrowed a boar from a neighbor. My piglets actually were productive enough to make money, which was rare at the time. Also, used equipment became very cheap because the factory farms were driving small farmers out of pigs. I bought more feeders, for \$5, after a devastating spring blizzard. Suddenly I was raising hogs without much investment at all in electric fencing, breeder stock and 100-200 sows."

When did the confinement hog lots change the business?

"That was the late 1980s and 1990s. Pork couldn't

compete with chicken when people started caring about fat and cholesterol. So, they bred these lean pigs to claim they were 'the other white meat.' My breeds were being docked for being lean, but my pigs could live outdoors and be happy. At the time, I was unaware that my outdoor pigs had monetary value that factory pigs lacked. Then I was in a California Costco and ran into a woman who was buying organic, free-range chickens. I asked her why she paid more for them, and she said, 'They taste so much better.'"

Did that change your mind?

"It convinced me to keep doing what I was doing — raising pigs, not pork chops."

Then you met Bill Niman?

"Yes, an old Peace Corps friend told me about him, said he was raising cattle like I was raising pigs. Bill was selling his beef to the highest end restaurants in California. Wolfgang Puck and Alice Waters were his customers. We hit it off. He was the one person in America who understood what I was trying to do. He asked me to deliver 30 whole pigs broken down into primal parts, by the next Monday morning at 5:30 a.m. I found Sioux-Preme packing in Sioux Center would do custom kills, so I could deliver. The numbers kept rising, so I guessed I knew what I was doing."

When did he know for sure?

"Niman kept asking me for more pigs. I asked a neighbor to be farmer No. 2, and then I took a trip to California. Alice Waters was my first customer there at Chez Panisse. I had no idea who she was or what the restaurant was, but she loved my pork, and that was validation. Then Bill asked me how much (money) I wanted for each pig. No one had ever asked me that; the market just told you how much they would pay. Then I knew I was out of the commodity market and into a specialty market."

How many farmers raise pigs for Niman Pork today?

"We are right around 600 and always looking for more."

Where do the farmers farm?

"Iowa is still the biggest state by far, but the states that border Iowa and Kansas are growing fast. This year I visited Alabama, looking to expand our footprint. Met with the Federation of Southern Cooperatives. They used to raise feeder pigs there that Iowa farmers would buy and finish. That ended around 1970. Now they are



interested in reviving that."

Niman is now the benchmark for animal welfare. How did that happen?

"I met a lady named Diane Halverson, who founded the Animal Welfare Institute under the premise that animals raised for food deserve to be raised with dignity. She convinced me to insist on animal welfare certification and to go 100% antibiotics-free. Factory farms had convinced the dealers and elevators to quit making antibiotic-free feed, so we had to convince them to start doing it again. As we grew bigger, that became easier. Also, protest against factory farms became a thing, and people were looking for alternatives."

What was the reaction?

"Some farmers were amazed their pigs didn't keel over and die. But we started doing taste tests in supermarkets like Trader Joe's, and, amazingly, customers totally preferred the taste of antibiotic-free pork."

What do you do today to make sure your pork tastes better?

"We have stringent taste tests every week. Some farmers take three years of breeding to pass the test. Mostly we have found that Duroc, Chester White and Berkshire pigs do best."

Those are all heritage breeds.

"Yes, and we are reviving them. The factory farms almost made them extinct because they bred for fast growth and lean meat. We breed for taste."

What else is a secret to the success of Niman Pork?

"The connections. Restaurants can tell customers which farmer raised their dinner. People love to know the people who raised their food." ■

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Terre Gibson

Bass player influenced by Rick James, Prince

As Terre Gibson strums his bass guitar to “Kiss” by Prince — a favorite song by one of his musical idols — he insists on allowing the other musicians to shine, as he’s “not trying to be the star.”

However, Gibson, with a classically trained piano background, knows his job is to stay on key in any of his four bands, whether it’s funk, rock, jazz or Christian music.

Gibson began playing piano and taking lessons at age 5 when he lived in California. At age 14, his music tastes took a sharp turn when he attended a Rick James concert.

“I heard Rick play ‘Super Freak’ and ‘Give it To Me Baby.’ I heard the bass thumping and saw all that dancing,” he said. “I thought, ‘That’s an instrument I want to play.’”

At age 15, he received a bass guitar for Christmas, along with an instructional book, and he taught himself the bass. It came easily for him, as he was used to reading music.

In addition, he listened to bass songs on the radio, trying to copy the bass line.

“Every bass player had to learn ‘Another One Bites the Dust’ and ‘Back in Black,’” he recalled.

While raising a family, he didn’t play. In 1998, he re-emerged to play in church and then joined his first band.

Moving to Iowa in 2005, Gibson hooked up with another church band but wanted to play mainstream music. He searched on Craigslist in 2017 and joined the Des Funk band, which performs instrumental jazz. He hooked up with two other bands, The Dick Danger Band and The Feel Right. The Feel Right includes

“The Voice” contestant Sharane Calister.

“She’s extraordinarily talented and easy to work with,” Gibson said. “I’m afraid of losing her as she goes on to bigger and better things.”

When Gibson moved to Iowa, he was leery of finding the same caliber of musical talent he observed in California.

“Coming from California, there was a ridiculous amount of talent,” he said. “But I found an incredible amount of talent in both the singers and musicians here. People like each other and help each other out.”

A reason he likes the bass is how it can drive the rhythm and speed in a song. He’s able to control the dance numbers.

“For example, if the drummer is too slow, we can change our technique. I don’t think a lot of people know the bass exists. They hear it but don’t know what it is,” he explained. “People dance to the beat of the bass.”

Gibson is modest when it comes to his talents, shrugging it off and crediting fellow band members. Once the crowd reacts, he’s happy to be in the background, keeping the beat going. One evening, Des Funk played at Noce to a standing room-only crowd.

“We were shocked because it was a snowy night. I was impressed with the turnout,” he said.

A concert at Ankeny SummerFest with the Dick Danger band was “cool” when 100 audience members all danced in sync to the “Cupid Shuffle.”

“It’s fun to see people dancing and a wonderful moment to see that from the stage.”

Gibson is exploring a fifth band and said he enjoys where he is at, adding, “I don’t have visions of grandeur.”



Terre Gibson plays bass for The Feel Right, The Dick Danger Band, Des Funk and a local church band. Photo submitted

I’m here to support the kids and grandkids — and let them take on the world.”

He said he feels the Des Moines music scene is talented and believes in supporting local music.

“We don’t get a lot of worldly musicians touring here. Supporting local music is the next best thing. If people get out to various local bars and venues to see live music, I think they would all be very impressed.”

Find Gibson’s thumping bass with The Feel Right at the Covered Bridges Winery Oct. 15 and the Huxley Spooktacular on Oct. 29; or Dick Danger Band at Summerset Winery on Oct. 16 and Down Under on Nov. 12. ■

SOUND ADVICE

BY JACKIE WILSON

Lindsey Buckingham performs a mix of new and classic Fleetwood Mac tunes at Hoyt Sherman Place on Oct. 29. Tickets available from \$45-\$89.

Jason Aldean brings his “Rock & Roll Cowboy” tour to Wells Fargo Arena on Oct. 27. Opening acts include **John Morgan** and **Chase Rice** (replacing Gabby Barrett, who recently gave birth). Tickets from hyveetix.com start at \$50.

Most everyone who loves Queen recognizes how the band’s opera influences permeate their music, so it’s only fitting to meld an orchestra with a powerhouse singer and rock band. Catch the unique concert, **The Music of Queen**, performed with the **Des Moines Symphony** Oct. 15 at the Des Moines Civic

Center. The Symphony, along with a full rock band, includes Broadway musician and vocalist **MiG Ayesa**. Tickets from \$35-\$90.

The Waukee Historical Society is celebrating **Wauktoberfest** on Oct. 8. at the Triangle Park. Musicians from the **Des Moines Polka Club** roll out the barrel first, followed by **Gimikk**. Tickets \$10 in advance, which includes a drink ticket; \$15 at the door. Visit www.waukeehistory.org for info.

Dust off that plastic tote of costumes and dress up for some music and Halloween fun on Oct. 29 in Waukee, where **Sister Sara** performs at Mickey’s Irish Pub. ■

FILM REVIEW

BY DAVID ROWLEY

'Sidney' is about the man, not just his milestones

Documentary is a spirited rebuke to the "sellout" narrative that has been allowed to grow around Sidney Poitier's career.

