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# Siouxland Life

A GUIDE FOR LIVING IN SIOUXLAND

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# IOWA ROCK 'N ROLL MUSIC ASSOCIATION HALL OF FAME & MUSEUM



The Iowa Rock 'n Roll Music Association Hall of Fame & Museum is a 501(c)3 nonprofit dedicated to celebrating the legacy and inspiring the future of rock music in Iowa. Programs and events such as Iowa Rocks Talent, Rock the Roof and Rock the Park are scheduled throughout the spring – fall season. Check [iowarocknroll.com](http://iowarocknroll.com) for details about these activities and about becoming a member of our association!

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Saturday July 31, 11:30am  
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Saturday August 7, 11:30am  
**Terry Klein**

Saturday August 14, 11:30am  
**Artist TBD**

Saturday August 21, 11:30am  
**Tim Horsman**

Saturday August 28, 11:30am  
**Bill Carpenter**

The Iowa Rock 'n Roll Music Association's 2021 Hall of Fame Induction Concert is set for the evening of Sunday September 5 in the Roof Garden Ballroom. Many events are scheduled over this Labor Day weekend. See our Facebook events page for more information and tickets. We would love to see you there!



# Siouxland Life

After a year of sheltering at home, it's time to get out, see the sights and enjoy what the region has to offer. We've got plenty of new places to go and a deep dive into the world of Okoboji. You'll love what residents have done with the place – and you'll probably be ready to kick back and just relax.



**ON THE COVER**

A fountain at Berkley Bedell State Pier and a statue of a fisherman pay tribute to the late Siouxland congressman who was instrumental in reviving Arnolds Park and making the lakes region a Midwest destination. Photograph by *Jesse Brothers*

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# A NEW PLACE TO RELAX

**OKOBOJI CONDOS PROVIDE A FUN,  
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*Text by Caitlin Yamada | Photographs by Jesse Brothers*





The private docks are shown at Brandee's Okoboji Shores condo.



The living room window overlooks the private boat slips at Okoboji Shores condominium complex.

When Brandee Schultz was a little girl, her family would wake at 6 a.m. on Sunday mornings to drive to Lake Okoboji. They would spend a day having fun in the sun and then drive back home that night.

Now, she has a family of her own and has decided to purchase a condo by the lake.

Schultz lives in Glenwood, Iowa, with her husband and has four daughters ages 14, 18, 20 and 23.

In 2020 the Schultzes decided to start looking for a place near the lake to spend the summers.

The whole family loves to spend time on the water, with the girls enjoying



Views of East Okoboji Lake can be seen through the living room windows.





The open kitchen overlooks the living room and dining area.

water skiing and tubing. Now that the children are a little older, Schultz said it made sense to find a space of their own to relax on the weekends.

They worked with Rob Hinn of Hinn Real Estate to find a place. Properties were selling quickly and when he would give them a list of properties, many already had offers pending days later.

Sometimes they would make the three-and-a-half-hour drive to view a property, but other times Hinn would do video-chat walk-throughs.



The open kitchen overlooks the living room and dining area.

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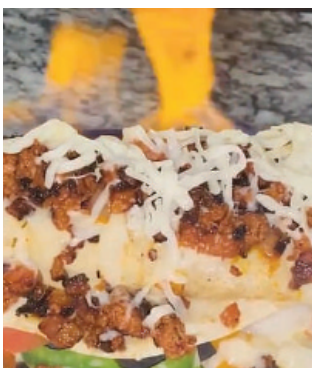
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The family looked at little houses, duplexes and condos. They ultimately decided on finding a condo due to the maintenance aspect.

"We didn't want maintenance on two homes," she said.

Finally they found a condo at Okoboji Shores.

Located just off of East Okoboji Lake, the condo was a perfect location for the family.

Schultz said it is walking distance from restaurants and the bridge dividing east and west lake.

Before they could start spending weekends there, they needed to update the 17-year-old interiors.

The condo has an open floor plan with the living room and dining area adjacent to the kitchen with three bedrooms.

*Below and right:*

The master bedroom has a window with views of the lake and the back patio at Brandee's Okoboji Shores condo.







**Above:**  
The master bathroom has a double sink vanity with a Jacuzzi-style bathtub.

**Left:** A spare bedroom is shown.



Brandee's daughters' bedrooms are color-coordinated.





The back patio at Brandee's Okoboji Shores condo has views of the lake and their private docks.

## “We didn’t want maintenance on two homes.”

BRANDEE SCHULTZ

All of the flooring was removed, the walls and ceilings were painted, and the light fixtures were updated. The home also got a décor upgrade with a gray and blue theme.

The condo now has an open and airy feel. The light hardwood floors, grey walls and dark kitchen cabinets modernize the living area. The bedrooms have light carpet and light walls, making the space feel larger and more welcoming.

The highlight of the condo is its amazing view. A large bay window in the living room looks out onto East Lake and the private boat slips.

Schultz said they plan to spend as many weekends as possible at the Lake. With the ongoing COVID-19 pandemic, Schultz is still working remotely and hopes to spend weekdays working there.

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# Wagner, Kuntz, and Grabouski Orthodontics Welcomes New Orthodontist

Drs. Wagner, Kuntz, and Grabouski's are proud to announce the addition of Dr. Molly Kopf to their orthodontic practice. Dr. Molly and her husband Dr. Blake Kopf grew up in rural Nebraska and have fallen in love with Siouxland.

Dr. Kopf decided on her future career at the age of 12. "I had some goofy-looking teeth and was made fun of for my smile," she said. Braces straightened her teeth and gave her a beautiful smile with greater self-confidence. She knew then that she wanted to give the same results to others that have difficulty smiling because of their crooked teeth.

Molly went to Wayne State College, where she met her husband Blake. After graduating, Dr. Kopf went to dental school with her husband at UNMC, then proceeded to the University of Minnesota for two years of orthodontic training. She opened a solo orthodontic practice in Norfolk in 2019 before joining the Wagner, Kuntz, and Grabouski practice in 2020.

At the time Molly decided to join the group practice, she had no idea that COVID-19

would lead to a 2-month shutdown of all dental related services. "It was fortunate to have new partners to bounce around ideas and lend moral support. I feel that the synergy of the partnership enhances the practice as well as shapes each orthodontist into a better clinician," she said.

She emphasizes that the staff has been incredible with creating and implementing innovative ideas to keep our patients and themselves safe during the pandemic. The precautions at their offices exceed all COVID-19 guidelines set by the Tri-State Dental Boards, American Dental Association, American Association of Orthodontists, OSHA, and the CDC.

Dr. Kopf is trained in all the latest techniques in orthodontics including Invisalign®, clear braces, jaw surgery, temporary anchorage devices (TADs), and intraoral lasers. In her free time, she enjoys travelling, camping, hiking, and spending time on the lake with her family.

"I look forward to meeting new families and working with the dentists of Siouxland,"



she said. Patients can contact the following offices to schedule a complementary new patient exam.

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## Drs. Wagner, Kuntz and Grabouski are proud to welcome **Dr. Molly Kopf** as our new orthodontist.



Dr. Molly grew up in Lexington, Nebraska. She attended undergrad at Wayne State College and received her dental degree from the University of Nebraska. Dr. Molly pursued her orthodontic specialty degree at the University of Minnesota and has been practicing in Norfolk for the past year.

Dr. Molly and her husband Blake live in Yankton South Dakota, where they enjoy lake sports, hiking, camping, traveling and her family's competitive fantasy football league!

