

The Gazette

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Ruth Rabinowitz, seen June 2 on her land near St. Charles, has given presentations to other women about her agricultural journey as a female landowner. (Nick Rohlman/The Gazette)

BREAKING BARRIERS

Women lead effort to empower Iowa's female farmland owners

By Brittney Miller, The Gazette

In Northeast Iowa's Clayton County, there's a 320-acre plot of land that belongs to Theresa Eberhardt. Some of it is dotted with timber or enrolled in a conservation program; most of it is coated with crops. Corn, soybeans and cover crops rotate spots on the fields, planted using no-till methods.

Eberhardt, 55, used to co-own the land with her husband, who was more focused on managing the property. When he died about seven years ago, Eberhardt became overwhelmed with her new

responsibilities as sole landowner.

"I just didn't know what I was doing or what needed to be done," she said.

She recounted one of her first solo trips to her local U.S. Department of Agriculture service center, where a worker tried to explain a concept to her. "I remember standing there and asking her to please stop and slow down. I said, 'You're going to have to explain things to me like I'm dumb. Because I am.'"

Eberhardt is one of the many women who own

► FARMLAND, PAGE 6A



Women Caring for the Land Learning Circle participants look at soil samples in a Floyd County wetland. (Photo courtesy of the Women, Food and Agriculture Network)



Police crime scene tape blocks entry April 11, 2022, to Taboo Nightclub and Lounge in downtown Cedar Rapids. Two shootings injured 10 people and killed three others at the club. (Geoff Stellfox/The Gazette)

To quell gun violence at clubs, cities turn to untapped tools

Marion and Iowa City take different approaches after two fatal shootings

By Trish Mehaffey, The Gazette

With strategies they've never used before, Marion and Iowa City officials have gained public safety leverage over a bar and a lounge troubled by calls seeking police help to deal with disturbances, gunshots being fired — and homicides.

The March 17 fatal shooting inside Cocktails & Company in Marion and the Oct. 23 fatal shooting outside Iowa City's H-Bar — a hookah lounge that doesn't sell liquor — caused authorities to take decisive action in an attempt to prevent further disturbances and gun violence at the businesses.

Using a new state law in the case of Marion, and an old city ordinance not used before in Iowa City, the cities compelled the businesses

► VIOLENCE, PAGE 12A

Abortion: What to expect next in Iowa

After state justices declined to reinstate strict limits, a new law may be coming

By Tom Barton and Erin Murphy, Gazette Des Moines Bureau

While abortion remains legal in Iowa until roughly 20 weeks of pregnancy, lawmakers and activists on both sides of the issue are gearing up for another protracted battle.

A divided Iowa Supreme Court, in a rare 3-3 decision this month, declined to reinstate a six-week abortion ban previously blocked by state courts, but a new law could be coming.

Republican Gov. Kim Reynolds, in a statement responding to the court order, said "the fight is not over."

Kollin Crompton, Reynolds' deputy communications director, said the governor is considering options, but didn't give specifics, such as calling for a special legislative session to enact stricter abortion laws.

The governor's office would not say whether Reynolds plans to propose her own legislation on abortion restrictions, or whether she will work with Republican legislators through the legislative process.

Republicans hold large majorities in the Iowa House and Senate, and leaders of both chambers have criticized the ruling and suggested they will work toward passing new legislation.

Iowa Senate Majority Leader Jack Whitver, a Republican from Grimes, and Iowa House Speaker Pat Grassley, a Republican from New

► ABORTION, PAGE 7A



Gov. Kim Reynolds Says 'fight is not over' on abortion



Sen. Jack Whitver Senate majority leader disappointed in Iowa justices' decision

INSIDE

Abortion rights opponents hold rally in Des Moines, 2A

VOL. 141 NO. 167

INSIDE: Books 7M | Business 380 1E | Comics INSIDE | Crosswords 8L, 8M | Dear Abby 8L | Deaths 9D | Home+Garden 1M | Horoscopes 8L | Insight 1C | Iowa Today 1D | Living 1L | Milestones 10L | Puzzles 8L | Sports 1B | TV 12D | Weather 12D



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Anti-abortion advocates rally at Iowa Capitol

By Caleb McCullough, Gazette-Lee Des Moines Bureau

DES MOINES — Maggie DeWitte spoke to a crowd at the Iowa Capitol, celebrating the one-year anniversary of Roe v. Wade being “reduced to a pile of dung in the annals of jurisprudence.”

“Because of all of you — your endless prayers, your blood, sweat and tears and your resolve to keep pressing, that we are here today and we can celebrate the end of one of the most devastating court rulings in the history of America,” DeWitte, the executive director of Iowa’s Pulse Life Advocates, said.

Anti-abortion activists gathered at the Capitol in Des Moines on Saturday for the annual March For Life, marking one year since the U.S. Supreme Court decision in Dobbs v. Jackson Women’s Health Organization, which struck down federal abortion protections and allowed states to restrict or outlaw abortion.

Republican politicians and other advocates praised that decision, while at the same time denouncing a decision from Iowa’s Supreme Court this month that rejected a bid to reinstate a six-week abortion ban in the state.

Iowa’s Supreme Court was split 3-3 in a case brought by Gov. Kim Reynolds to reinstate the so-called fetal heartbeat law, passed by Republicans in 2018. The law would have banned abortion after cardiac activity is detected in a fetus.

“I was disappointed in the court’s decision, but we know that’s not the end, is it?” Republican Iowa Attorney General Brenna Bird told those assembled at the march. “The fight does not stop there. Our work does not stop.”

DeWitte said Iowa lawmakers should call a special session to pass new abortion restrictions, and the three justices who opposed reinstating the six-week abortion ban should be held “accountable to the fullest legal extent possible.”

Family Leader CEO Bob

Vander Plaats, an influential conservative and anti-abortion leader, last week called for the justices to be voted out in a recall election or impeached.

“This is a life and death issue, and we cannot wait any longer for restrictions against this barbaric practice to be put in place,” DeWitte said. “The time to act is now.”

Iowa Republican leaders have not said whether they would call a special session to enact abortion restrictions this year, but they signaled when the court decision was announced they would push for more abortion restrictions.

State Sen. Sandy Salmon, a Republican from Janesville, said Republicans and anti-abortion activists had made significant gains since she entered the Legislature in 2012, when there were few restrictions on abortions in Iowa.

Since then, Iowa Republicans have limited abortions to 20 weeks, required ultrasounds, instituted a 24-hour waiting period, and passed further measures that were blocked by courts.

Comparing the movement to World War II, she said they had “landed on Omaha Beach in 2012” and were now “partway across the nation of France.”

“But folks, Berlin is our objective,” she said. “And we will get there. We won’t stop until unborn children fully enjoy their God-given rightfully deserved protection of life.”

Iowa Democrats said Friday they expected Republicans to hold a special session to pass anti-abortion measures.

“The Governor and GOP lawmakers have a choice to make,” House Democratic leader Jennifer Konfrst said.

“They can either stand with the strong majority of Iowans who believe everyone deserves the right to make their own health care decisions, especially when it comes to reproductive care and abortion. Or, they can keep playing politics and stand with the special interests led by Bob Vander Plaats who don’t believe in reproductive freedom.”



Abortion rights activists march past the U.S. Supreme Court building Saturday in Washington. (Washington Post)

Year later, abortion ruling both scorned and praised

Associated Press

Activists and politicians are marking the one-year anniversary of the U.S. Supreme Court ruling that overturned a nationwide right to abortion with praise from some and protests from others.

Advocates on both sides marched at rallies Saturday in Washington and across the country to call attention to the Dobbs v. Jackson Women’s Health Organization ruling on June 24, 2022, which upended the 1973 Roe v. Wade decision.

“I’m absolutely livid that people think that they can interfere with medical decisions between a woman and her doctor,” said Lynn Rust, of Silver Springs, Md., at a Women’s March rally in Washington.

In Chicago, dueling rallies gathered on opposite sides of a street outside a downtown federal building. There was shouting but no reports of clashes.

“The elected officials in Illinois are trying to turn us into the abortion capital of the middle of the country,” Peter Breen, vice president of the conservative Thomas More Society, told the Chicago Tribune.

Andy Thayer of the Gay Liberation Network said people in Illinois who are pro-abortion rights can’t be complacent because conservative judges have been appointed to key court positions.

“That’s why we have to be in the streets,” he said.



Anti-abortion activists rally Saturday at the National Celebrate Life Rally at the Lincoln Memorial in Washington. (Associated Press)

The Dobbs decision made abortion an unavoidable campaign issue and deepened policy differences among states.

Most Republican-controlled states have imposed bans, including 14 where laws in effect now block most abortions in every stage of pregnancy, with varying exceptions for the life and health of the woman and for pregnancies resulting from rape or incest. Most Democrat-led states have taken steps to protect abortion access, particularly by seeking to protect doctors and others from prosecution for violating other states’ abortion bans.

The issue is far from settled, as demonstrated by Saturday’s rallies as well as the past year’s battles that have played out in courtrooms, on ballots and in legislatures.

Judges still are weighing whether restrictions in several states comply with state

constitutions. As soon as this fall, more voters could decide directly on abortion-related policies; last year, they sided with abortion rights in all six states with measures on the ballot. And the issue will be on the ballot in elections this year and next.

Vice President Kamala Harris spoke about the impact of the Dobbs ruling in Charlotte, N.C.

“We knew this decision would create a health care crisis in America,” she said, pointing to women who were initially denied abortion access even during miscarriages because hospitals were concerned about legal fallout.

While there’s far from a universal consensus among voters, public opinion polls have consistently found that the majority oppose the most restrictive bans but also oppose unchecked abortion access at all stages of pregnancy.

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Anti-abortion activists march near the Iowa Supreme Court building during a March for Life rally Saturday in Des Moines. (Caleb McCullough/Gazette-Lee Des Moines Bureau)



PRIDE MONTH LINE UP

- Art Show - June 26 – July 22 - Grand Opening: Friday, July 7 from 5-7pm - CSPS
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FREEDOM FESTIVAL



Patriotism on parade



TOP LEFT: The Colt Cadets march through downtown Cedar Rapids on Saturday during the Freedom Festival Parade. Floats and participants from across Eastern Iowa came out to march in the annual parade, while spectators lined the downtown streets.

TOP RIGHT: Ryan Vandervelden, dressed as Uncle Sam, flashes a thumbs-up to the crowd during the parade Saturday in downtown Cedar Rapids.

ABOVE: A member of the Hy-Vee parade entry waves to the crowd.

RIGHT: Uncle Sam rides in the basket of a Mediacom truck during the parade.

(Geoff Stellfox photos/The Gazette)



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NATION/WORLD

Deal halts Moscow march

Wagner Group leader who challenged Putin will move to Belarus

Associated Press

The rebellious Russian mercenary commander who ordered his troops to march on Moscow before abruptly reversing course will move to neighboring Belarus and not face prosecution, the Kremlin said Saturday, as part of a deal to defuse a crisis that represented the most significant challenge to President Vladimir Putin in his more than two decades in power.

The charges against Yevgeny Prigozhin for mounting an armed rebellion will be dropped and the troops who joined him also will not be prosecuted, Kremlin spokesman Dmitry Peskov announced, and fighters from his Wagner Group who did not take part in the uprising will be offered contracts by the Defense Ministry.

Putin had vowed to punish those behind the armed uprising led by his onetime protege, whose forces seized a key military facility in southern Russia before advancing on the capital. In a televised speech to the nation, Putin called the rebellion a "betrayal" and "treason."

In allowing Prigozhin and his forces to go free, Peskov said Putin's



An armored personnel carrier and police officers stand on a highway Saturday on the outskirts of Moscow, Russia, amid tensions with the mercenary Wagner Group. (Associated Press photos)



Yevgeny Prigozhin, owner of the Wagner Group military company, sits inside a military vehicle posing for a selfie with a civilian Saturday on a street in Rostov-on-Don, Russia.

"highest goal" was "to avoid bloodshed and internal confrontation with unpredictable results."

Moscow had braced for the arrival of Wagner forces by erecting checkpoints with armored vehicles and troops on the city's southern edge. Red Square was shut down, and the mayor urged motorists to stay off some roads.

But after the deal was struck, Prigozhin announced that while his men were just 120 miles from Moscow, he had decided to retreat to avoid "shedding Russian blood." His troops were ordered back to their field camps in Ukraine, where they have been fighting alongside Russian regular soldiers.

Prigozhin has demanded the ouster of Defense Minister Sergei Shoigu, long the target of his withering criticism for his conduct of the war in Ukraine. On Friday, he accused forces under Shoigu's command of attacking Wagner camps and killing "a huge number of our comrades."

Prigozhin did not say whether the Kremlin had responded to his demand. Peskov said the issue could not have been discussed during the negotiations, which were conducted by the president of Belarus, and is the "exclusive prerogative of the commander in chief."

If Putin were to agree to Shoigu's ouster, it could be politically damaging for the presi-

dent after he branded Prigozhin a traitor.

Early Saturday, Prigozhin's private army appeared to control the military headquarters in Rostov-on-Don, a city 660 miles south of Moscow, which runs Russian operations in Ukraine, Britain's Ministry of Defense said.

A nighttime video from the city posted on Russian messaging app channels showed people cheering Wagner troops as they left Rostov-on-Don. Prigozhin was seen riding in one of the vehicles, and people greeted him and some ran to shake his hand as he lowered the window. The regional governor later said that all the troops had left the city.

Wagner troops and equipment also were in Lipetsk province, about 225 miles south of Moscow.

Authorities declared a "counterterrorist regime" in Moscow and its surrounding region, enhancing security and restricting some movement. On the southern outskirts, troops erected checkpoints, arranged sandbags and set up machine guns. Crews dug up sections of highways to slow the march.

Moscow Mayor Sergei Sobyanin declared Monday a non-working day for most residents as part of the heightened security, a measure that remained in effect even after the retreat.

The dramatic developments came exactly 16 months after Russia launched its full-scale invasion of Ukraine, Europe's largest conflict since World War II,

which has killed tens of thousands, displaced millions and reduced cities to rubble.

Ukrainians hoped the Russian infighting would create opportunities for their army to take back territory seized by Russian forces.

Ben Barry, senior fellow for land warfare at the International Institute for Strategic Studies, said that even with a deal, Putin's position has probably been weakened and "these events will have been of great comfort to the Ukrainian government and the military."

Ukrainian President Volodymyr Zelenskyy said late Saturday, shortly before Prigozhin announced his retreat, that the march exposed Kremlin weakness and "showed all Russian bandits, mercenaries, oligarchs" that it is easy to capture Russian cities "and, probably, arsenals."

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Previous passengers recall trips on ill-fated submarine

Associated Press

Talk to someone who rode on the Titan submersible, and they're likely to mention a technological glitch: the propulsion system failed or communications with people on the surface cut out. Maybe there were problems balancing weights on board.

They also are likely to mention Stockton Rush, the OceanGate Expeditions CEO who died on the fatal trip this past week. He has been described by past passengers as both a meticulous planner and an overconfident pioneer.

In the wake of the Titan's fatal implosion near the Titanic shipwreck last Sunday, some people who embarked on the company's deep-sea expeditions described experiences that foreshadowed the tragedy and look back on their decision to dive as "a bit naive."

But others expressed confidence and said that they felt they were "in good hands" nearly 13,000 feet below the ocean's surface.

'RUSSIAN ROULETTE'

"I 100 percent knew this was going to happen," said Brian Weed, a camera operator for the Discovery Channel's "Expedition Unknown" show, who has felt sick to his stomach since the sub's disappearance a week ago.

Weed went on a Titan test dive in May 2021 in Washington state's Puget Sound as it prepared for its first expeditions to the sunken Titanic. Weed and his colleagues were preparing to join OceanGate Expeditions to film the shipwreck later that summer.

They quickly encountered problems: The propulsion system stopped working. The



The launch barge for the Titan submersible is moved to the Coast Guard yard at port Saturday in St. John's, Newfoundland. The Titan imploded near the wreckage of the Titanic, killing all five people on board. (Canadian Press via AP)

CANADA INVESTIGATING SUB'S IMPLSION

The Transportation Safety Board of Canada said Saturday that it's conducting an investigation into the loss of the Titan submersible and has been speaking with those who traveled on Titan's mothership, the Polar Prince.

The development comes as authorities from the U.S. and Canada began the process of probing the cause of the underwater implosion and grappled with questions of who was responsible for determining how the tragedy unfolded.

Maritime agencies are searching the area in the North Atlantic where the vessel was destroyed, killing all five people aboard. Debris was located about 12,500 feet underwater, near the Titanic wreckage it was on its way to explore.

"We are conducting a safety investigation in Canada given that this was a Canadian-flagged vessel that departed a Canadian port and was involved in this occurrence, albeit in international waters," said Kathy Fox, transportation board chair.

— Associated Press

computers failed to respond. Communications shut down.

Rush, the OceanGate CEO, tried rebooting and troubleshooting the vessel on its touch screens.

"You could tell that he was flustered and not really happy with the performance," Weed said.

They were barely 100 feet deep in calm water, which begged the question: "How is this thing going to go to 12,500 feet — and do we want to be on board?" Weed said.

Following the aborted trip,

the production company hired a consultant with the U.S. Navy to vet the Titan.

He provided a mostly favorable report, but warned that there wasn't enough research on the Titan's carbon-fiber hull, Weed said. There also was an engineering concern that the hull would not maintain its effectiveness over the course of multiple dives.

"I felt like every time (the vessel) goes down, it's going to get weaker and weaker," Weed said. "And that's a little bit like playing Russian roulette."

'IN GOOD HANDS'

Mike Reiss, a writer for "The Simpsons" television show, said he had positive experiences on the dives he made with OceanGate, including to the Titanic wreck site.

"I knew (the risks) going in there," Reiss said. "I always felt I was in good hands."

Reiss said he went on three trips with OceanGate in waters near New York City — and that the company took safety seriously.

"Mostly it was just breathtaking how well it all went," Reiss said of his 2022 dive to the Titanic.

Reiss said he did notice some issues with the Titan. For instance, the communications didn't always work. The Titan's compass also started "acting frantically" when they got to the ocean floor near the sunken Titanic.

'I WAS A BIT NAIVE'

Arthur Loibl, a retired businessman from Germany, was among OceanGate's first customers to dive to the sunken ocean liner.

His submersible mates included Rush, French diver and Titanic expert Paul-Henri Nargeolet and two passengers from England.

"Everyone is sitting close to or on top of each other," Loibl said. "You can't be claustrophobic."

The dive was repeatedly delayed to fix a problem with the battery and the balancing weights. He described Rush as a tinkerer who tried to make do with what was available to carry out the dives, but in hindsight, he said, "it was a bit dubious."

"I was a bit naive, looking back now," Loibl said.

DOJ wants Trump trial to start in December

Washington Post

The Justice Department is requesting that the federal trial in its unprecedented criminal case against former president Donald Trump begin in December — a timetable that Trump's attorneys are expected to contest, according to a court document filed Friday evening.

Earlier in the week, Judge Aileen Cannon, the federal judge in Florida presiding over the case who ultimately will decide when the trial begins, set a start date for August.

But such an early date is not expected to stick. The government's case against Trump and his aide, Walt Nauta, is centered on numerous classified documents, which requires lawyers on both sides to adhere to stringent and often time-consuming laws intended to ensure that Trump's legal team and the jury are able to view the evidence while protecting the government secrets.

When announcing the indictment, special counsel Jack Smith, who is leading the case for the Justice Department, said he would push for a speedy trial.

Trials involving classified documents can drag on, but a relatively quick timetable is crucial if the government wants the trial to be finished before the 2024 election. Trump is the leading GOP candidate and he and some of his GOP competitors have slammed the investigation as partisan, suggesting that any one of them may try to force the Justice Department to drop the case if elected.

TitanTV Finds National Trade Show Success with Local Support

Sponsored by Cedar Rapids Metro Economic Alliance

"Efficiency efforts. Let us be your wingman." Words the team at TitanTV, Inc. look to when making efforts to grow their business, as well as bring more of their business efforts to a local level.

TitanTV is the broadcast industry's foremost online software and information provider. It delivers real-time tools for signal prediction, PSIP metadata, desktop and mobile guides, waiver compliance and more. They provide a suite of program scheduling tools that enable broadcasters to efficiently maintain their schedules. Additionally they manage consumer sites, TitanTV.com, a free online television guide, and AntennaWeb.org, a site dedicated to enabling consumers to discover the number of over-the-air channels available from local broadcasters and how to choose the correct antenna to receive them.

A niche in their market, most of TitanTV's book of business is for consumers outside the state of Iowa, which makes them hyper-focused on keeping as much of their operational responsibilities local as possible.

"Our home base is Cedar Rapids, there's a total of 17 of us, and all but two of us work here in town," shares Heidi Steffen, Chief Revenue Officer at TitanTV. "We are mostly all remote, so when we do get together for morning meetups from time to time we make a conscious effort to rotate through local coffee shops - it's an easy way for us to connect on a local level."

With business spanning the nation, the team at TitanTV attends a large trade show each year in Las Vegas, Nevada. It is one of their biggest annual initiatives, and an integral part of their business. Pre-pandemic, the team worked with a company in Las Vegas to put together their trade booths each year, thinking it was their "easiest" option being close to the venue, but presenting challenges when it came to preparing for the actual trade event.



Submitted photo

Through attending an Economic Alliance networking event, Heidi was connected to a local vendor company who could accommodate their trade show display needs. "We had no idea a company like this even existed in our area! We were excited for the opportunity, and began meeting and had great ideas, but then the pandemic hit. We were grateful, because we were working with a local company and even though shows were canceled for a couple years they worked with us through all of that," shared Heidi. "Something cool we got to do that we hadn't done before that

was nice was the ability to go to their location where they had our booth built out before the show, whereas when we worked with a company in Vegas, everything was done virtually and it was just harder to visualize and connect. We wouldn't know what anything looked like until you were there - a main reason we were thrilled to bring our trade show setup business local."

While they found a great partnership to take local business on a national scale, there are many other ways that TitanTV and team are



Submitted photo

keeping local top of mind year-round. From their morning meetings at local coffee shops, to employee holidays gifts from local retailers, to business printing and office supply needs, once TitanTV is aware of a local option, they're quick to consider changes.

Heidi was unaware of where to begin until she began interacting at networking events. "Networking can be your best friend. No one in Cedar Rapids is our client. We are a part of the Economic Alliance because we can network with companies that can help us, and in turn we can help them. I find myself so often saying, 'I didn't know we had something like this in our area.' So get out, network, become an Economic Alliance member, use the membership directory, and find who you are looking for!"

For a full list of member events as well as access to the membership directory, go to cedarrapids.org



Cedar Rapids Metro Economic Alliance
www.cedarrapids.org

Farmland/Women helping women

► FROM PAGE 1A

farmland in Iowa. Female landowners, including those who co-own land, make up 47 percent of Iowa farmland owners, a 2022 study found, accounting for 46 percent of the state's farmland acres. But women have long been overlooked in programming and education materials for landowners, leaving them ill-equipped to conquer the role compared with their male counterparts.

That dynamic is slowly changing, thanks to organizations led by women for women. Amid a male-dominated field, the groups are catering their resources to female landowners and creating safe educational havens for them to learn about conservation practices, forestry, agricultural management and more. The opportunities give participants the needed skills to take agency over their land.

Female farmland owners in Iowa now have more resources than ever before to succeed — but there's still room to improve, advocates say.

"We're half the landowners. That's a \$130 billion asset in Iowa," said Jean Eells, founder and owner of E Resources Group, who multiplied half the state's corn and soybean acres with the state's average value per acre to arrive at the figure. "Somebody's got to talk to us. ... Women need to be at the table to have these conversations."

MISSING PERSPECTIVES

If asked to envision a female farmer, you could probably conjure a picture in your head. But what if the same question were asked about a female landowner? With the lack of public awareness surrounding them, it might be a bit more difficult.

Wendong Zhang is answering that question through data. He is an assistant professor at Cornell University in New York, who, until recently, was the lead researcher of Iowa State University's Iowa Farmland Ownership and Tenure Survey. The survey stretches back to the 1940s and now is conducted every five years.

The latest findings of his team, released this month, show that women owned just as much Iowa farmland in 2022 as they did in 1982. They tend to own smaller parcels of land than men and are more likely to enroll that land in conservation programs — a trend that has increased since 2017.

Zhang's team also found that female landowners tend to be older than their male counterparts. Many of those women, particularly those age 65 and above, are widows.

"When looking at senior landowners, women also are becoming an even bigger, important and understudied group," he said.

University extension programs and U.S. Department of Agriculture programs typically are geared toward farmers and ranchers in general, not specifically landowners, Zhang said. Even programming geared toward landowners often is more focused on those who farm or ranch the land themselves — overlooking the many women who own their land but don't operate on it.

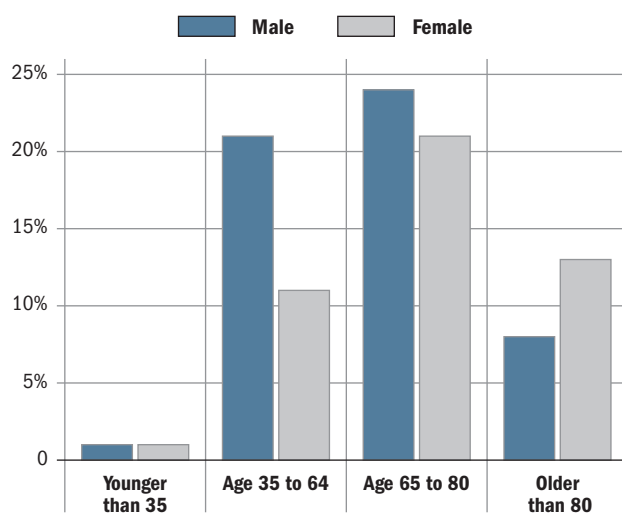
Even getting data about female landowners is tough. For example, in a recent study by Zhang and other researchers



Ruth Rabinowitz stands for a portrait June 2 on her land near St. Charles. "If I can help somebody get there faster and not have to learn for 10 years what I just had to learn, that's great," Rabinowitz said. "We have to help each other as a community of people in this line of work." Rabinowitz helps other female landowners through the Women, Food and Agriculture Network. (Nick Rohlman/The Gazette)

Distribution of Iowa farmland

An Iowa State University study, released this month, found that women who own or co-own land account for 46 percent of the state's farmland acres.



Source: Iowa Farmland Ownership and Tenure Survey

Gazette graphic

on farm succession in Iowa, over 90 percent of the original survey respondents were male. He had to ask in large letters on the questionnaire that female co-owners answer when possible so he could gather their views, too.

"For a lot of the information we gather, we lose perspectives on women landowners or producers," he said. "It's really hard to find even the voices of women producers, let alone women landowners."

When reached, female landowners share barriers many of them encounter — both structurally and emotionally.

If a husband dies, for instance, his widow may be thrust into a management role she has never experienced before. She may not know how to negotiate with tenants who operate the farm; she may not feel confident doing so. Much of the programming available to her would be predominantly attended by men, where she may not feel comfortable asking questions. Or, she may not even be invited to or aware of the educational opportunities.

"You hear lots of anecdotal evidence of this," Zhang said. "Even though they're legal landowners, many of the women sometimes feel less empowered and less knowledgeable."

CONSERVATION EFFECTS

When Eells was pursuing her Ph.D in agricultural education in 2002, she was gobsmacked to learn that women owned nearly half of Iowa's farm acres. She became the first person nationally to conduct scholarly work on women and conservation in agriculture.

Even though landown-

ers may not farm their own land, they are all responsible for the activities that take place on their property and their impacts — to soil health, water quality and beyond — Eells said.

A June 2022 study found that about half of Iowa's female farmland owners rent out at least some of their acres. But they often are left out of the conservation conversation.

Eells witnessed evidence of that firsthand. While a commissioner in about 2003 with the Hamilton County Soil and Water Conservation District, she had to approve applications for funding assistance for conservation practices. Of the 50 folders of applications, only three had women's names.

"How do you square that, with half the land being owned by women?" she asked. "Where were women, and why were we — in conservation and agriculture — missing them so badly?"

Conservation in agriculture was simply designed by men for men, Eells said. Male landowners were the primary audience because they're traditionally seen as the decision-makers. Women who aren't entrenched in the world of conservation may not understand or be interested in land ownership and conservation. Many need guidance to learn the ropes.

Even though most agencies accept women with open arms, women may not feel confident enough to engage in such programs.

"The nature of what they say can make your eyes just spin because it all sounds like a foreign language. You can feel stupid," Eells said. "By and large, a lot of women

find themselves in that boat, so they don't necessarily even come in to get help."

In another of Zhang's studies about female landowners, he explored what information the group wants to know about conservation and how they best receive it.

His team found that female landowners are interested in agricultural carbon credit programs, soil erosion control, soil fertilizer management and cover crops. They prefer a mix of in-person and virtual interactions to gather information.

Most programs don't have a component explicitly meant to reach women in the way they prefer, Eells said. To better access those landowners, it will take intentional design.

"Anybody who's doing conservation in Iowa who isn't reaching women landowners isn't very serious about conservation," she said.

WOMEN-LED EFFORTS

The Women, Food and Agriculture Network creates connections across Iowa that educate, support and connect women in agriculture, including landowners.

It's one of several organizations in the state that's led by women and designed for women by catering to their learning preferences. Collectively, such events have attracted thousands of participants.

A typical daylong WFAN meeting starts with about 20 women converging in a room, eager to learn.

They each introduce themselves and the land they own. Then, meeting leaders home in on a topic — such as soil health, or a USDA program, or watersheds — and sit in a circle to discuss it and ask questions in the

comfort of their own gender. After lunch, the group takes a trip to learn about the topic in the field.

When the meeting is complete, most attendees leave ready to get results on their properties. Follow-up surveys showed that between 50 percent and 70 percent of participants of a one-day meeting took action to improve conservation on their land.

"The network programming is designed to be where women can thrive as learners," said Eells, who works as a subcontractor for the network. "Creating a setting where they can make up for lost time and rapidly acquire the knowledge skills and support that they need requires a different kind of learning setting."

Another organization with similar efforts is Women, Land and Legacy — a project created in 2003 for Iowa women involved in agriculture, particularly those new to the industry.

Its programming has since spread from five pilot counties to 41 counties. Each location forms a locally funded team that can be composed of USDA staffers, ISU extension staffers, soil and water conservation districts and female farmers. From there, the core team disperses invitations for educational events and listening sessions to women.

Tanya Meyer-Dideriksen is a USDA Natural Resources Conservation Service state outreach coordinator who works with Women, Land and Legacy. She has heard attendees ask about conservation practices, estate planning, tenant relationships, USDA programs and soil health — all in the comfort of other women. About

10,000 have participated in the program in Iowa since it started in 2003

"There's a lot more comfort in being in a room that's predominantly women to ask your questions, talk with other women around your table and gain information," Meyer-Dideriksen said.

Other women-led efforts are focused on specific aspects of land ownership — such as forest stewardship. In 2018, women owned about 20 percent of Iowa's family forests. Family forests, which are forested or wooded property privately owned by individuals or families, represented 77 percent of Iowa's forests in total.

Julia Baker, an ISU natural resources extension program specialist, formed the Women's Woodland Stewardship Network to focus on women interested in learning more about timber. Attendees don't have to be landowners; they just have to be interested in forestry.

Practiced female foresters share their knowledge with participants, including lessons on oak regeneration, invasive species and tree removal. Some events whisk attendees — all with a variety of timber experience — to woodlands that have been well-managed to show what healthy forests should look like.

"Increasing decision-making involvement is one of the core principles of this (network)," Baker said. "There might be more women listed as primary decision-makers or simply more involved if they just had the opportunity to gain a little bit more knowledge and confidence."

MORE WORK TO DO

Ruth Rabinowitz was a wedding photographer for two decades. When her father's health started to fail around 2012, though, she switched gears: She decided to start managing his farmland in Mitchell, Madison, Clarke and Union counties.

She dove into educating herself about agriculture. She attended conferences; she visited her local USDA service center; she reached out to organizations for help. She successfully transformed her dad's farmlands — traditionally corn and soybeans — into more sustainable agriculture and conservation land.

Now, she owns 550 acres of land — and is a WFAN stewardship ambassador. In that role, she has given presentations to other women about her agricultural journey as a female landowner.

"If I can help somebody get there faster and not have to learn for 10 years what I just had to learn, that's great," Rabinowitz said. "We have to help each other as a community of people in this line of work."

The community of female landowners is alive and thriving in Iowa — the result of decades of women-led efforts. But the state still has a long ways to go, Eells said.

"It's still kind of novel (to some)," she said about outreach to female landowners. "But we do have a movement, I would say."

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Jean Eells presents an overview of watershed management and water quality to "Learning Circle" participants ahead of an afternoon field day in the Upper Cedar River Watershed. Eells is a subcontractor for the Women, Food and Agriculture Network. (Photo courtesy of Women, Food and Agriculture Network)

Abortion/Some urge special session

► FROM PAGE 1A

Hartford, issued statements alongside Reynolds' immediately following the Supreme Court's order, also expressing their disappointment in the split opinion.

Whitver said the court's decision a year ago overturning a prior 2018 ruling establishing a constitutional right of women to terminate a pregnancy "should reasonably be considered a substantial change in the law and the injunction should have been lifted."

"Senate Republicans have a consistent record of defending life, including the passage of the heartbeat bill," he said. "We will work with Gov. Reynolds and the House to advance pro-life policies to protect the unborn."

Caleb Hunter, Whitver's spokesman, said the Senate majority leader did not have any comment beyond his previously released statement.

Grassley's office did not respond to multiple messages last week seeking comment.

GOP OPTIONS

Iowa GOP lawmakers could write another law that further restricts abortions, which would assuredly be challenged and return to the Iowa Supreme Court, where justices would be required to determine whether a different legal standard of review should now be applied, said Drake University law professor Sally Frank.



Sally Frank
Drake University law professor

Republicans also could see through a proposal to amend the Iowa Constitution to clearly state it does not guarantee an Iowan's right to abortion. Amending the state constitution requires passage through consecutive two-year sessions of the Iowa Legislature, plus a public vote. Lawmakers have approved the proposed amendment once; they would need to pass it again by 2024 and then put it to a public vote.

Republicans also have multiple options as to when they take their next step. The regular work of the 2023 Iowa Legislature concluded in early May, but Reynolds could call for a special session. Otherwise, the next legislative session begins in January.

Anti-abortion advocates in the state said they are encouraging state lawmakers and the governor to look at all the options on the table, including a special legislative session to pass another version of the fetal heartbeat bill.

Maggie DeWitte, executive director of the anti-abortion group Pulse Life Advocates, formerly Iowa Right to Life, says the overturning of the fundamental right to abortion one year ago has opened the door to move forward with a fetal heartbeat abortion ban, and they will continue to work on ending abortion.

"We are going to support the quickest measure that we can move forward to save babies' lives in the womb," DeWitte said. "At this point, everything is a possibility, and we are looking at all of the different avenues available to us, which includes a heartbeat bill or something similar."

Additionally, DeWitte said the group will continue to advocate for legislation that would define



The facade of the Iowa Judicial Branch Building is shown in June 2022 in Des Moines. A divided Iowa Supreme Court earlier this month, in a rare 3-3 decision, declined to reinstate strict abortion limits in the state, but a new law could be coming. (Charlie Neibergall/Associated Press)

life starting at conception, as well as the constitutional amendment.

"The people of Iowa spoke when they elected our pro-life Legislature and governor," she said. "They're speaking very loudly that they expect pro-life legislation to be passed here in our state."

Iowa Democrats argue the vast majority of Iowans support legal access to abortion care. A Des Moines Register/Mediacom Iowa Poll from March found 61 percent of Iowa adults believe abortion should be legal in all or most cases, while 35 percent said the procedure should be illegal in most or all cases.

More than two-thirds of Iowa women said abortion should be legal in most or all cases.

Anti-abortion groups, meanwhile, point to new polling commissioned by Susan B. Anthony Pro-Life America that the group is using to persuade Republicans to back a 15-week national ban.

The poll of 1,000 voters nationwide found 77 percent of respondents support at least some prohibition to abortion, with exceptions for the life of the mother, rape and incest.

HOW WE GOT HERE

The blocked 2018 "fetal heartbeat" law would have prohibited abortions from being performed in the state once cardiac impulses can be detected, roughly around the sixth week of pregnancy, which often is before an individual is aware they are pregnant. Abortion rights advocates say such a prohibition would end 98 percent of the now-legal abortions in Iowa.

The law has exceptions for rape, incest, preserving the life of the mother, and fetal abnormalities that are incompatible with life.

Supporters of the bill say the presence of a heartbeat indicates life. However, some major medical organizations, such as the American College of Obstetricians and Gynecologists, note that what is detected at six weeks is not a heartbeat, but electrical impulses, and that an actual heartbeat does not occur until roughly 17 to 20 weeks of pregnancy.

Opponents, including Planned Parenthood, say the bill restricts a woman's ability to make decisions about her body with her doctor.

Reynolds signed the bill into law in 2018, but it was blocked by the Polk County District Court and never enforced. The district court ruled the bill unconstitutional, saying it violates the due process and equal protection provisions of the Iowa Constitution.

At the time, legal protections for abortion rights did not allow for such a strict abortion ban. That changed a year ago, when the Iowa

Supreme Court reversed a 2018 decision, now saying the Iowa Constitution does not provide a fundamental right to an abortion. The U.S. Supreme Court soon after reversed the decades-old Roe v. Wade decision, removing the federal right to an abortion and sending the issue back to states.

After that, Reynolds asked the courts to reconsider the "fetal heartbeat" ban.

But rather than ruling on its merits, the deadlocked justices left in place the district court's permanent injunction largely on procedural grounds, noting the unprecedented scope of the legal ask by Reynolds.

"In our view it is legislating from the bench to take a statute that was moribund when it was enacted and has been enjoined for four years and then to put it in effect," Justice Thomas Waterman wrote for the three justices who denied the state's request to reinstate the law.

Waterman argued when enacted in 2018, the law had "no chance of taking effect."

"To put it politely, the legislature was enacting a hypothetical law," he wrote. "Today, such a statute might take effect given the change in the constitutional law landscape. But uncertainty exists about whether a fetal heartbeat bill would be passed today. To begin, a different general assembly is in place than was in place in 2018, with significant turnover of membership in the intervening three election cycles."

Additionally, the Iowa Legislature has not voted to approve the constitutional amendment that passed in the last assembly, stating that there is no constitutional right to abortion, Waterman wrote.

LEGAL FOR NOW

Whether state lawmakers call a special session or return to the Statehouse like normal in January, Frank, the Drake University law professor, anticipates Republicans will pass further abortion restrictions, which will spark a new legal battle.

Whatever they pass, be it another six-week ban or something else, will likely be challenged by Planned Parenthood and the American Civil Liberties Union and taken back to district court.

There, Frank expects it will again be blocked for creating an undue burden on someone's access to abortion, inevitably landing back before the Iowa Supreme Court, this time to establish the newly defined level of legal scrutiny that should be applied to abortion regulations in Iowa.

In the wake of Iowa and U.S. Supreme Court rulings reversing a fundamental right to abortion, abortion opponents argue a new "rational basis" test now applies,

which would open the door to banning abortion in Iowa.

To pass the test, laws need only be "rationally related to a legitimate governmental interest."

"I expect that the court would find that the standard of review is rational basis and uphold the ban," Frank said.

All the justices were appointed by Republican governors and five were appointed by Reynolds.

Whatever the next action on abortion is, there will be a long road ahead in court, Frank said.

"We've gotten another year, basically," of legal abortion in Iowa, she said. "A ban would likely pass (the Republican-controlled Iowa Legislature). The questions then becomes what are the exceptions, if any."

Frank said she anticipates lawmakers also will pass a constitutional amendment saying Iowa does not recognize any right to abortion.

"They can pass a ban, but they won't be able to end abortion," Frank said. "Iowa women with resources will go to states where they can legally have an abortion. And poor Iowa women will engage in self-harm to self-abort, or go to back-alley abortions," as was done before abortion was made legal.

"And we will have women dying," due to the complications of unsafe abortions, Frank said.

SPECIAL SESSION?

Iowa Rep. Steve Holt, a Republican from Denison who believes "life should be protected from conception to natural death," said GOP lawmakers are undecided about whether to return for a special session to pass a new abortion ban, or wait until next year.

Holt said he's inclined to again pass the six-week ban and force the Iowa Supreme Court



Rep. Steve Holt
R-Denison

to rule on its merits, rather than procedure.

He also said he doesn't foresee the need to move ahead with a constitutional amendment in the wake of the Iowa Supreme Court's ruling overturning the fundamental right to an abortion. Holt led passage of the constitutional amendment bill during the 2021 session, before the 2022 court ruling.

Rep. Brent Siegrist, an assistant House majority leader and a Republican from Council Bluffs, said the issue is best left to be worked out during the next regular legislative session that begins in January.

"I think there's more than a few complicating factors — the constitu-

tional amendment, the current political mood, exemptions in the original bill and whether they stay or are expanded," Siegrist said. "I don't know if attitudes have changed since we passed the bill, but it's a pretty volatile political issue" to try to tackle in an abbreviated special session.

Iowa evangelical leader Bob Vander Plaats, president of the Christian conservative group The Family Leader, wants state lawmakers to take action before the regular session in January.

"We'll support them in the direction that they want to take it," Vander Plaats told The Gazette. "My recommendation would be is that they would call a special session early next month, repass the heartbeat bill at minimum, and run it through the courts so the courts now know we're serious" about protecting unborn lives.

He said his group has backed away from the constitutional amendment after justices ruled there is no fundamental right to abortion under the Iowa Constitution subject to strict scrutiny.

Vander Plaats has said the three justices on the Iowa Supreme Court who blocked reinstating the fetal heartbeat ban should resign, be impeached or be ousted. He led a successful campaign in 2010 to oust three other justices after the court legalized same-sex marriage in Iowa.

Vander Plaats called the court's order "disrespectful to Iowans ... and their own court."

He cited the opinion from the three justices who voted to overturn the lower court's ruling, Christopher McDonald, Matthew McDermott and David May.

"It isn't for us to dictate abortion policy in the state, but simply to interpret and apply the law as best we can in cases that come before us," McDermott wrote. "We fail the parties, the public, and the rule of law in our refusal today to apply the law and decide this case."

Vander Plaats argues Waterman, Chief Justice Susan Christensen and Justice Edward Mansfield "violated their oath" and "went outside their constitutional parameters" as "an activist court" in voting to let stand the district court's permanent injunction of the law.

Frank, the Drake law professor, called the argument "absurd."

"Impeachment has to do with conviction of a felony and high crimes and misdemeanors," Frank said. "You don't get impeached for disagreeing with a ruling."

Holt, while calling the court's order "egregious," threw cold water on the notion of impeachment.

"I understand the argument there, but I also believe we have to be very careful when we talk about impeachment of justices because we disagree with their ruling," Holt said.

Connie Ryan, chairperson of Justice Not Politics, said Vander Plaats' attack on Iowa's Supreme Court justices politicizes the courts for political gain.

"Contrary to Bob Vander Plaats' political point of view, Iowa's Supreme Court justices meet all legitimate standards to serve the people of Iowa," Ryan said in a statement. "Just because you disagree with a ruling does not mean the justices are not qualified. Iowans see through Vander Plaats' political charade and will contin-

ue to support Iowa's fair and impartial judicial system."

Vander Plaats also was among a panel of anti-abortion leaders who last week called upon GOP presidential candidates to embrace a national abortion ban to win the Republican Iowa caucuses. The evangelical leader urged presidential front-runners to embrace the issue with a clear stance.

Some in the party, however, attribute a poor national showing in the 2022 midterms in part to unpopular messaging and policy on abortion. Opponents, too, have warned of a potential political backlash to a new abortion restriction, highlighting failed anti-abortion ballot measures in Kansas and Kentucky last year.

DEMOCRATS' PLEDGE

During a news conference last week at the Iowa Capitol in Des Moines, leaders in the Iowa Democratic Party said they expect Statehouse Republicans to introduce legislation that will restrict abortions, and that they will make some effort to change the makeup of the Iowa Supreme Court or the language in the Iowa Constitution.



Rep. Jennifer Konfrst
D-Windsor Heights

Democrats will work to stop those efforts, and make their case to Iowans as to why, Iowa Democratic Party leaders said.

"We will continue to stand up and speak to the damage that the bills that Republicans have and will propose will cost Iowa families," Iowa House Minority Leader Jennifer Konfrst, of Windsor Heights, said at the news conference.

"There are unintended consequences all over what Republicans want to do in this state, and there are women's lives who are at risk with some of their proposals," Konfrst said. "And we're going to be loud and proactive about what it is that we're going to do to stop this."

She said Statehouse Democrats don't know specifically what to expect from Republicans in regard to abortion legislation, but are prepared for anything.

"They have to find consensus within a pretty extreme caucus, within another extreme caucus, and with the governor," Konfrst said. "So their negotiations are not thinking about what do Iowans want. They're thinking about, 'What can we pass to appease the special interests?' And so they're not considering a lot of things that are what you should consider when writing policy. They're considering politics."

She also said Iowa Democrats will push back at any conservative effort to have sitting Iowa Supreme Court justices removed or change the way Iowa judges are nominated to the courts.

"This is absolutely way out of touch with what Iowans expect, and it is out of touch with what the system is developed to do," Konfrst said. "Bob Vander Plaats is a special interest representative, and if he wants to oust judges, that's his opinion. But to engage elected officials, and doing it in a way that would usurp their independence, is absolutely unacceptable and inappropriate."



Several train cars are immersed in the Yellowstone River after a bridge collapse Saturday near Columbus, Mont. The bridge collapsed overnight, causing a train that was traveling over it to plunge into the water. (Associated Press)

Freight train falls into river after Montana bridge fails

Associated Press

COLUMBUS, Mont. — A bridge that crosses the Yellowstone River in Montana collapsed early Saturday, plunging portions of a freight train carrying hazardous materials into the rushing water below.

The train cars were carrying hot asphalt and molten sulfur, Stillwater County Disaster and Emergency Services said. Officials shut down drinking water intakes downstream while they evaluated the danger after the 6 a.m. accident. An Associated Press reporter witnessed a yellow substance coming out of some of the tank cars.

David Stamey, the county's chief of emergency services, said there was no immediate danger for the crews working

at the site, and the hazardous material was being diluted by the swollen river. There were three asphalt cars and four sulfur cars in the river.

The train crew was safe and no injuries were reported, Montana Rail Link spokesman Andy Garland said in a statement. The asphalt and sulfur both solidify quickly when exposed to cooler temperatures, he said.

Railroad crews were at the scene in Stillwater County, near the town of Columbus, about 40 miles west of Billings. The area is in a sparsely populated section of the Yellowstone River Valley, surrounded by ranch and farmland. The river there flows away from Yellowstone National Park, which is about 110 miles southwest.

"We are committed to addressing any potential impacts to the area as a result of this incident and working to understand the reasons behind the accident," Garland said.

The bridge collapse also took out a fiber-optic cable providing internet service to many customers in the state, high-speed provider Global Net said.

"This is the major fiber route ... through Montana," a recording on the company's phone line said Saturday. "This is affecting all Global Net customers. Connectivity will either be down or extremely slow."

The cause of the collapse is under investigation. The river was swollen with recent heavy rains, but it's unclear whether that was a factor.

Kansas AG tries to block transgender birth certificate changes

TOPEKA, Kan. — Transgender people born in Kansas could be prevented from changing their birth certificates to reflect their gender identities if the state's Republican attorney general is successful with a legal move he launched late Friday.

Attorney General Kris Kobach filed a request in federal court asking a judge to end a requirement for Kansas to allow transgender people to change their birth certificates. He is not seeking to undo past changes, only prevent them going forward.

U.S. District Judge Daniel Crabtree imposed the requirement in 2019 to settle a lawsuit filed by four transgender Kansas residents against three state health department officials. The lawsuit challenged a policy that critics said prevented transgender people from making changes even after transitioning, legally changing their names and obtaining new Social Security cards.

Luc Bensimon, a transgender activist who was one of the plaintiffs in that lawsuit, said Saturday he was already getting calls and emails from people who are concerned.

"We didn't go through that case just to have him try and change it now," Bensimon said.

3 San Antonio officers charged with murder

Three San Antonio police officers have been charged with murder in the fatal shooting of a Texas woman who was having a "mental health crisis," police said.

The deadly gunfire erupted Friday at an apartment complex on the city's southwest side, KWTX reported. Sgt. Alfred Flores, Officer Eleazar Alejandro and Officer Nathaniel Villalobos were responding to reports of vandalism when they arrived around 12:30 a.m. They

encountered Melissa Perez, who was cutting "wires to an alarm panel" inside the building, Chief William McManus said during a news conference.

The officers determined that the cutting of the alarm wires was a felony and tried to approach the woman, the police chief added.

"Officers attempted to get her to walk toward their patrol car, but she ran back to her apartment and she locked the door," McManus said.

Video released by the department appears to show an officer then climbing over a railing onto the patio of Perez's first-floor apartment. Then, "attempting to arrest the woman, officers open the screen to the window that was already open," according to Lt. Michelle Ramos.

Perez then allegedly picked up a hammer and started to swing it in the officers' direction, shattering a window. She also threw a glass candle at one of the cops, leaving him with minor injuries.

One officer fired in her direction, but she was not struck. Police said Perez retreated inside, then headed back outside toward the officers, hammer in hand. At that point, three officers fired at Perez. She was pronounced dead at the scene.

Palestinian opens fire on Israeli checkpoint

JERUSALEM — A Palestinian assailant opened fire at an Israeli military checkpoint in the West Bank on Saturday before being shot and killed, Israeli police said. Elsewhere in the occupied territory, settlers rampaged through a Palestinian village, hurling stones, spraying bullets and setting fire to homes, the latest in a series of settler attacks this week.

The Palestinian gunman approached Israeli troops at a checkpoint outside Jerusalem early in the morning, pulled out an M16 rifle and opened fire, Israeli police said.

Gazette wire services

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NATION/WORLD

Nearly half of U.S. honeybee colonies died last year

Beekeepers work to stabilize population

Associated Press

WASHINGTON — America's honeybee hives just staggered through the second highest death rate on record, with beekeepers losing nearly half of their managed colonies, an annual bee survey found.

But using costly and Herculean measures to create new colonies, beekeepers are somehow keeping afloat. Thursday's University of Maryland and Auburn University survey found that even though 48 percent of colonies were lost in the year that ended April 1, the number of United States honeybee colonies "remained relatively stable."

Honeybees are crucial to the food supply, pollinating more than 100 of the crops we eat, including nuts, vegetables, berries, citrus and melons. Scientists said a combination of parasites, pesticides, starvation and climate change keep causing large die-offs.

Last year's 48 percent annual loss is up from the previous year's loss of 39 percent and the 12-year average of 39.6 percent, but it's not as high as 2020-21's 50.8 percent mortality rate, the survey found. Beekeepers told the surveying scientists that 21 percent loss over the winter is acceptable and more than three-fifths of beekeepers surveyed said their losses were higher than that.

"This is a very troubling loss number when we barely manage sufficient colonies to meet pollination demands in the U.S.," said former government bee scientist Jeff Pettis, president of the global beekeeper association Apimondia that wasn't part of the study. "It also highlights the hard work that beekeepers must do to rebuild their colony num-



A colony of bees is seen at a hive in the backyard of University of Maryland bee researcher Nathalie Steinhauer on Wednesday in College Park, Md. A new survey says America's honeybee hives just staggered through the second-highest death rate on record. (Associated Press)

"The situation is not really getting worse, but it's also not really getting better. It is not a bee apocalypse."

Nathalie Steinhauer, bee researcher

bers each year."

The overall bee colony population is relatively steady because commercial beekeepers split and restock their hives, finding or buying new queens, or even starter packs for colonies, said University of Maryland bee researcher Nathalie Steinhauer, the survey's lead author. It's an expensive and time-consuming process.

The prognosis is not as bad as 15 years ago because beekeepers have learned how to rebound from big losses, she said.

"The situation is not really getting worse, but it's also not

really getting better," Steinhauer said. "It is not a bee apocalypse."

Despite big annual losses the situation is a far cry from 2007 when many bee experts expected an end to managed pollination said U.S. Department of Agriculture research entomologist Jay Evans, who wasn't part of the survey.

"There are threats certainly in the environment and honeybees have persisted," Evans said. "I don't think honeybees will go extinct but I think they will always have these sort of challenges."