The inspirational story of Sidney Poitier is retold in this warm and thoroughly engaging documentary from filmmaker Reginald Hudlin, featuring commentary from Oprah Winfrey (the film's producer), Spike Lee, Denzel Washington, Morgan Freeman, Quincy Jones, cultural critic Nelson George — and Lulu, Poitier's costar in "To Sir With Love." Most importantly, no one is better at telling Sidney Poitier's story than Sidney Poitier himself, and this film includes a marvelous direct-to-camera raconteur performance from Poitier, recorded before he died in January this year.

Having him tell his own story, largely via edited footage and voiceover from seven hours of interviews Winfrey conducted with Poitier in 2012, allows "Sidney" to be about the man, not just his milestones.

Poitier grew up in poverty in the Bahamas and has some wonderful anecdotes about his astonishment on visiting Nassau as a child and seeing a car for the first time — as well as a mirror, goggling at the duplication it created. On moving to Miami, he faced death threats and violence from the Ku Klux Klan, but moved to New York City, got a job as a dishwasher in a café where a kindly Jewish waiter helped him to learn to read, and he learned his sonorous voice from a white radio announcer.

From there, Poitier found work in the American Negro Theatre and got a breakthrough movie role in "Blackboard Jungle" as a smart high schooler. He was the Black convict chained to Tony Curtis' white convict in "The Defiant Ones" as they made their break from a prison van, gradually coming to like the white man and creating a mythic self-sacrifice when he throws himself from a moving train rather than abandon him. (A gesture that still divides pundits even now. Nelson George talks about how Black audiences didn't buy into the famous moment. He even suggests it's a seminal moment in the history of the "Magical Negro" trope on film.) The slap he gave to a white man in "In The Heat of the Night" was a sensational moment. Poitier was upset to be later regarded as a safe "Uncle Tom" figure, but he kept working in the



industry, transitioning to directing with resounding success.

"Sidney"

PG-13 | 111 minutes
Director: Reginald Hudlin

The documentary does a good job showing just how astounding Poitier's self-invention was, considering his early poverty. Hudlin tells us about some movies in Poitier's repertoire that may have been forgotten like the interesting "Something of Value" from 1957, another Black/white pairing (this one with Rock Hudson), set in Kenya at the time of the Mau Mau uprising. It is a far more confrontational film, with Poitier in a more brutal and less emollient role.

This documentary is a spirited rebuke to the "sellout" narrative that has been allowed to grow around his career and puts into immediate perspective what the world would've been like without Poitier's influence.

Throughout "Sidney," there's an insistence in both Poitier and the interviewees that the film star truly believed he wasn't defined solely by his skin color. He referred to his interest in civil rights as borne out of "the necessity to survive," and Winfrey refers to him as a "race soldier who's leading the army for everybody else." This echoed belief stemmed from his struggle as a child to understand the racial divide. Callbacks to Poitier's childhood are the backbone of the entire feature, which ends by drawing parallels with his close call with death in the beginning and with Poitier's words: "I've really come a long way...When I die, I will not be afraid of having lived." You really feel that sentiment throughout this documentary; Sidney encompasses everything he stood for when he was alive, and all of it are things that transcend more than just filmmaking and art — it's history. ■

PREVIEWS

BY DAVID ROWLEY

"Till"

PG-13 | 130 minutes
Director: Chinonye Chukwu
Stars: Danielle Deadwyler, Jalyn Hall, Frankie Faison

"Till" focuses on the 1955 killing of a Black teenager as well as his mother's subsequent efforts to publicize the case and get justice for her son.

"Till" takes its inspiration from the real-life story of Emmett Till, whose 1955 murder was a major cause for the American Civil Rights movement. In 1955, this 14-year-old Chicagoan was visiting his cousins in Mississippi when he was accused of flirting with a white woman and subsequently brutally killed. After his murderers were subsequently acquitted, Till's mother, Mamie Till-Mobley, worked tirelessly to publicize her son's story and bring about social change. Mamie's decision to have an open casket at Emmett's funeral, and to have Jet magazine publish David Jackson's funeral photos, was driven by her motivation to ensure people everywhere knew what had happened to her son.



"Empire of Light"

R | 119 minutes
Director/Writer: Sam Mendes
Stars: Olivia Colman, Colin Firth, Ron Cook

The Empire is the kind of movie house you don't see too often anymore, framed by bright lights and a beautiful marquee, graciously inviting all into its red-velvet seats. Hilary (Olivia Colman) serves at the front of house, opening the theater every morning and overseeing a brimming concession stand. Meanwhile, her manager (Colin Firth) calls her into his office from time to time for illicit favors. It's a gloomy routine that Hilary grudgingly repeats, but all her co-workers recognize that she's been a lot quieter since returning to the job after a long absence.

When Stephen (Michael Ward) arrives as an eager new employee, the two form a quick, if outwardly unlikely, connection. Hilary hides a troubled past, struggling to manage her mental health, while Stephen, a young Black man, grapples with the racism rampant in 1980s Britain. Both wounded by aggressions outside their control, they find an escape and safe harbor in one another — but their relationship, like the Empire cinema itself, cannot last forever, and soon the pair must face the reality of their differing futures.



"Armageddon Time"

R | 115 minutes
Director/Writer: James Gray
Stars: Anne Hathaway, Jeremy Strong, Banks Repeta

On its surface, "Armageddon Time" is the unsparingly well-remembered story of a pre-pubescent Jewish boy named Paul Graff (Banks Repeta), the slightly older Black kid he meets on the first day of school in September 1980 (Jaylin Webb plays second-time sixth-grader Johnny Davis), and the semi-guileless friendship these two space cadets form on the strength of their mutual interests: rocket ships and messing with their racist homeroom teacher. It's a story about the invisible fault lines of inequality, the moral compromises demanded by the American Dream, and the very practical ways in which remembering the past can be the only legitimate defense against the social forces that keep trying to repackage it as a vision of the future. ■



The other prodigy named Adele

A brilliant young artist who is also a fearless, tireless, insatiable world traveler.

"You can take the girl out of the garden, but you can't take the garden out of the girl." - Adele Renault

Love her or not, Adele Renault makes people go bananas. Raised on a farm in the Belgian Ardennes, the painter's musical family encouraged her to travel and experience the world on her own. So, at age 14, they sent her to Venezuela and then on to live in Brighton, England. During her travels, she studied visual arts from classical oil painting to modern spray can graffiti, both of which are obvious, somehow, in her work. She also developed a ken for new media and graphic design and graduated at age 21 from the Académie Royale des Beaux Arts in Brussels.

Following her instinct and desire to paint, Adele, now 34 (the same age as the other Adele) lives her vocation all over the world. She has done massive public murals in London, Moscow, Seoul, New Delhi, Jacksonville, San Jose, Sweden, Berlin, Salem, Mass, Puerto Rico, Des Moines and, of course, Hollywood, near her current studio. She even did a memorable mural for Ringside Lounge, a famous watering hole in Mike Tyson's Jersey City development Tyson's Corner. She has painted three series — people, pigeons and plants. In that Tyson's Corner mural, she mixes it up with the boxer, his pigeon and his cigar. That mural is roof top, reminding me Adele is best appreciated from a bird's-eye point of view.

Her people period featured a "West Adams" series of photorealistic portraits of the vendors, "gangsters," fruit vendors, tire and body shop workers, taco makers, hairdressers, coaches and chefs she befriended in West Adams, her new hood between the LA County Museum of Art and Crenshaw. Her pigeon series was also photorealistic and mostly head and shoulders portraits.

Her new theme is plant life, particularly bananas, which is the focus of her current, marvelous exhibition at Moberg Gallery, through Oct. 15. She has painted banana leaf portraits as tall as 40 meters on a South Korean chimney. One mural in London looks like banana fruits from a distance but, like all her bananas, it is just the leaves that captivate her.



"Leaves of a Strange Berry" by Adele Renault, on display at Moberg Gallery through Oct. 15.

She explained last year: "Painting plants has not been an overnight decision. The seed has been planted a long time ago, quite literally. As a kid I always helped my mum in her large vegetable garden, sometimes fun, sometimes felt more like a chore. But I was subconsciously gathering up all that information being passed down to me. And even though I lived most of my adult life in large cities... something along those lines sums it well: You can take the girl out of the garden, but you can't take the garden out of the girl."

