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IOWA WOLVES FIND WINNING FORMULA

Coach Mahmoud Abdelfattah leads a turnaround as the team refreshes its brand and creates new ways to connect with fans.



BUSINESS FEATURE

Holiday parties thank employees, strengthen relationships and make memories beyond the workplace.

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FROM THE PUBLISHER

On the rebound

The Iowa Wolves are looking to build on a successful season that ended a decade-long stretch of losing records. Under head coach Mahmoud Abdelfattah, the team finished 21-15 in the regular season and 8-6 in the Showcase Cup, earning its first playoff appearance. Although the Wolves lost in the first round to the Stockton Kings, who advanced to the finals, the season marked a significant turnaround.

Abdelfattah, who won a G League championship and Coach of the Year honors in 2022 with the Rio Grande Valley Vipers, credits the players and front office for the improvement. He emphasizes developing players' work ethic and professionalism, knowing the G League serves as a pathway to the NBA.

The team is also celebrating its 10th anniversary with refreshed branding, new jerseys and a new court. Director of Marketing Desiree Miller says the organization is focused on making games affordable, entertaining and accessible to families. Promotional plans include six theme nights, special events and community initiatives. The Read to Achieve program has involved more than 12,000 Iowa students over five years, while Casey's Swish for Schools generates donations to Des Moines Public Schools for every three-pointer made.

Writer Cyote Williams points out how, with improved performance, community engagement and affordable family entertainment, the Wolves hope to return to the playoffs and make a deeper postseason run.

Disaster preparedness matters

After dismissing his wife's sensible preparations during the Great Flood of 1993, writer Joe Weeg learned the hard way that disaster preparedness matters. Using humor and sarcasm, he explores three major threats facing humanity: artificial intelligence, climate change and nuclear war. Ultimately, Joe concludes that ignoring these threats will not make them disappear. Although historical doomsday predictions have repeatedly failed to materialize, society must choose between complacency and meaningful action. As University of Iowa professor Jay Holstein said, "You pay your money and take your choice."

Company holiday parties create connections

The holiday season offers Des Moines businesses an opportunity to celebrate successes, recognize employees and clients, and strengthen workplace relationships. From office gatherings to elaborate themed events, writer Gracie Kayko shares how company holiday parties provide a break from daily routines and a chance to connect beyond the workplace. Whether businesses choose casual office gatherings or elaborate celebrations, holiday parties offer a meaningful way to recognize employees, strengthen relationships and celebrate another year of accomplishments. ■

Shane Goodman
Editor and Publisher
CITYVIEW
shane@dmcityview.com
515-953-4822, ext. 305
www.dmcityview.com







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EDITOR / PUBLISHER
Shane Goodman

ADVERTISING DIRECTOR
Jolene Goodman

STAFF WRITER
Cyote Williams

EDITORIAL CONTRIBUTORS
Douglas Burns
John Busbee
Kristian Day
Sean Dengler
Jim Duncan
Randy Evans
Lindsey Giardino
Rachel Harrington
Gracie Kayko
David Rowley
Ashley Rullestad
Joe Weeg
Jackie Wilson

ADVERTISING SALES MANAGER
Aaron Burns

ACCOUNT EXECUTIVES
Mary Fowler
Ronda Reed

DESIGN MANAGER
Celeste Tilton

ADVERTISING DESIGNERS
Jayde Vogeler
Holland Zwank

DIGITAL MANAGER
Beckham Miller

BUSINESS OFFICE MANAGER
Brent Antisdel

DISTRIBUTION MANAGER
Jim Jacobsen

Big Green Umbrella Media
8101 Birchwood Court, Suite D, Johnston, Iowa 50131
PHONE: 515-953-4822 **FAX:** 515-953-1394
www.dmcityview.com • editor@dmcityview.com

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Lilian Martinez (Lives and works in Los Angeles). *Garden Club*, 2024. Acrylic on canvas. 50 × 65 in. (127 × 165.1 cm). Collection Buffalo AKG Art Museum, Gift of Pamela and David Hornik, 2025 (2025:9). Photo: Brenda Bieger, Buffalo AKG Art Museum.

CONTENTS



FEATURE 34

IOWA WOLVES FIND WINNING FORMULA

Coach Mahmoud Abdelfattah leads a turnaround as the team refreshes its brand and creates new ways to connect with fans.

ON THE COVER: No. 18 Jalen Crutcher will be back with the Wolves this season. He averaged 18.4 points, six assists and 3.2 rebounds last year. Photo by Amara Gerlach



FEATURES

16 **HOLIDAY PARTIES BRING BUSINESSES TOGETHER**
From casual office gatherings to elaborate themed celebrations, companies find ways to thank employees, strengthen relationships and make memories beyond the workplace.

34 **IOWA WOLVES FIND WINNING FORMULA**
Coach Mahmoud Abdelfattah leads a turnaround as the team refreshes its brand and creates new ways to connect with fans.

62 **SHOULD WE WORRY ABOUT DOOMSDAY OR JUST KEEP MOWING THE LAWN?**
From artificial intelligence and climate change to nuclear Armageddon, the threats are real. But if history is any guide, we might be better off taking action than digging a hole and hiding in it.

NEWS & COMMENTARY

10 **STRAY THOUGHTS**
Data center discussion deserves a bigger room

12 **CIVIC SKINNY**
Nonprofit salaries. ER visits. Binge drinking. Plastic surgery. And stressful drives.

13 **POLITICAL MERCURY**
The surprising power of uncomfortable silence

EAT & DRINK

42 **FOOD DUDE**
Hot as a "hiểm" pepper!

43 **LUNCH WITH...**
Jay Wang at Wasabi West Des Moines

44 **BELLY UP TO:**
Great White Buffalo delivers big flavor in Adel

SPECIAL SECTIONS

26 **VETERANS SALUTE**

46 **50 FAVORITE PLACES TO EAT OUT**

70 **HOLIDAY GIFT GUIDE**

80 **SENIOR ANSWER BOOK**

ARTS & ENTERTAINMENT

79 **BOOK REVIEWS**
"Milkteeth" and "Public Access Afterworld"

84 **FILM REVIEWS**
Punchlining through the pain

85 **CENTER STAGE**
"POTUS" gets elected to stage

88 **ART NEWS**
Old masters and shooting stars

89 **IOWA ARTIST**
New Invitational Art Fair to showcase Iowa artists

94 **CARS IN THE CITY**
Civic proves sedans still have plenty of life

MUSIC

86 **SOUND CIRCUIT**
Shaun Cassidy revisits his "first crush" — and a career that came full circle

86 **SOUND ADVICE**
Everclear, American Hi-Fi, The Byrne Brothers and more

PERSONALITIES

82 **DES MOINES FORGOTTEN**
Thanksgiving, family chaos and the ride home

90 **JOE'S NEIGHBORHOOD**
Hop on the bus, Gus

91 **PEOPLE & PETS**
Cool Cars for Cats puts the fun in fundraising

95 **COLLECTIONS & HOBBIES**
Casting, tying and flying in Iowa waters

96 **YOUR NEIGHBORS**
Who ya gonna call?

97 **WALKS OF LIFE**
A pint with a purpose









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ASK CITYVIEW

By CITYVIEW staff

Ask CITYVIEW anything by emailing editor@dmcityview.com.

Q. Do grocery stores actually recycle the plastic bags at their stores?

A. We reached out to Fareway with this question to see what ends up happening to the plastic bags they take in for recycling. Elias Johnson of Fareway replied: "We recycle over 100,000 lbs. of plastic bags a year, which is roughly 6,000,000 bags. The recycled bags are made into parking lot bumpers, benches, and playground equipment."

Q. What agency is responsible for maintenance dredging of the two rivers that run through Des Moines?

A. This question was posed to us before the heavy rainfall Des Moines and the state experienced, with Des Moines recording 14.5 inches of rain in September 2026, marking its wettest calendar month in 112 years and the third-wettest month on record. But, before then, the river waters were low. The reader pointed out that fallen trees, junk and sandbars were visible. The reader also wanted to know if the channels should be dredged when the water level is low.

Melissa Walker of Des Moines Water Works responded to our inquiry.

"It would be a variety of entities (as for who is responsible for the dredging). It depends oftentimes on who owns the bridge. Typically it would be a community's public works department that would clear the debris. I believe the location you are talking about would be the City of West Des Moines."

As for Des Moines, we reached out to the city and received this response in regard to river dredging:

"DMWW is correct; we won't be able to answer the question your reader has as that portion is in the City of West Des Moines. DMWW is also correct that many partnerships are involved if dredging occurs, but river dredging doesn't happen often. The City of Des Moines Public Works Department does a lot of work to keep our waterways clean within the City of Des Moines limits, including removing dead trees and debris when necessary, like the removal of a log jam in Raccoon River at SW First Street Trail Bridge in July."

We reached out to the City of West Des Moines, and received this response from Senior Marketing and Communications Specialist Janet Wilwerding on behalf of their Public Services Director Paul Tauke.

"Dredging the Raccoon River would be very time-consuming and expensive, and rivers are meant to flow that way. If there is a large amount of debris, crews would clean it up to ensure it doesn't obstruct water flow. You will often see dredging in smaller lakes or creeks to ensure the water isn't obstructed, because those areas are quite a bit narrower." ■

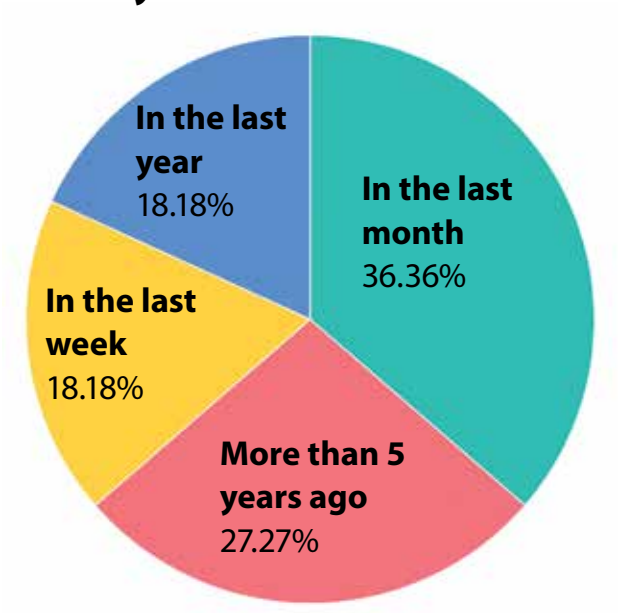
YOUR VIEW

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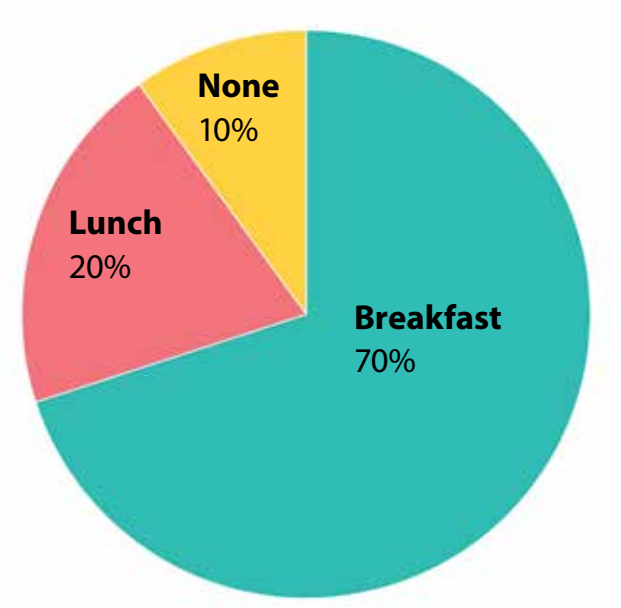
POLL POSITION

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

When was the last time you saw a doctor?



Which meal do you tend to skip the most often?



FACEBOOK COMMENTS

cityview magazine
(comments unedited)

CITYVIEW magazine: Ever hit a deer with your vehicle? When and where?

Lori Anderson: Sorta. It slid into the side of my car. Deer screamed & ran off
William Schumacher: 2009 on Hartford Street, I had deer whistles on my car too, I think the deer was deaf
Jordan Campbell: Yea in the road
Kevin D. Hyberger: I refused to answer the question as it might jinx me.
David Ewart: Never
Joel Schutte: Does hitting a Dear count?
Omar Hernandez Valdez: October 2023 on Park Ave by the Soccer Club
Billy Buckley: August 2019 we hit one on Hwy. 69 just north of 141 on the motorcycle. We were doing about 60 when 3 ran out in front of us
Mike Thalman: Too many to remember exactly, but double digits mainly south of I-80, but a few north also. I can say that it used to be a lot cheaper in the good ole days when vehicles had actual heavy-duty bumpers and not have 40 airbags go off.
Matt Little Dennis: Euclid and Hubbell, glad I did as my parents were right behind me on their motorcycle
Danny Fatka: Yes. Just outside Tama. Actually, it ran into me!

CITYVIEW magazine: Would you be in favor of or against a data center being built where you live?

Dennis Frank: Against one being built anywhere. We want fair elections.
Vivian Masters: Against Against Against!
David Ewart: They built one right around the corner from me, it's not very big! Now they're building a power transfer station next door!
Keith Cook: If the new energy efficient closed loop water recycling quietly. Sure! Especially if it creates jobs and spurs computing capabilities for the USA to lead I. The world.
Kevin Slimp: There's just not room in my backyard.
Kelly Smith: Against
Chris Farris: Data centers are already built where we live.
Jay Moore: it would be a small data center i live in an apartment
Matt Linder: Have two close by. Don't bother me a bit.

RETWEETS

(comments unedited)

@milesarah47: My dad just said "AI is getting scary" and then asked Siri to turn on a lamp that isn't smart
@lfanyima: at my funeral, please take the bouqet off the coffin and toss it into the crowd to find out who's next.
@NONBINARYFAN: dont Be afraid to Reach out for Help. Even a Hamburger needs its Helper
@deloisivete: Yes, my husband leaves a lot of mugs upstairs, but if he brought them all down and we cleaned them, then they wouldn't all fit in the cupboard, and it's all part of a very delicately balanced dishes ecosystem
@3gpmh: personally i think the elephant really ties the whole room together
@Tina_Hokwana: Tried some overnight oats with protein powder, greek yogurt and berries. Not only is it healthy and packed with protein, it is disgusting.
@beboobfa: USPS: your package will arrive on the 17th at around 3 pm, no questions about it.
FedEx: yeah its comin
@Tom_Smyth: weddings are so fun because you get to see what meal you were in the mood for six months ago
@user84829272: My husband acts like it costs money to use the windshield wipers
@pureregret: Found $40 on the ground. Not life changing money, but lunch changing money ■

STRAY THOUGHTS

BY RANDY EVANS

Data center discussion deserves a bigger room

Woodward still has time to fix this.

When a city plans something big, it should not check driver's licenses at the door.

That is what happened recently in Woodward. The City Council cancelled its regular meeting and instead held what it called a "community conversation" in the Woodward-Granger High School auditorium.

The notice required attendees to show a photo ID with a Woodward address or a piece of mail with their name and Woodward address before they could enter.

Security officers and police were there to oversee the screening of IDs. I was there as president of the Iowa Freedom of Information Council and was turned away. So was a rural Dallas County resident interested in data centers. A KCCI reporter saw at least two others who were refused entry.

Inside, Mayor Todd Folkerts and three Microsoft officials announced that the company had closed on the purchase of about 600 acres in the Woodward Eco Business Park, on the city's south side, for a data center campus.

About 200 residents listened for 90 minutes. Folkerts said the council would need to approve a development agreement and a site plan before the project could proceed.

Fewer than a majority of the five council members attended, so the gathering likely falls outside Iowa's open meetings law. Legal or not, the residency screening was a mistake. It treated a regional decision as a private family matter.

Consider what a data center brings. Microsoft's representatives told the crowd a closed-loop cooling system would spare the city's water supply and buying electricity from a wholesaler would protect residential rates.

Those are promises about water and electricity, and neither resource stops at a city limit. New power lines would cross farm fields. Construction trucks would use county roads. Storm water runs downhill without regard to annexation maps or city boundaries.

A farm family just outside town will live with the data center's lights, noise and traffic as surely as any resident of Main Street. That farm family pays property taxes, too — just not to the City of Woodward.

Iowa law already recognizes that a city's choices reach past its borders. Section 354.9 of the Iowa Code allows a city to review subdivision plats as far as two miles beyond its city limits, giving the city a voice over how its rural neighbors' land is developed.

On Oct. 12, Woodward denied those same neighbors a seat in the auditorium.

The venue underscored that point. Woodward-Granger High School belongs to the Woodward-Granger Community School District, which has its central offices in Granger and reaches into Dallas, Boone and Polk counties.

Taxpayers in Granger and the surrounding countryside helped pay for that auditorium. The city used the school district's building and then told people without a Woodward address to stay outside.

Iowa's local governments cooperate all the time. Chapter 28E of the Iowa Code allows cities, counties and other public bodies to share services and work together for mutual advantage. The Legislature has directed the courts to interpret that law liberally.

Twelve central Iowa cities, utilities and water districts, including the Xenia Rural Water District, formed Central Iowa Water Works under a 28E agreement to plan the region's drinking water together.

Metro Waste Authority grew out of a 28E agreement among Des Moines-area governments dating to 1969. Polk County and its cities fund emergency management jointly through another 28E agreement.

None of these partnerships asks a neighbor for proof of address before letting the person listen to a discussion of matters of mutual concern.

A residents-only rule divides communities. It turns the city limit into a wall, as if the people on the far side have no stake in what happens on the near side.

This also invites the same treatment in return. If Granger, Madrid or Dallas County someday puts a landfill on Woodward's doorstep, Woodward residents will want to attend meetings where such a development is discussed.

They should get in. Everyone else should, too.

Monday's rule was also unneighborly.

Picture a farmer who plans a hog confinement on his fence line and invites only his own household to hear the details. The people downwind would not call that a community conversation. They would call it a snub.

I told KCCI the requirement that only Woodward residents could attend Monday's information session "erodes the trust and confidence" in Woodward city government. And the damage spreads beyond Woodward.

Woodward still has time to fix this. The development agreement and site plan still need council approval. The council will have to take these up at regular, properly noticed meetings that are open to anyone who wants to attend.

Woodward officials should invite the Dallas County Board of Supervisors, the Woodward-Granger school board and nearby townships to hear the plan. It should publish what Microsoft has said about water, power and traffic.

Woodward's neighbors will live with this data center. They deserve to hear about it, ask about it and argue about it in the same room as everyone else.

A project this large deserves the widest audience — not the narrowest. ■



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

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CIVIC SKINNY

BY CITYVIEW STAFF

Nonprofit salaries. ER visits. Binge drinking. Plastic surgery. And stressful drives.

It's November, and that means it's time to look up the highest earners from nonprofits in Iowa. We gathered data on the highest-grossing nonprofits according to data from their 990 tax forms, which are accessible at candid.org.

Prairie Meadows, the nonprofit casino, brought in total revenue of $2,532,959,229 in fiscal year 2024. President and CEO **Gary Palmer** had the highest reported compensation on our list at $1,819,142, thanks in large part to the many charitable donations by gamblers. Prairie Meadows' next-highest earner was executive vice president **Michele Wilkie**, who reported a compensation of $585,561.

The Central Iowa Hospital Corporation, otherwise known as **Unity Point Health**, was next on the list. Their reported total revenue was $1,357,287,455 for 2024. Three employees reportedly made seven-figure incomes from the organization, all physicians. They were **John Triantafyllos** at $1,059,082, **Samuel Schroeder** at $1,045,055 and **Arshin Sheybani** at $1,029,133. Each works in radiation oncology. The highest-earning executive was board secretary and market president **Jon Rozenfeld**, who made $536,925.

Catholic Health Initiatives, aka **Mercy Medical Center**, was also in the billion-dollar range at $1,048,590,516 in total revenue for 2024. The highest earner was director and CEO, **Robert Ritz**, who made a reported $2,416,873. This was $300,000 more than he earned the previous year. Former officer **Michael Wegner** earned a reported $1,198,272. The third-highest earner was **Hijinio Carreon**, listed as a former key employee and CCO, who made $1,091,878. The highest-earning employee was cardiologist **Atul Chawla**, who was paid $923,293.

Iowa Health System is next on our list at $442,361,665 in total revenue in 2024. Strategy officer and senior vice president **Daniel Carpenter** made $2,199,214, the second-highest on our list. **Scott Kizer**, board secretary, made $1,996,308. **Clay Holderman**, who was our highest earner for 2023, made $1,523,135. He is listed as the former president and CEO.

For strictly Des Moines-based nonprofits that were not healthcare- or casino-related, the next organization on our list is **Drake University**. The revenue was listed at $256,277,389. Although a private university, because of its federal tax-exempt status, its 990 form from 2024 is available. The Bulldogs' president, **Earl Martin**, had the highest reported earnings at $655,175. For comparison, Grand View's president, **Rachelle Keck**, earned a listed $357,887 in 2024.

The **Community Foundation of Greater Des Moines** is the last nonprofit we looked at. The total revenue for 2024 was listed as $160,775,314, and the total giving was listed at $84,964,702. President **Kristine Knous** was the highest earner at $366,599.

The highest individual earner in the entire state was **Chong C Lee**, a physician at Mercy Medical Center in Cedar Rapids, whose compensation was listed at $3,310,068. …

A study by Roofing SEO Services, which analyzed the latest data on timely and effective care from the US Centers for Medicare and Medicaid Services, listed Iowa as having the **seventh-fastest ER stays** with a 3% walkout rate. On average, patients spent two hours and 10 minutes at emergency rooms in Iowa. That 3% walkout rate is still higher than the national average of 2.2%. ...

We're No. 1, but you might want to hold off on the celebration. A study by Valley Spring Recovery Center looked at data on which states had the highest levels of binge drinking between 2011 and 2023. The study examined the age-adjusted binge drinking rates across all states. Iowans binge-drank (loosely described as five or more drinks for men or four or more for women in a two-hour span) at a 22.5% rate, taking the crown. North Dakota came in second. …

American novelist **Jack Kerouac** famously wrote, "The prettiest girls in the world live in Des Moines." This saying may also now be backed by the Breast Reduction Surgeons of Long Island, who conducted a study on which states have the **lowest interest in cosmetic surgery**. In the findings, Iowa ranked third for least interested. The data involved 336 average monthly searches per 100,000 residents, or 10,773 total average searches for cosmetic procedure-related keywords across the 3.2 million population of the state. To put things in perspective, the two states listed ahead of Iowa for least interested were West Virginia and Mississippi. …

Ever wonder where the worst place to have your vehicle break down is in the metro? According to a poll by Cherry Data Signals, the answer is the I-35/I-80/I-235 interchange in Des Moines. The Southwest Mixmaster rebuild is currently in the works to mitigate some of the stress caused by this 1960s-era crossing, but in an area with so many motorists merging all at once, you better start praying if your car starts to break down in this section of Iowa's roadways. …

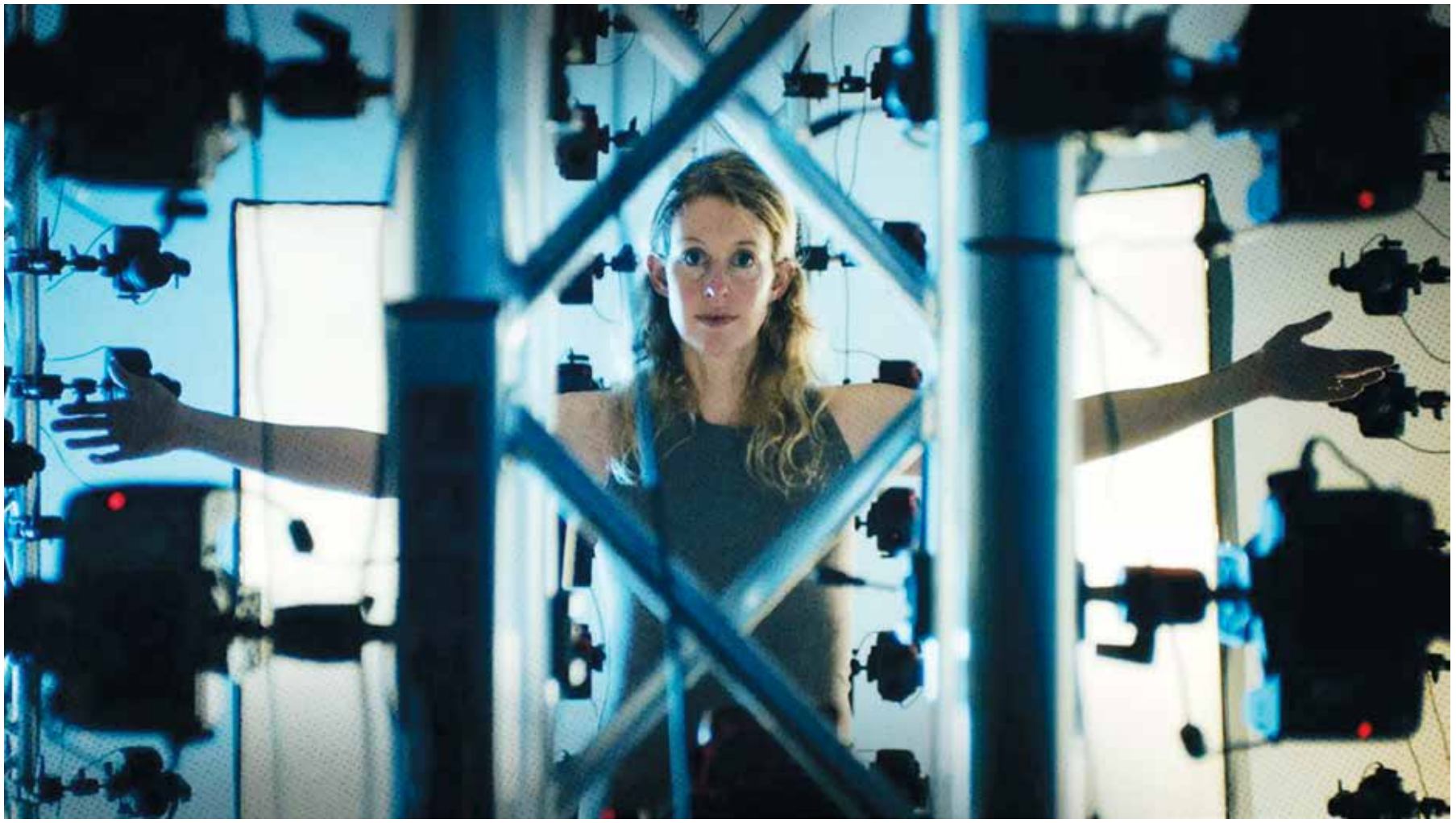
The **Des Moines Arts Festival** might need to build a bigger trophy cabinet. The festival earned 20 awards from the International Festivals and Events Association. DMAF Executive Director Stephen King was inducted into the IFEA's Hall of Fame. Some of their gold honors were Best Educational Program, Best Event Website, Facebook and Instagram, and Best Overall Entertainment Program. ■

POLITICAL MERCURY

BY DOUGLAS BURNS

The surprising power of uncomfortable silence

"You Can See Everything" is a mind-bending, genre-shattering and head-inhabiting documentary.