Some commercial beekeep-

ers who have succeeded in the past lost as much as 80 percent of their colonies this past year, while other beekeepers did well, it varied so much, Evans said. Pettis, who has 150 colonies on Maryland's Eastern Shore, had less than 18 percent loss, saying he used organic acids for mite control.

The parasitic mite Varroa destructor that helps transmit viruses is the chief culprit, but bad weather and queen issues also were big problems in the past year, Steinhauer said. Pesticides also make things worse because it makes bees more vulnerable to diseases and less likely to seek food, she said.

"It really can be like death by a thousand cuts with the most obvious one being varroa," Steinhauer said.

The mite varroa is a flat creature that crawls on the

bee — it would be the equivalent of a Frisbee or flat softball on human bodies — Evans said. The mite seems to make it easier for viruses to attack and kill bees, he and Steinhauer said.

It used to take large amounts of varroa, such as in 60 percent of a colony, to cause virus problems, but now even small infestations at 1 percent or 2 percent in a colony can cause massive problems, Steinhauer said.

"We are fighting this evolving enemy," Steinhauer said.

Another problem is landscapes that have only one crop or homogenous landscapes which deprive bees of food, while pesticides and bouts of extreme weather also have caused problems.

For example in the Washington, D.C. area unusual 80-degree warmth in January brought some bees out of their normal winter routine and then when it turned cool again, they had problems, Evans said.

"The impact of climate change on bee colony survival is real and can go undetected," Pettis said in an email.

The demand for pollination from commercial bee colonies is growing even as the beekeepers have to work harder to make up for losses, Steinhauer said. The U.S. Department of Agriculture says 35 percent of the human diet comes from insect-pollinated plants and the honeybee is responsible for 80 percent of that pollination.

"There is this whole side of our agricultural industry that relies on these colonies," Steinhauer said. "And the fact that every year the commercial beekeepers have to invest so much more effort to keep those numbers up because they have to fulfill those pollination contracts puts a lot of stress on those beekeepers and the bees."

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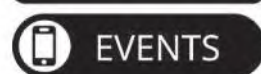
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The heat is on, but water breaks are off

Many states decline to require water breaks for outdoor workers

Stateline.org

Even as summer temperatures soar and states wrangle with protecting outdoor workers from extreme heat, Texas two weeks ago enacted a law that axes city rules mandating water and shade breaks for construction workers.

In state after state, lawmakers and regulators have in recent years declined to require companies to offer their outdoor laborers rest breaks with shade and water. In some cases, legislation failed to gain traction. In others, state regulators decided against action or have taken years to write and release rules.

Heat causes more deaths in the United States each year than any other extreme weather. And in Texas, at least 42 workers died of heat exposure between 2011 and 2021, according to the U.S. Bureau of Labor Statistics, though labor advocates say the number is much higher because other causes are cited in many deaths.

A 2021 investigation by NPR and Columbia Journalism Investigations found nearly 400 workers had died of environmental heat exposure in the previous decade, with Hispanic workers — who make up much of the nation's farm and construction workforce — disproportionately affected.

Climate change has brought more days of extreme heat each year on average, and scientists say that number will grow. Yet only three states — California, Oregon and Washington — require heat breaks for outdoor workers. Minnesota has a rule that sets standards for indoor workers, and Colorado's heat regulations cover only farmworkers.

The new law in Texas, signed by Republican Gov. Greg Abbott last week, nullifies a slew of local ordinances in an ongoing battle between the conservative legislature and left-leaning cities such as Austin and Houston. The law, touted as pro-business by supporters, strips local authority in eight codes of law: agriculture, business and commerce, finance, insurance, labor, natural resources, occupations and property. Affected ordinances include rules on matters such as tenant evictions and wage practices.

But one of the law's most significant actions is to nullify ordinances in Austin and Dallas that mandated 10-minute breaks every four hours for construction workers to get water and shade. San Antonio had been considering a similar ordinance; now no city may



Pedro Trejos, a construction worker with the workers' advocacy organization WeCount!, leads a chant Wednesday during a rally at the Stephen P. Clark Government Center in Miami by outdoor workers demanding workplace protections against extreme heat. Demonstrators were calling on the Miami-Dade Board of County Commissioners to pass a county heat standard adding lifesaving labor protections such as guaranteed access to water and shaded rest breaks for those who work outside in the county. (Associated Press)

impose such a rule. Texas' union leaders immediately drew attention to the potential consequences.

"Construction is a deadly industry. Whatever the minimum protection is, it can save a life. We are talking about a human right," Ana Gonzalez, deputy director of policy and politics at the Texas AFL-CIO, told the Texas Tribune. "We will see more deaths, especially in Texas' high temperatures."

The federal Occupational Safety and Health Administration, known as OSHA, urges companies to protect workers from heat-related illness, but for now has no federal heat standard. Several labor firms advise companies that they can run astray of OSHA's "general duty clause," which tells companies they should protect their workers from a known severe hazard.

Texas business interests and Republican lawmakers say employers need regulatory consistency, and that city-by-city rules hurt job growth.

Texas state Sen. Brandon Creighton, a Republican who helped carry the legislation, tweeted that it is "the most pro-business, pro-growth bill passed in the 88th Legislative session, and will be a lifeline to Texas job creators."

Still, many union and migrant advocates have called on states to write more stringent regulations. California laid the basis for worker protections in 2005 with emergency standards, since made permanent and amended, requiring access to shade and water, along with training and emergency response standards.

In 2021, Oregon and Washington state set temporary emergency standards after the heat wave across the Pacific Northwest killed hundreds of people. Oregon's have since become permanent; Washington is

working on setting permanent rules.

Months after that heat wave, President Joe Biden directed OSHA to begin rule-making for a federal heat-protection standard. It takes seven years on average to go through the process, and a rule could be stalled

depending on who wins the 2024 presidential election.

In Minnesota, where air conditioning is less common than in more southern states, state rules require indoor temperatures to remain below certain levels depending on the intensity

Only three states — California, Oregon and Washington — require heat breaks for outdoor workers.

of the work.

Other state-based efforts have not become law.

New York legislation that would have required worker protections — including shade and water breaks for outdoor laborers — in extreme weather died in committee earlier this month.

In Nevada, the Senate passed a similar bill after language requiring hourly 10-minute breaks was changed to "periods throughout the workday" so workers could "hydrate, as needed." The bill was last heard in a May committee meeting in the state's Assembly.

Bipartisan efforts in Florida to set heat standards for worker safety have failed the past three years, including in the most recent legislative session that ended in May, according to the Miami Herald.

The Virginia Safety and Health Code Board

surprised some observers in 2021 by narrowly rejecting proposed heat-safety standards for outdoor laborers just two years after voting unanimously to develop the rules. Opponents cited the potential federal OSHA rule currently being developed.

Maryland passed a bill in 2020 requiring a new rule, but those standards still are being written as business and environmental advocates weigh in. Last November, for example, the Natural Resources Defense Council wrote that the proposed rule was too "weak and unenforceable" to have much effect.

Other states, such as North Carolina, like the federal OSHA agency advise the public that heat stress standards might apply under the "general duty clause."

Stateline is part of States Newsroom, a national nonprofit news organization focused on state policy.

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Save your food scraps, save the Earth

More communities look to composting to divert organic materials from landfills

Stateline.org

In its fight against both climate change and rats, the New York City Council overwhelmingly passed a new ordinance earlier this month that will require residents to dispose of food scraps and yard waste in vermin-proof curbside containers for future compost, diverting organic materials from landfills and turning them into rich soil.

If signed by Democratic Mayor Eric Adams, the city's mandate would be the largest municipal composting program in the country, keeping 8 million pounds of organic waste every day out of landfills (around the weight of 160 full garbage trucks) and drastically reducing the city's methane emissions.

The Big Apple's composting plans are ambitious and aggressive, said Council Member Sandy Nurse, who chairs the Committee on Sanitation and pushed for a "zero waste" legislative package that includes the composting measure. The council passed it by a veto-proof margin. Once the city rolls out curbside organic waste collection by the end of next year, she said, New Yorkers will realize how "simple" the process is.

In the past decade, many U.S. communities of different sizes and political leanings have created mostly voluntary composting programs, with mandatory programs concentrated in large cities and a handful of blue states. Supporters say these programs reduce emissions, free up landfill space, create jobs and produce soil free of harmful fertilizers that pollute water sources.

However, the programs can be expensive. They require upfront investments in new bins and compost facilities, as well as in public education efforts to change long-held ideas of what goes in the trash can.

While it takes time, some communities that have embraced composting programs have shown marked decreases in the amount of organic waste that ends up in the dump and have saved taxpayer money in landfill fees.

Composting takes a shift in behavior and patience, said Sally Brown, a professor of environmental and forest sci-

ences at the University of Washington who has studied the impacts of municipal composting programs.

"It's tough because it's really easy to put your food waste in the garbage," she said. "People very often underestimate the amount of education outreach that's required."

EXPANDING COMPOSTING PROGRAMS

In her Claremont, Calif., home, Katja Whitham keeps a covered metal pail on the kitchen counter and a bowl in the freezer, throwing in old coffee grounds, tea bags, vegetable peels, cheese and meat scraps. Once the pail fills up, she tosses the contents into her garden's composting pile or into the green bin the city distributed to residents last year.

As mandated under a new state law, Claremont requires that residents stop tossing food waste into garbage cans but instead separate it into a different lidded container. That container then is picked up weekly by the city's waste management and taken to a private composting facility, where the company sells the compost at its discretion, mostly for agriculture.

Whitham said she was excited to see her Los Angeles-area city roll out a mandatory composting program.

"I've always been environmentally conscious, so it was a no-brainer for me," she said. "It's easy once you get going, but it is an investment; it takes a little extra time and patience."

Food scraps and yard waste make up around a third of municipal waste streams that head to landfills and incinerators. This is "problematic and not sustainable," said Eric Goldstein, a senior attorney at the Natural Resources Defense Council, an environmental advocacy group.

When buried in landfills, organic waste breaks down and releases methane, a greenhouse gas that traps 25 times more heat than carbon dioxide, according to the U.S. Environmental Protection Agency. When thrown in incinerators, moist organic waste requires intense energy consumption to keep the burner temperatures high. It also releases toxins into the air.

Mandatory composting programs have thrived over the past decade in cities such as San Francisco; Portland,

Ore.; and Seattle. (Seattleites send 125,000 tons of food and yard waste to composting facilities each year, turning those scraps into compost for local parks and gardens.) Pilot programs are underway in Boston, Pittsburgh and Jacksonville, Fla.

States also are getting into composting. Nine states — California, Connecticut, Maryland, Massachusetts, New Jersey, New York, Rhode Island, Vermont and Washington — have enacted laws over the past decade that divert organic waste from landfills to composting facilities, though composting requirements and opportunities for residents and businesses vary by state.

Last year, California began enacting a law requiring that municipalities set up mandatory curbside organic waste pickup and composting.

Of the 615 local jurisdictions in the state, 445 have set up their programs — a 70 percent compliance rate. There are 206 organic waste processing centers statewide, with an additional 20 being built right now. At these centers, food and yard waste is ground up, placed in heaping rows, aerated by large machinery, and allowed to break down naturally into dirt, eventually being sold off in bulk, often ending up at farms.

Communities are realizing this is the easiest, cheapest thing they can do to fight climate change, said Rachel Machi Wagoner, the director of California's Department of Resources Recycling and Recovery, commonly called CalRecycle. The state legislature allocated \$240 million total in recent years to help communities roll out their programs.

Once the state achieves its goal of reducing organic waste disposal by 75 percent of 2014 levels — down to 5.7 million tons of organic waste per year going to landfills — it will be equivalent to taking 3 million cars off the road, she added.

Of the remaining jurisdictions that have not complied with the law, 138 communities with low populations have applied for five-year exemptions, citing a lack of curbside waste removal services in vast rural areas.

Persuading people to participate has been a challenge, according to the Little Hoover Commission, a Sacramento-based bipartisan state oversight agency. This month, the commission

sent a report to the governor and legislature that called for a pause in the state rollout, citing slow implementation, a need for public education and possible amendments to the law.

EASING INTO IT

Mandatory composting programs are not for every community, environmental advocates admit. Success for these programs often means gradually bringing people on board voluntarily.

Many communities in states such as Kansas, Ohio and Texas offer food waste composting services for residents, but those programs are mostly voluntary. Across the country, 510 communities in 25 states, representing more than 10 million households, have municipal food scrap collection, according to a 2021 study from BioCycle, a compost-focused news service.

Earlier this year, Olathe, Kan., a southwestern suburb of Kansas City, rolled out its new composting program, allowing residents

to drop off their food and yard waste at a facility in town.

The city pays an organization around \$200 a month to pick up that waste two or three times per week and return with compost, which residents can later use for free. As of June 1, 526 residents have used the compost drop-off on a regular basis, said Cody Kennedy, chief communications and marketing officer for the city.

For now, the program is voluntary, with only one drop-off location in the city of 145,000. However, depending on its success, Kennedy envisions that the city could build a second facility in the coming years.

In New York City, mandatory composting has been a long time coming.

For the past decade, city leaders have sought to implement a citywide composting program, but mostly on a voluntary basis and through drop-off locations. Then-Mayor Michael Bloomberg told residents in 2013 that food waste is "New York

City's final recycling frontier."

Once enacted into law, the composting program will roll out by borough, starting in Brooklyn and Queens in October.

The city has until the end of the decade to build organic waste collection centers in each borough and meet its goal of diverting all its recyclables and organic waste that it sends to landfills in often low-income communities in Pennsylvania, New Jersey and New York.

Goldstein, at the Natural Resources Defense Council, hopes New York City will inspire more communities nationwide to adopt mandatory composting programs. But, he admits, it will be a gradual process.

"When municipalities see that cities are in the lead on this, having successful programs, where the public is participating, and where some cost savings are actually possible, it's likely that they too will hop on the bandwagon," he said.

"It won't happen overnight, but over time."

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Violence / New public safety law

► FROM PAGE 1A

to close hours earlier. Marion also placed limits on capacity and programming at Cocktails & Company, and Iowa City insisted its police officers be allowed inside the H-Bar when it's open to perform "community caretaking functions."

City officials and police, however, say they are limited in what they can do to prevent a potentially volatile mix of bringing a gun into a bar because there are no restrictions against it — unless owners ban weapons themselves and report incidents. In the case of the Iowa City hookah lounge, officials could not turn to a threat of suspending or revoking a liquor license because the business is not required to have one.

And in the case of an April 10, 2022, mass shooting at the Taboo Nightclub and Lounge in downtown Cedar Rapids — where three people died and 10 were injured — the city of Cedar Rapids wasn't able to take nuisance abatement action against the business after the shooting because it closed. Dimione Walker, 29, of Coralville, and Timothy Rush, 33, of Cedar Rapids, have been convicted in the two separate fatal shootings inside the bar.

But police said they have continued to provide an "active law enforcement presence" in the downtown area. Patrol officers interact with bar owners, employees and patrons, police said. Calls for service drive some of the interaction while others are "proactive."

"We review policies and procedures following any type of violence in that area with a hope for identifying preventive measures," Cedar Rapids police said in a statement.

Police and city officials point out that incidents of shots fired and shootings at clubs haven't been prevalent in Linn and Johnson counties — although they can be deadly when they do happen.

The 121 reports of shots fired between January 2022 and May in Cedar Rapids include the fatal shootings at Taboo and two other shots fired incidents outside bars. During this same time period, there have been 12 homicides in Cedar Rapids, which includes the three Taboo fatalities.

Incidents of shots fired in Marion were not available, but there has been only one fatal shooting during that time period — at Cocktails & Company.

Of the 24 shots fired reports during the same time period in Iowa City, there has been one person injured in a shooting outside the H-Bar and another person fatally shot outside the lounge. The H-Bar fatal shooting is the only homicide in Iowa City during this time period.

NUISANCE LAW

Marion relied on a new public safety nuisance law — House File 2340 — which deems a bar is in violation if a gun has been discharged, a dangerous weapon was used in an assault or if there had been a riot on at least three separate days within a 12-month period where law enforcement had to respond.

State lawmakers, when the bill was proposed in 2022, said it would give communities local control — that going through the state to yank a liquor license to shut down a problem bar took too long to address immediate public safety issues.

This bill was passed in response to a now-defunct Davenport bar that had numerous service calls for gunfire and fights.

The law also allows a county or city attorney to sue a bar for creating a public safety nuisance and to get a temporary injunction to close it pending a trial. But the city of Marion didn't go that far in dealing with Cocktails & Company, 1625 Blairs Ferry Rd.

Marion Police Chief Michael Kitsmiller told The Gazette the city found an alternative that would keep Cocktails & Company in business while giving the city leverage by tying restrictions, which



Cocktails & Company, at 1625 Blairs Ferry Rd. in Marion, must close earlier, limit capacity and temporarily ban live music events under a consent agreement with the city of Marion. The agreement follows a fatal shooting that happened inside the bar in March. (Jim Slosiarek/The Gazette)



Iowa City's H-Bar, a hookah lounge that doesn't sell alcohol, was ordered to pay a fine totaling \$2,000 for violating a tentative deal with the city following disturbances and a fatal shooting outside the lounge last fall. Under the agreement, the lounge is supposed to close no later than 2 a.m. (Nick Rohlman/The Gazette)



Rod Hunt, co-owner of the Green Gable Inn, 1227 J Ave. NE in Cedar Rapids, talks to a patron June 7 at the bar. The bar displays a sign on the door saying no weapons are allowed inside. Hunt said he has "no tolerance" for people who "misbehave" or have weapons in his business. (Jim Slosiarek/The Gazette)

will make the bar safer, to the bar's liquor license renewal.

Kitsmiller said the owners worked with the city because they all want to make the environment safer. Ryan Evans, owner of the bar, declined to comment.

"It's the first time we've done this," the police chief said.

Before the fatal shooting, Cocktails & Company had numerous service calls for fighting and intoxicated patrons in the parking lot, Kitsmiller said.

According to Marion police, 276 calls for service to the business between May 15, 2021, and March 17 included 216 bar checks there. A majority of the other calls were not related to medical, fire or domestic abuse incidents.

But city and police officials decided serious action was needed after Cameron Tyray Barnes, 32, was fatally shot March 17. Duval Walker, 28, of Cedar Rapids, has been charged in that homicide. It is the first fatal shooting in a Marion bar, and the city wanted to address the issue as soon as possible.

A surveillance video showed Walker starting a fight and punching Barnes in the face, according to a criminal complaint. The two were separated by others in the bar, but then Walker pulled out a handgun, hid it behind his leg while charging at Barnes and fired one shot that killed him, the complaint stated.

CONSENT AGREEMENT

As a condition of renewing the Cocktails & Company liquor license, the owner had to sign a consent agreement acknowledging the city could prove at a hearing there were conditions that would support a suspension, a public safety nuisance and a municipal violation relating to a nuisance property.

In lieu of the city pursuing those violations, however, the bar agreed to close at midnight instead of 2 a.m. It also agreed to limit capacity to 171 people inside and 72 on the patio. The bar also cannot have live mu-

sic events during its license renewal period of May 1 through April 30, 2024.

If Evans fails to comply, it would be a violation and the city could take further action.

IOWA CITY ACTION

Iowa City filed a nuisance abatement petition against the H-Bar, 220 S. Van Buren St., which is licensed to sell tobacco but doesn't have a liquor license. The lounge opened Dec. 31, 2021, and started having service calls Jan. 1, 2022, according to the petition.

The city was limited in what it could do about the issues to ensure people are safe inside and outside the lounge, which is close to apartment buildings and a convenience store, Assistant Iowa City Attorney Liz Craig told The Gazette.

Craig said it would have been preferable to reach an agreement with owners before proceeding to filing a nuisance abatement petition — which she said the city has not done before — but the city couldn't reach one with the H-Bar owners: James Miller, Katrell Sykes, David Sykes and Malik Maxwell, doing business as Groundwork LLC.

Between Jan. 1 and Oct. 23, 2022, there were 173 calls for service at the hookah lounge, which included large fights and a firearm being recovered from an individual who was barred from carrying guns. Craig said there also were two dangerous incidents near the lounge involving shootings in August 2022, when a woman was shot multiple times and seriously injured in an alley.

Then, in October, Waymond Thomas, 36, of Iowa City, was shot outside the lounge following a fight that started inside. He later died at the hospital. That same night, another fight started inside and continued outside.

Three people have been charged in relation to the incidents, including a voluntary manslaughter charge against Antonio Steven Scotton, 19, of Cedar Rapids.

A temporary agreement, in place until the case is resolved, was reached with the H-Bar owners in December. They agreed the lounge would close no later than 2 a.m., which is earlier than the

hours it had advertised for Friday and Saturday nights. The owners also agreed to allow Iowa City police officers to enter during open hours to perform "community caretaking functions."

FOUND IN CONTEMPT

However, the hookah bar continued to violate the temporary injunction, and the city filed a contempt action for four separate violations of staying open past 2 a.m.

In one of the violations April 9, a man "stumbled out of the H-Bar and appeared to be intoxicated," an officer wrote. The officer later found him passed out in his car with the engine running. Next to him was an AR-15 rifle.

Last month, a judge found the H-Bar in contempt and ordered the owners to pay \$2,000 in sanctions.

According to service calls since the contempt order, there have been two incidents on April 23 and 30 in which police officers observed the H-Bar open past 2 a.m., which could possibly be used in another contempt action. Police declined to comment on any further potential action.

NO LAW ON GUNS IN BARS

Police and city officials agree they are limited in what they can do about people carrying guns into bars under Iowa law. It would be up to the business owners to prohibit weapons.

Iowa City police Sgt. Paul Batcheller said police could make an arrest only if a person was carrying a weapon while intoxicated.

Many of the Iowa City downtown bars put up signs prohibiting weapons a few years ago when gun laws changed and carry permits were no longer required, Batcheller noted.

Officers keep an eye on the bars where there might be problems, based on previous issues, and do bar checks for underage drinking and respond to calls for fights and other disturbances.

Iowa City announced in March it's also planning to install 13 cameras in the downtown Pedestrian Mall this summer, which will give police access to video footage

when they are investigating shots fired and other incidents. The new cameras will provide more coverage than what is currently available.

Batcheller said the late night patrol also has been watching the H-Bar, but the lounge had been an "anomaly." Because it is not required to have a liquor license, police were not automatically allowed inside to make a routine bar check. Police would have to get permission from the owners. That's why the provision was added to the temporary agreement about allowing police to enter during business hours.

Rod Hunt, co-owner of Green Gable Inn, 1227 J Ave. NE, in Cedar Rapids, said he displays a sign on the bar's door to say no weapons are allowed inside. He said he has "no tolerance" for people who "misbehave" or have weapons in his business.

So he was upset when Cedar Rapids police issued a news release in March that a bar brawl resulted in shots fired outside Green Gable. Such information can hurt a business.

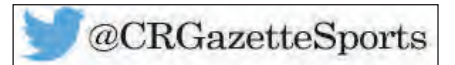
Hunt said as soon as that fight started in the bar, employees and regular patrons helped get the individuals out of the bar. Shots were fired — but that was nearly a block away from the bar, which was confirmed by police.

Hunt said the individuals involved in the fight were not regular customers and they would not be allowed back in the bar.

Dale Todd, a Cedar Rapids City Council member and chair of the Public Safety Committee, said it's the bar owners' responsibility to monitor what happens inside the business. Police can't afford to redeploy officers to the bars and "babysit" them when they are "serving cheap alcohol" and customers become combative.

"If you have to carry a gun into a tavern, it might not be a place you should go," Todd said. "And (for bar owners), it might be time to reevaluate your business model. Don't enable activity that's going to get you in trouble."

SPORTS



MIDWEST LEAGUE

Kernels could be even better in second half

Cedar Rapids earned first-half playoff spot with a 40-26 record

By Jeff Johnson, The Gazette

CEDAR RAPIDS — The first half of the Midwest League season concluded Thursday night.

Because, of course, it would end on a Thursday night, in the middle of a six-game series.

The Cedar Rapids Kernels fashioned a 40-26 record in their first 66 games, winning the Western Division to qualify for the MWL playoffs for the 10th consecutive year as an affiliate of the Minnesota Twins. You can't beat that.

They finished hot, too, winning nine of their final 10 first-half games and 11 of 13. They went 18-6 over their final 24.

The second half began



Kernels' designated hitter Emmanuel Rodriguez rounds third toward home to score during the Kernels' game against Wisconsin on May 28 at Veterans Memorial Stadium in Cedar Rapids. (Geoff Stellfox/The Gazette)

Friday night at home against Beloit, a high-scoring, 11-9, loss.

"Guys are making progress," Kernels Manager Brian Dinkelman

said. "We started off a little rocky, but the last seven or eight weeks

have been really good. The pitching has been good, the hitters are coming around here the last month or so and scoring some runs, having better at-bats, putting balls in play.

"I think it's part of the progression of a season. Hopefully the guys are learning a little bit and understanding what we are trying to teach them. Been a good first half for us, and hopefully they can just continue on this (arc) as we go into the second half."

Cedar Rapids is second in the league in earned run average at 3.56, behind only Great Lakes (3.37), which captured the Eastern Division's first-half title. Pitching wins games, right?

Starter Pierson Ohl and reliever Regi Grace were promoted together to Double-A Wichita

in early June. Generally, Kernels starters have given their team a chance to win most nights, while the bullpen has been good enough to close those wins.

Dinkelman mentioned lefty Jordan Carr (3-2 record, 1.83 ERA) as his club's most consistent starter. Carr is on the seven-day injured list with an elbow strain, though Dinkelman said a recent MRI done on that elbow brought back "good news."

Bullpen members with good first halves were Grace, right-hander Miguel Rodriguez (2-1 record, 3.78 ERA and 7 saves) and righty John Stankiewicz (4-1, 2 saves, 4.03), according to Dinkelman. Matthew Swain's numbers (0-0 record, 2.12 ERA and

► **KERNELS, PAGE 2B**

IOWA FOOTBALL

CALIFORNIA DREAMING

New Hawkeye quarterback takes group to left coast to bond, play, and get better

By John Steppe, The Gazette

IOWA CITY — Cade McNamara was insistent on a small gesture from his new offense during spring practices.

"He demands everyone claps in the huddle," wide receiver Diante Vines said in the spring.

Everyone.

"He didn't get on me too much, but he got on a couple people about making sure they clap," Vines said.

It's part of the former Michigan quarterback's efforts to be a leader as he prepares for his first season as the Hawkeyes' QB1.

Most notably, that leadership was on display as McNamara organized a trip to California for him and several of Iowa's wide receivers and tight ends after spring practices and before summer conditioning.

"Being a part of a new team, I want to get as close to these guys as possible and make it seem like second nature," McNamara said Wednesday.

McNamara was planning to train with his private throwing coach, Jordan Palmer, as he has usually done at least a couple of times per year since eighth grade.

Previously, McNamara often threw to local athletes while in southern California. "It could just be like JUCO



Iowa quarterback Cade McNamara warms up during spring practice March 30 in Iowa City. (Nick Rohlman/The Gazette)

guys that are just trying to get some extra work in," McNamara said.

McNamara heard of Buffalo Bills quarterback Josh Allen, another of Palmer's clients,

bringing some of his receivers for his sessions. That sparked an idea.

"I was like, 'Shoot, why don't I just really bring as many guys as I can?'" McNamara said.

So he did exactly that, inviting Iowa's wide receivers and tight ends and his brothers (so that he would not be the only one throwing).

Oh, and defensive lineman Joe Evans received an invitation, too.

"Me and (Evans) are usually

► **MCMNAMARA, PAGE 4B**

MIKE HLAS | THE GAZETTE

Kris Murray latest C.R. kid to make it big

Cedar Rapids isn't known for can't-miss blue-chip athletes. But when its people reach national sports stardom, they do so with quite the stories

Somewhere out there is the land of the 5-star, can't-miss athletes who have greatness projected onto them before they've even reach middle school.

Not in Cedar Rapids. Here, in the words of the late, great Tina Turner, we never ever do nothin' nice and easy. For some reason, our athletic legends start out on roads that don't seem likely to get you where you want to go.

Our two-time NFL

MVP quarterback, Kurt Warner, was a backup at Northern Iowa for three years, then played in the Arena Football League and NFL Europe on his way to the Pro Football Hall of Fame. Who does that?

Our two-time major-championship winner and 2023 U.S. Ryder Cup captain, Zach Johnson, played his college golf at Drake and climbed from the Prairie and Hooters tours to 12 PGA Tour wins. Who does that?

Now we claim two NBA first-round draft choices, Keegan and Kris Murray. McDonald's All-Americans? Uh, no. Subjects of recruiting wars? Not in the slightest.

The first 13 players picked in Thursday's draft are teens. Kris Murray, selected No. 23 by the Portland Trail Blazers, will be 23 when he plays his first NBA game. The NBA draft is no country for old men.

Twin brothers Amen and Ausar Thompson



Former Iowa forward Kris Murray puts up a shot after being fouled during The Hawkeyes' overtime win over Michigan on Jan. 12 at Carver-Hawkeye Arena. (Geoff Stellfox/The Gazette)

were the Nos. 4 and 5 picks of the draft. They

passed on college and played in Overtime Elite,

a pro league for 16- to 20-year-olds. Scoot Henderson, Murray's teammate-to-be in Portland, was the No. 3 pick after spurning college to spend a year with pro team G League Ignite.

The Murrays? They went to Iowa, but not right out of high school. Their parents had them go to DME Academy in Florida first after the only Division I offers they got were from Western Illinois.

How blue-chip were Keegan and Kris? When Iowa Coach Fran

► **HLAS, PAGE 4B**

BASEBALL

MLB: LONDON SERIES

Ah-hoo, wereCubs of London

Associated Press

LONDON — Pushing back the outfield fences in London couldn't keep Ian Happ in the ballpark.

Happ refound his power stroke with a pair of solo home runs, pitcher Justin Steele used the crowd's energy to zap a rally attempt and the Chicago Cubs beat the St. Louis Cardinals, 9-1, on Saturday in Major League Baseball's pandemic-delayed return to the British capital.

Happ led off the second inning against Adam Wainwright with a drive to straightaway center at London Stadium and put another pitch over the right-field fence in the third as the Cubs won their fourth straight game.

Happ crossed the pond with just five homers this season. He had his 11th career multi-homer game, his first since last Aug. 22. Six of the last seven homers Wainwright allowed to the Cubs have been hit by Happ.

"He was trying to get a sinker in and it just kind of leaked a little bit," Happ said of the go-ahead drive. "I put a good swing on it. That second at bat, same thing got to two strikes, and he left that curveball just up probably a little higher than he wanted."

Chicago used a series of two-out hits to pile up runs against Wainwright (3-2), who was pulled after back-to-back



The Chicago Cubs' Ian Happ swings at a pitch during the MLB London Series against the St. Louis Cardinals on Saturday at London Stadium in London. (Getty Images)

doubles starting the fourth. He allowed 11 hits — one short of his career high — and a season-high seven runs in the shortest of his nine starts this season.

A "perfect storm of horrible-ness" was Wainwright's analysis. "When I did try to spin something hard, I either hung it like I did to Happ or I threw

it about a foot outside," he said. "My corrections were overcorrections, and the balls that I did get on the plate were in the middle of the plate."

A crowd of 54,662, MLB's largest this season, filled London Stadium, some singing "Go Cubs Go." Chicago (37-38) has won nine of 10 and with a win

today could get back to .500 for the first time in more than a month.

St. Louis, last in the NL Central at 31-45, lost its second straight following a four-game winning streak.

Steele (8-2) allowed five hits in six innings and struck out eight.

Kernels/Getting good pitching

► FROM PAGE 1B

.161 opponent batting average) have been very good.

Offensively, the Kernels finished ninth out of 12 teams in batting average, though they were fourth in OPS (on-base-percentage plus slugging).

They have scored the second-most runs in the league thanks to 63 home runs, which ranks second in the MWL to West Michigan's 66.

Jace Jung of West Michigan leads the league with 12 home runs, but C.R.'s Kala'i Rosario (11), Emmanuel Rodriguez (10), Ben Ross (10) and Tanner Schobel (9) are near the lead. Rosario's 44 RBIs rank third in the MWL, with Schobel not far behind with 42.

"Rosy's been really good offensively," Dinkelmann said of Rosario. "He's helped us out a lot. I think almost everybody has gone through a stretch where they've kind of been the guy to carry the team."

"You have to have that throughout a season. Go through stretches where two guys at a time they kind of carry a team. Rosy's done a nice job through May and June. Tanner Schobel has been really good lately. Emmanuel is coming along nicely. Ben Ross has a stretch where he was really good, too. So they've all contributed quite a bit."

The thing about the lineup is it is very young and likely to stick around Veterans Memorial Stadium the rest of the season.

You've seen recent upticks from Rodriguez, fellow outfielder Misael Urbina, infielders Noah Miller and Jose Salas, more young guys who look like they will produce better second-half numbers.

"Position-player-wise, I wouldn't expect a ton (of movement) just because we're so young," Dinkelmann said. "That's not saying we couldn't have a few."

"Guys go up, injuries, trades, things like that, you don't know what could happen in the second half. I do think the core will be here the majority of the season."

That's really exciting. It's awesome that the Twins have put 10 straight Midwest League playoff clubs into Cedar Rapids, but the city would definitely like to win a championship.

Have about two-something months to figure that out.

Comments: jeff.johnson@thegazette.com

IOWANS IN MLB

Nick Allgeyer (Iowa/Houston Astros) — Pitcher has thrown better of late for Triple-A Sugar Land (Pacific Coast League). Acquired in a trade this season from Phillies organization, lefty is 3-2 with a 5.11 earned run average in nine appearances for the Space Cowboys, including five starts.

Ben Beutel (Iowa/Chicago White Sox) — Southpaw reliever is with low-Class A Kannapolis (Carolina League). He has a 2-0 record and 0.64 ERA in 10 appearances. Only nine hits and two walks in 14 innings, with 14 strikeouts.

Tyler Cropley (Iowa/Kansas City Royals) — Catcher has played in 17 games for Double-A Northwest Arkansas (Texas League). Hitting .250 in 56 at-bats, with a home run and five RBIs. Also has drawn seven walks.

Duncan Davitt (Iowa/Tampa Bay Rays) — Relief pitcher is 2-0 with a save and 5.08 ERA in 15 games overall between low-A Charleston and high-A Bowling Green. Only five hits and a pair of runs allowed in 10 innings for Bowling Green, where he's at right now. That's a 1.80 ERA.

Matt Dermody (Norwalk/Iowa/Boston Red Sox) — Veteran southpaw pitcher got called up to the big leagues to pitch a game June 8 against Cleveland. Then was taken off Boston's 40-man roster and sent back to Triple-A Worcester, where he gave up three runs in five innings. Has subsequently been given his outright release.

Jack Dreyer (Johnston/Iowa/Los Angeles Dodgers) — Reliever has had problems with walks (20 in 24 2/3 innings) at high-A Great Lakes of the Midwest League, but hasn't been hurt by it too badly. Has 2-0 record and 2.55 ERA in 22 appearances. Has allowed just 16 hits and struck out 29.

Nick Gallagher (Iowa City West/Iowa/Chicago White Sox) — Remains on the seven-day injured list at Double-A Birmingham (Southern League). Has 0-2 record with a 7.45 ERA in 14 relief appearances. Has allowed just 16 hits with 26 strikeouts in 19 1/3 innings.

Korry Howell (Kirkwood Community College/San Diego Padres) — Another guy who remains on the seven-day IL. Center fielder is with Double-A San Antonio (Texas League), hitting .194 in 20 games, with four RBIs and nine stolen bases.



San Francisco Giants' Keaton Winn pitches against the San Diego Padres on Monday in San Francisco. (Associated Press)

Mitch Keller (Cedar Rapids Xavier/Pittsburgh Pirates) — Was really good in his most recent start for the Pirates, at Miami against the Marlins (seven innings, five hits and a run allowed), a game in which fellow Cedar Rapidsian A.J. Puk ended up getting a save for Miami. Righty pitcher is 8-3 this season with a 3.45 ERA in 16 starts. Has given up just 84 hits in 99 innings, with 26 walks and 113 strikeouts.

Austin Krob (Lisbon/San Diego Padres) — Lefty hurler has made 11 appearances, 10 starts for low-A Lake Elsinore and finally got his first pro decision, a loss in his most recent start. Still is throwing well overall, with a 2.34 ERA in 50 innings. Has allowed 46 hits and struck out 59.

Adam Mazur (Iowa/San Diego Padres) — All in all, a pretty good first pro season for the 2022 second-round draft pick. Righty pitcher is 3-0 with a 1.72 ERA in 10 games, nine starts, for high-Class A Fort Wayne of the Midwest League. Opponents hitting just .203 against him (35 hits in 47 innings). Only nine walks, too, for a WHIP under 1.00 (0.94).

Mason McCoy (Iowa/Seattle Mariners) — Infielder continues playing a most-days role for Triple-A Tacoma (Pacific Coast League). Hitting .260 in

68 games, with eight homers, 39 RBIs and 19 stolen bases. Batting average is a robust .314 in June.

Cole McDonald (New Hampton/Iowa/Houston Astros) — Four scoreless relief outings at high-A led to an early promotion to Double-A Corpus Christi, where he's 1-2 with four saves and a 3.20 ERA. Only 10 hits and eight walks allowed in 19 2/3 innings, with a whopping 31 strikeouts.

Ian Moller (Dubuque Wahlert/Texas Rangers) — Young catcher is with low-A Down East of the Carolina League. Has a .184 batting average in 46 games, with three homers and 18 RBIs. Drawing 31 walks a positive sign.

Dylan Nedved (Iowa/San Diego Padres) — A teammate of Krob's at low-A Lake Elsinore, Nedved is 2-4 with a 7.25 ERA in 17 relief appearances. He is 2-4 with a save and a 7.32 ERA in 15 relief appearances for low-A Lake Elsinore (California League). Has 26 strikeouts in 22 1/3 innings.

Ben Norman (Des Moines Roosevelt/Iowa/Chicago White Sox) — Early season promotion to Double-A Birmingham for the outfielder. Hitting just .162 in 39 games for the Barons, with two homers and 15 RBIs.

A.J. Puk (Cedar Rapids Washington/Miami Marlins) — Lefty reliever back at it after a stint on the

15-day Injured List for the Marlins. Has 10 saves for Miami, a 3-2 record and 3.22 ERA in 23 games. Has allowed 22 hits in 22 1/3 innings, with only four walks and 26 strikeouts.

Colin Rea (Cascade/Northern Iowa/Milwaukee Brewers) — Right-hander is taking a regular turn in the Brewers rotation. Is 3-4 with a 4.88 ERA in 13 games, 12 starts overall. Has given up 57 hits in 62 2/3 innings with 54 strikeouts.

Tommy Specht (Dubuque Wahlert/Texas Rangers) — Outfielder is a teammate of former Wahlert classmate Moller at Down East. Hitting .297 in 19 games, with seven RBIs. Has drawn 15 walks and stolen three bases.

Levi Usher (Cedar Rapids Prairie/Kansas City Royals) — Outfielder has played in 41 games for low-A Columbia (Carolina League). Hitting .149 with a homer and nine RBIs.

Connor Van Scoyoc (Cedar Rapids Jefferson/Los Angeles Angels) — Right-handed pitcher has been strong in his last two starts for high-A Tri-City (Northwest League), allowing just a run in each, one spanning seven innings and the other 6 1/3. Has a 4-3 record and 2.76 ERA overall this season in 11 starts, with just 43 hits allowed in 62 innings.

Trenton Wallace (Iowa/Toronto Blue Jays) — Pitcher is on the seven-day Injured List at Double-A New Hampshire (Eastern League), where he had recently been promoted. Made two starts for the Fisher Cats, losing one, giving up 11 hits and eight runs (six earned) in 8 1/3 innings.

Peyton Williams (Iowa/Toronto Blue Jays) — First baseman also on the IL, this at high-Class A Vancouver (Northwest League), where he had recently been promoted. Hit .176 in nine games for the Canadians, with two homers and five RBIs.

Keaton Winn (Pekin High School/Iowa Western Community College/San Francisco Giants) — The first major leaguer from the little town of Ollie, Iowa. Winn picked up a save in his first big league game for the Giants. Has appeared in three games as a reliever, allowing just five hits and striking out eight in 10 innings.

— Jeff Johnson, The Gazette

MLB ROUNDUP

Reds win streak stopped at 12 by Braves

Associated Press

The Cincinnati Reds' longest winning streak in 66 years was stopped at 12 games when Raisel Iglesias struck out Jonathan India for the final out as the Atlanta Braves prevailed, 7-6, Saturday in an eight-homer slugfest in Cincinnati.

Matt Olson hit the 200th of his big league career and Travis d'Arnaud, Marcell Ozuna and Ozzie Albies also went deep.

Cincinnati's Matt McLain and Spencer Steer hit two-run homers.

Iglesias entered with a 7-4 lead in the ninth and allowed consecutive one-out homers to Jake Fralery and Will Benson. He then struck out McLain and India.

BLUE JAYS 7, ATHLETICS 3 — Vladimir Guerrero Jr. and Danny Jansen each hit two-run homers, José Berríos pitched six innings to win for the third time in four starts in Toronto.

ORIOLES 6, MARINERS 4 (10) — Ryan McKenna hit a two-run homer in the bottom of the 10th inning in Baltimore.

YANKEES 1, RANGERS 0 — Ron Marinaccio retired Marcus Semien on a game-ending popup with two on in the ninth inning in New York.

WHITE SOX 5, RED SOX 4 — Elvis Andrus hit a game-ending RBI single in the ninth inning in Chicago.

ROYALS 9, RAYS 4 — Jordan Lyles ended a 15-game winless streak and the lowly Royals beat the team with the MLB's best record in St. Petersburg, Fla.

GUARDIANS 4, BREWERS 2 — Josh Naylor

and David Fry had RBI singles in a two-run sixth inning, rookie Tanner Bibee struck out seven in Cleveland.

GIANTS 7, DIAMONDBACKS 6 — In San Francisco, Luis Matos hit his first career home run, a go-ahead two-run drive in the sixth inning.

METS 4, PHILLIES 2 — Max Scherzer struck out eight over six innings in Philadelphia.

MARLINS 4, PIRATES 3 (11) — Jon Berti drove in the winning run with a single in the 11th inning in Miami.

Baseball calendar

	Today 25	Mon. 26	Tues. 27	Wed. 28	Thurs. 29	Fri. 30	Sat. 1
	vs. Cardinals 9:10 a.m. ESPN		PHILLIES 7:05 p.m. Marquee	PHILLIES 7:05 p.m. Marquee	PHILLIES 7:05 p.m. Marquee	GUARDIANS 1:20 p.m. Marquee	GUARDIANS 6:15 p.m. KFXA
	RED SOX 1:10 p.m. NBCSC	at Angels 8:38 p.m. NBCSC	at Angels 8:38 p.m. NBCSC	at Angels 8:38 p.m. NBCSC	at Angels 3:07 p.m. NBCSC	at Athletics 8:40 p.m. NBCSC	at Athletics 3:07 p.m. NBCSC
	vs. Cubs 9:10 a.m. ESPN		ASTROS 6:45 p.m.	ASTROS 6:45 p.m.	ASTROS 6:15 p.m.	YANKEES 7:15 p.m.	YANKEES 1:15 p.m. FS1
	at Tigers 12:40 p.m.	at Braves 6:20 p.m.	at Braves 6:20 p.m. TBS	at Braves 11:20 a.m.		at Orioles 6:05 p.m.	at Orioles 3:05 p.m.
	at Rays 12:40 p.m.		GUARDIANS 7:10 p.m.	GUARDIANS 7:10 p.m.	GUARDIANS 1:10 p.m.	DODGERS 7:10 p.m.	DODGERS 6:15 p.m. KFXA
	at Guardians 12:40 p.m.	at Mets 6:10 p.m.	at Mets 6:10 p.m.	at Mets 6:10 p.m.	at Mets 6:10 p.m.	at Pirates 6:05 p.m. AppleTV+	at Pirates 3:05 p.m.
	BELOIT 1:05 p.m.			at Peoria 6:35 p.m.	at Peoria 6:35 p.m.	at Peoria 6:35 p.m.	at Peoria 6:35 p.m.

SPORTS

NATIONAL NOTES

Judge has bad toe, no timetable

NEW YORK — Two days after the New York Yankees said Aaron Judge possibly could start baseball activities this weekend, the slugger said he has a torn ligament in his right big toe and is not quite ready.

Judge was hurt June 3 when he crashed into the right-field wall at Dodger Stadium while making a catch.

New York is 6-10 since the AL MVP was injured.

Angels acquire veteran infielder

DENVER — Looking to replenish their injury-depleted infield, the Los Angeles Angels acquired switch-hitter Eduardo Escobar from the New York Mets for two minor league pitchers Friday night.

New York received right-handers Landon Marceaux and Coleman Crow. Both were starters at Double-A Rocket City.

The 34-year-old Escobar got off to a slow start this season and lost his starting job at third base in April.

But the popular Escobar has flourished in a part-time role. He is hitting .236 with four homers, 16 RBIs in his 13th major league season.

Avalanche trade for Johansen

NASHVILLE, Tenn. — The Colorado Avalanche have filled their second-line center void by acquiring Ryan Johansen from the Nashville Predators on Saturday.

Colorado sent pending free agent Alex Galchenyuk to Nashville in a trade that essentially amounts to a contract dump.

The move is a big splash for the Avalanche, who lost in the first round of the playoffs to Seattle this past season.

Assault charge vs. Adams dropped

KANSAS CITY, Mo. — Prosecutors have dropped a misdemeanor assault charge filed last October against Las Vegas Raiders' wide receiver Davante Adams after he shoved a photographer to the ground as he left the field following a loss at Kansas City.

The case filed in Kansas City municipal court was dismissed June 5.

Sun center Jones out for the season

UNCASVILLE, Conn. — Connecticut Sun post Brionna Jones has undergone surgery and will miss the remainder of the WNBA season with a ruptured right Achilles tendon.

The 6-foot-3 post, last season's WNBA Sixth Player of the Year, was averaging 15.9 points and 8.2 rebounds per game for the Sun (11-3).

Associated Press

HIGH SCHOOL SOFTBALL



Linn-Mar's Addie Gralund delivers a pitch during a semifinal game of the Linn-Mar/Alburnett softball tournament on Saturday at the Linn-Mar Baseball/Softball Complex in Marion. (Geoff Stellfox photos/The Gazette)

LINN-MAR SOFTBALL



RIGHT: Linn-Mar third baseman Kaylece Morgan (5) gets a high five after making a big play against North Scott on Saturday in Marion. The game and tournament were not finished because of the weather. Linn-Mar won twice Friday, beating Center Point-Urbana, 3-0, and Fort Dodge, 3-2. Along with Linn-Mar and North Scott, the other semifinalists were Pleasant Valley and Muscatine.

LOCAL AUTO RACING

For Flannagans, racing a family tradition

By Ryan Pleggenkuhle, correspondent

CEDAR RAPIDS — The passion for racing runs deep in the Flannagan family. And it's fueling their success on the track.

Patrick Flannagan took home his fourth checkered flag of the season Friday. He leads second-place Jonny Williams in the Sports Mods division at Hawkeye Downs Speedway by a commanding 15 points.

Beckett Flannagan, Patrick's son, is fifth in points. He has four top-five finishes and had his best performance of 2023 on Friday, finishing third.

The Flannagan father-son duo have ambitious goals for themselves.

Patrick, 44, has won three consecutive track championships at Hawkeye Downs Speedway. He's chasing a four-peat.

Beckett, 13, has his sights set on earning "Rookie of the Year" honors in his first season racing Sports Mods.

Personal aspirations aside, quality time is always at the top of the agenda for the Flannagan's.



The Flannagan family after Patrick's first-place finish May 19 at Hawkeye Downs in Cedar Rapids. (From left) Patrick, Harper, Brooke and Beckett. (Tarra Rowley photo)

"A four-peat would be great," Patrick said. "But it's more about having fun racing together and working on things together."

A freshman-to-be at Alburnett, Beckett is the second youngest driver at Hawkeye Downs, "about a half a year" older than fellow Sports Mods driver Tallan Chandler. Beckett raced Hornets last season before making the jump to

Sports Mods. "We've made some changes and got him going a little bit better," Patrick said. "So hopefully by the end of the year he's running right up there with me for the top spot."

Racing has been a long-time tradition for the Flannagans. Patrick and his father, Bill, raced against each other at Hawkeye Downs until the mid-2000s.

"He had the upper hand because he got all the good equipment and I got the leftovers," Patrick said with a chuckle. "That's kind of what I'm doing to him (Beckett)."

Now, Bill lends his son and grandson a hand in the garage and watches races from the stands. Working in the shop is something the trio enjoy doing together.

"It's (vehicle maintenance) on me and my

dad, he's been working with us, too," Patrick said. "It's been all three of us."

Bill's racing wisdom and observations from the track have helped Beckett learn and develop as a driver.

"It's nice because I get two angles of the race (one on the track and one from the crowd)," Beckett said. "I have my grandpa telling me, 'Well, you should do this,' because he's actually watching the race."

"My dad's out in front. He's only watching me when he laps me."

While he's focused on his own performance during races, Patrick, too, has sage advice for Beckett.

"Just keep the car in control and don't have the wrecks be your fault," Patrick said. "And just have fun out there. If you're not having fun, it's not worth doing because it takes up so much time and money."

What would be fun for Beckett? Besting his dad in a feature race.

"I would definitely get bragging right for that week," Beckett said. "He's had bragging rights the whole season."

NASCAR: XFINITY SERIES

Allmendinger pulls away in second OT at Nashville Superspeedway

Associated Press

LEBANON, Tenn. — A.J. Allmendinger pulled away on the second overtime restart Saturday to win his second NASCAR Xfinity race this year and 17th of his career at the Nashville Superspeed-

way in the Tennessee Lottery 250.

The 41-year-old Allmendinger pitted on lap 145 and used fresher tires to pass Parker Kligerman, taking the lead for good on lap 177. He seemed poised to cruise to his latest victory for

Kaulig Racing in his No. 10 Bailey Zimmerman-Religiously Chevrolet until Chad Chastain spun off Turn 4 with five laps left.

That set up the first overtime. Chandler Smith spun out on the first restart attempt after

contact with Josh Berry in Turn 2.

On the second restart, Allmendinger left everyone behind. As both he and his team celebrated, more cars started spinning and crashing in a haze of smoke. Allmendinger finished

second at Sonoma before NASCAR's lone break of the season.

Riley Herbst finished second, with Sam Mayer third, Austin Hill fourth and Josh Berry rounding out the top five in a race with 11 different leaders and 17 lead changes.

TODAY'S RACE

- **What:** Ally 400
- **Where:** Nashville (Tenn.) Superspeedway
- **Time/TV:** 6 p.m./KWWL
- **Race distance:** 300 laps, 399 miles

PRO BASKETBALL: COMMENTARY

Donaldson's hire is progress for women coaches

Former UNI player hired by NBA's Hawks

By Ken Sugiura,
Atlanta Journal-Constitution

ATLANTA — When Georgia Tech women's basketball coach Nell Fortner was younger, she considered she might like to jump from coaching women to men.

She never pursued it, however.

She was asked this week if part of the reason was she figured she had little chance in a field where few coaches (if any) looked like her.

"Yeah, probably so," Fortner told the Atlanta Journal-Constitution last week. "That's probably exactly what came into my mind."

It could be argued that the greater loss was felt by whatever men's play-



Northern Iowa's Brittini Donaldson organizes the defense against Iowa in 2013 at the McLeod Center in Cedar Falls. Donaldson has gone on to an NBA coaching career, and was recently hired as an assistant for the Atlanta Hawks. (The Gazette)

ers didn't get the chance to be coached by Fortner. Her career speaks for itself. Among the most noteworthy accomplishments, she led the U.S. women's team to the gold medal in the 2000

Olympics and is the only basketball coach (male or female) to be named coach of the year in the ACC, Big Ten and SEC.

Fortner's graduate manager at Tech is Lauren James. She is a po-

tential star in the sports analytics field. While starring at Taylor University in Indiana, James also double majored in math and computer science and earned internships with the San Francisco 49ers and the Indiana Pacers. At Tech, she is earning a master's degree in analytics, where her classes included machine learning and Bayesian statistics.

She can see herself as a coach or a front-office type.

"I have an itch for both, honestly," she said. "It's wherever God's going to lead is where I want to go."