Renault said her only connection to Des Moines before she was invited here for a large-scale commission for a corporate client of Moberg Gallery was Joni Mitchell's song "Dry Cleaner from Des Moines." She

discovered the magic of banana leaves on that trip gazing at the Des Moines Botanical Center's bananas. She honors that experience with a piece in the Moberg show called "Des Moines Stacking Chips" about a Des Moines gambler in a casino. Green and red leaves become the exciting colors of a roulette table. As Moberg archivist Michaela Mullin writes of the Bananas show, "Renault paints the color of photosynthesis taking place; she renders protuberance and emergence, the height and heft of a sturdy shrub, where bananas — botanically classified as berries — grow in familiar clusters."

This is a mesmerizing show by a brilliant young artist who is also a fearless, tireless, insatiable world traveler. ■

IOWA ARTISTS

BY JACKIE WILSON

Ally Frame

Illustrator creates smiles with art.



Underpass mural at the bike trail on the corner of E.P. True and Jordan Creek parkways



ARTS & ENTERTAINMENT

Ally Frame, a graphic designer turned illustrator and muralist, enjoys creating whimsical and lighthearted artwork.

A friendly raccoon on a skateboard. A pink rabbit eating ice cream.

These are just a couple of the animal illustrations artist Ally Frame creates. That's her goal: to create happy and lighthearted artwork.

"I want bright colors and joyful art that makes people smile," she said.

Her illustrations appear on the sides of local buildings. A mural in the East Village shows a colorful state capitol building, while a Frida Kahlo mural appears on the side of the Manhattan Deli.

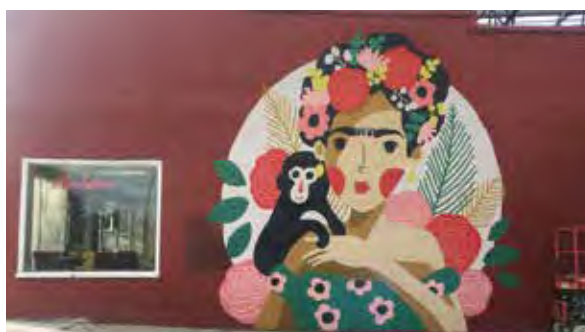
She works out of her home studio and took the full-time artist plunge after a stint working as a graphic designer.

Frame, drawn to art as a child, spent a lot of time drawing and painting with her "creative dad." In high school, when it came time to select a career, she chose graphic design.

"I thought that career was going to make me some money," she recalled.

She attended the University of Nebraska and moved back to Des Moines in 2017, where she worked in an office doing graphic design. During the pandemic, she quit her job.

"The fluorescent lights drain you. I didn't like sitting in an office behind a desk," she said. "I like to get out in the fresh air. Working on deadlines stresses me out."



Frida Kahlo mural at Manhattan Deli, 3705 Ingersoll Ave., Des Moines

While painting the East Village mural, it was a different vibe as she interacted with curious onlookers.

"Seeing how the community responds was cool," she said. "The actual process of painting such a large mural is really calming."

The painting offsets a less pleasant task — marketing her artwork.

"I'm a shy person, and getting out in front of people is a challenge. I'd be happy at home, but it's not good for business," she reflected. "It's weird to sell — it's like your heart and soul, trying to convince people to buy — it's like a piece of you."

Frame has embraced social media to sell her artwork. Her Instagram page, @latergatorart, reflects a playful logo in the name of her former roller derby team, the Alligators. She gains inspiration from other Instagram



Mural in East Village at E. Fifth Street and E. Grand Avenue

artists. Yet, she realizes the platform is fleeting.

"I appreciate the validation by having a lot of followers. It's great for business, but it can hurt or suppress them. I try not to take compliments too seriously. I try not to let others' opinions affect my art. You have to find the right audience and get it in front of the right set of eyes."

As she was raised to respect the environment, she strives to incorporate nature in her artwork.

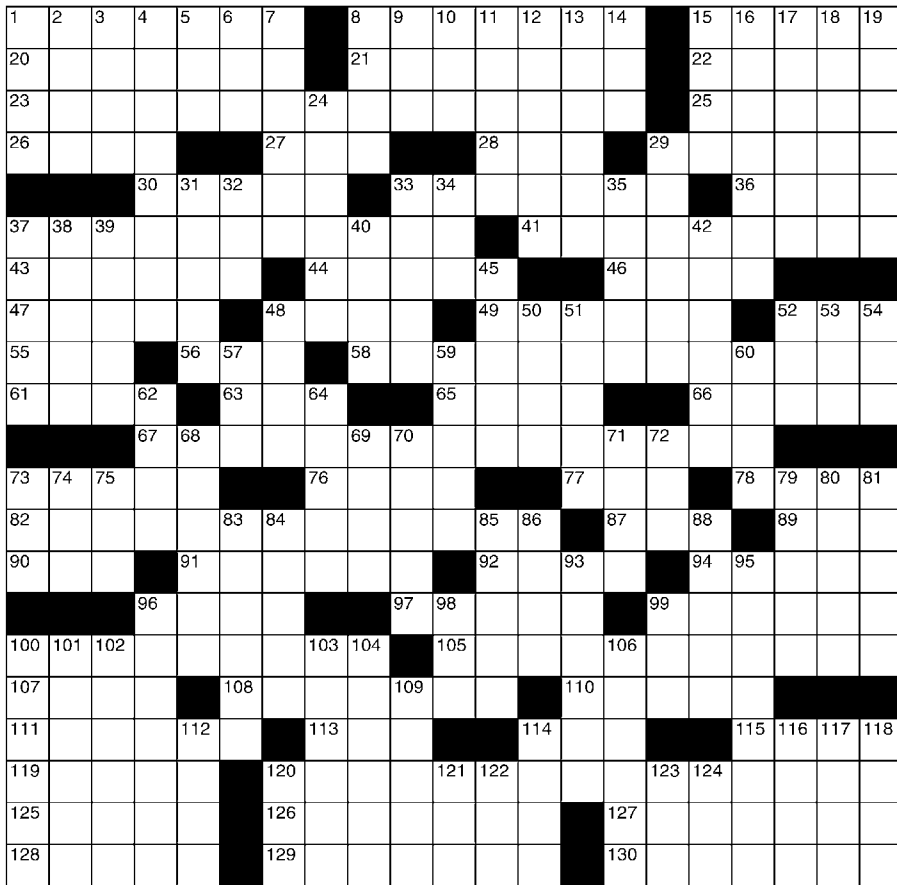
"When I'm in the flow, my brain is calm," she said. "It's like taking a break from the world and just existing. Life can be serious. But with art, you don't need to be serious."

View Ally Frame's artwork at the Ankeny Winter Art Market on Nov. 19, her Instagram page @latergatorart or website, www.latergatorart.com. ■

PUZZLES

Find answers at www.dmcityview.com/the-games

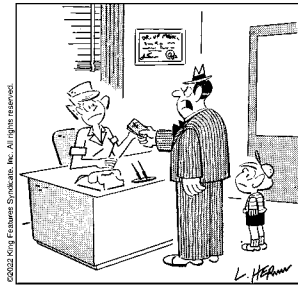
GOOD DOG!