***We are so happy to have her!!***

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# A FITTING TRIBUTE

*State pier, statue  
honor congressman  
Berkley Bedell*

Text by *Mason Dockter*  
Photographs by *Jesse Brothers*

Sue Richter was one of many Iowa Great Lakes-area residents who was heartbroken at the loss of Berkley Bedell.

Bedell and Richter were co-chairs of the “Save the Park” campaign to retain the historic Arnolds Park Amusement Park, beginning around 1999. They worked together on the Okoboji Foundation and other special projects to improve the Iowa Great Lakes.

“Oh my gosh, he was a one-of-a-kind guy. His personality was just magnanimous,” said Richter, who referred to Bedell by his oft-repeated nickname, “Berk.”


Richter ventured a guess that Bedell wore size 7 1/2 or 8 shoes, but nobody, she said, could fill his shoes in the Okoboji area. His death left a gaping hole in the heart of the Iowa Great Lakes.

“He had the ability to see in each individual person, what their potential was, and then give them an opportunity, and he would mentor them and provide experiences for people to be successful,” she said.

Bedell, a longtime entrepreneur, fisherman, politician and all-around leader of the Iowa Great Lakes, died in Naples, Florida, at age 98 in December 2019, following a stroke. He remained active up unto the end.

In the year following his death, a movement began in support of renaming the old State Pier — an iconic attraction adjacent to Arnolds Park on West Lake Okoboji, dating back to 1930 — after him.

“There could not have been a more fitting tribute to dad,” said Tom Bedell, son of Berkley Bedell. “There’s not a project around the Iowa Great Lakes that doesn’t have dad’s fingerprint on it somewhere. When he was here, there were very few mornings when he didn’t get up early and wade out on one of the points or go out in his fishing boat. It was common



A statue of Berkley Bedell is shown at Berkley Bedell State Pier on West Lake Okoboji.



for people to get up and have their morning coffee and see Berk out on their lake shore casting his fly-rod.”

The Pier at the time was in the middle of a \$1 million-plus renovation and enhancement, the work of the group Imagine Iowa Great Lakes and donors. A new decorative fountain with mosaic tiles and three stainless steel sails was added to the Pier, along with a new stainless steel railing with LED lighting and new decorative granite pavers with the names of people who gave money to the preservation efforts at Arnolds Park.

A flurry of letters, written by the likes of Sen. Chuck Grassley, retired Sen. Tom Harkin, Richter and others, were sent to the Iowa Department of Natural Resources in support of the renaming.

“In his 98 years on God’s green earth Berkley strived to set a good example for everyone who crosses his path. I encourage the state of Iowa to make this Pier an example of servant leadership and conservation by naming it after Berkley Bedell,” Sen. Grassley’s letter read in part.

“Those of us who have spent summer vacations at Okoboji and enjoy the clear water owe a debt to Berkley Bedell,” former Sen. Harkin wrote in his letter.

The state agreed to the renaming. Around Labor Day weekend of 2020, the new Berkley Bedell State Pier was ceremonially opened.

#### A BRONZE FOR BEDELL

Another new, but familiar, sight at the Pier was Berkley Bedell himself, clad in a fishing hat and vest, in a bronze, roughly life-sized likeness that was given by Bedell’s son, Tom Bedell. Not far away from the Bedell bronze is the life-sized bronze statue of the late Capt. Steve Kennedy, who piloted the Queen II riverboat.

The statue, oddly enough, did not begin its life as Berkley Bedell, though it bears a strong resemblance to the thin, older gentleman in his fishing days.

Roughly 15 or 18 years ago, Mike Hoein, a lifelong friend of Tom Bedell’s who said he considered Berkley Bedell to be something of a father figure, saw the bronze in a gallery in the Jackson Hole, Wyoming area.

He acquired it and sent it to Tom Bedell’s ranch outside Aspen, Colorado, where it stood adjacent to a trout pond at the ranch. Berkley Bedell had seen the statue himself and had fished at the pond where it stood.

The over-six-foot-tall bronze, by artist Jim Demetro, was originally a statue of an older fisherman, not specifically Bedell.

“It just happened to look like Tom’s dad,” Hoein said. “It was a bronze of a fly-fisherman. It just happened to have all of Berkley’s physical characteristics. Very



A fountain is shown at Berkley Bedell State Pier on West Lake Okoboji, Thursday in Arnolds Park, Iowa.



A fountain is shown at Berkley Bedell State Pier.



slender, a guy that loved to fish — even the face was similar.”

Tom Bedell later sold the Colorado ranch.

“So then I got a phone call from the Imagine (Iowa Great Lakes) group, saying they wanted to put a statue of Berk fishing. I said, ‘I’ve got one!’” Tom Bedell recalled.

### BERK’S LEGACY

In 1937, the teenage Berkley Bedell used money saved from a paper route to launch Bedell & Co., a Spirit Lake manufacturer of fishing tackle. The business was eventually a huge success, employing 800 people by the mid-1970s. He was named “Small Businessman of the Year” by President Lyndon B. Johnson in 1964.

He sold the multi-million business to his children in 1984, and the company later took on the name Pure Fishing. Jarden Corp. acquired the Spirit Lake-based company for \$400 million in 2007.

A 1972 effort by Bedell to capture Iowa’s 6th congressional seat was unsuccessful. But by the midterms of 1974, the Watergate scandal had rocked the Republican Party and Bedell, a Democrat, was able to unseat Wiley Mayne, the Republican incumbent and an ally of President Richard Nixon.

In the 1980s, Bedell was bitten by a tick and contracted Lyme disease, a major factor in his 1986 retirement from Congress. Republican Fred Grandy, who had previously been an actor on the sitcom “The Love Boat,” won Bedell’s seat in that election. The Northwest Iowa territory once represented by Bedell was never again held by a Democrat in Congress.

Bedell’s eventual recovery from Lyme disease was attributed to alternative medicines, and he was thereafter an energetic ambassador for unconventional medical therapies.

At the same time as Bedell was focusing on recovering his health, Arnolds Park, a major Okoboji leisure destination on dating back to the 19th century, was declining rapidly. The park’s Majestic Roller Rink stopped operating in 1987. The following year, the beloved Roof Garden venue was burned, the Fun House was torn down and Arnolds Park closed. It was purchased by a group of investors in 1989 and reopened that summer.

By the late 1990s, developers had their sights set on Arnolds Park, intending to demolish the park and turn the property into condominiums, a hotel and stores.

Okoboji-area residents were less-than-pleased with this turn of events, and during a six-week period in 1999, they managed to raise \$7.25 million to prevent the park’s demolition. Bedell helped lead the “Save the Park” group



A statue of Captain Steve Kennedy is shown at Berkley Bedell State Pier.

during the fundraising campaign.

In 1998, the year before the Save the Park campaign, Berkley and wife Elinor Bedell donated 80 acres of lakeshore property, one of the few remaining undeveloped tracts of land in the Iowa Great

Lakes region, to the Iowa Department of Natural Resources. In 2001, this became Elinor Bedell State Park.

“People can visit an area that’s like when the settlers first came,” Berkley Bedell said of the donated property in 2000.

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Fishing guide John Grosvenor removes his hook from a smallmouth bass that he caught on his boat on West Lake Okoboji.



# FISHING AT THE IOWA GREAT LAKES:

## 'THIS LAKE IS SO FULL OF FISH, IT'S CRAZY'

Text by *Mason Dockter* | Photographs by *Jesse Brothers*

John Grosvenor spends about nine hours a day, seven days a week, leading fishing expeditions on the Iowa Great Lakes during the summer. He's done this for 21 summers.