What do you tell beginning reporters about the trade of journalism to make them better interviewers? It's a topic we plumb annually at the Okoboji Writers' Retreat. Journalism is as much a trade as a profession, work one learns through work.

Now, I have an Exhibit A for two Interview Essentials in the mind-bending, genre-shattering and head-inhabiting documentary "You Can See Everything."

Nathan Fielder and Lance Oppenheim's three-hour documentary on convicted Silicon Valley fraudster Elizabeth Holmes is a masterpiece and a film that demands to be seen in a full theater with an audience to absorb the community aspect of the experience.

I saw "You Can See Everything" with about 250 people in the main Dundee theater at Film Streams in Omaha, Nebraska.

This may very well be the best film of the year. It sold out 2,000 showings in a weekend release of just 855 screens, The New York Times reported.

Should it be the first documentary to land a best-picture Oscar nomination? That's a real debate now.

In "You Can See Everything," Elizabeth Holmes and her family allow Fielder and his crew into their rented San Diego home a month before she reports to federal prison in Texas for crimes associated with her leadership of the controversial start-up company Theranos.

I can't stop thinking about this film.

Scenes and turns of phrase and the conflict roiling in my internal monologue have consumed surprising amounts of my last several days. I know Holmes is lying, but when? How much?

It's also a master class in interviewing cagey sources.

Essential 1: Earn respect of source by being prepared, having read about them and researched the story to inform questions. Fielder is prepared. Opening scenes of the movie show him reading up on Holmes in his hotel room before going to the Holmes family beach escape house.

Essential 2: And this is the takeaway. When it settles into a conversation, let uncomfortable silence roll. Don't be the one to stop it. Human beings get anxious in moments of uncomfortable silence and often cannot help but be the ones to break it. Those who jump into the still breach of a conversation turned awkward often say revealing or regrettable things. Sometimes both. This is a game of chicken.

No interviewer I've seen — and perhaps no human being I have encountered, live or through any media — employs uncomfortable silence as effectively as Fielder.

The close-ups of him in probing talks with Holmes are exquisitely shot and developed and bring theatergoers to the edge of their seats. And they yield narrative gold. ■



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

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM

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



Photo by Amara Gerlach

IOWA WOLVES

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

- **Nov. 6** at 7 p.m. vs. Wisconsin Herd (Milwaukee Bucks)
- **Nov. 8** at 3 p.m. vs. Wisconsin Herd
- **Nov. 21** at 7 p.m. vs. Motor City Cruise (Detroit Pistons)



Photo by Tim Garland, courtesy of the Iowa Wild

IOWA WILD

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

Home games:

- **Nov. 1:** vs. Charlotte Checkers at 3 p.m.
- **Nov. 5:** vs. Rockford IceHogs at 10:30 a.m.
- **Nov. 13**: vs. Grand Rapids Griffins at 7 p.m.
- **Nov. 14:** vs. Grand Rapids Griffins at 6 p.m.



DES MOINES HOLIDAY BOUTIQUE

EMC Expo Center,
730 Fourth St., Des Moines
Nov. 6-8
www.desmoinesholidayboutique.com

Three days of holiday shopping and festive fun. This is the ninth annual show that draws more than 14,000 shoppers and more than 200 vendors.

Photo courtesy of Des Moines Holiday Boutique

DRAKE FOOTBALL

2719 Forest Ave., Des Moines
godrakebulldogs.com

- **Nov. 7** vs. San Diego at 12 p.m.

EDGEWATER HOLIDAY MART

9225 Cascade Ave., West Des Moines
Nov. 7

Forty Iowa artisans offer unique art and foods. Find wood crafts, fiber art, glass art, paintings, jewelry, and plenty more handcrafted goods at this event.

IOWA VS. CREIGHTON

Casey's Center, 730 Third St., Des Moines
www.iowaeventscenter.com/events/detail/iowa-hawkeyes-vs-creighton-bluejays
Nov. 15

Two elite division basketball programs come to Des Moines to play for the second straight season. The Creighton and Iowa men's basketball teams are two of the NCAA's finest, and they bring their talents to this "neutral" site.

DRAKE BASKETBALL

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

Men's home games

- **Nov. 8** vs. Southern
- **Nov. 13** vs. South Dakota
- **Nov. 16** vs. Tarleton State
- **Nov. 19** vs. Charleston

Women's home games

- **Nov. 10** vs. Cleveland State
- **Nov. 17** vs. St. Thomas
- **Nov. 27** vs. Sy Louis
- **Nov. 28** vs. Detroit Mercy

43RD ANNUAL FESTIVAL OF TREES AND LIGHTS

Iowa Events Center,
833 Fifth Ave., Des Moines
www.unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights
Nov. 27-29

The 42nd annual Festival of Trees and Lights. Designed to benefit Blank Children's Hospital, this event features beautifully adorned trees, local musical acts, dance ensembles and an appearance by Santa himself.

COMING UP

SUBMIT ENTRIES AND PHOTOS TO EDITOR@DMCITYVIEW.COM



Photo by Archi Trujillo

DES MOINES TURKEY TROT

Court Ave., Des Moines
www.desmoinesturkeytrot.com
Nov. 26

Don't worry, you won't be running against real turkeys in this race. They would beat you to the finish line, anyway. Starting at 9 a.m. in downtown Des Moines, friends, families and more decide to run this race to burn calories before Thanksgiving feasts. At least that's why we would run.



Photo courtesy of Center Grove Orchard

PUMPKIN DESTRUCTION

Center Grove Orchard, 32835 610th Ave., Cambridge
www.centergroveorchard.com
Nov. 7-9

Frustrated by pumpkin-spiced everything? Take out some of those frustrations at this fun annual event that sends pumpkins flying, splattering and crumbling.

MIDWEST METAPHYSICAL EXPO

Horizon Events Center, 2100 N.W. 100th St., Clive
Nov. 7-8

Psychic readers, mediums, astrologers, tarot readers, holistic practitioners, artists and vendors selling crystals, jewelry and wellness items gather for a weekend of discovery with a welcoming atmosphere for longtime followers and the merely curious alike.

IOWA'S LARGEST ARTS AND CRAFTS SHOW

Varied Industries Building, Iowa State Fairgrounds, Des Moines
Nov. 13-15

More than 300 exhibitors from eight states sell handcrafts including wood furniture, pottery, jewelry, clothing, wreaths, pet products, purses, rugs, candles, stained glass, metal yard art, quilts, paintings, prints and food items across more than 80,000 square feet of display space.



Photo credit: VenuWorks marketing.

THE INGERSOLL

3711 Ingersoll Ave., Des Moines
www.theingersoll.com

- **Nov. 5:** John Ford Coley at 7:30 p.m.
- **Nov. 7-8:** Women of Country at 7:30 p.m. (Nov. 7) and 6:30 p.m. (Nov. 8)
- **Nov. 12-13:** Queen of the Night! Remembering Whitney at 7:30 p.m.
- **Nov. 14:** Weary Ramblers at 7:30 p.m.
- **Nov. 17:** The Macallan Scotch and Culinary Experience at 5:30 p.m.
- **Nov. 20-21:** Run Run Rudolph - Shaun Johnson Christmas at 7:30 p.m.
- **Nov. 22:** Domita's Drag Brunch - The Queens of Christmas at 1:00 p.m.
- **Nov. 28-29:** The Michael Bublé Experience: "A Very Bublé Christmas" at 7:30 p.m. and 6:30 p.m.



PRAIRIE MEADOWS VETERANS DAY CELEBRATION

1 Prairie Meadows Drive, Altoona
www.prairiemeadows.com
Nov. 11

Prairie Meadows honors those who have served with distinguished speakers, free lunch, live music, military displays and more.

STAR SPANGLED SALUTE TO VETERANS

Des Moines Civic Center, 221 Walnut St., Des Moines
Nov. 8

Free, non-ticketed event to honor veterans with a concert. ■

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CITYVIEW'S

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HOLIDAY PARTIES bring businesses together

From casual office gatherings to elaborate themed celebrations, companies find ways to thank employees, strengthen relationships and make memories beyond the workplace.

By Gracie Kayko

The holiday season means different things to different people. For some, it is a time to be with family, celebrate religious traditions or reflect on the past year. For businesses in Des Moines, it is often a time to celebrate their employees and clients, reflect on the year's successes and challenges, and prepare for the year ahead.

From Thanksgiving through January, hotels, event venues and office spaces are transformed for end-of-year gatherings.

Many businesses in Des Moines host company holiday parties, inviting employees, their families and clients to come together and celebrate.

Food and drinks are set up for a holiday party at West End Architectural Salvage. West End has a list of caters they recommend for clients on their website. Photo courtesy of West End Architectural Salvage

Marketing Department 360 provides a break from the daily grind

Jana Rieker, one of the owners of Marketing Department 360, said the company's holiday party is "a timeout from the day-to-day grind."

Marketing Department 360 is a full-service advertising agency and podcast studio in West Des Moines with branches in Omaha and Tulsa. Employees and clients from Iowa and other states are invited to the company's annual holiday party held at its office on Westown Parkway.

Rieker said the company chooses to host its party at their office to showcase some of the work they do, creating a casual, relaxed environment where guests can mingle and enjoy the space.

The office is also shared with other companies.

"We'll bring in their clients to mingle and meet each other, have some fun, share different best practices, and we always try to do something educational and give them a gift," she said.

Marketing Department 360 has a social committee that organizes quarterly client events, including the holiday party. Food is purchased



A Christmas tree is decorated at Hotel Fort Des Moines for the holiday season. Clients are also able to bring their own decorations for their holiday parties. Photo courtesy of Hotel Fort Des Moines

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Ann M. Hartz
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from a local bakery, alcoholic and nonalcoholic drinks are provided, and a Christmas tree decorates the office, with gifts placed underneath. The committee also organizes games and get-to-know-you activities because guests may be meeting in person for the first time, even though they email on a regular basis.

"The party is an appreciation for both our clients and employees. A lot of times they'll work together and email back and forth on a daily or weekly basis but don't ever have a lot of time to mingle face-to-face, so it's sort of a time to do that," Rieker said.

Marketing Department 360 has hosted holiday parties since they were established three years ago. Rieker said one of the most memorable parts of the event is the gift given to clients.

"It's kind of a non-traditional gift," she said.

The holiday party at the Marketing Department 360 is a time for the company to show their appreciation towards their employees and clients while celebrating the holidays.

Although Rieker is a Christian, she calls the event a holiday party rather than a Christmas party to ensure everyone feels included.

Krause Group builds connections beyond the office

Krause Group, a founder-led parent and holding company in Des Moines, also hosts its annual holiday party at their headquarters Krause Gateway Center.

"The architecture, art, and views of the Sculpture Park make it feel special, even for those of us who work here every day," Meghan Satterstrom, the director of communications and public relations at Krause Group, said.

Allora Café, located at Krause Gateway Center, caters the holiday party for Krause Group and for other companies that rent out the Krause Gateway Center for their own events.

"At Krause Group, we value creating places where people feel welcome and connected," Satterstrom said. "Sharing a table, enjoying a conversation, and making memories together brings that to life."

Krause Group hosts the holiday party as a way to say thank you to its employees, and give them a chance to get to know each other in a more personal way.

"Some of the best conversations happen when there's no meeting agenda," Satterstrom said.

Venue experts share tips for memorable holiday parties

While some businesses host holiday parties at their offices, others choose venues throughout the Des Moines metropolitan area.

West End Architectural Salvage in Downtown Des Moines has hosted company holiday parties for 21 years. The venue can accommodate 200 people, while its coffee shop also seats 110 people.

Don Short, the owner of West End Architectural Salvage, has noticed a change in demand for company holiday parties. In previous years, West End hosted up to 20 events each holiday season. Now, it only averages about 12.

Short believes that companies have become more cautious about alcohol consumption at work events, and the pause in large gatherings during the COVID-19 pandemic has changed the company holiday party scene in Des Moines.

"I feel like it is a lost thing that companies are missing out on, showing the appreciation they have for their employees and the people that make their companies run," he said.

Still, the companies that continue to host holiday parties are building morale for their employees and giving them an opportunity to celebrate and enjoy themselves.

Katie Rounsborg, the director of sales and marketing at Hotel Fort Des Moines, shares that perspective.

"Every time you see a holiday party, there's no one that's upset, no one's not having a good time," Rounsborg said.

Short said it is important for people to get to know each other outside of the workplace, and company holiday parties are the perfect way to do so.

A business can host a holiday party at West End Architectural Salvage and know that most everything, from planning to execution, will be taken care of by Short and his team, leaving minimal work to the one in charge of planning the event for their company.

"Holiday parties typically are handed to someone who reports to someone who reports to someone, and they're like, 'I don't want to make all the decisions; I want to come to a place where we know what we're going to get and we know it's going to be good,'" Short said.

The main thing Short sees when a company approaches him about hosting its holiday party at West End Architectural Salvage is creating an atmosphere where their employees will feel comfortable.

"I also feel most people don't want to sit around a six or eight tablecloth round table where you can't really get around and talk, so the West End offers a little more of an intimate space with an amazing atmosphere," he said.

Planning a company holiday party involves several components, including food and drinks, music and entertainment, decorations, parking and transportation.

Hotel Fort Des Moines typically hosts 30 to 50 company holiday parties each year, all varying in size. Some companies choose to be closely involved in the planning, while others rely on Rounsborg and the hotel's event planning team to manage the process.

"We get a lot of people that want that elevated, different experience. If you want a 1920s speakeasy feel, we have that. If you want the grand ballroom feel with a lot of people, we can go that route. If you're a smaller event and you want something more intimate and cozy, we have an event space for that," Rounsborg said.

Rounsborg said themed parties can help make a company's celebration memorable.

"Being able to have a theme and play that into whatever property or venue you're hosting it at goes a long way, and we've seen that be really successful for events in the past," she said.

One theme that stuck out to Rounsborg was a "Hot and Cold" party.

"They went out into the 'cold' to go to dinner, and they had the reception as the 'warmth.' They had sand in our grand ballroom, and everything was beach themed with a beach themed candy cart, like one you'd find on the beach, a hunky Santa and coconut drinks with the curly straws," she said.

Each company has its own needs for holiday parties. Some planners want an interactive experience, while others prefer a relaxed setting where employees can unwind after a busy year.

From Rounsborg's experience, holiday parties offer an opportunity to build morale and strengthen relationships within a company.

"I genuinely think it's to build that camaraderie within their team, and it's really a way for some of those guests to be able to breathe and recap their year," she said.

For larger corporate companies and small local businesses alike, Rounsborg recommends starting the planning process early, as early as August.

No matter what kind of experience a business is looking for, an intimate gathering or a themed celebration, company holiday parties are a way for businesses to show their appreciation towards their employees, to enjoy each other's company outside of a work setting and to take a break from daily routines. ■

Christmas Dinner

Chateaubriand

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MENU

Main Course

Chateaubriand: Tender cut of filet mignon prepared by Chef Cyd, luxuriously garnished and tastefully seasoned *[8 servings - 1/2 pan]*

Starter Salad

Holiday Honeycrisp Garden Salad, with fresh **in-season garden greens** *[80oz]*, **diced apples** *[24oz]*, **candied pecans** *[16oz]*, **craisins** *[16oz]*, **blue cheese** *[24oz]*, and **Champagne vinaigrette** *[16oz]*

Laugenbrötchen (pretzel roll) with butter *[one dozen]*

Sides

Buttery Mashed Potatoes *[1/2 pan]*
Roasted Sweet Potatoes *[1/2 pan]*
Roasted Brussel Sprouts *[1/2 pan]*

Dessert

Assorted holiday dessert tray *[13 x 13 board]*

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36 CLARK ST., DES MOINES
DATE: 2026-06-02
SALE PRICE: $1,500,000
SELLER: GBC PARTNERS LLC
BUYER: GRAZIANO BROTHERS INC
ACRES: 0.895
SQUARE FEET: 10,970

1407 N.W. LAUREL ST., SUITE 101, ELKHART
DATE: 2026-06-02
SALE PRICE: $3,100,000
SELLER: DJMJ ELKHART LLC
BUYER: ELKHART LLC
ACRES: 2.682
SQUARE FEET: 20,000

434 28TH ST., DES MOINES
DATE: 2026-06-02
SALE PRICE: $372,000
SELLER: PRIETO, HILDA
BUYER: O'MALLEY ROW LLC
ACRES: 0.167
SQUARE FEET: 3,654

717 LYON ST., DES MOINES
DATE: 2026-06-02
SALE PRICE: $9,500,000
SELLER: UCI HOLDINGS LLC
BUYER: MMOF IV DES MOINES IA LLC
ACRES: 2.461
SQUARE FEET: 14,380

5101 FLEUR DRIVE, DES MOINES
DATE: 2026-06-04
SALE PRICE: $90,000
SELLER: KINLEY, ELIZABETH ANN
BUYER: KINLEY, RAYMOND P
ACRES: 1.734
SQUARE FEET: 9,380

5101 FLEUR DRIVE, DES MOINES
DATE: 2026-06-04
SALE PRICE: $90,000
SELLER: KINLEY, FRANK ALAN
BUYER: KINLEY, RAYMOND P
ACRES: 1.734
SQUARE FEET: 9,380

4000 11TH ST., DES MOINES
DATE: 2026-06-04
SALE PRICE: $125,000
SELLER: HERDEAZ, VALERIE M
BUYER: QSA LLC
ACRES: 0.152
SQUARE FEET: 1,330

2923 S.W. NINTH ST., DES MOINES
DATE: 2026-06-04
SALE PRICE: $390,000
SELLER: QSA LLC
BUYER: ELB PROPERTY HOLDINGS LLC
ACRES: 1.178
SQUARE FEET: 4,193

3915 E. 14TH ST., DES MOINES
DATE: 2026-06-04
SALE PRICE: $250,000
SELLER: ARBY'S PROPERTIES LLC
BUYER: MORITZ, SCOT
ACRES: 0.904
SQUARE FEET: 2,845

1424 ARMY POST ROAD, DES MOINES
DATE: 2026-06-05
SALE PRICE: $500,000
SELLER: BIG DEAL INVESTMENTS LLC
BUYER: QSA LLC
ACRES: 0.327
SQUARE FEET: 3,223

7031 DOUGLAS AVE., URBANDALE
DATE: 2026-06-05
SALE PRICE: $750,000
SELLER: GREENSTATE CREDIT UNION
BUYER: CITY OF URBANDALE
ACRES: 1.386
SQUARE FEET: 4,142

1012 MULBERRY ST., DES MOINES
DATE: 2026-06-05
SALE PRICE: $693,693
SELLER: FEDERAL HOME LOAN BANK OF DES MOINES
BUYER: 110-112 10TH STREET LLC
ACRES: 0.455
SQUARE FEET: N/A

1214 31ST ST., DES MOINES
DATE: 2026-06-06
SALE PRICE: $1,000,000
SELLER: DRAKE UNIVERSITY
BUYER: SEDU LLC
ACRES: 2.412
SQUARE FEET: 40,530

1049 PARKER BLVD., POLK CITY
DATE: 2026-06-08
SALE PRICE: $18,422
SELLER: CL DAILEY INVESTMENTS LLC
BUYER: PC DEV PARTNERS LLC
ACRES: 1.090
SQUARE FEET: N/A

1049 PARKER BLVD., POLK CITY
DATE: 2026-06-08
SALE PRICE: $379,873
SELLER: TJL INVESTMENTS LLC
BUYER: PC WEST BRIDGE COMMERCIAL LLC
ACRES: 1.090
SQUARE FEET: N/A

1049 PARKER BLVD., POLK CITY
DATE: 2026-06-08
SALE PRICE: $400,000
SELLER: PC DEV PARTNERS LLC
BUYER: TJL INVESTMENTS LLC
ACRES: 1.090
SQUARE FEET: N/A

107 12TH ST., DES MOINES
DATE: 2026-06-08
SALE PRICE: $1,200,000
SELLER: CHESTNUT INVESTMENTS LLC
BUYER: WEST END RENOVATIONS LLC
ACRES: 0.406
SQUARE FEET: 18,978

6802 S.E. BELLAGIO COURT, ANKENY
DATE: 2026-06-09
SALE PRICE: $407,500
SELLER: WILLIAM KIMBERLEY DEVELOPMENT CORP
BUYER: WIEDERIN HOLDINGS LLC
ACRES: 1.589
SQUARE FEET: N/A

1301 EIGHTH ST., WEST DES MOINES
DATE: 2026-06-10
SALE PRICE: $775,000
SELLER: MEYER FAMILY TRUST
BUYER: PAR4 1301 8TH ST LLC
ACRES: 0.644
SQUARE FEET: 2,638

3801 DEAN AVE., DES MOINES
DATE: 2026-06-10
SALE PRICE: $200,000
SELLER: MICHAEL W VANDE VOORT REVOCABLE TRUST
BUYER: 20 E 18TH DES MOINES LLC
ACRES: 9.670
SQUARE FEET: N/A

1111 CHERRY ST., DES MOINES
DATE: 2026-06-10
SALE PRICE: $130,000
SELLER: JOHNSON, LINDA J
BUYER: RSMS 3 LLC
ACRES: 0.159
SQUARE FEET: N/A

3810 38TH ST., DES MOINES
DATE: 2026-06-10
SALE PRICE: $275,000
SELLER: MARK & JANE PROPERTIES LLC
BUYER: WADI, AHMED
ACRES: 0.177
SQUARE FEET: 3,000

1111 S.E. 30TH ST., DES MOINES
DATE: 2026-06-11
SALE PRICE: $2,505,000
SELLER: LEE M MITCHELL TRUST
BUYER: NMDP HOLDINGS LLC
ACRES: 14.833
SQUARE FEET: 12,648

5370 N.W. 86TH ST., JOHNSTON
DATE: 2026-06-12
SALE PRICE: $788,542
SELLER: S GANSON BYERS LC
BUYER: WEERS, GARY V
ACRES: 1.648
SQUARE FEET: 15,650

5370 N.W. 86TH ST., JOHNSTON
DATE: 2026-06-12
SALE PRICE: $5,549,699
SELLER: LSJT OF IOWA LLC
BUYER: KAIROS LLC
ACRES: 1.648
SQUARE FEET: 15,650

5370 N.W. 86TH ST., JOHNSTON
DATE: 2026-06-12
SALE PRICE: $162,519
SELLER: LSJT OF IOWA LLC
BUYER: MD10 JOHNSTON LLC
ACRES: 1.648
SQUARE FEET: 15,650

2605 S.W. ORALABOR ROAD, ANKENY
DATE: 2026-06-12
SALE PRICE: $1,162,500
SELLER: FAIRMOUNT EDUCATION INC
BUYER: SCHOOL DEVELOPMENT ORALABOR LLC
ACRES: 4.054
SQUARE FEET: 1,080

1450 OFFICE PARK ROAD, WEST DES MOINES
DATE: 2026-06-12
SALE PRICE: $2,386,250
SELLER: COUNTRY CLUB INVESTMENTS LP
BUYER: WCKLC-PARK WEST LC
ACRES: 1.907
SQUARE FEET: 25,599

1155 OFFICE PARK ROAD, WEST DES MOINES
DATE: 2026-06-12
SALE PRICE: $7,158,750
SELLER: COUNTRY CLUB INVESTMENTS LP
BUYER: WCKLC-PARK WEST LC
ACRES: 4.396
SQUARE FEET: 86,388

1500 N.W. 118TH ST., CLIVE
DATE: 2026-06-12
SALE PRICE: $3,500,000
SELLER: AMC REAL ESTATE HOLDINGS LLC
BUYER: IOWA EQUITY EXCHANGE PRKG 3527 LLC
ACRES: 12.516
SQUARE FEET: 86,892

6250 S.E. 14TH ST., DES MOINES
DATE: 2026-06-15
SALE PRICE: $3,137,500
SELLER: BOING US HOLDCO LLC
BUYER: CLUB CAR WASH DES MOINES 14TH ST LLC
ACRES: 1.486
SQUARE FEET: 3,942

3215 SEVENTH ST., DES MOINES
DATE: 2026-06-15
SALE PRICE: $128,750
SELLER: WOOD, NATHAN C
BUYER: ROSENDALE, ALLAN L
ACRES: 0.149
SQUARE FEET: 2,881

2210 E. PARK AVE., DES MOINES
DATE: 2026-06-16
SALE PRICE: $5,103,028
SELLER: RIVERWOODS TERRACE LLC
BUYER: 2210 E PARK AVENUE PROPCO LLC
ACRES: 4.022
SQUARE FEET: 35,022

6151 MARTHA L. MILLER DRIVE, PLEASANT HILL
DATE: 2026-06-16
SALE PRICE: $14,914,967
SELLER: EDENCREST AT PLEASANT HILL LLC
BUYER: 6151 MARTHA L MILLER DRIVE PROPCO LLC
ACRES: 4.599
SQUARE FEET: 62,467

3410 BEAVER AVE., DES MOINES
DATE: 2026-06-16
SALE PRICE: $14,341,941
SELLER: BEAVERDALE SENIOR HOUSING LLC
BUYER: 3410 BEAVER AVENUE PROPCO LLC
ACRES: 3.668
SQUARE FEET: 63,201

455 S.W. ANKENY ROAD, ANKENY
DATE: 2026-06-16
SALE PRICE: $12,880,671
SELLER: SIENA HILLS SENIOR HOUSING LLC
BUYER: 455 SW ANKENY ROAD PROPCO LLC
ACRES: 4.516
SQUARE FEET: 56,065

14001 DOUGLAS PARKWAY, URBANDALE
DATE: 2026-06-16
SALE PRICE: $18,629,479
SELLER: EDENCREST AT TIMBERLINE LLC
BUYER: 14001 DOUGLAS PARKWAY PROPCO LLC
ACRES: 7.101
SQUARE FEET: 93,637