- ACROSS**
- 1 Perfect places
 - 8 Places
 - 15 Firing noise
 - 20 Italian province or its capital
 - 21 Mobile's place
 - 22 Goes the distance
 - 23 "We were just talking about you!"
 - 25 Roast's host
 - 26 Early 1900s cars
 - 27 The Raptors, on sports tickers
 - 28 Up to, for short
 - 29 Actor Everett of "Stardust"
 - 30 In accordance with
 - 33 Really big
 - 36 Low-value billfold fillers
 - 37 Yet to happen
 - 41 Regular way of walking
 - 43 Slacked off
 - 44 "Your Song" singer John
 - 46 Acquire
 - 47 Martini's partner in winemaking
 - 48 Exam for some jrs.
 - 49 Acquire
 - 52 Tally up
 - 55 "The Ipcress File" novelist Deighton
 - 56 Maiden-named
 - 58 Bring items to someone as a server would
 - 61 Italian province or its capital
 - 63 Steeped quaff
 - 65 Love god
 - 66 Ouzo flavorer
 - 67 Insist that formalities are observed
 - 73 Extensive destruction
 - 76 "Air kiss" sound
 - 77 Crude
 - 78 Greek god in a chariot
 - 82 Make radical changes to the norm
 - 87 Hi- — graphics
 - 89 Long time
 - 90 Beige
 - 91 Father of Taoism
 - 92 Talk to a deity
 - 94 Novelist Nin
 - 96 Shade trees
 - 97 Acknowledge
 - 99 Wading birds
 - 100 Relax briefly
 - 105 No matter the consequence
 - 107 A long time
 - 108 1988 NFL MVP Boomer
 - 110 Bearings
 - 111 Loosened, as a skate
 - 113 From — Z
 - 114 Assist
 - 115 "That's awful!"
 - 119 Actor Feldman
 - 120 Place to teach the eight commands featured in this puzzle
 - 125 Rub away
 - 126 Mopped, e.g.
 - 127 Crouched
 - 128 Relaxes
 - 129 In a nervous way
 - 130 Woven fabric
 - DOWN**
 - 1 Khrushchev's fed.
 - 2 Sticky stuff
 - 3 Butter substitute
 - 4 Field laborers
 - 5 Really bug
 - 6 Year, in Rio
 - 7 "Mister" of ice cream trucks
 - 8 Bert of "The Wizard of Oz"
 - 9 "Go, torero!"
 - 10 Ill-bred dude
 - 11 Assists in crime
 - 12 Sumptuous
 - 13 Actress de Ravin of "Lost"
 - 14 Actor Mineo
 - 15 — cheese dressing
 - 16 Sendup
 - 17 Liftoff follower
 - 18 Hi-fi system
 - 19 Feared fly
 - 24 Swimmer Dara with 12 Olympic medals
 - 29 Installed anew, as flooring
 - 31 Beer vessel
 - 32 Prof's degree
 - 33 Having a dull finish
 - 34 Hurly-burly
 - 35 Eschewer of animal products
 - 37 "The Little Rascals" girl
 - 38 Conical woodwinds
 - 39 Had no life
 - 40 Royal name of Norway
 - 42 Soup holder
 - 45 Mother-of-pearl
 - 48 Hammer end
 - 50 Norse god in a chariot
 - 51 Nonlethal stunner
 - 52 Jackie's hubby #2
 - 53 HMO participants
 - 54 Henna, e.g.
 - 57 SFO guess
 - 59 PC support givers
 - 60 Writer Seton
 - 62 Merits a "so-so"
 - 64 Acknowledge
 - 68 Antigen disablers
 - 69 Has
 - 70 Actor Conrad of early films
 - 71 Nanny Poppins
 - 72 Have a debt
 - 73 Pres. elected in '48
 - 74 "Caught you!"
 - 75 Boxy vehicle
 - 79 Weaponize again
 - 80 "Traffic" actress Christensen
 - 81 Full of lip
 - 83 Packed firmly
 - 84 Gas pump attachments
 - 85 Novelist Sinclair
 - 86 Grads' dance
 - 88 Lucifer
 - 93 Lacking vitality
 - 95 Medium to poor
 - 96 Least difficult
 - 98 Lead-in to chic or hazard
 - 99 Sow or cow
 - 100 Dish under a cup
 - 101 Brush aside
 - 102 "Neon" tank swimmers
 - 103 Prone
 - 104 Triangular sail
 - 106 Least narrow
 - 109 Coke and Pepsi
 - 112 Peepers
 - 114 Roddick of tennis
 - 116 Pueblo people
 - 117 Yuletide tune
 - 118 Dated, quaintly
 - 120 Mo. with the birthstone opal
 - 121 Suffix with opal
 - 122 Fish that can be shocking
 - 123 — Jeanne d'Arc: Abbr.
 - 124 "Friends" co-star Courtney

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!



"The doctor must be a _____.
My kid swallows a dime and I cough up fifty dollars."

- Area: GREAN
- Lucid: LACER
- Absorb: GETIDS
- Joy: TRIHM

TODAY'S WORD

SUDOKU

by Linda Thistle

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

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

DIFFICULTY: ◆

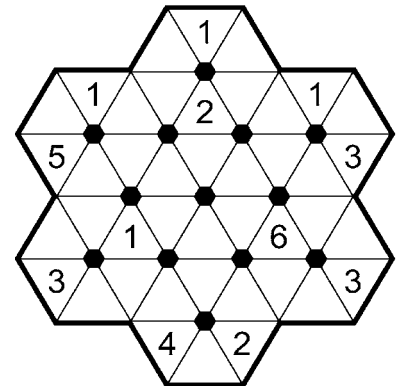
- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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SNOWFLAKES

by Japheth Light

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



DIFFICULTY: ◆◆◆◆

- ◆ Easy
- ◆◆ Medium
- ◆◆◆ Difficult
- ◆◆◆◆

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GO FIGURE!

by Linda Thistle

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

	÷		+		13
-		×		×	
	×		-		10
×		+		÷	
	×		-		17
15		16		12	

DIFFICULTY: ★

- ★ Moderate
- ★★ Difficult
- ★★★ GO FIGURE!

1 2 3 4 6 7 7 8 9

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PHOTO COURTESY OF GRATISOGRAPHY

This month's winner

"Mark was never really a good electrician or plumber, let alone trying to do both at once."

— Jim McCool



Runners-up

"What happens when the plumber and electrician get loaded together at lunch." — Bill Costanzo Jr.

"My boss at the CIA said I have to retake Wiretapping 101."

— Bob Lampe

"Wire tapped." — Debby Carlson

"No wonder I feel so wired after using the water here." — Chuck Gollither

"I know there have been some problems with too much lead in the water, but this is ridiculous!" — John Flater

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JOE'S NEIGHBORHOOD

BY JOE WEEG

The gift of whimsy

Do we need things that are nothing but fanciful with a dash of humor?

Don't get me wrong, there are serious problems in the world, and serious people are needed to keep us from killing ourselves and killing each other and to make sure we add baking powder to the cake batter. That tablespoon of baking powder is the difference between a cake that is light and fluffy and a cake that looks like a hubcap. I know. So, bring on the serious folks to save the planet and our cakes.

But is there a role for whimsy in all this? Do we need things that are nothing but fanciful with a dash of humor? You know, things that, when you see them, your pursed lips involuntarily turn up and your eyes uncharacteristically crinkle. I'm not asking for outright guffaws, heaven help us, but maybe something where you nudge the person next to you and say with a grin, "Look at that!"

But where to find this whimsical fantasy?

I'm with my wife in Cologne, Germany, mildly lost

as we generally are in our travels — and in life, for that matter. We walk up from the river and away from the famous cathedral toward a less touristy area. The buildings are grittier and the people we pass are clearly workers either coming or going.

My wife and I are having our traditional travel conflict. This is a fun fight where my wife bemoans the inability to use our smart phones for directions because I have failed as a husband. This failure can arise in various technical ways dealing primarily with SIM cards, whatever they are, but suffice it to say that I am truly guilty, and if my wife's phone did work, she'd certainly be contacting her college sweetheart, Chuck, the true love of her life, and get the heck out of Dodge. Or Cologne.

As we both simmer, we see in the distance an office building. Nothing special, . . . but is that an ice cream cone on the roof? Whaaaaat? A DRIPPING

ICE CREAM CONE
TURNED UPSIDE
DOWN IS ON THE
ROOF!!!

Not only did this sight save our marriage, but it made us smile. It brought us outside of ourselves. It brought us into a land of curiosity and wonder. It was whimsical.

"Look at that," I say with a grin.

Claes Oldenburg created this ice cream cone in 2001 along with his wife Coosje van Bruggen, who died of breast cancer in 2009.

Of course, Oldenburg and van Bruggen's work was not foreign to me. When we arrived in Des Moines in



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1981, we would bike from the Attorney General's Office up near the capitol to our apartment in the Drake neighborhood. This meant going through downtown.

"What in the heck is that?" I said to my wife, as we pedaled through the heart of the city with our backpacks full of our work clothes and lunch pails and anything else a young lawyer was supposed to carry.

There in the middle of Des Moines was a gigantic umbrella. No kidding. An umbrella. It appeared to have no purpose, no hidden meaning, no artistic subtext. It was just a giant umbrella.

We got off our bikes and smiled. Of course, we didn't laugh out loud, not in the land of Grant Wood's grim-faced, pitch-forked farmer and his scary sister, but our eyes did crinkle and our lips went up.

"Will you look at that?"



Photo courtesy of Rich Sanders for the Des Moines Art Center

Yup, Oldenburg and van Bruggen's Crusoe Umbrella, commissioned by the Civic Center of Greater Des Moines in 1978.

Then there is the giant trowel created in 2001 and purchased by Meredith Corporation. It's hard to take yourself too seriously in the presence of a garden trowel bigger than your car.

And the very first public Oldenburg in Des Moines can be found at the Des Moines Art Center, commissioned in 1971, way early in his career — talk about an art center out in front of the crowd. And, yup, it's a ginormous three-way plug. Whimsy, anyone?