John Campbell, meanwhile, was about 2 years old, circa 1960, when he began fishing in the lakes in the summer. Campbell is also a fishing guide and, over a two-week period, he might spend one day not on the lake. He was inducted into the Freshwater Fishing Hall of Fame in 2019.

Both men have a wealth of tips and strategies for a productive fishing trip to the Iowa Great Lakes, picked up over many a summer day spent in a boat. They both had nothing but good things to say about fishing in the Okoboji area.

"You've got to think like a fish — no, that's kind of cliché, isn't it?" said Grosvenor, 57, said during a phone call in early June. (He was leading a fishing group from Lincoln, Nebraska, on West Lake Okoboji as he spoke on the phone.)

"You pretty much can just fish here

and, there's always some situation that's going to work for you," said Campbell, 63, who was also leading a fishing group as he spoke.

### THE MANY VAGARIES OF FISHING

The Iowa Great Lakes are, besides to the Mississippi River in the east and the Missouri River to the west, the best-known bodies of water in the state.

Despite this, or maybe because of this, some fishers shun the Lakes because of the heavy leisure-boat traffic, which can



John Campbell drives his boat where he leads fishing tours on West Lake Okoboji.



John Grosvenor pulls in to his dock after leading guided fishing tours on his boat.



John Campbell shows Donita Getting where the best fishing spots are on West Lake Okoboji.

cause fishing boats to toss and rock from one side to the other uncomfortably. Smaller boats are particularly vulnerable to this phenomenon, and especially in the afternoons when the lakes are a madhouse of boaters.

"This is kind of a hidden gem for open-water fishing, because there's so much boat traffic, pleasure-boating here, that the fishermen kind of avoid this lake," Grosvenor said, referring to West Lake Okoboji. "So, this lake, I believe, sees a lot more pressure in the wintertime with fishermen than it does in the summer."

"If you're going to fish East or West Okoboji, you probably want to fish earlier in the day, because the pleasure boats don't tend to really get going until about noon," Campbell said. "The other lakes don't have quite the boat traffic, and so you could really fish those all day long."

During the weekends, Campbell often heads to Spirit Lake, where the pleasure-boat traffic isn't as extreme.

#### WHAT CATCHES BEST?

In the matter of bait, Grosvenor says

to "keep it simple."

"I just use worms mainly," he said. "This lake is so full of fish, it's crazy. And if you're not catching them, something's wrong. Maybe your bait's too big, your hook's too big, or maybe you're just not in the right spot. Keep moving — there's really not much of an excuse not to catch fish here, just because there's an abundance of them."

Campbell's go-to is crawler harnesses (also known as spinners), which are especially attractive to walleye. This familiar bit of tackle has a teardrop-shaped blade, usually painted a dazzling color or a with planished-brass appearance, with some colorful beads and a hook to put live bait.

"Crawler harnesses are a good general-purpose-bait up here," he said. "They catch the walleye, plus about everything else in the lake. So it's a pretty versatile bait."

#### FILLING THE LAKES

The Iowa Department of Natural Resources stocks walleyes, pike and muskies in the Iowa Great Lakes — to

relieve the downward pressure on the fish populations caused by all the fishing — but many of the fish in the lakes were born and raised there without the hand of man.

"The other fish are able to naturally reproduce at a level that they don't really need the help," Campbell said.

Grosvenor said an angler could catch "six or seven different species" in only four hours.

Popular fish species at the Iowa Great Lakes include bluegills, black crappie, largemouth bass and smallmouth bass, walleye, yellow perch, muskellunge (muskie), white bass and yellow bass, channel catfish and northern pike, according to the Iowa Department of Natural Resources. Sheephead (freshwater drum) and carp are also present, but those species are less beloved.

"I've seen a lot of different bodies of water, rivers and that — I would say that the Iowa Great Lakes is in the top couple lakes for multi-species fishing," said Campbell, who is especially fond of walleye. "In other words, there might be a better walleye lake somewhere or





Marsha Storbakken, front, and Donita Getting fish with John Campbell, a fishing guide on West Lake Okoboji.

a better muskie lake somewhere, but it's very rare to find all the different species that are all fairly accessible to catch."

Certain species can be, at times, a bit more elusive than others — Campbell said he likes to go after walleye because, "I enjoy the challenge."

"There's times of the year when (walleye are) easier to catch, and then there's times of the year where it's much more of a challenge," he said.

Whether the fish choose to bite or not is influenced by a variety of factors beyond human control, including the weather (fish bite more in stable, calm weather than in unsettled weather), the water temperature, even the cycle of the moon.

"If the wind changes direction, that can kind of screw up the fishing, or if the clouds come in if it's been sunny for several days, that can screw up the fishing," Grosvenor said. "Sometimes in the spring especially, when it gets real cold at night and then it warms up into the 70s in the afternoon, that early morning, the first couple hours can be kind of tough because it got cold overnight and cooled the water down. Fish like it when it's a little bit warmer."

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VACATION camp on!

Harry Gabe, left, the camp's associate director, shows new counselors how to clip a camper's harness into the "Flying Squirrel" rope swing during camp counselor training at Lakeshore Center at Okoboji summer camp in Milford, Iowa.



# SUMMER CAMPS AFTER COVID

*Okoboji camps taking a cautious approach in reopening for the season*

Text by Earl Horlyk | Photographs by Jesse Brothers

Look! Up in the sky! Is it a bird? Is it a plane?

Well, believe it or not, it is actually a group of harnessed camp counselors receiving some "Flying Squirrel" instruction at the Lakeshore Center at Okoboji (LCO), a few days prior to the arrival of young campers.

This class, offered to high school-aged counselors — or Leaders in Training —

was being taught by associate director Harry Gabe at the LCO, which is a camp spread over 55 acres along the shores of West Lake Okoboji.

Known for its beautiful sandy beaches and a canopy of large oak trees, the center — which included a lodge, with private-style rooms and baths, and a year-round camp that serves youth, teen and adults — was purchased by the

Sioux City-based presbytery more than 65 years ago.

For most of its history, campers of all ages have used the rejuvenating waters of West Okoboji to restore their faith while enjoying the summer.

That all came to a halt in the summer of 2020 when the LCO board of directors voted unanimously to suspend such activities due to COVID-19 concerns.





Above: Hannah Frankl climbs a ladder as she prepares to clip into the "Flying Squirrel." Right: Marianna Rancon swings on the "Flying Squirrel" rope swing.

"It was a heartbreaking decision to make," Gabe said at the time. "We simply couldn't protect the health of our campers and staff while still providing the high quality camp experience that generations of families have come to expect from us."

Instead, Gabe and his staff utilized the summer to make renovations at the camp while renting out cabins for a few days at a time.

"It is easier and safer to focus on individual, self-isolating groups in cabins than it would be on student campers huddled in close quarters," he explained.

Certainly, the cancellation of summer camp programming caused financial hardships but the LCO was not alone in that respect.

Like LCO, the Okoboji Lutheran Bible Camp, in Milford, Iowa, and its Ingham Lake Bible Camp, located in nearby Wallingford, Iowa, had to cancel all of its 2020 youth camps, family camps as well as day camps, sponsored by individual churches, due to COVID concerns.

However, Lutheran Bible Camp program director Dan Antoine did come up with an innovative alternative.

Specifically, Antoine began packaging "Camp in a Box," for kids, ages 5-14, which included a CD and DVD with favorite camp songs, a devotional book, activity cards, as well as recipes for camp snacks.

"The kids may not be able to go to a literal camp," he said in 2020. "But we can send them camp activities they can do safely at home."

For summer 2021, Lutheran Bible Camp opened its season cautiously and with many safeguards in place.