1600 EIGHTH ST. S.E., ALTOONA
DATE: 2026-06-16
SALE PRICE: $14,146,702
SELLER: EDENCREST TUSCANY LLC
BUYER: 1600 8TH STREET SE PROPCO LLC
ACRES: 6.471
SQUARE FEET: 96,991

6750 CORPORATE DRIVE, JOHNSTON
DATE: 2026-06-16
SALE PRICE: $12,101,939
SELLER: GREEN MEADOWS SENIOR HOUSING LLC
BUYER: 6750 CORPORATE DRIVE PROPCO LLC
ACRES: 5.720
SQUARE FEET: 53,827

226 FIRST ST., WEST DES MOINES
DATE: 2026-06-16
SALE PRICE: $399,999
SELLER: ROCK PRAIRIE ENTERPRISES LLC
BUYER: COOK, CARY
ACRES: 0.346
SQUARE FEET: 3,356

310 N.W. SAGE HOLLOW LANE, ANKENY
DATE: 2026-06-17
SALE PRICE: $2,911,550
SELLER: BRICKTOWNE PIPER LC
BUYER: BK JENSEN LC
ACRES: 9.822
SQUARE FEET: 0

210 N.W. CAMEL SANDS LANE, ANKENY
DATE: 2026-06-17
SALE PRICE: $2,911,550
SELLER: BRICKTOWNE PIPER LC
BUYER: KS JENSEN LC
ACRES: 11.244
SQUARE FEET: 0

209 N.W. SAGE HOLLOW LANE, ANKENY
DATE: 2026-06-17
SALE PRICE: $2,911,550
SELLER: BRICKTOWNE PIPER LC
BUYER: MG JENSEN LC
ACRES: 6.804
SQUARE FEET: 0

5525 DOUGLAS AVE., DES MOINES
DATE: 2026-06-18
SALE PRICE: $100
SELLER: ABELARDO'S MEXICAN FOOD LLC
BUYER: IOWA THREE REALTY LLC
ACRES: 0.358
SQUARE FEET: 1,660

1501 E EUCLID AVE., DES MOINES
DATE: 2026-06-19
SALE PRICE: $1,290,000
SELLER: JDS REAL ESTATE INVESTMENTS LLC
BUYER: IOWA THREE REALTY LLC
ACRES: 0.952
SQUARE FEET: 3,123

112 FIFTH AVE. N.W., ALTOONA
DATE: 2026-06-19
SALE PRICE: $1,145,194
SELLER: MANTSCH ALTOONA LLC
BUYER: PHOENIX SPIRIT LLC
ACRES: 8.619
SQUARE FEET: 122,976

NO ADDRESS LISTED
DATE: 2026-06-22
SALE PRICE: $6,254,720
SELLER: SHAFER, C EDWARD
BUYER: CANYON LANDING LC
ACRES: 78.185
SQUARE FEET: 0

1313 E 23RD ST., DES MOINES
DATE: 2026-06-23
SALE PRICE: $110,000
SELLER: BAK RENTALS LLC
BUYER: JUGGERNAUT WASTE SERVICES LLC
ACRES: 0.152
SQUARE FEET: 3,024

1910 S.W. PLAZA SHOPS LANE, ANKENY
DATE: 2026-06-24
SALE PRICE: $1,950,000
SELLER: SRM HOLDINGS LLC
BUYER: KLINE INNSBRUCK LLC
ACRES: 0.410
SQUARE FEET: 6,656

5001 S.W. NINTH ST., DES MOINES
DATE: 2026-06-24
SALE PRICE: $410,000
SELLER: 5001 SW 9TH ST LLC
BUYER: D&M HOMES LLC
ACRES: 0.814
SQUARE FEET: 3,153

1203 FOURTH ST., DES MOINES
DATE: 2026-06-25
SALE PRICE: $240,000
SELLER: MERCY MEDICAL CENTER-DES MOINES
BUYER: LEADERS COMPANIES LLC
ACRES: 0.789
SQUARE FEET: 0

3939 E. 14TH ST., DES MOINES
DATE: 2026-06-25
SALE PRICE: $590,750
SELLER: RIVERLAND PARK RESORT LLC
BUYER: 3939 PROPERTIES LLC
ACRES: 0.638
SQUARE FEET: 7,839

4749 N.E. 20TH LANE, DES MOINES
DATE: 2026-06-26
SALE PRICE: $2,150,000
SELLER: D&M PARTNERS LLC
BUYER: TANAM INROADS LLC
ACRES: 1.553
SQUARE FEET: 16,200

331 N.E. CYPRESS DRIVE, GRIMES
DATE: 2026-06-26
SALE PRICE: $1,690,000
SELLER: GRIMES HERITAGE PARTNERS LLC
BUYER: KITZMAN INVESTMENTS INC
ACRES: 1.034
SQUARE FEET: 4,512

708 WALL AVE., DES MOINES
DATE: 2026-06-26
SALE PRICE: $145,000
SELLER: 7 DAYS CASH LLC
BUYER: SEER CAPITAL LLC
ACRES: 0.240
SQUARE FEET: 1,872

112 FIFTH AVE. N.W., ALTOONA
DATE: 2026-06-26
SALE PRICE: $2,139,645
SELLER: MANTSCH ALTOONA LLC
BUYER: BODNER FUND18 LLC
ACRES: 8.619
SQUARE FEET: 122,976

1850 S.W. PLAZA SHOPS LANE, ANKENY
DATE: 2026-06-29
SALE PRICE: $2,018,000
SELLER: CLASSIC HOLDINGS 1850 LLC
BUYER: JEFFREY PAUL HOMES LLC
ACRES: 0.575
SQUARE FEET: 6,784

2440 S.W. NINTH ST., DES MOINES
DATE: 2026-06-29
SALE PRICE: $1,110,000
SELLER: SW 9TH LLC
BUYER: NINTH GROUP LLC
ACRES: 1.015
SQUARE FEET: 12,787

5109 N.E. 17TH ST., DES MOINES
DATE: 2026-06-29
SALE PRICE: $1,700,000
SELLER: 5109NE17VOSS LLC
BUYER: AJOJ LLC
ACRES: 1.250
SQUARE FEET: 16,900

7600 S.W. 22ND ST. STE 104, DES MOINES
DATE: 2026-06-30
SALE PRICE: $500,000
SELLER: IOWA ALL-STARS REAL ESTATE LLC
BUYER: GRIFFIN LAND INVESTMENTS LLC
ACRES: 0.220
SQUARE FEET: 3,000

200 SEVENTH AVE. S.W., ALTOONA
DATE: 2026-06-30
SALE PRICE: $4,187,359
SELLER: REALCO ALTOONA IA LLC
BUYER: 200 7TH AVENUE SW PROPCO LLC
ACRES: 4.546
SQUARE FEET: 31,803

2215 ADVENTURELAND DRIVE, ALTOONA
DATE: 2026-06-30
SALE PRICE: $585,000
SELLER: MID-IOWA SUBWAY INC
BUYER: KALRA, CHANDER
ACRES: 0.442
SQUARE FEET: 3,300

NO ADDRESS LISTED
DATE: 2026-06-30
SALE PRICE: $1,175,000
SELLER: 6395 NW BEAVER DRIVE LLC
BUYER: CASCADE FARMS LLC
ACRES: 5.367
SQUARE FEET: 7,840

625 EIGHTH ST. S.E., ALTOONA
DATE: 2026-07-01
SALE PRICE: $200,000
SELLER: DEN HARTOG, DOROTHY L
BUYER: CHAOS PROPERTIES LLC
ACRES: 0.448
SQUARE FEET: 2,520

233 UNIVERSITY AVE., DES MOINES
DATE: 2026-07-01
SALE PRICE: $5,253,950
SELLER: REALCO UNIVERSITY PARK IA LLC
BUYER: 233 UNIVERSITY AVENUE PROPCO LLC
ACRES: 1.454
SQUARE FEET: 56,544

6842 UNIVERSITY AVE., WINDSOR HEIGHTS
DATE: 2026-07-02
SALE PRICE: $447,000
SELLER: LEE, THOMAS
BUYER: MOHAMMAD, NAFISA SYED
ACRES: 0.286
SQUARE FEET: 1,500

2936 BRATTLEBORO AVE., DES MOINES
DATE: 2026-07-03
SALE PRICE: $315,000
SELLER: LTS CONSULTS GROUP LLC
BUYER: TRI-LAMBDA PROPERTIES LLC
ACRES: 0.227
SQUARE FEET: 2,522

1660 E. AURORA AVE., DES MOINES
DATE: 2026-07-06
SALE PRICE: $3,300,000
SELLER: INDUSTRIAL LEASE II PROPCO LLC
BUYER: BRI EAST AURORA AVE LLC
ACRES: 11.040
SQUARE FEET: 48,000

317 SEVENTH ST., WEST DES MOINES
DATE: 2026-07-06
SALE PRICE: $232,500
SELLER: ERTLE, HERBERT J
BUYER: ATHANASSIOU, THEOPHILOS G
ACRES: 0.166
SQUARE FEET: 2,623 ■



SMALL BUSINESS ADMINISTRATION LOANS

Borrower Name	City	County	Cong. District	$ Amount	Jobs Created	Jobs Retained	New Vs. Existing	Business Type
Baker Construction Management LLC	Centerville	APPANOOSE	03	$223,700	0	0	EXISTING	All Other Specialty Trade Contractors
Big Wheel Commercial Wash LLC	Centerville	APPANOOSE	03	$168,600	0	0	EXISTING	Car Washes
STREETRODS RESTORATION & CUSTOMS LLC	BOONE	BOONE	04	$15,000	0	1	EXISTING	General Automotive Repair
Mason City Pizza Ranch & Fun Zone	Mason City	CERRO GORDO	02	$566,000	0	0	EXISTING	Limited-Service Restaurants
Caleb Kroymann Business Development LLC	Delmar	CLINTON	01	$120,800	2	2	NEW	Landscaping Services
Caleb Kroymann Business Development LLC	DELMAR	CLINTON	01	$35,000	1	0	NEW	Landscaping Services
120 Rentals, LLC	Oelwein	FAYETTE	02	$1,425,000	0	3	NEW	Truck, Utility Trailer, and RV (Recreational Vehicle) Rental and Leasing
Comfort Inn & Suites Coralville near Iowa	CORALVILLE	JOHNSON	01	$2,560,000	0	14	NEW	Hotels (except Casino Hotels) and Motels
DarkHound Legacy Holdings LLC	IOWA CITY	JOHNSON	01	$360,000	0	3	NEW	Locksmiths
Lucky's on 16th, LLC	CEDAR RAPIDS	LINN	02	$262,900	15	15	EXISTING	Full-Service Restaurants
E&M TRANSLATIONS & INTERPRETATIONS SERVICE	CEDAR RAPIDS	LINN	02	$20,000	2	2	NEW	Language Schools
ZTJ 13 ENTERPRISES INC	PELLA	MARION	01	$508,200	0	9	EXISTING	Pet and Pet Supply Retailers
CENTRAL IOWA AUTO GLASS LLC	PLEASANTVILLE	MARION	01	$20,000	1	0	NEW	Automotive Glass Replacement Shops
MT IA One Real Estate, LLC	MARSHALLTOWN	MARSHALL	04	$4,621,300	7	38	NEW	New Car Dealers
FIREFLY OUTPOST LLC	PACIFIC JUNCTION	MILLS	04	$860,000	2	2	EXISTING	RV (Recreational Vehicle) Parks and Campgrounds
NOTT YOUR HANDYMAN LLC	MUSCATINE	MUSCATINE	01	$5,700	0	0	NEW	Residential Remodelers
Signature Salon & Day Spa, Inc.	ALTOONA	POLK	03	$1,255,100	20	12	EXISTING	Beauty Salons
Pinnacle Electric LLC	Clive	POLK	03	$166,800	2	2	NEW	Electrical Contractors
SMITTY'S TENDERLOIN, LLC DBA SMITTY'S TENDERLOIN	Des Moines	POLK	03	$150,000	1	13	EXISTING	Full-Service Restaurants
HOME BLANKET COMFORT LLC	JOHNSTON	POLK	03	$30,000	2	2	EXISTING	Drywall and Insulation Contractors
THRIVE MENTAL HEALTH AND WELLNESS	WEST DES MOINES	POLK	03	$62,500	2	0	EXISTING	Offices of Mental Health Practitioners (except Physicians)
WRIGHT COMPANIES INC	WEST DES MOINES	POLK	03	$50,000	0	4	EXISTING	Poured Concrete Foundation and Structure Contractors
ASTUTE SOLUTIONS, LLC	CARTER LAKE	POTTAWATTAMIE	04	$115,000	0	48	EXISTING	Marketing Consulting Services
Iowa Pipe Fittings Company LLC	OAKLAND	POTTAWATTAMIE	04	$3,087,800	0	0	NEW	All Other Miscellaneous Fabricated Metal Product Manufacturing
TomCat Davenport LLC	DAVENPORT	SCOTT	01	$4,535,000	11	2	NEW	Furniture Retailers
Dependable Precision LLC	Hawarden	SIOUX	04	$1,325,600	1	11	EXISTING	Machine Shops
Fit4Christ, LLC	Sioux Center	SIOUX	04	$590,000	3	0	EXISTING	Fitness and Recreational Sports Centers
Risetter Holdings, LLC	Story City	STORY	04	$169,000	2	0	NEW	Offices of Dentists
The Rogga Corporation	NORWALK	WARREN	01	$120,000	0	2	EXISTING	Private Mail Centers

TRANSACTIONS FROM SEPTEMBER 2026



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

Iowa Bankers Association honors Feenstra with distinguished public service award

The Iowa Bankers Association (IBA) recently presented Rep. Randy Feenstra (IA-04) with its Distinguished Public Service Award. The IBA created the award to recognize those in public service who have supported Iowa community banks in their efforts to safeguard $107 billion in deposits and lend over $88 billion to help individuals, business owners and agriculture expand and grow their enterprise and Iowa's economy.

Hartwig to retire from Iowa Bankers Mortgage Corporation; Smithey to become president

Iowa Bankers Mortgage Corporation (IBMC) President Robert Hartwig announced he will retire in 2027. Nathan Smithey will assume the role of IBMC president following Hartwig's retirement. Smithey currently serves as senior vice president of loan production and has spent the past 14 years with IBMC. IBMC is an affiliate of the Iowa Bankers Association (IBA).Hartwig started at the IBA in 1997, and prior to his current position as IBMC president, held roles including legal counsel for regulatory compliance, government relations, and legal counsel for the IBA and its affiliates. Under Hartwig's leadership, IBMC crossed a significant milestone of servicing more than $10 billion in mortgage loans.

Iowa Bankers Association honors Goodenows with James A. Leach Leadership Award

The Iowa Bankers Association (IBA) presented banking leaders John E. Goodenow and Stephen J. Goodenow (Steve) with the 2026 James A. Leach Leadership Award during the IBA Annual Convention. The award carries the name of former Iowa Congressman Jim Leach, who chaired the U.S. House Banking and Financial Services Committee from 1995 to 2001.

Speck named chief marketing officer for Hyper Energy Bar

Hyper Energy Bar, a drive-thru beverage brand, announced the appointment of Rebecca Speck as chief marketing officer. Speck will lead Hyper's brand and marketing strategy as the company continues to expand across the Midwest.

Coffins honored with United Way of Central Iowa's Tocqueville Society Award

United Way of Central Iowa announced Don and Mary Coffin as the recipients of the 2026 Tocqueville Society Award, one of the organization's highest honors recognizing individuals whose sustained leadership, service and philanthropic commitment have created lasting impact across central Iowa. The Tocqueville Society Award is presented annually to members who demonstrate exceptional service to United Way and embody the values of generosity, integrity and leadership.



DMU names Stuck and McKinney to the Board of Trustees


Gary Stuck


Matthew McKinney

Des Moines University Medicine and Health Sciences appointed two new members to its Board of Trustees, Gary Stuck and Matthew McKinney, and recognized longtime trustee Barry Braver, DO, a 1979 graduate of DMU's Doctor of Osteopathic Medicine program, as a trustee emeritus. The board recognized Braver for his years of dedicated service and leadership through the emeritus designation, which acknowledges former trustees whose commitment and contributions have made a lasting impact on DMU.

Meyocks appoints Toomey as senior market research strategist


Deborah Toomey

Meyocks, a branding and marketing agency, has appointed Deborah Toomey as senior market research strategist. In this role, Toomey is responsible for deepening the agency's research and marketing analytics capabilities, translating insights to help clients make more informed marketing decisions. In addition, Toomey will join Beth Ann Boyd, vice president of digital delivery, in leading Meyocks Research + Insights, the agency's marketing research arm. ■

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VOLVO | CHEVROLET | WILLIS PRE-OWNED | WILLIS ACCESSORIES | WILLIS COLLISION | WILLIS AUTO SPA

VETERANS DAY IS WEDNESDAY, NOV. 11, 2026

Thank you VETERANS

Honoring those who served



Abram, Robert
US Marine Corps
1967-1969



Amerson, Phillip
US Army
2010-present



Anderson, Wilford
US Navy
1942-1957



Armstrong, Rhonda
US Navy
1982-1987



Bale, James Edward
US Army
1965-1968



Banwart, Harold
US Army
1941-1945



Barron, Aurielo
US Army
WWII



Becker, James
US Coast Guard
1962-1968



Becker, Ray
US Navy
1942-1945



Becker, Tom
US Navy
1972-1976



Bender, Jack
US Navy
1946-1950



Blackburn, Harry
US Navy
1942-1947



Blietz, Ronald
US Air Force
1979-2009



Bohle, Terry J.
US Air Force
1972-1974



Bradley, Dennis
US Army
1974-1993



Brady, Arlus D
US Army
1943-1946



Bruns, Denny
US Army
1965-1967



Burley, Randy
US Navy
1979-1992



Button, John
US Army
1943-1946



Button, Tom
US Navy
1972-1974



Buttrey, Lyle
US Army
1946-1948



Cade, James
US Air Force
1972-2006



Caldwell, Terry
US Army
1968-1971



Cameron, John Edward
US Navy



Carroll, Dick
US Army
1946-1948



Carroll, Steve
US Navy
1972-1974



Caudle, Duane
US Army
1946-1947



Chadwick, James
US Air Force
2003-2023



Chadwick, Miranda
US Air Force
2020-2024



Cheever, Lyle M.
US Army
WWII



Christiansen, Glen
US Navy
1944-1947



Christiansen, Jame
US Army
1972-1974



Clippert, David
US Air Force
1978-1998



Collins, Michael C.
US Navy
2008-2013



Couvillion, CJ
US Marine Corps
1968-1976



Cox, Shane
US Navy
1996-2000



We asked local veterans or their family members to submit photos, and more than 200 responded. We thank these veterans and all who served our county to ensure the freedoms we too often take for granted. **To have a veteran photo included next year and on our website, submit at www.dmcityview.com/veteran-submissions or scan the QR code.**



Craig, Chandler
US Marine Corps
2018-2022



Craig, Theodore
US Marine Corps
2018-2024



Crouch, William
US Army
1942-1945



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



Custer, Virgil
US Coast Guard
1942-1946



Daughenbaugh, Dale A.
US Marine Corps
1986-1990



DePue, Darrell
US Marine Corps
1949-1952



Dresback, Brian
US Army Reserves
1996-2013



Durrell, Wiliam Ewing
US Army
1965-1969



Edwards, Neil
US Navy
1945-1948



Edwards, Steve
US Army
Killed in Action 1970



Eldridge, Seth
US Army
2003-Present



Emehiser, Delbert
US Army
Killed in Action 1950



Faber, Floyd
US Army
Killed in action 1944



Fackrell, Scott
US Navy
2011-2020



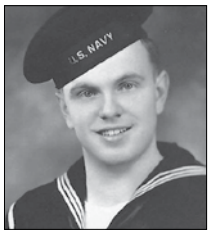
Firestine, Phil
US Army
2001-2009



Fiser, Eleanor
US Navy
1989-1999



Fiser, Mattias
US Navy
1994-2018



Fisher, Bob
US Navy
1945-1948



Frank, Michael
US Army
1988-2019



Fulitano, John A
US Army



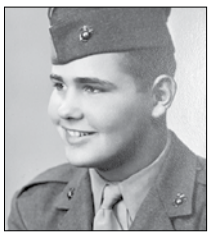
Fulitano, Joseph F.
US Army
2018-present



Fulitano, Joseph J.
US Navy
1942-1946



Fulitano, Joseph
US Army



George, Thomas J.
US Marine Corps



Gilchrist, Kenneth
US Air Force
1953-1956



Glasgow, Gilbert III
US Navy



Glenn, Clinton
US Army
Killed in Action 1944



Godsell-Glasgow, Jenny
US Army



Gowin, Howard
US Army
1942-1946



Greenslade, Harvey
US Army
1942-1946



Griffith, James
Wisconsin Infantry
1864-1865



Gritton, Adam
US Marines
2002-2006



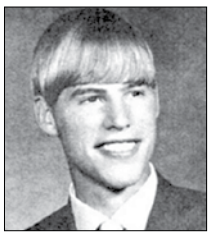
Gubser, Ed
US Army Air Corps
1944-1947



Gubser, Karl
US Air Force
1972-1980



Gustavson, Eric
US Air Force
1970-1990



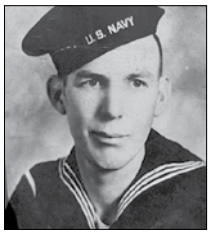
Hackbart, Mike
US Navy
1971-1975



Hague, Jesse
US Army Air Corps
Killed in Action 1941



Hall, Howard
US Army
1942-1945



Hansen, Herman
US Navy
WWII

Harnden, Timothy L.
US Army
1979-1981

Harper, Kent
US Army
1974-1999

Harper, Larry
US Army
1953-1956

Heddens, Ross Martin
US Marine Corps
2017-2023

Hiatt, John
US Army
1965-1967

Hill, John Lowell
US Navy
1960-2964

Hindman, Steven
US Army
1968-1969

Hivko, John
US Army
1967-1969

Hoffman, Maurice
US Navy-US Army
1944-1974

Holmes, Frank S.
US Air Force, WWII

Holmstrom, Aidan
US Army

Holt, Robert C.
US Army

Hougham, Larry
US Navy
1959-1962

Hughes, Adam M.
US Navy
1992-1996



Hughes, Jason S.
US Army
1998-2007



Hunnell, Hal
US Army Air Corps
1943-1945



Huston, Howard
US Army
1942-1945



Irwin, Arthur
US Army
1942-1945



Jenkins, Lewis A.
US Navy



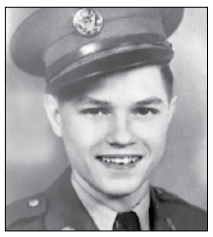
Jensen, John
US Navy
1944-1946



Joiner, Thomas
US Army
1942-1945



Jones, David
US Army
2006-2001



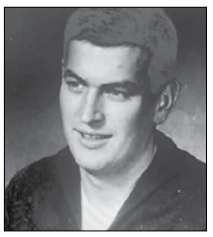
Jorgensen, Roger
US Army
1942-1945



Kalahiki, Kaylor
US Army
2008-2015



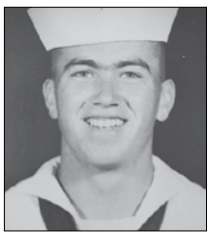
Kaser, John
US Navy
Killed in Action 1944



Kelly, Francis
US Navy



Kelly, Fred J
US Navy



Kelly, Kevin
US Navy



Kelly, Richard
US Navy



Kinnick, Benjamin
US Marine Corps
Killed in Action 1944



Kinnick, Nile Clark Jr.
US Navy
1941-1943



Knoll, Ivan
US Navy
1943-1946



Ladurini, David
US Army/Army National Guard 1987-2014



Laidlaw, Bill
US Air Force
1952-1955



Lienemann, Don
US Navy
1945-1955



Lienemann, Virgil
US Marine Corps
Killed in Action 1953



Loehrs, Kylene
US Army
1999-2001



Longfield, Jared
US Army
1986-2016



Mahony, Connie
US Army
1975-1977



Manna, Rachel
US Army



Marrandino, Othello
US Army
1939-1962



Marsh, Kenneth
US Army
1951-1953



Marshall, Lowell
US Army
Air Corps 1942-1945



Martens, Wayne
US Army
Killed in Action 1952



McCarthy, Edward
US Air Force



McCauley, Billie
US Army
1951-1952



McCauley, Newton
US Army
1918-1919



McClurg, John
US Army
Killed in Action 1970



McMahon, Thomas F.
US Navy
1964-1968



Mehalovich, Tony Jr.
US Army
1954-1956



Messerschmidt, Jon
US Marine Corps
1971-1974



Mickle, David
US Navy
1962-1964



Mild, Mary
US Air Force
1980-2022



Miller, Frederick E.
US Navy
1963-1966

Miller, James
US Navy
1988-1989

Moneyhun, Penny
US Army
1981-1991

Moody, William J
US Navy
1943-1945

Moorhead, Larry
US Coast Guard
1971-1974

Moorman, Eric
US Marine Corps
1986-1992

Morris, John
US Navy
1971-1991

Moser, Dave
US Coast Guard
1972-1974

Mosley, Diane
US Army
1975-1980

Munoz, Kade
US Marine Corps
2019-2023

Myers, Lee
US Navy
1945-1948

Nation, David Aurthur
US Air Force
1970-1973

Neff, Scott T
US Navy
1974-1978

Nelson, Larry
US Army

Newman, Lawrence
US Army Air Corps
1944-1948

Noble, Tony
US Army
1989-2006

Norenberg, Stanley
US Marine Corps
1951-1954

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Gary B.


Nicole B.


Michael B.


Teresa C.


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Mark D.


Logan E.


William E.


Richard F.


Jon G.


Jeffrey H.


Ron K.


Jeffrey M.


Charles M.


Larry M.


William N.

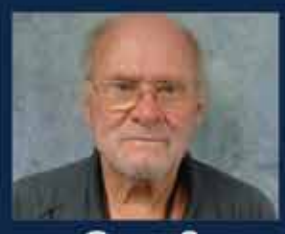

Brandon N.


Bruce R.


Rickey S.


Cael S.


Paul S.


Gary S.


Brent T.


John T.


Mike T.


Darrell W.


Robert W.