As Laura Burkhalter, the friendly and helpful curatorial manager at the Des Moines Art



Center, told me about the three-way plug:

"Our philosophy at the Art Center has been that when we go after an artist, we go after THE work — the one that shows that artist. This is an Oldenburg. It's big. It's blue. It's soft. It's humanistic. It is a quintessential Oldenburg."

Amen to that.

Listen, I am not an artist and my knowledge of art could fit on the tip of a paint brush, but what is a bit of whimsy worth? What is the value of an unbidden smile that exists for no reason but fun? How often do you see something that gives you a heartwarming surprise after your friend has elbowed you in the ribs and said, "Will you look at that?"

Claes Oldenburg died the other day. I didn't know him. I don't know how to label his art. I know nothing of his vision. But I do know this: thanks to the Des Moines Art Center and Meredith and the Civic Center, Oldenburg gave Des Moines a great public gift. He gave us the gift of whimsy.

May he rest in peace. ■

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.



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BOOK REVIEWS

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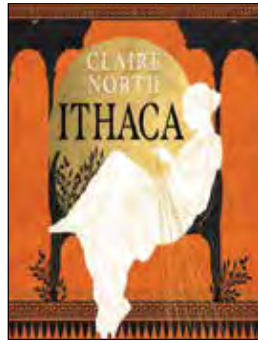
'Ithaca'

"The Odyssey" is an ancient tale with a mountain of scholarship and retellings to its name, yet there are still threads left to be pulled, new variations to explore, and exciting new stories to uncover. Claire North takes on the task of fleshing out the shadows in the bright, heroic tale we all know — but this time from the perspective of the women left at home.

We all know Odysseus left a loving wife at home, but how did Penelope actually survive her husband's long absence? With sharp, nuanced narration from the queen of the gods herself, this novel tells the story of Penelope's long wait and the grand adventures she undertook to save her home and family.

Rich with details and compelling characters, this gorgeously written novel left me brimming with warmth and courage. The often-misunderstood Hera provides the perfect lens for a new take on this epic tale, while remaining faithful to the broader details. I'm loving the rash of feminist mythology these days. Keep it coming. ■

— Review by Julie Goodrich



By Claire North
9/6/22
400 pages
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Orbit

'Toad'

The darkest, most acerbic wit collides with the sharpest human insights from one of the most incisive writers I've ever read. I was utterly delighted to learn there was an unpublished work from much-missed Katherine Dunn. This one is deeply depressing, but the twisted characters and bitter hearts speak to something I think might be universal.

"Geek Love" is a cult classic for a reason. Sometimes a person needs the odd comfort of crude, colorful, creepy characters whose weirdness speaks to the side of yourself you'd rather ignore.

Sally Gunnar, the bitter, slightly crazy main character, lives like a hermit, determined to stay as far away from people as possible. As Sally reminisces about her long-lost college days, her failed romances, and the bitter memories she's forced to live with, these sad, winding stories draw the reader into the twisted, darkly humorous tales of her strange life and the even stranger people she met along the way.

This is a brilliant take on what being an outsider actually feels like, how difficult it can be to find the "line" and learn you crossed it ages ago. And, really, does it matter that much? ■ — Review by Julie Goodrich



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Ballet Des Moines dynamically forges engaging new works

Opening minds well beyond pre-conceived thoughts of traditional ballet

Central Iowa continues its strong upward trend when it comes to cultural enhancement through performing arts. The community, from patrons to corporations with a strong foundation of local support, helped central Iowa's cultural scene remain solvent during the COVID years. The Symphony, the Opera, multiple theater companies, anchored by world-renowned Des Moines Performing Arts, all benefited. Ballet Des Moines now builds on a long legacy with a vibrant infusion of creative productivity and adds its shine to this multi-hued radiance as it prepares for another world premiere.

Tom Mattingly, Ballet Des Moines' artistic director since his hiring last year, is the catalyst for this renaissance of Iowa's professional ballet company. Mattingly's muse remains highly inspired since this spring's Valentine's homage "Love Flight," to its explosive "Of Gravity and Light" including Mattingly's premiere of "Flight." Now comes the October world premiere of "Salem," "an immersive exploration of the infamous story illustrating the horrific consequences of mistaking different for dangerous." "Salem" uses the smaller black box Stoner Theater, creating a dynamically intimate experience.

"The stage space setup we use seats only 94 people," Mattingly shares. "The farthest seat from the stage is only 20 feet. This allows us to create really immersive storytelling. I'm very passionate about providing an accessible first interaction with ballet to the people of Des Moines. With this intimate space, the story of the Salem witch trials seemed like the perfect vehicle, especially for Oct. 20-29 performances to get people into the Ballet to see what we're all about."

What they're all about is opening minds well beyond pre-conceived thoughts of traditional ballet, to new irresistible realms where ballet can elevate the cultural soul.

"One of the things I really love about ballet is that it creates so many different avenues for production and interaction," Mattingly continues. "Ballet allows for the huge productions like 'Swan Lake,' 'Giselle,' and 'Nutcracker,' but it also is really fantastic for these more intimate and contemporary works like 'Salem.'"

"What you will get with 'Salem' is some really incredible, athletic dance, captivating storytelling and a reinterpretation of history that is based on historical events. We are not doing a historical recreation of one story. What we're doing instead is taking all of that as inspiration, kind of having a historical fiction of a story

line that could have happened at the time.

"We are working with a Drake professor, Lisa West, who teaches a course specifically on the Salem witch trials. She works with us in our speaker series. Another Drake professor (helping) is Erin Wegleitner, who is actually a direct descendent of one of the families involved in the Salem witch trials. She will visit the company to share her experiences and connection on a very personal level."

BDM's wardrobe director, Sarah Dornink, takes her "Salem" design inspiration from the very strict dress codes of the time, down to certain colors that could and could not be worn.

"We also have a character that's very central to the plot of 'Salem,' which is Fear. It was fear and unchecked power that ran rampant in Salem, not witchcraft. For our story, one of our dancers is the character of Fear who is a constant presence and influence to the other dancers in the ballet, even though they can't see him.

"Ballet presents a method of artistic communication that is special to its own art form," Mattingly offers. "I really see dance as a movement language, and although we are not using spoken word in this production, the music language we are producing with this choreography and with the staging I think is the perfect vehicle for telling a story. There is so much to be told about just a look, or a hand gesture, or the tension between two dancers. Tension of the group swarming around another. I think you don't need to have spoken word to have an effective story. We are going to be incorporating some American Sign Language into 'Salem.' It's a natural partnership, as ASL is literally a movement language. By using sign language in certain aspects of the ballet, I feel like we are producing a richer work that is more inclusive to our community as a whole."

ONE-AND-DONES

The opportunity to experience the best in the region's talent perform Broadway favorites continues to grow. The Pura Social Club (see sidebar) has become a hot spot for thematic Broadway song indulgence. Other single-night pop-ups keep happening, another sign that live performing arts is on a strong return path. ■

John Busbee is a creative project developer, critic, playwright, author, producer and media professional. He has produced his weekly show, The Culture Buzz, on KFMG since 2007.



Ballet Des Moines professional dancer Savannah Cox in "Salem," premiering Oct. 20-29 at the Des Moines Performing Arts Stoner Theater. Photo by Jami Milne for Ballet Des Moines

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Des Moines Young Artists' Theatre

www.dmyat.org/sister-act-jr

• Oct. 7-16. "Sister Act Jr."

Des Moines Community Playhouse

www.dmpplayhouse.com

• Oct. 14-16. "Annie Jr."

Ballet Des Moines

www.balletdesmoines.org/salem

• Oct. 20-29. "Salem" (a world premiere)

Pura Social Club

www.facebook.com

• Oct. 22. "Disney Villains Night"

Des Moines Performing Arts

<https://desmoinesperformingarts.org>

• Oct. 25-30. "Fiddler on the Roof"

Des Moines Performing Arts/Temple Theater Comedy Series

<https://desmoinesperformingarts.org>

• Oct. 25-30. "The Crown Live!"

DES MOINES FORGOTTEN

BY KRISTIAN DAY

Beggars' Night

You can have 31 days of Halloween, if you really want to.

I'm beating a dead horse when I talk about Beggars' Night versus Halloween. Seemingly every news station and media outlet will have yet another story about the history of Beggars' Night. And my Halloween-obsessed friends will once again rant about how offensive it is when I don't celebrate Halloween on Oct. 31.