Antoine said the camp listened to federal, state and local health agencies, camping associations and health professionals in making decisions about the health and well-being of campers and staff.

Weather permitting, that included moving most activities outdoors, includ-



Camp counselors pull back on the "Flying Squirrel" rope swing as they learn how to operate the attraction.

ing chapel time. Meals will be served, cafeteria-style, by staff who are masked and gloved.

During the limited time that campers and staff are indoors and a six-foot distance isn't possible, the staff and campers will be required to wear masks. When outdoors or when adequate space is available indoors, masks won't be required.

Similarly, the LCO was also increasing

its safety, sanitation and all non-pharmaceutical interventions as it relates to staff, campers and family members.

And like Okoboji Lutheran Bible Camp, the majority of camp activities will be outdoors.

"Things may be getting better but we remain diligent," Gabe said. "Camp should be a safe, happy experience for everyone involved. We want it to stay that way."





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Opportunities Unlimited (OU) has been serving individuals with special needs in Siouxland since the early 1990's.

Opportunities Unlimited provides Community-Based Neurobehavioral Services and Residential Rehabilitation Services for individuals who have sustained a traumatic brain injury, a spinal cord injury, or other physical disability. The OU campus, which is located on the north side of Sioux City, consists of nine residential homes and a large Community Center that serves as the hub for therapies and activities as well as houses the administrative offices.

In addition to providing Community-Based Neurobehavioral Services and Residential Rehabilitation Services, OU also provides Home and Community Based Services (HCBS) to children and adults with special needs. Individuals eligible for waiver programs can access services for a predetermined number of hours each month, set by the individual's caseworker. These services are offered at the Opportunities Unlimited Community Center, out in the community, and in the

privacy of the person served's home. OU also has two HCBS homes for individuals requiring assistance with skills needed to live in a more independent setting.

The Employment Services Department offers many vocational services to individuals with special needs to access meaningful employment.

For more information on programs and services available through Opportunities Unlimited, go to [www.opportunitiesunlimited.com](http://www.opportunitiesunlimited.com)



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# WILD RIDES, FUN GAMES, COOL MUSIC

*Historic Arnolds Park  
is Northwest Iowa's  
favorite spot for  
family entertainment*

Text by Earl Horlyk  
Photographs by Jesse Brothers

Considered the “wildest woody in the Midwest,” the Legend Roller Coaster has been making thrill-seekers at Arnolds Park Amusement Park scream for more than 90 years.

Thanks to a renovated track, the 13th oldest wooden roller coaster in the world is smoother and faster than ever before.

Following a tough 2020, people are slowly returning to the Legend as well as other attractions, according to Paul Plumb, marketing director for the historic amusement park.

“Since we rely so much on tourism,

I think COVID-19 impacted us as well as every business in Okoboji,” he said. “We’re keeping our fingers crossed that things improve this summer.”

Certainly, Arnolds Park isn’t taking anything for granted.

The amusement park received a \$4.5 million donation that will be used to build a new stage at Preservation Hall.

Plumb said the existing stage will be demolished this fall. A new stage will be constructed in the same spot.

“We’re hoping to have it back in operation by next summer,” he said, adding





Kenzley Tietje, front, Amilia Sidles, and Jayd Moses ride the Boji Falls attraction.



Visitors ride the train through Arnolds Park Amusement Park.



Kris Stark rides the bumper cars with Wyatt Mickelson, right.

that the park, which was started by W.B. Arnold in 1889, is always seeing improvements.

"If you haven't been to Arnolds Park in a while, you'll be surprised by how we've changed," Plumb said.

While the Legend continues to bring in wooden roller coaster fanatics from around the world, savvy spin masters may prefer to ride the Rock-O-Plane, where you can literally hang upside down.

But don't forget the Roll-O-Plane, where riders can turn into aerobic

pilots as this barrel-style ride sends your adrenaline to sky-high levels.

Want something less hair-raising but willing to forgo the fun factor?

Check out the Wild Mouse Roller Coaster, where you can whip around hairpin turns in a mouse-like car at more modest speeds.

"People have wonderful memories of coming to Arnolds Park when they were kids," Plumb said. "Now, they're bringing their kids or, sometimes, their grand-kids."

Midway attractions like Puck Drop,

#### IF YOU GO

**WHAT:** Arnolds Park Amusement Park

**WHEN:** Opens daily at 10 a.m.

**WHERE:** 37 Lake Street, Arnolds Park, Iowa

**ONLINE:** For event information, membership or day passes, go to [Arnoldspark.com](http://Arnoldspark.com).



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"I'm a small town boy. Always was. Always will be. All I ever wanted to do was hunt and fish and wander the woods. Nature was my favorite teacher. The beautiful outdoors and the many memories of my childhood continue to fascinate me. I remember the stories told around the kitchen table and the evening campfires. I dream about those long ago times and attempt to re-create them as truly as memory and imagination will allow."

*Terry Redlin*



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The Roc-O-Plane ride spins at Arnolds Park Amusement Park in Arnolds Park, Iowa.

Ring Toss and Hover Ball have plenty of nostalgic appeal. So do the bumper cars and the slick track cars that can be found at Arnolds Park's Raceway.

Even more fun can be found for music-lovers wanting to see live entertainment.

"Live music can be heard, practically every day, somewhere on our property," Plumb said.

This isn't anything new at Arnolds Park, which has had performers coming to Preservation Hall since the Roaring Twenties.

Plus the Roof Garden was the go-to place for marquee big bands led by



Riders scream on The Legend.

Tommy Dorsey, Glenn Miller and Louis Armstrong in the 1930s and 1940s.

It is even more famous for booking such seminal rock and rollers as The Everly Brothers, The Turtles and Roy Orbison.

For the summer of 2021, artists as varied as The Marshall Tucker Band, Quiet Riot and The Boxmasters, featuring Academy Award-winner Billy Bob

Thomton ("Slingblade") will be playing Arnolds Park.

In fact, there is something for everybody at Arnolds Park, Plumb said.

"I think this may be a summer when people may prefer to stick close to home," he explained. "Arnolds Park provides family fun in a safe setting for people who want to stay with us a day or a week."

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A trio of apple trees show how plants can be pollinated by bees as toy pollen balls are propelled through tubes between the trees at the bee exhibit at the Dickinson County Nature Center.

# BEE THERE



## *Dickinson County Nature Center's 'Pollinator Paradise' is popular with kids*

Text by Mason Dockter | Photographs by Jesse Brothers

The newly opened "Pollinator Paradise" exhibit at the Dickinson County Nature Center should've been a big hit during the summer of 2020.

It had everything: big, colorful, interactive dioramas, a "human-size honeycomb climber," a build-your-own-insect station, real beehives under glass, a seasonal butterfly enclosure with real butterflies in the early stages of their life cycle.

But COVID-19 hit that year. The Dickinson County Nature Center, 22785 Nature Center Road, was closed from the beginning of the pandemic until September, when it opened two days a week.

The Nature Center resumed normal hours of operation in March of this year. Since then, Pollinator Paradise has been a sensation.

"You can tell when kids have been here before, because they run straight back to (Pollinator Paradise)," said Daria Mather, community relations coordinator with the Dickinson County Nature Center.

The 2,000-square-foot, \$1.7 million Pollinator Paradise opened in November 2019. Its development was in large part the vision of Delores and

Al Maser, benefactors of the Dickinson County Nature Center who are known for their love of pollinators and the outdoors.

One of the biggest draws for young visitors of Pollinator Paradise is a set of large, brightly colored, simulated apple trees



Left: A hive of honey bees can be seen through a window in the bee exhibit.