The Atlanta Hawks' hire of Brittini Donaldson this month as the franchise's first female assistant coach caught her notice, but not for the reason you might think. (Note: Like James, Donaldson's background is in analytics.)

"I think it's really cool that you see these professional leagues, and not even just the NBA, other leagues (also), really embracing the analytics side of it," James said.

At the risk of belaboring the point — not so long ago, a woman who had proved herself an elite coach didn't even consider pursuing a job on the men's side because she thought (presumably accurately) there was no way she would be seriously considered. And, today, Fortner's team manager is encouraged by the hire of a coach who is breaking barriers with the NBA team in her adopted city less because it represents the growing inclusion of female coaches and more because Donaldson symbolizes the league's embrace of analytics.

"I'm going to be honest," James said. "I un-

derstand it's a male-dominated field, and it never really bothered me. I'm confident in myself, confident in my abilities and can stay right up there with the best of them."

Kudos to the Hawks for hiring a coach who began her collegiate career at Northern Iowa and has proved herself in assistant coach jobs with the Raptors and Pistons, brings a skill set uncommon on NBA benches and also is a woman. While it might not matter as much to James, Donaldson's status as the first female assistant coach in franchise history (there had been 15 in NBA history as of last season, according to CBS Sports, including six last season) has caught the attention of others.

"I just think with Brittini being hired, it just continues to open doors," Fortner said.

Hlas/We never do nothin' nice and easy here

► FROM PAGE 1B

McCaffery signed them out of DME in the spring of 2020, many people in these parts questioned if it were a waste of two scholarships.

It was something quite the opposite.

Iowa, by the way, didn't have a player drafted in the NBA's first round from 1999 until Keegan Murray last year. That's the fellow who was on the NBA's All-Rookie team this year for the Sacramento Kings.

Now, said the Murrys' father Thursday night at Kris' draft watch party at an Iowa City hotel, "I think there have been kids signed and are now here on campus because of Kris and Keegan. They've opened up doors to look at Iowa because of the way they play."

Kenyon Murray played at Iowa, and said he's resigned himself to the fact he was the third-best Hawkeye in his family. But he sure knew how to steer his sons toward becoming the top two, and going to even higher ground than the Big Ten.

"Did I think we'd be here four years ago?" Murray said. "No, we were packing them up, going to Florida. So it's just been awesome as a



Portland Trail Blazers General Manager Joe Cronin (left) and head coach Chauncey Billups (right) stand with draft pics, Rayan Rupert, Scoot Henderson, and Kris Murray while they hold their new jerseys during a news conference Saturday in Portland, Ore. (Associated Press)

parent to see them stick to a plan, stay dedicated, and then basically reap the benefits of all their hard work over the last four years.

"As a dad, it's crazy because I never saw it. I was struggling to get

them a D-I offer when I was their AAU coach."

Kenyon Murray is from Michigan, the state that gave the NBA Magic Johnson and Devin Booker and Draymond Green and so many other great players. Kenyon

and his wife, Michelle, raised their family in Cedar Rapids, which had been home to more "Survivor" winners than players who spent an entire season in the NBA.

No, we never do noth-

ing nice and easy here in Cedar Rapids.

But when we send people to the sports stratosphere, they sure do arrive with great stories.

And like the Warners and Johnsons, the Mur-

rays will never say or do anything to make people from Cedar Rapids anything but proud.

Alrighty then. Who's next?

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McNamara/Tries to be first to training every morning

► FROM PAGE 1B

a package deal," McNamara said. "Anywhere we go, me and him are together."

Evans was, among other things, "head of strength and conditioning for the week."

"He would lead the conditioning while I was meeting with Jordan at the office," McNamara said. "He was my right-hand man the entire time."

Iowa's Swarm Collective sponsored the trip in return for some marketing efforts by the players. A mix of scholarship and walk-on wide receivers, tight ends Luke Lachey and Erick All, Evans and McNamara's brothers made the trip to southern California.

That included Ohio State wide receiver transfer Kaleb Brown, who committed to Iowa earlier in the month and did not have the benefit of getting to know McNamara and Co. in spring practices.

"He's fit in great so far, honestly," McNamara said.

McNamara and his receivers practiced together. They went to the ocean together. They ate together.

"We're doing everything together," McNamara said. "We even went surfing one day."

Jack Johnson, McNamara said, was the best surfer.

At least with the people McNamara was staying with — the Hawkeyes were split up among a couple of condos and a house — the early start times had some semblance to Iowa's morning training schedule.

"We'd wake up at 6 a.m. every morning, go do a cold plunge in the ocean, then we'd go and start our day," McNamara said.

The time together allowed Iowa's new quarter-

back and his receivers

to get to know each other that much more. "Us being together on the football field is kind of where respect is earned," McNamara said. "But then once you're actually spending time with them away from the field, that's where we actually get to know each other ... really build a friendship."

The idea of an Iowa quarterback working with his receivers outside of Iowa's facilities is not entirely new. Spencer Petras had Nico Ragaini work with his private coach, Tony Racioppi, last year, but McNamara's trip took that concept to another level.

Long before the California trip, McNamara's leadership was evident as he had a little competition with All, his former roommate and fellow Michigan transfer.

"We would compete, like who is the first to get into the (football) building," All said in the

spring. "I was beating him. I just would be in the training room and waiting for him like, 'Hey, where you at, man? What took you so long?'"

All's advantage didn't last long, though, as McNamara arrived earlier and earlier.

"Erick can't beat me," McNamara said this week.

McNamara is instead competing with offensive lineman Mason Richman.

"Mason gets here very early," McNamara said. "I'm still trying to catch up."

Richman has been arriving before 5 a.m., McNamara said, "but Mason has a shorter drive than I do."

Regardless of whether McNamara has the first or second parking spot outside the Hansen Football Performance Center, his insights from 16 starts have helped fellow quarterback Joe Labas catch "certain stuff that I

would not see."

"I would go somewhere for a play, and then he would tell me, 'Hey, this guy is over here ... just watch out for that,'" Labas said. "And then I would think, 'Oh yeah, you're right.'"

Iowa Coach Kirk Ferentz said after the open spring practice the team has "really embraced" McNamara since his arrival.

"To me, he has a lot of the characteristics and qualities you're looking for in a quarterback," Ferentz said. "You can see why he was successful where he was before. ... He's got a confidence that I think is earned. He's helped bring that to our football team."

McNamara's leadership, whether it be on the beaches of California or during Iowa's spring practices, is far from a surprise to those who have known him for a long time.

Shawn Dupris, the for-

mer head football coach at McNamara's high school in Reno, Nev., had a split locker room because he chose then-freshman McNamara as his starting quarterback instead of an upperclassman coming off an all-conference season.

"He fought through it and battled hard and obviously won the locker room because he was the better quarterback," Dupris told The Gazette in December. "What Iowa is going to get is a guy that is going to step in right away and demand excellence and demand a lot from his teammates."

As for the clapping, the Iowa offense "sounds like an actual team breaking the huddle" and "more of a unit," Vines said in the spring.

"Just that little bit of leadership right there goes a long way," Vines said.

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SPORTS OPINION

PRO BASKETBALL

Portland sends unthinkable message

Basically, Blazers telling Lillard it's time to Scoot

By Jerry Brewer, Washington Post

An inevitable NBA break-up tiptoes toward closure. Damian Lillard and the Portland Trail Blazers can profess their commitment all they want; time and circumstances keep pushing them further apart.

The unthinkable now seems merciful: Lillard, the steely scorer rooted in Rip City, needs to be traded soon. It doesn't matter which side realizes it first. There is no good or bad guy in this situation, only reality and delusion.

After making eight straight playoff appearances, the Trail Blazers have slid to a 60-104 record over the past two seasons. Lillard turns 33 next month. He was at least four years older than every significant contributor on last season's team. Anfernee Simons, the second-leading scorer, is almost nine years younger, and the majority of the roster is in his age range.

On Thursday, Lillard reportedly hoped Portland would trade the No. 3 draft pick for an established star, but the Trail Blazers selected 19-year-old Sterling Jewell Henderson, who happens to play Lillard's



By drafting Scoot Henderson, dunking against the Boulogne-Levallois Metropolitan 92 during an exhibition game in October, the Portland Trail Blazers have put themselves in a predicament with veteran Damian Lillard. (Associated Press)

point guard position.

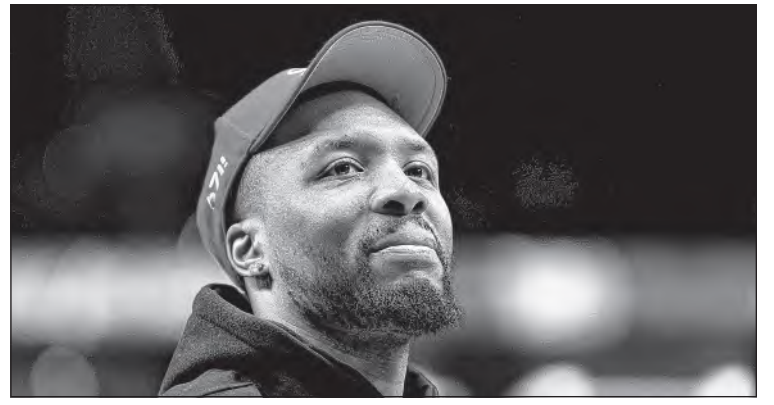
Perhaps you know him better by his nickname: Scoot. Dame wanted a win-now veteran, and his team said, "Nah, Scoot." This is a coincidence, not a message. But that's the word ringing in all ears now as Lillard ponders his next move. Scoot.

For the organization, it was the right decision to ignore other needs and risk awkward roster duplication to pick the player with the most star potential. At the same time, it had to be a disappointing night for Lillard, who saw a young

team get younger.

He may have averaged a career-best 32.2 points last season, but the 11-year veteran also has seen his durability tested the past two seasons. He has missed 77 games in that span. His greatness might expire during a lengthy rebuilding process.

In the NBA, dual timelines are dueling timelines. Just ask the Golden State Warriors. They may have won a fourth title a year ago while nurturing their youth, but it's possible their dynasty could end because they made too many



Is Damian Lillard going to stick with the Trail Blazers or move on? (Getty Images)

mistakes planning for the future instead of staying in the moment.

Do the Trail Blazers really think they can satisfy Lillard's desire to play for a contender and raise their kids properly? In a league that feasts on inexperience?

"There's nothing we want more than, number one, for Damian to retire a Trail Blazer and, two, to put a winner around him — a high-end winner," Portland General Manager Joe Cronin told reporters after the draft. "For us, it's an incredible problem to have."

Such a plan seldom works, especially in the modern NBA. This is a transient NBA now. Roster alignment is more important than ever because windows of contention open and close so quickly.

It would be wonderful for Lillard to play in Portland for his entire career because he has given so much to the city. But the current arrangement is not good for Lillard. And if Portland went too far with a "Keep Dame Happy" effort, it could stunt the growth of its promising young core of Henderson, Simons and 20-year-old Shaedon Sharpe.

On Thursday, the Blazers did exactly what they should do. In addition to Henderson, they drafted Iowa forward Kris Murray and French defensive specialist Rayan Rupert. In the initial draft accounting, they were among the night's biggest winners.

Problem is, their franchise player was one of the biggest losers. It's an uncomfortable time.

NBA expansion to Las Vegas could be what's next

By Sam Gordon, Las Vegas Review-Journal

LAS VEGAS — Not lost on this Las Vegas during the Golden Knights' pursuit and capture of Lord Stanley's sacred silver chalice were the words of NBA commissioner Adam Silver, who again recently acknowledged expansion to Seattle or Las Vegas.

This time in the most tangible terms to date.

"It is a possibility," he told NBA legend Shaquille O'Neal during a roundtable interview with NBA TV personnel before Game 2 of the NBA Finals.

"We don't have anything specific in mind right now," Silver said of expansion. "But I think it makes sense over time. If you're a successful organization and continue to grow, there's no doubt there are a lot of great cities interested in the NBA."

Las Vegas is obviously among them — and rightfully so amid its unlikely



Fireworks explode over the Las Vegas Strip during a New Year's Eve celebration in 2023. With a Stanley Cup title, an NFL team and a soon-to-be MLB team, the NBA is next in line. (Associated Press)

emergence as a global mecca of professional sport. The Knights have modeled the merit of expansion, requiring nary a dollar of public funding to find their foothold at T-Mobile Arena during their rapid emergence as

the NHL's best.

But another viable venue for a prospective NBA franchise may soon emerge. This one, worth \$1 billion without any public funding, would be developed by Tim Leiweke, the chairman

and CEO of the Oak View Group, which developed the most expensive resort ever built in southern Nevada.

He said last week the company hopes this year to finalize the permitting process for the 66-acre

project slated for Las Vegas Boulevard and Blue Diamond Road, breaking ground some time next year to get the arena ready as quickly as possible.

"We don't want to get ahead of Adam Silver and the NBA," Leiweke said last week. "It's up to the NBA to make a decision on expansion. We're very careful about making any statements."

Among the interested in expansion to Las Vegas: LeBron James, a partner in the Fenway Sports Group — valued last year by Forbes at \$9.81 billion.

"I would love to bring a team here at some point," the Los Angeles Lakers superstar and four-time NBA champion affirmed in October after a preseason game at T-Mobile Arena.

"I want the team here, Adam," James said. "Thank you."

James' comments precede an increase in his equity with Fenway, subsidiaries of which include MLB's Boston

Red Sox, the NHL's Pittsburgh Penguins and the English Premier League's Liverpool F.C.

Other conglomerates or ownership groups could obviously emerge, but none would carry the cachet that James embodies.

"Vegas is a really cool city and doing some really great things in sports these days," James told reporters in February during the NBA's All-Star Weekend. "You see what the Aces are doing, you got the Raiders there, you've got the (Knights) there, the hockey team."

But first before the next step in the league's prospective expansion process: the renegotiation of the NBA's media rights, which expire after the 2024-25 season. Silver told O'Neal negotiations with potential distributors could begin "in earnest" by next spring.

"Once that's done, we'll turn to expansion," Silver said.

Undoubtedly with an eye on Las Vegas.

YOUTH SPORTS

Coaching girls takes special talent

By Nancy Justis, correspondent

Years ago when I was publishing my magazine, I did an article on males coaching females.

I interviewed male coaches at the collegiate and high school levels. Why? Because there still was a preponderance of males coaching females and it was around the time of celebrating the enactment of Title IX.

Not much has changed. According to "I Love to Watch You Play," only 23 percent of youth coaches in the United States are female. That number is the lowest on record since 2012, and is down from 28 percent in 2016.

Coaches I spoke with pointed out certain areas of focus when coaching females.

Anthony Pappas, head girls' basketball coach at Waterloo West High School for more than 40 years, said he was encouraged to accept a girls' coaching position early in his career. He stuck with it.

"Males' motivation is achievement motivation," he

said, "where females' motivation tends to be more from a socialistic viewpoint — they want to go out and be part of a group. Girls want to be with their friends."

"I don't, however, coach females on the floor, I coach people. I develop a knowledge of the person I'm coaching. I have to know what motivates them, how far I can push them, how much I can get on them."

"I Love to Watch You Play" published an article describing how North Carolina head women's soccer coach Anson Dorrance approaches coaching women to help them reach their potential. The Tar Heels have won 21 of 31 NCAA soccer championships.

According to the article, Dorrance believes friendly competition drives female athletes to excel. He organizes activities encouraging "healthy rivalries, challenges players to push their limits, and calls on the 'competitive caldron.'

"What we do with a caldron is we're trying to figure out a way within the context of our

practice to get everyone to compete like there's no tomorrow ... steel sharpens steel."

He makes every aspect of each practice a competition and collects data. The stats are converted in order to rank the players and then they get immediate feedback, motivating players to compete even harder.

Dorrance also promotes a strong sense of unity and camaraderie within the team. He encourages open communication, sharing of thoughts, feelings and concerns without fear of judgment, thus creating a supportive atmosphere that allows players to thrive on and off the field.

He said girls perform better "when they feel connected to someone and something." He gave up locker room "scream fests" for halftime speeches. His goal is to maximize stress during practice and minimize it during games.

"Girls play for each other and their coach because of the connection, not because of fear," he said.

After each game or practice



Washington girls' basketball coach Chris James, talking to his team in 2020, is one of several men coaching girls in Eastern Iowa. (The Gazette)

Dorrance holds individual meetings with players to discuss their performance, and offers specific insights and guidance for improvement.

"By encouraging players to be self-aware and receptive to feedback (a feedback loop)" he fosters an environment where athletes are constantly learning, adapting and growing.

He recognizes and celebrates achievements, no matter how small.

Finally, Dorrance has his players memorize 13 inspirational quotes before they complete their time in his program. They serve as reminders of their potential and importance of perseverance, aligning with the team's core values.

Nancy Justis is a former competitive swimmer and college sports information director. She is a partner with Outlier Creative Communications. Let her know what you think at njustis@cfu.net

LEISURE



Stretching tight muscles can help keep us moving, especially as we age. (The Gazette)

Let's get flexible

Stretching should be part of your routine, especially as we age

By J.R. Ogden, The Gazette

We are taught to stretch at a young age, in gym classes in elementary school to varsity practices on the fields and courts of our liking.

But stretching is boring. Right?

That may be true, but it's also one of the most important parts of any workout, especially for aging folks who want to stay active. It likely will help you stay active.

"We need to take an active role in maintaining and improving the length of our muscles so we can continue to enjoy our abilities without pain," Sasha Cyrelson, clinical director at Professional Physical Therapy in Sicklerville, N.J., said in an article in SELF.

"It is uncomfortable and it takes time, so people don't like to do it. However, you can't just do strength training and cardio without putting yourself at risk for injury and pain."

Ah, injury and pain is something many live with — or cope with — as we get older. We want to keep walking, keep jogging, keep running and keep biking.

But without even moderate stretching, we risk time away from what we love to recover from the aforementioned "injury and pain."

"By doing a ton of work that contracts the muscles (which shortens them) and never stretching (lengthening) them, your muscles will end up imbalanced," Cyrel-



Stretching is a basic part of gym classes in our youth to football practices when we're in college, such as this Iowa football practice. (Jim Slosiarek/The Gazette)

son said in the article. "Imbalances in the body increase your risk for injury because they can cause some muscles and joints to overcompensate for other ones that are too tight to engage properly."

"This leads to strains and discomfort."

Which is something we all want to avoid. SELF offers 21 of the best stretching exercises you can do to stay flexible and, most importantly, maintain your level of activity and fitness.

The article notes "there are tons of benefits of stretching. For one, stretching boosts flexibility, which can improve both your short-term and your long-term range of motion. That's important, since a better range of motion can mean better muscle recruitment during your workouts ... Stretching can also improve aching, which can result from the tightening that occurs during workouts

or when we're hunched over our desks for hours on end."

The best time to stretch, according to the article, is before AND after a workout. "Dynamic stretching, which involves movement, prepares your body for a workout," the article notes, while "static stretching (when you hold a position) helps your body calm down after a workout, which helps jump-start the recovery process."

"Ending your workout with static stretches can help your mind relax and signal an endpoint to your workout."

Here are a few of SELF's suggestions for "static stretching:"

1. Standing hamstring stretch. "Stand tall with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward the floor while keeping your head, neck and shoulder

the left."

This helps with hips, back and glutes.

3. Figure four stretch. "This specifically stretches the piriformis and iliopsoas muscles (essentially your hip rotator and flexor muscles) and the I.T. band. Because of this and the passive nature of the pose, it is an excellent and gentle approach to helping relieve symptoms associated with sciatica and knee pain," John Murray, yoga instructor and co-founder of Lyons Den Power Yoga, told SELF.

Lie on your back with your feet flat on the floor.

Cross your left foot over your right quad. Lift your right leg off the floor. Grab onto the back of your right leg and gently pull it toward your chest. When you feel a comfortable stretch, hold there. Hold for 30 seconds to 2 minutes. Switch sides and repeat.

This works the hips, glutes, lower back and hamstrings.

4. Frog stretch. "Most of us sit and cross our legs, which can lead to tight hips and result in lower-back pain," Lacey Lazoff, a certified personal trainer and instructor at the Fitting Room in New York City, told SELF. "This stretch directly targets tight spots in the hips/groin and is especially useful for runners."

Start on all fours. Slide your knees wider than

shoulder-width apart. Turn your toes out and rest the inner edges of your feet flat on the floor. Shift your hips back toward your heels.

Move from your hands to your forearms to get a deeper stretch, if possible.

Hold for 30 seconds to 2 minutes.

This stretches hips, and inner thighs.

Flexibility, another article noted, "is a great example of 'use it or lose it'. The more you use a motion or move in a certain way, the easier that movement will become."

But the Mayo Clinic

warns there are "mixed results" when it comes to the benefits of a stretching routine.

"Stretching may help you improve your range of motion and decrease your risk of injury,

among other benefits ... (but) studies about the benefits of stretching have had mixed results. Some research shows that stretching doesn't reduce muscle soreness after exercise. Other studies show that lengthening the muscle and holding the stretch immediately before a sprint may slightly worsen performance."

"However, research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints."

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"You can't just do strength training and cardio without putting yourself at risk for injury and pain."

Sasha Cyrelson, clinical director at Professional Physical Therapy in N.J.

OUTDOORS



WILD SIDE | ORLAN LOVE

A MONARCH'S LIFE

The journey is beginning for a 2,000-mile trip to the mountains of Mexico

Much has to go right to keep the intricate and precarious life cycle of the monarch butterfly turning.

For starters, there is the migration, a six-month process that takes successive generations to accomplish.

Late-summer-hatched butterflies undergo a phase called diapause, which suspends reproduction and extends their lives long enough to make the hazardous, 2,000-mile journey to their tiny, remote wintering grounds in the mountains of Mexico — a site that neither they nor their parents has ever seen.

There each winter scientists measure the area they occupy, which shrunk from about 7 acres in 2021 to a little under 5½ acres last winter, a 22-percent decrease and well less than the 15-acre long-term average needed to sustain the eastern monarch population and its continental migration.

The U.S. Fish and Wildlife Service, in late 2020, determined the monarch meets the definition of an endangered species, but the agency lacks the resources to provide additional protection.

Meanwhile, each year the survivors fly north in late winter, depositing eggs in the southern United States, and their offspring carry the cycle forward into the Midwest.

A few members of this year's first generation visited my garden in mid-May, and at least one of them laid a dozen pin-head-sized eggs on the undersides of the leaves of my common and swamp milkweed plants.

Within a few days those eggs had hatched into barely visible larvae — eating machines that, within two weeks of their emergence, grew to almost 2,000 times their original mass.

When they were half grown, I rounded up 11 caterpillars and placed them into a small mesh enclosure with six water-filled fruit jars, each holding three freshly cut milkweed stems. They devoured those leaves and a second cutting before transforming into beautiful green chrysalises.

The first butterfly emerged on June 16, and the last came out Wednesday at the start of the longest day of the year.

As they and other second-generation monarchs flit about my garden, finding mates, laying eggs and keeping the cycle turning, they also, with their innate beauty and attunement to their idiosyncratic nature, greatly enhance my enjoyment



ABOVE: A monarch butterfly extracts itself from its chrysalis on Monday within a protective enclosure at the Orlan Love residence in Quasqueton. BELOW: A monarch caterpillar eats a leaf of common milkweed. (Orlan Love photos/correspondent)



of the time I spend watering my parched garden and sitting in the shade watching it grow. Debbie Jackson — a conser-

vation specialist with Monarch Watch, a leading monarch conservation group, posting on Monarchs in Eastern Iowa's Facebook page — said adopting and protecting eggs and little caterpillars from the first generation ovipositing in May markedly increases their survival.

"So instead of 2 percent surviving, maybe it's 5 percent or 10 percent overall. That means more adults eclosing in June, and that will increase the monarch population by a bit," she wrote.

Even were that not true, I would husband monarchs simply for the pleasure of having them around.

GUEST COLUMN | DENNIS ANDERSON

Who will speak up for Minnesota wetlands?

It's widely believed a recent U.S. Supreme Court ruling will weaken wetlands protection nationwide but that the ruling will have minimal impact in Minnesota, thanks to the state's Wetlands Conservation Act (WCA) passed in 1991.

Championed by the late DFL Rep. Willard Munger of Duluth, the WCA is the most ambitious wetlands protection law in any state. And indeed, since its passage, Minnesota has experienced minimal wetlands acreage losses.

Yet, counterintuitive as it might seem, the state since 1991 has lost an incalculable number of functional and partially functional wetlands, meaning those that hold

relatively clear, shallow water, are nutrient rich, are inhabited primarily by diverse native plants, support a variety of wildlife and are not overrun by invasive species.

Losses of functional wetlands are occurring even though the Minnesota Board of Water and Soil Resources (BWSR), the agency ultimately charged with administering the WCA — in partnership with local Soil and Water Conservation districts — might be the best managed, and most effective, of all state agencies.

Industrialized agriculture and an ever-expanding human population are to blame for the wetlands losses.

But blame you and me, too. And our parents and

grandparents and great-grandparents.

We, and they, said little, or nothing, during the last century while Congress wrote federal programs incentivizing farmers to drain wetlands.

Blame us also for encouraging, if only implicitly, Minnesota cities large and small, and the state, to pull the plug on countless Minnesota wetlands, draining and/or rerouting them to provide us places to build homes and drive cars.

Now only remnants of these valuable resources — as beautiful to the trained eye as any mountain or seashore — remain on the landscape.

Wondering why Minneapolis is suddenly pockmarked with sink-

holes, or why basements of homes in the Minnehaha Creek watershed are filling with water?

The same reason we don't have the numbers of ducks we once did, or red-winged blackbirds or muskrats.

And the same reason, essentially, why so many wells in southern Minnesota are tainted with nitrates and other farm chemicals.

Each is a victim of Minnesotans' cavalier attitudes toward water, wetlands in particular, dating to before statehood — attitudes that today, unfortunately, still prevail among the general populace and, even more unfortunately, among officeholders.

By 1930, Minnesota's portion of the federal

government's largesse — 5 million acres of wetlands — had been drained.

Today, while about 50 percent of Minnesota's original wetlands remain statewide, only about 15 percent of pre-settlement wet areas exist in the southern and western parts of the state.

And yet ... rain still falls today and that water is being squeezed into far fewer and far smaller wetlands, meaning many are much deeper than they historically have been — too deep to support the vegetation and wildlife they once did, and too deep, oftentimes, to retain seasonal floods while also cleansing the water people need for drinking and other purposes.

FISHING REPORT

This weekly fishing report from the Iowa DNR is compiled from information gathered from local bait shops, angler creel surveys and county and state parks staff.

You can check the activity of your favorite lake or stretch of river within each district, including which species are being caught, a rating of the bite, as well as a hot bait or lure pattern.

Find the full report at iowadnr.gov/fishing/fishing-reports

CEDAR RIVER

Water levels are stable, but low above Nashua. Use caution accessing some boat ramps. Channel catfish are "good." Try a dead chub or stink baits fished in slack water areas.

Water levels have fallen between Nashua and La Porte City. Bite is hit-and-miss on walleye. Smallmouth bass "good." Try fishing plastics with a jig or cast and retrieve spinnerbaits.

DECORAH DISTRICT STREAMS

Area streams are in good condition, but are low. Yellow wild parsnip is blooming. Wash your skin immediately if you come in contact with this plant. It is photo reactive and will cause painful blisters.

Brook trout are "fair," brown trout are "good" and rainbow trout "excellent." Use spinnerbaits, hair jigs, or hooks tipped with a small piece of worm, bread, or cheese floating through deeper holes.

Area interior rivers and streams are low. Clarity is good to excellent. For current fishing information, call the Chuck Gipp Decorah Fish Hatchery, (563) 382-8324.

TURKEY RIVER

Water clarity is good to excellent below Clermont. Water levels are stabilizing, but are low. Walleye are "good." Early morning or late evening bite is best. Try fishing the deeper holes with a crank or spinnerbait.

VOLGA LAKE

Fish activity is improving, especially near rocky areas close to shore. Largemouth bass are "good." Find bass in the shallow bays; use a crank or spinnerbait.

IOWA LAKE

The weeds are dying back. Black crappie are "fair." Look for fish suspended over deeper water.

MISSISSIPPI RIVER

Upper Mississippi River water levels have fallen to low levels. Boaters should use caution to avoid backing off the end of ramps.

Pool 9 — Bluegill are "excellent" and have moved into sloughs and main channel areas; larger sizes are being caught. Float a garden worm under a bobber along the shoreline.

Pool 10 — The bite is picking up with warmer water temperatures. Smallmouth bass are "good." Cast a spinner or crankbaits in current along the rocky shorelines.

Pool 11 — Walleye are "good." Try a 3-way rig on the wing dams with a whole crawler or use crankbaits or twister tail jigs off the rocks from shore.

INSIGHT



GUEST COLUMN | DAVID V. WENDELL

What's in a name?



The crew of the pre-commissioning unit for the USS Iowa submarine (SSN 797) stand in ranks June 16 next to their ship during a christening ceremony at General Dynamics Electric Boat shipyard facility in Groton, Conn. The sub and crew will operate under Submarine Squadron Four. (U.S. Navy photo by Petty Officer 2nd Class Wesley Towner)

New USS Iowa submarine sparks memories of how the original battleship USS Iowa played a role in victory over Spain

Last weekend, the USS Iowa (SSN 797), the most recent U.S. naval ship, and the first submarine carrying the name Iowa, was christened in formal ceremonies at Groton, Conn. It is one in a long line of naval vessels to proudly bear the name of the Hawkeye State.

Many already know of the BB-61, the battleship USS Iowa, which served during World War II, Korea and Vietnam, then was retired until refitted and commissioned back into active service in 1984. That Iowa, again, was retired in 1991 and now floats at the World Cruise Port in Los Angeles as a military museum.

But what about the BB-4, the largest warship of its time to enter the rolls of an active duty ship in the U.S. Navy?

The era of the 1890s was one of great economic prosperity in the United States as the country gained in standing around the world as

one of the leading industrial nations on the planet. To retain that standing, in 1892, Congress foresaw the need for a strong naval force to uphold America's new international interests.

On July 19, the House and Senate approved construction of "one seagoing coastline battleship designed to carry the heaviest armor and most powerful ordnance." It would be the first battleship under that new designation in the U.S. Navy and would prominently carry the name Iowa across her stern.

Construction on the BB-4 began shortly thereafter in the Naval Shipyards at Philadelphia.

The mammoth vessel would stretch 362 feet, 5 inches in length and sport a beam 72 feet, 3 inches amid deck at her greatest width. The behemoth dreadnought stood solid with 14-inch-thick plates of steel protecting her hull and was equipped with eight guns above deck shooting shells 8 inches in

diameter. Four guns had an intimidating bore of 12 inches, and six smaller guns were 4 inches in diameter.

All totaled, the ship, and its armament, displaced 11,400 tons and when completed in 1896. It cost what was then a record for a single vessel, at \$3.1 million or more than \$35 million in today's market. Named the Iowa, she slid down the docks, received her full crew of 486 and was commissioned June 16, 1897.

The Iowa's fame was only about to begin, however. Spain had colonized the Philippines and Cuba and was accused of human rights atrocities. On Feb. 15, 1898, the USS Maine exploded and sunk in the

harbor at Havana, Cuba, and the United States declared war on the Spaniards (although the cause of the explosion was later blamed on a fire in one of the ship's coal bunkers, not as a result of sabotage).

Iowa, as the most powerful warship of the Atlantic Fleet, was dispatched to Santiago, at the east end of the island (near Guantanamo Bay), where the Spanish fleet had pulled up anchor and was preparing to flee the port.

The harbor was quickly surrounded by the U.S. fleet, including the Iowa and the torpedo boat, USS Ericsson,

► WENDELL, PAGE 4C



The USS Iowa at Berth 87 at the Port of Los Angeles on July 3, 2011, in San Pedro, Calif. (Jim Slosiarek/The Gazette)



24-HOUR DORMAN | TODD DORMAN

Gov. Reynolds hires another chief of 'choice'

Gov. Kim Reynolds' pick to lead the Iowa Department of Education into its new "school choice" era chose to depart after just a few months on the job.

Reynolds immediately announced the hiring of McKenzie Snow. A snow job, so to speak, followed.

"Gov. Reynolds is an education champion, and I am humbled by her appointment to serve Iowa's students in partnership with families and teachers," Snow said in a news release. "All children — regardless of their background or ZIP code — deserve a great education that inspires and prepares them for the future. Together, we will continue to build upon Iowa's commitment to educational excellence for all children."

Reynolds is an education champion, so long as your kids don't go to public schools. She's attacked them as centers of liberal indoctrination

with "pornographic" books in school libraries, drag shows and support plans for transgender students. These institutions, long a point of pride in Iowa, should be feared, not celebrated. States like Florida should be our education model, she contends, an argument that would have been seen as political blasphemy in this state not that long ago.

Never mind that most kids, regardless of ZIP code or background, attend public schools. And we know, "all children" doesn't include kids being targeted for discrimination by Republicans.

Snow currently works as the deputy secretary of education in Virginia, where she has championed "school choice" on behalf of Gov. Glenn Youngkin, who rode to victory in 2021 on a book-banning agenda. She

► DORMAN, PAGE 4C



TO A CANDID WORLD | ALTHEA COLE

Where can consensus be found on abortion policy?

At the beginning of the month, I was at a CNN presidential town hall featuring former U.N. Ambassador Nikki Haley in Des Moines. In a write-up of the event afterward, CNN staff noted that when the subject turned to abortion, Haley "declined to draw a hard line around issues like a federal ban."

It's fine with me that she did — I cringe when politicians draw hard lines in either direction on the subject. It was Haley's longer answer — that she would seek a consensus from both sides of the aisle on any potential legislation to restrict abortion at the national level — that's had me pondering one particular question.

I've been saving this question all month specifically to discuss in this week's column, as yesterday was the anniversary of the Dobbs v. Jackson decision that overturned Roe v. Wade and declared that states have the

right to determine their own abortion policies. Currently, some states have very far-reaching restrictions on abortion. Others have no restrictions at all.

The question is: How might my side compromise to help reach a consensus on reasonable abortion policy?

I define "reasonable abortion policy" as policy that recognizes both a woman's right to make difficult and complicated decisions about her physical health and an unborn child's right to a chance at life. To achieve that, hard-liners on each side of the debate — meaning both the "life at conception, no exceptions" folks and the "abortion on demand without apology" folks will each have to compromise. Without compromise, reasonable abortion policy will never

► COLE, PAGE 4C

QUOTES OF THE WEEK

“While a leadership change at this time was unexpected, I respect why it’s necessary. I want to thank Director Aldis for his service, and I wish him and his family the very best.”

Gov. Kim Reynolds, announcing the departure of Department of Education Director Chad Aldis after three months on the job

“It’s a reminder to all cities that they need to respect the free speech and equal protection rights of participants and attendees at Pride celebrations and drag performances.”

ACLU of Iowa staff attorney Shefali Aurora, explaining letters sent to Iowa cities citing ordinances that unconstitutionally restrict drag performances

“I’m tired of watching people bully other people for being different.”

Jen English, owner of the Play Cafe in Marion, which hosted a drag queen story time

“These three dissenters have shown blatant disrespect for the Constitution, the people’s representatives and we the people. They should resign, be impeached or be ousted.”

Bob Vander Plaats, anti-abortion activist, tweeting after the Iowa Supreme Court deadlocked 3-3, leaving in place a lower-court ruling declaring a six-week abortion ban unconstitutional

“We live to fight another day today. We protect our right to make our health care choices and have an abortion today. But everybody needs to know that we are hanging by a thread.”

State Sen. Liz Bennett, D-Cedar Rapids, reacting to the Iowa Supreme Court’s ruling.

COMMUNITY LETTERS

Choice and competition will improve public education

Bruce Lear lured me into reading his opinion about so-called school vouchers with a story about dumpster fires and Roseanne Barr (June 17 Gazette).

He’s worked in public schools for 38 years so he believes public school money is not taxpayer money or students’ money. A whole segment of the population believes that the public schools legitimately have a divine right to their funding.

If we look at why some products continue to be popular and some are abandoned we find that personal choice really is an efficient way of directing scarce resources. All resources are scarce to an extent determined by price. Public school is immune to this natural management. Bruce Lear and the public school cult believe that theft of parents’ and taxpayers’ funds to “educate” kids is naturally sacred.

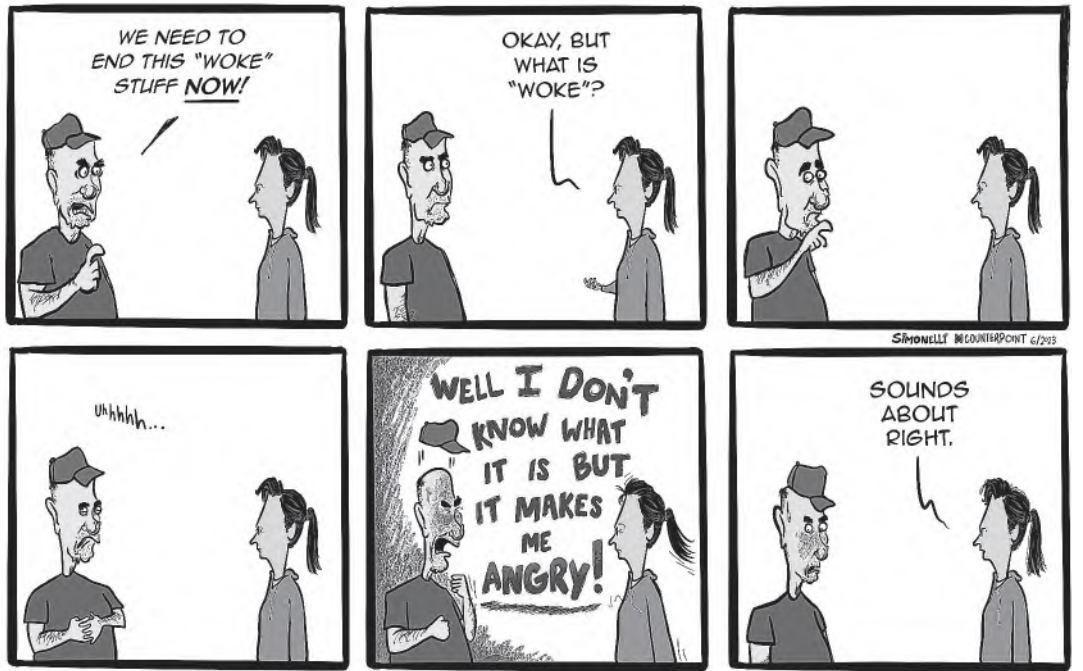
Small town community spirit inspires excellence despite a lack of the incentive of ownership. But private schools and home schooling consistently show superior results, and to make parents who want more involvement in their kids’ lives pay twice is morally depraved.

If Mr. Lear can come up with a way to avoid this theft, I will listen. Until then a compromise through Education Savings Accounts is needed so that lower income families can choose to get their kids off to a good start in life. Widespread acceptance of compulsory funding and attendance in school is a huge handicap for our children’s future but competition with public education will improve it.

Fritz Groszkruger Dumont

Disappointed reader bids adieu to Gazette

The Cedar Rapids Gazette is celebrating 140 years of



Liam Simonelli is a syndicated cartoonist distributed by Counterpoint Media. Comments:syndication@counterpoint.com.

service to the community. For approximately 50 of those years, we have been loyal subscribers. I enjoy reading the paper, I enjoy the feel of it in my hands, and the convenience of revisiting the articles time and again without the annoyances of signing in and remembering passwords required for the electronic versions.

Alas, times are changing, what used to be excellent customer service and a reliable daily delivery schedule is no more. Instead of being delivered to the doorstep, the paper is dropped somewhere around the street curb, if it is delivered at all, and it seems often the paper will not be there.

Phone calls to customer service have become exercises in frustration, with service being replaced by annoyance. No, the paper cannot be brought out to you, we do not have the staff to do that. Subscribe online, I really do not enjoy the electronic version. Subscribe by mail. Would I not be receiving old news? It’s enough to drive a person postal.

And so, regretfully, it is probably time to say goodbye to The Gazette. Goodbye

Mr. Dorman; Goodbye Ms. Cole, and goodbye to all the contributors. I have been entertained, informed and inspired by your opinions, and will miss you all, but alas it is time to leave.

Paul Anderson Cedar Rapids

Harper seeks another term in Marion

To the Marion community, I am honored to announce my candidacy to represent Marion’s Ward 2 in the upcoming November election.

As a current member of the Marion City Council, originally appointed in May 2020 and re-elected in November 2021, I have gained an in-depth understanding of community priorities, municipal financing, and regional cooperation. These are critical ingredients that have helped to propel Marion’s advances over the past three years.

Marion’s momentum must continue to be nurtured in the light of known and forthcoming financial headwinds which will impact all Iowa communities.

Changes to property taxation and funding allocation to our community, as passed by the Iowa Legislature, will require balanced and well-measured governance at the local level in response to those constraints. Such an approach must be done in parallel with our efforts to meet the needs of our growing community. The needs of our community are many, and therefore the focus of our governance must be broad-based.

With the introduction of new leadership for Team Marion — our new city manager, Ryan Waller, our new deputy city manager, Kim Downs, and our new fire chief, Tom Fagen, I must acknowledge and applaud their work to impart continuous improvement of our city’s customer service for our residents.

But importantly, the foregoing creates a critical need in my mind: Continuity of governance. And it’s from that foundation I will seek to continue my service to the residents of Marion as a candidate for Marion’s Ward 2 this coming November.

Grant Harper Marion



GUEST COLUMN | KURT ULLRICH

Newborns bring summer joys

By the time you read this, the Summer Solstice will have come and gone, a day marking the longest day of the year and the beginning of summer. For us “glass-half-empty” people it represents something a little more dark, the beginning of fewer daylight hours, a shift toward midnight and when, as composer Kurt Weill and lyricist Maxwell Anderson penned, “the days dwindle down to a precious few.”

In the meantime, there is new life around here. A number of years ago I did some gigs as a substitute teacher and a few days ago I encountered one of my former students in a local restaurant, with a newly-born daughter, Cora. Mom is beautiful and Cora is stunning. All I could do was smile, wondering who wrote the wonderful scene in which we were acting, until Cora began to fuss ... time to return to my table.

In my hollow the other day a newly-born fawn raced past me and, again, all I could do was smile, knowing that there will be more of these adorable creatures in my little corner of the world

Calm, unflappable, and very curious, this mother/child duo was exactly what I needed that day, a reminder that “glass-half-full” people might be onto something, though I doubt it.

over the course of the next few weeks. A catbird in one of my bushes has hatched some eggs and soon there will be a number of siblings sitting on my fence, making a bit of a mess, but I don’t care. Chippewa natives from long ago called the catbird a “bird that cries with grief.” Perhaps that’s why I forgive them their messes.

My favorite newborn thus far has to be one not quite as wild, or prone to tantrums as the others: a donkey and her new baby in a nearby town. As I stood watching them, they watched me. Who is this guy with a camera, and what does he want? Anyway, mom decided I wasn’t all that interesting, throwing herself to the ground, rolling on her back in the dust, trying to rid herself of her winter coat. Then it was time for a feeding. Calm, unflappable, and very curious, this

mother/child duo was exactly what I needed that day, a reminder that “glass-half-full” people might be onto something, though I doubt it.

Old men are often awake during the night and I am no exception. The other day it was a four-in-the-morning experience. In the far distance to the west a dog was barking non-stop, clearly unhappy about something. Then silence, for a full forever moment. It seems she was sending out a clarion call, letting us know that a band of coyotes was moving through the area, yipping, keening, howling. There is nothing particularly threatening about their behavior, however at 4 a.m. it can be a little disconcerting.

On a different note, television is not something that has ever truly been of interest to me. More than once

I’ve been asked if I even own one. I do. Upgraded to a 30 inch flat screen a few years back. These days it mostly sits dark, and here’s why: political money is already taking over the airwaves, and the next general election is a year and a half away. Spare me: dial me out. “Jeopardy” can wait.

A friend of mine has never owned a television, which partially explains why she is one of the smartest people I’ve met; and she seems to be quite content. Author of academic books, and editor of a prestigious university press, she knows more about world events than I can fathom, and here’s why; she reads books and newspapers every day, secure in the belief that shows like “America’s Got Talent” are, ultimately, of no consequence. Her glass always seems to be full and, if not, she can explain why; and I’ve no doubt she’d love and appreciate the soft summer-ness of a donkey with a new baby at her side, a gentle scene impossible to find on a lighted screen.

Kurt Ullrich lives in rural Jackson County. His book “The Iowa State Fair” is available from the University of Iowa Press.

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INSIGHT



EDITORIAL FELLOW | DAVID CHUNG

The AR-15 next door

I don't want to alarm you, but I want you to know that I am your neighbor and I own an AR-15. Of course, I probably don't actually live next door to you, but the chances are good that at least one of your neighbors, up the block or across the street or maybe the one who shares your back fence owns an AR-15.

Most experts estimate there are over 24 million privately owned AR-15s in the United States, indicating that roughly one in every twenty households possesses an AR-15. When excluding states with stricter gun laws, such as California, New York and Illinois, where owning an AR-15 is more challenging, states with less restrictive gun legislation, such as Iowa, are likely to have a higher concentration of these firearms.

As your neighbor, I would like to challenge some stereotypes about AR-15 owners in particular and gun owners in general.

First, I am not a white supremacist! I do not have a swastika armband in my closet. I am not a KKK member. I have been to Charlottesville, Va., but I was just passing through. I did not attend the Unite the Right Rally and I do not own a tiki torch. In fact, I am not even white!

Second, I am not 'tacticalcool!' You know what I am talking about, guys (it's mostly guys) who never served in the military but dress up as if they were Navy SEALs. They have long beards and tattoos. They wear their ball caps backward with dark wraparound sunglasses and their T-shirts either have a subdued American flag or some patriotic, militaristic slogan. They want to be both 'tactical' and 'cool!' I don't even wear T-shirts and my sunglasses are gold mirrored Oakleys because I am a bicyclist.

Third, I am not a redneck or a good ol' boy! I don't have a confederate flag bumper sticker on my pickup, I don't even have a pickup. I don't own a single piece of camouflage clothing and I don't own a dawg.

Finally, I am not a computer gamer who lives in his parents' basement. I am not trying to replicate the weapons my character uses in Call of Duty. The last computer game I played regularly was Doom in the 1990s.

So, who am I? I am a pretty ordinary guy, the kind of guy who lives next door. My wife and I just celebrated our 40th anniversary. We have eight adult children (OK, maybe that part is not ordinary) and were Jefferson High School show choir parents for 21 consecutive years! I was born in Iowa and graduated from UNI. For the last 33 years, I have worked as a computer program-



An AR-15 owned by Gazette Editorial Fellow David Chung. (David Chung photo)

mer or software engineer.

I did not grow up around guns. I had toy guns as a kid, but I don't recall even owning a BB gun. Even though I had never owned a gun, I have always been a big proponent of the Second Amendment. When states (such as California) and municipalities (such as Deerfield, Ill.) started limiting gun magazine capacity or banning certain types of guns altogether, I decided it was time to make my support for the Second Amendment beyond theory. I became a gun owner, sort of!

I say sort of because I only bought part of a gun. I went to a gun store, completed a federal background check and bought some 30-round (normal capacity) magazines and an AR-15 stripped lower. A stripped lower is a solid piece of aluminum used in the construction of an AR-15. To turn a stripped lower into a functioning rifle, you must attach a barrel, add sights, fit a buttstock and grip, insert a trigger and install several internal parts. The lower is the part of the AR-15 that contains the serial number and therefore requires a federal background check.

In the eyes of the government, I was a gun owner, but I didn't really own a gun. A couple of years ago, I decided it was time to build my AR-15. I ordered the necessary parts, and a friend helped me assemble my rifle.

So why did I choose an AR-15? At first it was a form of protest against proposed (and actual) bans. I was not even a fan of AR-15s, I always thought that my first rifle would be a variant of the M1 like Springfield Armory's M1A SOCOM. As an AR-15 'sort of' owner I started researching the AR-15.

The AR-15 is the most popular rifle in the United States and there are several reasons. One reason is that the AR-15 is the semi-automatic version of the M16. The M16 was adopted as the standard rifle by the U.S. military in 1967. So, for anyone who served in the last 50 years, the AR-15 is familiar and works much the same way as the rifles

they used on duty.

The AR-15 is flexible, AR-15 owners like to talk about the 'AR platform'. The standard AR-15 is chambered in .223/5.56mm. Many Iowans build AR platform rifles for the .350 Legend or .450 Bushmaster cartridges to use for deer hunting. Other states allow hunting with AR platform rifles chambered for more powerful cartridges, like the .308.

It is easy to build a purpose-driven AR platform rifle. There are many different calibers available for deer hunting, coyote hunting, long distance target shooting and self-defense. There are several popular forms of shooting competition that use AR platform rifles. The AR platform can even be used to build pistols!

In my case, I liked the fact that I could build an AR-15 instead of buying it off the shelf. I am definitely not a gunsmith, but building it helped me to better understand how the rifle works. I got to choose the features that I wanted, and I know I that I can make changes or upgrade my AR-15 myself.

I enjoy spending time at the shooting range with my AR-15. But, as Uncle Ben told Peter Parker in Spiderman, "with great power comes great responsibility." As a responsible AR-15 owner, I keep my rifle locked up in a safe. We have had a recent wave of car break-ins in my neighborhood, and I may install a doorbell camera. But, if I see someone breaking into my car, I am not going to grab my rifle and try to stop them, I am going to call 911. I am not going to shoot someone for making a wrong turn into my driveway or letting their basketball roll into my yard. I am not Kyle Rittenhouse, I will do everything I can to avoid a putting myself in a situation where I might be forced to use my AR-15 to shoot someone. But, if you break into my house in the middle of the night ...

I am your neighbor and I own an AR-15.

David Chung is a Gazette editorial fellow. David.Chung@thegazette.com

EDITORIAL FELLOW
SOFIA DEMARTINO

Iowan leading by example on weight loss

For over 36 percent of the people who call Iowa home, obesity is a part of daily life. There has been an overwhelming amount of media coverage over the past 20 years about the epidemic of weight in this country, largely focused on physical health outcomes and visible effects. Viewers tune in by the millions to reality shows, hourlong specials and exposés on the latest miracle drug or procedure. When producing a one-hour episode with five commercial breaks, a before and after reveal, and the prerequisite lengthy exercise montage there often isn't enough time to talk about the impacts of living with obesity you can't see — particularly in terms of mental health and isolation.

Heath Thompson was quiet for a moment when I asked him how he made the decision to confront his weight head on.

"A lot of people talk about that 'aha' moment ... I didn't have that. I was just a depressed guy who didn't take care of himself. I saw myself as a token obese fat friend people kept around."

These are your friends you're talking about — you say they just kept you around. Did it feel like those relationships were disingenuous?

"I'm not sure if it was really that they were disingenuous or if it was my own anxiety and demons telling me those things. I felt it — so it was real to me."

Perception can be reality?

"Very much so. Food is not the problem — mental health is the problem. Food is the drug of choice."

Heath decided to commit to working to improve his physical health and mental well-being. An encounter with a medical professional left him stunned by their recommendation — too heavy to be measured by the scales at the hospital, the doctor told him to visit the scrap yard and get on the junk scale. Dejected but determined, he engaged in physical activity and a moderating diet to lose several pounds. Eventually, Heath found a local nutrition club where he was able to stand on a scale and get an accurate understanding of his starting point.

"I knew I was big, but I didn't know how big. It was a punch in the gut seeing an actual number close to 500 pounds. Once I got over the initial shock, the club became a place I could go once a week to see a difference in a scale number. When you are that big, you have to lose a significant amount to see much physical difference. Seeing the number go down over time helped keep me motivated and going."

Over the past 10 years, Heath has gone from somewhere over 500 pounds to hovering around 249.

"At 36," he quipped, "I weigh less than I did in the eighth grade."

What should people know about your journey?

"I have been fully committed to this since 2014. Much like everything in life, there's not a linear perfect straight path.

There have been ups and downs. (For example) With COVID, the many events of 2020, the adjustment of working so differently, no longer going to a gym to get that extra activity — I had to adapt to the changing world to keep working toward my goals. That's going to happen on any journey."

You're riding RAGBRAI this year for the first time. Are you terrified?

"I'm terrified about the amount of water I will need to drink. Yesterday was my longest ride so far — 46 miles. Petty sure I'm still dehydrated from yesterday!" He laughed. "I'm also super excited, I'm hoping other people can use my ride as inspiration for their own journey through life's challenges. Originally, I had planned to ride solo — but after my story was shared in quite a few social media groups, I have had several established RAGBRAI groups requesting I ride with them on certain days."