Let me get my personal rant out of the way. First, some brief history. Beggars' Night started in 1939 because of the vandalism and bad behaviors that were happening on Halloween nights. In 1938, the Des Moines Police Department reported more than 500 calls. As a result, parents feared having their kids trick or treating on the same night as all this other stuff, so the date was changed to Oct. 30. Unfortunately, moving dates doesn't change things. If folks want to vandalize, they can do it any night of the week. They would also likely be more up for doing so in costumes like everyone else. If I was a heathen looking for trouble, I would simply adjust my plans and move my anarchy operations to Beggars' Night. Rant done.

This vandalism wasn't just a city occurrence. Stories of pranks and destruction were heard in the rural communities, too. Jeanie Snyder grew up in Audubon during the 1940s and 1950s.

"When I was a kid, we didn't go trick or treating because I lived in the country

and went to a country school," she said. "There were lots of stories about tricks people got up to: a sack of manure set on fire outside someone's door and then the tricksters ringing the doorbell; soaping windows; and once a story about someone putting a cow on the roof of the high school. That one has to be a myth."

Snyder said she also saw the results of pranks at her school.

"We had an outhouse that someone enjoyed tipping over every year until the school cemented it down," she said. "That year, we returned the next day to see lots of glass from broken headlights in front of the toilet."

Kathryn Krieg, who was the director of the Des Moines Parks and Recreation Department (back then known as the Des Moines Playground Commission), proposed a Beggars' Night where kids would say "Trick or Eats" instead of "Trick or Treat." It didn't stick.

If we go back to the 19th century, Halloween was all tricks and no treats. America is responsible for urbanizing what was a rural celebration in the Celtic countries of northwestern Europe. It was the end of the agriculture year. Harvest time. End of summer. Samhain, the beginning of the season of dark and cold days. As folklore goes, it was because of the long nights that the spirits would set themselves free, and they



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were to blame for all creeps and tricks. So, children would run off and play tricks of their own. As the years went by, the tricks would escalate. During World War II, the Chicago City Council voted to abolish Halloween and replace it with "Conservation Day" on Oct. 31. The mayor would not sign it into law.

During President Harry Truman's years, the Senate Judiciary Committee suggested that Halloween be changed to "Youth Honor Day." The thinking was this would push an event that promoted morals rather than mischief. A few cities took this up, but the general public didn't seem to care much about crowning a Youth Honor King or Queen. Beggars' Night, however, at least maintains some form of Halloween festivities with wearing costumes, walking door to door, and holding out giant bags to receive candy from your neighbors. Replacing something exotic and fun with something that walks the line of church camp just didn't seem fitting. Halloween is a time when we can let go of our conservative tendencies and be outgoing, mischievous and indulging.

I want to circle back to my friends who are grumpy about Beggars' Night. To me, Beggars' Night is just an extension to Halloween. We can all still celebrate the original holiday on Oct. 31. Beggars' Night is really just for trick or treating. We can revel whenever we want to. Some folks have four Thanksgivings or four Christmas celebrations. You can have 31 days of Halloween, too, if you really want to. ■

Kristian Day is a filmmaker, musician and writer based in Des Moines. He also hosts the syndicated Iowa Basement Tapes radio program on 98.9 FM KFMG.



Halloween photo, special collections, State Historical Society of Iowa, Des Moines, October 1937.

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CARS IN THE CITY



Polaris Ranger Trail Boss

This UTV is customized for four-wheel adventures.

BY JACKIE WILSON

This month's Cars in the City isn't exactly a car. It's a Polaris Ranger Crew NorthStar Trail Boss, a UTV (Utility Terrain Vehicle). UTVs are mostly for off-road use, but that may soon change.

As of July 2022, Iowa law says UTV and ATVs can now be driven in town, with restrictions, such as not operating at more than 35 mph, having a working brake and taillights, and not driving on an interstate or four-lane highway.

Here's the catch. The state puts it on individual Iowa cities to regulate ATV/UTV laws. For example, Des Moines allows UTVs if they contain a triangle reflective bicycle flag and stay under 30 mph, along with other rules. A quick peek at West Des Moines and Waukee reveals that city councilmembers say it's a no-go, so far.

Regardless of if you drive in town or out in the country, this Trail Boss is an exciting drive. Polaris offers more than a half dozen 4x4s, ranging from the RZR to a Ranger. Costs range from \$13,000 to \$40,000. The model test driven cost \$37,500 and includes numerous added features.

UTVs frequently go up and down hills, over rocks and in tight spots, so quality tires are essential. The 29-inch Pro Armor X-Terrain tires include a 14-inch ground clearance.

The Trail Boss holds lots of gear — up to 1,500 pounds. The cargo lift is a back-saver, as it dumps out the cargo box contents with a switch. It tows up to 2,500 pounds and offers an electrical outlet to plug in power tools.

Not all UTVs come with hard side doors, roofs or windshields. However, the Trail Boss has a fully enclosed cab. A tip-out windshield provides an open-air feel. Heavy doors and auto-quality glass mean durability on gravel and off-road terrain. The crew cab holds up to six people with a snug fit.

Yet, it has many comforts of a “normal” vehicle. A 7-inch infotainment system is embedded into the front panel. Backup and front cameras are essential, especially with a box piled with gear.

The fully enclosed cab has air conditioning but no heat. Heat can be added, along with a slew of other accessories, including a roll cage or snowplow blade. Customize it for a ranch or waterfowl collection and drivers can secure their hunting harvest or install rifle racks.

Download an app and link to the infotainment system, where drivers can view a map and connect with other Polaris riders. If you've found a new off-road trail, save it to the app online to record trails for future use.



There are only two gears — low and high — so it's simple to manage. Start in low, and once you hit 15 mph, switch to high gear. Polaris cautions drivers to avoid driving in low gear frequently as it can damage the drive belt. Heck, I like it when someone tells me to not drive slowly. However, the top speed is about 82 mph — and who really wants to go that fast over bouncy terrain?

Since I normally cruise down I-235 for other reviews, I was excited to test drive this in a real 4x4 situation. So, I donned a trail helmet and drove up and down out of a small ditch outside the dealership in Grimes. I know. It's not exactly the Rocky Mountains, but bumping over mounds of dirt and climbing back up roadside was almost as thrilling.

If you're looking for a break from the mundane traditional vehicle, try this UTV for an entertaining ride. ■

Advocacy as a way of life

Santos betters the community through career, volunteering and dance.

Isabel Martinez Santos serves as a bi-lingual Department of Justice representative and co-director of the legal clinic at the Iowa Coalition Against Domestic Violence.

But, she said, “I am more than my work.”

Her mother, fleeing violence and seeking safety and a better future, immigrated to the United States from Oaxaca, Mexico. Santos followed in 1995.

“I was sad. I was homesick. I craved the food,” said Santos, who has indigenous roots in the Zapotecs and Chatino. “I remember going to a regular restaurant and thinking, ‘Where are the tortillas? Where’s the salsa?’ It was hard.”

The transition was made easier through community. While she encountered some people who refused to welcome her family, she also met those who did — with open arms. She resolved to be that welcoming person for others.

“I just started working and volunteering,” Santos said. “My eyes opened to so many things that give me passion and make me feel part of the community, make me feel like I have the voice and power to change things.”

As a survivor of violence herself, Santos started out volunteering with a community group of Latina women banding together around their experiences with domestic violence. Later, it became L.U.N.A. (Latinas Unidas Por Un Nuevo Amanecer), a nonprofit filling a need in the community for cultural-specific services and support.

After working in the victim services field for some time, Santos fulfilled a lifelong dream and completed her education. Already a mother with her own children, she earned her human services degrees from DMACC in 2012 and Grand View University in 2015.

Today, she tirelessly advocates for, mentors and empowers domestic violence survivors and those within the immigrant community.

“My mission as an advocate — as a human being — is to advocate for human rights, to be the loud voice of the most vulnerable,” she said. “In this field, I found that I have the right and am able to provide a voice for those to be treated with respect, with dignity and with justice.”

On top of her day job, Santos is active with the Iowa Alliance for Immigrant Rights, Latino Service Provider Coalition, Iowa Migrant Movement for Justice Community Committee and the Nuevo Ciudadano (New Citizen) Project.

“I don’t see it as work,” Santos said. “I see it as a mission, as a passion, as a place where I want to live and I want to die.”