**Above:** A life-size, honeycomb-shaped play structure shows kids how bees live inside the hive. **Right:** Cataleya Spiewak climbs through a life-size, honeycomb-shaped play structure. **Left:** Xander Dusenbery feeds plastic pollen balls into an air tube which propels them up toward the apple trees to represent how plants are pollinated.



"There's a huge variety," she said.

One reason bees' role in pollination is so familiar is because the insects have come under threat

from a phenomenon called "colony collapse disorder," in which worker bees mysteriously leave the hive and never come home. The cause has variously been attributed to pesticide use or to various bee-ailments, including the notoriously destructive varroa mite. Several other explanations have been floated.

No ordinary person is likely to solve the bee problem on their own, but there are smaller, helpful steps a person can take. Pollinator Paradise has a digital exhibit where visitors can design a pollinator-friendly landscape around a home, with a scoring system based on how useful the landscape would be for pollinators.

"So if you choose plants that are really good for pollinators, your score will be higher, but if you choose non-native plants or plants that don't benefit pollinators, your score will be lower," Kuhlman said.

A number of commercially important and popular foodstuffs rely on pollinators, including almonds, apples, strawberries, peaches, cauliflower, vanilla, carrot, olives, watermelon, cherries — the list goes on. Pollinator Paradise has a play food truck where the kids can discover how the various foods they enjoy arrive on their plate thanks to the work of pollinators.

Animals pollinate roughly 75 percent of all crops grown across the globe — these plants become food, beverages, condiments, spices, textiles and medicines, according to the NRCS and WHC report.

"If we didn't have our pollinators, we wouldn't have these foods," Kuhlman said.



This is why apple trees are usually planted in groups or in orchards. The trees need a pollen-producing neighbor nearby so that their blossoms in the springtime can be, in a sense, impregnated with pollen. Once pollinated, the blossoms eventually produce fruit.

Some plants are self-pollinators, meaning that the plant receives and uses its own pollen, but the vast majority of plants require assistance to get their pollen to the female parts of another flowering plant.

Wind or rain can sometimes act as a pollinator, delivering pollen to its destination. But almost 90 percent of all plant species need insects and animals to help with pollination, according to a report from the National Resources Conservation Service and the Wildlife Habitat Council.

Bees, for instance, visit a flower to collect nectar, which they use to make honey. They invariably gather some pollen in the process, which is then deposited in other flowers during subsequent flower-visits.

Alongside butterflies, bees are probably the most familiar pollinators. But there are, Mather said, more than 200,000 different pollinator species, including insects, birds and animals.

that have a set of clear tubes running between them. Kids place a ball, representing pollen, into the system, and it "flies" through the tubes from tree to tree with large "bees" hovering above, demonstrating the way pollen works.

"To kind of show that pollen needs to move from flower to flower, and that the bees help to transport it from flower to flower," said Bryanna Kuhlman, environmental education coordinator at the Dickinson County Nature Center.

Pollen in real life is a yellowish dusty substance generated by plants for fertilization; it's produced by the male part of a flower, referred to as the stamen or the anther. The pollen has to reach its female counterpart, the stigma or pistil. Trees and other plants release a blast of pollen during the spring and summer, much to the dismay of allergy sufferers.

Apple trees are perhaps the easiest way to demonstrate the pollen system. An apple tree planted all by itself can survive but, in most cases, will fail to bear much in the way of fruit.



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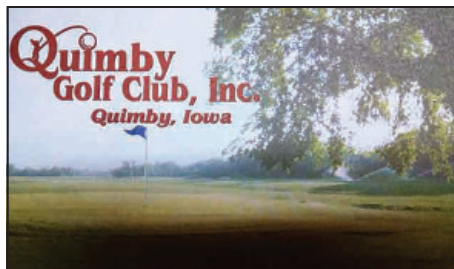


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The Roof Garden ballroom can accommodate up to 1,000 people total and roughly 475 guests for a sit-down dinner.



The new Roof Garden at Arnolds Park has much the same appearance as the old Roof Garden that was razed in 1987.



The ballroom at the Roof Garden can be set up many different ways for weddings, corporate events, fundraisers and concerts.



# FAMILY TRADITION

*New Roof Garden draws families for plenty of major life events*

Text by Dolly A. Butz | Photographs by Jesse Brothers

Jean Schultz-Mugge's phone is constantly ringing. On the other end are brides looking to hold their wedding receptions at the Roof Garden, or event planners seeking to book the ballroom for fundraisers and corporate events. So, what makes the Roof Garden so special? Schultz-Mugge said the stunning venue at Arnolds Park Amusement Park can accommodate up to 1,000 people total and roughly 475 guests for a sit-down dinner. But, it's really the personal history that brides, grooms and their family members have with the Roof Garden that puts it in high demand. Schultz-Mugge said there are "generations of traditions" around the park and the Roof Garden. "They have these memories from when they were children," Schultz-Mugge said of brides and grooms who have grown up in Okoboji or spent their childhood summers there, playing on the beach, boating and riding the rides at the park. "And, Mom and dad probably danced in the original Roof Garden. I hear that all the time when they bring their parents to show them the venue."

The old Roof Garden ballroom, which hosted dances and music beginning in 1923, was replaced with a second Roof Garden in 1987. That open-air venue, which had little else in common with the initial Roof Garden, was demolished in May 2019 during the multimillion-dollar "Restore the Park" campaign and replaced with the current Roof Garden, which was completed in August of that year.

Schultz-Mugge said the Roof Garden's 2020 was looking "great" for weddings, but then the COVID-19 pandemic hit and many of them were pushed back or canceled. She said this year is mostly filled with either weddings or fundraisers and that she's already booking into 2023.

"It's just getting more popular with all the improvements that are happening

down here at the park — the new boardwalk and those beautiful arches. And then, in the fall, we will be tearing down the old stage outside — the Preservation Plaza. That's being replaced," she said. "There's such a verve down here when you have a wedding in the prime season. There's just a lot of fun energy here."

The current Roof Garden's appearance hearkens back to the old Roof Garden of the mid-20th century. Everyone from the Yardbirds to the Byrds, and from Sam the Sham and the Pharaohs to Roy Orbison, played the ballroom.

Schultz-Mugge said the new Roof Garden has a tile floor that resembles wood, instead of a real wooden floor, which the original Roof Garden had.

"(The ballroom) was on the second floor and it was wood. Those bounce a little bit with everybody in there dancing," she explained.

One of the highlights of the venue is a wood bar with brass fittings, which Schultz-Mugge described as "beautiful."

"The lighting in there is amazing. It's all state-of-the-art sound and lighting," she said. "Even for weddings, it's wonderful, because we can choose the color around the stage and under the bar. With one touch, we can dim it down for the first dance. With one touch, we can light it up again for a speech."

Placing the head table in the middle of the room instead of on a stage or pedestal, Schultz-Mugge said is trendy. She said other couples are looking to create a lounge area for their guests.

"A couple weekends ago, we had (a wedding) that had this beautiful long charcuterie table down the middle of the room that they used during their cocktail hour. That was fun," she said. "There's a wedding coming up that's just doing food stations. You have the room to do those unique things."



The atrium entryway.





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## NEW PRIORITIES EMERGE IN HOME REMODELS



Many home owners have reevaluated what areas in their home they would like to modernize to fit their changing needs. What are the most sought out designated spaces buyers are looking for in new homes? According to a survey of recent and prospective home buyers by the National Association of Home Builders (NAHB), spaces for working out, working from home and outdoor spaces are among the most wanted specialty areas in a new home.