Often, we are inspired by the actions of someone who showed up for us in life and helped to guide us. Is there anyone specific who you would say was the catalyst for dedicating your life to paying it forward?

"I have a lot of supportive family, but I wouldn't say I had a specific individual — I grew up in a bit of a messed up household. Mom doing her best to be there while working a full-time job while dad was hustling however he could to get his next drink. When I was young we had a neighbor named Mrs. Duvall. Her husband was blind. He would come outside and only walk the few steps in front of his home. I was maybe 7 or 8 — I would quit playing with friends and walk down the steps with him and from his house to the corner and back. I just wanted to help. All I wanted to do my whole life is help other people."

Being the person that you needed?

"Maybe that's it." Heath took up photography as a creative outlet in 2020, and has amassed a catalog of stunning naturescapes captured while hiking.

"I enjoy the seclusion, meditating ... a lot of people have thoughts that run through their head nonstop. It's the one thing I can go out and do alone. I'm paying attention to what is within the lens. It quiets the clamor in my head."

How did this experience change your perspective on understanding that everyone is facing their own battles?

"My battle has been visible — but there are so many challenges a person can be struggling with that you can't see. Part of why I am so transparent about my struggles of ups and downs with weight loss is because I wouldn't have wanted to go for help had it not been physically noticeable to others that I needed help. If others are going through something that is invisible, that feels shameful, they may want to hide. Maybe my story can be a catalyst for whatever changes they may need to make."

Sofia DeMartino is a Gazette editorial fellow. sofia.demartino@thegazette.com



GUEST COLUMNIST | MANDI REMINGTON

Now is the time to take action on abortion rights

I write today with an urgent call to action to protect our reproductive freedoms. Iowans overwhelmingly support the right to choose, yet the battle has reached a critical point.

While a recent Iowa Supreme Court ruling upheld our right to abortion, we must confront the reality that there are individuals who seek to limit our autonomy. They aim to strip us of the ability to make decisions that are best for ourselves and our families, infringing upon our fundamental rights. As someone deeply invested in the well-being of our community, I am compelled to raise awareness about the challenges we face and the importance of continued advocacy.

The ruling does not set a precedent, and Gov. Kim Reynolds has expressed her intention to pursue other measures to restrict our options. She still can convene a special session to introduce new bills or a state constitutional amendment, a possibility that emphasizes the need for

continued effort to protect our freedoms. The governor's agenda directly threatens our autonomy, disregarding our individual experiences as she attempts to impose her beliefs upon us.

It is imperative that we come together, engage in open dialogue, and raise our voices in solidarity. I call upon everyone who believes in bodily autonomy to join this movement. Attend rallies and support those dedicated to safeguarding autonomy. Share your personal stories and speak out against attempts to erode our rights. Educate others on the importance of preserving our freedoms and stand firm against those who seek to undermine them. We must join forces and rise together. Fortunately, people in our community are making that easier than ever.

Moving forward, there are many ways you can make a difference. Go to monthly reproductive coffee chats hosted by CCAN and Repros for Iowa for open discussion, resource-shar-

ing, and strategizing. Join a free training with the ACLU of Iowa to increase your knowledge and strengthen your advocacy. By participating in these events, we expand our reach, learn from one another, and foster a strong and resilient movement.

Another powerful way to contribute is by becoming a Planned Parenthood storyteller. Personal stories have the power to shape perspectives and ignite empathy. By sharing them, we humanize the experiences behind reproductive health care and showcase the importance of access to comprehensive education and services.

However you choose to take part, now is the time to act. Join us in advocating for the fundamental right to make personal decisions about our own lives without unnecessary political interference. Let our steps align, our values guide us, and our actions inspire others to join in.

Mandi Remington is director of the Corridor Community Action Network.

Wendell/Sailors saved USS Iowa BB-4

► FROM PAGE 1C

built four years before by the Iowa Iron Works at Dubuque. At 9:30 a.m. July 3, the Spanish flotilla made a desperate dash for the open sea.

Iowa immediately began a bombardment and lobbed a rain of shells upon four of the escaping vessels. By that afternoon, at the hands of the Iowa and support ships, cruisers and gunboats of the Spanish navy were burning in ruins or had dropped to the bottom of the bay.

The crew of the Iowa then sent out recovery parties to the burning ships, including the crown of the fleet, the Vizcaya, and rescued the surviving sailors. For their effort, the crew was praised by the commander of the mission, Commodore Winfield Scott



Christie Vilsack, sponsor of the pre-commissioning unit (PCU) USS Iowa (SSN 797), christens the ship during a ceremony at General Dynamics Electric Boat shipyard facility June 17 in Groton, Conn. (U.S. Navy photo by Petty Officer 2nd Class Wesley Towner)

Schley, and credited with averting the escape of the Spanish fleet.

Despite these accolades, however, the Iowa was soon to earn an

even higher distinction. Remaining in the harbor as part of the occupying

forces to relieve the Cubans of Spanish control, on July 20, a main gasket on the ship blew out of the boiler in Fire Room Number 2.

Two men, Copper-smith Philip Keefer, of Washington, D.C., and Fireman Robert Penn, of Virginia, the only African American assigned to the ship, skimmed above the water as it lapped their legs and felt their way through the steam to reach the vessel's furnaces.

If the pressure from the steam could not be stopped, the hull of the ship would crack and burst, sending a massive plume into the sky and sinking the superstructure. Keefer and Penn endured painful burns, but successfully extinguished the flames, preventing the loss of the vessel.

On Dec. 14, each was accorded the Medal of Honor, the highest tribute our nation can bestow. Penn died in 1912 at the age of 40. In 1921, Keefer was given the privilege of serving as an honorary pallbearer for the burial of the first warrior to be laid to rest at the Tomb of the Unknown Soldier in Arlington National Cemetery. Both Keefer and Penn were buried nearby on hillsides near the tomb.

In this year of 2023, may we remember them, their valor, and the storied ship which they saved from destruction 125 years ago this month. Long may their names, and that of the Iowa, live on.

David V. Wendell is a Marion historian, author and special events coordinator specializing in American history.

Dorman/Governors once valued public schools

► FROM PAGE 1C

pushed for Educational Savings Accounts, such as the ones in Iowa that will give billions of dollars over the next decade to private school families whether they need it or not.

Snow was a top aide to former U.S. Secretary of Education Director Betsy DeVos during the Trump administration. DeVos has made no secret of her desire to dismantle public schools. Her PAC, American Federation for Children, poured more than \$250,000 into Iowa legislative campaigns, including Republican lawmakers targeted by Reynolds for opposing her private school voucher plan.

Snow takes over for outgoing director Chad Aldis, who grew up in Camanche but lobbied in Ohio for private school choice, worked for the Florida Department of Education and was an analyst for the Education Committee in the Florida House. He's leaving for unspecified "family reasons."

So the new boss looks to be similar to the old boss. Neither of their resumes includes working as a teacher or administrator in public schools.

Hiring education directors marinated in the politics of school choice is a new phenomenon in Iowa.

In 1994, then Gov. Terry Branstad appointed Ted Stilwill to direct the department and push for the governor's public schools reform agenda. Stilwill taught elementary classes, served as an elementary principal and became a deputy to the superintendent, all in Council Bluffs. He was deputy director of the Department of Education until he was named director.

He was reappointed by Democratic Gov. Tom Vilsack. When Stilwill retired in 2004, Vilsack appointed Judy Jeffrey, who was a teacher in the Goldfield Community Schools and spent 24 years in the Council Bluffs district, where she was assistant superintendent. She joined the Department of Education in 1996. When Gov. Chet Culver took over the department, he asked Jeffrey to stay on, which she did until 2010.

When Branstad was elected in 2010, he did look out of state and appointed Jason Glass as director. But Glass had public school experience, teaching social studies in Kentucky and

working for the Eagle County School District in Colorado and as a consultant for the Colorado Department of Education.

Glass was given the hefty job of championing Branstad's plan to transform public education in Iowa. He sought to toss the old industrial model for educating students and bring in a new era.

But the governor's reform efforts stalled in the divided Legislature and Glass departed in May 2013 to become the superintendent for the Eagle County district, which includes Vail.

Branstad then looked to Saydel Superintendent Brad Buck, who also worked as administrator at schools in Waukee, Hudson and North Mahaska. Buck departed in 2015 to take the superintendent's job in Cedar Rapids. Branstad then turned to Ryan Wise, deputy director of the department.

Wise was reappointed by Reynolds and stayed until December 2018. He was replaced by Ann Lebo, who was executive director of the Iowa Board of Educational Examiners and worked as a secondary principal in Grundy Center.

Lebo resigned in March 2023. Then came Aldis and Snow.

The point of all this history is past Iowa governors, of both parties, appointed education directors who shared their vision for reforming, transforming and improving public education in Iowa. They still considered public schools an institution worth saving.

Reynolds is more interested in hiring people whose focus is handing public money to private education at the expense of public schools, while boosting schools that offer a particular worldview, including religious schools. That worldview doesn't permit the teaching of honest American history, that LGBTQ people are members of your community and that people who are different deserve love and respect, not discrimination. You have to wonder what Reynolds and Snow will come up with next.

This is, after all, a purely political agenda, not an education agenda. No amount of blowing snow can hide it.

Comments: (319) 398-8262; todd.dorman@thegazette.com

Cole/Moderate voices are drowned out by extremes

► FROM PAGE 1C

become reality.

Abortion policy is sure to get renewed attention in next year's session of the Iowa Legislature after the Iowa Supreme Court declined to dissolve a permanent injunction placed earlier on a 2018 law prohibiting most abortions after the detection of a fetal heartbeat, usually around six weeks into a pregnancy. Most reporting on fetal heartbeat laws adds that many women don't even know they're pregnant at that stage. Since this is an opinion column, I'll tack onto that that a woman not realizing she is pregnant is not the same as a woman not knowing how pregnancy occurs. (Statistics from the pro-abortion rights Guttmacher Institute show that 99 percent of abortions were performed on women whose pregnancies resulted from consensual intercourse.)

Within the last year (plus a day), our highest federal court has confirmed that states have the right to set their own abortion policies. Within the last month, our highest state court confirmed that Iowa's 2018 fetal heartbeat law cannot take effect and that legislators will have to go back to the drawing board to further restrict abortion in our state. Each decision was met with backlash.

I don't get all bent out of shape when a court decision doesn't go the way I want it to because I respect the concept of judicial review as a part of our system of law, order, and justice. So I can't help but feel more than a little disgust when others do. When the Dobbs v. Jackson decision was announced June 24, 2022, activists on the political left lost

their Tater Tots and renewed their continuous cry that the U.S. Supreme Court and state Republicans are "taking away women's rights." When the Iowa Supreme Court declined to dissolve the earlier injunction against the fetal heartbeat bill, Iowa's most ardent abortion activists on the right called for their removal, renewing their cry that the liberal left and Planned Parenthood want to take away an unborn person's right to live.

Both claim the "taking of rights" away from innocent people, when in fact neither side actually wants to take away anyone's rights. No, I don't believe that most leftists actually want or intend to see anyone — including an unborn person — deprived of the right to live. And trust me — I know a lot of Republicans — they don't actually want or intend to deprive a woman of any of her rights. Each side contends that the other side is incorrect, but "They're incorrect" isn't as compelling as "They're evil, they hate you and they're going to destroy innocent people," so each side abides by the spirit of the latter instead of the former.

But whether or not you approve of how we got here, this is where we are. And in an era of zealous policymaking, I pose my question to any person: Where are you willing to compromise to pass reasonable abortion policy? In a landscape where each side has its "no compromise" blocs, the first — and perhaps greatest — step toward compromise is to actually be willing to do it.

The most ardent anti-abortion activists on the conservative right proclaim their mission of saving the lives of human beings at their most in-

nocent and vulnerable stage. I wonder how many opportunities to save some of those lives they have squandered over the years by refusing to support or accept any legal standard short of "life at conception," which defines life as beginning the moment the male sperm meets the female ovum, even before a fertilized egg can necessarily implant into the uterine wall.

While the simplicity of life at conception suggests a moral clarity, a previous life at conception bill submitted in the state Legislature in 2017 would have outright banned some types of birth control, even if prescribed for non-contraceptive purposes such as treating serious and painful female reproductive conditions. And I wrote last year, it would have also prohibited a medication called methotrexate, prescribed for everything from psoriasis to cancer to transplant rejection and rheumatoid arthritis — even in kids.

Those kind of consequences make life at conception bills difficult if not impossible to receive enough support even in a Republican legislative majority. That's because they also make it difficult for some Republican legislators to retain the support of many of their voters.

Both of my parents consider themselves politically conservative who consider unborn children to be people. But their disabled daughter is also a person to them. Had their Republican legislators in the 1990s boasted their support for a law that took away their 10-year-old disabled daughter's medication, those legislators probably wouldn't have received their votes for

re-election.

One concept that some hard-liners (on both sides of the aisle) struggle to understand is that the legislative priorities of a voting bloc are only achieved if their candidates win. No Democrat in Iowa will ever vote for a life at conception bill, a fetal heartbeat bill, or even a post-first trimester prohibition on abortion. Yet in my years of political organizing, I've seen more than one disgruntled anti-abortion activist claim they'd sooner vote for a Democrat than a Republican who "compromises on life." The absurdity of that is mind-boggling. And to many conservatives (including this one,) it's infuriating.

Meanwhile, the liberal left is increasingly dominated by the narrative that abortion should be only a choice "between a woman and her doctor." Like the life at conception argument on the right, it seems to lend a sense of moral clarity. In reality, zero restrictions on abortion, such as under laws enacted in New Jersey in 2022, really do make it legal to kill a yet-to-be-born child in even the latest stages of gestation without a compelling reason such as life and health of either mother or baby.

Proponents of restrictionless abortion laws might argue that aborting a healthy fetus in the third trimester is exceedingly rare. Proponents of stringent anti-abortion laws could argue the same about life-threatening fetal or maternal abnormalities that might warrant an elective abortion. In each case, "it doesn't happen very often" is a terrible standard for regulatory forbearance.

In the spirit of reaching

consensus, the liberal left would do well to consider the serious moral implications of unrestricted late-term abortion. For one thing, the justification of avoiding the trauma of childbirth would be a moot point, as abortion after about 24 weeks involves a process similar to that of giving birth. "The induction abortion ends with the start of labor and delivery of a stillborn," reads the website of the Center for Abortion and Reproductive Excellence, which provides induction abortions at up to 35 weeks.

Essentially, the main difference between late-term abortion and childbirth is whether or not the child gets to live. And given that the spirit of law includes the health and safety of people, it's OK for the liberal left to ask itself: Is there truly no situation in which the lives and limbs of unborn children deserve to be protected by law?

Just like many conservatives are hesitant about stringent abortion restrictions, I have no doubt that many liberals are hesitant about late-term abortion not warranted by life and health concerns. What both sides have in common is that their more moderate voices are often drowned out by the loudest and most unyielding voices. But in the wake of some of the most significant legislation and adjudication the abortion and life debate has seen in half a century, there was never a more important time for the voices of reason to be the ones that carry. Without those voices, reason will never see the light of reality.

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IOWA TODAY



Alan Eilers counts up the cribbage points of his wife, Laura, as they play the card game Thursday in their home in northeast Cedar Rapids. Alan, 70, was diagnosed with early stage dementia last October. Since Alan's diagnosis, the couple does all their daily activities, routines and errands together. They also take advantage of the resources offered at the Chris and Suzy DeWolf Family Innovation Center for Aging & Dementia in Cedar Rapids. (Jim Slosiarek/The Gazette)

Innovation center targets dementia

New Mercy C.R. site 'is a vibrant place where people are coming to live, not coming to die'

By Elijah Decious, The Gazette

CEDAR RAPIDS — Right before Alan Eilers was diagnosed last summer with dementia, about 10 years of gradual symptoms came to a head with a traffic crash.

While driving home the camper his family had vacationed in for years, he crashed into an interstate median in daylight after falling asleep. After some tests, the 70-year-old was diagnosed with mild ischemic dementia and mild cognitive impairment.

For years, his wife had noticed his new difficulties.

He had difficulty setting up the camper. He forgot how to put familiar things together. After a career in information technology and engineering, he overprepared to teach classes on subjects he had mastered for years.

More strongly than any other symptoms, though, the diagnosis left the Cedar Rapids man and his wife feeling depressed, limited and old. After the diagnosis, they were turned loose without resources or referrals from their doctor's office, left to wait six months for an appointment with a neurologist.

"It felt like someone telling me my life was over with," said Alan's wife, Laura Eilers. "It was like looking at this big dark tunnel that was our future."

But even with the diagnosis, Alan still was himself — musically inclined, an avid reader and quick to finish word puzzles. Now, he does more errands together with his wife, drives less and reviews appointments daily, but his personality still is there.

Before long, they realized something: For many with dementia, there's still plenty of life to enjoy, sometimes for years.

► **DEMENTIA, PAGE 11D**



ABOVE: The Chris and Suzy DeWolf Family Innovation Center for Aging & Dementia in Cedar Rapids provides several resources for dementia companions, such as restrooms and sitting areas. (Savannah Blake photos/The Gazette)



ABOVE: A technology, information and product kiosk is on display at the Family Innovation Center. The products featured are ones that might be useful to older people or those with dementia. BELOW: An outdoor sitting area at the center.



WHAT THEY'RE THINKING

A C.R. officer's advice for not falling for scams

By Emily Andersen, The Gazette

CEDAR RAPIDS — Phone and internet scams are rampant everywhere, and the Cedar Rapids Police Department regularly receives reports of new scams popping up in the area. Recently, a scam was reported in which the caller claimed to represent the Cedar Rapids Police Department and asked for donations to help widows and orphans.

New phone and internet scams keep popping up, according to the department, and scammers often pretend to be local businesses or even family members.

The Gazette recently talked with Investigator Brian Freeberg, from the Criminal Investigation Division of the Cedar Rapids Police Department, about what types of scams are being reported and how to avoid them.

Q. What are some of the common scams that you see?

A. We're seeing types of bank scams, where people are getting unsolicited calls from the (purported) banks, saying, "Your account's been compromised." They will trick the recipient of that call into giving personal information, and then those people will transfer money out of their account with that information. Some of the things, on that, that I would

► **SCAMS, PAGE 7D**

IOWA PROFILE

I.C. Pride leader shares message of love, support

Board President Joe Reilly also city's 'nighttime mayor'

By Liam Halawith, The Gazette

IOWA CITY — Joe Reilly never set out to be a leader in the LGBTQ+ community in Iowa City, but this year he led the city's biggest Pride celebration in its 52-year history.

Reilly, president of the Iowa City Pride Board, aimed to promote positivity and self-love at this year's Pride festival amid divisive rhetoric over transgender health care for minors and LGBTQ+ themes in Iowa schools.

"There's all these different experiences that are part of LGBTQIA and we felt like we're kind of under attack and everything seems negative, and it doesn't feel good," Reilly said. "So we wanted to put something out there that's positive and affirming and look inward to our community and love ourselves."

Reilly, who also is the current "nighttime mayor" for the Iowa City Downtown District, moved to Iowa City to perform but stayed to lead.

Reilly, 37, was born in Council Bluffs, where he attended St. Albert Catholic Schools from preschool through his senior year of high school. During his formative years, Reilly



Joe Reilly
I.C. Pride

► **PRIDE, PAGE 7D**

NEWSTRACK | CATCHING UP ON AN EARLIER STORY



Traffic moves along on southbound Interstate 380 last November at the Interstate 80 interchange in Coralville. Iowa Department of Transportation officials recently gave the green light to proceed with plans to widen Interstate 380 and rebuild the interchange with Wright Brothers Boulevard in Cedar Rapids. (Jim Slosiarek/The Gazette)

New interchange, more lanes are coming to Interstate 380

New five-year Iowa DOT plan includes funding for I-380 improvements

By Tom Barton, Gazette Des Moines Bureau

Iowa state transportation officials recently gave the green light to proceed with plans to widen Interstate 380 and rebuild the interchange with Wright Brothers Boulevard in Cedar Rapids.

The Iowa Transportation Commission earlier this month approved the 2024-28 Iowa Transportation Improvement Program.

The non-binding planning document proposes the Iowa Department of Transportation spend \$4.2 billion in state and federal funding on highway and bridge projects over the next five years.

Iowa DOT commissioners proposed to delay several projects as the cost for constructing roads and bridges has risen significantly over the past year while funding has largely remained the same. But the commission did not remove any projects entirely from last year's five-year program.

The five-year program proposes spending more than \$3.3 billion to improve the safety and condition of existing state highways and bridges, including dedicating more than \$1.3 billion of additional bridge investments.

Among the projects recommended for funding include adding lanes, replacing major river crossings and modernizing interchanges to improve safety and future traffic on I-380 and Highway 151 in Linn County.

BACKGROUND

The Iowa DOT held public hearings last winter on its project to widen parts of I-380 and rebuild the interchange with Wright Brothers Boulevard.

Its plans call for widening the interstate to six lanes from the north ramps of the Swisher

"We will strive for as little disruption to traffic as possible."

Catherine Cutler,
Iowa Department of Transportation planner in Cedar Rapids

interchange — north of Johnson County Road F-12/120th Street — to just south of U.S. Highway 30, while reconfiguring the Wright Brothers Boulevard interchange — the main exit to The Eastern Iowa Airport and a rapidly growing area fueled by a boom in manufacturing, warehouses and homes.

"The city plans for industrial and commercial growth around the airport, and we wanted to get ahead of that growth," said Catherine Cutler, transportation planner in the Iowa DOT's District 6 Office in Cedar Rapids.

The project would include a "diverging diamond" interchange — similar to but wider than the one just opened at Tower Terrace Road and I-380 — and add an additional lane on I-380 in both directions.

The interchange is designed to decrease vehicle "conflict points" and increase efficiency as left-turning traffic no longer is crossing opposing traffic lanes.

WHAT'S HAPPENED SINCE

Design and right of way acquisition continue for the estimated \$102 million I-380 project. Final costs will depend on bids received and work completed.

About half of the project is funded, and the Iowa DOT is pursuing grant opportunities for the unfunded \$50 million.

Cutler said the department

plans to mainly use federal funds received by the state. The remainder would come from Iowa's Primary Road Fund.

The project is set to go out for bids in summer 2024. Structural work and grading for the new Wright Brothers Boulevard interchange potentially starts as soon as fall 2024, Cutler said. Construction to widen the interstate would likely begin in 2025 or 2026, she said.

The department, as part of the project, will build two new bridges to carry Wright Brothers Boulevard traffic that will be built next to the current bridge to minimize traffic disruption.

"More will be known about the stages of construction once a contractor is in place," Cutler said. "We will strive for as little disruption to traffic as possible. There will be detours likely using Sixth Street SW directed to the Swisher interchange."

Iowa DOT officials also are studying the section of Interstate 380 that crosses the Iowa River, but currently are planning to replace the bridges over the river, Cutler said.

The five-year plan also includes plans to build a new interchange at Springville Road and U.S. Highway 151. The local road would go over Highway 151, replacing an existing at-grade intersection with County Road X-20 at Springville.

The estimated \$25.6 million project is fully funded in the Iowa DOT's new five-year program, and is scheduled to start in 2028.

Cutler said the project will make for safer movement for local traffic crossing Highway 151.

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\$6 million verdict against nursing home overturned

By William Morris,
Des Moines Register

An Iowa nursing home hit with a \$6 million jury verdict over a resident's death was granted a new trial last week after the Iowa Court of Appeals ruled improper evidence was admitted against it.

The Timely Mission Nursing Home in Buffalo was sued by the family of Darlene Weaver, a resident who died in June 2017 of injuries from a fall. Weaver, 83, had lived at the facility since 2015, suffered from multiple medical conditions and had several falls during her time at Timely Mission, despite an intake assessment that found her to be a fall risk.

The lawsuit accused nursing home staff of negligence in multiple respects, including failing to prevent additional falls. The case went to trial in 2021, and the jury awarded Weaver's family \$6 million in damages.

Attorney Pressley Henningsen, who represented the family, said the \$6 million award is the largest he's aware of in any Iowa nursing home negligence case.

Wednesday's appellate decision reverses that verdict and remands the case for a new trial after the judges found the trial court wrongly permitted testimony about allegations of staff abuse toward other residents.

HEARSAY CONCERNS

Weaver's family alleged that the facility not only didn't follow guidelines to prevent falls but also failed to protect Weaver from an abusive certified nursing assistant.

Experts testified at trial that such abuse could make a resident more reticent to ask for help, increasing their chances of suffering falls.

The trial court permitted testimony from several witnesses, including some who had witnessed the nursing assistant manhandling and swearing at residents, as well as others who recounted hearing similar allegations secondhand.

On appeal, the court found much of that evidence was hearsay and should have been excluded.

"To satisfy the failure-to-investigate theory, (Weaver's estate) must show more than rumors," Judge Sharon Greer wrote for the court. "The estate argues the evidence was offered

to prove the 'pattern of reports' that Timely Mission received but failed to investigate. But, based on this record we cannot say if the rumors all relate back to one incident or many incidents."

The court also ruled that, since Iowa Department of Inspections and Appeals reports about Timely Mission had been excluded from evidence, it was hearsay for witnesses to refer to them and claim that the unseen reports supported their testimony.

But the court said other evidence of the alleged abuse, including from a coworker who witnessed the nursing assistant cursing at Weaver, was fair game, and rejected arguments from Timely Mission that the evidence was unduly prejudicial and inflammatory.

MORE APPEALS

Attorneys for Timely Mission did not respond to a request for comment.

Henningsen, representing Weaver's family, called the decision "disappointing and bemusing" and said the plaintiffs would be asking the Iowa Supreme Court to review the decision.

"I think there are some things the Supreme Court needs to help us understand, and there are parts (the appellate court) got wrong," he said.

If denied further review, he said the family will take the case back to trial.

"Hopefully the Supreme Court will take a look at it, but if not, we're going to continue toward justice and retry the case," he said.

As for the court's comments about "rumors" of abuse, Henningsen noted that several official investigations and fines substantiated claims of abuse against the nursing assistant, who was eventually fired.

"This is not us just throwing around rumors," he said.

Weaver's death isn't the only one to draw serious scrutiny to the Buffalo care facility.

In February 2018, 87-year-old Virginia Olthoff died at Timely Mission, about eight months after Weaver. A doctor found Olthoff had not received any liquids for days and likely had very little liquid intake for several weeks.

Olthoff's family also sued, and in March 2022, the facility settled the lawsuit for an undisclosed amount.

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A grand vision for state-owned resort

New operators at Honey Creek have 'ambitious' plans

By Chad Drury, Ottumwa Courier

MORAVIA — Whenever Beth Henderson took the drive from her farm just north of Indianapolis to her farm near Centerville, in southern Iowa, the route always seemed to take a detour to the rustic — and underutilized — Honey Creek Resort.

And then, the what-ifs went through her mind.

"My husband (Terry) stayed here a few times, and you start to see all the things that could be done," said Henderson, the chief financial officer for Achieva Inc., the new concessionaire for the resort.

"It really needed someone local, that had a vested interest to really be involved, and bring this place to where it needs to be. It needed someone with a vision for the place."

Someone like, say, Henderson.

AN UNEVEN HISTORY

The resort, for which most of the construction was bankrolled by the state in 2007, was going to be a jewel for a staycation in southern Iowa. Equipped with the Preserve Golf Club, the resort set out to offer just about anything for anyone.

It didn't take long for things to go awry.

According to financial documents, the resort lost \$800,000 the first year, which led to the Iowa Department of Natural Resources shuffling \$7.1 million to the resort to make bond payments. In 2013, the Iowa Legislature got involved by providing \$33 million to erase the remaining debt.

The resort hasn't received DNR money since 2016, and it was floated that the state might turn it over to Appanoose County for local operations after the previous concessionaire, Delaware North, left somewhat of a mess in its wake.

The Hendersons, however, are determined to change that. They not only cleaned up what was left behind, literally, after water pipes froze last winter and damaged about half the resort's 106 rooms, but they also have their own designs on what the resort should look like.

"I'm not going to lie. It was very overwhelming because you really don't know what you're getting into until you get into it," Beth Henderson said of the resort's condition when she received the keys April 14. "The winter was rough on the resort. Fortunately, they had the rooms repaired where we could go ahead and start occupying them."

"But the resort itself was not really guest-ready."

CHANGING COURSE

Henderson and her husband's Achieva business seemed to be the perfect vehicle for the re-imagining of Honey Creek. Their company is an agricultural technical training company based in Indiana and, at first, the goal was to expand the resort to accommodate their clients for conferences and other events.

"Iowa is in the heart of ag country," Beth Henderson said.

But there was one hang-up: the resort was closed from November



Honey Creek Resort is seen in March 2010 near Moravia in southern Iowa. The state-owned resort now is under new management, with Achieva Inc. taking over from Delaware North this past spring. Work is underway to renovate the facility inside and out. (Gazette photos)



Guests use the indoor water park at Honey Creek Resort in March 2010. The resort's new management is planning to open an ice cream and soda fountain bar next to the water park.

to March, losing out on valuable revenue during those months as some of the resort's outdoor activities would cease. There still was plenty of reimagining to take place.

"Terry and I have built three businesses over the last 26 years," she said. "We've created a vision of what we can see to be profitable, but also something that's much-needed, especially in this area. And when you drive to Honey Creek, the creativity and the creative juices start flowing."

"This place has never reached its potential."

GETTING TO WORK

The Hendersons aren't wasting any time with their plans. Achieva released a five-minute video that outlined what it has in mind. Featured are horse-drawn carriage rides, water sports on Lake Rathbun, trail activities, and in the fall and winter months, ice skating, fishing, holiday lights festivals, weddings and other events.

"This place could get booked up with confer-

ences, conventions and weddings, meetings. You know, large groups," Beth Henderson said. "We would like to average 70 percent occupancy. That's ambitious, but we think we can do it over a period of time, as long as we have things to do in the wintertime."

Normally, it takes months to set up contractors to get work started, but Achieva was fortunate, Henderson said.

"We knew we were up against a time clock, especially coming into the busy season with construction workers," she said. "So we had lined up an Amish crew, who we contracted with to be pretty much on-site to help. We got to know local contractors that we've worked with. A lot of them knew what we were up against, so they just blocked their time for us."

THE FINER DETAILS

On a tour of the grounds, Henderson detailed many of the changes that are being made, and those that will be made in the near future. Paint schemes

are in the process of being reworked to create a more rustic, yet modern feel.

Other areas that will see changes:

- Ninety-nine of the hotel rooms will be named for a county, such as the "Appanoose" room, and Henderson has been in contact with state chambers of commerce to see what can be done to add a theme to each room so they reflect the counties themselves. The other seven rooms will possibly be themed to reflect famous Iowans or events. The hotel rooms are habitable but still need some HVAC improvements. Also, all of the 28 cabins will be renovated.

- The indoor water park reopened earlier this month, but Henderson said there will be a room next to the upper-story snack bar that will be an ice cream and soda fountain bar, featuring casual dining. That is expected to be done in July.

- The restaurant, called the Prairie Rose, also will see changes. The restaurant will offer farm-to-fork items and other foods provided by

local farmers. The restaurant seats almost 200 people, and just started providing breakfast.

- The gift shop will have a fresh look, with new items replacing much of what has been leftover. Local artists will have their works displayed, and many items will be available with Honey Creek's new branding.

Aside from the plethora of outdoor activities, Achieva also is going all-in on outdoor improvements as well.

- The next phase of construction will be the Iowa Tribute Center, which will have an indoor miniature golf course, but Henderson said "it's not going to be your typical putt-putt golf course."

"It's going to be an actual tribute to the commodities, because agriculture is what Iowa is all about," she said. "There will be interactive exhibits in the tribute center. ..."

"We're even talking about having some live animal exhibits within the putt-putt."

- The on-site nature center, which has essen-

tially become a storage unit, will be brought back to life. The two-story building will feature a lower-level general store, and also will be the home of the resort's new amusement train for all ages.

The upper level of the building will be more adult-themed, with a wine and bourbon bar.

"Our hope is that within the next two years we're going to have all the facilities offered to the public," Henderson said.

Henderson has already hired staff at a brisk pace since taking over two months ago.

"We started with three employees," she said. "We now have 130 people on staff now, and could get up to 150 or 160 employees."

LOOKING TO THE FUTURE

Henderson said Achieva received \$6.8 million in deferred maintenance funding after the state did an assessment.

"We're going to do our very best to make sure that that money is used wisely on everything that needs to be done for the resort," she said.

Henderson said Achieva is in the process of altering the lease so it can own the resort, rather than just operate it.

"Our original intent was to purchase the resort. It's a complicated process because it's not only state-owned land, but the land around the lake and the lodge is federally owned land. It's owned by the U.S. Corps of Engineers," she said. "In order to purchase it, the lease has to be changed from a public lease to a private lease."

Henderson said that could take a few years to get accomplished. Henderson said she and her husband spend about 80 percent of their time on their property near Centerville, with their son overseeing their property in Indiana.

"We want to see this be here long term and be a support to the area, and want this place that is a legacy long after we're gone," she said.



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WEEK IN IOWA | RECAP OF NEWS FROM ACROSS THE STATE

IN THE NEWS

Education Department director makes abrupt exit:

Chad Aldis, the director of the Iowa Department of Education, is leaving the department after three months on the job. Aldis resigned last month, citing family reasons. Gov. Kim Reynolds announced McKenzie Snow, current deputy education secretary of Virginia, will replace him in the role.



McKenzie Snow
Department of Education

Snow has held roles in former President Donald Trump's administration and as a policy director for the U.S. Department of Education. She will take the helm of the department that is navigating the implementation of Gov. Kim Reynolds' program to provide hundreds of millions in taxpayer funds to Education Savings Accounts to pay for private school tuition.

Ethanol mandates rankle Republicans:

Iowa officials slammed President Joe Biden's administration after the Environmental Protection Agency announced a rule requiring lower-than-expected blending of ethanol by oil refineries. State and congressional officials said the decision was arbitrary and a reversal on past promises by the administration.

Outside firm to audit HHS services:

The Iowa Department of Health and Human Services will pay a Michigan-based firm \$431,000 to find ways to improve service delivery after the merger of the state's public health and human services departments. Health Management Associates will examine service gaps and duplicate services provided by the department.

State settles open records case:

Iowa Gov. Kim Reynolds has agreed to settle a lawsuit brought by journalists who accused her of violating state law by failing to respond to open records requests in a timely manner. The state will pay



Labrador retriever Cooper dives into the pool Thursday during the Let's Try Dock Dogs event at Kingston Stadium in Cedar Rapids. The canine aquatic event is part of the Cedar Rapids Freedom Festival. (Savannah Blake/The Gazette)

roughly \$135,000 to settle the lawsuit, all of which will cover legal fees.

The lawsuit was brought by Laura Belin, Clark Kauffman and Randy Evans after Reynolds' office did not respond to records requests for up to 18 months during the COVID-19 pandemic. The two Republican members of the three-member appeals board voted to approve the settlement. Democratic State Auditor Rob Sand voted against it, saying the people named as defendants should foot the bill.

ACLU criticizes drag restrictions: The ACLU of Iowa warned three cities last week that their ordinances restricting "male or female impersonators" in certain settings were an unconstitutional ban on drag performances. The city of Waukee said it may review the language, but argued the city code does not ban drag performances.

Key conservative calls for justices' ouster: Bob

Vander Plaats, an anti-abortion advocate and CEO of the Family Leader, called for the three justices who sided against reinstating a six-week abortion ban to be voted out in their next judicial recall election, or impeached by the Iowa Legislature. The justices are up for recall in 2028, and impeachment would require a two-thirds vote of the Iowa Senate.



Bob Vander Plaats
The Family Leader

They said ... "She has worked to expand career and technical education opportunities that empower students to earn a credential or credit, implement the Science of Reading to drive literacy, and promote transparency and student-centered funding." — Gov. Kim Reynolds on incoming Education Department Director

THEY SAID ...

"She has worked to expand career and technical education opportunities that empower students to earn a credential or credit, implement the Science of Reading to drive literacy, and promote transparency and student-centered funding." — Gov. Kim Reynolds on incoming Education Department Director

McKenzie Snow

"It's an insulting bait-and-switch for the American biofuels industry, and totally inconsistent with this administration's climate agenda. — Iowa U.S. Sen. Chuck Grassley on EPA renewable fuel mandates

ODDS AND ENDS

March for Life: Iowa anti-abortion activists held a rally and march Saturday outside the state Capitol building in Des Moines, a week after the Iowa Supreme Court rejected Gov. Kim Reynolds' appeal to reinstate a six-week abortion ban. Reynolds and Attorney General Brenna Bird were among the invited speakers.

KCCI meteorologist:

A meteorologist for Des Moines-area news station KCCI is leaving the station due, in part, to death threats he received for reporting on climate change, which he said caused post-traumatic stress disorder. He said he would work to find sustainable solutions to climate change after leaving the station.

WATER COOLER

Fentanyl dealer sentenced: A Cass County man convicted of selling fentanyl in western Iowa was sentenced to 192 months in prison. Mason Blaine Loudermilk, 19, was the fourth person

to be sentenced related to a fentanyl distribution network that led to a series of overdoses in Cass and Shelby counties.

Broadband funding: Iowa Gov. Kim Reynolds announced nearly \$150 million in federal broadband funding this past week, adding to the more than \$200 million the state already has directed to building out internet infrastructure.

The funds, which come from the 2021 American Rescue Plan Act, will be focused on 96 "Broadband Intervention Zones" around the state.

Gazette-Lee Des Moines Bureau

Trolley Stop Alley recalls a piece of Oskaloosa history

Visitors get 'sensation' of riding public transit at turn of 20th century

By Channing Rucks,
Oskaloosa Herald

OSKALOOSA — A little-known gem of local history now is on display at Trolley Stop Alley, dedicated to telling the story of the trolleys that served as Oskaloosa's public transportation system at the turn of the 20th century.

The first horse-drawn streetcar debuted in Oskaloosa in 1888, and the trolley system remained a mode of public transportation in the city for almost four decades. In 1897, the trolleys were converted to electricity instead of horses. In 1925, they were replaced by a bus system.

Trolley Stop Alley marks the location where Oskaloosa's trolleys stopped for passengers.

Planning for the project began in 2021 and was spearheaded by Ann Brouwer and Sherry Vavre, in partnership with the Mahaska Chamber and Development Group.

The duo also led the charge to remodel The Alley, which highlights Oskaloosa's local history.

Trolley Stop Alley now is home to a mock-up version of a trolley car, with historic photos of Oskaloosa taken when the trolley system was active.

It also features space for resting, dining and gathering, with tables placed inside the trolley car. A mural painted by local artist Brant Bollman depicts a trolley scene.

"The sensation, hopefully, if you're sitting in there at the tables, is that you're actually riding a trolley," Brouwer says. "We have historical pictures in the windows on the one side of it, and we have open air windows on the other."

Brouwer says preserving Oskaloosa's history is important to her because it forms the city's identity.

"I think preservation of history is important. It's who we are, and we just feel it's important to preserve that for the people that have no memory of how this town was back in the day," she says.

Oskaloosa Mayor David Krutzfeldt agrees. "I remember, as mayor, thinking 'I don't know a whole lot about the trolleys. And so I

wanted to spend some time getting to learn more," Krutzfeldt says. "The more I dug into it, the more surprised I was. In fact, this is probably one of the most surprising pieces of history of Oskaloosa that I've ever seen."

Krutzfeldt highlighted the importance of the trolley system to the community's social and economic development.

"There have to be so many stories," Krutzfeldt says. "So many people who were using it at the time as a normal part of their daily life. How important it was to the development in the city to have that efficient transportation for people, but also for the businesses moving their goods and services around. And from a social perspective, something I appreciate especially, is the opportunities where people could get on a trolley, see people they knew, and enjoy being in a community with one another."

Krutzfeldt told the Herald that the remodeled alleys are meant to accomplish much the same purpose — to unite the community through a sense of being together.

"The goal with the alleys is primarily one of just keeping people in the community churning and meeting each other," he says.

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Injuries continue to plague Glenwood facility

Resident at state-run site sustained head wound after falling

By Clark Kauffman,
Iowa Capital Dispatch

For the second time in three months, the state-run Glenwood Resource Center has been fined for regulatory violations related to resident injuries.

It marks the sixth time since January 2022 that the facility has been fined by state inspectors.

Last year, the state announced plans to relocate Glenwood's residents and close the facility by the end of 2024.

Several months ago, the U.S. Department of Justice announced it had reached a settlement with the state of Iowa to resolve allegations concerning resident care at Glenwood. The DOJ had alleged the state was causing harm to residents through "uncontrolled and unsupervised experimentation" on residents, as well as inadequate physical and behavioral health care.

The western Iowa home for people with disabilities is run by the Iowa Department of Health and Human Services.

State records indicate that on March 27, a male resident of the home got out of bed around 4:40 a.m., went into the bathroom and fell and hit his head, which resulted in a bleeding wound. After the man's eye began to swell shut during an evaluation by the staff,



The Glenwood Resource Center campus is seen last year in western Iowa. The state-run facility for people with disabilities has been fined by state regulators six times since January 2022 for serious violations. (Tony Leys/KHN)

in a serious injury to a resident. According to inspectors, a female employee was in the process of using a mechanical lift to hoist a resident into the air and place him in a chair when the man slipped out of the device and fell to the floor.

The resident was taken by ambulance to a hospital where he remained in the intensive care unit for two days before being returned to Glenwood.

Last August, Glenwood was cited for having failed to notify a nurse when a female resident's heart rate dropped to a dangerous level. The resident was later found unresponsive and rushed to a hospital where she was pronounced dead. The home was fined \$4,785.

Last July, Glenwood was fined for \$5,037 after a 48-year-old male resident was found in bed suffering from a hypoxic episode — a life-threatening lack of oxygen.

A worker noticed the resident's skin was gray, lips were blue and he was gasping for air. The worker discovered the mechanism used to deliver his bottled oxygen had been switched off by the staff.

In May 2022, Glenwood was fined \$6,500 after a resident of the home died of septic shock related to acute dehydration.

In January 2022, Glenwood was fined \$2,250 after inspectors said a residential treatment worker had yelled at a female resident of the home and shoved a plate in her face.

This article first appeared in the Iowa Capital Dispatch.

he was taken by ambulance to a nearby hospital where doctors closed the head wound with three staples.

According to the state inspectors' report, Glenwood's assistant superintendent reported that a review of closed-circuit video revealed that a residential treatment worker assigned to check on the resident every 30 minutes did not do so throughout the night.

The Iowa Department of Inspections and Appeals has fined the home \$2,500.

In March, the facility was cited for two medi-

cation errors and fined \$10,500. In addition, the facility was fined \$5,250 for failing to ensure the staff correctly used the mechanical lifts that are designed to safely move residents who can't stand or ambulate on their own.

The first of the two medication errors was discovered in early December when a worker noticed a male resident was "groggy and stumbly" and appeared intoxicated. The staff then noticed the man's medications for the previous afternoon still were on hand, indicating they

hadn't been dispensed, while another resident's medications were missing, even though that individual had been discharged.

It was then determined the male resident, while receiving none of his own medications, had been given the drugs intended for the discharged resident.

The man was taken to a hospital where it was determined he had a "dangerous" level of valproic acid in his system, according to inspectors. He was treated with intravenous fluids, held for observation, and then

returned to Glenwood.

The second of the two medication errors occurred a few weeks later, on Christmas Eve, when a worker accidentally gave a female resident two 100-milligram doses of Clozapine, a drug commonly used to treat schizophrenia, rather than a single 100-milligram dose. The resident was taken to a hospital by ambulance and kept there for observation for two hours before being returned to Glenwood.

At the time, Glenwood also was cited for an accident that resulted



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HISTORY HAPPENINGS | JESSICA CLINE, ROB CLINE

Quaker tin mystery solved

It appears the tins were made for export, starting in 1908

Readers may recall that in April we asked for help finding information about a Quaker Oats tin of compressed rolled oats that sports instruction in half a dozen languages.

Sandra Hudson of Iowa City has used the 5-inch tin as a bookend for decades, and she'd had no luck tracking down any information about its history.

Correspondents had similar difficulties. Fortunately, loyal readers, you came to our rescue.

We heard, for example, from Ray Buck as well as Ellen and Connie Heck. Buck and the Hecks each have a 2.5-inch tall version of Quaker tins. Ellen Heck worked at Quaker Oats for 33-1/2 years, and her tin — which still has its original key — is one of the mementos of her career.

Dan Sullivan pointed us toward an article in the July 15, 1889, edition of the Cedar Rapids Evening Gazette, which included as he put it, "very interesting sales/marketing techniques from the 1880s." Thomas Lynch found news about Quaker Oats and the U.S. armed forces in the June 18, 1943, Gazette. Neither article, however, solved our mystery.

Glenn Ebert called The History Center to share that he went to work for Quaker Oats in 1944 — a time of severe labor shortages because of World War II — at age 16. He remembered three lines running 24 hours a day, packaging pea soup, bean soup and oatmeal. He reported soldiers were the intended recipients of much of this production. But that still didn't give us any details about Sandra Hudson's tin.

ALL IS REVEALED

Then we heard from Alan Koechner, who has worked for PepsiCo/Quaker Oats for more than 32 years in a variety of capacities and loca-



This is the front of an unopened, 5-inch tin of Quaker Rolled White Oats that Sandra Hudson of Iowa City has used for decades as a bookend. She was curious about the history of the tin, and history columnists Jessica and Rob Cline put the question to Gazette readers. (Sandra Hudson)

tions around the country. These days, he lives in Cedar Rapids, and our column caught his eye.

He reached out to some Quaker Oats Co. history buffs he knew from his time working in Chicago, and one of them, Bob Chatel, found some information in a book titled "Brands, Trademarks and Good Will" by Arthur Marquette, which recounts the history of Quaker Oats advertising and promotion, and another book from 1933, "The History of the Quaker Oats Company" by Harrison John Thorton.

Chatel came to this conclusion: "I ... believe that Hudson's tin is a typical export tin used in the early 1900s."

As evidence, Chatel cites page 221 of Marquette's book:

"The export tin, devised originally by Ferdinand Schumacher for his overseas trade and modified by Crowell, was a durable and ingenious container. It had to protect the cereal from rough handling, seawater, humidity, pests and filth of all kinds, and at the same time ship economically and advertise itself through an attractive label.

"Twenty ounces of oatmeal were compressed into a metal package half the size of the cardboard container used in the United States. This economy led famous Arctic and Antarctic explorers to carry Quaker's export tins on their expeditions."

1908 EXPORTS

While Hudson speculated that her tin dated

from World War II, Chatel cites Marquette again to suggest that it likely does not:

All communication with German, Danish and Dutch companies ended when the United States entered World War II, plus there was a shortage of tin since the government needed it.

Chatel found that the export tins were first distributed around the world in 1908. Destinations included Latin America, Japan, China, Egypt, India and the Congo — which explains the preparation directions in six languages on Hudson's tin.

Chatel was unable to find an end date for use of the export tins. We speculate, however, that World War II may have hampered production,



Instructions appear in six languages on the back of the Quaker Rolled White Oats tin owned by Sandra Hudson. The Arabic, Dutch and Chinese instructions appear in this picture. (Sandra Hudson)



Ellen Heck worked at Quaker Oats in Cedar Rapids for more than three decades. This tin of oats — one of her mementos from her years at the plant — carries instructions in Spanish, promising a "new instant recipe" on the can's top. (Connie Heck)



Ellen Heck kept this tin of oats as a memento of her 30-plus years working at Quaker Oats in Cedar Rapids. It still has the key used to open the can. (Connie Heck)

given Marquette's note about the shortage of tin in the U.S. during the war.

Koechner, for his part, told us a Quaker Oats milling operation in Cupar, Scotland, packages the product in tins for export to Saudi Arabia and some African nations.

Summing up, Chatel offered: "Sandra's tin includes 'MADE IN U.S.A.', 'COMPRESSED QUAKER OATS,' and it looks like the label weight is 1 pound 6 ounces. More than likely it was packed

in Cedar Rapids or Akron (Ohio). So, it looks like a typical export tin of Quaker Oats and not a promotion."

We're grateful to Chatel and Koechner and all those who wrote in to help crack the case of the Quaker Oats. Case closed.

Jessica Cline is a Leadership & Character Scholar at Wake Forest University. Her dad, Rob Cline, is not a scholar of any kind. They write this monthly column for The History Center. Comments: HistoricalClines@gmail.com



PIECE OF HISTORY | TARA TEMPLEMAN

Four Oaks founded 50 years ago

In 1973, the founders of Boys Acres — now called Four Oaks — looked into the faces of young people and families who were struggling and chose to see their potential for success.

Fifty years later, "Expect Success" remains the goal of the nonprofit, which has grown from a single location helping 10 children to a statewide organization helping nearly 26,000 children and families per year.

It all started in a red brick farmhouse in rural Bertram. Ed

Daley, the founder and first director of Boys Acres, wanted to provide a home-like setting for boys who had nowhere else to go. He recruited a board of local businessmen to raise funds and help grow the venture.

The group home sat on 9 acres and housed 10 boys, ages 10 to 15. The boys earned allowances by doing chores on the small farm.

The residents found a safe environment and attended school in Cedar Rapids, participating in extracurricular activities. They received counseling and experienced

the stability of caring adult role models.

Then Four Oaks Executive Director Jim Ernst came on board in 1979, the group home was redesigned to offer residential treatment, with the goal of transitioning the boys back to their homes or into foster homes.

The History Center will open a new exhibit, "Four Oaks: Helping Iowa's Children and Families for 50 Years," on July 1.

Tara Templeman is curator at The History Center. Comments: curator@historycenter.org



Ed Daley, director of Boys Acres, at the head of the table, and Tom Piskel, a counselor with his back to the camera, eat Sunday brunch in May 1974 with five of the boys living at Boys Acres. (Gazette archives)

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Scams/Calls target landlines

► FROM PAGE 1D

recommend is, if you do get a call from a bank, just call your local phone number and talk to your local bank, the number that you look up yourself. That way you know you're actually talking to somebody from your bank. Call the 800 number on the back of your card ... or go directly in your bank and speak to somebody about it.

Another one we're seeing a lot is a computer takeover, where a Microsoft or similar message will pop up on your computer saying security risk. There's all sorts of different variations of this. It'll say, "Click here" or, "Call this number." The majority of the time that's going to be a scam. I advise never to click on the pop-up or call that number. A lot of times ... you can reboot the computer and that message goes away, and also update security scans. And if the problem persists, you can always take it to a local repair shop just to make sure that there's no issues.

The big thing is not to panic, because that's what gets people in trouble all the time. Just take a step back. Nothing is so bad that you need to make a decision right away. You have to verify that you're making the right decision.

There are online scams where a lot of times a lonely person will meet somebody on a chat site, and that person will pretend to be in a romantic relationship with them, or friendship, over time and convince them to send them money, or receive or send checks or cryptocurrency. That's never going to be anything legitimate.

The grandparent scam is a big one that continues to persist, where someone will call up and sometimes they have your grandchild's name and other times they will solicit it from you without you knowing, and say that "this is your grandchild and I need bail money. I just got arrested." A lot of times the person will panic and get their grandchild's name repeated and then they have that, so the rest of the phone call seems more legitimate than it is. The key is, you can always get a phone number and call somebody back. Don't panic. Call your child, call your grandchild and do not provide any money. They'll actually send a courier to your house to pick up money. I've had that happen, I believe last year and the year before.

Finally, charities are a big thing we're seeing. People will call up and say this is some police association. Most of the time those are just a telemarketing thing, and your local police department isn't going to see a dime. So, if you really want to give to your local department — we have a website for our Cedar Rapids Police Protective charity, and you can donate on there or you can come in and actually donate in person.

Q. What should people watch for in order to identify scams?

A. Usually if somebody's going to call you and ask for information, it's probably not legitimate. I like to say, take down

the information, and then look up the phone number in your phone book or do your own Google search and call your own bank, or ask a family member. Don't hesitate, if you have a question, to call the police department and we can advise if we believe that's a scam. Just don't panic, is the big thing.

Another thing they'll do with the banks is, if you go into your local banks, for instance, and you're taking out \$10,000 for a grandparents scam, somebody at the bank is going to pick it up. The scammers will actually tell you, "We've had some dirty employees at the bank, so don't let them know what's going on." Or they'll tell the grandparent, "Just tell them you're giving money to your grandkid or you're giving money to your kid or you're getting a new roof put on your house." Bankers will often question these people and they'll be told by the scammer not to give the truth.