For her passion, Santos has been honored as Iowan of the Week in the Congressional Record, received the DREAM Award from the National Network to End Domestic Violence, and will be recognized as a Passport to Prosperity Honoree at the Iowa International Center’s annual gala on Oct. 7.

The praise and acclaim? Embarrassing, Santos said.

“I’m in a privileged position,” she said. “I feel embarrassed to be recognized for something that should be part of our everyday life — to do things for each other and for our community. Because, honestly, I see people in my community that do way more things than me, and it just so happens that they don’t have the privilege that I have.”

Another effort of Santos — one she is excited to discuss — is a folklore dance



Isabel Martinez Santos, pictured third from left, with her dance troupe, Nuestra Danza Sin Fronteras. Photo submitted



Santos immigrated to Iowa from Mexico in 1995 and now works with others who have done the same. Photo by Sofia Legaspi Dickens

troupe called Nuestra Danza Sin Fronteras, meaning “Our Dance without Borders.” It began in 2017 among a group of her coworkers as a form of self-care, a way to destress from the intensity of social work.

“Then I opened it to adult women that might have needs about just feeling good about themselves or might have suffered some trauma in their life, and, from there, it started to grow.”

With each performance, Santos said she saw patterns of depression and even physical ailments decrease in the group’s dancers, while self-confidence grew.

“I started to notice how the brain connects with the body and how our women started to feel better about themselves,” she said.

The group performs at various events and locations throughout the state, from schools and libraries to the Latino Festival and Iowa State Capitol. They only accept donations for performances, create their own costumes and are on the lookout for a regular space for weekly practices. Santos emphasized that women of all cultural backgrounds are welcome to participate.

In her nearly 30 years since first coming to Iowa, Santos said she has seen the Des Moines metro become “mega-diverse.” From cuisine, traditions and other cultural riches, immigrant Americans are everywhere.

“We give life and flavor to this community,” Santos said, adding: “I just want people to know that we immigrants are here. I would like people to know that they should know their neighbor, and that not every people is bad. We have so much to offer and so much that we can do working together.” ■

Cuteness overload

Reese and Wrigley are two balls of curly fur with wagging tails.

One Thursday evening at the Valley Junction farmers market in West Des Moines, people of all ages circled around two balls of curly fur with wagging tails. As I clamored to see the spectacle, there sat Reese and Wrigley, two dogs soaking up all the attention.

Reese, with his curly milk-chocolate-brown fur, resembled a huggable teddy bear and was one of the most adorable dogs I've met. I longed to snuggle up.

Turns out I'm not alone in my obsession with these cute dogs. Owners Lisa and Corey LaVigne are interrupted frequently on their walks.

"Every day, someone stops me to tell me how cute they are and if they can pet them," Corey said.

Wrigley is a black mini labradoodle that is 1.5 years old. Reese is a cockapoo that turns 1 in November. Both are "pandemic dogs," as they were obtained in 2021.

"It was the perfect time to get another dog. I run my company from home. When COVID hit, it made us pull the trigger. We didn't want to try and train a dog while we weren't home," Corey said.

Lisa had a previous dog, Bandit, that passed away. Corey had a springer dog, that passed as well. They were without dogs for five years.

Lisa and Corey researched dog breeds, particularly those that got along with kids (and their daughter, Taylor) as well as other dogs.

"I didn't want a dog who shed. Bandit used to shed, and we wanted a hypoallergenic dog," Lisa said.

Wrigley is named after Chicago Cubs' Wrigley field. Corey grew up in Chicago and is an avid sports



Lisa and Corey LaVigne with their daughter, Taylor, and two dogs.

fan. When coming up with a name for their cockapoo, Corey suggested Butkus, after Chicago Bear's coach Dick Butkus.

"I said no way," Lisa recalled.

Instead, they compromised. Lisa's mom's last name was Reece; Pee Wee Reese was a baseball hall of famer.

"He looks like a peanut butter cup, so we named him Reese," Lisa said.

The pair take the two dogs virtually everywhere. They purchased a Burley bike carrier, which is attached to the back of their bike. The dogs go boating in Okoboji, after they've put on life vests.

"They say dogs are natural swimmers, but they're not. Many dogs have drowned. We've always put our dogs in life vests because if he jumps out of the boat to the dock, he might miss," Lisa said.

Lisa and Corey take the dogs to dog-friendly

establishments. When they were in Florida, they noticed certain beaches allowed dogs. Corey inquired with a dog owner, who suggested an app called "Bring Fido" and a book, "Ruff Guide."

"We always check out the places we can take dogs. We're shocked at how many places don't allow animals," Corey said.

Corey explained that, as a veteran, he suffers from occasional PTSD symptoms.

"Although he's not trained formally to do that, Wrigley has helped with PTSD," he said.

The couple said the dogs are loyal and need to be touching one of them.

"I like it when I come home and they give you unconditional love by greeting you at the door," Lisa said. "It doesn't matter if you have a crappy day; they love you anyway." ■



Wrigley is a 1.5-year-old black mini labradoodle, and Reese is a cockapoo that turns 1 next month.

Escaramuza Quetzalli

Equestrian drill team continues Mexican tradition.

You've probably heard of horseback riding, but hidden in the heart of Des Moines is an equestrian sport of a different kind. A newly formed drill team called Escaramuza Quetzalli is both breaking barriers and upholding cultural tradition.

Charrería is recognized as the national sport of Mexico, evolving from herding and horsemanship traditions. While charros are a well-established icon of Mexican culture, lesser known is escaramuza charra: the only female event in the charrería. In the event, eight riders perform daring choreographed maneuvers on horseback — sidesaddle. They must be perfectly in sync not just in movement but in appearance.

In Iowa, escaramuza drill teams are few and far between but are gaining traction. Alejandra Piña founded the Quetzalli team in February, bumping up the total of teams in the state to three: all in the Des Moines metro.

"There's more than you think, but not as many as there should be," said Anna Garcia, who acts as an informal coach. The team's official coach lives in California and trains them via FaceTime and the occasional boot camp intensive.

The local escaramuza community is largely centered around Piña's family, where Mexican rodeo is a deep-rooted tradition. Piña has been riding since age 8. She said she enjoys the sport because her father never limited her with boundaries.

"He took me to roping classes, escaramuza shows, coleaderos, anything with charrería. If I wanted to ride a bull, he would let me," Piña said. "Basically, the sky was the limit for me."

Piña's team practices on a team member's ranch by the Iowa State Fairgrounds. Her father, Juan, is the only one in the state who sells the extensive gear required in charrería.

"It's like ballet, with a horse," he said. "Every movement's got to be perfect. You have to have perfect timing."

The perfection is more so required of the women in the sport. It's evident in the official rule book that outlines the complex scoring system. The men's rules, Piña said, fill about five pages. The women's rules? Forty.

The escaramuza routine involves 12 back-to-back exercises. Beforehand, each exercise is drawn out and submitted to the judges, who deduct points based on



Members of Escaramuza Quetzalli at the arena at Rancho El Pitayo in Queretaro, Mexico. Photo submitted

picture-perfect execution. If a team member falls from a gallop to a trot — minus 10 points. If a formation reveals a gap in space — minus 10 more.

The team can lose points before even stepping into the arena, as their traditional attire and equipment must also uphold to perfect standards. Each piece is handcrafted, created in a dying art only in Mexico. A sombrero costs about \$700, saddles another \$700, dresses upwards of \$500 and custom boots another \$100. And don't forget the jewelry, reins, breast colors, cinches, crinoline and more accessories — all scrutinized by judges in painstaking detail.

"They're vicious," Piña said. "They will lift up your skirts and make sure you're wearing the same bloomers. They check your boots and make sure your spurs are all the same. They make you turn your head to check that your earrings and your bow are all the same."

Again, the men's side of charrería is nothing like this.

"It's just very conservative and machista," Piña said. "In the United States, it's not as bad as it is in Mexico. Here, the ladies are more independent. You'll see them pulling their own trailers; they saddle their horses."

In Mexico, Piña said escaramuzas received "more of a princess" treatment. Her team got a taste of that last September, when they traveled to Queretaro, Mexico, to compete in the 6° Campeonato Nacional Centenario. The team placed seventh overall.

"It was a surreal adventure that our team got to experience together," Piña said. "It showed us everything that we are capable of achieving with the



Team member Tyler de Leon and team captain Alejandra Piña. Photo by Sofia Legaspi Dickens

right mentality."

Quetzalli team members range from ages 11 to 27. All are of Mexican heritage except Tyler de Leon. The sole Filipino and male on the team, de Leon said he was drawn by the bravery and community.