As individuals begin to return to work, some employers are allowing their employees to continue working from home in a full- or part-time capacity. Therefore, it is no surprise that the survey revealed that a majority (63 percent) of home buyers want a home office. Home offices are particularly

popular among the millennial age group (74 percent) and married couples with children (70 percent). In terms of size, the study found that a majority (77 percent) of the buyers who want a home office would like the space to be at least 100 square feet, which is smaller than the average size of a bedroom, or larger.

Another trend among home buyers, likely accelerated by the pandemic, was the request for an exercise room. Nearly half of all home buyers (47 percent) rated an exercise room as essential or desirable, according to NAHB's survey. When this question was asked in 2003, 27 percent of buyers wanted an exercise room, a full 20 percentage points lower than the current response. A majority of millennials (61 percent) and Gen Xers (62 percent) were among the age groups most interested in this space.

With more time spent at home this year, getting some fresh air and spending time outside the home grew in popularity. A majority of home buyers in the survey ranked a patio (87 percent) and a front porch (81 percent) among the top essential features in a home. An expanded outdoor space can help home owners enjoy nature, relax and safely entertain.

Cleaning up the competition, NAHB's survey showed that a laundry room is the most wanted specialty room, with 87 percent of home buyers rating it essential or desirable. Laundry rooms are not just for dirty clothes, many home owners utilize this space for extra storage.

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# Honoring our Past and Celebrating our Future

Ponca State Park nestled along the Missouri River, is a gem of a state park that abounds with outdoor opportunities; hike and biking trails, stocked fishing pond, river access, outdoor education programs, an aquatic center, special events throughout the year, and more. Coming in August, 100 Years of Nebraska State Parks: Honoring Our Past and Celebrating Our Future, August 6th & 7th, and in September, it's the 16th Annual Missouri River Outdoor Expo, September 18th & 19th.

The 100 Year event is a celebration of all the wonderful outdoor things going on at Nebraska State Parks; everything from woodland hayrack tours,

to a program by Marci Broyhill and Teresa Kay Orr, to a 1920's encampment with reenactors engaging with guests. If you like history or would like to learn more about Nebraska State Parks you will want to attend this event; 100 Years of Nebraska State Parks: Honoring Our Past and Celebrating Our Future, August 6th & 7th. In conjunction with this event, the city of Ponca is having its first annual Ponca Frog Days, August 5th – 8th. Come to Ponca and enjoy the 100 Years of Nebraska State Parks and Ponca Frog Days!

The 16th Annual Missouri River Outdoor Expo at Ponca State Park, September 18th & 19th, is an opportunity for individu-

als and families to explore new outdoor activities and rekindle a love for an outdoor activity that they have not participated in for a while. There will be over 100 hands-on activities, entertainers, outdoor education programs, shooting sports, vendors, and more. Try your hand at atlatl, bow fishing, kayaking, shooting clay targets, climbing a rock wall, shoot moving aerial archery targets, learn outdoor cooking skills, taste wild game, and so much more. This is an event for all ages, the 16th Annual Missouri River Outdoor Expo is September 18th & 19th, 9am-5pm.

## Celebrate 100 Years Of Nebraska State Parks

August 6th - 8th, 2021

at Ponca State Park

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<https://calendar.outdoornebraska.gov/>  
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September 18th - 19th, 2021

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Boats can be seen on West Okoboji Lake in Arnolds Park, Iowa. Boating is one of the most popular activities among the thousands of tourists who flock to the Iowa Great Lakes each summer.

# KNOW THE RULES

*DNR official urges boaters to obey  
'laws of the lake' in Dickinson County*

Text by Dolly A. Butz | Photographs by Jesse Brothers

Boating is one of the most popular activities among the thousands of tourists who flock to the Iowa Great Lakes each summer.

Those 18 and older looking to operate a boat on East Okoboji, West Okoboji, Lower Gar Lake, Upper Gar or Minnewashta lakes don't need to worry about having a boater safety certificate or a license. However, Iowa DNR Captain Greg Harson said they need to be aware of the laws of the lake, which they are obligated to obey the moment they take possession of a boat.

"One of the common things that people don't understand is any boat that's here for 60 days or more has to be registered in the state of Iowa," he said.

## JACKETS REQUIRED

Harson said boats have to be equipped with life jackets for every person onboard. Those life jackets must fit each individual and be in "good working condition." Boats over 16 feet are required to have type IV throwable flotation, which he described as a Coast Guard-approved, square seat cushion with loops. A bell, horn or whistle, and a fire extinguisher are also mandatory.

"Those are the safety items that they are required to have. When we stop a boat, we're going to be checking for the (person flotation devices), fire extinguisher, bell, horn or whistle on every one. We call that a safety check," said Harson, who said DNR conservation officers often come across boaters who not

Boat drivers need to be aware of the rules of the water.



in compliance. "Most of the time when you don't have enough life jackets or you have a safety violation, you're probably going to get a citation. We try to get people to have all their safety equipment with them. They need to know that prior to going out on the water."

## GO SLOW

Harson said boaters need to watch their speed. To prevent erosion around the lakeshore, the speed limit is 5-miles-per-hour within 300 feet of shoreline throughout the Iowa Great Lakes.

"A boat going 5-miles-per-hour has the nose down and pushing very little wake," he said. "(Going faster) is a violation that we see quite common."

A nighttime speed limit of 25-miles-





per-hour or less goes into effect a half hour after sunset and remains in effect until sunrise on all Dickinson County lakes.

“The lake changes after dark. People lose the places they think they’re going. It’s easy to get lost even on these lakes up in Dickinson County after dark,” Harson said. “I recommend people take things slow.”

#### SPOT THE MATS

Harson said floating mats, a type of floating foam island, are becoming more and more popular with boaters.

“Those are considered beach toys. They have to be attached to a boat or a dock or in a swim area to be utilized,” he said. “That’s a violation if you’re using them in the middle of the lake stand-alone.”

The Iowa Great Lakes can become congested during the summer, particularly on the weekends.







Boats must be equipped with life jackets for every person onboard.

## LIQUOR LAWS

Beer and wine can be consumed by those 21 and older on the lake. If you plan to drink on the water, be sure to have your ID with you. Harson said conservation officers will ask to see it. If you're operating the boat, be extra cautious. Boating while intoxicated is not only dangerous, the fine for a first offense can cost up to \$1,000.

"The driver can never be above 0.08, or they face possible boating while intoxicated and going to jail," Harson said. "If you have hard liquor on the lake, that's a violation. You cannot have hard liquor anywhere in a public area; and the lake is considered a public area."

## WHERE THE BUOYS ARE

Watch out for hazard buoys. Buoys marked with black lines running up and down warn of reefs, while buoys emblazoned with diamonds indicate rocks.

"If you go between shore and that buoy, you'll take your lower unit off," Harson said of buoys marked with black lines. "Anytime you're going around a point, just remember that that point of land probably protrudes out into the lake and the water level will be very shallow."





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# CONCERTS MAKE BIG RETURN

*Battery Park brings the rock, roll and country to Sioux City*

Text by Dolly A. Butz | Photographs by Jesse Brothers, Justin Wan and Tim Hynds

After a year off amid the COVID-19 pandemic, the Battery Park concert series at Hard Rock Hotel & Casino Sioux City is back to the delight of concertgoers.

Since Battery Park held its first concert series in 2015, the popularity of the festival-style outdoor amphitheater, which holds 5,000 people, has grown rapidly.