Q. How hard is it as police to track down these scammers?

A. Some of them are very hard, especially the online ones because you could be dealing with somebody in another state. You could be dealing with somebody in another country. It's very hard to track, especially for a local police department, to find out where that's from. Even if we can discover the IP address they're using, it's from a different state or country, and they can use a public Wi-Fi or a fake phone number and they're extremely difficult to follow up on.

Q. Have there been any local scams that you have been able to track down?

A. We're not seeing a lot of local scams. Like I mentioned, with that grandparent scam, they actually send local people to the area that they hire to go act as a courier and pick up money from the grandparents. ... We catch somebody in the act, one of those couriers, either last year or the year before. That's all I'm typically seeing as far as someone local actually involved.

Q. Are there specific demographics that are targeted, or are the calls usually random?

A. I think it's random calls, and I believe a lot of them, from my experience, have been landline calls. Not to generalize here, but some of the older generation doesn't want to give up the landline that they've had for several years. And I think that's what they prey on. I think it's one of those where they just call enough people and it only takes one to pay off to make it worth their while.

Q. Is there anything else that you would add?

A. If it sounds too good to be true, it usually is.

Take a step back. There's nothing that you can't get a phone number from somebody, if it's legitimate, and call them back and do your homework. If your bank account's compromised, most of the time the bank is going to reimburse you anyway. So, take your time and don't get rushed into anything.

Comments: (319) 398-8328; emily.andersen@thegazette.com



Iowa City Pride President Joe Reilly stands for a portrait June 17 during the Pride celebration in Iowa City.

Pride/History of leadership

► FROM PAGE 1D

had a knack for the arts and for leading his community at his church.

Reilly said he felt loved and accepted in his community and in his church, but since he was a gay man he had to wrestle with the contrast of acceptance from his local community and the "guilt of Catholicism."

"I just felt like at that time, to get those messages where people of the church want to be affirming toward me, but the church itself is not affirming toward me as an individual," Reilly said. "... I can't have one mouth talking to two sides."

Reilly no longer attends Catholic Mass and said his exit from the church has been a positive influence in his life. Reilly now attends the United Church of Christ in Tipton, with his husband, John Mathias, that is supportive of LGBTQ+ congregants.

Reilly relocated to Iowa City in the mid-2000s to attend the University of Iowa to obtain a bachelor's in theater arts. While in school, Reilly started working part time as a customer



Iowa City Pride President Joe Reilly speaks to spectators June 17 during the Iowa City Pride celebration, which was the largest in the organization's history. (Amir Prellberg photos/Freelance)

service agent at The Eastern Iowa Airport in Cedar Rapids.

After finishing school in 2010, Reilly remained in Iowa City and eventually became a customer service manager at the airport for Allegiant and Frontier airlines.

Although Reilly grew up performing, he fell in love with leading and community organizing.

During his time as a customer service manager for almost a decade, Reilly said he really enjoyed his job and looked forward to making it a lifelong career. However, in 2017 the Iowa City Downtown District post-

ed a job for a "nighttime mayor" — a liaison to nightlife, arts and culture inspired by similar roles in Europe — but the role was only part time.

With Reilly's unpredictable schedule as a manager, he did not have the availability to take advantage of the role at the time. But in 2018, when the first Nighttime Mayor Angela Winnicke resigned and the role was made full time, Reilly knew it was time.

Reilly now fosters nightlife in downtown Iowa City, and caters to the needs of the various bars, clubs, and restaurants that dot downtown.

Reilly joined the Iowa City Pride Board in 2019, after a suggestion from his former boss Nancy Bird to be one of the at-large members.

After a few members of the leadership of the Iowa City Pride Board made their exit from the board, Reilly stepped in to lead the group through 2024. Reilly said he didn't intend to lead the organization when he first joined, but he found that he finds his way to leadership roles quite often — because he cares about the organizations he is involved in and wants to make sure it succeeds.

"I feel like just having that care and attention and want to make something better, always automatically drives me to the center of things and organizations," Reilly said. "I don't ever show up and say to myself, 'I want to be the leader of this,' I just want to make sure that it is cared for and is in good hands — coincidentally that happens to be how you get into a leadership position."

Comments: 319-368-8877; liam.halawith@thegazette.com



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Museum highlights Iowa County's history — and ties to Nancy Drew

By Melinda Wichmann, Hometown Current

Fans of the Nancy Drew mystery series, vintage wedding dress enthusiasts and anyone interested in the health care options available before modern medicine was established will want to visit the Pioneer Heritage Museum this summer in Marengo.

The museum kicked off its season June 3 with a cookout, and volunteers are excited about the new displays that offer insights into the people and establishments of Iowa County through the years.

The museum is open Thursday and Friday afternoons and Saturday mornings.

NANCY DREW WRITER

Fans of the Nancy Drew mystery series, written in the 1930s and '40s, may recognize the name of author Carolyn Keene but not Mildred Augustine Wirt Benson.

Born in Ladora on July 10, 1905, Benson was a journalist, adventurer and author who wrote 23 of the 30 Nancy Drew books under the pseudonym Carolyn Keene. While the series was initially credited to several authors, a 1993 court case brought the original author and her Iowa County roots to light.

Iowa County Historical Society board member Patty Hinrich said the popularity of the books and their connection to Iowa County made it an obvious choice for an exhibit.

"Girls loved the books," Hinrich said. "They were fun and adventurous and all the things we wanted to be growing up."

Benson was the first person to earn a master's degree in journalism from the University of Iowa. She rode a motorcycle, earned her pilot's license and explored Mayan ruins in Central America. Her zest for life carried into writing the Nancy Drew stories, where she created a confident, adventurous heroine young readers have loved through the decades.



Vintage wedding fashions are part of the new summer exhibits at the Pioneer Heritage Museum in Marengo. (Melinda Wichmann/Hometown Current)

to Iowa County families, are displayed with information identifying the wearer and the year.

Not all the gowns are white, and visitors may be surprised to find wedding fashions in the 1800s and early 1900s bore little resemblance to choices made by modern brides. The gowns at the museum range from white and ivory to navy blue, mauve, and brown and ivory striped.

"Queen Victoria was the first to wear white at her wedding," Hinrichs said.

The British queen was married in 1840 and that began the trend of brides wearing white. Before that, women simply donned their best dress for the big day.

The exhibit is proving popular, Hinrichs noted.

"We had some ladies come through and recognize the gowns," she said. "They told us, 'I was at that wedding.'"

IF YOU GO

- **What:** Pioneer Heritage Museum
- **Where:** 675 E. South St., Marengo
- **When:** Museum hours are 1 to 4 p.m. Thursdays and Fridays and 9 a.m. to noon Saturdays.
- **More:** Exhibits also may be viewed by appointment by calling (319) 642-7018.

Lois Kovar, who owns the home in Ladora where Benson grew up, loaned many of the items still at the home to the historical society for the display.

The exhibit includes historic photos, items from the Nancy Drew conference held at the UI in 1993 and copies of several books Benson wrote.

WEDDING DRESSES

Although the museum has a collection of wedding dresses, only one had been on display and the rest were in storage. This summer, all 16 wedding gowns, ranging from the mid-1800s to the 1960s and all with connections

MARENGO'S HOSPITALS

New materials exploring the different hospitals in Marengo that preceded the current Compass Memorial Healthcare have been added to the museum's permanent health care display.

Susan Kreis, of Marengo, donated the nursing diploma her aunt, Pauline Obermueller, received for graduating from the Mineral Springs Hospital Training School for Nurses in Marengo in 1924.

Additional photos and documentation highlight the Mineral Springs Hospital, Watts Hospital and Marengo Memorial Hospital.

In the 1800s, Marengo was home to four wells considered to be mineral springs. The water was believed to have healing powers, and the Mineral Springs Hospital offered mineral pools where people could cure their ills.

Watts Hospital originally was a private home. The building was expanded when it went into use as a hospital, then it became a nursing facility before closing. It now houses multiple apartments.

DNR: Invasive species treatment at Iowa Great Lakes a success

By Jared Strong,
Iowa Capital Dispatch

A \$300,000 campaign to eliminate an invasive plant species from parts of the Great Lakes region in northwest Iowa appears to have been successful, according to the state Department of Natural Resources.

In August, Eurasian watermilfoil was discovered by a DNR surveillance team in East Okoboji Lake, the Upper and Lower Gar Lakes, and Minnewashta Lake.

Those lakes are downstream from the larger Big Spirit Lake and West Okoboji Lake.

"We had kind of the perfect storm for doing this treatment," said Jason Euchner, aquatic vegetation management biologist for the DNR. "We hadn't found it in Spirit. It wasn't in West Okoboji, and Spirit Lake was low. It was not flowing over the spillway."

That lack of flow allowed the DNR to effectively treat the infested, downstream lakes with a herbicide that starves the invasive species by preventing it from producing a pigment necessary for photosynthesis.

If more water was flowing into those lakes, it might have diluted the herbicide and reduced its potency. The treatment started in September, and the DNR reapplied some herbicide in April.

Eurasian watermilfoil is a spindly plant with feather-like leaves that takes root in lake beds. It starts growing earlier in the year than similar

native species, and fans out when it reaches the lake surface, creating a canopy that blocks other plants from growing.

It spreads readily when part of an existing plant breaks off and takes root elsewhere. It was most abundant last year near a boat ramp in the Upper Gar Lake, Euchner said. Boats and trailers are commonly to blame for transporting invasive species from one lake to another.

"It easily could have come from Minnesota or it could have come from one of the small lakes that's just not on our radar," Euchner said.

The plant has been found in more than 40 of the state's lakes and ponds. It affects recreation because it clogs lake surfaces, and that's a big deal for the Great Lakes region, where visitors spend hundreds of millions of dollars each year, according to the Iowa Great Lakes Association.

That's why about half the cost to treat the lakes was paid by locals.

"The community came to a decision that we may only have this chance once," Euchner said. "We need to try to do eradication, at least one time."

The plant has not been found this year in any of the previously infested lakes, he said.

The DNR also plans to treat a southeast Iowa lake this summer to eliminate the plant.

This article first appeared in the Iowa Capital Dispatch.

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04/2023

OBITUARIES

OBIT INDEX IN TODAY'S GAZETTE

BERTRAM: Helen Berry
CEDAR RAPIDS: Cherie Carnahan, Ann Mary Victoria Mersch Duggan, Mary L. Herb, Susan Mary Hirvela, Randi A. Ruzicka, Karen (Kramer) Schaub, John Eugene "Gene" Steyne
FAIRFAX: Betty Regan
MARION: James "Jim" Earl Henderson, Kenneth "Ken" Koch
OTHER DEATHS: Roberta A. "Bobbi" Ceryanec (Bettendorf)

CHERIE CARNAHAN Cedar Rapids

Cherie Carnahan, 77, of Cedar Rapids, Iowa, died Thursday, June 22, 2023. A Celebration of Life will be held from 3 to 7 p.m. Tuesday, June 27, at Murdoch-Linwood Funeral Home & Cremation Service in Cedar Rapids.

Cherie was born Nov. 23, 1945, in Hopkinton, Iowa, the daughter of Merlin and Beulah (Maire) Hugh. She graduated from Jefferson High School, Class of 1963. Cherie was united in marriage to James "Jim" Carnahan on June 1, 1963, at Trinity United Methodist Church in Cedar Rapids. She was a professional cake decorator and instructor for 40 years at the YWCA, Continuing Education program and Michael's. Cherie made many wedding cakes over the years and made the gingerbread houses for Armstrong's display in downtown Cedar Rapids. She loved to cook for her family and holidays were her time to shine.

Survivors include her husband of 60 years, Jim Carnahan; son, Jeff Carnahan; eight grandchildren, Brooke, Alana, Austen, Arrien, Caitlin, Tia, Sarah and Christine; eight great-grandchildren; and sister, Sue Skelton.

She was preceded in death by her parents; daughter, Jaimie Carnahan; and brothers, Rhiney Hugh, Jim Skelton and Steve Skelton.

Please share a memory of Cherie at www.murdochfuneralhome.com under obituaries.



MARY L. HERB Cedar Rapids

Mary L. Herb, 86, passed away peacefully on June 21, 2023.

A visitation will be held from 4 to 7 p.m. Thursday, June 29, at Cedar Memorial Park Funeral Home, 4200 First Ave. NE, Cedar Rapids, Iowa. A funeral will be held at 11 a.m. Friday, June 30, at Our Savior's Lutheran Church, 3634 First Ave. NE, with a luncheon to follow. A private family burial will be held at Oak Shade Cemetery in Marion.

Mary was born March 18, 1937, at UIHC in Iowa City to Albert J. Neumann and Helen A. (Cummings) Neumann. Mary was baptized at St. Paul's Evangelical Church in Sigourney, IA on April 11, 1937. She confirmed her faith as a child at Kenwood Park Methodist Church and again as an adult at St. Stephen's Lutheran Church, Cedar Rapids. Mary continued to share her faith with others by teaching Sunday School for many years. She also was active in many church groups such as Priscilla Circle, XYZ (Extra Years of Zest), church fellowship board and was a Women of the ELCA officer. Mary graduated from Grinnell High School in 1955. In 1959, she married Donald K. Herb; they later divorced. Mary was a dedicated employee with the City of Cedar Rapids working for the water department and at City Hall for 19 years. Mary later worked for Parson's Technology before retiring. During her retirement, Mary loved to spend time with her family and friends. She especially enjoyed spending time with her granddaughters and attending their activities. Mary's desserts will be missed by her family and friends as she loved to bake. Mary also enjoyed her daily Gazette crossword puzzle.

Mary was preceded in death by her parents, Albert J. Neumann, 1973 and Helen A. (Cummings) Neumann, 1998; daughter, Tami Jo Herb, 1986; brother-in-law Gordon Raymond, 2010; maternal grandparents Hampton B. and Mary L. Cummings; paternal grandparents, Ernest M. and Amanda M. Neumann; mother-in-law, Marie Herb; brothers-in-law, Danny and Lee Herb; sisters-in-law, Shirley Herb and Mary Maxine Herb; and niece, Tina Koopman.

Mary is survived by her daughter, Amy (Jim) Christianson; granddaughters, Emily (Michael) Hannes (great-grand dog Bella) and Olivia Christianson; sister, Kathy Raymond; nieces, Lori (Rob) Duchan and daughters, Ashley and Cierra Brooks, Kari Raymond and daughter, Peighton Boll-Raymond; brothers-in-law and sisters-in-law, Jim Herb, Duayne (Deb) Herb and Phylis Herb; and many nieces, nephews, great-nephews and great-nieces.

In lieu of flowers, donations may be made in Mary's memory to the Children's Miracle Network of Iowa or Our Savior's Memorial Fund. Online condolences may be directed to the family at www.cedarmemorial.com under obituaries.

DEATH NOTICES AND OBITUARIES

The deadline for obituary and death notice information to appear in the next day's paper is 1 p.m. Sunday through Friday and 1 p.m. Friday for Sunday publication. Death notice information including name, age, residence, date of death and name of funeral home handling arrangements are published as news items in the daily

index free of charge. Arrangements pending and all other obituary material will be published for 50 cents per word. Pictures are \$10, \$25 and \$45 for black and white photos; \$35, \$50 and \$75 for color photos. Prepayment is required. For more information, call 319-398-8221 or email Obits@TheGazette.com

JOHN EUGENE "GENE" STEYNE Cedar Rapids

AFCM John Eugene "Gene" Steyne, USN (Ret) passed away on June 15, 2023. He was 83 years old. Born in Iowa City, Iowa, he was the 5th of 10 children born to John Arthur and Mayme Blanche Steyne.

After growing up and dancing around (one of his favorite things to do) in Cedar Rapids, Iowa, the next important chapter in his life began when he was a young man of 17 and decided to serve his country by enlisting in the U.S. Navy (USN) in 1957. Little did he know that this chapter of his life was going to last 23.5 years, starting with boot camp at RTC San Diego, Calif., (1958), and his final stop being HS-15 at NAS Jacksonville, Fla., (1979-1980). Between 1977-80, he was temporarily appointed and held the rank of Chief Warrant Officer 2 before retiring. During all of this service, he obtained his high school equivalency diploma (1971); and his associate of arts college degree from Pensacola Junior College (1974).

While going through the Navy school in Oklahoma, the next but more important chapter of his life began when he met Helen June Cherry (thru mutual friends) and the rest is history (which lasted 62 years). John Eugene Steyne and Helen June Cherry tied the marriage knot on March 1, 1959 in Gainesville, Texas, and renewed their marriage vows in the Catholic Church on Aug. 22, 1964, in Brunswick, Maine. Shortly after starting their married life together, they welcomed three sons into the world: Scott, John Jr. and Jeffery. While making sure that three active boys got to school, baseball games (also coached them), bowling leagues and many more activities while serving in the U.S. Navy; he also started a second career after retiring from the service by being a Government Civil Service employee at NAS Pensacola and Warner-Robins Air Force Base, Ga. His second career lasted 17 years before retiring again. Once retired, they returned to Pensacola, calling and making it their permanent homestead. After settling into the retirement years, he began the life of the spoiling grandpa (or Paw Paw) to all who filled the role of grandson(s), granddaughter(s) and great-grandchildren. That role involved long, fun trips to Georgia, Tennessee, Kentucky and Iowa (plus many other places too), embracing the traveling RV lifestyle. To all, he was Father (Dad), Grandpa (Paw Paw), Brother, Uncle, but equally important, Friend to all that knew him and enjoyed his company.

Gene is survived by his sisters, Katheryn Peel (Jimmy), Lynda Walleck; his brother, Danny Steyne of Cedar Rapids; sister, Leah Fisher (Gary) of Bella Vista, Ark.; sons, John E. Steyne Jr. (Jane); Jeff Steyne (Jamie); grandchildren, Nicholas Edward Steyne, Kimberly Anne Steyne, Kiera Irene Steyne, Krystal Colleen Woodard (Roger), Micah Daniel Hallman and Misty Dianne Kiker (Jerry); and seven great-grandchildren.

Gene is predeceased by his parents; four sisters; his bride, Helen; and his first son, Barry Scott Steyne.

Interment will be at Barrancas National Cemetery on Naval Air Station Pensacola, in July of 2023. All family and friends would be welcomed to attend.

BETTY REGAN Fairfax

Betty Regan got to take the trip she had been waiting for on June 18, 2023.

Services will be held at 10 a.m. Tuesday June 27, at Immaculate Conception at 857 Third Ave. SE, Cedar Rapids, Iowa. A Celebration of Life will follow at the Fairfax Legion Hall, 216 Main St. Fairfax, Iowa.

She was born to Telora and Anton Horejsi of Cresco, Iowa. She enjoyed working for several years at College Community School District with children much like herself.

Survived by her daughter, Jodie Regan; a granddaughter, Raven Babberl; siblings: Mary Graham of Waterloo, Judy (Larry) Dobberthien of Melrose, Iowa, and Michael (Patricia) Horejsi of Caster Valley, Calif.; and many favorite nieces and nephews.

Memorials may be directed to the family thru Fairfax State Savings Bank, P.O. Box 277, Fairfax, IA 52228. Online condolences and memories may be shared with the family at www.iowacremation.com.



SUSAN MARY HIRVELA Cedar Rapids

Susan Mary Hirvela, 88, passed away of natural causes on June 8, 2023, in Cedar Rapids, Iowa.

Susan was born in Janesville, Wis., on April 3, 1935, to John E. and Wava L. (Roglitz) Schmidley. She attended St. Mary's grade school and high school in Mt. Clemens, Mich., and graduated from the University of Detroit with a bachelor of science degree in education. Susan played basketball throughout high school and college. After graduating, she taught grade school in Roseville, Michigan before marrying Air Force Lt. Robert Hirvela and moving to Cedar Rapids, Iowa in 1959. Upon receiving a teaching certificate from the University of Iowa, she taught third grade at Noelridge Elementary for five years and substituted in the Cedar Rapids School District for 10 years.

She was very passionate and steadfast about her many causes, both political and civil, and had a big heart for helping the community and those in need. Some of the ways she donated her time included: volunteering at the Foundation 2 Youth Shelter, a Domestic Violence Hotline, the American Cancer Society's Discovery Shop, Tanager Treasures, teaching CCD classes at St. Pius X, and also as a sponsor of several children in need. She loved her cats, reading books, cheering on her Hawkeyes and tending to her plants and roses.

Susan is survived by her husband, Robert of Cedar Rapids; their three sons, David of Iowa City, Mike and Tracy (Stoffel) of Cedar Rapids, and Brian and Jennifer (Coffey) of Pittsburgh, Pa. Her cousin, Cathy, is the last surviving Roglitz. Robert's sister, Helen, and her daughter live in Georgia.

Susan was preceded in death by her parents and her only sister, Patricia, who passed on Aug. 15, 2018, in Romeo, Mich.

The family would like to thank the doctors, nurses, staff and clergy at Mercy Medical Center, Cottage Grove Place, Cedar Memorial, and St. Pius X for their care and support during this difficult time.

Susan will be buried at Forest Hills Cemetery in Houghton, Mich. Her funeral Mass will be held at 11 a.m. Saturday, July 1, at St. Pius X Catholic Church in Cedar Rapids.

Per her wishes, offerings can be made to SAINT Rescue & Adoption Center or any pet rescue of your choice.

ANN MARY VICTORIA MERSCH DUGGAN Cedar Rapids

Ann Mary Victoria Mersch Duggan, 74, died on June 21, 2023, after an extended illness. Family picnic is planned for later this summer. Ann was married to Mike Duggan, they had two children.

Ann's legacy was her commitment to her entire family. Year after year she hosted family gatherings as a way to keep the family connected. In her words "it's the best family ever." She loved spending time with her 15 nieces/nephews and 32 great-nieces/nephews.

She is survived by her sons, Mark (Amy) Duggan and Corey (Cherie) Duggan; grandchildren, Colby (Notascha), Joshua, Mallory Duggan and Riley (Alex) Boomershine; and great-grandchildren, Delilah and Blake Duggan. As well as her sister, Lynn (Jack) Bennett; and brothers, Don (Barb), Lon and Joe (Jan) Mersch.

She was preceded in death by her parents; brothers, Lee and Dem Mersch; sister, Vicki (Randy) Krause; sisters-in-law, Juanita Mersch and Sandy Mersch; nephew, Jason Bennett; and a great-nephew, Sean Mersch.

Per her wishes, she has been cremated. Memorials to the Dennis and Donna oldorf Hospice House. Online condolences and memories may be shared with the family at www.iowacremation.com.



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KAREN (KRAMER) SCHAUB

Cedar Rapids

Karen (Kramer) Schaub of Cedar Rapids, Iowa, passed away peacefully at her home on June 22, 2023.

Funeral services will be held at 10:30 a.m. Tuesday, June 27, at Bethany Lutheran Church, Cedar Rapids, Iowa, with Pastor Michael Erickson officiating. A private inurnment will be held at a later date at Pleasant Hill Cemetery in Blairstown, Iowa. A visitation will be 4 to 6 p.m. Monday, June 26, at The Legacy Center at Murdoch-Linwood Funeral Home, Cedar Rapids. In lieu of flowers, a memorial fund has been established.

Karen was born on Oct. 14, 1946, in Belle Plaine, Iowa, the second daughter of Wilmer (Bill) and Lillian (Lill) (Jackson) Kramer. Karen was baptized, confirmed and married at St. Paul's Lutheran Church, Luzerne, Iowa, where she attended parochial school from Kindergarten through eighth grade. Karen later graduated from Keystone High School, with the Class of 1964. On June 8, 1968, Karen married the love of her life, John A. Schaub, at St. Paul Lutheran Church in Luzerne.

Karen was active in 4-H, was a candy striper at the University of Iowa, and loved playing with her cousins and neighborhood friends while growing up. Living close to her two sets of grandparents was a gift. Karen enjoyed calligraphy, serving on the Youth Salute Board, being a lifelong blood donor and leading the Parkinson's Support Group she and John started with friends in Muscatine. Karen was a member of the Lutheran Church Missouri Synod her whole life and served her Lord as a Sunday School teacher, offices in the LWML and Trustee for many years. Wherever Karen saw a need, she was there to serve. Her faith was important to her.

Karen worked at People's Bank in Cedar Rapids and retired from Central State Bank in Muscatine after many years of service. After retiring in 2008, John and Karen enjoyed many adventures in travel with a trip to the Holy Lands and the 500th Anniversary of the Reformation in Germany at the top of their list. Karen and John enjoyed following the Iowa Hawkeyes football and basketball teams and traveling to attend several bowl games.

After retirement, Karen and John's life was greatly enhanced by the view from their home in Muscatine that looked out at the Mississippi River. It was a gift to them to see the many sites the river provided and were incredibly grateful for their early morning river walks.

Karen will be remembered for the many pictures she took of her grandchildren and so loved creating their childhood picture albums beginning the day they were born. She loved her grandchildren dearly and never missed an opportunity to be with them and attend their activities. Karen enjoyed writing her grandchildren letters with special surprises which brought her and them great joy.

Karen is survived by her husband, John, the love of her life, Cedar Rapids; her son, Nathan (Fumiko) Schaub, Seattle, Wash.; daughter, Tisha Junge, Cedar Rapids; son, Nick (Annie) Schaub, Robins, Iowa; four very dear and special grandchildren, Syriana Schaub, Trey Junge, Rory and Greta Schaub; sister, Judy Edwards, Cedar Rapids; brother, David Kramer, Belle Plaine; and many cousins, nephews and nieces.

Karen was preceded in death by her parents. Please share a memory of Karen at www.murdochfuneralhome.com under obituaries.

**KENNETH "KEN" KOCH**

Marion

Kenneth "Ken" Koch, 78, of Marion, Iowa, was welcomed into the arms of the Lord on Monday, June 19, 2023, due to a sudden, aggressive advancement of cancer.

Ken was welcomed into this world on Thanksgiving Day, Nov. 23, 1944, in Davenport, Iowa, the son of Rev. Julius Edward and Alice Louise (Rixe) Koch. After four years in Bennett, Iowa, the family moved to Atkins, Iowa, in 1948 when his father accepted a call at St. Stephen's Lutheran Church. He graduated from Concordia High School in St. Paul, Minn., and went on to earn his bachelor's degree at Concordia Senior College in Fort Wayne, Ind. He later earned his master's degree in English from Hofstra University in Hempstead, N.Y. On Oct. 14, 1967, Ken was united in marriage to Maridith Ann Cockman at Berea Temple Assemblies of God Church in St. Louis. Ken and Maridith moved to Hicksville, New York where he taught English at Long Island Lutheran Junior/Senior High School in Brookville, N.Y. In 1976, Ken and his family relocated to Cedar Rapids, Iowa, where he discovered his passion for real estate. In 1986, he started Koch & Company Realtors, whose signature white and blue-bordered "For Sale" signs soon appeared in front lawns across the Cedar Rapids area. If you bought a house in or around town, it's likely you met Ken at an open house and made an instant friend. Ken never officially retired from real estate.

Throughout his life, Ken had an adventurous side. He enjoyed Canadian fishing trips and had a remarkable high school and college baseball career, pitching a no-hitter in high school. He was known for his stained glass works, creating elaborate and colorful lampshades that adorn the homes of family and friends. Ken and Maridith were likely to either be traveling or planning their next trip. Their treks took them across the country and world, antiquing or finding oriental rugs at any opportunity. They both were enthusiastic members of the Music Box Society and traveled to conventions throughout the country.

Ken was an active member of his community and church. He served as a member of the Cedar Rapids Optimist club, Questers and various book and bridge groups. His dedication to his profession included being a member of the National Association of Realtors and serving as president of the Cedar Rapids Area Association of Realtors. Above all, and most important to Ken, was faith in the Lord and devotion to Christ. He was an elder at Bethany Lutheran and lead home Bible studies at St. Mark's Lutheran.

Ken is survived and lovingly remembered by his three children, Geoff of Nashville, Tenn., Jason (Olya) and three grandchildren, Jacob, Jonathan, and Justin of Clarksburg, Md., and Joshua of Boulder, Colo.; two sisters, Susan (Jim) Brown of Pekin, Ill., and Gloria (Warren) Bengtson of Minneapolis, Minn.; and one niece, Jennifer Larson of Minneapolis.

He was preceded in death by his wife of 54 years, Maridith, in 2022; and by his parents.

Ken will be greatly missed by all who knew and loved him. Family will greet friends from 4 to 7 p.m. Wednesday, June 28, at Murdoch Funeral Home & Cremation Service located at 3855 Katz Dr., Marion, Iowa. Funeral service will be held at 11 a.m. Thursday, June 29, at St. Mark's Lutheran Church located at 8300 C Ave., Marion. Interment will be held at 2:30 p.m. Thursday at Cedar Memorial Park located at 4200 First Ave. NE, Cedar Rapids, Iowa.

Please share a memory of Ken at www.murdochfuneralhome.com under obituaries.

**JAMES "JIM" EARL HENDERSON**

Marion

James "Jim" Earl Henderson, 81, of Marion, Iowa, passed away on Wednesday, June 21, 2023, at Mercy Medical Center in Cedar Rapids, Iowa. Visitation will be held from 5 to 7 p.m. Tuesday, June 27, at Murdoch Funeral Home & Cremation Service in Marion, where a Masonic service will begin at 4:30 p.m. Funeral services will be held at 11 a.m.

Wednesday, June 28, at Marion Christian Church, located at 1050 McGowan Boulevard, Marion, with Pastor Gary Sneller officiating. A private committal service with full military honors will take place at Glendale Masonic Cemetery in Des Moines, Iowa, at a later date.

Jim was born on July 25, 1941, in Des Moines, the son of Earl James and Pauline Ann (Rubash) Henderson. He was a 1959 graduate of North High School in Des Moines, Iowa, and went on to attend DMACC in Ankeny, Iowa, graduating with honors. Additionally, Jim graduated from Coe College, earning a bachelor's degree in business. Jim served honorably in the United States Navy during the Vietnam war until his discharge in January of 1969. On June 19, 1977, Jim was united in marriage to Janet Darlene (Lutz) Wilken in Marion. He worked as a systems analyst for Unity Point, Rockwell, then Network Data Processing, until his retirement in 2004.

Jim had many hobbies and interests. He was a train and railroad buff, often traveling to train shows and museums across the country. Jim enjoyed traveling, boating, bicycling, and riding his Honda Goldwing motorcycle. He was an avid reader of many genres and he collected various artwork. Jim was an accomplished carpenter and handyman and shared his expertise with others.

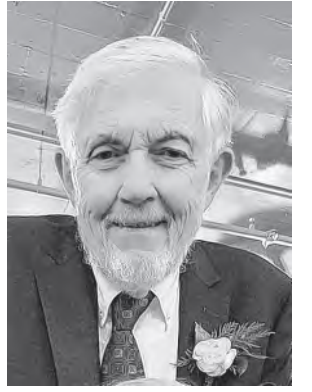
Family was very important to Jim. He loved spending time with his children, grandchildren and great-grandchildren. He and Jan hosted many family reunions and held annual Oktoberfests on the farm that provided the family with many cherished memories of hayrides, bonfires and magic shows. Jim was a member of the Trojan Masonic Lodge and Marion Christian Church. He had a strong faith in God and participated in many charitable missions in his church and community. It was important to him to provide a good example to his family, which he accomplished admirably. We were blessed to have Jim in our lives and all of us will miss him.

Jim is survived and lovingly remembered by his wife of 46 years, Janet Henderson; five children, Randy (Vicky) Wilken of Hiram, Ga., Rick (Paula) Wilken of Ashland, Va., Pam (Frank) Mueller of Verona, Wis., Tami (Mark) Rowell of Cedar Rapids and Kim Wilken of West Union, Iowa; daughter-in-law, Jennifer Wilken of West Des Moines, Iowa; 13 grandchildren; 16 great-grandchildren; sister, Anna Templer of Clovis, Calif.; and two nieces, Andrea Hiralez, and Julia Templer.

He was preceded in death by his parents; two sons, David Henderson and Rob Wilken; and brother-in-law, Bill Templer.

Memorials in Jim's memory may be directed to the Wounded Warriors Project, Trojan Masonic Lodge or to a favorite charity of the donor's choice.

Please share a memory of Jim at www.murdochfuneralhome.com under obituaries.

**ROBERTA A. "BOBBI" CERYANEC**

Bettendorf

Funeral services and Mass of Christian Burial for Bobbi Ceryanec, 86, of Bettendorf, will be 11 a.m. Friday, June 30, 2023, at St. John Vianney Catholic Church, Bettendorf, Iowa. Visitation will begin at 10 a.m. prior to Mass at St. John Vianney. A luncheon celebrating Bobbi's life will be held after Mass with burial following at the Rock Island Arsenal. Bobbi died peacefully Saturday, June 17, 2023 at Independence Village in Waukee, Iowa, surrounded by family.

Roberta A. "Bobbi" Bender was born on March 27, 1937, in Chicago, the daughter of Henry and Edna (Lamb) Bender. She graduated from St. Mary's All Girls Catholic (Chicago) in 1954. Roberta was united in marriage to Joseph M. Ceryanec on Nov. 9, 1957, at St. Paul's Catholic Church, Chicago. They shared 25 years of marriage together before Joseph's death in 1982. Years later she married Ronald Harness, who passed away in 1993.

The three most important things in Bobbi's life were her faith, family, and friends. She was a member of St. John Vianney Catholic Church (Bettendorf) and previously St. Anthony's and St. Paul's Parishes (Davenport). She was very involved at St. John Vianney including serving as a volunteer and as a Eucharistic Minister. She was also involved with the Catholic Service Board and Birthright. She worked at Davenport Bank, White New Idea and retired from the Mississippi Valley Blood Center (Bettendorf).

Survivors include her children and their spouses: Joseph (LaNae) Ceryanec, West Des Moines, Iowa, and Janet (Jeff) Hicks, Muscatine, Iowa; grandchildren: Megan (Niall) Murphy, Michael (Katrina) Ceryanec, Jacob (Ayla) Hicks and Matthew (Alexandra) Ceryanec; and four great-grandchildren, Morgen and Zane Hicks and Henry and Quinn Ceryanec.

Bobbi was preceded in death by her parents, Henry and Edna Bender; her husbands, Joseph Ceryanec and Ronald Harness; and her grandson, Joseph Hicks. May they rest in peace.

The family would like to thank the nurses and staff at Independence Village (Waukee, Iowa), the nurses and staff at St. Croix Hospice (Des Moines and Davenport, Iowa), and the staff at The Fountains Senior Living (Bettendorf, Iowa).

Memorials may be made to St. Croix Hospice and St. John Vianney Catholic Church.

Online remembrances may be expressed at www.hmdfuneralhome.com.

**HELEN BERRY**

Bertram

Helen Berry, 84, of Bertram, died Thursday, June 22, 2023, at home. Private family burial has been afforded. Please join us at 11 a.m. Tuesday, June 27, for a celebration gathering at Bertram Township Hall. The family is being cared for by Stewart Baxter Funeral & Memorial Services, Cedar Rapids.

Helen is survived by her husband, LeRoy; daughters, Lisa (John Bauer) Berry and LuAnn (Eric Sr.) Case; grandchildren, Cardell, Angelica, Lilyana and Emilee Berry, Steven and Eric Case Jr., Nathan (Kendra) and Megan Bauer; sisters, Betty Ellingson and Phyllis (Gene) DeMean; and grand-dogs, Bogart and Bella.

Helen Marie was born Feb. 1, 1939, in Martelle, daughter of Glen and Mattie (McQuerry) Stabenow. She married her love, LeRoy Berry on Oct. 4, 1963, and they started their family together in Bertram. Helen worked as a beautician, shipping clerk for Cryovac and homemaker. She also volunteered as Treasurer and Sunday School teacher for Bertram United Methodist, Sexton for Campbell Cemetery and other community events.

If there was one word that summed up Helen's life, it would be organizer. She coordinated the Martelle Class Reunions, Bertram Roast and Toasts, her family reunions, church pot lucks and other events over the years. Helen was a loving mother. She was a good cook who could even cook for a crowd. Helen loved ice cream of all kinds.

Helen was preceded in death by her parents; infant daughter, Julie Kay Berry; and brother-in-law, Carston Ellingson.

Memorials may be directed to Bertram United Methodist Church.

Please share your support and memories with Helen's family on her Tribute Wall at www.stewartbaxter.com under obituaries.

**RANDI A. RUZICKA**

Cedar Rapids

Randi Allen Ruzicka, 62, passed away peacefully in his sleep, Wednesday, June 14, 2023, after a courageous battle with kidney and brain cancer. Per Randi's wishes, a private family memorial will be held.

Randi was born Aug. 4, 1960, in Cedar Rapids, Iowa, the son of Robert Sr. and Theresa (Michalec) Ruzicka. Randi graduated from LaSalle High School in 1978. He attended Kirkwood, Coe College and Mt. Mercy graduating with a degree in computer science. He worked at Rockwell Collins from 1985 until his retirement in 2017.

Randi never let his disability slow him down. He lived a vibrant life and was never shy to experience new things. He enjoyed taking yearly trips to Palm Beach Gardens to visit his Florida family. He was an animal lover through and through especially when it came to his little black poodles. Randi's nephews and niece meant more to him than words can describe. They had a special relationship and he loved spending time with them whether having weekly dinners and trying all different types of food, or having entertaining discussions with his niece Nicole.

Left to cherish his memory are his parents, Bob Sr. and Theresa Ruzicka; siblings, Bob Jr. and Pamela Stark; brother-in-law, Chris Stark; nephews, Nick (Liz) and Sam Stark; niece, Nicole Stark; his beloved toy poodle, Macy, all of Cedar Rapids; his special cousin and confidant, Dianne (Sejnoha) White, Palm Beach Gardens, Fla.

He was preceded in death by his grandparents, Matthew and Mary (Sejnoha) Ruzicka and Frank W. and Mary (Philipp) Michalec; and his two toy poodles, Misty and Mandy.

The family wishes to extend a special thank you for the amazing care given by Jason Burgus and Bobbi Jo DeVore from Unity Point Hospice.

Memorials may be directed to the Cedar Valley Humane Society, St. Wenceslaus Catholic Church or St. Ludmila Catholic Church.



Dementia/A place of hope

► FROM PAGE 1D

“I realized we have today, we have tomorrow, we have next month,” Laura said. “It’s not an end-of-life sentence.”

Through someone in their church, Alan was connected with a new support group piloted by Mercy Cedar Rapids for those with early stage dementia. There, he learned more about misconceptions of dementia, how to handle daily challenges and how to make the most of life.

After talking to others going through the same challenges and misgivings, resources became one of their greatest sources of hope. But more than resources, the couple found a small community of support.

“It’s not a shameful thing, just something to adjust for,” Alan said.

THE FIRST OF ITS KIND

Months before Mercy started moving its dementia and aging services to the new Chris and Suzy DeWolf Family Innovation Center for Aging & Dementia in June, it started piloting support groups like the one for Alan.

The new facility is part of a concerted effort to bring a new mindset to aging and dementia care.

“We want a very integrated community. This is a vibrant place where people are coming to live, not coming to die,” said

Kathy Good, director of the new innovation center. The non-residential building at 9000 C Ave. NE doesn’t just deliver a new facility for those who are aging or living with dementia — it provides a new community center with a one-stop shop for a memory care clinic, caregivers and new support services.

The DeWolf Innovation Center, an integral component of Mercy’s new HallMar Village, is open to anyone, no matter where they live. Connected by a hallway to HallMar Village’s 237 apartments, the campus will serve as a hub of research, training and education to discover, test and evaluate best practices for helping clients live their lives with purpose.

Separately from the DeWolf Innovation Center, HallMar Village’s apartments offer a similarly recalibrated focus with options based on the level of need — independent living, assisted living and long-term care.

With a \$13.1 million endowment, the new center is believed to be the only innovation center in the country that is connected to a residential senior living community.

Across the country, well-known innovation centers for aging and dementia typically are connected to academic institutions.

“In the past, dementia was considered a medical condition. While yes, it does have some medical aspects, we’re looking at it from the social or functional aspect,” Good said. “What are all the things that still work — instead of focusing just on what’s wrong with people.”

For those with dementia and their caregivers, the center and the people it’s bringing together are invaluable.

“It’s hard to find other people that have this, especially early onset,” said April Neuendorf, who was diagnosed with



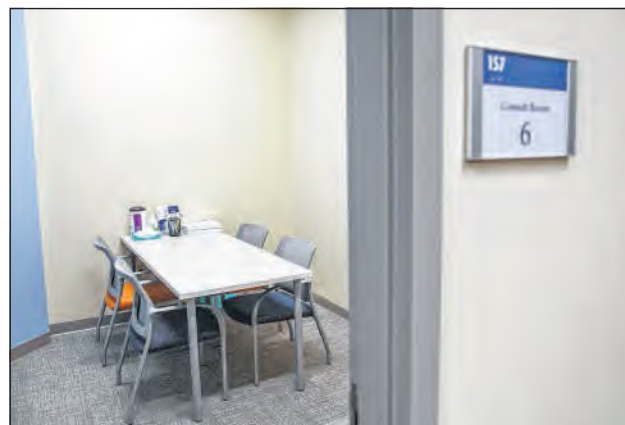
The Mercy Center for Memory Health at the Chris and Suzy DeWolf Family Innovation Center for Aging & Dementia is seen June 14 in Cedar Rapids. The new center is believed to be the only innovation center in the country that is connected to a residential senior living community. (Savannah Blake/The Gazette)



Sunflowers and art pieces are prominent throughout the Chris and Suzy DeWolf Family Innovation Center for Aging & Dementia in Cedar Rapids. The goal is to create a “warm and welcoming” place, director Kathy Good says. (Savannah Blake/The Gazette)



Dementia patient Alan Eilers of Cedar Rapids holds a book from the workshop and support group at the Family Innovation Center that he and his wife attend. (Jim Slosiarek/The Gazette)



New consultation rooms are designed to look the same to create consistency for dementia patients at the Family Innovation Center in Cedar Rapids. (Savannah Blake/The Gazette)

“In the past, dementia was considered a medical condition. While yes, it does have some medical aspects, we’re looking at it from the social or functional aspect.” — Kathy Good, director of DeWolf Family Innovation Center for Aging & Dementia

early onset Alzheimer’s at 59 and has participated in Mercy’s support groups and programming. “We’ve made a difference in each other’s lives because we can talk about whatever we want. We get each other — it makes a big difference.”

INSIDE THE BUILDING

The new, innovative approach that can be seen throughout the renovated 23,000-square-foot building will allow for continual discovery by shifting away from stereotyped thinking about aging and dementia.

Formerly home to Echo Hill Presbyterian Church, the center is a joint effort with Pres-

byterian Homes and Services that converted a church into a new home, of sorts.

“One of the things that was important to me was that this look non-institutional and non-medical,” said Good, who has directed Mercy’s Family Caregivers Center since its inception in 2015. “It’s a place that feels warm and welcoming.”

Inside, the Family Caregivers Center and Mercy Center for Memory Health find a new home. Exam rooms are all constructed identically, to minimize confusion.

A large fellowship hall, small fellowship hall and cafe lead visitors down a hallway

lined with kiosks, each displaying a curated, vetted selection of technology and products that will help aging adults live better lives.

Visitors might find emergency response buttons that look like fashionable jewelry, extremely user-friendly computer systems to connect with family or weighted silverware helpful for those with tremors. At the front, an iPad will be available to explore “smart” products that rely on an app to operate, giving seniors a chance to explore what works for them.

“It’s hard as an older adult to figure out what to trust,” Good ex-

plained. “We will feature products we think are helpful to people.”

Across the hallway, a new showroom will feature smart appliances and household technology with the potential to make life easier. One Samsung refrigerator can allow caregivers to remotely check on which foods are expired while shopping for groceries. Another has a panel where one can write reminders.

Staff at Grand Appliance in Cedar Rapids will be trained by the innovation center in how to best help meet the needs of its clients with dementia — another example of how their model extends the

continuum of community-based care.

“That’s what we hope to do innovatively — think more about what we can be doing,” the director said.

Design, down to the flooring and framed art, leaves very few details to simply be ornamental. Flooring is designed in matte, neutral tones to make contrast easier for those with visual impairments, and art is designed with recognizable objects that are easy on those with memory loss.

Down the hallway, family restrooms are designed to make it easier for spouses to help each other, even outside the home.

Outdoors, more space comes to life on the patio with seating and a painted labyrinth. As HallMar Village opens next door, the outdoor space will feature raised garden beds, butterfly gardens, a gazebo, fire pits and dog parks.

With a housing development planned around the perimeter of the land, communities will later be interconnected with walking paths.

A NEED FOR THE FUTURE

By 2030, 19.7 percent of Linn County’s population will be over 65, Good said.

“There is a real market there and people aren’t thinking about how many older adults there are going to be, and how baby boomers aren’t going to stand for the things that older people stood for before,” she said.

Eventually, the DeWolf Family Innovation Center hopes to refine its model for replication across the Midwest, particularly in rural areas more acutely affected by a lack of community-oriented care options for aging populations.

For some Linn County residents in the early stages of dementia, the burden of finding care has already been relieved by the potential presented by the center — a hope that reduces anxiety about the future and gives breathing room to enjoy the present.

For most visitors making use of the center, there’s a lot of living left to do.

“It really gives me hope,” Laura Eilers said. “There’s still a whole lot of fun to be had in life.”

TV/WEATHER

SUNDAY June 25

MOVIES SPORTS

Main TV schedule table with columns for Broadcast, Cable, and Movies, and rows for various time slots from 6:30 to 11:30 PM.

Guide to Symbols: (N)=new show; A=closed caption; (DVS)=descriptive video service; D=dialogue; L=language; S=sexual situations; V=violence

YOUR EASTERN IOWA WEATHER

Weather forecast for Cedar Rapids/Iowa City, including daily forecasts for Today, Monday, Tuesday, and Wednesday, and a table for Cedar Rapids daylight and river levels.



TRAVELERS' WEATHER section featuring a 'TOP WEATHER STORY' about the hurricane season and a list of weather conditions for various cities.

IOWA CLIMATE/SATURDAY section providing a detailed breakdown of weather conditions for Eastern Iowa and Across the State.

BUSINESS 380



Jeff Jones (left) looks over fabric options Tuesday with Judy Rich of Robins at his furniture store in Cedar Rapids. Jones is retiring after 35 years in business. (Nick Rohlman photos/The Gazette)



DANGEROUS LEADERS
JENNIFER SMITH

Best leaders know how to say yes

Dangerous leaders do one thing better than others, and that is to say yes. This is in contrast with the oft-touted idea of saying no and setting boundaries. When it comes to leading, learning and building from experiences, what if you say yes rather than battling whatever it is you need to keep out? The curiosity that dangerous leaders cultivate keeps them focused on these three forward-looking behaviors.

1. Exercise critical thinking. Critical thinking allows you to think about how you are thinking. It comes with the bonus attribute of using that reflection to improve your thinking.

The Foundation for Critical Thinking offers us the idea that we have eight elements of thought that are continuously at work while we attend to an idea. These processes are going to happen whether we are conscious of them or not. Thinking about your thinking, with a focus on improving it, allows you to train your thoughts to find the yes in the situation.

2. Know your values. Our personal values and values as a leader are best executed when they are aligned. You are you. Be you in all roles. Use these values to say yes to experiences, people, opportunities and perspectives that broaden your awareness in any situation. Seeing possibility allows for the exploration of yes.

3. Pause when agitated. Just like no one has ever calmed down in the history of being told to calm down, this isn't an easy one.

My favorite simple technique is to count down from five when I find anxiety in any form gripping me. When I am anxious or agitated, I am more likely to grab the first reasonable idea that comes forward just to get out of the situation.

When I pause, I give myself the opportunity to think critically and then align to my values.

Leadership isn't a solo sport. We lead in relation to people who have their own independent minds, ideas and ways they want to hear yes. This is sometimes portrayed as finding a win-win. That is "yes" language.

Yes language is about finding out what yes looks like for the parties involved. It is collaborative discussions instead of power struggles. It is working with someone instead of telling them what to do.

Yes language is understanding others and letting them understand you. It requires curiosity and investment in self. It requires a dangerous leader to step in and lead as their most authentic, empowered, confident, curious self.

The no mindset says I am constantly on guard against the threats.

The yes language says I am assessing my environment and acting in response or anticipation of what is happening. The yes language approach doesn't assume good or bad encounters, it assumes encounters and deals with each as they arrive.

Dangerous leaders are dangerously good at constructing an environment where possibility is prolific, curiosity is contagious, and yes is always the word of the day. As you move into the workweek ahead, consider where getting to yes can become the dominant approach. Ask yourself, "how do I get to 'yes' here?" and then work with those you lead with to get there.

Jennifer Smith is a Cedar Rapids-based personal and executive coach, host of The Dangerous Leader Podcast, and unapologetic optimist; jennifer@dangerousleader.com; @drjensmith

Ending 35 years of 'old school' sales

Jeff Jones plans to close Cedar Rapids furniture store

By Steve Gravelle,
Gazette correspondent

CEDAR RAPIDS — Jeff Jones developed a strategy through a lifetime in the furniture business.

"Since I grew up in it, I stayed with the old school, which is low overhead and high volume," he said. "That's how I've gone through it. It's a little different from some philosophies, but I've kept it simple."

That simple-seeming philosophy has seen Jeff Jones Furniture through economic booms and busts, flood and pandemic.

"Just like all industries, it's really changed," Jones said one morning last week, sitting on one of dozens of couches in stock at his store at 803 Third Ave SE. "Since I grew up in it, I stayed with the old school."

After 35 years operating his own store, Jones, 65, is retiring. The change was prompted by a customer's



A sign on the exterior of Jeff Jones Furniture in southeast Cedar Rapids.

review.

"I got the perfect review on Google, and when I read it, it just hit me," he said. "Now I can go happily into retirement. It just clicked."

Jones came up in the family business, working in his uncles' stores while he was still in school.

"I grew up all across the state, wherever my family was putting in a store," he

said. "Le Mars, Des Moines, Fort Dodge. I was in the business for a while."

That brought Jones to Cedar Rapids in the late 1970s, to help manage his uncle's store, Jack Jones Furniture.

"I didn't like it," he said of management. "I liked talking to customers, I liked doing that kind of stuff. My uncle

said, "That's not where the money is. You need to man-

age stores.' So I said I'm just going to open my own little hole in the wall downtown. That was '88, and he closed his store."

Jones drew on his experience — "I had to work in bookkeeping for a while, and deliveries for a while, and carpeting" — and industry contacts to start his own store. A factory sales representative tipped him to what would become the store's specialty through its early years.

"These retired football players were opening these furniture-on-consignment stores, because they could start it with very little money," he said. "I went out there and looked at it. There's a lot of really nice furniture that other people wanted to sell, upper-crust people, and they didn't want to put an ad in the paper. I thought this was a brilliant idea, and I brought it back here."

That led to a location on

► FURNITURE, PAGE 5E

Food companies sell heat-and-serve options to help short-staffed kitchens

General Mills among companies expanding premade offerings

Minneapolis Star Tribune

Food-service workers are hard to come by.

Packaged-food companies are filling in for them.

While Hormel Foods, Post and General Mills are best recognized for their consumer retail brands, they each have billion-dollar food-service businesses — providing bacon, eggs and baked goods to restaurants, schools and hospitals — that have grown as commercial kitchens struggle to find enough help.

Unfilled jobs in the industry remain well above pre-pandemic levels and these products are increasingly marketed as timesaving shortcuts for short-staffed operations. That's helping



Food companies are filling in for short-staffed kitchens at schools, hospitals and restaurants with labor-saving products. (Dreamstime/TNS)

► FOOD, PAGE 5E

Cooking grease becomes biodiesel fuel

Miami diners helping to fight climate change

Miami Herald

Between sips of craft beer at Cervceria La Tropical in Miami's Wynwood neighborhood, diners and drinkers scarf down a seemingly endless array of fried foods: tostones, croquetas, empanadas, french fries, yuca fries, chicharrones, bacalao fritters and so on.

They might not realize their salty snacks are, in their own small way, contributing to a growing industry that could help slow climate change and limit the effects of sea level rise, extreme heat and rapidly intensifying hurricanes here in South Florida.

That's because La Tropical is one of hundreds of restaurants, hospitals, stadiums, university campus kitchens and corporate cafeterias in Miami and across the region that recycle its used cooking oil so that it can be turned into a low-carbon fuel called biodiesel. The grease that fries your croqueta to crispy perfection today may power an 18-wheeler truck tomorrow.