"It's a practice in a culture that's so well-represented," he said.

The team's welcoming culture attracts many out-of-town members who are willing to make the drive for multiple weekly practices. One girl lives in Clarion, an hour and a half away.

"It's so important that we're getting our name out there, and what we're doing and representing," Garcia said. "There's tons of little girls or little boys who are looking for that place to belong."

Escaramuza Quetzalli is open to spectators and new members. They can be found on Facebook or Instagram through @escquetzalli. ■

WALKS OF LIFE

A new look

A fresh coat of paint here, a demolished wall there. Through remodels big and small, local residents are changing their homes and loving where they live. Of course, it's one thing to read about home improvement projects, but it's another to see it with your own eyes. To view before and after shots, visit iowalivingmagazines.com or use the QR codes below. ■

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Kayla and Mark Hawkins

JUDGE LEWIS HOUSE

Kayla and Mark Hawkins run a bed and breakfast in their Winterset home. The property is listed on The National Register of Historic Places as The Judge W.H. and Emma Lewis Historic District. This designation includes the house, summer kitchen, chicken coop, original garage and barn. It also includes two hitching posts.

“The historical aspects are, without a doubt, the charm of this place,” Kayla says.

As an older home, though, it required quite a bit of updating. Extensive work was done on the original part of the house to accommodate the Hawkins' bed and breakfast. Hawkins researched what kind of wallpaper and furnishings may have been used in the late 1860s to preserve its charm.

Upstairs, they restored the original wide plank flooring. They also opened up the original front porch — an exciting project because all of the porch posts and original gingerbread corbels were still in great shape.

Ultimately, Kayla says they have their own slice of heaven where they live.

“To know we have been given the opportunity to be caretakers of such a historic place is truly an honor — one we hope we can continue doing for years to come.”

Source: *Winterset Living* Sept. 2022; by Lindsey Giardino

Read the full story here:



Chantel and Andrew Boyd

TOTAL RENOVATION

Andrew and Chantel Boyd bought their house on N.W. 60th Avenue in Johnston a little more than a year ago. When hail hit in July, they decided to bite the bullet and take on a full renovation — top to bottom, inside and out.

Their vision required some smart thinking as their house is only 744 square feet.

The biggest project on their list was the kitchen. A contractor installed the new bright white subway tile, and they added new butcher block countertops, refaced the cabinets, changed the hardware and bought a complete new kitchen appliance package.

The bathroom features new tile, shiplap, vanity, countertops, medicine cabinet, trim and paint. They put in new light fixtures in the entire house with modern farmhouse styling and an additional light fixture added to the front room where there wasn't one. In the garage, they removed an old loft, put in a workbench and insulation, and installed new electrical wiring and epoxy floors.

They are loving the results.

“I feel accomplished and blessed,” Chantel says. “We had a vision, we worked toward it together, and we used our heads and hearts to make our dreams come true — with lots of help.”

Source: *Johnston Living* Sept. 2022; by Ashley Rullestad

Read the full story here:



Scott and Lori Gadelmann

HISTORIC HOUSE

Lori and Scott Gadelmann have lived in their historic Adel home on Court Street for almost 23 years.

When the couple first moved in, the heavy curtains in the living room were the first to go; however, the street side of the house needed a filter. Scott found a stained glass store that replicated a simple diamond shape found on a window in the entry of the home. That rhombus shape was incorporated into a Frank Lloyd Wright-like design for the front window. This unique pattern has been replicated throughout the house in their recent remodeling projects: in the leaded mirrored glass doors above the fireplace that hides their TV space, and in the beautiful wooden insert in the floor as you enter their home.

Care to keep to the character and classic design elements of their home has helped lead Scott and Lori through their evolving renovation of the home that is nearly 115 years old.

“It was built by the Leach family as a wedding gift to their son and his new wife,” says Scott. “When she was 100 years old, we had a big birthday party for the house... We are proud to be a part of the history of this house, and of Adel, and want the improvements we've made to keep her strong for the future.”

Source: *Adel Living* Sept. 2022; by Marsha Fisher

Read the full story here:



Clark and Janet Schuler

DIY DREAM HOME

As Clark and Janet Schuler soak in all the beauty of their recently renovated home, they can't help but cherish the wonderful memories and special moments over the years. The couple has called the Indianola area home their entire married life.

When the Schulers built their home nearly 43 years ago, they purchased a ranch-style Capp Home from a design catalog.

Once the house was framed, it was up to the couple to DIY or hire a contractor to complete the home — that meant electrical, plumbing and everything in between.

“Clark and I both say it was a rewarding accomplishment, but we vowed to never do it again,” Janet says, laughing.

The home served their family well, but by the 2000s, there were several projects they wanted to complete. Over the years, the exterior received new windows, siding, stone and a roof. In 2020, they decided to take on an interior remodel that would create an open concept layout that also included a working fireplace.

“We also love the warmth — literal and figuratively — of the fireplace,” says Clark. “We feel these things will contribute greatly to the resale of the house if or when the time is right.” ■

Source: *Indianola Living* Sept. 2022; by Becky Kolosik

Read the full story here:



get the **JOB**

Helpful tips for your employment search

SMALL BUSINESS OWNER?

How insurance can help protect your business

(BPT) If you run a business, you probably already know that no two businesses are alike. An online jewelry business or web design service based in your home won't have the same needs (or hazards) as a food truck or florist shop. From home-based enterprises to businesses run out of a vehicle or a brick-and-mortar location, each has different needs for protecting everything you've built from the ground up.

That's why insurance matters: Making sure you have a sound insurance plan to safeguard your specific business helps you continue to thrive, even when things don't go according to plan.

How to find the right insurance to protect your business. It's vital to know what kind of insurance your business needs. While it's best to talk to an insurance agent about your unique needs as a business owner, here are important questions to get you started:

Is your business based in your home? If so, you may think your homeowners insurance has you covered — but it probably doesn't. Your homeowners insurance may have a limit of only a couple thousand dollars for equipment or merchandise used at home for your business in case of fire or theft, for example. Fortunately, you can either: add a homeowners policy endorsement to your existing coverage, or get a State Farm business insurance policy to cover your home-based business.

A homeowners policy endorsement may work for your business if you:

- Have less than \$4,999 worth of business property at

your home-based business.

- Don't invite customers to your home-based business.
- Only have \$750 worth of personal property intended for business use outside your home.

Do you need a business insurance policy for your home-based businesses? While your homeowners insurance policy might provide liability protection for certain incidents, this will not extend to home-based, business-related activities. For example, if a customer comes to your home to pay for goods or services and suffers an injury, you may not be covered.

A business insurance policy may be best if you:

- Provide services directly to customers in your home, such as tax preparation or hair services
- Plan to have \$5,000 or more worth of business property at your home-based business location
- Rely on income from your business to support your household

Have you hired employees? If you have employees, you'll need a workers' compensation policy, even for low-risk settings. Accidents can happen anywhere, which is why nearly every state requires businesses with employees to carry a workers' compensation policy. This way, if a team member goes down due to a work-related injury or illness, the costs of medical expenses and lost wages won't land squarely on you.

Do you use a vehicle for your business? If you do business on the road, it's a good idea to add a commercial

auto policy, which covers your owned or leased business vehicles that you or employees use on the job — and when you're in transit between sites. Ask your insurance agent about a commercial auto policy or getting rated as a business vehicle on your personal auto policy to make sure you're covered. You also can add liability coverage for drivers using vehicles not titled to them.

Could you be hit with a lawsuit? You may never be sued as a business owner, but lawsuits are fairly common, and can cost you tens of thousands of dollars — or more. Commercial liability insurance gives you added protection, so you don't have to pay out-of-pocket for expenses like legal costs, medical bills or damage to other people's property that you may be legally liable for.

Do you reassess your insurance needs over time?

Because your business grows from year to year, it's important to connect with your insurance agent annually to decide if your coverage needs have changed, too.

As part of its ongoing commitment to support small business owners nationwide, State Farm served as a Presenting Sponsor of The Black Women's Expo (BWe) in Chicago, Illinois, this summer. BWe is the nation's longest-running exposition where women gather to share ideas, search for solutions and grow their businesses.

Questions about what your business needs? Visit StateFarm.com/smallbusiness. ■

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Shawn Kinnison
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Ankeny | Norwalk
welcomesh@edencrestliving.com
515-313-3814



Nathan Deutmeyer
TUSCANY
1600 8th St SE,
Altoona
welcometuscany@edencrestliving.com
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