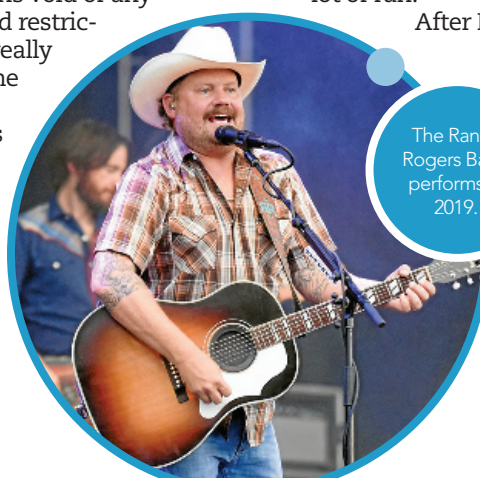
Shannon Pauling, director of marketing for Hard Rock Hotel & Casino Sioux City, said guests were constantly asking, "When are you coming back? When can we get back to entertainment?"

"It's really, really exciting for us to be back, because we're getting back to our

roots of live music," said Pauling, who noted that Battery Park has returned to normal operations void of any COVID-19-related restrictions. "It's been really exciting to see the response from the concertgoers that we've had in the past, plus having our entertainment team back and seeing their

excitement about building the park and getting entertainment back. It's been a lot of fun."

After Battery Park's first year in operation, a bigger stage was brought in to accommodate larger touring bands. Acts have ranged from rock band Journey to country superstar Chris Stapleton to Grammy-award winner Alanis Morissette.



The Randy Rogers Band  
performs in  
2019.





Rapper  
Tone Loc dances  
with women from  
the audience while  
performing during the  
Tape Deck Takeover  
concert at Battery  
Park in 2018.

"When we found that it was responsible and safe to do so, we went ahead and started announcing (performers). Everybody has been really overwhelmingly positive and they're just ready," Pauling said. "The fans let us know that they're ready and they've been excited."

The 2021 summer concert series kicked off with country star Brantley Gilbert on July 10. Gilbert is best known for such No. 1 singles as "Country Must Be Country Wide" and "You Don't Know Her Like I Do." Also that month, Staind appeared on July 16. The heavy metal band was fresh off the release of its first album in nine years.

Coming up in August, rockers Shinedown will be sharing the bill with the Michigan-born band Pop Evil on Aug. 14. Then, on Aug. 28, the rapper Nelly, who has been making hits for more than 20 years, will be playing the venue.

As of late June, Pauling said Shinedown was leading the pack in terms of ticket sales. Shinedown also played Battery Park in 2016.

"We had announced two of the acts last year. Shinedown and Nelly were two that were scheduled in Battery Park, so we just kind of worked with their teams to make sure that we got on their routing sched-



The Cadillac  
Three's Jaren  
Johnston, right, and  
Kelby Ray perform at the  
Hard Rock Hotel and  
Casino's Battery Park  
in 2019.

ule," Pauling said. "We actually worked with another casino on the eastern side of Iowa so that we could get (Staind) here. And then, Brantley Gilbert was kind of in the works, just hadn't been finalized last year."

Battery Park features a standing general admission section and a Hard Rock Pit in front of the



People watch local  
musicians Johnny Vee,  
left, and Heath Davis play  
live music in the Battery  
Park patio area in 2020.



Nickelback  
performs in  
2018.

stage, as well as reserved seating, including a tiered elevated section and covered tent section with assigned tables and access to a private bar.

Pauling said first-time concertgoers to Battery Park need to understand that personal chairs are not allowed in the park. If they want to take a seat, they will need to purchase one. Pauling said a detailed list of event policies and procedures can be found at [hardrockcasinosiouxcity.com](http://hardrockcasinosiouxcity.com).

"Expect to have a great time and make some memories," she said.



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By Molly Barari**

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This is who you will meet at the Availa Bank, Sioux City branch.

**Jason Rasmus, Sioux City Market President**

Jason joined the Availa team last year. He brings impressive experience to his position, with close to 15 years in banking. The last nine years found him in commercial banking, with the previous five years in the Des Moines metro. He found a love for banking while studying business at Iowa State University.

There's one part of this job that stands out to Jason. "Working with business owners and being part of the discussions on how they run their business – and why they operate in certain ways – is fascinating. The highlight of every day for me is being in front of both customers and prospective customers."

Jason lives in Lawton with his wife, Courtney, and their four children: Jacob, Ellie, Brynn, and Caleb. He is involved in various boards of directors, including the United Way and the United Way Community Impact Team. He is also a volunteer coach for youth sports. He enjoys hunting in the winter months and swimming and traveling with his family in the summer months.

**Jon Friessen, Vice President Senior Loan Officer**

Jon joined the bank in the past year and is also no stranger to the banking world. He's been involved with loans for the past 14 years, with a specialization in business banking.

With a degree in finance and an acumen for problem-solving, Jon enjoys working with small-business customers. "What I find most fulfilling in my role is solving problems with everyday business," he says.

As a lifelong Sioux City resident, Jon has an important understanding of local business needs and the people he serves at Availa. Jon gives back to his community as a board member for New Perspectives, Inc. and as a United Way volunteer. He is also a volunteer coach for youth sports.

In his free time, Jon is busy with his wife, Niki, and their three children. They live in Hinton and enjoy traveling when they have the chance.

**Monica Fay, Vice President Mortgage Loan Officer**

**NMLS # 976357**

With over 20 years of experience in the banking industry, Monica brings a wealth of knowledge to her clients. Monica's roles over the years have included teller, personal banker, branch manager, mortgage loan processor, and loan originator.

In her current role as VP Mortgage Loan Officer, Monica's job is to educate customers on how to make their home ownership dreams a reality. "I'm a financial dream weaver," she says.

Monica has been with Availa since 2017. She is originally from Grand Island, NE, and has degrees in business management and early childhood education. She has held banking jobs in several states and with multiple banks. Her favorite aspect of her work is building relationships with her clients.

"Buying a home is an important milestone in a person's life," says Monica. "Whether a person is buying a first home or refinancing, the process can be confusing and overwhelming. I enjoy helping clients navigate the process. It often takes creative solutions to achieve their desired result."

Monica is involved in the community as an active member of Big Brothers Big Sisters for over 20 years and as a board member for PowHer Networking Group of Siouxland. When she's not working, Monica can be found camping with her friend, Scott, or browsing flea markets and antique stores. She has a son, Jacob who works at Tyson Foods in Sioux City, and a daughter, Lyndsy, who studies at Iowa State.

**Lawrence Jensen, Vice President Loan Officer**

As a graduate of Sioux City North High School and the University of Iowa, Lawrence is deeply rooted in Iowa. He personally has 17 years of experience in the banking industry, holding

positions ranging from Credit Analyst to Relationship Manager to Regional Business Development Officer to Market President. He now holds the title of Vice President Loan Officer at Availa.

For Lawrence, banking is about chasing the next deal and learning about the amazing companies in the area. He enjoys listening to customers' stories and finding ways to help where he can.

Banking has also provided Lawrence with the opportunity to travel predominantly through the Dakotas and northwest Iowa. "It is always fun to learn of that one large company in remote counties that is the lifeblood of a community – where the ownership family is on all the local boards and city council and provides funds for community improvement."

When Lawrence has some free time, you can find him serving on the boards for the Life Scape Foundation and the Okoboji Yacht Club Sailing School or serving as a volunteer assistant coach for the Morning side Women's Soccer Team. He also enjoys sailing and hanging out with his dog, Freddie.

**Logan Robbins, Retail Banking Officer**

**NMLS # 1443235**

With several months at Availa Bank under his belt, Logan is excited to be part of the Availa team. As a Sioux City resident for the past eight years, he has plenty of experience with banking in the region in his previous roles as a Personal Banker and as a Service Manager.