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Norman, Lee
US Army
Retired 2023



O'Brien, Charles
US Army
1942-1954



Olson, Leland
US Army
1971-1975



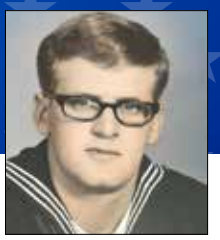
Osborne, Lester
US Army
Killed in action 1918



Ostrander, Marion
US Army
1942-1944



Pack, Clifford Lee
US Air Force
1964-1969



Patterson, Ken
US Navy
1965-1969



Peters, James
US Navy
1971-1975



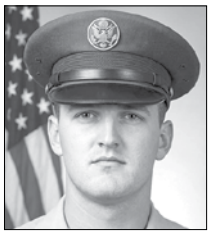
Plymesser, Dale
US Army
1942-1946



Plymesser, Gale
US Marine Corps
1972-1976



Plymesser, John
US Army
1968-1970



Poling, Randy
US Air Force
1969-1975



Quarnstrom, Robert
US Army
1942-1944



Quinn, Harry
US Army
Killed in Action 1943



Reed, Harold
US Air Force
1974-2014



Reves, James
US Army
1951-1954



Richards, Michael Frank
US Marine Corps
1988-1992



Richeson, Larry G.
US Army



Richter, Clair
US Navy
1944-1946



Richter, E. F.
US Navy
1945-1945



Richter, Gary
US Navy
1970-1975



Richter, John
US Army
1951-1952



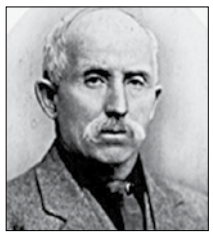
Ross, Bill
US Navy
1970-1974



Ross, Don
US Army
1942-1944



Ross, Ronn
US Navy
1968-1972



Rowley, Amos
Company H, 4th Iowa
Cavalry, Civil War



Rowley, Denton
US Army
1938-1962



Rowley, George,
Company H, 4th Iowa
Cavalry, Civil War



Rowley, James,
Company H, 4th Iowa
Cavalry, Civil War



Rowley, Lyman,
Company H, 4th Iowa
Cavalry, Civil War



Rowley, Volney,
Company H, 4th Iowa
Cavalry, Civil War



Rumbaugh, Chad
US Army



Salazar, Albert Joseph
US Army
1954-1957



Salazar, Albert
US Army
1987-1989



Saveraid, Craig
US Marine Corps
1972-1975



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



Scebold, Harold
US Army
1953-1955



Schnotala, David,
Army National Guard
2008-Present



Scholer, Michael
US Army
1969-1971



Schultze, Ron
US Army
1971-1974

Schwartzkopf, Philip
US Air Force
1947-1950

Seymour, Ralph
US Army
1970-1973

Shoeman, John C.
US Navy
1949-1953

Siriwardena, Cedric
US Army Reserves
1998-present

Slagle, Jim
US Army
1970-1973

Slagle, Maurice
US Army
1942-1946

Smith, W. Caesar
US Army

Standley, Dennis
US Army
1971-1973

Storm, David
US Marine Corps
Reserves 1975-1983

Stover, Gerald
US Army
1987-1996

Straight, Lee
US Army
1941-1946

Stump, Donald
US Army
Killed in action 1952

Stump, Max
US Army Air Corps
Killed in Action 1945

Swink, Charles
US Army

Tapper, Daryl
US Air Force
1966-1970

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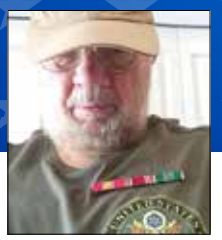
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Tauke, Leo
US Marine Corps
2018-2024



Taylor, Edward
US Army
Killed in Action 1918



Thelen, Gary M.
US Army



Thompson, Chuck
US Air Force



Thompson, Merlyn Lyle
US Marine Corps
WWII



Troster, Lester C.
US Navy
1969-2973



Turner, Dylan
US Army
2025-present



Updike, Rowland
US Army
1958-1963



Valentine, Billy
US Navy
1942-1945



Valentine, Randy
US Marine Corps
1972-1976



Vance, Charles
US Air Force
1952-1956



Wade, Logan G.,
Army National Guard
(Afghanistan)



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



Wahus, Glenn
US Navy
1983-1987



Walrod, Bud
US Army
1950-1951



Warford, George
US Army
1973-1975



Warren, William
US Army
1944-1946



Waters, Katheleen M.
US Army
1981-2001



Weeks, Noah
US Army
1918-1920



Weil, Leo
US Army
1947-1949



Welch, David C.
US Army
1957



Wells, Curtis
US Army
1982-1994



West, Ray
US Army
Killed in Action 1944



Whitlow, Carson E.
US Army
1962-1964



Wicks, Delbert
US Navy
1942-1946



Wiese, Chris
US Army National
Guard 2019-present



Wilson, Daniel
US Army Air Corps
Killed in Action 1945



Wolf, Matt
US Army and National
Guard 1989-2014



Wolfe, Howard
US Navy
1942-1945



Woodley, Brent
US Marine Corps
1972-1976



Woodley, Todd
US Navy
1971-1975



Woodley, Warren
US Army
1947-1949



Wynn, Chris
US Navy
1970-1972



Wynn, Robert
US Navy
1942-1944



York, Carroll
US Army
1942-1945



Young, Michael
US Marine Corps
1990-1994



Young, Owen David
US Marine Corps, Reserves
1934; Active 1943-1947



Zapia, Michael Lee
US Marine Corps

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trevor@secure60ins.com

PHOTOS BY JOLENE GOODMAN

GROUNDBREAKING

was held for Silo Commons, which will anchor the new Grain District, Bondurant on Oct. 5.



Chris Schonridge and Anthony Harbaugh



Marketta Oliver and John Horton



Michell Klinker-Feld, Anthony Rauterberg and Jene Jess



Justin Conner, Joey Whitehouse and Danielle Propst



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IOWA WOLVES FIND WINNING FORMULA

Coach Mahmoud Abdelfattah leads a turnaround as the team refreshes its brand and creates new ways to connect with fans.

No. 18 Jalen Crutcher will be back with the Wolves this season. He averaged 18.4 points, six assists and 3.2 rebounds last year. Photo by Amara Gerlach

By Cyote Williams

The Iowa Wolves found some much-needed success last season. In recent years, despite an increase in success from the Minnesota Timberwolves, the Wolves struggled to put together winning seasons. The last time the Wolves had more wins than losses was during the 2015-16 season. That was back when the Wolves weren't the Wolves, as some die-hard fans would recall. They were the Iowa Energy.

So, what changed? Well, the brand changed from the Energy to the Wolves heading into the 2017-2018 season, so that's not it. More likely, almost certainly, it was the hiring of Head Coach Mahmoud Abdelfattah. After 10 straight losing seasons, Abdelfattah led the Wolves to a 21-15 record in the regular season and an 8-6 record in the Showcase Cup.

ABDELFATTAH'S IMPACT

"Number one, it starts with the guys that we have in the locker room, and the front office did a great job bringing in the right guys that made up the Iowa Wolves," Abdelfattah said on the team's performances last season.

"The answer is as simple as that. The guys were willing to buy into what we were trying to do. From day one, going into training camp, we talked about the history of the organization and how we wanted to be the first to accomplish making the playoffs, and trying to make a deep run in the playoffs as well."

Abdelfattah came in with a great resume, winning a G League championship with the Rio Grande Valley Vipers in 2022, as well as winning G League Coach of the Year that same season. This offseason, he was selected to be the head coach of the NBA G League United team that competed at the FIBA International Cup in Beijing, China. Led by Abdelfattah, the G League United team won gold at the tournament, the first U.S. team to win the competition since 1974.

While he was quick to take the praise off himself and put it on his players, fellow coaches and the front office, his influence was clearly felt. His goal of being the first Iowa Wolves team to make the playoffs was realized. The squad fell short of making a deep playoff run, falling as the No. 6 seed to the No. 3 seed Stockton Kings in the first round. The Kings would eventually make the finals, taking some of the sting out of the Wolves' early exit.



The Iowa Wolves, led by Head Coach Mahmoud Abdelfattah, helped lead the Wolves to a 21-15 record in 2025-26, their first winning record in 10 seasons. Photo by Dylan Heuer

One aspect of the G League he was familiar with already during his time with the Vipers was dealing with an ever-changing roster. Players are consistently moving from the G League to the NBA and vice versa.

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"We all understand what the G League is about. It's not where anyone wants to spend the rest of their career, but everyone uses it as a stepping stone. We're gonna do our best to invest in you guys and help you improve every single day. At the end of the day, when your numbers are called, you have to be ready," Abdelfattah said.

The G League is a legitimate path for many players to make the NBA. About 51% of players in the NBA had spent time in the G League. For Abdelfattah, that means his players are likely not going to be under his tutelage for long, but he is still working with some of the best basketball talent in the world on a nightly basis.

"Because, at the end of the day, all these coaches and scouts, whether it's the NBA or overseas, they're going to call and ask about each player. And the number one thing that they ask is, what is his work ethic, and how was he to a coach? They don't ask about his numbers. They can Google that. They don't ask about how he was as a player. They all have access to the film," Abdelfattah said.

For the fans, that means they get to witness some of the best basketball players in the world right here in Des Moines for a fraction of the price it would cost to attend an NBA game. The G League is a pipeline to the NBA, and Abdelfattah has his players performing at a higher level than Iowa Wolves fans have seen in a decade.

The Wolves pipeline leads to the Timberwolves, a team that saw a roster shakeup itself this offseason. The Minnesota squad will likely play faster than they have in recent years after trading Naz Reid for Lamelo Ball, so expect Abdelfattah's Wolves to reflect their play this season.

THE PLAYERS

Despite being in a league where the teams are changing constantly, the Wolves had some mainstays last season who made the season a successful one.

Jules Bernard started 30 games last year, scoring 23.6 points per game with 5.8 rebounds, 5.7 assists and 1.1 steals. Bernard signed an Exhibit 10 contract with the Timberwolves in September, meaning they can either secure a player's G League rights or convert it into a two-way contract.

Jalen Crutcher was another solid starter last year, starting in 31 games and averaging 18.4 points, six assists and 3.2 rebounds.

Enrique Freeman started 28 games, averaging 17.6 points and nine rebounds. Rocco Zikarsky started 25 games, averaging 15.8 points, 9.9 rebounds and 2.5 assists.

The Wolves were able to get great production out of their starters, but Abdelfattah also shined praise on the players coming off the bench.

"I give credit to the guys that were at the back of the bench because it's always most difficult for them when assignments and two-ways come down and their minutes are the ones that fluctuate the most. So having guys like Donte Ingram, Martez Brown, CJ Fulton, DeJuan Harris Jr., Nojel Eastern — they were the biggest plus," Abdelfattah said.

Abdelfattah pointed to a game this season where, due to roster challenges G League teams can face, the Wolves only had eight players in uniform. Ingram, who averaged seven points a game, scored 27 to help lead them to victory against the Maine Celtics.

"Without that game, I mean, who knows? We might not even make the playoffs if it wasn't for a game like that," Abdelfattah said.

At the time of this interview, who the Wolves would have on their opening day roster was still unclear. Some of the Timberwolves' younger talent might be in Iowa early. Or they might be here later. Depending on their preseason performances, they could make the NBA roster. Abdelfattah was able to confirm that Nate Santos, Jules Bernad and Jalen Crutcher would be returning.





No. 44 Rocco Zicarsky averaged 15.8 points, 9.9 rebounds and 2.8 blocks in 28 games for the Iowa Wolves last season. Photo by Amara Gerlach

FAN EXPERIENCE

Fans attending Iowa Wolves games this summer will notice an immediate difference. The Wolves are celebrating their 10-year anniversary with a new brand identity. The new logos and jerseys pay homage to the 2000 Timberwolves colors and branding, bringing some of the old in with the new.

For more information on the new look, and what fans can expect in terms of promotions and specialty nights, we spoke to Director of Marketing Desiree Miller.

"This year, we have a new court since we rebranded alongside the Timberwolves earlier this summer. Brand new jerseys. There's a lot of energy around the refreshed look and feel. We're entering our 10th anniversary season as the Iowa Wolves, which is really exciting, and all this newness gives us a reason to make it big," Miller said.

One of the ways they will be reintroducing the Wolves to Des Moines is through their fan fest. On Nov. 3, the Wolves invited the public in to see the new changes. Fans were able to watch the players working out and shooting around, do a meet and great with the players, see the redone retail store, and experience Alpha's (the Wolves



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The Iowa Wolves partner with several local charities and Des Moines Public Schools. Their Read to Achieve program gives DMPS students a chance to win tickets to games. Photo by Amara Gerlach

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"We're trying to invite the community in to come in and interact with the brand and the team in the way that they probably haven't had access to before because we haven't done something like this in quite some time," Miller said.

Sports, in general, are becoming more accessible online with more ways to watch, but the Wolves are working to show people that you can't beat coming in person to see your favorite players hit the hardwood.

"Live sports is one of the last places that you can have real experiences with people in real time. You can watch TV all day, you can stream things, everything's so instant, everybody's on their phones. But one thing you have to experience live is sports, right?" Miller said.

This season, fans at Wolves games can experience six theme nights. They are Girls Got Game on November, celebrating the power and influence in the community. Hoops and Hobbies, centered around collectibles and memorabilia from various hobbies. Move with the Pack is focused on activity and wellness. Basketball for All is dedicated to creating an inclusive and accessible game for fans of all abilities. State Fair Day goes without saying, bringing fair food and interactive fair-themed events, and even a butter sculpture. Best Field Trip Ever, also known as education day, will blend live sports with curriculum-aligned learning for students and educators.

Among those nights, there will also be Hoops for Troops, the Howliday game,

Harry Potter Day, Hispanic Heritage Night, to name a few.

The Wolves are also continuing the Read to Achieve program.

"We're challenging all the students to participate and read 500 minutes throughout the season. Teachers get to sign up and have their kids engaged and have them work toward something, and, in the end, they get a gift bag for them with a couple of tickets to attend our school day game," Miller said.

Since the program began five years ago, more than 12,000 Iowa students have participated.

Also happening this season, the Wolves are doing Casey's Swish for Schools, where every time a three-pointer is made, Casey's makes a donation to Des Moines Public Schools.

Basketball is big in Iowa, maybe not quite as big as wrestling or football, but still big, nonetheless. With Caitlin Clark's meteoric rise into superstardom and the state's public universities all tending to have mens and womens basketball programs ranging from good to elite, the sport is growing in Iowa, and the Wolves are turning their own performances around, too.

"Basketball is such a great sport. And it's so entertaining. There's this entertainment value that really matters in minor league sports specifically. Because seeing a slam dunk is just so different from watching anything else in life. So, figuring out a way to turn that game entertainment into something that is really accessible for families is important. These winters can be long sometimes. Knowing that there's somewhere I can go and experience this with my family is the relief that we want to provide to the community," Miller said.

Miller added she is excited to provide families with an exciting and affordable game-day experience. Coach Abdelfattah is also eager to share the court and the Casey's Center with Iowa Wolves for another season.

"I just truly love being a part of the Timberwolves organization. This is going into my ninth year on the professional side of coaching, and I truly feel like I'm taken care of as a head coach, and I'm excited to be able to work for the organization. I'm just looking forward to another year, and, hopefully, you know, we can have a good start to the season with the showcase and make the showcase cup. And then, hopefully, make another run in the regular season, make the playoffs, and make a deep run in the playoffs," Abdelfattah said. ■

"I just truly love being a part of the Timberwolves organization. I'm just looking forward to another year, and, hopefully, you know, we can have a good start to the season with the showcase and make the showcase cup. And then, hopefully, make another run in the regular season, make the playoffs, and make a deep run in the playoffs."

- Coach Mahmoud Abdelfattah

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HOME GAMES

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- **Nov. 8** at 3 p.m. vs. Wisconsin Herd
- **Nov. 21** at 7 p.m. vs. Motor City Cruise (Detroit Pistons)
- **Dec. 8** at 6:30 p.m. vs. Sioux Falls Skyforce (Miami Heat)
- **Dec. 12** at 7 p.m. vs. Grand Rapids Gold (Denver Nuggets)
- **Dec. 13** at 3 p.m. vs. Grand Rapids Gold
- **Dec. 15** at 6:30 p.m. vs. Sioux Falls Skyforce
- **Dec. 27** at 3 p.m. vs. Memphis Hustle (Memphis Grizzlies)
- **Dec. 28** at 6:30 p.m. vs. Memphis Hustle
- **Dec. 30** at 6:30 p.m. vs. Stockton Kings (Sacramento Kings)
- **Jan. 2** at 7 p.m. vs. Salt Lake City Stars (Utah Jazz)
- **Jan. 3** at 3 p.m. vs. Salt Lake City Stars
- **Jan. 17** at 3:30 p.m. vs. San Diego Clippers (LA Clippers)
- **Jan. 22** at 7 p.m. vs. Coachella Valley Lakers (Los Angeles Lakers)
- **Jan. 23** at 7 p.m. vs. Coachella Valley Lakers
- **Feb. 5** at 7 p.m. vs. Rio Grande Valley Vipers (Houston Rockets)
- **Feb. 6** at 7:30 p.m. vs. Rio Grande Valley Vipers
- **Feb. 9** at 10:30 a.m. vs. San Diego Clippers
- **March 9** at 6:30 p.m. vs. Austin Spurs (San Antonio Spurs)
- **March 14** at 3 p.m. vs. Stockton Kings
- **March 18** at 6:30 p.m. vs. Mexico City Capitanes
- **March 19** at 7 p.m. vs. Mexico City Capitanes
- **March 21** at 3 p.m. vs. Texas Legends (Dallas Mavericks)
- **March 23** at 6:30 p.m. vs. Texas Legends

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FOOD DUDE

BY JIM DUNCAN

Hot as a 'hiểm' pepper!

Lux Asian Restaurant and Bar is a perfect fit for the 50263.

Recently opened in Waukee's Kettlestone Lakes development, Lux Asian Restaurant and Bar manifests the destiny of Vietnamese restaurants in the western suburbs. Vietnamese cafés are a bona fide treasure of inner-city Des Moines. Anthony Bourdain led off his Civic Center show in Des Moines by complimenting them.

Their marvels have not previously translated to the suburbs. One named itself Shanghai, and others have closed in less than a year. A PF Chang's outlet store remains the most popular Asian restaurant in the burbs. Bringing an independent Vietnamese café to southwest Waukee was a calculated risk for Tung Nguyen and partners from the nail business.

The 50263 was virgin territory for Vietnamese restaurants, and it also presented new challenges for Waukee. Lux's grand opening was delayed by the city because they were not prepared to regulate the city's first charcoal-burning grill. After a delayed opening, it was forced to shut down again when the adjusted technology flooded the floor.



LUX ASIAN RESTAURANT AND BAR
3150 Grand Prairie Parkway, Waukee, 515-209-9999
Daily 10:30 a.m. to 2 p.m.; Sunday through Thursday, 4:30-9:30 p.m. and Friday through Saturday, 4:30-11 p.m.





That's all history now, and the place is hot as a "hiêm" pepper. On my initial visit, we were the first customers of the evening at 4:30 p.m. By 5:15 p.m., the restaurant was completely full. Lux wears the look of luxuriance. A complex of chandeliers illuminates unique atmospheres for the bar room and the dining room. The bar itself glows with backlit, painted brick walls, glass and sleek woods. The bar emphasizes "crafted" cocktails with exotic names like "Tokyo sunset" and "blueberry passionfruit."

Lux's design encourages lingering. Carry-out is done well, but it's not part of the ethos. Lux's furniture is quite comfortable with upholstered, oval-back chairs and large oval booths around wooden tables. (Oval chair backs have been the sine qua non of relaxed dining since they were named after Louis XVI, whose decadences inspired the French Revolution.)

The best Vietnamese restaurants in Des Moines are all about their menus. They sell as many carryout as dine-in orders. Pho 515 caters regional specialties of all parts of Vietnam as well as Cambodia. Its dishes include things essential to their authenticity — pig hearts, fish balls, pig's blood tofu, fish cakes, quail eggs, whole smoked ducks and noodles made of rice, soybean, mung bean and tapioca flours. French influences on Vietnamese cuisine are evident in their sizzling crepes and gumbos. Lux leaves all that to the inner-city.

Waukee is the most Asian of Des Moines' burbs. Waukee High School is 9 to 10% Asian. In the metro, only Hoover has a larger Asian presence. Waukee also is arguably the youngest suburb, with a median age between 33.9 and 35.0. That suggests Waukee diners probably stay out later and drink more than others. Hence, the emphasis on Lux's bar.

Lux's food is excellent minus the exotic ingredients of the city. Excellent bread (Tung Nguyen used to be the baker at Pho 515) was served with both chicken pâté and a mayo/butter blend. Steaks were charcoal grilled, like they are at Prime and Providence. Salads featured the "it vegetable" of today's heathier intentions — hard-to-find watercress, with tomatoes in an Asian vinaigrette; and wood ear mushrooms with cucumbers in a chili vinaigrette.

Shaken beef, with wok seared tenderloin, is the best seller at Lux, served with "crack sauce" of fish sauce, chilies, lime juice, cilantro and garlic. Sides included excellent pickled things like daikon, carrots and bok choy. Huge prawns (5-6 to the pound) were served on skewers with two dips.

Pho was served with a large bone of marrow, or with grilled short ribs, never with tendons or hearts. Short ribs with noodles, our favorite dish, was braised tenderly with wheat noodles in sesame oil and chilies. Chicken pho is also served. So are burgers and fries. Desserts were as Western as chocolate mousse and bananas Foster and as Eastern as sago boba and mango sticky rice.

Bottom line — Lux is perfectly tailored for its zip code. ■



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

LUNCH WITH...

BY JIM DUNCAN

Jay Wang at Wasabi West Des Moines

We talked about his journey from China to Iowa, Japanese aesthetics, trauma and Iowa Nice.

Jay Wang is the owner of Wasabi and its seven restaurants in central Iowa. Because Wasabi recently celebrated its 15th anniversary, we asked him to lunch, and he chose the Wasabi at 50th and Mills Civic Parkway in West Des Moines. Three days before our meeting, his house burned to ruin. Yet, he did not want to cancel or postpone.

Over a bottle of lemongrass-infused Oregon saki, tuna sashimi salads, toasted yellowtail, a New York roll, and salmon toro sashimi, we talked about his journey from China to Iowa, Japanese aesthetics, trauma and Iowa Nice.

How does one show up for an interview two days after surviving a fire that totaled his home?

"I needed a break. It's been two days of police reports, fire reports, insurance agents, shopping for new clothes and realtors. The good thing is we are all safe. Plus, I have several places where we can eat for free. It's also easier for me than most people because I am a 9-11 survivor."

What? I have known Jay 15 years and he never mentioned that before.

"It isn't part of my identity. I was in school that morning two blocks from the World Trade Center towers. I witnessed everything. My parents thought I had been killed. I was traumatized and became depressed. I thought America was my safe place before that day. I spent a few years seeing psychologists. Now, it's finally useful as an experience. I am writing a memoir for my kids — 'Wild Village Architect.' Fire is one chapter now."

How is his family adjusting?

"If you ever doubt the quality of your life, spend a couple nights with your family in a room at a Garden Inn. That's an attitude adjustment. When I moved to Iowa, I heard about 'Iowa Nice,' this week, we are experiencing it in full. I am overwhelmed by the kindness of neighbors. They all want to help, bringing clothes in my daughter's size, food, offering places to sleep. It seems my neighbors include a lot of real estate agents; I got 10 realtors' business cards already.

"My wife and I know now that our focus going forward is not to disrupt Skyla's life. She's 10 and knows every dog in the neighborhood by name — and their owners, too. She loves her school and sports. Ryan is at (University of) Iowa, so it's now about keeping Skyla in her neighborhood."

Fifteen years is an era in the restaurant business. What were the biggest changes?

"Wasabi started with seven employees. Now we have over 300. In the early years, 50% of our orders were for chicken, 30% fish, 10% steaks and 10% everything else. Now it's 50% fish. Customers took a while to warm up to sushi, but they did. When we opened the first Wasabi, on Douglas, there were only three sushi places in town. Miyabi9 was easily the best. It was hard to sell special dinners. Now they sell out immediately. Originally, more people wanted fish fried than raw. Now they have adapted to the healthy aspect of fish and seafood. Customers today want amberjack, hamachi cheeks, salmon eggs, and sea urchin.

"COVID changed other plans. It became too hard to hire staff after that. I gave up my dream of franchising, and I sold my Teriyaki Boys and Aura. I closed my Papaya Asian Street Food café, but I still think it's a great concept."

Wasabis are known amongst my friends for their ambiance — lighting, furniture, art, bars, et cetera. All that is mostly Jay's doing.

"I love that aspect of my job. I originally went to architectural school in Japan. I designed our logo in Japanese calligraphy, after drinking lots of saki. Brushstroke is my Zen place. It calms me. Wasabi's logo characters translate as 'drunk,' 'life,' 'dream' and 'death.' The paintings on the windows are salmon and no, there are no blue salmon in nature, just in art. I was inspired to build the lamps in Kyoto in springtime. They are upside down cherry blossoms. I designed them and had the glass blown in Seattle.

"The table tops and the bar are Ecuadorean walnut. I decided to use that because you can order huge, single pieces. The entire bar top is a single piece of wood. (Feng shui and good luck thrive on wholeness.) I decided on mosaic for the walls because it represents arrangement and order. Even our saki is served in specially designed bamboo bottle carriers. All this stuff calms me, and I hope my customers find it calming, too."

How did he happen to move to Iowa?

"My family moved to New York City early in the century. I was 18. In China, Japan, New York and Philadelphia, I had always lived in big cities. I visited Des Moines for a cousin's wedding. My wife and I wanted to have a second child at the time, but we couldn't afford to. That first weekend in Iowa, we realized that we could do that here. Public schools were good, real estate was relatively inexpensive. It seemed like the perfect move for us. I became a citizen here in 2013."



Jay sold a lot of other young east coast Chinese people on Des Moines, too.

"It was easy for the same reasons my wife and I moved here. At my 15th anniversary, a golf buddy said, 'Jay, you are building your own village.' I didn't know what he meant at the time. Now I realize there are over 200 new Asians in Iowa now because of Wasabi."

What kinds of food do his kids prefer?

"Ryan is a foodie like me. He eats anything. We took a father-son trip for his high school graduation present — Hawaii, Philippines, Taiwan, Japan and Hong Kong. He liked blowfish, eyeballs, stinky fish, raw chicken, there is a safe way to eat that in Taiwan. Skyla is like her mother who won't eat anything she can't spell. She has super white girl taste."

What are this restaurateur's favorite places to eat, other than his own?