Each week, technicians from a company called Filta visit La Tropical's kitchen and collect the spent cooking oil from its fryers. On some visits, they filter the oil and return it to the fryer to be reused. On other visits, they haul the oil off to be recycled into biodiesel.

"When we filter the oil, we extend its life so that the restaurants and all these food services will use less cooking oil," said Cristian Nechuta, who runs the Miami-Dade County franchise of Filta. "Once the oil can no longer be filtered



Filta service technician Richard Erin, 42, wipes off the vacuum-based filtration system after cleaning a fryer May 24 at Cervceria La Tropical in the Wynwood section of Miami. (Miami Herald/TNS)

anymore, we take it to a recycling facility."

Used cooking oil is one of several raw materials, including animal fats and vegetable oils from crops like soybeans and canola, that can be refined into biodiesel. Biodiesel is often blended in with standard, petroleum-based diesel to cut its carbon emissions and reduce air pollution. Biodiesel releases about a quarter as much carbon and fewer toxic chemicals than standard diesel, according to the U.S. Department of Energy.

POTENTIAL TO EXPAND

Today, however, the U.S. produces far less biodiesel than it would need to put a serious dent in the carbon emissions of the transportation sector, which is the biggest carbon-polluting industry in the American economy. Part of the reason is there isn't enough of the raw materials — including used cooking oil — available to biodiesel refiners to ramp up production.

"There is potential,

but we have not taken advantage of it yet to any significant extent," said George Philippidis, director of the sustainable energy concentration at the University of South Florida.

Companies like Filta are collecting more of the raw materials needed to make biodiesel and playing a role in helping the industry expand and cut carbon emissions.

Founded in the United Kingdom in 1996, Filta operates in 15 countries with over 350 franchises. About a third of them are in the U.S., including three that serve Miami-Dade County, Broward County, and Palm Beach County.

Nechuta's Miami-Dade franchise filters and recycles oil from commercial kitchens throughout the county.

In addition to restaurants like La Tropical, Filta also works with hospitals like Jackson Health System and the Nicklaus Children's Hospital, universities like Florida International University and Miami-Dade College

campuses, stadiums like the Marlins' loanDepot Park and the Homestead-Miami Speedway and corporate cafeterias for companies like Telemundo, Royal Caribbean, FPL and the Burger King headquarters.

Last year, Nechuta said, the Miami-Dade franchise collected 23,000 gallons of cooking oil to be recycled into biodiesel, which Filta claims will prevent about 230 tons of carbon emissions. (Filta doesn't do the recycling itself, but ships the oil off to a fuel refiner in Louisiana.)

Nechuta said his franchise also filtered cooking oil for its clients, allowing them to use it for as much as 50 percent longer. He helped his customers avoid buying another 21,000 gallons of oil, which he claims saved 50 tons of carbon emissions.

All told, the carbon savings from filtering and recycling oil were roughly equivalent to taking 60 gas-powered cars off the road.

In addition to biodiesel, used cooking oil

can also be recycled into sustainable aviation fuel, a category of jet fuel that emits less carbon than the petroleum fuel nearly all planes use today.

Together, these fuels offer a short-term solution for cutting carbon emissions from trucks and airplanes. Biodiesel and sustainable aviation fuel both can be blended in with standard petroleum fuel and both work with existing engines. That means they can start cutting carbon emissions today, as soon as they're produced and pumped into fuel tanks.

Neither of these fuels will cut carbon emissions to zero. To do that, companies will have to develop entirely new categories of trucks and planes, which may be powered by electric batteries or a new category of hydrogen-based fuel. But unlike electric cars, which are already well on their way to becoming mass-market vehicles and represent 7 percent of new U.S. auto sales, electric or hydrogen-powered semitrucks and airplanes are still a long way off.

Meanwhile, every petroleum-powered truck or plane made today will likely stay on the road or in the sky for decades to come. The only way to cut their carbon emissions — aside from flying and driving trucks less — is to make the fuel they use more green.

FEEDSTOCKS SEARCH

Biodiesel represents a small fraction of U.S. fuel consumption. In most cases, it's mixed with standard diesel in blends like B2 and B5, meaning that biodiesel represents 2 percent or 5 percent of the overall blend, although some pumps sell B20 (20 percent biodiesel) or even B100 (pure biodiesel).

Part of the reason is cost. Biodiesel is more expensive to produce than standard diesel, and blends with higher biodiesel levels tend to cost more.

"It doesn't make business sense to use a more expensive product, unless you have other motives, like wanting to say that you use green fuel," said George Vastardis, who owns Sun Biodiesel, a Kendall-based biodiesel wholesaler.

Still, federal tax credits for biodiesel sales have brought the cost of lower biodiesel blends, B20 and below, to about the same level as standard diesel.

Another obstacle is finding enough raw materials, or feedstocks, to make biofuels like biodiesel and sustainable aviation fuel.

"One of the primary hurdles of expanding the biofuel industry is the availability of non-food feedstock," said Corey Lavinsky, a consultant at S&P Global Commodity Insights who studies biofuels markets.

It also matters which feedstock you use, because some produce more carbon emissions than others.

"Many efforts have been made to collect used cooking oil, which has a much better carbon reduction profile than other feedstocks, such as soybean oil," Lavinsky said.

There isn't enough used cooking oil in the world to meet all of our fuel needs, said Philippidis, the USF sustainable energy professor. But because biofuels made from used cooking oils emit less carbon than biofuels made from other feedstocks, it's a good idea to recycle every drop of cooking oil companies like Filta can collect.

BUSINESS NOTES

The Gazette's Business Notes is a compendium of the week's promotions, new hires, certifications, added business lines and business events, among other items, in Cedar Rapids, Iowa City and the rest of the Corridor.

NEW HIRES

GreatAmerica Financial Services has announced the following new team members: **Trey Angel**, credit analyst; **Zach Ngo**, credit analyst intern; **Alex Wallace**, credit analyst intern; **Alex Christenson**, technical recruiter;



Jill Ackerman



Trey Angel



Alex Christenson



Kimberly Ivester



Sam MacDonald



Zach Ngo



Eli Ohde



Andrew Szczesniak



Will Von Ahsen



Alex Wallace

Sam MacDonald, sales support specialist; **Will Von Ahsen**, finance administrator intern; **Eli Ohde**, sales support specialist temp; and **Andrew Szczesniak**, sales support specialist temp.

APPOINTMENTS

His Hands Free Clinic

has announced the appointment of a new board member, **Kimberly Ivester**.

KUDOS

Jill Ackerman, president of the Marion Chamber of Commerce, has graduated from the Institute for Organiza-

tion Management, the professional development program of the U.S. Chamber of Commerce.

The Leadership for Five Seasons Class of 2023 capped off its year of leadership education and community betterment projects by donating more than \$40,000

to Foundation 2 Crisis Services and Manager, local nonprofit organizations that support mental health services for the community.

EVENTS

JOB FAIR: Mercy Medical Center is hosting a job fair on Thurs-

day, June 29, for open clinic positions. Those interested are invited to attend the event at the Plumb Heart Center, 810 Ninth Ave. SE, from 4 to 7 p.m. to learn about employment opportunities as well as sign-on bonuses. Visit mercy.org/jobfair.

EDITOR'S NOTE: Please submit new hires, promotions, meetings and seminars at thegazette.com/businessnotes or email information to businessnotes@thegazette.com



Be Well

Empower

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

What's your goal? A trip? A home? A green electric bass guitar?

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MORE THAN
20,000 members saved
\$2.4 MILLION
with our change-up savings tool

That's why we spend an average of 45 minutes with each new member, helping them plan and save for their future.

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KIVA IOWA PROFILE

Serving up success

Alex Smith's meal business is taking off in Iowa City

By Rob Merritt, NewBoCo

IOWA CITY — Alex Smith has a unique understanding of how hardworking entrepreneurs don't have time to prepare meals.

After all, she's an entrepreneur herself.

Smith is the owner of Plated Table, a meal delivery and catering business that opened in Iowa City in February. Plated Table aims to make personal chef services available to local families, including weekly meal deliveries, event catering and multicourse dining experiences for dinner parties in people's homes.

"All of my menus are centered around locally grown food and celebrate seasonality and eating as part of an act of community," Smith says.

While Smith started her business working with fami-

lies to create menus that fit with what they needed, she says she quickly discovered business-owner clients "who struggled to feed themselves" because their work schedules kept them so busy.

Smith says her goal is "meals that take 20 minutes, max."

"It's been trial and error," she says. "When you're working in the food world, it can be difficult to keep things at a low price point. But I always try to keep my friends, and people my age, in mind. I try to make things accessible, as much as possible."

Plated Table has been growing so quickly in Iowa City that Smith knew she'd need to invest in additional equipment. That's why she sought a loan through Kiva Iowa.

Kiva gives entrepreneurs access to a microlending platform to raise zero-interest, zero-fee loans with extended grace periods. The loans can



Alex Smith, the owner of Plated Table in Iowa City. (Plated Table)

be for up to \$15,000, and lenders can give as little as \$25 at a time. Smith's \$8,500 loan was successfully funded in just six days.

"I felt so much support

from Iowa City since I moved here," Smith says. "When I decided to go with Kiva, I felt confident that my community would support me, and that I wouldn't have a hard time

getting funded. And in fact, it was funded within five or six days. It was really gratifying. Very exciting to see all of your friends showing support and wishing you luck."

Smith is gearing up to open a small events space in Iowa City that can be rented for dinner parties and holiday parties. She would like it to be "a chill wine bar and snack spot," as well as a location where she can run her catering program.

"A lot of people have said that this service transforms their lives," she says. "If they had time, they'd be going to the farmers market to buy ingredients, but that just isn't realistic for them. By offering this service, they say it's like eating in a restaurant while staying in your house."

To learn more about Plated Table, visit them on Instagram or on their website, PlatedTableCatering.com. To learn more about Kiva Iowa, visit newbo.co/kiva.

Iowa Innovation Podcast finding its voice

By Rob Merritt, NewBoCo

CEDAR RAPIDS — Last month, Malia Gutenkauf was sitting in a recording studio, talking with two of her peers about new ways to invest and pay off debt.

Two weeks later, her story — and the story of her Cedar Rapids consulting company, Little Miss Finance — was being listened to by hundreds.

That's because Gutenkauf was a guest on the third season of the Iowa Innovation podcast, hosted and recorded locally and shared worldwide via Apple, Google, Spotify and other platforms.

"In my eyes, the Iowa Innovation podcast is about sharing stories, and getting real about what's happening with individuals in our communities," she says. "The hope is always that by being vulnerable and transparent, others may be inspired or learn something new, to better their lives."

REINVENTING ITSELF

More than a year ago, NewBoCo launched the Iowa Innovation podcast with one goal: To highlight new and innovative ways to do things. Halfway through Season 3, the show is applying that same mindset to its own program. Already the show has installed two new permanent hosts; taken on its first live podcast at the Englert Theatre in Iowa City; and featured high-profile guests such as Cedar Rapids Mayor Tiffany O'Donnell and Debi Durham, director of the Iowa Economic Development Authority and the Iowa Finance Authority.

Co-host Anthony Betters Jr. says that even as it grows, Iowa Innovation still is focused on its main goal: to gather local stories of innovation and entrepreneurship, with the aim of inspiring listeners who are working in similar areas.

"We speak on the innovative change that is happening in our state," Betters says. "Anyone can benefit from being informed about what is happening right in their backyard. And we try to give it an energetic twist."

The Iowa Innovation podcast rose from the ashes of NewBoCo's Innovation Coffee chats, which were held virtually over Zoom during the early months of the COVID-19 pandemic in 2020. Once in-person events returned, NewBoCo staff wanted to find a way to continue the conversations they'd started.

NewBoCo teamed with another local company, Upload Media Group, which handles



Anthony Betters (right) and Jessica Abdoney took over as permanent co-hosts of the weekly Iowa Innovation podcast earlier this year. The podcast, now in Season 3, features business owners, entrepreneurs, artists and educators who approach their work in new and innovative ways. (NewBoCo)

the audio production side of things. Episodes are recorded weekly out of UMG's studio in Czech Village and shared to a variety of popular podcast platforms, from Spotify and Apple to Google.

"For me, every Wednesday morning, when there's a new one in my feed, I get excited because it's great content," said NewBoCo board member Aaron Horn, who helped launch the podcast last year and served as a co-host for one episode. "The people that we're interviewing are doing amazing things, and considering how many brilliant Iowa innovators are out there, there's plenty of content for seasons and seasons to come."

In its first season, Iowa Innovation featured a wide-ranging roster of guests, from BruceMore CEO David Jansen to Alissa Gardner, the founder and owner of Farm to Health Organics. The show also featured rotating guest hosts from the NewBoCo staff.

CONTINUING THE CONVERSATION

Betters and co-host Jessica Abdoney were among those rotating guest hosts. But at the end of Season 2, producers realized that Iowa Innovation was missing something: a consistent voice week to week.

Betters and Abdoney were offered the gig.

Betters, a recent Iowa transplant from Waco, Texas, who works by day as NewBoCo's community engagement manager, had never hosted a podcast before

Iowa Innovation. But he says he's quickly finding his groove.

"Being a part of Season 2 definitely made me feel more comfortable about being behind the mic, and working with Jessica (Abdoney) has been easy," he says. "She speaks her mind, and I feel open to joking with her and getting into what feels like a natural conversation."

Abdoney, who works by day as NewBoCo's marketing coordinator, says she likes having the opportunity to showcase a side of Iowa that many don't see.

"When you think of Iowa you think corn, Midwest and fields, but there are a lot of entrepreneurs who are doing big things here, and who deserve recognition and support," she says. "It's awesome to interview people who are making a positive impact."

O'Donnell, who appeared on the podcast earlier this month, gave a thumbs-up to the new co-hosts.

"Anthony and Jessica definitely passed the 'vibe check,'" she says. "It was a chance for me to exhale a bit, and talk about our city 'friend to friend.'"

Gutenkauf agreed.

"Even with differing opinions on what some might deem as controversial topics, there was continued space to listen and understand each other's different perspectives," Gutenkauf says of the experience. "That's what the Iowa Innovation podcast is all about."

LIVE FROM THE STAGE

The changes to the show

have challenged the new hosts. On June 8, Betters and Abdoney recorded their first live episode — and it was onstage at the Englert, as the opener for EntreFEST 2023. Their guest was Debi Durham, director of the Iowa Economic Development Authority and the Iowa Finance Authority.

"It was nerve-racking to have an audience watching us," Abdoney says. "But I think it made us a better pair as interviewers, because it was just us and Debi; we couldn't turn to our producer or ask to take anything out."

"The experience was an amazing first for me," Betters agreed. "I was a little bit terrified of being on stage live, because we are not used to that. But the energy of the crowd, and having a professional like Debi Durham there with us, made it very enjoyable."

NewBoCo and Upload Media Group just released the live episode with Durham last week. Future guests include a mix of local educators, business owners and artists, all of whom have stories of innovation to tell.

"We're talking about cutting-edge information happening in Iowa that is affecting the world," Betters says. "Our podcast will help people see that what we do really matters in this state."

To learn more about the Iowa Innovation podcast or to listen to episodes, visit newbo.co/iowa-innovation-podcast. Episodes are also available on Spotify, Apple Podcasts, Google, and other popular podcast sites.

IOWA INNOVATION LIST OF EPISODES

SEASON ONE (2022)

April 13: Diversity and Inclusion in Technology (featuring Keith Dahlby)

April 20: Ecosystems and Rural Entrepreneurship (featuring Mo Collins)

April 27: Roots and Recovery (featuring David Janssen)

May 6: Innovation in Education (featuring Kyle Kuhlers)

May 11: Women in Leadership (featuring Rina Jensen)

May 18: Rest Over Run (featuring Alissa Gardner)

May 25: Finding Inspiration (featuring Lovar Davis Kidd)

June 8: Building Ecosystems (featuring Rob Williams)

June 16: Live From EntreFEST Part 1 (featuring Dustin Rhoades, Emily Steele, and Nyemaster Goode)

June 22: Live From EntreFEST Part 2 (featuring Billie Asmus, Jack Chimbete, and Anna Gannon)

SEASON TWO (2022)

Aug. 17: Funding the Future (featuring Kaylee Williams)

Aug. 24: Innovating Inclusivity (featuring Angelica Vannatta and Stefanie Munsterman)

Aug. 31: Reinventing Education (featuring Marcia Hughes)

Sept. 7: Veterans in Entrepreneurship (featuring Jennifer Murphy)

Sept. 14: Innovating the Female Workflow (featuring Alyx Coble-Frakes)

Sept. 21: Introducing Cultures (featuring Meggie of Megglam Boutique)

Sept. 28: Innovation in Smaller Urban Communities (featuring Amanda Pasket)

Oct. 12: Taking Inspiration from John Deere and Disney (featuring Clayton Mooney)

Oct. 19: Protecting Your Business (featuring Aaron Warner)

Oct. 26: Funding Innovators (featuring Eric Engelmenn)

Nov. 2: Finding Your Match (featuring Cat Cantrill)

Nov. 9: Girls Who Code (featuring Jess Bertling)

SEASON 3 (2023)

May 10: Being the Financial Interpreter (featuring Malia Gudenkauf)

May 17: Artificial Intelligence in Media (featuring Zack Kucharski)

May 24: Leadership and ChickenGate (featuring Regenia Bailey)

May 31: Everything Is Marketing (featuring Ryan Shenefelt)

June 7: Passing the Vibe Check (featuring Mayor Tiffany O'Donnell)

June 15: Changing the Fashion Industry with Podcasting (Featuring Emily Stochl)

June 22: Live from EntreFEST 2023 (featuring Debi Durham)

Quantum computing begins new era

IBM seeking ways to make supercomputers more reliable in future

By Kenneth Chang,
Science Times

Quantum computers today are small in computational scope — the chip inside your smartphone contains billions of transistors, while the most powerful quantum computer contains a few hundred of the quantum equivalent of a transistor.

They also are unreliable. If you run the same calculation over and over, they will most likely churn out different answers each time.

But with their intrinsic ability to consider many possibilities at once, quantum computers do not have to be very large to tackle certain prickly problems of computation, and on Wednesday, IBM researchers announced they had devised a method to manage the unreliability in a way that would lead to reliable, useful answers.

“What IBM showed here is really an amazingly important step in that direction of making progress toward serious quantum algorithmic design,” said Dorit Aharonov, a professor of computer science at Hebrew University of Jerusalem who was not involved with the research.

Although researchers at Google in 2019 claimed that they had achieved “quantum supremacy” — a task performed much more quickly on a quantum computer than a conventional one — IBM’s researchers say they have achieved something new and more useful, albeit more modestly named.

“We’re entering this phase of quantum computing that I call utility,” said Jay Gambetta, a vice president of IBM Quantum. “The era of utility.”

A team of IBM scientists who work for Gambetta described their results in a paper published Wednesday in the journal *Nature*.

Present-day computers are called digital, or classical, because they deal with bits of information that are either 1 or 0, on or off. A quantum



A model of the interior of a quantum computer is seen June 12 at the IBM Thomas J. Watson Research Center in Yorktown Heights, N.Y. A quantum computer came up with better answers to a physics problem than a conventional supercomputer. (New York Times photos)

computer performs calculations on quantum bits, or qubits, that capture a more complex state of information.

Just as a thought experiment by physicist Erwin Schrödinger postulated that a cat could be in a quantum state that is both dead and alive, a qubit can be both 1 and 0 simultaneously.

That allows quantum computers to make many calculations in one pass, while digital ones have to perform each calculation separately.

By speeding up computation, quantum computers could potentially solve big, complex problems in fields such as chemistry and materials science that are out of reach today. Quantum

computers also could have a darker side by threatening privacy through algorithms that break the protections used for passwords and encrypted communications.

When Google researchers made their supremacy claim in 2019, they said their quantum computer performed a calculation in 3 minutes, 20 seconds that would take about 10,000 years on a state-of-the-art conventional supercomputer.

But some other researchers, including those at IBM, discounted the claim, saying the problem was contrived.

“Google’s experiment — as impressive it was, and it was really impressive — is doing something which is not

interesting for any applications,” said Aharonov, who also works as the chief scientific officer of Qedma, a quantum computing company.

The Google computation also turned out to be less impressive than it first appeared.

A team of Chinese researchers was able to perform the same calculation on a nonquantum supercomputer in just over five minutes, far quicker than the 10,000 years the Google team had estimated.

The IBM researchers in the new study performed a different task, one that interests physicists. They used a quantum processor with 127 qubits to simulate the behavior of 127 atom-scale bar magnets — tiny enough to be governed



Researchers (from left) Abhinav Kandala, Kristan Temme, Katie Pizzolato, Sarah Sheldon, Andrew Eddins and Youngseok Kim, with their fleet of quantum computers June 12 at the IBM Thomas J. Watson Research Center in Yorktown Heights, N.Y.

by the spooky rules of quantum mechanics — in a magnetic field. That is a simple system known as the Ising model, which is often used to study magnetism.

This problem is too complex for a precise answer to be calculated even on the largest, fastest supercomputers.

On the quantum computer, the calculation took less than one-thousandth of a second to complete. Each quantum calculation was unreliable — fluctuations of quantum noise inevitably intrude and induce errors — but each calculation was quick, so it could be performed repeatedly.

Indeed, for many of the calculations, additional noise was deliberately added, making the answers even more unreliable. But by varying the amount of noise, the researchers could tease out the specific characteristics of the noise and its effects at each step of the calculation.

“We can amplify the noise very precisely, and then we can rerun that same circuit,” said Abhinav Kandala, manager of quantum capabilities and demonstrations at IBM Quantum and an author of the *Nature* paper. “And once we have results of these different noise levels, we can extrapolate back to what the result would have been in the absence of noise.”

In essence, the researchers were able to subtract the effects of noise from the unreliable quantum calculations, a process they call error mitigation.

“You have to bypass that by inventing very clever ways to mitigate the noise,” Aharonov said. “And this is what they do.”

Altogether, the computer performed the calculation 600,000 times, converging on an answer for the overall magnetization produced by the 127 bar magnets.

But how good was the answer?

For help, the IBM team turned to physicists at the University of California, Berkeley. Although an Ising model with 127 bar magnets is too big — with far too many possible configurations — to fit in a conventional computer, classical algorithms can produce approximate answers, a technique similar to how compression in JPEG images throws away less-crucial data to reduce the size of the file while preserving most of the image’s details.

Michael Zaletel, a physics professor at Berkeley and an author of the *Nature* paper, said that when he started working with IBM, he thought his classical algorithms would do better than the quantum ones.

“It turned out a little bit differently than I expected,” Zaletel said.

Certain configurations of the Ising model can be solved exactly, and both the classical and quantum algorithms agreed on the simpler examples. For more-complex but solvable instances, the quantum and classical algorithms produced different answers, and it was the quantum one that was correct.

Thus, for other cases where the quantum and classical calculations diverged and no exact solutions are known, “there is reason to believe that the quantum result is more accurate,” said Sajant Anand, a graduate student at Berkeley who did much of the work on the classical approximations.

Will Silicon Valley ride to riches on others’ work?

Mercury News

Silicon Valley is poised once again to cash in on other people’s products, making a data grab of unprecedented scale that has already spawned lawsuits and congressional hearings.

Chatbots and other forms of generative artificial intelligence that burst onto the technology scene in recent months are fed vast amounts of material scraped from the internet — books, screenplays, research papers, news stories, photos, art, music, code and more — to produce answers, imagery or sound in response to user prompts.

Technology companies are falling over themselves to leverage this new and potentially lucrative technology. Google, valued at \$1.5 trillion, has gone all in with its Bard chatbot after rival Microsoft, valued at \$2.4 trillion, invested billions in San Francisco’s generative AI pioneer OpenAI. Meta, valued at \$680 billion, just announced plans to add chatbots to its apps. Venture capitalists are pouring billions of dollars into generative AI startups.

But a thorny, contentious and arising but a consequential issue has arisen: A great deal of the bots’ fodder is copyrighted property.

In January, Bay Area artist Karla Ortiz joined an Oregon cartoonist

and a Tennessee painter to sue UK-based image-generation company Stability AI in U.S. District Court in San Francisco, claiming Stability violated the rights of millions of artists by training its software on more than 5 billion copyrighted images scraped from the internet without permission or compensation.

“It just took them,” the lawsuit alleged. Outputs from Stability AI are “derived exclusively” from those images and “will substantially negatively impact the market” for artists’ work, the lawsuit claimed.

Stability AI, in an April court filing, argued that its software “enables users to create entirely new and unique images” and that its technology does not produce material with “substantial similarity” to copyrighted work.

The new AI’s intellectual-property problem goes beyond art into movies and television, photography, music, news media and computer coding. Critics worry that major players in tech, by inserting themselves between producers and consumers in commercial marketplaces, will suck out the money and remove financial incentives for producing TV scripts, artwork, books, movies, music, photography, news coverage and innovative software.

“It could be catastrophic,” said

Danielle Coffey, CEO of the News/Media Alliance, which represents nearly 2,000 U.S. news publishers, including this news organization. “It could decimate our industry.”

The new technology, as happened with other Silicon Valley innovations, including internet-search, social media and food delivery, is catching on among consumers and businesses so quickly that it may become entrenched — and beloved by users — long before regulators and lawmakers gather the knowledge and political will to impose restraints and mitigate harms.

“We may need legislation,” said Congresswoman Zoe Lofgren, D-Calif., who as a member of the House Judiciary Committee heard testimony on copyright and generative AI last month. “Content creators have rights and we need to figure out a way how those rights will be respected.”

Central to the issue is the doctrine of fair use, which allows copyrighted work to be used without permission under certain conditions. Lofgren believes courts will decide that matter before Congress might take any action.

Bay Area lawyer and computer programmer Matthew Butterick launched the first legal salvo late last year with a proposed class-action lawsuit on behalf of two unnamed plaintiffs against Microsoft, its subsidiary GitHub, and

its partner OpenAI, alleging the AI-powered coding assistant GitHub Copilot is built upon “software piracy on an unprecedented scale.”

The defendant companies in January fired back in U.S. District Court in San Francisco with the assertion that its tool “crystallizes the knowledge gained from billions of lines of public code,” that it “withdraws nothing from the body of open source code available to the public,” and advances learning, understanding and collaboration.

Furor over the content grabbing is surging. Photo-sales giant Getty is also suing Stability AI. Striking Hollywood screenwriters last month raised concerns that movie studios will start using chatbot-written scripts fed on writers’ earlier work. The record industry has lodged a complaint with federal authorities over copyrighted music being used to train AI.

Santa Clara University law school professor Eric Goldman believes the law favors use of copyrighted material for training generative AI.

“All works build upon precedent works,” said Goldman, an expert in internet law. “We are all free to take pieces of precedent works. What generative AI does is accelerate that process, but it’s the same process. It’s all part of an evolution of our society’s storehouse of knowledge.”



The showroom at Jeff Jones Furniture in southeast Cedar Rapids on June 20. Owner/operator Jeff Jones is retiring after 35 years in business. (Nick Rohlman photos/The Gazette)

Furniture/Business has weathered flood, pandemic

► FROM PAGE 1E

Second Avenue SE near downtown, where costs were lower than the suburban locations favored by chain stores.

"I didn't have a lot of money," Jones said. "I talked to the landlord, and he said 'I think this is a brilliant idea.' He let me have the space really cheap, and I was there for 14 years."

Consignment — selling gently used pieces on commission — sustained the

business in its early years. The approach drew customers.

"For the first five years I never advertised that I had furniture to sell,"

Jones said. "I advertised that I wanted yours. That reverse sell really worked. I was in people's attics long before the 'American Pickers.'"

Jones still takes in some pieces on consignment. Today, it's only about 10 percent of current business, compared with half in the store's early days.

Business was good enough that Jones purchased the former Hawkeye Seed building at 803 Third Ave. SE, moving there in 2002.

The new location gave him a front-row seat for the June 2008 flood, which crested a few blocks west of the store.

"I just told my employees, 'I'll give you pay, just go home. There's nothing we can do,'" said Jones, who passed the time talking to the National Guard troops



Tony Westmoreland assembles a chair for delivery at Jeff Jones Furniture in Cedar Rapids on Tuesday.

patrolling the flood zone.

"They were all over here just to guard that area, and I sold recliners to them because I was selling them cheap and they had their pickups," he said.

As the waters receded, business boomed.

"There was a line of people on the sidewalk, and the parking lot was full," he said. "All those people had gotten FEMA money, and they gone out and rented an apartment and they needed furniture," referring to disaster-aid payments from the Federal Emergency Management Agency. "It went crazy for a while. We delivered seven days a week for two months."

Jones' connections with suppliers — especially the few remaining American manufacturers — helped him weather the COVID pandemic and its aftermath.

"I had two companies that were still American," said Jones, who estimates 60 percent to 70 percent of the furniture now sold in the U.S. is imported. "They were still willing to deliver in a decent time. I had to keep my employees, because we were delivering every day. It was the dream for them. (Customers) didn't want them in the house, so they'd just set it in the driveway."

Similarly, his basic business approach enabled Jones to weather the internet's disruption.

"It's really hurt a lot of the brick-and-mortar stores," he said. "But that low-overhead, high-volume thing means I'm still cheaper than the internet. That's what saved it, because a lot of the big box stores are really struggling."

Jones and his five employees will continue tak-

ing custom orders through about July 10, "then we're just going to sell the items in the store," he said.

Retirement plans? "Just the normal," he said. "Travel, grandchildren. I have four — two girls and two boys."

Jones still remembers "this old guy in his late 70s" working in one of his uncles' stores.

"As a kid, I'm wondering, 'Why are you here, you should be retired. You've got money,'" he recalled. "He said, 'When I'm waiting on a customer and I'm totally focused on helping them find what they need to find, whatever we have to do, I'm ageless. Time seems to stop for a few moments. And when we put their pieces together, they're super happy, I'm happy. Life is about being of service.' That always stuck with me."

Newspaper chain sues Google over advertising

Washington Post

The nation's largest newspaper chain sued Google on Tuesday, arguing that the search giant's dominance of the digital ad marketplace is stifling the struggling local news industry.

The complaint from Gannett, filed in federal court in New York, alleges violations of antitrust and consumer protection laws. It's just the latest challenge to Google and parent company Alphabet on this front, following actions from the U.S. Justice Department, the government of Australia and even a group of small West Virginia weekly papers.

In an op-ed published in Gannett's national newspaper, USA Today, company CEO Mike Reed argued that Google "has monopolized the markets for important software and technology products that publishers and advertisers use to buy and sell ad space." As a result, he wrote, even while online readership is on the rise, newspapers are reaping little of the \$200 billion market for online ads.

"Gannett's lawsuit seeks to restore fair competition in the digital advertising marketplace that Google has demolished," he said in a separate news release. "Digital advertising is the lifeblood of the online economy. Without free and fair competition for digital ad space, publishers cannot invest in their newsrooms."

In a Tuesday statement, Google ads Vice President Dan Taylor strongly denied the claims made against the company.

"Publishers have many options to choose from when it comes to using advertising technology to monetize," he said, adding that Gannett uses dozens of competing ad services. He argued that Google's ad services allow publishers to keep most of the revenue.

Google's competitors and critics have long accused it of using its position in the advertising world to favor its own products over those of others. The advertising ecosystem is dizzyingly complex, encompassing hundreds of companies offering a range of services, such as helping to design ads and tracking whether anyone clicked on them.

But over two decades, Google steadily expanded its footprint in the ad business by buying up other companies — to the point where, unlike its competitors, it operates products at nearly every step of the ad process, selling tools to both advertisers and publishers and also serving as a middleman between the two.

Today, it controls several of the world's most important advertising platforms, including YouTube and Google Search.

In 2020, a group of state attorneys general sued the company for using unfair practices in the space.

Earlier this year, the Justice Department followed with its own lawsuit. And last week, the European Union unveiled a complaint of its own that seeks to get Google to sell off parts of its advertising tech empire.

Food/Much of General Mills' annual sales are to schools

► FROM PAGE 1E

Minnesota food companies push their food-service sales well above pre-pandemic levels.

"I don't think there's a school that doesn't have a staff shortage," said Michele Hawkinson, president-elect of the Minnesota School Nutrition Association and the director of food service at Tracy Area Public Schools. "Anything helps."

Austin, Minn.-based Hormel Foods recently made food service its own operating unit, which had \$3.6 billion in sales last year. This month the company reported selling more food "designed to minimize

labor, simplify food preparation, save time and preserve flexibility."

For example, Hormel's heat-and-serve pulled pork and pre-cooked ground turkey.

"How do we take the complexity and the hassle out of the back of their house and help them with their menu creation?" CEO Jim Snee said of the food-service unit's goals to investors at a conference in early June.

General Mills leaned further into premade food-service offerings when it acquired TNT Crust last year. The brand is a major provider of frozen crusts for pizza chains and cafeterias and has \$100 million in annual sales.

In its latest fiscal year, Golden Valley-based General Mills had \$1.8 billion in total North American food-service sales, much of it to schools. The company recently rolled out thaw-and-serve brownies and Pillsbury "freezer-to-oven" croissants.

"It's a great growth business for us," General Mills CEO Jeff Harmening told investors at a conference earlier this month. "As long as our kids are in the classroom, that business tends to do well."

In Hopkins, the nation's self-described "largest processor of value-added eggs" is benefiting from a breakfast boom.

Michael Foods, a subsidiary

of Post Holdings, makes and sells precooked omelets, heat-and-eat scrambled eggs and prepped potatoes to hotels, schools, restaurants and other food service operators. The company's Simply Potatoes brand is also found at retailers.

Post is investing nearly \$150 million to expand the Michael Foods egg-processing facility in Norwalk, Iowa.

The factory will nearly double in size when construction is complete at the end of 2024.

Post Holdings, which has a \$2 billion food-service business, is seeing "strong demand for away-from-home breakfast consumption," CEO Robert

Vitale said last month.

Customers are also demanding more innovation. Hawkinson, of the Minnesota School Nutrition Association, said she and other food-service directors are constantly on the hunt for new breakfast items.

"A lot of our breakfast options are prepacked. We warm it up and serve it to the kids, saving time and labor for us," she said. "It would be nice to have some newer ideas."

But like any consumer stocking their pantry, it has to taste good, too.

"It's always, 'What will the kids eat?'" Hawkinson said. "You can make it as efficient as you want but if the kids don't like it, it doesn't matter."

BUSINESS 380

Looking for a housing price crash? That's unlikely, experts say

Orange County Register

The nation's housing market is going through a correction, not a crash.

While sales are down and mortgage rates are up, home prices still are rising because there are so few homes for sale.

And after a decade of rising prices, commercial real estate values have been dropping steadily over the past 18 months, particularly for offices. It's going to take two to nine years for building and warehouse values to get back to 2022 levels, creating some risk for banks holding real estate debt. Another 311 banks will likely fail in the near future — equivalent to three Silicon Valley Banks, but not enough to tank the banking system.

Those are among the conclusions from more than a dozen economists and analysts speaking at a gathering of real estate journalists in Las Vegas earlier this month.

"We don't foresee home price declines on a year-over-year basis nationally," Selma Hepp, CoreLogic chief economist, told the National Association of Real Estate Editors conference held in Las Vegas June 6-9. "We have had a lot of volatility on prices. ... But in most markets, we are basically going back to long-term trends in terms of home price appreciation."

Hepp predicted that home prices for 2023 will be up 4 percent from last year.

A more conservative outlook from the National Association of Realtors projects that prices will be up 1.8 percent this year and 2.8 percent next year.

Rising prices may be good news for home sellers, but they don't spark a chorus of hosannas from already cash-strapped buyers faced with unaffordable home values and increased mortgage payments.

The average U.S. homebuyer needs to spend almost 38 percent of his or her income on house payments based on June prices and mortgage rates, said Zillow Chief Economist Skylar Olsen. That's up from 27.1 percent in December.

CBRE Global Chief Economist Richard Barkham predicted a "mild recession" will occur in late 2023, with the gross domestic product dropping by less than 1 percent next fall and winter.

Ted Jones, chief



While sales are down and mortgage rates are up, home prices still are rising because there are so few homes for sale. (Los Angeles Daily News/SCNG/TNS)

economist for Stewart Title, predicted the Federal Reserve's plan to curb inflation will raise the unemployment rate to 5 to 6 percent, cutting 2.8 million to 3.9 million jobs.

"What's going to happen to the housing market and the economy if you cut that many jobs?" Jones asked. "I think our economy has got 12 more months of pretty tough headwinds."

MORTGAGE RATES

Nevertheless, most economists at the conference expect the housing outlook to improve for sellers thanks to a limited supply of new listings and easing mortgage rates.

After averaging 6.4 percent this year, rates for the 30-year fixed home loan will fall to 5.6 percent by the end of the year, averaging in the low 5 percent range in 2024, predicted Joel Kan, deputy chief economist for the Mortgage Bankers Association.

"This is a new normal," said Shashank Shekhar, chief executive of San Jose, Calif.-based InstaMortgage. Buyers are adapting to higher mortgage rates and the need to buy lower-priced homes.

Offsetting high rates is a scarcity of listings coming onto the market, now at a four-year low.

Hepp noted that 97 percent of U.S. mortgage debt is at 6 percent or lower. Of that, 80 percent is below 4 percent and 41 percent is below 3 percent.

"People feel locked in," Hepp said. "They don't want to give up that really comfortable, super low mortgage rate."

Meanwhile, American homeowners are sitting on a mountain of untapped equity, thanks to the meteoric rise in home prices during the pandemic, when 30-year loan rates averaged 3 percent or less.

During the first

quarter of the year, the average U.S. homeowner with a mortgage had more than \$274,000 in equity — meaning their homes were worth that much more than what they owed, CoreLogic reported recently.

All that equity translates into more sales without a mortgage. Twenty-eight percent of buyers paid cash for their homes in May, versus 25 percent in 2022. Because half of older boomers paid cash, boomers now outrank millennials as the biggest group of homebuyers.

With all that value over debt, foreclosures also will remain contained, said Odeta Kushi, deputy chief economist for Santa Ana-based First American Financial Corp.

"I don't anticipate anything on the magnitude of what happened during and after the Great Recession because of all the equity that homeowners are sitting on today," Kushi said.

OFFICES NOT DEAD

Rising interest rates caused values to drop in all sectors of commercial real estate, CBRE's Barkham said.

Industrial property values have fallen 16 percent in the last 1 1/2 years, CBRE figures show. Retail is down 17 percent, apartments are down 22 percent and offices are down by 34 percent.

Office vacancy rates are at a 30-year high, prompting Barkham to predict the office sector could take up to nine years to recover.

But Barkham noted that 80 percent of the increase in office vacancies is in 10 percent of the buildings.

Generally, those are smaller buildings built from 1980 to 2009 and tend to be in downtown areas or weaker submarkets with high crime rates and fewer amenities, he said.

U.S. housing starts surge most since 2016, exceed estimates

Bloomberg News

U.S. housing starts unexpectedly surged in May by the most since 2016 and applications to build increased, suggesting residential construction is on track to help fuel economic growth.

Beginning home construction jumped 21.7 percent to a 1.63 million annualized rate, the fastest pace in more than a year, according to government data released Tuesday. The pace exceeded all projections in a Bloomberg survey of economists. Single-family homebuilding

rose 18.5 percent to an 11-month high.

Applications to build, a proxy for future construction, climbed 5.2 percent to an annualized rate of 1.49 million units. Permits for one-family dwellings increased.

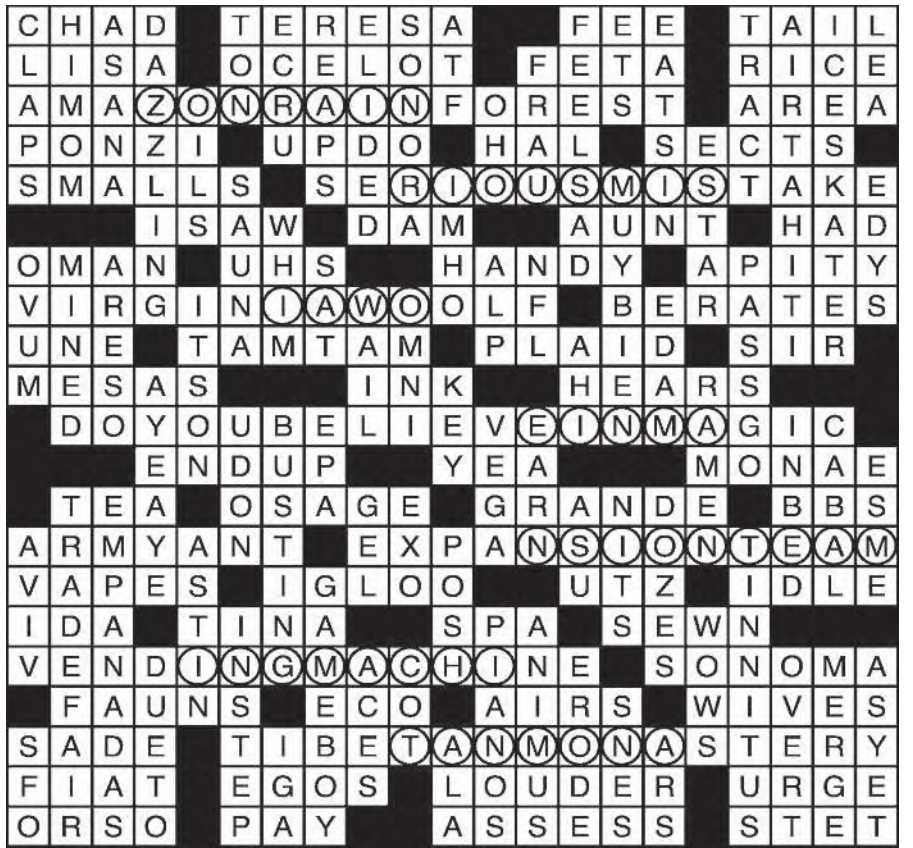
The figures corroborate Federal Reserve Chair Jerome Powell's comments last week that the housing market has shown signs of stabilizing. Homebuilders, which are responding to limited inventory in the resale market, have grown more upbeat as demand firms, materials

costs retreat and supply-chain pressures ease.

The housing starts data will feed into economists' estimates of home construction's impact on second-quarter gross domestic product. After the report, the Atlanta Fed GDPNow forecast calls for residential investment to add slightly to gross domestic product. Homebuilding last contributed to growth in the first quarter of 2021.

At the same time, elevated mortgage rates are crimping affordability, suggesting limited momentum in housing demand.

Sunday's Crossword Solved



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06/25/23

NEW YORK TIMES CROSSWORD ANSWERS

06/25/23



Today's Answer

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

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Answers

1. Six-guns
2. Please step to the back of the line
3. Large egos

JUMBLE

Answer :

FLASHY BATTEN PODIUM
TAMPER ADJOIN EXTENT

The clock hadn't been invented yet, but it was —

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AUTO REVIEW | 2023 LUCID AIR



The 2023 Lucid Air Grand Touring boasts some of the fastest recharge times of any EV. (Lucid Motors photos/TNS)

No competition

Lucid Air soars past the luxury EV market

By Larry Printz, Tribune News Service

Wow. Of the thousands of cars, trucks and pickups I have reviewed in 28 years, there are few that have elicited that short, simple declaration. But it aptly sums up the week I spent with the Lucid Air Grand Touring.

Designed in California and built in Arizona, the Air Grand Touring throws down the gauntlet against the industry's finest electric vehicles, including the Audi E-Tron GT, BMW i7, Mercedes-Benz EQS and Tesla Model S.

Ah, yes, the Model S; it's the Air's main competitor, one that figures prominently in the car's creation. Lucid's founder, CEO and Chief Technical Officer Peter Rawlinson previously served as the chief engineer on the Model S. Now helping his own company, he has developed a far better luxury sedan.

The Lucid Air lineup starts with the Air Pure at \$87,400. Its single electric motor generates 480 horsepower and 410 miles of range to the rear wheels, although dual motors and all-wheel drive are available for an additional \$5,500. Then comes the Air Touring,



A large, angled vertical screen in the center console controls the Air's functions and lifts to reveal storage space beneath it in the 2023 Lucid Air Grand Touring.

priced from \$107,400, with dual motors and all-wheel drive, 620 horsepower and 425 miles of range. Next comes the Touring at \$138,000, with 819 horsepower and 516 miles of range. Its brawnier brother, the Grand Touring Performance, ups the ante to 1,050 horsepower and 446 miles of range. At the top of the range is the Air Sapphire, which, as its name suggests, is a gem of an EV, with more than 1,200 horsepower and a price of \$249,000. All-wheel drive is standard on all but the base Pure model, which comes with a single electric motor and rear-wheel drive.

Sound good? Wait, it gets better. The Lucid Air boasts some of the fastest recharge

times of any EV, with 300 miles in as little as 21 minutes available via a 350-kilowatt public quick charger. Even with slower chargers, it didn't take long for the Lucid Air Grand Touring to return to a full state of charge. Even a Level 2 charger provides the Air with 75 miles in an hour.

And it's all for a good cause, as the Lucid Air Grand Touring delivers the sort of incredibly quick acceleration you'd expect from the world's premier sports cars. But refreshingly, it's a low-slung sedan, not an SUV, so drivers can take advantage of its responsive driveline in any of the Air's three driving modes: Smooth, Swift and Sprint. Of the three, Smooth best suits

the Air, as it still delivers quick acceleration but has a character that enhances the utter quiet and vibration-free comfort that battery-electric EVs offer.

Yes, Swift mode is noticeably livelier, and Sprint turns off the advanced driving assistance features while providing maximum performance. Both provide the instant rush of torque that proves so beguiling, with the test car reaching 60 mph in a scant three seconds. Opting for the pricier Grand Touring Performance improves this to 1,050 horsepower, a 168-mph top speed, and a 2.6-second 0-60 mph time.

Being in a hurry is rarely so satisfying.

The solid aluminum body structure provides a superb foundation for fast, fuss-free travel. It's quiet is amazing, its handling is astounding for a car weighing in at 5,236 pounds, with steering that's precise and seamless, delivering a true luxury sedan driving experience. Bump absorption is impressively luxurious without excess body

motion. Road and tire noise are nonexistent.

For those used to SUVs, the driving position will feel low. But there's plenty of stretch-out space both front and rear — particularly in the rear.

At nearly 200 inches long, this is a large car. But its glass roof makes a cavernous cabin feel even more so. And the cabin feels rich and well-dressed, eschewing the Tesla's stark and bleak demeanor or Mercedes-Benz EQS's Third World casino garishness. It strikes the perfect sophisticated, modern tone.

The 2023 Lucid Air is truly

a Tesla Model S killer, a car that indulges you in a way few cars can. It's a superb grand touring car, with enough comfort and athleticism to deliver a driving experience of the first order. It's a remarkable achievement, and far more satisfying than the myriad battery electric SUVs prowling about.

And the best part? You don't have to give support to Elon Musk and Tesla with your money.

AT A GLANCE

- **What:** 2023 Lucid Air Grand Touring
- **Base price:** \$138,000
- **Powertrain:** Dual electric motors
- **Horsepower/Torque:** 819/885 pound-feet
- **Range:** Up to 516 miles
- **Recharge time:** Up to 200 miles in approximately 12 minutes
- **Length/Width/Height:** 195.9/76.3/55.5 inches
- **Cargo capacity:** 16.1 cubic feet (rear trunk); 7.1 cubic feet (front trunk)

MOTORMOUTH

Some states still updating highway exit numbers

By Bob Weber, Tribune News Service

Q. I could be mistaken, but I was under the impression that all U.S. states need to have highway exit numbers that are milepost-based. I know several New England states have had to renumber their exits. I would like to get a new road atlas for my husband once all U.S. states adhere to this. I don't want to purchase a new atlas, only to find out that additional states still need to make changes and then have to buy a new atlas again in a few years. Do you know if or when this project might be completed? — D.K., Topsfield, Mass.

A. The Federal Highway Administration dictates how exit sign numbers should

work. The operative word here is "should." Unfortunately, some states have not gotten around to complying with numbering the exits to correspond to mile posts. There still are states that continue to use the sequential system such as Exit 1, Exit 2 and so on. Some states are in the process of updating. Unless the old atlas has worn out, stick with it and save a dollar. At least they have not changed the roads in the atlas.

Q. I have a 2017 Ford F150 with 40,000 miles. I took it to the dealer I bought it from and asked to have the tires rotated, which this dealer — and only this dealer — had done five times before. I was told that I had swollen lug nuts. They said they would not

rotate them unless I paid for replacement lug nuts. They basically claimed the Ford nuts were defective, but neither Ford nor the dealer would stand behind them. My Ford Extended Warranty didn't, either. They offered to replace the 24 nuts for \$70 using aftermarket parts. What's up with this? — R. T., Norfolk, Va.

A. Ford has long suffered with this problem. As you have discovered, there is no cure but to amputate. The original ones swell when moisture and brine get between the lug nut and its chrome cover causing corrosion. During removal the nuts are destroyed and cannot be reused. Ford sells fresh lug nuts, but aftermarket nuts are fine and cost less. I prefer unsalted.

Q. I balked at paying the dealer to rotate my tires during an oil change. I was told that there is no fee if you buy the tires from the dealer. I replied that I had, indeed, bought the tires from them ... for \$25,000 when I bought the car. "Well, let me speak to my manager" and then, "We will make an exception for you this time." I did that with both cars when they were new. We have bought replacement tires from a national franchise tire company that has free rotation and flat repair (also because they are open seven days a week, unlike the dealership, and sometimes one can have tire trouble on a Sunday). — M.J., Racine, Wis.

A. I like your moxie. I am surprised when a shop

charges for tire rotation. It should always be complimentary with any oil change. There also are advantages to the dealer, including a chance to inspect the brakes and potentially get additional work.

Q. A question on the discussion of why idle rpm is higher for a cold start: Isn't the high idle speed (and secondary air injection) programmed to more quickly heat the catalytic converter to its optimum temperature? — K.D., Las Vegas

A. Yes, a higher idle speed will help the converter(s) light off. But the science of fuel having trouble vaporizing effectively in a cold engine still applies, too.

Send questions along with name and town to motormouth.tribunegmail.com.

LIVING



These Pigs in a Blanket, Cinnamon Pull-Apart Muffins, Drop Biscuits and Cheesy Chive and Pepper Pinwheels were all made using the same, one-bowl Cream Biscuit Dough. (Washington Post)

You knead this biscuit recipe

Use this easy cream biscuit dough to make sweet and savory treats

By **Jessie Sheehan**, Washington Post

What if I told you a simple cream biscuit dough, which is a breeze to make, could be the foundation for a slew of celebratory baked treats, both sweet and savory? Did you know you could make pull-apart bread (or muffins) with such a dough? Or savory cheese-and-herb pinwheels? Or everyone's favorite: pigs in the proverbial blanket?

Well, you can. Although any biscuit dough will work to make a variety of baked goods, this tender, versatile cream biscuit dough works particularly well.

First, it is so simple to assemble (heavy cream acts as both the fat and liquid in the dough) which is helpful when

you are making a dough that's destined for use in a recipe that requires additional steps.

And second, it bakes up so tender and rich that it is as sumptuous on its own as it is as the foundation for any biscuit dough-inspired creations.

The dough can be made into drop biscuits, and I hope you love them for that. In short, that means they are not only one-bowl, but they never leave said bowl (no dumping out onto the counter to knead, cut, etc.). That is, of course, unless you use it to make pull-apart muffins, pigs-in-a-blanket and pinwheels. In that case, you transfer the dough to a generously floured surface, knead it a few times until it comes together and then roll or form it as needed.

► **BISCUIT, PAGE 2L**

RECIPES

CREAM BISCUITS
Active time: 10 mins;
Total time: 35 mins
9 servings

All the related recipes can be assembled quickly, and although they are all best served warm right out of the oven, you can make ahead and freeze them all: Just reheat on a baking sheet (or place the muffins back in a tin) in a 350-degree oven for 10 to 15 minutes right before serving.

Storage: Biscuits are best as soon as they are made, but can be stored tightly wrapped at room temperature for up to 3 days.

- 1 cup (125 grams) all-purpose flour
- 1 cup (130 grams) cake flour
- 1 1/2 tablespoons granulated sugar
- 4 teaspoons baking powder
- 1 1/8 teaspoons fine salt, divided
- 1 1/2 cups (340 grams) heavy cream
- 1 large egg
- salted butter, for serving
- jam, for serving
- Position a rack in the middle of

the oven and preheat to 425 degrees. Line a large, rimmed baking sheet with parchment paper.