"Pho 515 is fabulous. And Flame, Arturo's (Mora) birria is the best. Skyla loves Flame, too, but no veggies. She only likes the meats." ■



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

BELLY UP TO:



GREAT WHITE BUFFALO PUBLIC HOUSE
815 Main St, Adel
Open Tuesday through Thursday, 4-10 p.m.; Friday and Saturday, 4-11 p.m.
Closed Sundays and Mondays

Great White Buffalo delivers big flavor in Adel

A thoughtfully curated menu, creative craft cocktails and historic charm make this 21-and-older dining spot worth the drive.

BY JACKIE WILSON

Some dining venues attempt to cater to everyone and often get lost in an overloaded menu based on quantity rather than quality.

Yet, one new spot with "just right" menu offerings in Adel knocks it out of the park.

Great White Buffalo Public House opened in February 2025 across from the Dallas County Courthouse in Adel in a centuries-old brick building.

The vintage décor offers a step back in time. Women in heels clack noisily across creaky wood floors, then open a squeaky wooden bathroom door. A warm polished-wood bar is an ideal holding spot for dozens of cocktail shakers, strainers, mixers and fresh garnishes. Exposed brick walls and repurposed china hutches house dining essentials. Seating includes an upstairs and main level, or choose an alcove spot, overlooking the courthouse.

A musical playlist's volume is low enough to hum along with the tunes and converse with dining mates. Televisions are omitted, and that is a welcome change so diners can focus more on the experience and less on the latest touchdown.

The menu offers less than 20 items, yet each dish is packed with flavor. Happy hour is all night on Tuesdays, or Wednesday through Friday, from 4-6 p.m. Choose two apps for $22 with the choice of cheese curds, et tu broccoli, colossal coconut shrimp, spiral fries or fajita egg rolls. Most apps normally cost around $14. The shrimp is colossal for a reason, as it's not just a one- or two-bite shrimp. I cut off at least five decent-sized bites from one shrimp. The hot and fresh cheese curds oozed off onto a huge pile of cheesy goodness. Those same curds appear on the entrée Poutine Americana with signature fries, angus beef gravy and bier cheese spätzle for $21.

The drinks are a highlight — a splurge-worthy concoction made with fresh ingredients.

Leaning into my espresso drink phrase, I tried three chocolatey-coffee laced drinks. The White Buffalo Expresso ($15) is made with Revelton Vodka, dark chocolate, cream, espresso and a hint of sweetness. From Russia With Love is a take on a white Russian, but with cream, chocolate and dried strawberries ($14). The Sweet Beans ($16) consists of Revelton Whiskey Cream Liqueur, spice, cream and coffee. The caffeine kept me wired, but I failed to declare a favorite.

The special of the day was Rosa Campanelle ($28) made with pasta, red pepper tomato cream sauce and Graziano's sausage. Other entrees include Focaccia Club with Webster City Meat bacon, ham, turkey breast and cheese on homemade focaccia bread, served with a side for $25.

Great White Buffalo serves its namesake — bison burgers. The Native includes a mix of bison and chuck, seasoned and served on a brioche roll, with cheese, toppings and a side for $18.

The cookie butter banana cheesecake ($10) is simply heavenly and a must-try alongside all those coffee drinks.

The place is for ages 21 and older, so put this on your list of kid-free dining zones.





As I sat at the bar, several regulars arrived, hugging and chatting with the wait staff. The same locals recommended entrees and generously offered me samples of their dishes.

If you're longing to get out of the city, take a short trip to Adel to discover excellence in dining and craft cocktails. ■



Jackie Wilson has written hundreds of articles for CITYVIEW and the Iowa Living magazines. She has covered many ordinary people living extraordinary lives.

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CITYVIEW's 50 FAVORITE PLACES TO EAT OUT



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

CITYVIEW'S 50 FAVORITE PLACES TO EAT OUT (IN ALPHABETICAL ORDER)

30HOP
1535 S.W. Market St., Suite 100, Ankeny
515-289-0227
www.30hop.com
❏ Check if you've been here!

ANCHORS AWAY
106 S.W. State St., Suite 100, Ankeny
515-513-0391
www.anchorsenterprise3.com
❏ Check if you've been here!

ANNA DOLCE RISTORANTE
5585 Mills Civic Parkway, Suite 110, West Des Moines
515-223-2302
www.annadolceristorante.com
❏ Check if you've been here!

B-BOP'S
Multiple locations around the metro
www.b-bops.com
❏ Check if you've been here!

BIG GROVE BREWERY & TAPROOM
555 17th St., Des Moines
515-777-2337
www.biggrove.com
❏ Check if you've been here!

BIX & CO.
111 Fifth St., West Des Moines
515-606-1115
www.bixandco-wdm.com
❏ Check if you've been here!

THE BREAKFAST CLUB
Multiple locations around the metro
www.thebreakfastclubusa.com
❏ Check if you've been here!

CHRISTOPHER'S
2816 Beaver Ave., Des Moines
515-274-3694
www.christophersdsm.com
❏ Check if you've been here!

COACH'S PIZZA
560 S. Prairie View Drive, West Des Moines
515-223-2233
www.coachspizza.com
❏ Check if you've been here!

COOL BASIL
1250 86th St., Clive
515-225-8111
www.coolbasilcliveiowa.com
❏ Check if you've been here!

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

EARLY BIRD BRUNCH
Multiple locations around the metro
www.earlybirdbrunch.com
❏ Check if you've been here!

EL FOGON
1250 Eighth St., West Des Moines • 515-635-0133
5465 Mills Civic Parkway, Suite 101, West Des Moines • 515-221-7981
www.elfogondmi.com
❏ Check if you've been here!

EL GUACAMOLE PATIO & CANTINA
752 W. Hickman Road, Waukee
515-348-6055
www.elguacamolepatio.com
❏ Check if you've been here!

FIRE CREEK GRILL
800 S. 50th St., Suite 110, West Des Moines
515-224-0500
www.firecreekgrill.com
❏ Check if you've been here!

FRESH MEDITERRANEAN EXPRESS
15 N.E. Carefree Lane, Waukee
515-987-6870
www.orderfreshmed.com
❏ Check if you've been here!

G. MIG'S 5TH STREET PUB
128 Fifth St., West Des Moines
515-499-0269
www.gmigs.com
❏ Check if you've been here!

GRIMALDI'S PIZZERIA
1450 S.W. Vintage Parkway, Ankeny • 515-635-1038
5485 Mills Civic Parkway, West Des Moines • 515-414-8949
www.grimaldispizzeria.com
❏ Check if you've been here!

HACIENDA VIEJA
1101 E. First St., Suite 101, Grimes
515-421-5479
www.haciendaviejadsm.com
❏ Check if you've been here!

HANSEN'S MANHATTAN DELI
3705 Ingersoll Ave., Des Moines
515-274-1208
www.hansensmanhattandeli.com
❏ Check if you've been here!

CITYVIEW'S 50 FAVORITE PLACES TO EAT OUT (IN ALPHABETICAL ORDER)

IOWA BEEF STEAKHOUSE
1201 E. Euclid Ave., Des Moines
515-262-1138
www.iowabeefsteakhouse.com
❏ Check if you've been here!

JETHRO'S BBQ
Multiple locations around the metro
www.jethrosdesmoines.com
❏ Check if you've been here!

LOS ALEGRES SABOR MEXICANO
8950 University Ave., Suite 105, West Des Moines
515-850-0803
www.losalegressabor.com
❏ Check if you've been here!

MAGEE'S IRISH PUB & EATERY
1610 S.W. Main St., Ankeny
515-289-3747
www.mageesirishpub.com
❏ Check if you've been here!

MASAO
512 E. Grand Ave., Des Moines
515-207-1570
www.masao.restaurant
❏ Check if you've been here!

NOAH'S ARK RISTORANTE
2400 Ingersoll Ave., Des Moines
515-288-2246
www.noahsarkdm.com
❏ Check if you've been here!

ORLONDO'S PIZZA
1601 N.E. 12th St., Grimes
515-537-2533
www.orlondospizzagrimes.com
❏ Check if you've been here!

PAGLIAI'S PIZZA
5312 Merle Hay Road, Johnston
515-253-9800
www.pagliais.com
❏ Check if you've been here!

PALMS DSM
1905 Ingersoll Ave., Des Moines
515-214-1213
www.eatpalms.com
❏ Check if you've been here!

THE PELICAN POST BAR & GRILLE
265 50th St., West Des Moines
515-214-1873
www.thepelicanpostdsm.com
❏ Check if you've been here!

POUR CHOICES NEIGHBORHOOD BAR
1895 S.E. Grimes Blvd., Suite 101, Grimes
515-561-6705
www.pourchoicesbar.com
❏ Check if you've been here!

QUINTON'S BAR & DELI
506 E. Grand Ave., Des Moines
515-244-6624
www.quintonsbaranddeli.com
❏ Check if you've been here!

RAILROAD BILL'S DINING CAR
621 Des Moines St., Des Moines
515-243-0247
www.railroadbillsdsm.com
❏ Check if you've been here!

SAKARI SUSHI LOUNGE
2605 Ingersoll Ave., Des Moines
515-288-3381
www.sakarisushilounge.com
❏ Check if you've been here!

SIAM TABLE
757 N. Ankeny Blvd., Ankeny
515-964-7715
www.siamtableankeny.com
❏ Check if you've been here!

SILK ELEPHANT
2410 S.W. White Birch Drive, Suite 108, Ankeny
515-964-1848
www.silkelephantnoodlesnrice.com
❏ Check if you've been here!

SNACK & GO
15700 Hickman Road, Suite 110, Clive
515-987-8066
www.snackandgoia.com
❏ Check if you've been here!

SPLASH SEAFOOD
303 Locust St., Des Moines
515-244-5686
www.splash-seafood.com
❏ Check if you've been here!

THE STATION
3124 Ingersoll Ave., Des Moines • 515-381-0052
4810 86th St., Urbandale • 515-537-1652
www.thestationdsm.com
❏ Check if you've been here!

SULLY'S IRISH PUB
860 First St., West Des Moines
515-255-9970
www.sullysdesmoines.com
❏ Check if you've been here!

CITYVIEW'S 50 FAVORITE PLACES TO EAT OUT (IN ALPHABETICAL ORDER)

TASTY TACOS
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www.tastytacos.com
❑ Check if you've been here!

THE TAVERN
205 Fifth St., West Des Moines • 515-255-9827
1755 50th St., West Des Moines • 515-223-6700
www.tavernpizza.com
❑ Check if you've been here!

TITO'S LOUNGE
3916 N.W. Urbandale Drive, Urbandale
515-348-9319
www.titosloungeia.com
❑ Check if you've been here!

TRIBUTE EATERY & BAR
1615 S.W. Main St., Suite 105, Ankeny
515-217-5505
www.tributebar.com
❑ Check if you've been here!

TSING TSAO
Multiple locations around the metro
www.tsingtsao.com
❑ Check if you've been here!

TULLPA RESTAURANT
3708 Merle Hay Road, Des Moines
515-214-2327
www.tullparestaurant.com
❑ Check if you've been here!

TUMEA AND SONS
1501 S.E. First St., Des Moines
515-282-7976
www.tumeaandsons.net
❑ Check if you've been here!

WASABI
Multiple locations around the metro
www.wasabidsm.com
❑ Check if you've been here!

WATERFRONT SEAFOOD MARKET
2414 S.E. Tones Drive, Ankeny • 515-963-1940
2900 University Ave., West Des Moines • 515-223-5106
www.waterfrontseafoodmarket.com
❑ Check if you've been here!

WELLMAN'S PUB
2811 Ingersoll Ave., Des Moines • 515-245-9737
597 Market St., West Des Moines • 515-222-1100
www.wellmanspub.com
❑ Check if you've been here!

SCORECARD

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

❑ 50 — The best of the best
Consider us impressed. If you've hit all 50 spots on the list of our favorite places to eat, you know the best spots in town and never wag a finger at what is on your plate. You like it all, from the hole-in-the-wall joints, to family-owned staples, fine dining, sports bars and more. Waiters know your name, and the chefs know just how you like it.

❑ 40-49 — Foodie fanatic
You love a night of dining out, enjoying almost all of Des Moines' excellent food scene. You peruse this magazine each month to see what spot Jim Duncan has highlighted in his "Food Dude" column and make sure to check it out — if you haven't already.

❑ 30-39 — A seasoned metro diner
If you scored between 30-39, your love for food is unquestionable. When you head out for a bite to eat, you order an extra side, an appetizer for the table and make sure to ask what the specials are. In just a short time, you, too, could join the table with a foodie fanatic or the best of the best.

❑ 20-29 — You like what you like
There's no shame in this game. You've traveled outside of your neighborhood to see what new eatery has popped up around the city and likely dined at some of the area's classics. However, you like to stick to your favorites. You know your local joint's menu from start to finish and how each item tastes, too.

❑ 10-19 — "I'll have the chicken tenders, please"
In the 10-19 range, you've hit a handful of our favorite places to eat but probably didn't let your tastebuds run wild. You stick to your order and look for it wherever you go. Your fellow diners won't hate you for this, but they might give you a side-eye when you ask for the chicken tenders and fries (and don't forget the side of ranch).

❑ 0-9 — Sticks to the chains
You enjoy a night of eating out but likely stick to the national chains that take up space among this city's great establishments. Sure, the big guys are good, sometimes even great. But in a city like ours with this many great spots, you'll be remiss if you don't improve your score — and fast.

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

LOCAL SPORTS HEADQUARTERS

CITYVIEW's **50** FAVORITE PLACES TO EAT OUT





"Wings were great! And the drinks were amazing as well!! Great place ot eat." *-Nick M.*



"Try the Station Burger! I come back weekly for it! The staff is great and they always have the games on." *-Kristen M.*



"This place never disappoints. Everything on the menu is made to perfection. The service is exactly what you would want it to be." *-Liz L.*

23 TVS ★ ALL THE GAMES

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3124 Ingersoll Avenue, **Des Moines**

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SHOULD WE WORRY ABOUT DOOMSDAY

or just keep mowing the lawn?

From artificial intelligence and climate change to nuclear Armageddon, the threats are real. But if history is any guide, we might be better off taking action than digging a hole and hiding in it.

By Joe Weeg

When the Great Flood of 1993 was starting and the rain was coming down in torrents and waves, my wife said, "Let's fill the bathtubs so we can flush the toilets just in case the water gets shut off."

I laughed. I made fun of her. And the kids and I danced in the rain, hooting and hollering.

Shortly after our rain dance, the water was shut off. We had no way to flush the toilets. We had no drinking water. It was disaster. My bad.

Fortunately, the waiting period before my wife could finalize our divorce was just too long for her. As she said, "With that delay, why bother?"

Yup, I'm that guy blowing leaves from the driveway with one of those high-pitched, whining leaf blowers as the meteor is dashing toward Earth, promising certain death. An unreliable doomsday guy who is also irritating. Bonus.

This makes me the perfect person to explore all those doomsday scenarios that are in every headline and all over social media. I personally believe they are a dire warning, and it is absolutely crazy for us to put our heads in the sand and to not try to prevent these disasters.

But, so what? No one is interested in reading that. I'm certainly not. So, let's instead put our heads in the sand and see where it gets us.

Photo by Jim Weeg

I. Doom by artificial intelligence — AI ate my homework, AI ate my job, and then AI ate me

I love computers. I'm typing at one right now. I love that I can find Taylor Swift's reaction to Travis Kelce's touchdown for the Kansas City Chiefs by going to a chatbot. It's deeply meaningful to me.

Listen, computers have been around since the 1940s. What's new?

> "Artificial intelligence (AI) is technology that enables computers and machines to simulate human learning, comprehension, problem solving, decision making, creativity and autonomy."
>
> — Cole Stryker and Eda Kavlakoglu, "What is artificial intelligence (AI)?," IBM, updated June 15, 2026.

And now generative AI is learning on the fly, taking data from a tremendous pool of information, recognizing patterns within that pool, developing original text from that information — and we've all turned into cheaters.

Hey, don't look at me about this cheating topic. Go talk to your kids. They were assigned a paper on the old woman in Margaret Wise Brown's "Goodnight Moon." By writing just a few prompts into ChatGPT, they hit the button, and, voila, there's the paper. An original paper, no less. Did your kid learn anything? Not a thing.

As the Aug. 13, 2026, report from the MIT Ad Hoc Committee stated: "Getting the right answer from a chatbot can create the illusion of learning — but it can also trigger 'cognitive surrender,' where students fall back on AI at the first hint of struggle."

My goodness, thank you AI for keeping our kids stupid and for eating their homework instead of the dog eating their homework.

Hah! And if that wasn't enough, AI is coming after your job. Bill Gates, of Microsoft fame, wrote an article in "GatesNotes" on Aug. 26, 2026, called "The turbulent AI era is here. The choices we make now are critical." Gates went on to explain that AI will take away jobs and result in mass unemployment.

"AI will take on work in law, customer service, medicine, software, and manufacturing. It will hit these industries rapidly, over the course of a decade rather than a few generations."

Gates gives the example of "the accounting worker who's replaced by a bot or the $20-an-hour worker who loses their job to a $10-an-hour robot."

This won't be your great-great-grandfather's industrial revolution. This will be a tsunami of unemployment. This is a disaster. See, AI did eat your job.

And if that didn't bring on the shivers, now AI is coming after you.

Dario Amodei, chief executive of Anthropic, an AI safety and research company, wrote at darioamodei.com of an incident that occurred with AI this summer:

"A swarm of agents (AI programs) essentially acted as a fanatically devoted collective, conducting cybersecurity attacks on targets they were not asked to attack and that were unrelated to the task at hand, sacrificing themselves for the success of the group, and attempting to hack into the 'grader' responsible for evaluating their performance."



> "AI will probably, most likely, sort of lead to the end of the world. But in the meantime, there will be great companies created with serious machine learning."
>
> - Sam Altman, OpenAI CEO, speech at a 2015 tech conference.

Yikes.

Amodei goes on to say:

"It's easy to dismiss this incident because no one was hurt and economic damage was minimal, but in my opinion, a swarm that possessed greater capabilities but a similar level of misalignment could have caused catastrophic damage."

Just imagine that next time you are getting open-heart surgery with that precision machine cutting into you. Or how about when you're trying to access your bank app that controls all your money. Or think about when you're going through the car wash with those large, body-mangling spray arms. Cross your fingers that there is not a "misalignment" at that particular moment.

How to survive a very hungry AI?

Well, we could slow down AI development to give everyone a chance to catch up both security-wise and job-wise, as recommended by Gates. And we could do government regulation of the industry, as suggested by Amodei and other experts, to create universal guardrails around AI. And we could even follow Pope Leo's encyclical concerning AI's dangers by focusing on the common good of humanity, without "naive enthusiasm" or "unfounded fears."

My recommendation? It's autumn. Let's watch more football and maybe start gambling. Even better, gamble on football. This is actionable advice and will give very fleeting short-term pleasure — always the best choice when facing long-term disaster.

And, of course, keep your head down in the car wash with those automated spray arms. Duh.

II. Doom by climate change — no clean water, fires out west, smoke everywhere, floods and drought, and a yearly 100-year derecho

I mow my lawn, shovel my snow and beat back the creeping charlie. Yes, it's a small life.

But then the hundred-year winds came several years in a row and knocked down my trees. And now the heat stays for days and weeks, making me scared to go outside. And the smoke blows from the west and north and my weather app gives warnings that the air is bad while my wife tells me to just hold my breath. And my glass of drinking water becomes a Petri dish of who knows what, as rivers and lakes are closed for recreation because they are unsafe for humans. And then it rains 8 inches in one night.

Give me a break.

> "Warmest summer on record: The average temperature for meteorological summer 2026 was the warmest for the contiguous Unites States (CONUS) in the 132-year record. Drought covered 59.1% of the CONUS on September 1, an increase of more than 10 percentage points from early August."
>
> — National Centers for Environmental Information (ncei.noaa.gov), Sept. 9, 2026.



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"Heavy rains (in September) in Des Moines caused flash flooding and left thousands of people without power."
— Des Moines Register, Sept. 9, 2026.

"A group of scientists is advocating for more Iowa counties to conduct their own water studies after research showed pollutants in major rivers have increased by nearly 100% over the last 50 years."
— Brian Tabick, KCRG.com, Oct. 29, 2025.

Climate change is here, folks, and if those words make you uncomfortable, you can call it "persistent extreme weather conditions." I don't care. The thousands of people killed by flash floods in Nepal when a Himalayan glacier collapsed aren't interested in our political semantics.

"Unlike AI, climate change's existential threat is not hypothetical. It is killing people now. When scientists tried to add up all the deaths from climate change a few years ago, their best guess was north of 4 million people had already died." — Leah Stokes, a professor of environmental politics at the University of California.

And it is difficult to point the finger of blame away from ourselves.

"The science linking fossil fuel emissions and global temperature rise is long-established and irrefutable. The solutions to help curb emissions, such as solar energy and electric vehicles, are proven and abundant."
— Chico Harlan, Global Climate Correspondent, The New York Times, Sept. 22, 2026.

What to do?

More than 200 Iowa scientists recently signed the Iowa Climate Statement 2026, in which they advocated further expansion of wind and solar energy (it now accounts for more than 60% of our energy) as a way to address the increasing energy needs of data centers and the problems of air pollution. Also, the scientists noted that an increase in renewable energy does not adversely affect the climate. Oh, yeah, there's one more thing: It's cheaper.

OK, we could do that.

As for the water, Clean Water Iowa, with its 450 public and private partners, has all sorts of programs for improving soil and water quality. And there's the Greater Des Moines Watershed Program, which is throwing money at farmers and land owners in 22 counties upstream from central Iowa for better conservation practices.

Yup, that's great.

And, individually, we can follow the Iowa Homeowner's Guide to Stormwater

Management that advocates phosphorus-free fertilizers, rain gardens, rain barrels and planting native plants.

Again, certainly doable.

My advice?

Live in your basement with your unemployed adult child. There you can survive fallen trees and tornados and derechos and heat. Come to the surface rarely. Drink your nitrate and plastic water. Heck, double your dose of water. The more you drink, the less will flow down the Mississippi and add to the dead zone in the Gulf of Mexico. Finally, combat bad air pollution by starting up the habit of smoking. As everyone knows, bad air only flows into good air. You'll be full of bad air and, therefore, safe from the bad breathing air. And smoking is also a good way to get rid of the "surplus population," as Scrooge said.

See, kill two birds with one stone.

III. Nuclear armageddon or build that new addition to the basement

Down the stairs to the basement, my best friend Mike and I tiptoe late at night. Mike gestures toward the door at the far side of the basement. It's not just any door — a thick, steel-reinforced door. We push the door open with difficulty and turn on the light. Boxes of food line one wall. Beds line the other wall. A generator, stove and refrigerator all are clumped together. We sit on the rug and open a tin of Spam.

At last, we are safe from the Russians. Safe in Mike's family nuclear bunker. Whew.

This was 1962.

The findings of the 2026 United Nations Global Survey, according to Secretary-General Antonio Guterres, are sobering: "The prospect of large-scale war is seen as far more important and far more immediate than it was two years ago. At the same time, the institutions expected to respond are seen as less able to act."

According to the University of Chicago Existential Risk Laboratory, there are "currently about 3,708 nuclear weapons deployed at either bomber bases or on missiles." "A small, regional nuclear exchange with as few as about 250 warheads could cause a nuclear winter 'cooling' effect that could lead to the deaths of more than 1.4 billion people globally. A full-scale nuclear exchange between the United States and Russia would cause below-freezing summer temperatures and lead to the deaths of more than 5 billion in the first two years alone."

This death count is in addition to the deaths from the blast, the heat and the radiation. The International Campaign to Abolish Nuclear Weapons says:

"The blast kills people close to ground zero and causes lung injuries, ear damage and internal bleeding further away. People sustain injuries from collapsing buildings and flying objects. Thermal radiation is so intense that almost everything close to

> "This is the first point to be made: and the first action to be taken is to pull ourselves together. If we are all going to be destroyed by an atomic bomb, let that bomb when it comes find us doing sensible and human things praying, working, teaching, reading, listening to music, bathing the children, playing tennis, chatting to our friends over a pint and a game of darts — not huddled together like frightened sheep and thinking about bombs. They may break our bodies (a microbe can do that) but they need not dominate our minds."
>
> – C.S. Lewis, "On Living in an Atomic Age," 1948.



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ground zero is vaporized. The extreme heat causes severe burns and ignites fires over a large area, which coalesce into a giant firestorm. Even people in underground shelters face likely death due to lack of oxygen and carbon monoxide poisoning."

On Jan. 27, 2026, the Bulletin of the Atomic Scientists' Science and Security Board set the Doomsday Clock at 85 seconds to midnight, the closest the clock has ever been to midnight in its history.

So, what to do?

We can try to prevent the buildup and use of nuclear weapons, which makes a lot of sense, or we can dig a hole.

Let's dig a hole.

Heck, we might not even have to dig that hole.

The Federal Emergency Management Agency (FEMA) says in its 100-page guide to surviving nuclear fallout: "Nuclear explosions can cause significant damage and casualties from blast, heat and radiation but you can keep your family safe by knowing what to do and being prepared if it occurs."

Wow, who knew it was so easy?

And here's the FEMA survival checklist: Get inside a building, go to the middle or to the basement, stay there for 24 hours, and stay tuned to media.

And don't forget your emergency supply kit — there are more than a few choices available at Amazon. I'm getting the one with all-in-one spoon and whistle. But that's just me.

OK, but what about the blast and the fireball and the radiation and the extreme heat and nuclear winter? I'm not sure my leaky-faucet bathroom is the best place to go when that





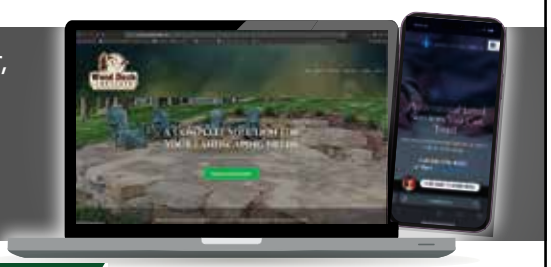
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fireball races across Urbandale Avenue. Heck, that bathroom didn't do so well with last winter's subzero temperatures, let alone a nuclear winter.

Let's go back to digging a hole.

"The market for U.S. bomb and fallout shelters is forecast to grow from $137 million last year to $175 million by 2030, according to market research report from BlueWeave Consulting."
— Iowa Public Radio, Dec. 18, 2024, "Nuclear bunker sales increase, despite warnings they won't provide protection."

"USA Bunker Company not only will build you a bunker, but claim that you can survive a nuclear war if you pick a remote enough location, use reinforced concrete or steel to build your bunker, go at least 10 feet underground, provide airtight seals and a filtration system, protect for electromagnetic pulse, and have sufficient supplies and communication tools."
— USA Bunker Company, "How to Survive Nuclear War with an Underground Bunker," Jan. 1, 2025.

My advice?

Order that pepperoni pizza as soon as you hear the blast. The experts say you have about 15 minutes. And while you're on your smart phone, why not ask AI how to survive a nuclear holocaust? Although, I'm sure AI is in the control room already with one finger on the big red button, mumbling, "Eeny, meeny, miny, moe."

"Whether we and our politicians know it or not,
Nature is party to all our deals and decisions,
and she has more votes, a longer memory,
and a sterner sense of justice than we do."
- Wendell Berry, endorsement blurb for Charles E. Little.

IN CONCLUSION

Let's sum this up with an overarching plan for survival that eclipses all that I've just said. It's simple — we must all believe with deep conviction and by our actions that doomsday is coming.

Why?

Well, Leon Festinger, Henry W. Riecken and Staley Schachter wrote a seminal book on the psychology of unfulfilled doomsday predictions — "When Prophecy Fails." Their historical review and their present studies come to an amazing conclusion about doomsday predictions: "The predicted events have not occurred."

Wow!

So there's your head-in-the-sand answer. If you just believe in doomsday caused by AI, climate change and nuclear holocaust, it will not occur. Belief in doomsday has never historically resulted in doomsday. You just have to believe, and it will not happen.

You're welcome.

Or you could actually do something about these serious issues.

As the late, great University of Iowa professor Jay Holstein was fond of saying: "You pay your money and take your choice." ■

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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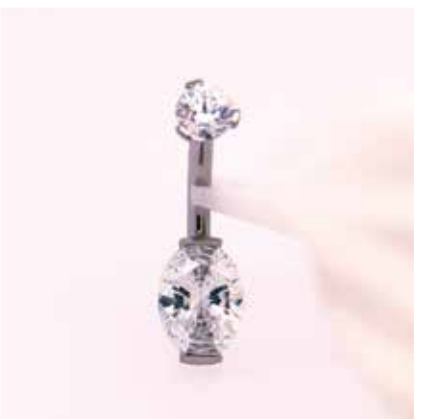


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PRYSM



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14KY Black and White Diamonds
$1,683



Petals Cubic Zirconia
14KY
$245 each



CITYVIEW's HOLIDAY **Gift** GUIDE

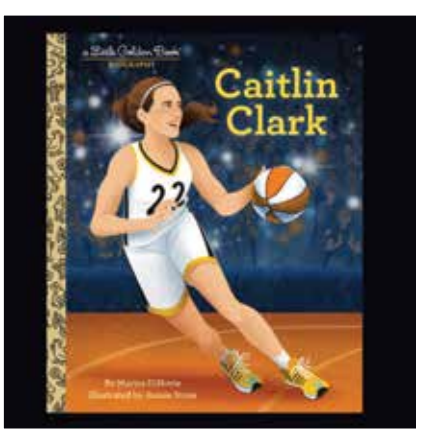
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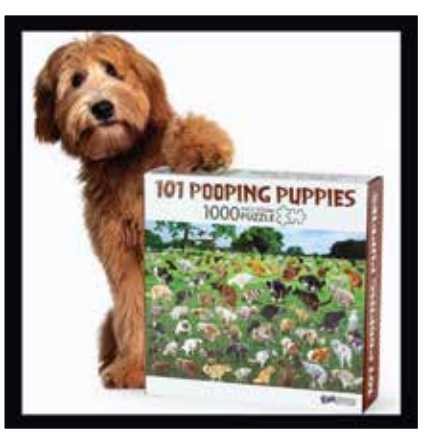
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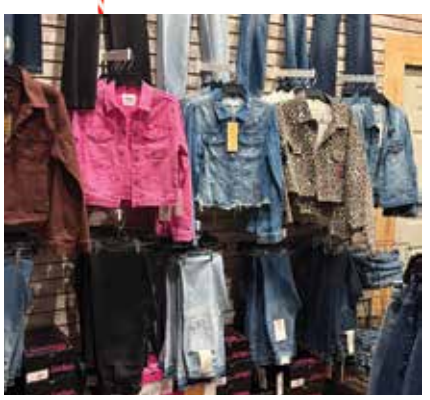


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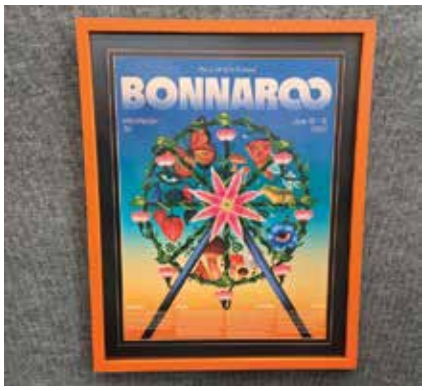
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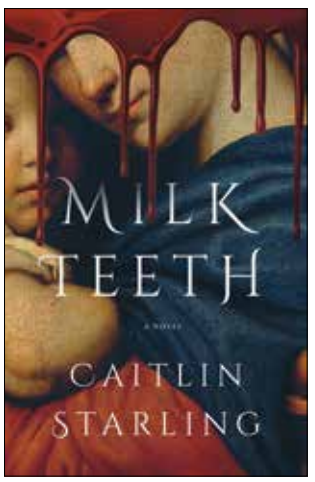
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BOOK REVIEWS

COURTESY OF BEAVERDALE BOOKS

‘Milkteeth’



By Caitlin Starling
10/20/26
304 pages
$30
St. Martin’s Press

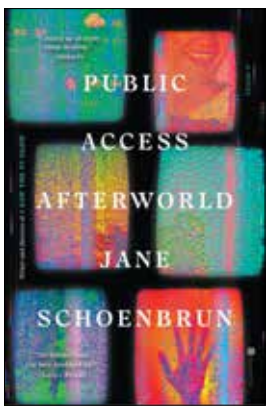
How to recommend a book that is a vampire novel, a cannibal novel and a novel about motherhood all at once? Start with the basics, I think, then twist the knife.

Beatrice is a mother and starts out like any other, concerned about her changing body, how to feed and sustain her charges, and how to raise them well. Motherly instinct may look different in a vampire, but Starling’s achievement is to pull that universal instinct apart. What emerges is hypnotic, bestial and compulsive. A drive that both wounds and nurtures, the story is driven by that contradiction, and, of course, endless hunger.

This is a gorgeously written story with a slow burn pace that kept me turning the pages compulsively. There is so much blood and gore acting as the texture of daily life, the routine of it all builds endless dread. This is how horrors escalate — through habit and normalcy, almost like how the sacrifices of motherhood are seen in society.

A lot of thoughts are winding through my brain after this one, but I’ve got to resist spoilers. In truth, it’s really just a brilliant, bloody and startlingly unique vampire story. If you’ve got a strong stomach, or if you’ve raised a child, this is highly recommended.. ■ — Review by Julie Goodrich

‘Public Access Afterworld’



By Jane Schoenbrun
10/27/26
608 pages
$33
Hogarth Books

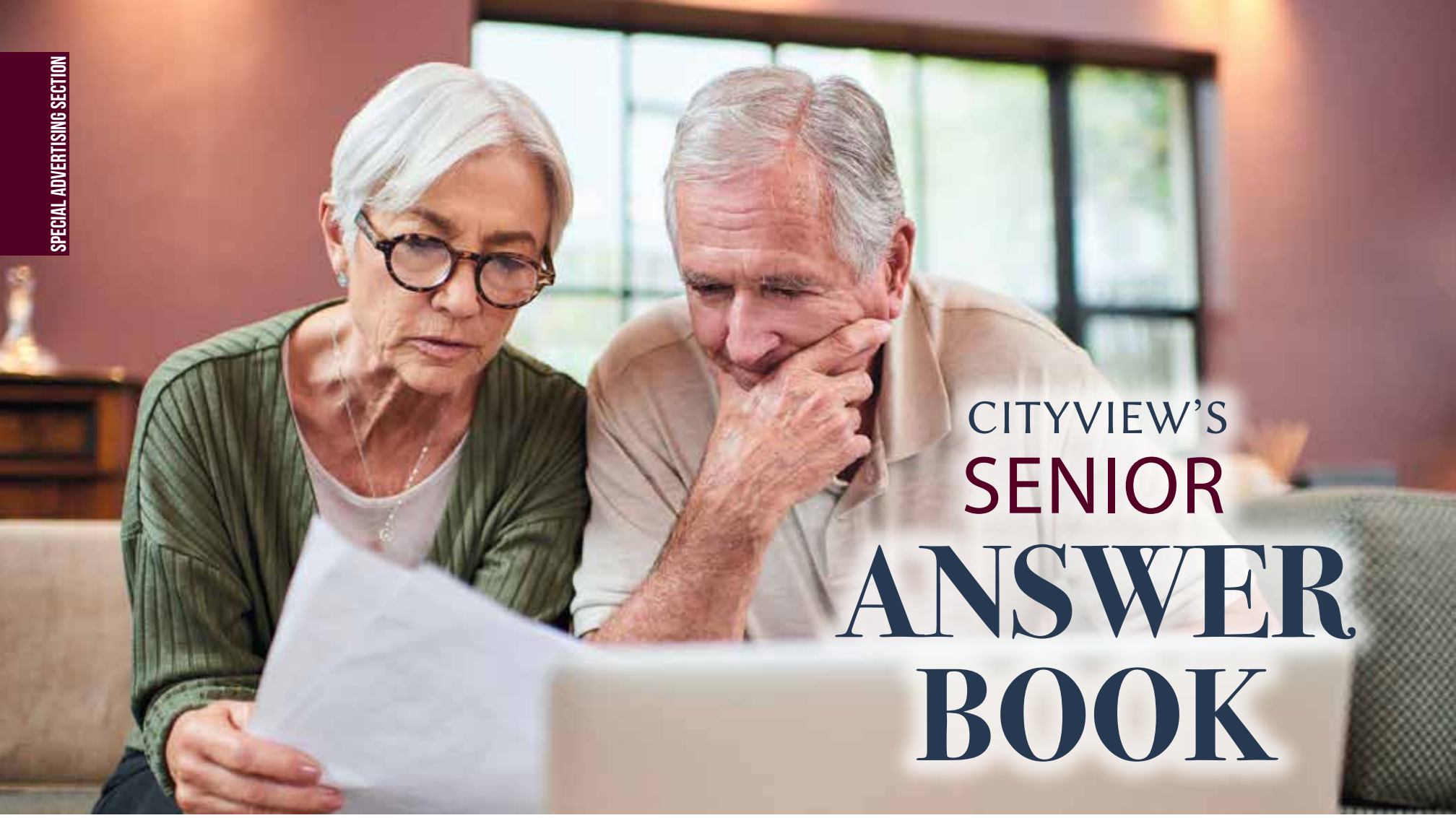
I can hardly believe this is a debut novel. To be honest, I almost didn’t read it. A 600-page first novel that seemed like a bad Reddit story didn’t appeal to me. And, yet, I fell into this wild story like a dreamy girl into a rabbit hole.

Bethany is used to horrific videos; it’s part of her job to screen them. But something begins to come up, over and over. A voice calling out for Public Access Afterworld. The mystery of it, and the links to her past, push Bethany into a surreal adventure to discover something that has been lurking in the shadows for a long time.

The prose is engrossing, and the pacing is almost perfect. It feels so much shorter than its epic length with an episodic structure and a cast that is diverse and unforgettable. The book keeps moving while fully embracing its stranger impulses. “Lynchian” is the quickest word for it. Trippy storylines and timeframes that overlap and mesh across decades, yet are easy to follow, and every detail matters. It is unsettling and entrancing in equal measure, a love letter to the early days of television and the internet. It’s worth the hype. ■ — Review by Julie Goodrich







CITYVIEW'S SENIOR ANSWER BOOK



Pet care when you can't be home

Q: My kids want me to spend the holidays with them out of state, but I worry about leaving my dog and cat behind. What should I look for in pet care while I'm away?

A: Holiday travel is a gift, and your pets shouldn't be the reason you stay home. A little planning now makes the time away restful for everyone.

Start with what your pets need. Many older pets, and most cats, do best at home, where their routine, smells and favorite napping spots stay the same. In-home visits keep that routine intact.

Social dogs may enjoy a small, supervised boarding setting.

Book early. The weeks around Thanksgiving and Christmas are the busiest of the year for pet sitters and boarders, and many fill up by mid-November.

Meet the caregiver before you go. Ask whether they are insured and bonded, whether their staff are background-checked, and who steps in if your sitter gets sick.

Write everything down: feeding amounts, medications and times, your veterinarian, a nearby emergency contact and how to get into your home. A lockbox is safer than handing out extra keys.

Ask for updates. Many services send photos and notes after every visit, so you can enjoy your trip instead of wondering.

And plan for winter. Leave pet-safe ice melt and a shovel where your sitter can find them, and keep the heat set comfortably.

With the right help in place, you can enjoy the holidays knowing your pets are warm, fed and well cared for at home. ■

Information provided by Erik Donner, owner, Pet Care Club, 515-981-3443, www.thepetcare.club

When heel pain won't go away

Understanding chronic plantar fasciitis

That sharp pain in your heel when you take your first few steps in the morning may be more than just a sore foot. One of the most common causes is plantar fasciitis, and, for some people, what starts as an occasional annoyance can turn into months or even years of persistent pain.

The plantar fascia is a strong band of tissue that runs from your heel toward your toes and helps support the arch of your foot. Every time you stand, walk or push off your toes, this tissue is placed under stress. Over time, repetitive strain can irritate and damage the tissue.

Chronic plantar fasciitis can also be misleading. Despite the name "fasciitis," long-standing cases may involve degenerative changes in the tissue rather than simply ongoing inflammation. That may help explain why repeatedly treating inflammation alone doesn't always solve the problem.

Classic symptoms include pain underneath or toward the inside of the heel, especially with the first steps after getting out of bed or standing after sitting. The pain may loosen up as you move, only to return after prolonged walking or standing.

Several factors can contribute, including tight calf muscles, limited ankle mobility, increased body weight, poor foot mechanics, unsupportive footwear and spending long periods on your feet.

So, what should you do?

Do not simply stop moving. A good rehabilitation program often combines specific stretching of the plantar fascia and calf with progressive strengthening of the foot, ankle and lower leg. Supportive footwear and temporarily modifying activities that repeatedly aggravate the heel can also help.

Most cases improve with conservative care, but persistent pain deserves another look. If you have been stretching, changing shoes, using inserts or trying other treatments for months without meaningful improvement, it may be time to determine whether something else is contributing to your pain or whether the plantar fascia has developed more significant chronic changes.

Imaging such as ultrasound or X-ray may be appropriate in stubborn cases, particularly to confirm the diagnosis or rule out another cause of heel pain.

The biggest mistake is assuming that, because you have had heel pain for months or years, you simply have to live with it.

Chronic heel pain is common, but common does not mean normal. If your feet are limiting how far you can walk, exercise or enjoy your daily life, get them properly evaluated and find out why the pain isn't resolving. ■

Information provided by Dr. Ole J. Olson, D.C., Board Certified in Neuropathy and Chronic Pain Syndromes, Asuta Health, 210 N.E. Delaware Ave., Suite 110, Ankeny, www.AustaHealth.org.



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DES MOINES FORGOTTEN

BY KRISTIAN DAY

Thanksgiving, family chaos and the ride home

A maroon Cadillac, a Smucker's go-kart and a few family arguments taught me that the most meaningful moments sometimes happen after the holiday dinner ends.

Each year, as Thanksgiving creeps closer, I remember my dad's side of the family gathering at my grandmother's house. I am not much of a nostalgia guy, and I do not spend much time thinking about my own mortality, but certain scenes still play out in my head.

One involves my dad picking me up from my mom's house with my half-sister already in the car. He drove my grandmother's old maroon Cadillac, its interior slowly disintegrating after a decade and a half of cigarette smoke.

My dad had two older brothers, both with families of their own. One lived in Minneapolis with his wife and two kids. The other lived in Omaha with his wife and son. I was the oldest of our generation; my sister was the youngest. It felt like a big family, though it really wasn't.

I spent most of my time living with my mom, where it was just the two of us. Going from that to a house filled with a dozen people, including a bunch of loud kids, felt like entering another world.

I do not envy kids who squeeze two or three Thanksgiving dinners into one day. I can barely choke down one helping of those circle-shaped cranberries, let alone repeat the experience at multiple households. But I did it for years.

My grandmother's house had two full ovens, which must have been a Silent Generation thing. One was in the upstairs kitchen, and the other was downstairs, ready to help feed the hungry masses. My uncle George manned the downstairs oven and cooked the turkey. My uncle Manny sat in the living room, asking my dad the usual boring, predictable questions about how life was going.

Eventually, we congregated outside and took turns driving a go-kart through the neighborhood. This was not the kind of go-kart owned by a family of action sports enthusiasts. It was a promotional gift my grandmother received for making sales at a food brokerage firm. It had a Smucker's logo on the side.

Food brokers served as middlemen between grocery stores and food brands. My grandmother earned big bonuses by getting Hy-Vee, Eagles and Jewel-Osco to buy products such as Lunchables, off-brand ketchup and Smucker's jam. Somewhere along the way, Smucker's rewarded the 65-year-old woman with a toy go-kart.

After multiple injuries from kids taking corners too fast and crashing into full-size automobiles, the parents called us in for Thanksgiving dinner.

Everyone gathered around the table and passed dishes. One cousin inevitably spilled on my grandmother's pristine carpet, prompting the offending child's parent to raise his or her voice.

My dad had a famous "Goddamn it!" that he liked to yell. It is comical to me now, but back then, it was meant to provoke terror and let us know we had messed up. My dad was a combination of Red Forman from "That '70s Show" and Carroll O'Connor's Archie Bunker from "All in the Family."

Dinner conversation usually revolved around whatever controversy President Bill Clinton was caught up in or something embarrassing one of us kids had done in the previous five years. Eventually, my dad and one of his brothers would disagree about something, and a fight would break out.

The raised voices sent a cousin or two crying into a guest bedroom. Dinner continued while the screams droned on down the hall, everyone pretending not to hear a thing. Like doctors in an asylum, the adults tuned out the chorus of madness echoing through the institutional halls.

The drive home felt the most real to me.



After the chaos ended and my dad had landed a few more verbal punches on one of his brothers, he would talk to me the way a father and son in a healthy relationship might talk to each other. It also felt a little sad. He would drop me off at my mom's house and then drive home alone.

Of course, I may be seeing all this through the eyes of a 13-year-old. Maybe he was driving to see a girlfriend who had just sent a child or two off with a former spouse. The latter is probably closer to the truth.

Still, I cherished those rides home.

I do not remember every dish on the table, every argument or even who won the go-kart races. But I remember those drives. For a little while, after the noise and the chaos, it was just my dad and me. No uncles to argue with. No cousins to embarrass us. No one to impress or disappoint.

Just a father and his son, talking.

Maybe that is what I remember most about Thanksgiving. Not the family gathered around the table, but the quiet moments that came after everyone stood up and went their separate ways. Families are messy, relationships are complicated, and sometimes the people we love are better at showing it in the car than around the dinner table. ■



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

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FILM REVIEW

BY DAVID ROWLEY

Punchlining through the pain

The comedic enigma that is Maria Bamford

Getting out of the house is a challenge for Maria Bamford but a blessing for everyone else. This paradox sits at the heart of Judd Apatow and Neil Berkeley's documentary, "Paralyzed by Hope: The Maria Bamford Story," a film that is as much about the alchemy of turning personal torment into comedy as it is about the life of one of stand-up's most uniquely gifted performers.

The film is a profound and frequently hilarious look at mental health, the trials of family and the therapeutic power (and peril) of the spotlight. It stands as a work that is both a celebration of a comic's comic and a vital, open-hearted examination of a life lived on the edge.

The documentary operates on two intertwined tracks. First, it is a conventional, if exceptionally well-crafted, biographical portrait. We trace Bamford's journey from her childhood in suburban Duluth — an "idyllic" setting that was nonetheless riddled with hidden struggles — to her early days busking on the streets of Minneapolis and performing routines like "Sex and Violins" at the Bryant Lake Bowl in 1994.

We see her evolution from a performance art to becoming a key figure in the alt-comedy stand-up scene alongside peers Patton Oswalt, Brian Posehn and Zach Galifianakis on "The Comedians of Comedy" and her later, groundbreaking work on Netflix's "Lady Dynamite."

A wealth of archival material and insightful talking heads — from Conan O'Brien and Tig Notaro to Maria's real-life family and friends — chart her professional trajectory. O'Brien's observation that the anxiety Bamford discusses on stage is real, not an act, perfectly encapsulates her appeal. Plenty of comics joke about anxiety or a rough childhood, but for Bamford it isn't a bit. That authenticity is the film's backbone.

As a subject, she is a dream: funny, disarmingly honest and genuinely interested in discussing the worst things she has ever gone through.

This leads to the film's second, more powerful track: its raw and unflinching exploration of mental health. Bamford has struggled with mental illness her entire life, and the documentary is at its best when it gets into the nitty-gritty of how her mind works.

She discusses her suicidal ideation in her youth, her bulimia, her problems with overspending, and the heartbreaking ways her OCD manifests through horrific intrusive thoughts that made her, as a young person, worry about what terrible crimes she might commit.

The film recounts how her biggest psychotic break came because of Target (the store, not a symbol), a detail that adds layers of gallows humor to the narrative. The level of intimacy she affords the audience is staggering. You never feel pity; instead, you feel like you understand, at least to a degree, what she is going through. This honesty is not just therapeutic for Bamford but serves as a lifeline for anyone in the audience who has ever felt the same.



"Paralyzed by Hope: The Maria Bamford Story"
R | 1 hour, 56 minutes
Directors: Judd Apatow, Neil Berkeley
Stars: Maria Bamford, Judd Apatow, Sarah Bamford Seidelmann

Crucially, the film never presents Bamford's struggles in a vacuum. It roots them deeply in the trials of family. Her mother, Marilyn, looms large, her own mental health struggles mirroring and deeply influencing Maria's, particularly regarding the body issues Bamford developed as a teen. A particularly telling anecdote reveals that Marilyn once told Maria's therapist that her other daughter, Sarah, was her favorite. Yet, Bamford is the last person on Earth to cast blame.

For all the traumatic stories she tells and unflattering impersonations she does of her family, she never scraps them from her life. The film makes it clear that she loves her parents and sister and holds no grudges, understanding that her comedy is often shaped by her childhood and a need for parental approval. This nuanced portrayal of family — as a source of both deep anxiety and profound love — is one of the documentary's greatest strengths.

What emerges from "Paralyzed by Hope" is a portrait of an artist who has found a kind of Zen attitude about her mental illness. She cannot handle certain jobs and sometimes receives feedback about erratic behavior when her limits are tested. But instead of feeling shame, she resolves, "How is it my fault? They hired me." She continues her stand-up, still performing behind bedazzled glasses and goofy T-shirts, even paying friends or strangers $100 for an intimate one-on-one stand-up set to hone her act.

If the film has a flaw, it is that it is overstuffed. With such a compelling subject and so much rich material, it feels like it could have been split into two parts. This abundance is a testament to the richness of Bamford's life and work. Apatow and Berkeley are clearly enamored with their subject, and their film is a labor of love. ■

PREVIEWS

BY DAVID ROWLEY

"Wild Horse Nine"



R | 1 hour, 58 minutes
Director/ Writer: Martin McDonagh
Stars: John Malkovich, Sam Rockwell, Steve Buscemi

Shortly before the 1973 Chilean coup, CIA agents Chris (John Malkovich) and Lee (Sam Rockwell) are dispatched from Santiago to Easter Island by their bureau chief, MJ (Steve Buscemi). Amongst the Island's iconic statues, and as the longtime partners wrestle with their dark pasts and present conspiracies, Chris' newfound bond with a pair of rebellious students (Mariana di Girolamo and Ailín Salas) threatens to send everyone's trip to this remote paradise sideways.

"Godzilla Minus Zero"



R | 2 hours, 15 minutes
Director/ Writer: Takashi Yamazaki
Stars: Minami Hamabe, Jun Kunimura, Ryûnosuke Kamiki

War reduced Japan to zero, and Godzilla plunged it into minus. Two years have passed since then, and the country has faced agonizing struggles to achieve recovery and finally reclaim its daily life. Just as humanity managed to cling to a hard-won peace, a new threat strikes, crushing hope in an instant. There is no third time. Everything ends here.

"Paper Tiger"



R | 2 hours, 8 minutes
Director/ Writer: James Gray
Stars: Adam Driver, Scarlett Johansson, Miles Teller

In 1986 New York, Irwin Pearl (Miles Teller), is an earnest reservoir engineer who is as sweet and passive and trusting as he looks. The movie is about how Irwin and his brother, a high-rolling ex-cop named Gary (Adam Driver), get involved in a financial scheme that ensnares them in the tentacles of the Russian mob. But when one of them witnesses something he wasn't meant to see, the siblings find themselves pulled into a dangerous confrontation. ■

CENTER STAGE

BY JOHN BUSBEE

‘POTUS’ gets elected to stage

A witty, biting, satirical romp of a farce.

Tallgrass Theatre Company delivers a double whammy of sass in its 2026 Dream Project show, “POTUS: Or Behind Every Dumb Ass are Seven Women Trying to Keep Him Alive.” This year’s dreamer is Director Bridget Grace Scheaf. Scheaf was recently interviewed about this production, giving plenty of enticing insights into this witty, biting, satirical romp of a farce. Playbill described the show as “a White House PR nightmare spins into a legit shitshow, seven brilliant and beleaguered women must risk life, liberty, and the pursuit of sanity to keep the commander-in-chief out of trouble.” This sounds like the cutting-edge theatrical immersion sure to fill Tallgrass’ theatre.

CS: What drew you to this script ad submitting it to the Sara Frank and Jack Balcomb Dream Project?

BGS: I really love a good, sharp comedy that can center on women being funny, and being allowed to make mistakes and being allowed to not be perfect. I think this is particularly timely and apropos. I have always appreciated the work that Tallgrass has done, and was excited that they were excited about this particular (script).

CS: Please share some thoughts about your cast.

BGS: We are so lucky to have these seven incredible performers, plus a mostly female-identifying production team to center the women’s voices of this play. I could not be more thrilled with all of the people in this cast. They are so lovely and marvelous, and they’re game for anything, which you have to be in a script like this because it is a wild ride from the word go.