In a large bowl, whisk together the flours, sugar, baking powder and 1 teaspoon of the salt. Add the cream and stir with a flexible spatula until no loose flour remains. Using a 1/4-cup measuring cup, scoop the dough into 9 biscuits, and evenly space them on the prepared baking sheet. In a small bowl, whisk together the egg and the remaining 1/8 teaspoon of salt, and lightly brush each biscuit with the egg wash.

Bake for 20 minutes, rotating the pan halfway through, or until the tops and bottoms of the biscuits are nicely browned. Transfer the baking sheet to a wire rack and let cool for about 5 minutes before serving with the butter and jam.

Nutrition: 256 calories per serving (1 biscuit); 26g carbohydrates, 75mg cholesterol, 16g fat, 1g fiber, 4g protein, 9g saturated fat, 480mg sodium, 2g sugar



THINGS TO DO THIS WEEK

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THEATER

"Rock of Ages"

Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues. Amid the madness, aspiring rock star Drew longs to take the stage as the next big thing.

- **When:** 2:30 p.m. today and July 2; 7:30 p.m. Thursday to Saturday
- **Where:** Theatre Cedar Rapids, 102 Third St. SE, Cedar Rapids
- **Cost:** \$25 to \$61

COMMUNITY

Plein-air Painting Pop-Up

Head to the Pentacrest (outdoors, east lawn) to kick off a series of Plein-air Painting Pop-ups hosted by local artist Andrea Smisek Gage. All ages and skill sets welcome. All materials are provided, or bring your own.

- **When:** 10 a.m. to 1 p.m. today
- **Where:** The Pentacrest, 21 Old Capitol,

Iowa City

- **Cost:** Free

FAMILY FRIENDLY

Mega Foam Blaster

The blaster shoots out a dry stacking foam that evaporates for easy cleanup. It is non-slippery, non-toxic, non-staining, non-allergenic and bio-degradable.

- **When:** 1 p.m. Monday
- **Where:** Guthridge Park, 10th Street entrance, Hiawatha
- **Cost:** Free

MUSIC

Amber Hansen

Amber Hansen brings her blend of folk, pop, musical theater and country music to the Cedar Rapids Public Library. Intended for adults and families, this performance will feature Amber Hansen with a full band. (Hansen also will perform from 3 to 4

p.m. Monday at Ladd Library and at 9:30 a.m., 11:30 a.m. and 2 p.m. Tuesday in performances for kids at the Downtown Library.)

- **When:** 6 to 7 p.m. Monday
- **Where:** Cedar Rapids Public Library, Whipple Auditorium, 450 Fifth Ave. SE, Cedar Rapids
- **Cost:** Free

FAMILY FRIENDLY

Exotic Animals with Dr. Michael Bechtel
Meet Dr. Michael Bechtel, associate professor of science education at Wartburg College, who will share his love of animal ecology and introduce some of his amazing creatures.

- **When:** 11 a.m. Wednesday, Hiawatha Public Library, 150 W. Willman St., Hiawatha
- **When:** 2 p.m. Wednesday, Ely Public Library, 1595 Dows St., Ely
- **Cost:** Free

Biscuit/Embrace magical versatility

► FROM PAGE 11

Here are a few insights about why the dough works so well, along with tips and tricks to ensure all your biscuit-based treats are as easy and delicious as promised.

CAKE FLOUR FOR TENDERNESS

This cream biscuit dough calls for cake flour as well as all-purpose, as the combination of the two replicates a flour oft-used in the South when biscuit-making, White Lily. White Lily famously produces ultra-tender biscuits. I learned this tip from none other than the biscuit queen herself, Cheryl Day of Back in the Day bakery in Savannah,

Ga., and have never looked back. But if you don't have cake flour on hand, you can just use all-purpose.

SUGAR AS A SEASONING, NOT A SWEETENER

I know it might seem strange to add sugar to the biscuit dough, since cheesy pinwheels and pigs in a blanket are savory, but the sugar actually plays the role of a seasoning, or flavor enhancer, here, not a sweetener.

THE EGG WASH IS WORTH IT

I love a short ingredient list as much as the next person. But I do make an exception here for the egg wash. The color and flavor that the egg

adds to the exterior of these otherwise pale treats is just too good to pass up. But you can brush with cream instead, which is already in the ingredient list, thus simplifying the assembly.

SECRET INGREDIENT FOR BEAUTIFUL BISCUIT-DOUGH PINWHEELS: MAYO

Spreading a thin layer of mayonnaise — yes, mayonnaise — on your dough before adding the cheese, herbs and pepper not only helps your ingredients stick to the dough as you roll it up, but also adds richness and flavor.

Not in an obvious, oh-there's-mayo-in-this kind of way, but by giving the pin-

wheels a wonderfully unctuous vibe. Finally, consider using yellow cheddar in them, as the color makes them more festive and fun.

THE POWER OF HIGH HEAT

Not only does baking at a high heat translate into treats ready in record time, it also guarantees that the leavening in the dough will be activated quickly. Your biscuits will therefore be airy and light.

BE CREATIVE WITH THE SPICES OF YOUR PULL-APART MUFFINS

I call for tossing the melted-butter-dunked dough in cinnamon and sugar, but feel free to add a little nutmeg to the mix, or even cocoa powder.

Or switch things up entirely and toss in a pumpkin-spice mixture.

MAKE BISCUIT CROUTONS FROM YOUR DOUGH SCRAPS

When slicing off the ends of your dough-wrapped hot dogs or trimming your pinwheels before baking, consider cutting the scraps into bite-size pieces (they may be already that size), brushing them with egg wash and baking them at the same time. The resulting baby biscuits make fabulous croutons, or tasty cook's treats.

Biscuit dough isn't just for biscuits anymore. So here's to embracing its magical versatility.

RECIPES

CHEESY CHIVE AND PEPPER PINWHEELS

Active time: 25 mins; Total time: 1 hour 8 servings

Note: The dough scraps can be used to make biscuit croutons. Cut the dough scraps into 1-inch pieces, brush with the egg wash, then bake for about 10 minutes.

Storage: Store in an airtight container at room temperature for up to 3 days. 2 tablespoons mayonnaise

- 1 1/2 cups (generous 165 grams) coarsely grated sharp cheddar cheese (or whatever shredded cheese you prefer)
- 2 tablespoon minced fresh chives, plus more for garnish
- 1 teaspoon freshly ground black pepper
- 1 large egg
- 1/8 teaspoon fine salt

Position a rack in the middle of the oven and pre-heat to 425 degrees. Line a large, rimmed baking sheet with parchment paper.

Generously flour your work surface. Transfer the biscuit dough to it and knead it a few times until it comes together and is smooth.

With a floured rolling pin, roll the dough into a rough 14-by-10-inch rectangle with the long side facing you, and spread the mayonnaise over the dough, leaving a 1/2- to 1-inch border at the edges. Evenly sprinkle the cheese, chives and pepper over the mayonnaise, pressing down lightly with your hands to help it adhere.

Trim the edges of the dough (see NOTE) right to the edge of the mayonnaise and, starting from the long edge of the rectangle closest to you, begin tightly rolling up the dough, until a 12-inch long log is formed. Pinch the dough with your fingers to seal the seam.

Using a serrated knife, cut the dough into 16 equal pieces (each about 3/4 inches long) — the dough will be sticky — and place them on the prepared baking sheet. Transfer to the freezer for 20 minutes.

In a small bowl, whisk together the egg and salt until combined. Using a pastry brush, brush each pinwheel with the egg wash and transfer to the oven.

Bake for 15 to 18 minutes, or until the tops and bottoms of the wheels are lightly browned. Cool on a wire rack for 5 minutes. Serve warm.

Nutrition: 391 Calories Per serving (2 pinwheels): 29g Carbohydrates, 127mg Cholesterol, 27g Fat, 1g Fiber, 10g Protein,



Cheesy Chive and Pepper Pinwheels. (Washington Post photos)



Pull-Apart Cinnamon Muffins.

15g Saturated Fat, 713mg Sodium, 3g Sugar

PULL-APART CINNAMON MUFFINS

Active time: 45 mins; Total time: 1 hour 10 mins 12 servings

Storage: The muffins are best served warm, but will keep tightly wrapped on the counter for up to 3 days. All-purpose flour, for rolling the dough

- 1 1/4 cups (250 grams) granulated sugar
- 1 tablespoon ground cinnamon
- 1 stick (8 tablespoons/113 grams) unsalted butter, melted

Position a rack in the middle of the oven and pre-heat to 425 degrees. Line a 12-cup muffin tin with paper liners.

Generously flour your work surface. Transfer the biscuit dough to it and knead it a few times until it comes together and is smooth.

With a floured rolling pin, roll the dough into a 12-by-12-inch square and cut into 64 (1.5-by-1.5-inch) pieces. In a small bowl, whisk to-

gether the sugar and cinnamon until well-combined.

Roll each piece of dough into a ball. Eyeball to make sure your dough balls are fairly equal in size.

Dunk each in the melted butter, and toss in the cinnamon-sugar mixture before evenly distributing them among the 12 muffin cups; you'll have 4 leftover pieces that you can add to any tin cup that looks needy.

Bake for 15 to 18 minutes, or until lightly golden brown, fragrant and set. Let cool the muffin tin on a wire rack for about 10 minutes before serving.



Pigs in a Blanket.

Nutrition: 342 calories per serving (1 muffin): 41g carbohydrates, 77mg cholesterol, 19g fat, 1g fiber, 3g protein, 12g saturated fat, 361mg sodium, 22g sugar

PIGS IN A BLANKET

12 to 24 servings Active time: 40 mins; Total time: 1 hour 25 mins

If you want your pigs in tender, rich blankets, make them using Cream Biscuit dough (see related recipe). The dough comes together in 10 minutes. Wrap your hot dogs in strips of the dough, slice them, chill them for 10 minutes and bake them until golden brown. The dough is tender, so it is essential to let the



Drop biscuits.

pigs in a blanket cool for at least 5 minutes before serving.

Note: The dough scraps can be used to make biscuit croutons. Cut the dough scraps into 1-inch pieces, brush with the egg wash, then bake for about 10 minutes.

Storage: Refrigerate in an airtight container for up to 2 days; reheat in a 350-degree oven until warmed through.

- Flour, for dusting
- 8 6-inch hot dogs
- 1 large egg
- 1/8 teaspoon fine salt

Position a rack in the middle of the oven and pre-heat to 425 degrees. Line a large, rimmed baking sheet with parchment paper.

Generously flour your work surface. Transfer the biscuit dough to it and knead it a few times until it comes together and is smooth. With a floured rolling pin, roll the dough into a rough 5-by-16-inch rectangle and cut the dough into 8 equal pieces.

Place a hot dog on each rectangle (it should be about the length of the hot dog) and wrap it in the biscuit dough, pulling and pinching the dough a bit until you can seal it around the meat.

Try not to cover the ends of the hot dog, but if there is just too much extra dough, you can trim it. Roll the wrapped hot dog on the counter to further seal the dough and to distribute it evenly around the meat.

Slice each hot dog into six pieces, trimming the ends if necessary (see headnote) and place the pieces, hot dog side up, on the prepared baking sheet. As you cut, rotate the hot dog each time to avoid flattening the dough on one side. Transfer to the freezer for 20 minutes.

In a small bowl, whisk together the egg with salt until combined. Use a pastry brush to brush the sides and top of the "blanket" in the egg wash and transfer to the oven.

Bake for about 15 minutes, or until the dough is lightly browned. Transfer the baking sheet to a wire rack and let cool for about 10 minutes before serving.

Nutrition: 143 calories per serving (2 pieces), based on 24: 10g carbohydrates, 44mg cholesterol, 10g fat, 0g fiber, 3g protein, 5g saturated fat, 359mg sodium, 2g sugar

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LIVING

Steak kebabs with spicy cilantro sauce

By Gretchen McKay,
Pittsburgh Post-Gazette

For this meat lover, there may be no better summer dinner than a fat and juicy rib-eye steak cooked to perfection over a bed of hot coals.

But that's a splurge in these days of high inflation, especially when you're also cooking for others.

The economical stand-in to that expensive steak doesn't have to be burgers. Instead, buy a less premium cut of meat, cut it into chunks, let it soak for a few hours in a savory marinade and then stick the pieces on a skewer with your favorite vegetables.

Kebabs are not only more cost-effective than steaks, but also an easy way for home cooks to get meat and a variety of vegetables on the table at the same time. Plus, skewered food is just fun to eat, especially in summer, when dining tends to be a little more casual.

For this recipe, I used top sirloin, a cut that's leaner than rib-eye but still full of beefy flavor. A quick bath in an acidic and garlicky marinade guarantees it will be tender.

A few tips: Be careful not to thread the skewers too tightly; the heat won't be able to properly circulate if the meat and veggies are crowded together.

Also keep in mind that meats and vegetables cook at

different rates — you'll want to choose ones with similar densities. Produce that is extremely delicate (like cherry tomatoes) or markedly smaller should be cooked on a separate skewer and taken off the heat earlier.

I used bell pepper, Vidalia onion and zucchini for my kebabs but you also could thread the skewers with mushrooms, eggplant or red onion — whatever floats your boat. For a less spicy sauce, reduce or omit the jalapeno pepper.

GRILLED STEAK KEBABS WITH SPICY CILANTRO SAUCE

Serves: 4

For marinade

- 1/4 cup olive oil
- 1/4 cup soy sauce
- Juice of 1 orange
- 1 tablespoon honey
- 1 scant tablespoon Dijon mustard
- 2 garlic cloves, minced
- 1 or 2 pinches dried red pepper flakes
- Pinch of dried oregano
- Kosher salt and freshly ground black pepper

For kebabs

- 1 1/2 pounds top sirloin steak, cut into chunks
- 1 red or yellow bell pepper, seeded and cut into chunks
- 1 large sweet onion, peeled and cut into wedges
- 1 zucchini or summer squash, cut into chunks

For cilantro sauce

- 1 8-ounce container plain Greek yogurt
- 1 generous handful cilantro, stems



Grilled steak kebabs with spicy cilantro sauce is an easy summer dinner. (Gretchen McKay/Pittsburgh Post-Gazette)

- removed and chopped
- Juice of 1 lime
- 1 clove garlic, minced
- 1/2 jalapeno pepper, seeded and chopped
- Pinch of salt

For rice

- 4 cups cooked rice

- Juice and zest of 1 lime
- 1 generous handful cilantro, stems removed and chopped

Prepare marinade by mixing olive oil, soy sauce, orange juice, honey, mustard, garlic, pepper flakes, oregano, and a pinch of salt and pepper in a bowl or re-

sealable zip-close bag.

Add steak chunks, and stir/massage to combine and make sure all the meat is covered with marinade. Place in refrigerator for at least 1 hour or up to 4 hours.

When ready to cook, preheat a grill over medium-high heat to about 425 degrees (I cooked over charcoal.)

Prepare cilantro sauce by placing all ingredients in a food processor or blender and blending until smooth; taste and add more lime juice or salt to taste. Set aside while you grill kebabs.

Using metal or bamboo skewers that have been soaked in water, thread the marinated meat along with the veggies, alternating them on the skewer. (I divided everything between four skewers.)

Be sure to keep a little daylight between the individual pieces — it'll help everything cook evenly on the grill. You'll also want to brush the skewers with some of the remaining marinade and discard the rest.

Brush grill grates lightly with oil. Place kebabs on hot grill and grill until center of steak registers about 140 to 145 degrees for medium, turning kebabs occasionally, about 8 to 9 minutes.

In large bowl, fluff cooked rice with fork to separate grains, then add lime juice and zest and chopped cilantro. Toss to combine.

Transfer rice to a large platter, and place kebabs on top. Serve immediately with cilantro sauce.

Source: Gretchen McKay

Seared tuna with gazpacho sauce features perfect flavor match

By Linda Gassenheimer,
Tribune News Service

I was surprised by a light and refreshing sauce served at a local restaurant.

They used gazpacho, a fresh tomato mixture usually served as a cold soup. I decided to use this style of sauce over a seared tuna steak. The flavorful sauce and tender tuna were a perfect match. A slice of garlicky toast with the dish was perfect for sopping up extra sauce.

Ahi tuna is best for this recipe. It's also known as yellowfin. Although any tuna can be used for the recipe, ask for sushi-grade ahi for best results, if available.

HELPFUL HINTS

- You can use any type of rice.
- If you don't have a blender or food processor, just mix the sauce ingredients well. The sauce will be chunky but still delicious.

COUNTDOWN

- Microwave rice and set aside.



Seared Tuna with Gazpacho Sauce. (Linda Gassenheimer/TNS)

- Make sauce.
- Toast bread.
- Sear tuna.

SEARED TUNA WITH GAZPACHO SAUCE

Yield: 2 servings

- Microwaveable brown rice to make 1 1/2 cups rice
- 1/2 cup reduced-sodium tomato juice
- 1 cup diced tomatoes
- 1/2 cup diced cucumber plus 2 tablespoons diced cucumber (divided use)
- 1/2 cup diced onion
- Salt and freshly ground black pepper
- 1 garlic clove
- 4 slices whole wheat baguette
- Olive oil spray

- 4 teaspoons olive oil
- 3/4 pound tuna steaks, about 1-inch thick

Make rice according to package instructions. Measure 1 1/2 cups and set aside. Save any remaining rice for another meal. Puree the tomato juice, diced tomatoes, 1/2 cup diced cucumber and onion together in a blender or food processor. Add salt and pepper to taste. Set aside.

Cut garlic clove in half and rub over one side of the sliced bread. Spray that side with olive oil spray. Toast in a toaster oven or under the broiler. Set aside.

Heat oil in a medium-size non-stick skillet over medium-high heat and add

the tuna. Brown 2 minutes. Turn tuna over and brown 2 minutes for rare or another 2 minutes for medium-rare. Divide into 2 portions and place on dinner plates. Spoon a little sauce over

the sliced tuna and serve the rest of the sauce on the side. Sprinkle the remaining 2 tablespoons diced cucumber on top of the tuna. Serve the toasted bread on the side.

Per serving: 594 calories (33% from fat), 15.3 g fat (2.4 g saturated), 6.8 g monounsaturated, 78 mg cholesterol, 48.4 g protein, 64.9 g carbohydrates, 5.7 g fiber, 214 mg sodium.

Source: Linda Gassenheimer



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BLT clams belong on your summer playlist

By G. Daniela Galarza,
Washington Post

The United States is a nation that loves a tomato sandwich. Americans love them plain with mayonnaise, grilled with cheese or dressed up with bacon and lettuce in a BLT.

The thing about the BLT is that it's a formula that you can add anything to: spice, smoked salmon, avocado, cheese.

What if, I thought some weeks ago, you applied the flavors of a BLT to something else? What if you gave quick-cooking clams the bacon, lettuce and tomato treatment?

At first, I thought I could make a salad, with lettuce, fresh tomatoes, croutons and bacon bits, and add steamed clams on top. This turned out to be boring. The individual elements were fine on their own, but there was no sauce to tie them together. Plus, the best parts of the BLT — ripe tomato and smoky bacon — didn't get a chance to flavor the clams.

For my next attempt, I thought croutons cooked in bacon fat might be a tasty way to mingle two of the components. The bacon croutons were fantastic.

Then, I sweated the tomatoes and lettuce for a few minutes before adding the clams. This gave the clams some flavor, but the soggy lettuce was a dealbreaker. The croutons were also difficult to eat in the same bite as a meaty clam.

In the end, I mashed these two ideas together. For my BLT clams, you'll start by making bacon breadcrumbs: Saute chopped bacon, then stir in panko breadcrumbs, letting them toast in the bacon fat. Scoop them out of the pot and add tomatoes, a little white wine and clams. Cover the pot and let the tomatoes melt into a sauce as the clams cook. They'll only take a few minutes to peek open, their meat



The winning trio of bacon, lettuce and tomato lend their spark to this quick meal of clams. (Rey Lopez/Washington Post)

plumping in the tomato-scented steam. As they open, pluck them out of the pot and plopp them atop a bowl of chopped romaine. Simmer the tomatoes and wine for a few minutes, to reduce it slightly, and then pour it over the clams and lettuce — that's your salad dressing.

All that's left to do is sprinkle on all of those golden, bacon-scented breadcrumbs. They'll nestle into each clam, coating them with crunch and rounding out the winning flavors of a BLT.

BLT CLAMS
Total time: 25 minutes
2 to 3 servings

The winning trio of bacon, lettuce and tomato lend their spark to this quick meal of clams. Breadcrumbs, toasted in the ba-

con fat, turn this dish into a filling meal. Look for tightly closed littleneck clams, or substitute cherrystone clams or mussels.

Note: If your clams seem very dirty, soak them in a bowl, swishing them in the water periodically, until any dirt and sand falls to the bottom of the bowl. After soaking, check the clams by tapping their shells; if they close, this means they are alive. If they remain open, the clams are dead and should be discarded. Discard any clams with broken or cracked shells as well.

- Where to buy: Fresh clams can be found at seafood stores and well-stocked supermarkets.
- 1 romaine lettuce heart (10 ounces), shredded or chopped
 - 6 ounces bacon, sliced into 1/4-inch pieces
 - 1 cup (2 ounces) panko breadcrumbs
 - 24 littleneck clams (about 2 1/4

pounds), scrubbed, soaked and drained (see NOTE)

1/2 pint (6 ounces) cherry or grape tomatoes, halved (about 18)

1/4 cup white wine (may substitute 2 tablespoons white wine vinegar mixed with 2 tablespoons water)

Place the romaine in a large serving bowl.

To a large pot or Dutch oven with a lid over medium-high heat, add the bacon and cook, stirring until the fat is rendered and the bacon browns and crisps, 7 to 10 minutes. (There's no need to pre-heat the pan.)

Add the panko and stir it into the bacon fat. Cook, stirring constantly, until the breadcrumbs turn light golden brown, about 1 minute. Using a slotted spoon, transfer the bacon and breadcrumbs to a bowl.

Increase the heat to high. Add the clams, tomatoes and wine.

Cover and cook, occasionally shaking the pot, 3 to 4 minutes. Peek inside the pot: Once the clams begin to open, uncover the pot and, using tongs, transfer them to the bowl with the romaine. Cook any clams that haven't opened for another 2 minutes. If they still don't open, discard them.

Once the clams have been removed, boil the tomatoes and liquid in the pot until it reduces slightly, about 2 minutes.

Remove from the heat, and pour the tomatoes and sauce over the clams and lettuce. Sprinkle with the bacon breadcrumbs and serve.

Nutrition: 482 calories per serving (4 cups clams, lettuce and sauce), based on 3: 23 g carbohydrates, 90 mg cholesterol, 27 g fat, 3 g fiber, 30 g protein, 9 g saturated fat, 602 mg sodium, 4 g sugar



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LIVING

Peking-style sauce makes big-flavored meals

By Ann Maloney, Washington Post

Over the years, I've struggled to find a good way to prepare boneless pork chops. They cook quickly, so I'm often tempted to pick them up when I'm browsing in the supermarket for weeknight supper ingredients.

Some months ago, I found a terrific 30-minute recipe for them in Suzie Lee's "Simply Chinese" cookbook, which is a great resource for busy home cooks who love Chinese food, because it is filled with recipes for flavorful dishes that come together quickly.

Her Peking Pork Chops are a notable example. Lee lightly pounds the chops just to tenderize them, cuts them into chunks and briefly marinates them — just five minutes, but you can leave them for up to 12 hours if you like.

She then dusts the pieces in a mixture of cornstarch and flour and fries them before tossing them in a big-flavored Peking-style sauce made with ketchup, chili oil, hoisin sauce, Worcestershire sauce, sugar, salt and five-spice powder.

"The sauce is so tasty that you can use any meat or veg as an alternative to pork," Lee writes in her cookbook. And she's right. I've tried it on fried chicken tenders as well as roasted potatoes. I imagine it would be terrific on crisped tofu cubes as well.

"Simply Chinese" is the first cookbook from Lee, the 2020 winner of the BBC's "Best Home Cook" competition, who went on to host her own BBC show in Northern Ireland, where she grew up.

Her parents, who hailed from Hong Kong, ran Man Lee, a Chinese takeout restaurant, which her father, Peter, still operates in Lisburn. She credits her family, especially her mother, Celia, who died in 2000 when Lee was 16, with



Peking Pork Chops. (Rey Lopez/Washington Post)

giving her a love for cooking.

In her book, she recalls how in 1999 her mother refused to cook the Christmas meal for her family, forcing Lee to take the reins and prepare food for more than 40 relatives. The Peking Pork Chops recipe was handed down to her from her "Auntie" Linda, who made the dish for family gatherings.

Lee continues to embrace the opportunities that have come her way after winning the BBC cooking competition, while still working as an accountant and raising her two children.

As I've cooked my way through the cookbook, I've learned lots of tips for getting a meal on the table quickly. That's as Lee intended because, as she notes, she knows the value of a good "rustle-up" — one of the challenges in the BBC competition, which means pulling together a meal from what's in the pantry or

refrigerator. She often offers variations or ways to use a dish's sauce in a different way.

She gets what it's like to be busy but still want to cook at home: She may offer a recipe for making your own bao buns, but she also notes that you can buy them ready-made. Her goal is to get people into the kitchen cooking.

As she notes, "food for me is the cornerstone of family life as it brings everyone together."

PEKING PORK CHOPS

Here, boneless pork chops are lightly pounded just to tenderize, then sliced into chunks and briefly marinated before being fried and tossed in a dark, big-flavored sauce. "The sauce is so tasty that you can use any meat or veg as an alternative to pork," Suzie Lee writes in her cookbook, "Simply Chinese." If you are serving this with rice, put the rice on before you start cooking, and everything

should be ready at about the same time.

4 servings

Active time: 25 minutes For the pork chops

- 1 pound 3/4-inch-thick boneless pork chops, trimmed of fat
- 2 tablespoons plus 1 teaspoon cornstarch, divided
- 1 1/2 tablespoons Shaoxing wine
- 1 1/2 tablespoons light soy sauce
- 1/4 teaspoon Chinese five-spice powder
- 1 teaspoon toasted sesame oil
- 1 large egg
- 3/4 cup vegetable oil, for frying
- 2 tablespoons all-purpose flour

For the sauce

- 3 tablespoons ketchup
- 3 tablespoons hoisin sauce
- 3 tablespoons Worcestershire sauce
- 3 tablespoons water
- 2 teaspoons Chinese five-spice powder
- 1 teaspoon granulated sugar
- 1/2 teaspoon chili oil
- 1/4 teaspoon fine salt
- Cooked white or brown rice, for

servings (optional)
Sliced scallions, for serving (optional)

To tenderize the pork chops, place them on a cutting board, uncovered, and, using the "tooth" side of a meat mallet, pound them 4 or 5 times on each side; then cut them into 3 or 4 pieces.

In a medium bowl, whisk together 1 teaspoon of the cornstarch, the Shaoxing wine, soy sauce, five-spice powder, sesame oil and egg until well combined. Add the pork and toss to coat. Cover and marinate for at least 5 minutes on the counter, or refrigerate overnight.

Line a platter with paper towels and place it near the stove. In a wok or skillet over high heat, heat the oil. To test if the oil is hot enough, place the end of a wooden spoon into the oil: Bubbles should immediately fizz around it. If the oil is smoking, it is too hot, so reduce the temperature.

Add the remaining 2 tablespoons of cornstarch and the flour to the marinated pork and toss to lightly coat each piece. Working in batches to avoid overcrowding, carefully transfer the pork to the hot oil and fry until crisp, about 2 minutes per side. Transfer to the prepared platter and repeat with the remaining pork.

In a large skillet over medium-high heat, whisk together the ketchup, hoisin sauce, Worcestershire sauce, water, five-spice powder, sugar, chili oil and salt and bring to a vigorous simmer, stirring frequently, until thick and sticky, about 5 minutes.

Reduce the heat to medium, add the fried pork to the sauce and toss until well coated, about 2 minutes.

Transfer the pork to a platter, sprinkle with the scallions and serve family-style, with rice on the side, if desired.

Nutritional facts per serving: Calories: 327; Carbohydrates: 19 g; Cholesterol: 122 mg; Fat: 14 g; Fiber: 1 g; Protein: 28 g; Saturated Fat: 3 g; Sodium: 1007 mg; Sugar: 9 g.

Source: Adapted from "Simply Chinese" by Suzie Lee (Hardie Grant, 2022)

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Matcha gives pancakes colorful boost

By Ellie Krieger, Washington Post

These gorgeous green pancakes get their hue, a boost of health benefits and lovely tea flavor from matcha, a fine powder made from ground green tea leaves.

When you whisk matcha into a beverage or batter, you are incorporating the whole tea leaf, as opposed to when you steep tea leaves in water and then discard them. That's why with matcha you get intense flavor, brilliant color and a concentration of catechins, the health-protective active compounds found in tea.

Used in Japan for centuries, matcha has become popular enough that a matcha latte is a menu standard at upscale coffee shops, and it's also used in all sorts of baked goods, including muffins to macarons.

These pancakes bring the power of matcha into healthier breakfast realm. Just a tablespoon of the powder whisked into a simple batter made with whole-grain and almond flours make a stunning and delicious short stack.

The pancakes themselves are unsweetened, but a generous spike of vanilla gives them a sweet essence, and they're meant to be served with maple syrup for each person to drizzle to their liking.

Topped with a contrasting crown of fresh strawberries and a crunch of toasted almonds, it's a classic weekend breakfast with a healthful, modern twist.

MATCHA ALMOND PANCAKES

4 servings

(makes about 8 pancakes)

Total time: 25 minutes

These gorgeous green pancakes get their hue, a boost of health benefits and lovely tea flavor from matcha, a fine powder made from ground green tea



Matcha Almond Pancakes. (Washington Post)

leaves. Made with whole-grain and almond flours and topped with a contrasting crown of fresh strawberries and toasted almonds, it's a classic weekend breakfast with a healthful, modern twist.

The pancakes themselves are unsweetened, but a generous spike of vanilla gives them a sweet essence. They are meant to be served with maple syrup for each person to drizzle to their liking.

Note: The matcha tends to clump, so it helps to sift it into the dry ingredients to help it distribute more evenly.

Where to buy: Matcha can be found at well-stocked supermarkets, tea shops and online.

1/2 cup plus 1 tablespoon (68 grams) whole-wheat pastry flour or all-purpose flour

1/2 cup (60 grams) almond flour
2 teaspoons baking powder
1/4 teaspoon fine salt
1 tablespoon matcha
1 cup (240 milliliters) whole, reduced-fat or plant-based milk
1 large egg
1 tablespoon neutral oil, such as avocado or canola
2 teaspoons vanilla extract
1/3 cup (30 grams) sliced almonds
8 medium strawberries, hulled and sliced
Maple syrup, for serving

In a medium bowl, thoroughly whisk together the pastry flour, almond flour, baking powder and salt until combined. Sift the matcha into the mixture and whisk again to thoroughly combine.

In another medium bowl, whisk together the milk, egg, oil and

vanilla until combined. Add the milk mixture to the flour mixture and stir just to combine. Do not overmix; it's OK if there are some small lumps. Let the batter hydrate for 5 to 10 minutes.

Meanwhile, in a small, dry skillet over medium-high heat, toast the almonds, stirring frequently, until fragrant and lightly browned, 3 to 5 minutes. Transfer to a small bowl and let cool.

Heat a large nonstick skillet or griddle over medium-high heat until hot. (To test, drop a dime-size amount of batter into the skillet and if it starts to bubble and brown right away, the pan is ready.)

Working in batches as necessary, use a 1/4 cup (60 milliliters) measure to ladle the batter into

the skillet. Cook until bubbles form on top and the underside is nicely browned, about 2 minutes, then flip and cook until browned on the other side, and cooked through, 2 minutes more. Adjust the heat as necessary to prevent the pancakes from browning too fast before they're cooked through. Transfer the pancakes to a plate and repeat with the remaining batter.

Serve topped with the sliced berries and toasted nuts, with maple syrup on the side.

Nutritional facts per serving (2 pancakes) | Calories: 310; Carbohydrates: 51 g; Cholesterol: 51 mg; Fat: 17 g; Fiber: 5 g; Protein: 14 g; Saturated Fat: 2 g; Sodium: 376 mg; Sugar: 6 g.

Source: Ellie Krieger

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LIVING

Salmon and lentils make a flavorful, healthful duo

By Ellie Krieger, Washington Post

Salmon and lentils, one of my all-time favorite food duos, complement each other in every way.

Flavor-wise, the lentils' earthiness tempers the rich, buttery fish; texture-wise, the tiny legumes create an ideal, just-starchy-enough bed to nestle the flaky salmon; and health-wise, together they make a meal that's packed with nutrients, including plenty of protein, and fiber.

In this recipe, the pair is run through the garden and tied together with a ribbon of Dijon mustard for a dish with color, flavor and nourishment.

The garden comes into play as fresh shallot, tomatoes, spinach and thyme are sautéed with the lentils. I am partial to beluga (a.k.a. black) or French lentils because of their elegant, caviar-like appearance, and because they hold shape so well, but brown or green lentils would work here too. (You can also use canned lentils here to make this a rush hour-friendly dinner.)

The tomato and spinach get cooked just long enough to soften but retain their fresh, summery vibrancy. Lemon juice, zest and Dijon mustard add brightness and a lovely tang. That mustard, along with some lemon juice and a drop of honey, is also used to create a glaze for the salmon, which may be grilled or cooked in a grill pan or skillet.

The glistening salmon fillet is served atop the vegetable-laced, seasoned lentils for a meal that truly hits the sweet spot where delicious and healthy meet.

MUSTARD-GLAZED SALMON WITH GARDEN LENTILS
Total time: 45 minutes
4 servings

This dish of mustard-glazed salmon served over a vibrant sauté of lentils with fresh vegetables, lemon and thyme brims with color,



Salmon and lentils make a flavorful, healthful duo. (Tom McCorkle/Washington Post)

flavor and nutrition. While beluga (a.k.a. black) or French lentils are ideal because of their elegant, caviar-like appearance, brown or green lentils would work here, too.

To speed up the recipe, use two (15-ounce) cans of brown lentils in place of uncooked beluga ones. You can also prep the remaining ingredients while the lentils are cooking.

Make ahead: The lentils can be prepared and refrigerated in an airtight container for up to 4 days in advance.

Storage: Refrigerate the salmon and the lentil mixture in separate airtight containers for up to 2 days and 4 days, respectively.

For the lentils

- 4 cups water
- 1 1/4 cups beluga (black) lentils, rinsed and picked over to remove any stones
- 2 tablespoons olive oil

- 1/3 cup chopped shallots (1 medium)
- 1 clove garlic, minced or finely grated
- 2 teaspoons chopped fresh thyme leaves (or 3/4 teaspoon dried)
- 1 1/2 teaspoons finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fine salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups lightly packed baby spinach leaves, coarsely chopped
- 1 cup grape tomatoes, quartered

For the salmon

- 1 tablespoon plus 1 teaspoon Dijon mustard
- 2 teaspoons fresh lemon juice
- 1 teaspoon honey
- 1/2 teaspoon freshly ground black pepper
- 4 (6-ounce) skin-on salmon fillets

pot over high heat, combine the water and lentils and bring to a boil. Reduce the heat so the water is at a simmer, then cook, uncovered, until the lentils are firm-tender, about 20 minutes. Drain; you should have about 3 cups of cooked lentils.

In a large skillet over medium heat, heat the oil until shimmering. Add the shallots and cook until softened, about 1 minute. Stir in the garlic and cook just until aromatic, 30 seconds more. Stir in the thyme, then add the lentils, lemon zest and juice, mustard, salt and pepper and stir to combine. Add the tomatoes and spinach, reduce the heat to medium-low, cover and cook, stirring occasionally, until warmed through and the spinach wilts, 2 to 3 minutes. Remove from the heat.

Make the salmon: In a small bowl, stir together the mustard,

lemon juice, honey and pepper. Preheat a nonstick or well-oiled grill or grill pan over medium-high heat. Place the salmon, skin side up, on the grill and cook for 3 minutes. Gently turn the fillets over, skin side down, brush with the mustard glaze and cook for 3 minutes more for medium-rare, or for 5 to 6 minutes if you prefer the fish cooked though. (If you don't have a grill or a grill pan, follow the same cooking instructions using a cast-iron skillet, but add a slick of oil to the pan so the fish can sear in it.)

Divide the lentil mixture among 4 plates, top each with a salmon fillet and serve.

Nutrition: 492 calories per serving (1 scant cup lentil mixture and 1 piece salmon); 42 g carbohydrates, 78 mg cholesterol, 16 g fat, 10 g fiber, 49 g protein, 2 g saturated fat, 598 mg sodium, 3 g sugar.



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LIVING

In defense of tourist traps



A restaurant overlooking Hanoi's Hoan Kiem Lake.

Be sure to fit in some tourist things amid all that traveling

By Natalie B. Compton, Washington Post

The first sign I was breaking down was at a fruit stand in Hanoi.

I kept handing the vendor the incorrect amount of money as she kept shaking her head and repeating the price. Finally, she put both of us out of our misery by taking the correct amount out of my hand.

I had done my best Anthony Bourdain impersonation for eight days in Southeast Asia: eating street food on sidewalks, taking Muay Thai classes, venturing out of city centers to meet locals on their farm and try their mom's home cooking. I'd spent roughly 38 hours on overnight trains, sleeping on questionable bedding and bathing with baby wipes. By the time I got to Hanoi, I was ready to throw in the towel on doing as the locals do.

Somewhere between leaving the train station, eating pho and taking a motorbike in the wrong direction — there it was. An oasis beyond the treacherous traffic: a tourist trap.

These places aren't the hole-in-the-wall mom-and-pops hiding down an alley; they're the easy-to-find spots on the beaten path with big menus translated into many languages. Their proprietors may charge exponentially more than a locals-only establishment, perhaps to cover the high rent of operating near popular sights. Or just because they can.

But tourist traps aren't just bars selling overpriced drinks or souvenir shops pushing kitsch. They can be museums and monuments — places that hover at the top of TripAdvisor lists. There's a time and place for them, too. As much as we want to see new destinations like locals, it would be criminal not to see some of its most well-known sites. The idea of going to northern India and skipping the Taj Mahal is absurd.

My tourist trap was a charming restaurant on Hanoi's Hoan Kiem Lake, not far from where visitors flock to see the city's famous water puppet show. It had a terrace with yellow-striped awnings, and I asked to



Natalie Compton at the Taj Mahal in 2015. (Natalie Compton photos/Washington Post)

sit at one of the tables under a red umbrella. I sloughed off my heavy backpack and tough-guy persona; I finally had permission to rest.

These days, everyone wants to be a "traveler," not a "tourist." Both mean you're away from home, exploring someplace foreign to you, but one term has cachet while the other gets a

bad rap. But being a "traveler" can be exhausting. After peeling myself off my train bunk bed, I trudged with my backpack (I go carry-on only — no wheels — for the practicality and the bragging rights) around the neighborhood in search of lunch before I could check into my hotel. Along a narrow and

chaotic road, a passing motorbike caught one of my backpack straps and nearly dragged me to the ground into traffic. Shaken but OK, I finally found a street food stall with enough room for one more, sat down self-consciously and overanalyzed how I was eating. Being a "tourist," on the other hand, is freeing. There is no pressure

to be cool. You are allowed to be a guidebook-toting, comfortable shoe-wearing, selfie-taking outsider — all enthusiasm, no shame.

The tourist trap welcomes the tourist with open arms. You're not just allowed to be there, they want you there. And they have Wi-Fi, bathrooms and English menus to prove it.

But there is a line. I wasn't going to waste an entire meal at my tourist trap. A snack? Fair game. I ordered an iced coffee and a cup of coconut ice cream. I gazed at the lake, wrote postcards, read a few pages of my guidebook, watched a tourist at the table next to me ask the server to take her photo with her sundae. It was glorious. And instead of being humiliated by my capitulation, I owned my decision to embrace my inner tourist and posted a photo on Instagram. Like a tourist.

Once I paid my bill, which was three times as much as I could have paid for the same fare elsewhere, I felt refreshed. I hulked my backpack back on and resumed roughing it.



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Let's fill her mailbox by sharing your cherished memories and well-wishes for this extraordinary lady. Help us make Helen's 90th birthday the joyous occasion she deserves.



It's the Big Nine-Oh!

Betty Lou (Lala) Zvacek is celebrating her 90th birthday on June 25, 2023! Maybe you knew her at Roosevelt High School or when she was in the award-winning Moose Girls Drum & Bugle Corps. In the 1960s or '70s you could have met her at Hays, Van Buren, or Monroe elementary schools where she was secretary, or when she was president of the Cedar Rapids PTA (and nationally), or organizing events for Camp Fire Girls or Jefferson Band Parents. Maybe you talked to her at the Paul Darling insurance agency. More recently, you might have met her at Echo Hill Presbyterian Church.

However you've known her, she'd love to hear from you! Send those cards and letters to:

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ANNIVERSARY



Happy Anniversary Ben and Kelsey!!

Wow! Seven years have flown by. You're such a beautiful couple. We wish you a lifetime of love, good health, happiness, and prosperity.

All our love,
Dad, Mom, Joseph, and Grandma

DAYS TO REMEMBER



Happy 90th Birthday

Don Roquet will celebrate his 90th birthday July 3, 2023. Greetings may be sent to:

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Keystone, IA 52249
Go, Panthers!



Happy 50th Anniversary, Mom and Dad!

Bill and Nancy Williamson will celebrate their 50th Anniversary on June 30. They were united in marriage June 30, 1973 at St. Mark's Lutheran Church in Cedar Rapids.

Love,
Bret, Kelly, Josh, Olivia, Lily, Nibbles and Merlin

Milestones Deadline

Deadline for the **July 9th** Milestones is **noon on Friday, June 30**

DAYS TO REMEMBER



Happy 70th Birthday to Beverly (Sida) Poduska

Wishing you all the best to come!

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Happy 90th Nancy Boies

Nancy's life has been filled with good friends and family. Please help her celebrate by sending a card or memory to:

Keystone Care Center
Nancy Boies, Rm 354
250 5th St.
Keystone IA 52249

Mom, we have been blessed to have you in our lives and love you very much!

Happy 90th Birthday!
Love, Your Kids, Grandkids, & Great-Grandkids



90/90/68

Don turned 90 on June 2nd
Judy will turn 90 on July 1st

On June 25th they celebrate 68 years of marriage. A small family gathering was held to celebrate their long life together! Happy birthday and congratulations from your family.

Mike (Patti), Mark (Patty), Matt (Barb), Martin (Maria),
4 grandchildren and 7 great-grandchildren



Chase Hartson turned 10 on June 23rd

Happy Blessed 10th Birthday Chase. We can't believe you have turned double-digits. You are growing up so fast. We are so proud of all you have accomplished so far. Especially in all your activities. You keep pushing forward and keep God first. And you will continue to go far. Hope you enjoyed your Birthday. We love you!!! Papa & Mema



Happy 103rd Birthday Pauline Olinger

Her family, Bob (Judy) Olinger, Susan (Dick) Housman and Barb (Joe) Trumm, her eight grandchildren and 17 great-grandchildren would like to honor her with a card shower on her birthday June 22.

Please send cards and memories to:
2981 Roosevelt St., Alburnett, IA 52202

HOME+GARDEN



Update bookshelves with fabric, a less expensive alternative to wallpaper. (St. Louis Post-Dispatch)

Cheap transformation

10 ways to get a nicer home with just \$20

By Annie Midori Atherton, Washington Post

I've always hated flipping on a bright light first thing in the morning. Until recently, I assumed there was nothing to be done about this — at least not without buying a new bedside lamp or paying an electrician.

Then I read that I could simply get a cheap dimmer that attaches to any old lamp. Now, when I wake up, I slide it to the lowest possible brightness and sip coffee in groggy peace. For \$20, I significantly improved how I start each day.

My dimmer-DIY was a lightbulb moment (bad pun intended). It got me thinking of all the other easy fixes that could probably make our apartment more comfortable or attractive. Home decor and DIY experts confirmed I was right: Here are 10 ways to upgrade your space for \$20 or less.

UPGRADE YOUR LIGHTING

As I learned with the table lamp dimmer, lighting can seriously affect your mood. Adding it to my lamp was simple: I just plugged it into the wall outlet, then plugged my lamp into it, like you would with an extension cord.

Or, try trading a regular bulb for a smart lightbulb, whose brightness and temperature you control through your phone (no special smart home system required). Monica Benavidez, the interior stylist behind DIY blog *Monica Wants It*, recommends the kind by Bulbrite that costs about \$18 each (or less if you buy a pack of several). "If I'm crafting, I want the brightest and coolest setting, but when I'm working on my blog in the evenings I prefer warm, dim light," she says.



Many large museums, such as the Metropolitan Museum of Art and the Smithsonian, include downloadable public domain art on their websites that's free to anyone. Use those prints to create your own gallery wall. (Handout)



ABOVE: To wrangle keys and other household ephemera, try buying decorative boxes. (Pittsburgh Post-Gazette)
LEFT: Get a plant or two. Research shows that houseplants can make us feel happier and more peaceful. (Dreamstime)

Hydrangea lovers should prepare for a colorful summer

By Norman Winter,
Tribune News Service

I would like to invite hydrangea lovers everywhere to the dance. It's not a big dance, but after last winter, I know you will love it.

Let me explain.

In the South, but really much of the country judging by Facebook, Mother Nature gave hydrangeas the one-two punch.

First was a December arctic blast, followed by the warm-up, and another shot of the deep freeze in March after leaf development. Every one of us gardeners and trained horticulturists went back to school. The most common and best technique was do nothing; read the leaves. Let them tell us when and where to prune, and in some cases when to surrender, cut back and hope for some blooms.

This was generally across species too: macrophylla, serrata, paniculata and arborescens. In many cases we were surprised by which ones were hurt. This wasn't a reflection on cold hardness as much as it was the stage of growth when the last freeze hit. But it also has been a surprise that our treasured shrubs still had a lot of blooms left in them.

Mine got hammered too, but there were six good surprises. They were Let's Dance Arriba and Let's Dance Sky View. I have three plants



Let's Dance Arriba hydrangea is a compact mounded selection with the potential of reaching 3 feet tall and wide. It has florist-quality blooms and is partnered here with Fluffy, a gold western arborvitae. (Norman Winter photos/TNS)

of each, and they were clear winners, showing no winter issues. They are both compact and appear to be effervescent, no bubbles, but with new blooms.

Let's Dance Arriba reaches 2 to 3 feet in height and width and is

known as a prolific rebloomer. At my house, I have it incorporated with Rainbow Rhythm Sound of My Heart daylilies and partnered with three fluffy golden western arborvitae, which makes a dreamy combination.

Let's Dance Sky View

is making its debut this year. It is similar in height to the Arriba but has a slightly wider potential of 4 feet.

It is a hybrid between macrophylla and serrata species, with the ability to take the tough conditions of a winter in Michigan,



Let's Dance Arriba with Rainbow Rhythm Sound of My Heart daylilies.

yet thrive in the South, too.

I'm using these in a different location. It is shadier there, and they are grown in combination with hostas, impatiens and other hydrangea varieties. They, too, are prolific bloomers, giving me confidence that this is going to be a long, colorful summer.

Let's Dance hydrangeas need organic, rich, well-drained soil, absolutely no bogs. If they bloom on new wood, it stands to reason we need to encourage growth

with fertilization. This means giving a rose-type blend in early spring and again in late spring. In the South, where our season is longer, a mid-summer application also is beneficial. In all areas, we do want dormancy to occur as normal.

The series will increase next year with the debut of Let's Dance Lovable. This one will be larger, with potential of reaching 4-by-4 feet. As the name suggests, you'll love its intense coloration, reblooming habit and disease resistance.

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HOME+GARDEN

Understanding the differences between cluttercore and clustercore

By Katie Laughridge,
Tribune News Service

When it comes to home design, two seemingly similar concepts have gained attention in the online world in recent years: cluttercore and clustercore.

While they share similarities, a few key differences set them apart. Cluttercore and clustercore represent two contrasting philosophies when it comes to organizing and displaying personal belongings.

Ultimately, both cluttercore and clustercore offer unique ways to infuse personality and creativity into home design, allowing you to express your individuality through your living spaces.

WHAT IS CLUTTERCORE?

Cluttercore finds beauty in the chaos, embracing the idea that a space can be filled with items that bring joy and nostalgia. It encourages a sense of comfort and familiarity, where every nook and cranny tells a story. Cluttercore enthusiasts often prioritize sentimentality over minimalism, allowing their homes to become a reflection of their personal journeys and experiences.

Functionally, it embraces a more haphazard approach, where an abundance of objects and knickknacks are intentionally scattered throughout a space, creating a cozy and lived-in atmosphere. It celebrates the beauty of imperfection and embraces the sentimental value of personal belongings.

WHAT IS CLUSTERCORE?

On the other hand, clustercore takes a more curated and intentional approach. It involves grouping objects and decor in deliberate clusters, creating captivating focal points that draw the eye and tell a story. Clustercore strikes a balance between showcasing personal items and maintaining a sense of order. It encourages thoughtful curation and careful placement to achieve a harmonious and visually striking space.

Clustercore enthusiasts pay attention to the relationship between objects, considering color schemes, textures and shapes to create a cohe-



To achieve a clustercore look, it's important to strike a balance between intentional curation and visual appeal. (Handout photos)



Creating a cluttercore look in your home involves embracing imperfection and creating a space filled with cherished objects and personal mementos.



Clustercore strikes a balance between showcasing personal items and maintaining a sense of order.

sive and aesthetically pleasing arrangement. Each cluster becomes a focal point within the space, capturing attention and inviting exploration. It encourages a mindful approach to showcasing personal belongings while maintaining balance.

RE-CREATING THE LOOKS AT HOME

Creating a cluttercore look in your home involves embracing imperfection and creating a space filled with cherished objects and personal mementos. Start by curating a collection of items that hold sentimental value or evoke happy memories. They could be vintage trinkets, family heirlooms or quirky finds from flea markets.

Embrace the concept of organized chaos by strategically placing the objects throughout your space. Avoid strict organization and instead allow your belongings to be casually scattered and displayed on shelves, tabletops and even walls. Embrace an eclectic mix of textures, colors and patterns to add visual interest and depth. The key is to create a space that feels cozy and filled with stories.

To achieve a clustercore look, it's important to strike a balance between intentional curation and visual appeal. Start by selecting a few key items that hold sentimental value or reflect your personal interests. They could include cherished photographs, vintage treasures or artwork. Next, consider the

composition of your clusters. Arrange items in groups of varying sizes, heights and textures to create visual interest. Experiment with different arrangements until you find a configuration that feels harmonious and visually captivating. Don't be afraid to mix and match different styles and eras to add depth and character to your clusters.

Remember to consider the surrounding space and ensure that the clusters complement the overall aesthetic of the room. By curating thoughtfully arranged clusters, you can create striking focal points that tell a story and infuse your home with the enchanting allure of clustercore.

I am continually inspired by how these

design philosophies can transform a space. Cluttercore celebrates the joy that comes from surrounding ourselves with cherished belongings, while clustercore invites us to curate intentional arrangements that captivate the eye. Both styles offer opportunities for self-expression and creativity in home design.

Whether you prefer the cozy chaos of cluttercore or the curated compositions of clustercore, the styles remind us that our homes are not just spaces, but reflections of our personalities and journeys. So let's embrace the allure of clutter and the art of clustering as we design spaces that truly feel like home.

How can I stay safe during outdoor entertaining?

Ask Angi

The late spring and summer months herald an excellent time for outdoor entertaining and fun cookouts. But nothing ruins a good time faster than injuries or damage. Follow these summer safety tips to ensure a happy and danger-free experience.

KEEP A FIRE EXTINGUISHER EASILY ACCESSIBLE

If you're using any fire outside, including a grill, fire pit, tiki torches or anything else with flames, you want a fire extinguisher nearby and ready to use. Make sure it's in an easily accessible place and that everyone in the family knows where it is and how to use it. Check the pressure gauge regularly and recharge or replace it as needed. Never leave a burning fire unattended; sparks and fire can spread quickly when you're not looking.



If you're using fire outside, including a grill, fire pit, tiki torches or anything else with flames, you want a fire extinguisher nearby and ready to use. (Dreamstime)

MAINTAIN GOOD OUTDOOR LIGHTING

Even if you think you know your way around your yard at night, you could easily lose track of your surroundings

or trip over an unexpected yard tool, toy or other debris in the dark. Ensure your outdoor lighting is in good shape and keeps the area well-lit. Not only is it safer, but it also contributes to a more inviting

environment.