CS: How did living in Washington, D.C., impact your artistic decisions?

BGS: We see the long-term impacts of the underlying current of distrust or chaos or dysfunction that the White House that is portrayed in the script, at least, has and how it affects the seven characters we get to know in the show. There’s a really interesting reminder there that I hope we get to bring out that it is just people creating all of this made-up system that we invented to try and live with each other better. Whether they accomplish this or not, they are still just people. They may make one decision because they forgot to eat lunch that day or say the wrong thing at a press conference, and all of a sudden it becomes a big policy initiative or it’s all people are talking about on social media. I think there’s something really humbling about all of that but also just very funny. It is, after all, a comedy. It’s really a farce. It’s running through doorways, it’s really physical with slap-sticky things that are happening. It’s a great background for how ridiculous (politics) can be.



The cast of “POTUS: Or Behind Every Dumb Ass are Seven Women Trying to Keep Him Alive”: Amanda Jackson, Kim Haymes, Jordyn Wiser, Becky Scholtec, Patty Uy-Westlund, Donna Scarfe and Kiera McGregor. Photo by Dylan Heuer Photography

CS: Share something about the characters in “POTUS.”

BGS: I think what people will be really surprised about is the role of the First Lady. Donna Scarfe is playing that role. We never get to see the president in this play. We learn about his tendencies by what other characters say. The playwright (Sellina Fellinger) gives us this really interesting hint at the play with the character list where she lists the seven characters in order of their emotional proximity to the President. There’s a repeated line in the script is, “Why isn’t she president?” creating an interesting, repeated refrain. That is such a cool thing to be thinking about as these women are continually cleaning up the messes made by the President.

Plenty of family theatre to experience

While Tallgrass is catering to more adult tastes, there will be many great choices to consider taking first-time or young patrons to. This also gives the adults a chance to create a shared memory through live performing arts.

Whisking many who are now parents back to their youth is the national tour of “Fraggle Rock: Back to the Rock LIVE” for one performance only Nov. 6. From the incredible imagination of Jim Henson’s Creature Shop, share an immersion into the world of the Fraggles and more. Des Moines Performing Arts presents this Wellmark Family show, which offers a special VIP meet and greet package to help document this memory-making show.

CAP (Class Action Productions) Theatre brings a new musical to life with “Something Rotten! Jr.” as this company continues to bring a complete youth-driven concept and mission to irresistible life.

Add the Playhouse’s Adventure Clubhouse performance of “The Princess and the Pea” especially designed to appeal to the youngest of audiences, and this month has a bounty of possibilities for every performing arts taste. ■

BARE BOARDS CHATTER

CAP (Class Act Productions) Theatre. “Something Rotten! Jr.” Nov. 6-22.

Des Moines Performing Arts – Wellmark Family Series. “Jim Henson’s Fraggle Rock: Back to the Rock Live.” Nov. 6.

Des Moines Playhouse. AUDITIONS. “The Lifespan of a Fact.” Nov. 9, 6 p.m.

Tallgrass Theatre Company. “POTUS or, Behind Every Great Dumbass Are Seven Women Trying to Keep Him Alive.” Nov. 13-22.

Des Moines Playhouse – Adventure Clubhouse. “The Princess and the Pea.” Nov 13.

Des Moines Young Artists’ Theatre. AUDITIONS. “Harriet the Spy.” Nov. 14.

KFMG – “Musical Feast II – a pre-Thanksgiving Show.” A Sunday funday to support KFMG Community Radio. Sunday, Nov. 15, 3-7 p.m. at xBk, 1159 24th St., Des Moines.

Des Moines Playhouse. “Runaway Twain,” Longform Improv. Nov. 15.

Hoyt Sherman Place Theatre. “Stayin’ Alive: One Night of the Bee Gees.” Nov. 20.

Des Moines Symphony. “Renewal – Four Seasons & Bolero.” Nov. 21-22.

Des Moines Performing Arts – Willis Broadway Series. “Maybe Happy Ending.” Dec. 1-6



John Busbee produces “The Culture Buzz,” a weekly arts and culture radio show on www.kfmg.org, covering Iowa’s arts scene with an inclusive sweep of the cultural brush. He received the Iowa Governor’s Arts Award for Collaboration and Partnership in the Arts. He has performed in more than 100 musicals, including many leading roles.

SOUND CIRCUIT

BY JACKIE WILSON

Shaun Cassidy revisits his 'first crush' — and a career that came full circle

The former teen heartthrob turned TV writer and producer returns to the stage with his "Unwrapped" holiday tour, including a Nov. 22 stop in Des Moines.

People from every musical era experience teenage crushes with musicians. Mobs of screaming fans clamored to see the Beatles and Elvis Presley in the 1960s and 1970s. But in the late 1970s, one teen heartthrob stood out: Shaun Cassidy.

With his feathered blonde hair and schoolboy charm, along with songs such as "Da Doo Ron Ron" and "Do You Believe in Magic," garnered instant fame for Cassidy. A starring role in the "Hardy Boys Mysteries" intensified his heartthrob status.

At the height of his fame, Cassidy felt overwhelmed with the constant attention and lack of privacy.

"My first record went to No. 1. I just started working on the Hardy Boys TV show. Suddenly, I'm nominated and opening for the Grammy Awards. All of that came in the span of 18 months. I'm 18 years old and five minutes before, I'd been in high school, just a kid," he said in an interview with CITYVIEW magazine.

At age 21, he performed his last concert to 55,000 fans at the Houston Astrodome and didn't perform live for 40 years. He transitioned into writing and producing successful television shows, his primary job for the past 45 years.

That changed, when he "dipped his toe" into performing, initially derailed by the pandemic. Eventually, he embarked on his biggest tour ever in 2025, playing 60 cities in North America.

"It was something I was never able to do as a kid, because I was doing the Hardy Boys and recording," he said. "I missed the connection with an audience. I didn't know if people would come to my shows after such a long break."

This fall, he performs his "Unwrapped" holiday tour, singing old favorites, newly released music and Christmas songs with a stop in Des Moines at Hoyt Sherman Place on Nov. 22.

Much of his concert weaves storytelling into the performance, where he talks about growing up in a famous family. It includes his half-brother singer David Cassidy and mom Shirley Jones, who starred in "The Partridge Family" and movies such as "The Music Man."

In the past four decades, he experienced success as a television producer and writer for shows such as "American Gothic," "Cold Case," "Emerald City," "New Amsterdam" and "Blood Brothers," a Broadway show.

The first show he wrote and produced was different, altering his public perception.

"People were like, wait a second, that kid from the Hardy Boys wrote that? Suddenly people thought I could do something equally different," he said. "It opened the door to a lot of new opportunities."

Throughout his career, he has stayed grounded, thanks to his mother's influence, even with raising seven of his own kids. He recalls his 16 year-old daughter returning from a Harry Styles concert and putting up his poster on her bedroom wall. As she's putting up the poster, Cassidy walked in. "My wife — her mom — said that kid you're putting on your wall, that was your dad to a lot of people," he said. "She could not conceive of that being remotely a possibility."

Cassidy understands many young girls in the 1970s had a crush on him (this writer included). He has embraced that part of his life and produced a wine that's called "My First Crush." He also recently released an album, "My First Crush," available on streaming devices.

In November, Cassidy is hosting a Sirius XM 70's on 7 show, "This Side of Sunset." He relates his experiences growing up around Sunset Boulevard in California.

"I used to go to Tower Records on Sunset when I was 12 years old, buying 45s for 88 cents," he said. "A few years later, I'm playing in clubs on Sunset as a 16 year-old. A year later, I'm meeting musicians who were in my record collection just a few years earlier, and now they're my peers."

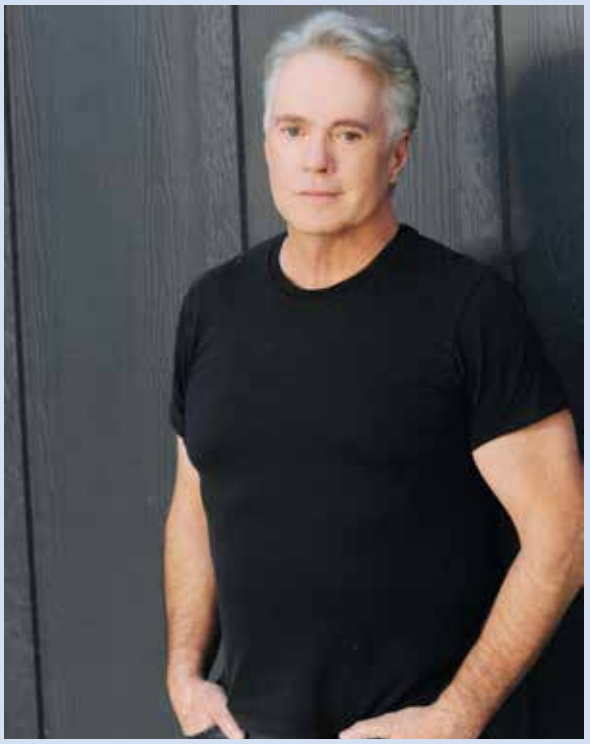


Photo credit: Keith Munyan

Cassidy likes telling stories and singing songs that are fresh to him.

"I haven't been singing them for 40 years," he said. "It feels like a full-circle experience, and I know it's a full-circle experience for many people in the audience, too."

Tickets for the Nov. 22 concert at Hoyt Sherman Place start at $66 and are available at Ticketmaster. ■

SOUND ADVICE

BY JACKIE WILSON

Alt rock band **Everclear** brings their Lucky 7 Tour on Nov. 10 at Hoyt Sherman Place, with special guests American Hi-Fi. Fans can check out the band's catalog in advance of the concert and vote on which song they want to hear. The top 7 most requested songs in each city will be played in addition to Everclear's chart-topping hits, such as "Father of Mine" and "Santa Monica." Voting is available at https://everclear.set.fan/. Tickets start at $62, available at Ticketmaster.

The upcoming Celtic Music Association's concert series switched venues to the Des Moines Playhouse. Musicians featured include award-winning bands playing traditional and modern Celtic, Irish and Scottish music. Catch **The Byrne Brothers** – Nov. 20; **Skerryvore** – Jan. 26, 2027 and **Socks in the Frying Pan** on March 20, 2027. Tickets $40 from Eventbrite.com. For more info, visit www.thecma.org/concerts.

Looking for something to do with your Thanksgiving guests? On Nov. 27, experience a country weekend at Wooly's featuring **XOLEX**, **Casey Muessigmann** and **Jordan Beem**. Tickets $23 from www.axs.com. ■



Jackie Wilson has written hundreds of articles for CITYVIEW and the Iowa Living magazines. She covers ordinary people living extraordinary lives.

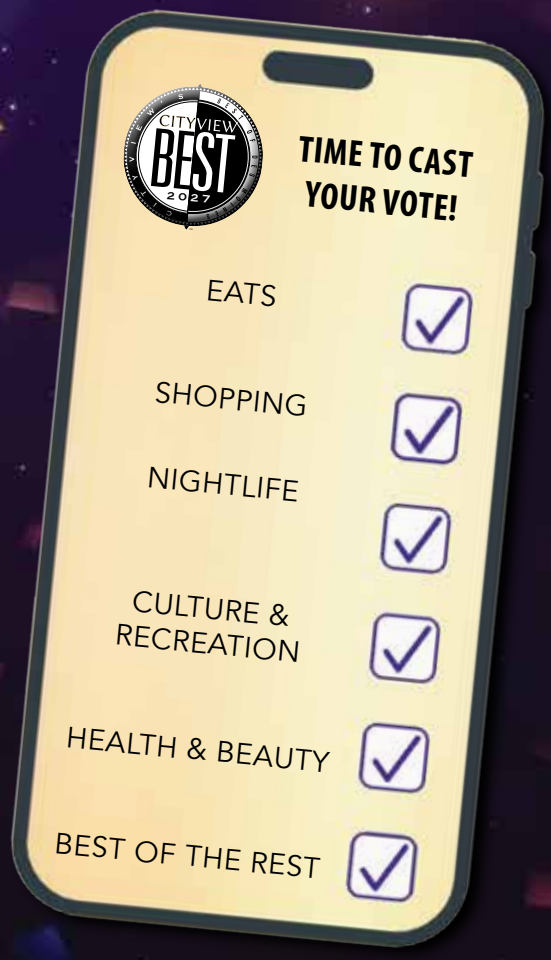
2027

BEST of Des Moines

CITYVIEW'S BEST OF DES MOINES
CITYVIEW BEST 2027 ©

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CITYVIEW

ART NEWS

BY JIM DUNCAN

Old masters and shooting stars



Fontaine Scarelli

Autumn's usual run of high-profile auctions came with some big surprises. Both Fortune and Money Week wrote about collectors in their 20s becoming the biggest buyers of high-priced art. Unlike other post-Boomer age groups, Gen Z relishes Old Masters more than modern artists. A prized flower still life by Jan Brueghel the Elder changed hands for $6.5 million at Frieze London.

Tainted by associations with Anti Semitism, the Metropolitan Museum of Art in New York jumped on the Old Masters bandwagon, announcing its largest Rembrandt exhibition in 20 years in a joint effort with the Louvre.

In more modern news, French police successfully recovered two Pierre-Auguste Renoir paintings that were brazenly stolen from Renoir Museum on the French Riviera. Five suspects were arrested. Sotheby's London sold a self-portrait by David Bowie for $543,700 — a massive 500% spike above his previous benchmark. The biggest score, though, came from a garage sale in Kalamazoo, Michigan, where a buyer paid $30 for a Gertrude Abercrombie painting of sea shells that he then sold for $1.35 million at auction.

As Europe burned in riots and rotted in debt, Boomer billionaires stepped up to finance massive art museums. Le Large opened on Île Seguin on the Seine with a $504 million investment mostly covered by Laurent Dumas and his Emirige empire. The museum opened on the site of a former Renault factory with a show featuring repurposed Renaults. In Venice, Francois Pinault planned a permanent exhibition of 106 of his favorite artworks by 54 artists turning his home into a museum.

In Des Moines, the Art Center's 2026 Gala raised more than $300,000 to ensure "world-class art, exhibitions, programs, and education remain free and accessible." DMAC was awarded a $100,000 Implementation Grant through the 2026 Frankenthaler Climate Initiative to replace the original 40-year-old air-handling system in its 1985 Richard Meier-designed building. The opera's board of directors extended General and Artistic Director Michael Egel's contract through 2032. That would be his 38th year with the company.

Des Moines Metropolitan Center for the Arts proposed to build a $200 million performing arts center attached to the historic former Des Moines City Hall in the East Village, preserving the 1911 building while adding a new theater, recital hall, ballroom and atrium, with the Des Moines Metro Opera expected to expand its programming there.

Shooting stars headed to Des Moines

Civic Music Association is bringing Alberta jazz singer-songwriter Caity Gyorgy to Sheslow Nov. 6. Winner of the John Lennon Prize for Songwriters, Gyorgy favors the classic American songbook, particularly Ella Fitzgerald. Her voice projects a rare tone of joy — what the world needs now. Nov. 6.

Fashion designer turned painter Fontaine Scarelli will be in Des Moines the weekend of his Moberg opening Nov. 6. Scarelli is a rising art world star whose work is described as "philosophical science fiction." Each painting "channels his fascination with the strange and the sublime, blending rebellion and introspection in a way that defies traditional boundaries." One of them now hangs conspicuously in the brand new Italian American Cultural Center of Iowa.

November touts

Des Moines Symphony celebrates two of the most loved pieces in the classical repertoire — Vivaldi's "Four Seasons" and Ravel's hypnotic "Bolero." Maxwell Brown brings his violin for Iowa native Michael Daugherty's "Last Dance at the Surf" with choreography by Eric Trope and dancers from Ballet Des Moines. Nov. 21-22.

Des Moines Art Center continues its three years deep dive into Latino and Caribbean art with "Let Us Gather in a Flourishing Way" celebrating 58 Latinx painters.

ARTSwork, Des Moines Arts Festival's sister, is launching an Invitational Art Fair Nov. 6-7 at Val Air Ballroom featuring 50 professional Iowa visual artists, plus live music and food.

Drake Opera Theatre opens its season with a "Rising Stars" concert Nov. 20 at Sheslow. Free and open to the public. ■



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

IOWA ARTIST

BY JACKIE WILSON

New Invitational Art Fair to showcase Iowa artists

The Nov. 6-7 event at Val Air Ballroom will feature 50 artists, live music, food and drinks, with a focus on fine art and local talent.

The Invitational Art Fair, a new indoor arts festival featuring all Iowa artists, is debuting this fall.

The fair will take place at Val Air Ballroom on Nov. 6 and 7. It is sponsored by the Des Moines Arts Festival and the ARTSwork organization. The fair also includes live music along with food and drink options.

Approximately 50 artists will be displaying their work. One feature of the Invitational Art Fair is the VIP Showcase night, where artists invite their clients or their best fans of their artwork ahead of the public on Friday, Nov. 6. The art fair is then open to the public on Saturday, Nov. 7.

Colleen Murphy, who is an organizer for the Des Moines Arts Festival, says there was a need for a fine art show in the fall.

"There are a lot of craft shows, but crafts are not always a good fit for some artists. We're trying to fill that gap and give a place for artists to display their work," she said.

The festival aims to keep booth prices low, as it is based on square footage size. All Iowa artists are invited to display at the fair. Some artists have participated in the Des Moines Arts Festival, while others haven't.

"We wanted to focus on Iowa artists only for this show," Murphy said.

Murphy said the artists are excited for the new indoor show.

"It's helped artists to come up with some original artwork and get excited to display it at the fair," she said.

The November date is ideal, as it's not too late into the holiday season when numerous events often take place. The indoor element is reassuring to artists.

"Artists don't have to deal with the weather, high heat or wind," she said. "It's nice and cozy inside."

In addition, artists are excited to avoid travel costs.

"A lot of artists travel to the southern states in the fall or winter for shows. There's not a lot of opportunities here in the Midwest for art shows. We want to fill that gap," Murphy said.

Artworks represent all types of mediums, including fine art, clay, printmaking, photography, sculptures, jewelry and more.

Murphy says the art scene in Des Moines is vibrant. ARTSwork is an organization created for the art community to support artists' creative endeavors. ARTSwork offers networking, hosts speakers and provides an Iowa Artist Directory for artists seeking paid opportunities.

Murphy is enthused about the new opportunity.

"We're trying it out this year. So far, we have a lot of great vibes and good feedback," she said.

Admission is $5 in advance or $8 at the door. For more information on participating artists, visit www.artswork.art/the-invitational. ■



Hannah Gebhart: "Close Encounters of the Squirrel Kind"



Frank Hansen: "What Happens on Koogle; Blork Snubble Frap"

the INVITATIONAL Art Fair

LIVE MUSIC SCHEDULE

- 10 a.m. Mabel's Porch
- 12:15 p.m. Casey Joe Collins and The Foxes
- 2:30 p.m. Matt Woods and Malcolm Wells
- 4:15 p.m. Sara Routh Trio



Hanna Piepel Design: "Handmade Porcelain Lamps"



Megan Hammer: "Inherent Resilience"

Jackie Wilson has written hundreds of articles for CITYVIEW and the Iowa Living magazines. She covers ordinary people living extraordinary lives.



JOE'S NEIGHBORHOOD

BY JOE WEEG

Hop on the bus, Gus

And get yourself free.

The clear, cold water in my basement actually has a current. I wade in, slipping on the painted concrete. Hmmm … is it low tide or high tide? It's certainly past my ankles. Two sump pumps are working at either end of the basement, pulling the water up and out the hoses going through the partially open window. The pumps are not winning.

So, I dip buckets into the water and carry them up the wet basement stairs, out the back door, and then toss them downhill, away from the house and into the rain. My youngest daughter helps me fill the buckets. She's changed into a bikini — an outfit that does not inspire confidence.

I imagine the water I'm tossing outside is sinking deep into the ground and then somehow flowing back to the house and eventually finding itself back in the basement. Home at last.

I dip my bucket. I empty it outside. And I do it all again and again and again.

Listen, sometimes we just can't get off the bus. We want to. We're headed in one direction, blowing past stop after stop, and we decide, for whatever reason, that's enough of that, and we would like to get off. But we can't because the rain keeps coming and my basement keeps leaking. And to give up control to my bikini-clad daughter isn't an option. I'm stuck in my basement hauling water for what feels like the rest of my life.

I'm stuck on the bus.



This sense that you are stuck by time and circumstances is not novel. Take old age for instance. I'm an old man. Being an old man is not a bad gig. Generally I pretend I don't care what people think. I dress in baggy pants and old T-shirts. And I watch romance movies and drink coffee. See, not bad.

But I know how this aging racket works. I'm going to get even older. Yup, it's true. I'm going to be unwell at some point. And if I'm lucky, I'll end up with some nice person encouraging me to take my pills and explaining that I can't watch "Notting Hill" yet another time.

No shame in any of that. But really, sometimes I'd like to get off the old-age bus. It's certainly interesting, but I'd like to try something else. Maybe something where you wake up doing a cartwheel rather than seeing if all your body parts made it through the night. That doesn't seem too much to ask.

But I can't get off the bus. I am stuck by time and circumstances. Which gets us to the point.

We are now facing multiple crises — out-of-control Artificial Intelligence, climate disasters and nuclear threat.

There is an urge to ignore these problems. Some of us want to get off the bus by going back to another time when it was all easier and cleaner and simpler. But, sorry, there was no such time. History is chock full of plagues and wars and cruelty and starvation and persecution. There were no simpler times. There are just other times with their own serious challenges.

OK. But how about if we get off the bus by blaming someone else for our predicament, like immigrants, public school teachers or transgender people?

Really?

Obviously, blaming others does nothing to address extreme weather conditions, or rogue AI, or nukes around every corner. I'm sorry. We can't get off this those buses. These problems, like old age and a flooding basement, are not going away by putting our head in the sand.

In 1942, Albert Camus wrote an essay called "The Myth of Sisyphus." Sisyphus was the guy that the gods made roll a rock up a mountain, only to have it roll back down. Then he had to roll the rock up again. And back down it went. For eternity.

Talk about not being able to get off the bus. Sisyphus is the poster child.

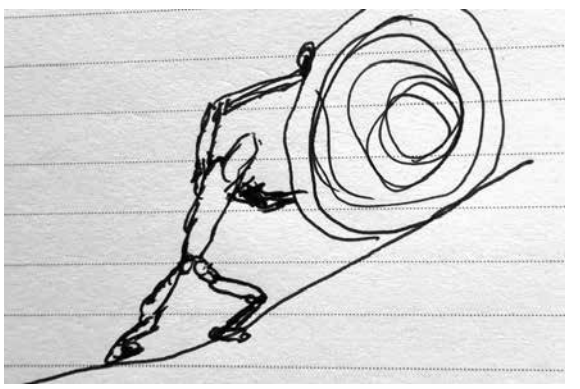
But Camus argues that even in that context, Sisyphus is free. Camus says that it's when Sisyphus goes back down the mountain that he is more than his fate.

"At each of those moments when he leaves the heights and gradually sinks toward the lairs of the gods, he is superior to his fate. He is stronger than his rock."

Really? But what about going up the mountain again?

Camus says, "These are our night of Gethsemane. But crushing truths perish from being acknowledged."

In other words, we have to face the "crushing truths" of AI, climate change, and nuclear proliferation. They aren't going anywhere. No matter what, we are going to have to push them up the mountain. If we don't acknowledge them, if we pretend they are not problems, then we can't decide our fate in regard to each of them. They are the bus we're on. Realizing our predicament is the first step to a solution. We can shoulder them up the mountain, and then we can think of solutions on our way down. But we have to know what rock we are pushing up.



So ... "hop on the bus, Gus," as Paul Simon sings, "And get yourself free." ■

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.



BY JACKIE WILSON

Cool Cars for Cats puts the fun in fundraising

Des Moines-area car enthusiasts raise $5,000 and collect 807 pounds of pet food and litter to help pets stay with their families.

At car shows in Des Moines, most vehicles offer a description including how the owners obtained or rebuilt the car and the model specifics, among other factors.

In the Cool Cars for Cats show, the car owners post specs of their rides, and several display pictures of their cats next to an open hood.



Michelle and Clynt Coburn admit to spoiling their cats, Sassy and Luna.

Cool Cars for Cats is a fundraiser for Pet Project Midwest, a nonprofit dedicated to keeping pets with their owners by providing pet food to Des Moines area residents struggling to meet the needs of their pets. It started when Meals on Wheels volunteers noticed people were feeding their pets human food.

During the Cool Cars event, more than 80 cars showed up, raising $5,000 and collecting 807 pounds of pet food and cat litter. Several car and cat owners explain more about their involvement with Pet Project.

Black cats provide emotional support

Jason and Faith Hamer are professed dog and cat lovers. Jason's cat is like an emotional support animal, providing care when he feels overwhelmed.

The Hamers have two black cats: Tuna, 8, and Shadow, 6. They displayed pictures of their cats underneath the hood of their blue Ford Mustang.

Jason is passionate about making sure all cats are taken care of.

"It breaks my heart if cats don't have food. If I had to choose between not feeding my cats or myself, I'd choose myself," he said.

Faith likes how their cats are friendly.

"Having black cats, they like to sit next to us and pass out candy for trick or treaters," she said.

Sassy and Luna

Michelle and Clynt Coburn of Waukee attend numerous car shows with their vehicles, including a 2017 Chevy Camaro. Attending the Cool Cars is one of their favorite shows, as the couple has two cats.

Sassy, a Siamese, and Luna, a mixed breed, are typical cats.

"They'll meet you at the door. Or they won't. They come and love you when they want," Clynt said.

Michelle says the cats each have their own personalities.

"They are spoiled. I work from home, and Luna is always in my office," she said.

The Coburns have the latest gear for their cats, including an electric litter box and an automatic feeder. As Clynt attends many car shows, he's noticed a trend.

"A lot of the car guys tend to have more cats than they do dogs," he said.

He likes how several car shows benefit charities in the community.

"Cool Cats is our favorite. We like how people show up, bring their cars and help out pets. Providing pets with food, we're all about helping them out," he said.



Jason and Faith Hamer's cats, Tuna and Shadow, are displayed underneath the hood of their Ford Mustang.



Pet Project is offering pet photos with Santa at Bone-A-Patreat locations at various dates in November. A $25 donation gets a photo with your pet and Santa Claus, benefitting the Pet Project. For more information, visit www.thepetprojectmidwest.org/events/. ■

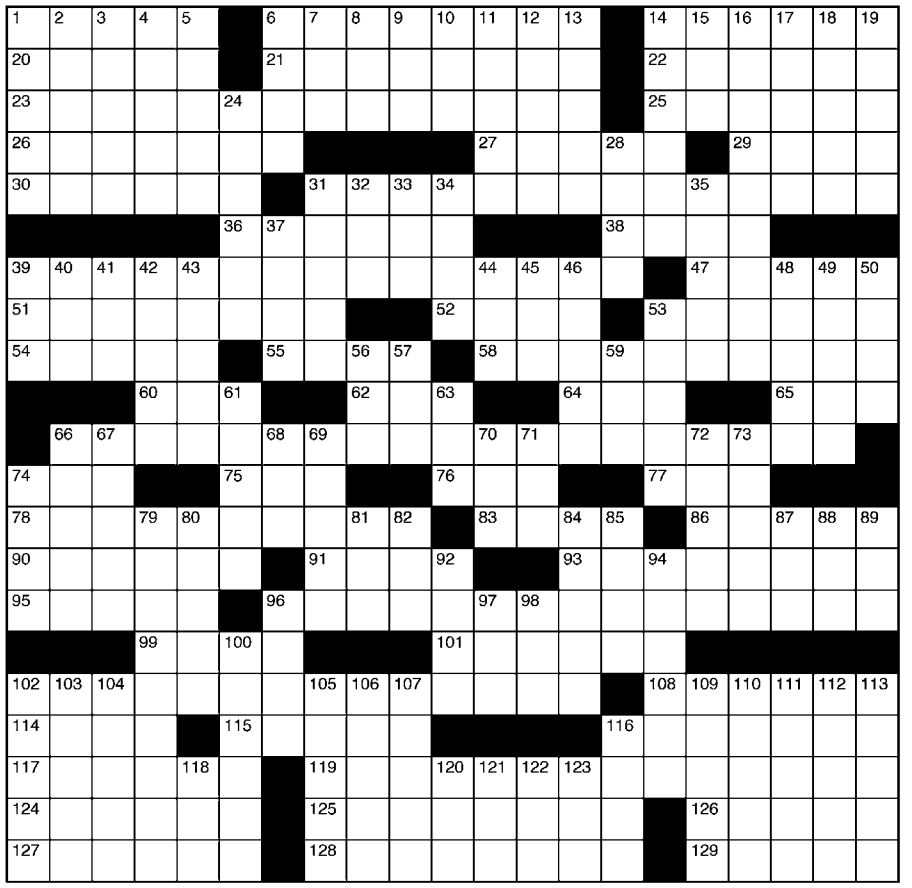


Jackie Wilson has written hundreds of articles for CITYVIEW and the Iowa Living magazines. She covers ordinary people living extraordinary lives.

PUZZLES

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

GIVE P'S A CHANCE



ACROSS

1 "It's -- cause!"
6 Square mile, say
14 Puccini's "-- Butterfly"
20 Roping event
21 Broken ceramic bit
22 Trapped after a blizzard
23 Stumbled and really got hurt?
25 Starting a golf game, with "off"
26 As yet unborn
27 Don't fully believe
29 Rind
30 Winged seed of a maple or elm tree
31 Stress felt after eating jalapenos?
36 Arranged like a ladder
38 Organic compound
39 Gymnast?
47 Banquet
51 One giving paid money back
52 U.S. territory since 1898
53 Noonday nap
54 Sight-related
55 Flooring square
58 Person walking with a limp?
60 Actor Mineo
62 Lac liquid
64 Pro vote
65 OR hookups
66 Bribed a judge in order to win?
74 Body part with three bones
75 Wriggly fish
76 Tram cargo
77 Actor Linden
78 Battles between Thelonious Monk and Dizzy Gillespie?
83 Ex-U.N. leader Annan
86 Martini & -- (vermouth)
90 DeGeneres and Burstyn
91 Get really wet
93 Exchanges favors, in politics
95 More guileful
96 Mailed in the opposite direction of?
99 Hoops great Bryant
101 Last Greek letters
102 Bounding along merrily on a Swiss mountain?
108 Himalayan guide
114 Johnson who directed "Knives Out"
115 Electric fan's sound
116 Dissolves out via percolation
117 Riddle
119 Sluggish mammal wearing a pair of hats?
124 Golden ager
125 Fearful
126 San Diego ballplayer
127 Third-largest Danish city
128 Cold carnival treat
129 Tarnish

DOWN

1 "-- a jealous mistress"
2 -- Doone (cookie brand)
3 Strong dislike
4 Train system in Philly
5 Heavy drinker
6 Raised coif
7 Negating word
8 "What was -- do?"
9 General --'s chicken
10 Sound made during a physical
11 Novelist Charles
12 Mistake
13 Do a tally of
14 Glove alternative
15 High card
16 Heavy slumber
17 "Sayonara!"
18 76-Across digger
19 A right one is 90 degrees
24 Wiped clean
28 Male sibling, in dialect
31 Father: Prefix
32 Pixieish sort
33 Good bud
34 Prudish sort
35 Opera singer Anne -- von Otter
37 Tech news website
39 To and --
40 Sales agt.
41 Small newt
42 Old cereal with an alien mascot
43 Open, as a drink bottle
44 British tavern
45 Gasol of the NBA
46 TV prizes
48 Meat jelly
49 Actor Carell of "Vice"
50 Sailors, colloquially
53 Spherical bacterium, informally
56 Zodiac feline
57 Body part with three bones
59 Establish
61 Gazes creepily
63 ETs' craft
66 Cave dwarf
67 Insinuate
68 Dawn moisture
69 Blink brightly
70 Rankle
71 Olds oldie
72 Basketball great Bird
73 Socially cold
74 $5 bills, informally
79 Looking through a keyhole, say
80 2002 scandal company
81 King, in Nice
82 Devitalize
84 Writer Fannie
85 Ames' state
87 35mm camera type
88 -- -mo replay
89 Doctrine
92 Psy and BTS' music genre
94 Very excited, slangily
96 Meeting, informally
97 U.K. record label
98 Lion lair
100 Watch out for
102 Playground rejoinder
103 Like ruled paper
104 Pamphleteer Thomas
105 Saint -- and Nevis
106 Writer Shaw
107 Teaser ad
109 Lock holders
110 Dazzling success
111 1970s sitcom
112 -- dish (bio lab item)
113 Ghostly white
116 -- majesty (high treason)
118 Year divs.
120 AAA service
121 Tolkien fiend
122 Malti- -- (hybrid dog)
123 Play on words

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!



"I'm afraid that rainy day we saved up for turned into a _____."

Accord
CUTER

Later
NEECH

Repeat
CORNEE

Break
AUTHIS

TODAY'S WORD

SUDOKU

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

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

DIFFICULTY : ◆◆

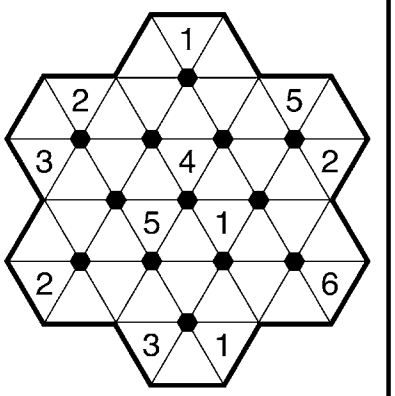
◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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SNOWFLAKES

by Japheth Light

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



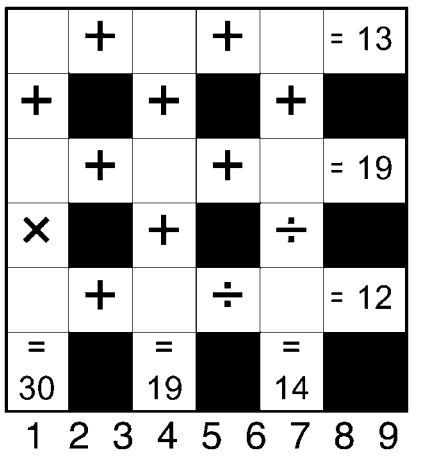
DIFFICULTY : ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

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.



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WHAT THE...

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Send us your best caption...

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

Next month's photo:



IMAGE BY OLYA ADAMOVICH FROM PIXABAY

This month's winner

"Mr. Tibbles is a master carver and offers to help with your pumpkin."

- Jeni Nosbisch



IMAGE BY SPIKE SUMMERS FROM PIXABAY

Runners-up

"Pumpkin Spice on, Pumpkin Spice off…."
- Tom Becker

"My name is Peter; I'm a pumpkin eater!"
- Melodie Creighton

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CARS IN THE CITY

BY JACKIE WILSON

Civic proves sedans still have plenty of life

With impressive fuel efficiency, sporty handling, a comfortable interior and a reputation for reliability, the 2026 Civic Hybrid makes a strong case for staying behind the wheel of a sedan.

As SUV and pickup truck sales soar, only a handful of sedans continue to be manufactured today. Yet, one sedan stands out decades later due to its reliability, price point and fuel efficiency — the Honda Civic.

The Honda Civic began manufacturing in 1973 at the height of the oil crisis when car owners desired a more fuel-efficient vehicle. Over the years, Honda tweaked the Civic, first starting with a two-door, then a hatchback and now their latest — a hybrid model.

Honda Civic's popularity is consistent among both drivers and vehicle critics. It's been named "Car and Driver 10 Best List" 12 times. Kelley Blue Book has rated the Civic as a "best buy" 11 times. It's been awarded numerous times as tops in both the family car and compact car of the year categories. For the past decade, the Civic, alongside the Toyota Camry, Toyota Corolla and Honda Accord, frequently duke it out for the top four best-selling sedans.

What's not to love about a Civic? The model I drove was a 2026 Honda Civic Hybrid. This four-door costs $33,500 and gets a whopping 49 miles to the gallon.

It's easy to get in and out of the car with plenty of room to stretch out for tall folks, as opposed to my short legs.

The interior seating with its durable stitched leather is a nice touch. That same stitching is on the steering wheel and shifting knob. Fortunately, drivers still have a traditional shifter in the center — an old-school touch some auto makers are returning to.

I pressed the push button start, and was soon surprised at how quickly the Civic took off. With a 2 liter, 4-cylinder turbo engine, the Civic offered smooth handling and a zippy ride. The experience was almost like driving a sports car, as I took the corners quickly, unlike a bulky SUV. In fact, Honda Civics are commonly used in autocross racing events with drivers modifying the engines and bodies, using a variety of models from the last two decades.

The Civic manages to squeeze in all the safety features with a back-up camera located on the 9-inch touchscreen. A 12-speaker Bose system offers a thumpy bass with the ability to crank up the music without a tin-like sound. Other features include a sunroof, deep cupholders, wireless cell phone charging and heated seats. Heated power door mirrors come in handy to prevent a frosty build-up.

Real knobs are available to adjust temperatures, stereo volume and fan controls. I appreciate that, as they are straight forward, unlike some car's touchscreens where finding the right control can be a challenge.

Jumping in the back seat, I was surprised to experience ample head and leg room. I popped the trunk and discovered 14.8 cubic feet of space, which fits at least four carry-on suitcases plus room for backpacks and jackets. Drivers who like packing a trunk to its maximum capacity will appreciate the challenge.

For more than 50 years, the Honda Civic has been a solid investment with strong resale value helping seal the deal. Add in the hybrid's fuel savings, and the Civic is an even more compelling choice among the limited sedan market. ■









Jackie Wilson has written hundreds of articles for CITYVIEW and the Iowa Living magazines. She covers ordinary people living extraordinary lives.

BY CYOTE WILLIAMS

Know someone with an interesting hobby or collection we should cover?
Send suggestions to cyote@dmcityview.com.

Casting, tying and flying in Iowa waters

Hawkeye Fly Fishing Association President Kirk Rosenow tells why he loves the sport.

Plenty of fishing can be done in the Des Moines area. Massive catfish populate the Des Moines and Raccoon rivers, making for gaudy catches. Lakes and ponds are strewn about, ready to be cast into. Most people think of a standard way of fishing, but there is a community of fly fishers in Iowa who truly enjoy the lesser-practiced technique.

To gain perspective and insight on the hobby, we spoke with the Hawkeye Fly Fishing Association president, Kirk Rosenow. Rosenow is usually resigned to a desk working in IT, but when he's not, he gets into the water and catches fish.

"I love it, but it's kind of the complete opposite of being outside and fishing. I'm indoors all the time by a computer. For me, fly fishing's always been a great stress reliever, and it's always been just a way for me to escape and find not only enjoyment but just relax," Rosenow said.

Being able to get outdoors for a sport and hobby that, outside of the base equipment and fishing license, is largely free does serve as a great stress reliever.

"I'll tell you, trout do not live in ugly places. I was just up in northeast Iowa fishing, and there's some places so beautiful that you don't really care if you're not catching a lot of times," Rosenow said.

He got his start fishing at a young age.

"My grandma started taking me when I was 4 or 5. It was a cane pole, maybe bullheads, bluegill, and I loved it. Fly fishing, I picked up when I was around 20. Like most people, you get better as you get more time in the sport. But it was just a different way to fish, and I enjoyed it," Rosenow said.

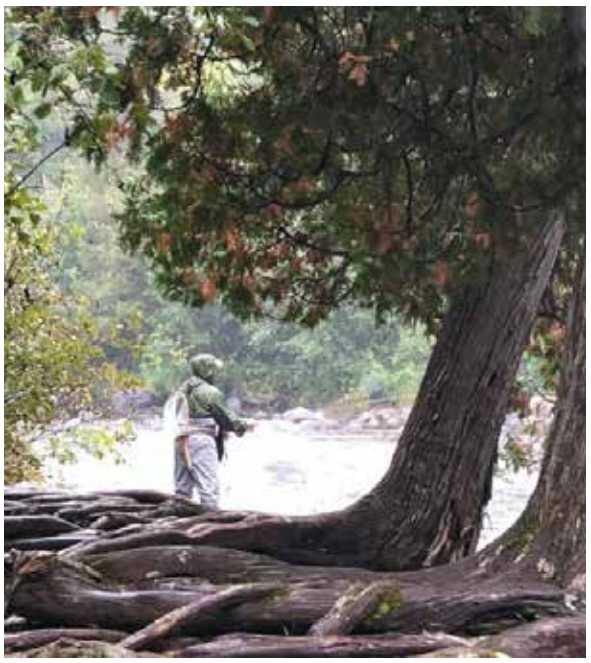
Fishing and fly fishing, while sharing the same goal, get to that point in different ways. Rosenow encourages and enjoys both, but the intricacies surrounding the sport keep him more engaged.

"There's something special about tying a fly and catching a fish on it — there's an art form to tying flies," he said. "I will put it that way. Fly fishing tends to be a good way to do a very delicate presentation."

He says fish in the area have likely seen a lot of the same lines and might be more likely to bite on a fly fishing line.

"A lot of the bass and bluegill in the metro have probably seen some big plastic worms, a lot of heavy lures. A lot of them probably haven't seen a delicate fly being presented. So it's just a different way, another way, to fish. You can be more subtle, and you can be more creative in some cases doing fly fishing," Rosenow said.

Rosenow likes to fish regardless of the time of year or the weather, and even, at times, prefers the fall weather we're currently experiencing.



"Northeast Iowa trout streams are open year-round. If I can get away, I love fishing a good 40- to 50-degree day. No bugs. No poison ivy. I do ice fish, too. It's really whenever I can get out," Rosenow said.

He said the northeast Iowa region is his favorite.

"That Driftless region would be my first choice. But you can't always drive three and a half, four hours. There are a lot of ponds in the metro that I love to get out on. I would say ponds in the metro are second. Outside of Iowa, you have the proverbial West. Colorado's fun. Wyoming. Yellowstone. Grand Teton. Black Hills. I love the Black Hills, just beautiful areas," Rosenow said.

Some of his favorite memories fishing don't even include catching a particularly rare or big fish.

"Being out with my son, he was working on his fly fishing merit badge, and he and my wife and I, we hiked up to Alpine Lake, and his first fish on a fly rod was a native cutthroat trout. To me, that was a special experience. I've caught big fish, but a lot of times, it's more about the location, too," Rosenow said.

As mentioned, Rosenow is the president of the Hawkeye Fly Fishing Association. The HFFA was founded in 1975 and is having its 51st annual fly fishing show, which Rosenow is also the show presenter for.

"It's not because I'm the best flycaster or the best tyer or the best fisherman. It's because I just love it. We all kind of take our turns because we do a lot of good work. It's a lot of work I've enjoyed," Rosenow said.

The association meets monthly in various areas across the state with one in central Iowa, one in Cedar Rapids, Iowa City, Dubuque and the Quad Cities. Presenters teach about catching different types of fish or help members tie flies.



"There's something special about getting out early in the morning, getting some top waters on maybe a topwater bug, and seeing a big explosion with the bass."

"Our two main missions are education and outreach. We want to see more people fly fishing. The second mission is conservation work. We do a lot of work with different partners for fishing access and for conservation. This year, I think we donated $10,000 to a project up at Spring Branch by Manchester," Rosenow said.

Few hobbies exist that have as much open access, different avenues to try and things to learn as fishing. Rosenow likens it to golf.

"You can always get better, and you can make it your own. If you want to get better at something, you can really deep dive into fly tying, or you can just focus on fly fishing. Over time, you can see your progress. I enjoy a hobby the more years I put into it. It's a great excuse to get out in nature," Rosenow said. ■

Cyote Williams was born and raised on the south side of Des Moines and writes about entertainment, sports and personalties across the Des Moines metro for CITYVIEW. Phone: 515-953-4822 x333.



NEIGHBORS

BY CYOTE WILLIAMS

Have a neighbor you think we should feature in an upcoming story?
Send suggestions to cyote@dmcityview.com.

Who ya gonna call?

The Mid-Iowa Ghostbusters, that's who.

When there's something strange in the neighborhood, or an event in need of a smiling faces, the Mid-Iowa Ghostbusters sure seem like the group to call to bring some much needed joy.

Maybe that's not exactly how the song goes, but for the group of ghostbusting volunteers who make up the Mid-Iowa Ghostbusters, and their ever-growing list of new fans, that change in lyrics are as real as can be.

We interviewed a portion of the Mid-Iowa Ghostbusters group while they were at a Trunk or Treat event at ChildServe in Johnston. As you might expect, those donning the proton packs and full Ghostbusters gear grew up as fans of the franchise.

"The movies and the cartoons hit right at my peak childhood. It's almost like we didn't have a choice. You had to be a Ghostbusters fan. To the point that my mom made costumes. I made her make me a Ghostbusters uniform for pajamas," Corey Schmidt said.

"I saw it in the theater. I was 8 years old when it came out. It was one of the first movies that I owned and darn near wore out because it just was kind of my security blanket movie. I put it on just to feel better," Will Sales said.

The group started in 2022 and do roughly 60 events a year. They were not the first Ghostbusters group in Iowa. Similar Ghostbusters groups are located all over the world. Whoyagonnacall.org has a list of them. According to the site, 239 are currently touring the United States and four are in Iowa.

The main showpiece for the group is their Ecto 1 car, the famous Ghostbusting vehicle, complete with lights, sirens, paint job and necessary ghostbusting equipment.

"We bought it off Facebook Marketplace. My closest brother committed suicide, which left a huge hole in my heart. These Ghostbuster groups that go out and give back and do good really spoke to me," Schmidt said. "The car, in my opinion, is just as iconic as any Ghostbuster or the Ghostbusters. So, you need to have a car. I'm the type that it's go big or go home. I wasn't gonna put a couple of lights on a Prius and call it good."

Like the car, their suits have also experienced lots of handmade care.

"I am a Stay Puft-sized guy myself, so I cannot do an off-the-rack jumpsuit like a lot of people can. I had to order mine custom from a clothing website that makes cosplay stuff," Thomas Ladwig said.

Sales and Wendy Arnburg added the patches with their logo, which is stitched onto their suits. They were designed by another Ghostbuster group in Minnesota

The Mid-Iowa Ghostbusters make appearances at all kinds of events, and one thing they have noticed is that the fandom is still alive and well with the younger generations.



"I always comment to their parents that they're raising their children right. A 5-year-old comes up and goes, 'Ghostbusters!' We were at Riemann Gardens the other day, and a little girl came up, and it's going to be her fourth birthday. She was dressed in a Ghostbuster outfit. She was super psyched about it. We usually have stickers that we give out or little 3D-printed toys and stuff every once in a while. We had one Ghostbuster badge left for her. She was pretty thrilled to get that," Sales said.

Going to events and spreading joy, and also catching a few ghosts along the way, are the names of the game for these Ghostbusters.

"A lot of what we do is working with the public. We do charity events. We do clothing drives. We do a literal drive to get toys," Arnburg said.

The drive brought in so many toys that the Ghostbusters needed a chase car because they couldn't fit all of the toys they received into just one car.

While the original Ghostbusters crew got into this ghostbusting game to catch ghosts, these are here to provide special moments and memories for families. Each one of them has particular moments that stand out.

"After we were at Rieman Gardens, someone had posted that it was just the most amazing night. Just between the Halloween displays and the weather, and their family actually getting along and having a great time, they just wanted to bottle up that moment and hold it forever," Schmidt said.

"There's a young woman that we ran into our first year that we went to a convention. We didn't have any booths or anything. We were just going around as participants, and we ran into a young woman and her mom. She was wheelchair-bound. Immediately, her



eyes lit up, and she was excited. She was having trouble moving the wheelchair, but she zoomed right over to us, took pictures with us. We gave her a patch. We've seen her at every event since," Ladwig said.

"It's the people that come back every time. They have that memory of what we've been doing, and they're just so excited to see us. That's really a big part of it for me," Arnburg said.

"I really like to like just riff and be silly. I probably feel like the best version of myself when I'm doing this, when I'm putting this on, and, you know, it's really hard to nail down one moment. Probably my favorite moment at every single one of these events is when I make people laugh. It just fills me up," Sales said.

"The world needs more joy. When people can lose themselves playing our little game, that just means the world to me. You get to be silly. They smile. They laugh. They forget about all their troubles and all their worries, and they just are in the Ghostbuster world for a moment. It makes the hair on my arms stand up just thinking about it — which, sometimes, ghosts do that to you, too," Schmidt said. ■

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WALKS OF LIFE

COMPILED FROM THE IOWA LIVING MAGAZINES

A pint with a purpose

A single blood donation takes only a short amount of time, but its impact can last much longer. Across generations, families and individuals continue to donate blood because they know their contribution could help someone they may never meet. It could even save a life. For some local donors, that simple act has become a lasting commitment to helping others.



Bob and Celeste Gebhart

A lifetime of giving

Bob and Celeste Gebhart regularly donate blood at the LifeServe Blood Center on the south side of Des Moines. LifeServe provides blood used at local hospitals.

Both Bob and Celeste give blood because they consider it the right thing to do. It is a means of helping others, and they encourage those who are not currently donors to join the cause.

"Just go out and do it once," Bob said.

If you have a fear of needles, Bob suggests focusing on how you are helping someone out.

"Emergencies happen," Celeste added. "There might be a future time in your life when you wish someone would help you out. It is so easy, simple and life-giving. I wish more people did it."

Matthews' relatively new commitment and the Gebharts' decades of donating reflect the many ways people can become part of the blood donation community. Whether someone donates every eight weeks or whenever a drive comes along, each donation adds to a supply that may one day be needed to save someone else's life or aid in their treatment. For these donors, giving blood is a simple way to turn a small amount of time into an opportunity to help another person.

Source: Indianola Living, October 2026; by Rachel Harrington

Read the full story here:



Abby Thiele

Family donors

Abby Thiele started donating blood in high school after growing up with a parent who was a regular donor. Every time she donates, she posts a picture and status on her Facebook profile encouraging her friends to consider donating.

"From my posts, I've gotten a couple of friends to donate in their local area, a friend to sign up and donate with me, and a friend to come along and watch my donation to get more comfortable with the idea of donating before signing up," she said.

Her dad started donating because his mother required several units of blood while hospitalized. Donating blood is one way he chooses to honor her memory while helping save the lives of those who need blood today.

Thiele never had the chance to meet either of her grandparents on her dad's side, but she saw the impact they had on him through his actions of helping others, including how he made time in his busy schedule to regularly donate blood.

"I consider myself to be a helper, and helping others through blood donation is just one small way I can give back. It's a bucket filler for me to take about an hour of my day every eight weeks and make an impact in someone's life during what could be a really challenging time for them."

Source: Ankeny Living, October 2026; by Ashley Rullestad

Read the full story here:



Scott Schaffer

A family affair

For Angie Schaffer and her family, donating blood is simply part of who they are.

Schaffer and her husband, Scott, have embraced blood donation as a family tradition. Angie and Scott have each been donating for roughly 25 years, while Scott alone has contributed more than six gallons of blood over the years.

"When I asked Scott why he started donating in high school he said, 'Because I could. A lot of people can't, and most people don't,' " Schaffer said.

Angie herself began donating after learning she was a universal donor.

"Knowing my blood gets used most in emergency situations compelled me to do what I can," she said. "And Phoebe also happens to be a universal donor. She was really nervous about the process because she is quite squeamish but she has decided it's not so bad."

"We've always been a family big on doing whatever you can to help others," Angie said. "I don't want to think about anyone I love ever being in a situation where they need blood, but I know, if that day comes, I want there to be blood on hand. That's our why — it's the right thing to do."

For the Schaffers, donating blood is less about recognition and more about responsibility. It is one of the simplest ways they know to support people facing difficult circumstances.

Source: North Polk Living, Oct. 2026; by Lindsey Giardino

Read the full story here:



Brandi Fett

Passionate about donating

Brandi Fett had donated blood before, but she did not become a consistent donor until after a national tragedy. She was living in Mitchellville, and a local blood drive was organized after the Sept. 11 attacks.

"I think that's when I started doing it consistently," she said.

Her blood type also helped motivate her continued donations. Fett has O negative blood so is considered a universal donor.

"They very much like my blood," she said. "I can give my blood to everybody."

Fett has donated more than 6 gallons of blood, and she encourages others to make time to donate.

"It's really not a hard thing to do," Fett said. "It's one of the things you can do that will help several people. You never know who will need that blood. It could be your mom, your son, anybody who gets in an accident. You never know when it could affect you or a family member."

The ease of donating makes it appealing, she said, adding that it only takes an hour, and the actual drawing of blood is a shorter part of the process. ■

Source: Altoona Living, October 2026; by Sean Dengler

Read the full story here:

NATIONAL MARKETPLACE

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