STAY SAFE AROUND WATER

If you have a pool, you probably already know these rules, but it's also essential to stay safe around koi ponds, fountains or other outdoor water features. A small child can drown in as little as 1 inch of water, so you should take this seriously. Install fencing around water features and consider adding an alarm that will sound if something or someone falls into the water.

BE CAUTIOUS WITH ELECTRICITY

Outdoor electrical features such as televisions, sound systems and other entertainment devices have become popular in recent years. Ensure that any electricity you use outside is up to code. All outdoor outlets should be GFCI outlets, which include built-in circuit breakers to shut off in the event of a surge. Installing

conduits and wiring outdoors — for example, to power outdoor lights — requires complex specifications for safety. Unless you are experienced with electrical code, leave outdoor wiring to the professionals.

KEEP YOURSELF AND YOUR FAMILY HEALTHY

Don't overlook the basics. Wear sunscreen during the daytime and use bug spray to keep away annoying or stinging pests. Keep a first aid kit handy in the event of unexpected injury. And, of course, stay hydrated. It's easy to forget how important water is to staying healthy in summer.

WATCH OUT FOR THE WEATHER

Even on bright sunny days, weather can change quickly in the summertime. Keep an eye on weather reports and take them seriously. Be ready to take shelter in a sudden rainstorm, lightning, tornado or other severe weather.

The most energy-efficient way to cool your home

By Kendra Pierre-Louis,
Bloomberg News

It's getting hot out there. Already this year, people in Thailand, India, Puerto Rico and even Portland, Ore., have experienced record high temperatures, straining power grids and public health. To deal with the heat, more and more people are turning to an obvious solution: air conditioners.

Balmy Seattle, for example, was once the least air-conditioned city in the U.S. — but after years of sweltering temperatures and wildfire smoke, the city lost its crown. More than half of Seattle homes were air-conditioned in 2021, up from around a third in 2013. Worldwide, the number of AC units increased by 267 percent between 1990 and 2022, according to data from the International Energy Agency, which anticipates another billion air conditioners by the end of this decade.

As air conditioning cools our homes, it helps to warm the world. In cities, AC amplifies what's known as the Urban Heat Island effect, whereby a preponderance of heat-absorbing surfaces, like concrete and roads, makes cities hotter. The refrigerants in air conditioners, particularly hydrofluorocarbons or HFCs, are potent greenhouse gases, and the electricity used to run AC, at least for now, often comes from fossil fuels. Air conditioners are responsible for around 4 percent of global greenhouse gas emissions, and extreme heat will send that share higher.

This doesn't mean we should forgo using air conditioning out of some sense of stoicism. Excessive heat can cause heart attacks and stroke, and can even be fatal. (One study found that, since the 1960s, air conditioning in the U.S. has reduced heat-related mortality by 75 percent.) But we do need to be smarter about how and when we use air conditioning. Here are some tips on how to stay cool while re-



Air conditioning units at an apartment complex in Austin, Texas. (Bloomberg News)

ducing the environmental impact of your AC.

STAY COOL, LITERALLY

There are things you can do to stay cool before even looking at your AC unit.

As temperatures climb, limit how much time you spend outdoors during the sunniest time of day (usually around noon) and the hottest time of day (usually between 3 and 5 p.m.) Wear light clothing that breathes: linen, lightweight cotton or even lightweight wool. If you have to go out, avoid strenuous exercise — stroll, don't run — and consider going old-school with a parasol or sun umbrella. Stay hydrated with cool and cold drinks and foods, but don't go crazy with the frozen margaritas: Alcohol can make it harder for your body to regulate its own temperature.

MAKE SURE YOUR AC IS THE RIGHT SIZE

Bigger isn't always better, especially when it comes to air conditioners. An oversized AC unit doesn't just use more electricity than necessary — it also costs

more money for less comfort.

That's because air conditioners don't just lower temperatures, they also remove moisture. An oversized AC will cool a space quickly, but it also leaves behind humid air. You might find yourself lowering the temperature even more to boost comfort, which requires even more power. Large AC units also turn on and off quickly, leading to a truncated cooling period known as short cycling. This adds to the wear and tear on your unit, causing it to burn out more quickly.

You can avoid all this by buying an appropriately sized air conditioner. For window AC units, the U.S. government's Energy Star efficiency program has a helpful size guide. If you have central AC, Robert Bean, a fellow at the American Society of Heating, Refrigerating and Air-Conditioning Engineers, says it's best to hire an expert to do what's known as a Manual J Calculation. It's a formula that factors in everything from building size to insulation levels to give an accurate

measurement of cooling needs.

DON'T ADD EXCESS HEAT

If you're running the AC to stay cool, it's not the best time to, say, bake bread or roast a chicken. That's just adding extra heat to your home that the air conditioner will have to work harder to remove.

"If you have to generate heat, isolate those rooms, if you can, that are sources of heat and moisture," Bean says.

In other words if it's hot in the kitchen, you might cordon it off from the rest of your home with a thermal curtain.

COOL PEOPLE, NOT SPACES

This is easier to do with window AC units, which is one reason research has found those units tend to use less electricity than central air. If you can avoid or limit cooling unoccupied spaces (or intermittently occupied spaces like bathrooms) by closing doors and vents, it can reduce energy consumption and in turn costs. Ditto turning the AC off entirely when you aren't

home. For central air conditioning, smart thermostats can help control when and how you cool. Some window AC units also come with software that allows for a similar level of control.

CONSIDER A FAN

We feel cooler on breezy days because fast-moving air helps remove body heat. Fans basically mimic a breeze while using about 1 percent of the electricity of an AC unit.

The EPA's Excessive Heat Events Guidebook warns against relying on fans alone when the heat index is above 99 degrees Fahrenheit, but that doesn't mean there's no use for fans in that kind of heat. Using a fan in combination with air conditioning lets you set the AC at a higher temperature — say, 78 degrees instead of 75 degrees — and still feel comfortable, while also using less energy.

CONSIDER UPGRADING YOUR AC

According to the U.S. Department of Energy, if your air conditioner dates back to the 1970s, you can cut its energy

use in half by upgrading to a newer model. Even if your air conditioner is only 10 years old, you might save 20 percent to 40 percent on cooling costs by upgrading. Stick to energy-smart models, and pay close attention to their estimated costs: Forging over a little more cash upfront can bring significant savings in the long term. You might also consider a heat pump, which despite its name cools in addition to heats your home.

RETHINK THE DESIGN OF YOUR HOME

"Air conditioning is a response to bad architecture," Bean says. "If you look around the world, and you look at vernacular architecture (in places like) Bangkok, Hawaii, Florida, the Middle East ... if you go back in time, the inhabitants of those places survived without air conditioning."

Much of modern home design ignores where a home is built — a town house in Florida looks a lot like one in Massachusetts, even though these places have quite different climates. Most homes also are designed with the assumption of artificial heat and cooling, which exacerbates reliance on mechanized temperature control.

Approaching building design with temperature in mind can mean, for example, reducing how much sun hits a structure in the first place. Bean notes that before the rise of central heating and AC, architecture employed all kinds of structural techniques to reduce heat naturally.

"They kept the sun off the building (or) built large rooms that allowed for nighttime ventilation," he says. "In moist climates — Thailand is a good example — they built the houses off the ground so they didn't get wet."

Of course, few people can rebuild their homes from the bottom-up. But pre-AC techniques can be applied in other ways, too, like by giving rooftops reflective coatings or installing exterior shades to block sunlight.

How to pick the right air purifier as wildfires rage

By Andrew Jeong,
Washington Post

As wildfires ravage Canada, smoke has drifted south into the United States and blanketed skies with an orange-brown haze. The unusual scenes prompted officials to issue a Code Maroon warning — the highest for air pollutant hazards — in many parts of the northeastern United States. The Midwest also has experienced hazy skies.

In addition to wearing a mask, staying indoors and upgrading your home's HVAC filters, you can try a portable air purifier, also known as an air cleaner, to reduce hazardous pollutants inside your home.

Here's what you should look for in an air purifier.

HOW DO AIR PURIFIERS WORK?

Air purifiers are designed to clean the air in a single room, using



Coway: Airmega200 air purifier. (Coway)

filters or electronic air cleaners to remove particles, remove gaseous air pollutants or kill microorganisms.

Studies have shown that the fine particles known as PM2.5 — which make up most of the particles in the wildfire

smoke — can be reduced by the use of portable air purifiers.

The best purifiers have a HEPA filter and a large fan that can push air through a fine mesh to trap particles, the Washington Post has reported. Models with a

carbon filter can absorb odors and reduce the smell of smoke indoors.

The U.S. government has not established any standard to determine how well an air cleaner works, other than that used by the military, the Environmental Protection Agency says. There also are standards set by trade associations.

"Standards for air cleaners now focus only on particle removal," the EPA says. No standards assess "the comparative ability of air cleaners to remove gaseous pollutants or radon and its progeny."

WHAT DO HEPA AND MERV MEAN?

HEPA stands for "high-efficiency particulate air" and refers to a type of pleated mechanical air filter, according to the EPA. These air filters can theoretically remove more than 99.9 percent of airborne particles with a size of 0.3 microns. "Particles that are larger or

smaller are trapped with even higher efficiency," the EPA says.

MERV stands for "minimum efficiency reporting values," meaning a filter's ability to capture particles between 0.3 and 10 microns. You could see a MERV rating from 1 to 16. The higher the value, the better the filter is, according to the EPA.

HOW TO CHOOSE THE CORRECT SIZE

Look at the air purifier's clean-air delivery rate, or CADR. The higher this number, the more particles the purifier or cleaner can filter and the larger the area it can serve, the EPA says. Presuming a ceiling height of 8 feet, the EPA recommends devices of a minimum CADR of 65 for a 100-square-foot room.

This increases in proportion to the surface size of the room, meaning the EPA advises a minimum CADR of 130 for a 200-square-foot

room, a CADR of 195 for a 300-square-foot room and so on.

CAN YOU MAKE YOUR OWN?

Yes, you can fashion an air purifier with four 20-by-20-by-2-inch MERV-13 air filters, a 20-inch box fan, good scissors, duct tape, pen, measuring tape and strings.

First, duct-tape your filters into a cube-like shape, ensuring the "air flow" arrows are pointing inward. Also, make sure the pleats are vertical.

Next, secure a cardboard sheet that matches the size of the bottom of the cube, to serve as a base of the purifier. Attach the cardboard to the bottom of the filters with tape.

After that, put the fan on the opposite facet of the cube (or the top of the cube). Ensure there are no gaps between the fan and the inside of the cube. Put duct tape over any gaps.

HOME+GARDEN

Dos and don'ts of using home security cameras

By Heather Kelly, Washington Post

Private cameras are supposed to make people feel safer. The small internet-connected devices can be mounted outside your home to deter or record potential criminals, or inside to keep an eye on pets or elderly parents.

Those same cameras can also put the people who own them at risk. They're vulnerable to hacks and can collect personal data, and their sensitive footage can be mishandled by companies or their employees.

The Federal Trade Commission recently asserted that the camera maker Ring allowed employees to access videos of customers and failed to use adequate security measures to protect the cameras against hacking. Amazon bought the company in 2018, and most of the problems took place before the acquisition. (Amazon founder Jeff Bezos owns the Washington Post.)

"Ring promptly addressed these issues on its own years ago, well before the FTC began its inquiry," Ring spokeswoman Emma Daniels said in a statement. "While we disagree with the FTC's allegations and deny violating the law, this settlement resolves this matter so we can focus on innovating on behalf of our customers."

The safest option is not to install cameras at all. But if you want to use them, here are steps you can take to do it safely.

WHAT TO LOOK FOR BEFORE YOU BUY A CAMERA

On Amazon alone, there are more than 40 brands of home security cameras from which to choose. Try to use a brand that is reputable and is owned by a company you've heard of or can easily research. The biggest players are associated with names you know, among them Nest (Google), Ring or Blink (Amazon), and product lines from Panasonic and General Electric. Other players include Arlo, SimpliSafe, Wyze Labs and Anker's Eufy.

Beware of unknown brands. You can find many cheap, oddly named knockoff cameras, but these will carry the biggest security risks. Something like Ring may have had more high-profile issues, but it also has the budget, backing and motivation to remedy problems properly.

"No company is going to have a perfect track record, but you want someone who is vetted and is going to take the issue seriously," says Jake Laperruque, the deputy director of the Center for Democracy and Technology's Security and Surveillance Project.

Make sure each camera has a light that lets you know the gadget is on, and look for a physical cover that can go over the camera vs. trusting that the software has turned it off. If you're buying a more niche product, such as a camera designed just for monitoring pets, it should be equally secure.

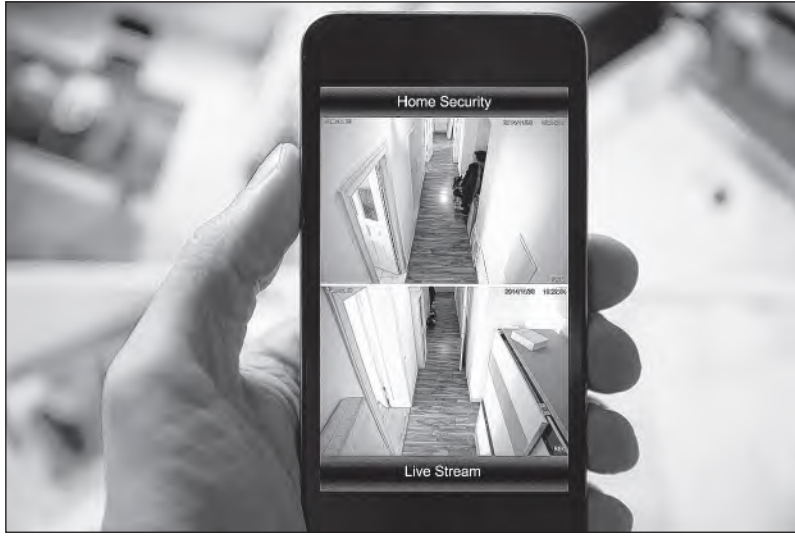
TURN ON END-TO-END ENCRYPTION

The most important feature if you're interested in security is end-to-end encryption for your footage. This should mean that your files can't be viewed by the camera company or even law enforcement if subpoenaed, and that it's monumentally harder for hackers to access them. You'll want to confirm that the files are encrypted on the servers where they're backed up and that the company does not have the key to decipher them.

Although encryption has become more common across the industry, many companies do not turn it on by default. You'll need to go directly to your settings after setup and make sure you've enabled it.

CHANGE THE DEFAULT PASSWORDS

Many security devices and even routers come with default passwords set up. Change this immediately to a unique strong password that you, hopefully, store safely in a password manager. Change any default user name provided. Finally, turn on multi-factor authentication



A mobile phone helps monitor activity at your house while you're away. The reality is that cameras don't always deter criminals and police don't always use footage to try to track them down. (Dreamstime)

for the account you use with the camera, meaning you will have to enter a confirmation code from a text or app when logging on from new devices.

SAVE TO YOUR OWN SERVERS, SET UP SEPARATE WIFI NETWORK

If you are using many internet-connected smart home gadgets, consider setting up a second WiFi network just for them, says Ellen Boehm, the senior vice president for IoT Strategy & Operations at the cybersecurity company Keyfactor. She says the easiest way for hackers to get into your home network is through the weakest device you own — an old smart doorbell or a smart light that hasn't been updated in years. By keeping those devices on a different network from your computers, televisions and phones, you limit damage from a hack.

If you have the know-how and are extra cautious, you can set up cameras to record to your own server at home instead of the cloud. You are in control of a server you own instead of relying on third-parties to use the proper security measures or procedures for dealing with law enforcement.

"The gold standard is what it was a generation ago, if you had a private security camera, it probably backed up to a VCR in your garage," says Matthew Guariglia, a senior policy analyst at digital civil liberties group the Electronic Frontier Foundation. He says private servers are the modern version of that and let you control your footage.

IMAGINE THE WORST WHEN CHOOSING WHERE TO PLACE CAMERAS

It can be tempting to put cameras in every room, to check in on your children when you're running late or to see where your cat is right now. Since no camera, or technology, is 100 percent safe from risk, avoid putting them anywhere where they could capture sensitive footage.

If video from your kitchen leaks, that might not be too big of an issue. If a camera is pointed inside your bathroom or children's bedroom, however, that footage could fall into the wrong hands and be posted or traded online, or even used for blackmail.

Instead of putting a camera where it can record an entire room, place it where it can monitor entrances and exits. That's the information you're more likely to want if you're using the camera for security.

"If you're worried about someone passing into a room, think about the pass-through — that view," Boehm says. "There's one door you need to know if they go in or out of."

KNOW HOW TO DEAL WITH THE POLICE

It makes sense that, at some point, law enforcement may want access to footage captured by one of your cameras. If you are the victim of a crime or trying to help a neighbor who was, you can send any clips directly to the police. Do not grant law enforcement access directly to your camera or account. Instead, offer to download the file and email it to an officer.

"Make sure you are only handing over something very

specific and you know what it is and why they want it," says the CDT's Laperruque.

If law enforcement is looking for footage that you are not comfortable or interested in sharing, know your rights. They cannot obtain it without consent or a warrant.

"Warrants exist for a reason. If police want to come look at the footage and they have a good reason for it, a judge will grant them a warrant," Guariglia says.

Many camera companies have special programs that can give law enforcement emergency access to camera footage. However, if your files are truly end-to-end encrypted (see above), law enforcement would not be able to access them without going to you.

DON'T BE THE CREEPY ONE; TELL PEOPLE ABOUT YOUR CAMERAS

Make sure everyone in the house is aware of where your cameras are and when they are on. You should tell any elderly relatives if you are monitoring them, let children know as soon as they're old enough to understand what a camera is, and always inform guests, especially if they are staying with you.

Use smart home apps or a camera's own settings to disable cameras when certain people are home, so you are recording only when the house should be empty.

MANAGE EXPECTATIONS FOR WHAT A CAMERA CAN DO

The reality is that cameras don't always deter criminals and police don't always use footage to try to track them down.

"If cameras prevented crime, we wouldn't have so much footage of crime happening," said the EFF's Guariglia. "There's no evidence that having a camera prevents crime."

Being realistic can help you balance your security needs with the downsides of having microphones and cameras in your private spaces.

Instead of more cameras, you can add less-invasive security features such as motion activated floodlights, strong locks and an on-call alarm system that will summon law enforcement when triggered.

ASSUME EVERYONE ELSE'S CAMERAS ARE NOT SECURE

It's not just the cameras you buy and install yourself. If you've left your home today (and no judgment if you haven't), there's a good chance you were captured on multiple security cameras. Maybe it was your face in the drugstore or your phone conversation as you walked by a neighbor's front door.

Just because you follow best practices doesn't mean neighbors, businesses or local governments do. Proceed with caution, even if it's just to grab some milk at the corner store.

If you're staying at a hotel or short-term rental and are worried that cameras might be in use, you can take a few precautions. Inspect any devices such as alarm clocks, fire alarms and similar devices for hidden cameras, unplug anything that makes you nervous or that has an obvious camera. Look for suspicious WiFi network equipment, and if you're especially concerned, you can disable the host's WiFi while you are there.

Transformation/Find deals on things like paint, fabric, artwork

► FROM PAGE 1M

MAKE OVER LIGHT SWITCHES

You might not realize it, but switch plates (the covers over light switches and outlets) can visually clutter up a wall. To streamline them, Lauren Comer, of home decor blog Pinch Plate Party, suggests swapping in the kind that conceal the screws, which you can find for under \$5 each. With a bigger budget, you could also choose a color that better matches the room — for instance, replacing white with brass.

FEATURE MUSEUM ART

Many large museums, including the Metropolitan Museum of Art and the Smithsonian, include downloadable public domain art on their websites that's free to anyone. Just be sure to download a high-resolution version so it won't be blurry when printed.

"Once I find art I like, I print posters using a one-hour photo service to create my own art for super cheap," says Benavidez, who has printed 16-by-20-inch images for as little as \$8. "Then, I use thrifted frames to create a gallery wall. It's a great way to get high-end looking art."

MAKE OUR OWN GIANT ART

Extra-large art can get expensive, but you can make your own using little more than wood furring strips (long, flat pieces that cost a couple dollars apiece at hardware stores), and — of all things — a shower curtain.

To start, use four 1-by-3-inch furring strips to build a frame, says Cara Newhart, an interior designer and host of the Make Space podcast. She suggests using a miter box to make it easier to cut the strips in a straight line (or try asking an employee at a hardware store to cut them for you). From there, you can attach them together using staples and a \$5 bottle of wood glue. Next, stretch the shower curtain over the frame and staple the edges.

ADD DECORATIVE TRAYS OR BOXES

To wrangle keys, mail and other household ephemera, interior designer Cassandra LaValle suggests buying decorative boxes or trays. Visual clutter can contribute to stress, but having nice places for everyday items helps keep the chaos at bay. While small storage solutions, sometimes called "trinket dishes," are cheap at large retailers, you can also find unique pieces at thrift stores. Vintage candy bowls, for instance, make elegant holding places for jewelry and toiletries such as cotton balls or Q-tips.

ADOPT A PLANT

Research shows that houseplants can make us feel happier and more peaceful in our homes. Though large or rare plants tend to get pricey, more common types — such as pothos and snake plants — can easily be found for under \$20. Research care instructions in advance to choose a variety that will thrive in your space.

Or maybe you have a plant that just needs a snazzier home. Retailers such as Target and Ikea have a host of stylish planter options for under \$20.

GET CREATIVE WITH DISCOUNTED PAINT

Home improvement stores such as Home Depot and Lowe's often sell "mistint" paint at a steep discount. In many cases, these paints have been returned by customers who realized they'd chosen the wrong color.

"It's kind of a crap shoot in terms of what will be available, but they're definitely worth checking out," says Benavidez, who has used this strategy to buy a gallon of paint for \$15.

Depending on the cost, you might be able to coat a small accent wall for under \$20 (use a paint calculator to estimate how much you'll need). You could also paint a door or trimwork, or an old piece of furniture.

REFRESH CABINET HARDWARE

While cabinet knobs and handles range widely in price, Benavidez says you can update your existing hardware using only spray paint.

She transformed the chrome drawer pulls in her bathroom with gold paint that she usually finds at Walmart or Home Depot for \$6 to \$8. Before painting, she sprayed all the chrome parts with heavy-duty primer, letting them dry by a fan for 20 minutes. Then she applied a light coat of gold, let it dry, and repeated the process a few more times.

"That's a quick afternoon project that can make a big impact," she says. "It still looks great five years later."

ADD PATTERN WITH FABRIC

To add a jolt of pattern to a relatively small surface area, such as an accent wall or the inside of a bookshelf, try fabric as a less expensive alternative to wallpaper.

Lifestyle blogger Amber Oliver used a floral print she found at JOANN Fabric and Crafts for a wall in her former home office. To attach the material, she sprayed Elmer's Craftbond Spray Adhesive directly onto the wall, then had a friend help her carefully spread the fabric over it. In a few spots, Oliver added staples to keep edges in place, but she says one benefit of such a busy print is that it hides imperfections.

Another perk of choosing fabric over wallpaper: It's easier to remove. Oliver says her accent wall held up for several years before she moved, at which point she peeled the fabric off without leaving a mark. Though this specific project cost about \$40, she has used the method on the interior of a bookshelf for less than \$20. And, of course, the cost of fabric varies widely, so you can decide how much or how little you want to spend.

MAKE WALLPAPER FURNITURE

DIY blogger Carrie Waller loved the vintage end table she'd found secondhand, but not its sponge-painted top, so she covered it with about \$5 worth of peel-and-stick wallpaper.

She sanded down the painted surface, then cleaned it with tack cloth and a dry towel. (If your tabletop is smooth already, you could possibly skip these steps.) She applied the wallpaper, using a wallpaper smoothing tool to get rid of air bubbles and a handled razor blade to trim edges. She says it took only about 30 minutes to transform the table.

How to keep pets safe from wildfire smoke hazards

By Kim Bellware,
Washington Post

As wildfire smoke from Canada drives air pollution to record-high levels, prompting air quality warnings and cancellations of outdoor events, humans aren't the only creatures vulnerable to health hazards.

Veterinarians and animal health experts say for pet owners, the simplest thing to remember during an air quality crisis is that if you have to go indoors, your animals probably do, too.

"Just like people, animals that are very young or elderly, or have existing respiratory issues, those are the most vulnerable," said veterinarian Lisa Lippman, who directs virtual medicine for Bond Vet, a New York-based company that operates clinics across the Northeast.

"Anything that breathes, that has lungs and a heart," is going to be prone to respiratory effects and smoke inhalation, Lippman said. Birds and flat-faced breeds of cats and dogs are particularly vulnerable, she noted, adding: "If you have a bird, shut the windows."

Here are a few basic guidelines to keep animals safe from wildfire smoke:

LIMIT EXPOSURE

The best way to protect your pets is to limit their exposure to the smoky outdoors until air pollution returns to safe levels, Lippman said. If pets have to go outside to relieve themselves, keep the breaks short and nix vigorous activity and prolonged walks, Lippman added.

For pets used to more outdoor exercise, she said now is the time to focus on "boredom busters."

"Brain games inside are going to be really important — having mental stimulation is often just as important as physical stimulation," Lippman said, suggesting food



A smoky haze from Canadian wildfires is seen June 14 enveloping Minneapolis. (Minneapolis Star Tribune)

"Just like people, animals that are very young or elderly, or have existing respiratory issues, those are the most vulnerable."

Lisa Lippman, veterinarian

puzzles, games and training exercises.

USE AN AIR FILTER

If you haven't been using an air filter since the peak pandemic times, dust it off and turn it on for your pet's sake. Lippman suggested using HEPA filters for fine particles, but there's no need to go so far as outfitting your pet with a mask.

In her own home, Lippman said she's put her 12-year-old Rhodesian ridgeback dog in a room with a HEPA filter. And while humans might reach for a N95 mask, it's

not something Lippman said she typically recommends for animals.

"They do exist, but we don't recommend them because they tend to panic animals, which makes them breathe harder," she said.

GOOD VENTILATION

Brian Aldridge, a clinical professor at the University of Illinois College of Veterinary Medicine who studies animal respiratory health, said ventilation is key for good air quality.

"The solution to pollution is dilution," Al-

dridge said. "You want fans and air flow. It's not just a matter of putting animals out of exposure by getting them indoors."

The danger to animals not only comes from the duration of the exposure to polluted air, but also the intensity of the pollution. If animals are in a semi-indoor area such as a pen or coop that can be ventilated, aim for an "air change" every 15 minutes.

"If they're in a limited area, think about fans and air movement and introduction of clean air with toxic air four times

an hour," he said.

For large animals that live outdoors, like livestock, it may not be practical to move them indoors, so look for outdoor spaces where perhaps the wind direction is changing, or a lower point of elevation.

"Even within a garden or a backyard, there are microenvironments," Aldridge said.

KEEP THEM HYDRATED

Smoky air also can be intensely dry, and it's one more instance in which humans can use their own comfort to gauge their animal's needs, Aldridge said.

Smoky air can dry out mucus membranes, which puts the lining of the respiratory tract at greater risk.

"Make sure your ani-

mals are really well-hydrated so their mucous is working well," Aldridge said.

WATCH FOR SYMPTOMS

While it's important to pay attention to the Air Quality Index and warnings from officials about pollution, a pet experiencing irritation from air contamination may show it. Signs include running noses, sneezing, gagging, coughing, weeping eyes and swollen eyes.

Lippman said to pay close attention to any behavioral changes, especially if eating or drinking decreases, and fatigue or weakness.

The American Veterinary Medical Association advises pet owners to contact their vet if they notice signs of distress in their pets.

Tips for saying goodbye to your beloved pet

By Dr. Jerry Klein, American Kennel Club

The overwhelming joy of having pets is unfortunately accompanied by the inevitable sadness that comes with the ending of their lives. As humans, sometimes feeling like parents, we must be witnesses to the death of our family member, our pet. Unfortunately, we are placed in the unique position of having to make a life/death decision of when it's time to say goodbye to our friend, a process called humane euthanasia.

Dogs are creatures of habit. They are perfectly happy doing their daily routine, eating the same food at the same place and time out of their own bowl. They relish going for their daily walk or romp, being with you watching the news and waiting until it's time to go to bed at the same time every night, only to wake up the next day and do it all over again.

When age or illness changes that pet's ability to function in a normal capacity and medicine no longer allows a pet their nobility, veterinarians (or sometimes friends and family members) start to discuss with you "quality of life."

The American Kennel Club Chief Veterinary Officer Dr.



A grave marker for a beloved pet at Elmwood-St. Joseph Municipal Cemetery in Mason City. (Globe-Gazette via AP)

Jerry Klein offers the following tips on how to determine when your pet is nearing the end of its life and how to cope.

• **Pay attention to changes in your pet's habits.** Any time a pet starts showing signs that are different for them, whether obvious changes in appetite or thirst, movement or behavior, is a time to consult with your veterinarian. When those signs relate to the ability of your pet living life comfortably in their normal routine, various things need to be assessed.

The most worrisome signs are: consistent changes and inability to breathe normally, inability to eat and/or drink, inability to get up to get to their food or water bowl, or inability to be able to get up so as not to soil on themselves.

• **Comfortability.** Pain is often thought as the ultimate reason to euthanize, and today there are many available medications to counteract discomfort, but at some point, drugs may no longer work. Dogs and cats don't often manifest their pain by crying, especially if

they are in their latter stages and are weak.

• **Ask your vet.** Ask your veterinarian for an opinion on available options. The age, breed and condition of your dog or cat, the financial reality of your situation versus the costs involved in any form of treatment or therapy compared with the benefits and length of time of benefit (if any) that can be offered, will play a part in your decision making.

• **Prepare yourself.** Go over the process with your veterinarian. Try to remember that this difficult decision is being made to ease your pet's suffering rather than your own feelings. When the time comes, it may be useful to have a comforting friend or family member, especially one that may have previous experience with the procedure, come along for emotional support.

It is recommended that owners stay with their pets

during the process, both as comfort to their pets and as some form of closure for themselves. It is best to schedule this at the end of

Unfortunately, we are placed in the unique position of having to make a life/death decision of when it's time to say goodbye to our friend, a process called humane euthanasia.

the veterinarian's workday so that they can dedicate the time and attention you and your pet deserve.

• **Honor your pet.** Various people have different ways to honor their pets: cremation is the most common choice, and the ashes can be stored in a vase in your home or on your property or dispersed over a favorite area of your lost pet. Some choose burial at a pet cemetery or on their own property, if the local laws allow.

Another way of honoring and giving tribute to them is to donate in their name to a meaningful organization, such as your breed's rescue or health fund, or an organization devoted to research in canine health, such as the AKC Canine Health Foundation.

BOOKS

AUTHOR PROFILE | JANE SMILEY

BIG QUESTIONS

Jane Smiley shares her passion for novels, why TV, film can't replace them

By Mark Athitakis, Washington Post

A Pulitzer Prize winner for “A Thousand Acres,” Jane Smiley is an accomplished novelist and a dedicated student of the form. In 2001, the Iowa Writers’ Workshop graduate who for years taught at Iowa State University, took a break from writing her own novel, “Good Faith,” to read 100 others and then write a book about what she thought of them: “13 Ways of Looking at the Novel.”

Her latest book, the essay collection “The Questions That Matter Most,” assembles pieces on a range of topics: motherhood, childhood and, naturally, novels.

The title refers to an essay about how women in literature navigate love and virtue — or, more often, struggle to do so.

“As a reader, and as a writer, I love images and sentences that are so striking that you remember and cherish them,” she writes. “To me, that’s the essence of the novel: the tension between wanting to linger in appreciation of an individual line and wanting to see what happens next. You must move on, if you’re ever going to finish the book ... and yet certain details capture you, slow you, ask you to pause. It’s because of this experience that I love novels most among the art forms.”

She goes on to discuss inspirations, including Willa Cather, “Little Women” and Nancy Mitford. The book also includes her riffs on “Othello” (in which the 16th-century writer Marguerite, Queen of Navarre, gives Desdemona some relationship tips) and “The Metamorphosis” (with a happy ending).

In a video interview from her home in Carmel Valley, Calif., Smiley, 73, discussed the endurance of human writing in the age of artificial intelligence, writing fiction as a mother and her thoughts on retirement.

Q. In the essay “The Most Important Question,” you argue that the novel can’t be replaced by television and film. Is the novelist more threatened today by prestige TV and AI?

A. If everybody says that in five years the only books we’re accepting are AI-generated, I’ll keep writing them anyway. The reason we read novels and non-fiction is that we want to get acquainted with the individuality and the opinions of other people, and I don’t see how AI can do that. It would be fake.

Let’s go back to Jane Austen. Jane Austen was a really interesting woman with a



Pulitzer Prize winning author Jane Smiley, 73, said she’s not ready for retirement. Her latest book, “The Questions That Matter Most: Reading, Writing, and the Exercise of Freedom,” is an essay collection that tackles a range of topics: motherhood, childhood and, naturally, novels. (Derek Shapton)

great sense of humor and a lot of insights — and in some ways for her time, a very unusual life. And so the pleasures of “Pride and Prejudice” and “Persuasion” that draw you in are that you understand her idiosyncratic point of view and that you also understand the world that she lives in. And that’s an incredible pleasure. Is AI going to write another version of “Ulysses”? Possibly, but it won’t have any significance.

Q. In the book, you say that the novelist is always working in a time of turmoil. What’s involved in writing about turmoil?

A. If you’re writing a novel about turmoil, then

you’re writing to make sense of the turmoil. As you think about the turmoil and turn it into a plot, you turn it into a logical analysis of what you see is going on. And then you add the characters and turn it into a story. The thing about the novel is you have to make the logic complete in order for the story to work. The difference in non-fiction is that you’re giving your opinion, and there’s plenty of stuff you don’t know.

Q. How did you come to write the essay about the absence of mothers in fiction, “Can Mothers Think?”

A. When I was pregnant for the second time, it struck me that the experiences

of women in fiction as women — including pregnancy but also other things — weren’t very common. That’s true even in books written by Jane Austen or George Eliot. They had female points of view. But Austen and Eliot, as far as we know, never experienced pregnancy. They delved into the romance bit of it, but they didn’t delve into those other things that you have to do as a woman, especially if you don’t have a servant. The lucky part was that I was living in Ames, and I had access to great child care. And my house wasn’t that far from the school. So I could set aside an hour and a half or two hours a day and actually write something. Which is a real privilege, especially for someone who doesn’t have servants.

Q. What do you make of the current wave of book

bans in schools?
A. Totally idiotic. As soon as you say, “Don’t do this” or “Don’t do that,” pretty soon your kid is up on the roof smoking a cigarette they stole out of your backpack. That’s just the way kids are. The more books that you ban, the more things you tell the child to sneak around looking for. Whereas if, for example, the book wasn’t banned, but it was assigned, that’s when the child might not read it. Children need to read a whole lot of different points of view to understand their own point of view. And as they read all those other points of view, their own ideas about things form themselves.

Q. Perhaps the best-known piece in this book is your 1996 Harper’s essay, “Say It Ain’t So, Huck,” where you call “The Adventures of Huckleberry Finn” overrated and “Uncle Tom’s Cabin” underrated. Do you think the novels are perceived differently now?

A. “Uncle Tom’s Cabin” gets tons of four-and-a-half or five-star reviews. So it looks to me as though more people are reading it. They appreciate it. They understand what (Harriet Beecher) Stowe is getting at, and I think that’s a good thing. But I don’t want to get rid of “Huck Finn.” I want people to read them both and see the difference between them.

The saddest thing about “Huck Finn,” and I think Mark Twain would have agreed with this, is that as Huck and Jim go down the river, Huck can’t focus on what might happen to Jim. So Jim becomes a sidelined character. I say in the essay that Twain set aside “Huck Finn” because he got confused. I think Stowe knew what she was going to do the whole time. She knew she was going to make Tom a very spiritual, decent person who thinks he is going to be saved, but not until after he dies. And Stowe knew that she was going to make the female characters more independent, both in thinking and acting, than they were usually portrayed as being. To me, there’s two sides of “Uncle Tom’s Cabin.” There’s the racial side, but there’s also the side of women learning and women being strong and having to escape. I appreciated both of them.

Q. The book includes a brief tribute to Alice Munro on the occasion of her retirement in 2013. Is retirement something you’re thinking about?

A. Not so far. Am I going to retire, or will I be out-classed by AI? I don’t know. But I’ve still got plenty of ideas, and I still want to keep at it.



DARE TO EXPLORE THIS SUMMER
SUMMER DARE
JUNE 3-JULY 29

The library’s Mobile Technology Lab is on the move! Find us at parks around the city through August 4 for books, games, fun, and a few surprises, too. Register now: crlibrary.org/summer-dare.

Mondays:
Redmond Park, 1545 Third Ave SE, 9-11 am
Jacolyn Park, 198 Jacolyn Dr. NW, 11:30 am-1:30 pm

Tuesdays:
Hayes Park, 1924 D St. SW, 11:30 am-3:30 pm (No visit July 4.)

Alternating Wednesdays:
Cleveland Park, 1600 Eighth Ave. SW, 4:30-6:30 pm: June 7 & 21, July 5 & 19, & Aug. 2
Jacolyn Park, 198 Jacolyn Dr. NW, 4:30-6:30 pm: June 14 & 28 & July 12 & 26

Thursdays:
Hughes Park, 2100 Wilson Ave. SW, 11:30 am-1:30 pm

Fridays:
Bever Park, 2700 Bever Ave. SE, 9-11 am

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140 ANNIVERSARY
1883-2023
The Gazette

BOOKS

4 books with fascinating sci-fi worlds

NATIONAL BESTSELLERS

FICTION

1. "Happy Place" Henry
2. "Cross Down" Patterson/DuBois
3. "Lore Olympus, Vol. 4" Smythe
4. "The Covenant of Water" Verghese
5. "Clive Cussler: Fire Strike" Maden
6. "Identity" Roberts
7. "Lady Tan's Circle of Women" See
8. "Demon Copperhead" Kingsolver
9. "The Paris Daughter" Harmel
10. "Hello Beautiful" Napolitano

NON-FICTION

1. "Pageboy: A Memoir" Page
2. "Prepared" Glover
3. "The Wager" Grann
4. "Culture Shock" Clifton/Harter
5. "Magnolia Table, Volume 3" Gaines
6. "The Anti-Communist Manifesto" Kelly
7. "The Puppeteers" Chaffetz
8. "The Creative Act: A Way of Being" Rubin
9. "I'm Glad My Mom Died" McCurdy
10. "War on Ivermectin" Kory/McCarthy

Publishers Weekly

LOCAL BESTSELLERS

FICTION/NON-FICTION

1. "The Late Americans" Taylor
 2. "To Name the Bigger Lie" Viren
 3. "Swine Republic" Jones
 4. "Good Night, Irene" Urrea
 5. "The Covenant of Water" Verghese
 6. "Demon Copperhead" Kingsolver
 7. "In Sardinia" Biggers
 8. "How Not to Kill Yourself" Martin
 9. "Pageboy" Page
 10. "Poverty, by America" Desmond
- Prairie Lights, Iowa City

By Charlie Jane Anders, Washington Post

One of the joys of reading science fiction and fantasy is discovering a made-up world that feels so rich and well-imagined, you want to stay there forever.

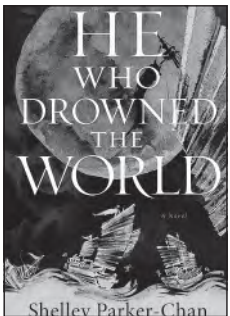
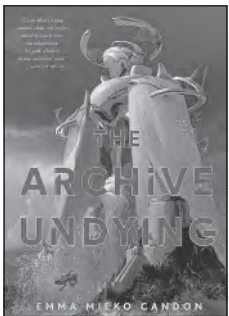
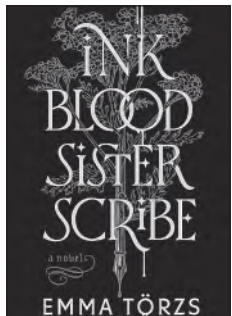
An immersive setting needs more than cool scenery. It has to include a well-thought-out history, rules for how things work and a strong sense of place. If any of those things fail, you're out of luck.

So it's delightful to encounter four new books that take place in fictional worlds that are downright irresistible.

INK BLOOD SISTER SCRIBE

Case in point: "Ink Blood Sister Scribe" by Emma Torzs weaves an intricate mythos around a simple idea: spell books written in human blood. Two sisters, Joanna and Esther, have been separated for 10 years by a mysterious threat, and meanwhile the sensitive Nicholas has been bleeding himself to write more magic books for his uncle. Before you know it, there are mirror-portals, vampire volumes, feuding libraries and a whole secret world hidden inside our own, built around complicated family legacies.

"Ink Blood Sister Scribe" keeps the surprises and twists coming, revealing more hidden



layers (though at times, the back story starts to feel more urgent than the main plot). Through it all, Torzs stays grounded in her characters' emotional lives, including their tangled family relationships but also their love for the books in their care. By the end you'll gladly follow these people anywhere.

THE ARCHIVE UNDYING

If you're craving something more bizarre, "The Archive Undying" by Emma Mieko Candon will drop you headfirst into a dazzling kaleidoscope of weirdness. In Candon's world, AI gods used to rule cities, but now they've become "corrupted," leaving behind giant killer robots (or mechas) and a few human survivors with special powers (called "relics").

You might have to read "The Archive Undying" twice to make sense of the often bewildering plot, but the damaged, tender characters will make it worth your while. Chief among them is Sunai, a chaotic

empath who sleeps with random men, ignores warnings and can never resist opening his heart to people who've already hurt him. (We really need more reckless empaths in our adventure fiction.) Candon laces the whole thing with lovely prose like: "Both their brains are riddled with scars earned by enduring the faithless whim of the universe, hopped up on their ill-advised impulse to survive."

Young women disguising themselves as men to survive a patriarchal world is an age-old trope from antiquity through Shakespeare and into the present. It's natural to wonder: Are these characters transgender or merely doing what it takes to survive? Two recent works treat this ambiguity in rich, thought-provoking ways, while also crafting magical reflections of real-life history.

HE WHO DROWNED THE WORLD

In "She Who Became the Sun" by Shelley Parker-Chan, Zhu Yu-

anzhang stole her dead brother's identity and rose to become the Radiant King in a world based on Yuan dynasty China.

The second half of the duology, "He Who Drowned the World," is even better than the first, pitting Zhu against a host of other characters who also chafe against patriarchal gender roles, including the eunuch Ouyang and Wang Baoxiang, an effeminate man. Zhu's relationship to her gender identity grows more complex the second time around, complicating her feelings about leadership.

The true magic of this duology lies in how Parker-Chan injects sweetness into what could be a standard grim-and-bloody story of throne-chasing.

These novels beautifully capture the feedback loop wherein queer-coded characters are reviled, which drives them to unbearable viciousness, which in turn fills them with self-loathing.

Parker-Chan's char-

acters struggle to break this cycle, and the nuance with which they're portrayed makes us root for them. In the end, Parker-Chan seems to suggest, power belongs not to the most ruthless but to those who are most successful at self-forgiveness.

RELENTLESS MELT

In "Relentless Melt" by Jeremy P. Bushnell, Artie Quick works as a salesgirl at Filene's department store in 1909 Boston, but by night, Artie wears men's clothing and studies to become a detective.

With the help of the patrician Theodore, Artie uncovers a supernatural mystery involving kidnapped girls and a tree that doubled in size overnight. Artie and Theodore make a delightful pair, and it quickly becomes apparent that Artie's male clothing is no mere costume.

A lot of the fun of "Relentless Melt" comes from watching the clever-but-naive Artie discover the ugly reality of detective work and the corruption of Boston's establishment.

As in "Ink Blood Sister Scribe," a simple conceit gives rise to an ornate picture, full of conspiracies and dense lore.

"Relentless Melt" passes the ultimate test of world-creation: The more you learn, the more you still want to discover.

REVIEW | 'TRAILED: ONE WOMAN'S QUEST TO SOLVE THE SHENANDOAH MURDERS'

Journalist finds culprit in long-unsolved double murder

By Chris Hewitt, Star Tribune

Yes, the riveting "Trailed" explores what happened to two hikers whose mutilated bodies were discovered at a campsite in Shenandoah National Park in 1996.

But Kathryn Miles' Edgar Award finalist, now in paperback, also looks at why it's difficult for people, especially women, to feel safe in some of our most beautiful places.

Julie Williams, a St. Cloud, Minn., na-

tive, and Lollie Winans met via Woods-women Inc., a Minneapolis-based adventure club.

Miles identifies reasons their murders weren't thoroughly investigated — a suspect was identified early, despite contrary evidence, and investigators seemed skittish about the women's relationship — but also gets to the bottom of safety issues in national parks. She finds that, because parks report incidents separately and don't always communicate with each other, there's

no way to find out how safe natural places are (even as the bodies of Williams and Winans were being discovered, rangers were telling nearby hikers there was no danger).

With help from investigators, hiking experts and those who knew the women, Miles identifies a likely culprit.

But, she warns, solving crimes in remote areas is especially difficult. (How do you secure a crime scene that encompasses a forest?) And little is being done to make it easier.

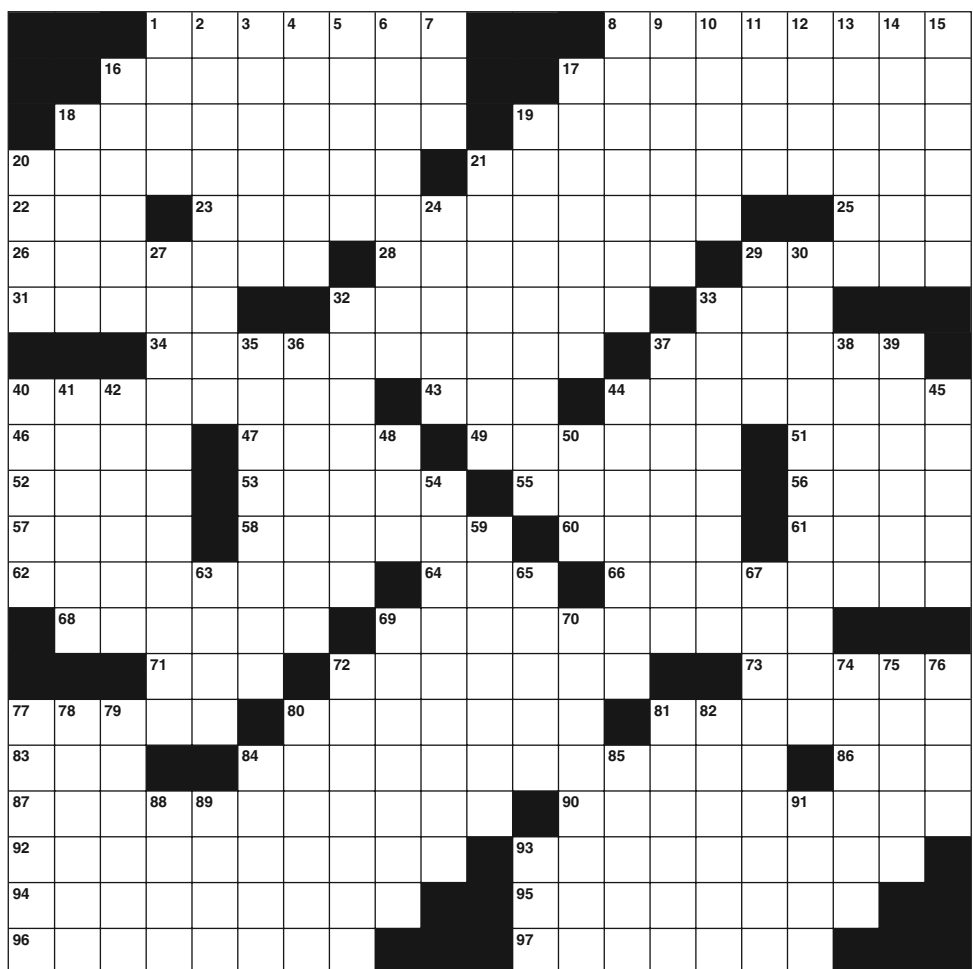
THE NEW YORK TIMES SUNDAY CROSSWORD

WORDS, WORDS, WORDS

BY SAM EZERSKY / EDITED BY WILL SHORTZ

Sam Ezersky is the digital puzzles editor for The Times. Besides helping with the crossword, he oversees other daily Times games like Spelling Bee and Letter Boxed. This themeless grid (Sam's favorite kind to make) is his 40th construction for the paper. It has only 118 answers — the lowest word count in Sunday Times history. Nearly a quarter of the answers have never appeared in a Times puzzle before. Sam likes challenges. When you see his byline, he wants you to think, Oh boy, time to buckle up! — W.S.

- | | | | |
|---|--|--|---|
| ACROSS | 33 Nickname that omits -eron | 69 Harmful aquatic overgrowth | 8 Status symbol? |
| 1 Major crop of North Carolina | 34 Step outside for a bit | 71 Poetic contraction | 9 Elicitors of some blessings |
| 8 Is already booked | 37 Fortunetelling decks | 72 Managed just fine | 10 Move on ice |
| 16 Pen pal? | 40 Not as thick | 73 Sharply dressed | 11 Macbeth's dagger or Desdemona's handkerchief, e.g. |
| 17 CARES, for Coronavirus Aid, Relief and Economic Security, e.g. | 43 Rather thick | 80 More pathetic (buyer beware!) | 12 Spanish for "wolf" |
| 18 Easy trucking distance | 44 Price-tag caveat | 81 Beer brand with a bicycle in its logo | 13 Winner of the podrace in "Star Wars: Episode I" |
| 19 White House daughter whom the Secret Service called Rosebud | 46 How, in Oaxaca | 83 Lead-in to puncture | 14 Team seen in Queens, in brief |
| 20 First-ever Super Bowl M.V.P. (1967) | 47 Philosopher who wrote "Critique of Pure Reason" | 84 Root vegetable in Asian cuisine | 15 Know-it-all |
| 21 Flower whose name sounds like a branding iron | 49 Mont-Saint-____, France | 86 ♀: Abbr. | 16 Prefix meaning "time" |
| 22 ____ Sound, record label co-founded by Drake | 51 Make warm and add spice to, as wine | 87 Joker's catchphrase | 17 Foul smell |
| 23 Faced off | 52 Excited cries | 90 Going on extravagant trips, as a politician might | 18 Really relish |
| 25 Industrial conglomerate or its symbol on the New York Stock Exchange | 53 Related to part of the small intestine | 92 101 | 19 Draw the line somewhere, say |
| 26 Agreement | 55 Words before corner or profit | 93 Like some chocolate | 20 South Florida city, to locals |
| 28 Ants : colony :: ____ : plague | 56 Turf | 94 Minor players? | 21 Take back |
| 29 Flower with a "face" | 57 Grp. with barrels | 95 Where drivers might wait in line | 24 De-squeaked |
| 31 "Get ____, you two!" | 58 Port city in Spain's Basque Country | 96 Modern-day antiviolence slogan | 27 Expert, from the Italian |
| 32 Listing of recent phone history | 60 Serving two purposes | 97 "To summarize ..." | 29 Pal in cowboy-speak |
| | 61 Garbage-disposal spot | | 30 Trio in a Latin learner's lesson |



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|---------------------------------------|--|---------------------------------------|---|
| 41 Turtlelike foes in the Mario games | 65 Ending with taste or trouble | 75 Site of a historic church council | 84 Authoritative pronouncements |
| 42 "Present" | 67 Ultimately emerged victorious | 76 Burglar, in older slang | 85 Makes simple, with "down" |
| 44 Like some dense foliage | 69 [Mwah!] | 77 Neighbors of Afghans | 88 Snare |
| 45 Satisfy, as thirst | 70 ____ Covey, heroine of the hit book/film series "To All the Boys I've Loved Before" | 78 Boxy window installation, in brief | 89 Former New York City mayor Ed |
| 48 Caps Lock neighbor | 50 What can be a lot to stomach? | 79 Requirement | 91 Camp sight |
| 54 Brew holders, maybe | 59 Underway | 80 Pathetic bunch | 93 Comp ____ (college discipline, informally) |
| 63 Kerfuffle | 74 Cleaned (up) | 81 Cross the line, say | |
| | | 82 Extends an invitation for | |

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