Logan graduated from Colorado State University with a B.S. in MIS & Business Analytics. As a retail banking officer, Logan is focused on bringing in new deposit and lending relationships with an emphasis on customer retention and overall staff development.

Banking isn't the only thing that interests Logan. From 2010-2016, he served in the Iowa National Guard. Logan looks forward to broadening his banking knowledge and to being part of the Availa Bank team.

**Get in Touch**

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E & Co. Boutique was established in August of 2015, just three doors down from their sister store, Evie's Hallmark in the Marketplace Shopping Center.

Although their main focus is women's clothing, they also carry purses, jewelry, hats, Inis fragrance collection, home décor, and many more gifts. In their shop, you will find sizes ranging from 4 through 18 in their bottoms, and small through 1X in their tops. A few of their favorite clothing companies that you might recognize include Tribal, Charlie B, Keren Hart, Lulu B, and Wild Palms. "These lines make quality pieces that wear and wash beautifully. It's great to work with well-established companies who have awesome reputations," said co-owner Kendra Covey.

E & Co. Boutique's goal is to provide the best customer service to each customer by providing one-on-one attention, which is a service that they recognize is not found in many stores. "The best part of running a small business is that I get to go above and beyond for

my customer," said Kendra. "Any customer shopping with us allows us to keep our doors open. The best way I can thank them is to give them my time and attention. When I get to see a customer leave satisfied, it makes me feel like I've accomplished my goal."

Last year during the mandated shut down, E & Co. Boutique decided to launch their first website. When you visit their website at [www.eandcoboutique.com](http://www.eandcoboutique.com), you will find all of the apparel that they carry in-store. They also have Inis and other gifts available to purchase on the website. You can even choose free pick-up during checkout so that your order is ready when you arrive at the store! Although Kendra said that in-person service is her favorite, she also wants to be able to reach her customers 24/7, which she is now able to do online.

Follow along with us in the next edition of Siouxland Life to find out what co-owner Emily is up to at Evie's Hallmark, as she will be full-fledged into the Christmas season.



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# BURGER BONANZA

*Distinctive sauces and layers of flavor set  
Burger & Company apart from the crowd*

Text by Earl Horlyk | Photographs by Jesse Brothers

How do you create the perfect burger? If you ask Kristi Leigh, beefy, never-frozen patties are a key component. From there, you can add layers upon layers of flavors.

"It is hard to mess up a burger but it isn't easy to make a burger stand out," she explained. "We try to make food that is distinctive as well as delicious."

Along with her husband Bruce, Leigh owns Burger & Company, a fast-casual eatery located at 1603 Hill Ave., Spirit Lake, Iowa, in addition to a similar operation located in Old Hickory, Tennessee.

An accountant and an interior designer, Leigh opened Burger & Company at an especially inopportune time.

"We were all set to open when COVID hit," she recalled. "That made things challenging, but we survived it."

Actually, Burger & Company did more than just survive. The eatery acquired a reputation for innovative grub.

"We take so much pride in developing original burgers," Leigh explained. "We make everything fresh, right down to house-made sauces. That is so important because we're developing layers of flavors that complement each sandwich."

So, what's a good starter sandwich for a Burger & Company newbie? She recommended a BC Burger, which is an all-beef patty with cheese, lettuce, tomato and smothered in a kicked-up and creamy BC Signature sauce.

What's on the menu for those of us who want to stuff ourselves silly? Leigh suggested one of her stuffed burgers, of course.

The BCQ Stuffed Burger is a beef patty that is stuffed with bacon, cheddar and chives, topped with barbecue sauce, homemade onion rings and American cheese.

If you're gaga over gouda, check out Burger & Company's Smoked Gouda Burger, which has a burger stuffed with caramelized onions, smoked basil pesto and plenty of oozy, gooey cheese.

Looking for something a bit lighter? Try the Sweet Potato Guacamole Burger, which is a vegetarian-friendly sweet potato and black bean burger, that comes with gua-



Lexie Davis, center, and Liz Claus, right, help Kodi Ferguson with his order at Burger & Company in Spirit Lake, Iowa.

## IF YOU GO

**WHAT:** Burgers & Company

**WHEN:** 11 a.m.—8 p.m. Tuesday through Saturday; 11 a.m.—3 p.m. Sunday

**WHERE:** 1603 Hill Ave., Spirit Lake, Iowa  
**ONLINE:** myburgerandcompany.com

camole, lettuce, tomato and fried tortilla strips along with a house sauce.

"I'm not a vegetarian, but I love our vegetarian burger," Leigh said. "The tortilla strips give it a nice crunch."

Despite its name, Burger & Company offers more than just burgers.

Leigh pointed out that the Pig in a Pickle (pulled pork, cole slaw, a pickle and barbecue sauce) and the Chick Jagger (a grilled chicken breast, Havarti cheese, ranch dressing, an apricot mustard, arugula and tomato) are fan favorites.

And what would be better to wash everything down than an old-fashioned milkshake?

"My husband loves milkshakes and he gets to taste-test each one before we add it to our menu," Leigh said.

In case you're wondering, Burger & Company's Peanut Butter + Chocolate + Banana Milkshake, with whipped cream wafer and a Maraschino cherry is currently in big demand in the Leigh household.

More than a year after opening up shop, Leigh admitted it wasn't easy to start a restaurant in the middle of a pandemic.

What kept Burger & Company going was its very curated menu that placed quality over trendiness.

"Some places try to dazzle with ingredients nobody's ever heard of," Leigh said. "We make comfort food here. Nothing should feel pretentious and nobody should feel intimidated by our food."

Plus Burger & Company staff greet each customer with a smile.

"This is what we strive for," Leigh said. "When you offer great food and provide great customer service, people will always come back for more."



# 'DOC, I'VE GOT A QUESTION ...'

answers to your medical questions

## When it's as hot as it has been, what's the best way to exercise?

Even walking during this kind of weather seems impossible.

Swimming would be a great option in warmer weather if you have to be outside (don't forget your sunscreen). Otherwise, indoor activities, such as running or walking on a treadmill or track, stationary biking, or lifting weights can be beneficial. Be sure to stay hydrated as well.

## Can spider bites hurt you? How do you treat them?

There are more than 30,000 species of spiders, the majority of which cannot inflict serious bites to humans. If you do get bit by a spider, you can clean the wound and watch for signs of infection such as swelling, redness or rash. You can apply ice to the area. If you are concerned about infection, you should be seen by your doctor.

## What exercise gives you the biggest bang for your time – swimming, biking or running?

All three of these exercises build cardiovascular fitness and are great options, but each offers unique benefits. The best workout is the one that works for you and that depends on your goals and experience level.

Swimming is a great option as it is a full body workout with no impact. It is a great cardio workout while also strengthening your shoulders, arms, back and legs depending on what stroke you choose. Swimming may also help ease symptoms of joint pain and stiffness in those with osteoarthritis. One drawback is accessibility to a pool.

Biking is great as it builds aerobic fitness and lower body strength. Like swimming, biking is low impact making it great for those who can't run due to joint pain. It may also help ease joint

pain and stiffness in those with osteoarthritis. Biking may be more accessible than swimming as you can bike at the gym or outside (remember to wear a helmet).

Running is the most accessible of these options as you only need shoes. You can also burn a lot of calories in a single run. One drawback to running is that it can place stress on the joints which could lead to pain or injury over time.

In terms of which burns the most calories, running appears to be the best with cycling and then swimming following closely behind.

## How much water should you drink during a hot day? Should you start before you even go outside? I'm planning to take my children to a parade. Should we drink lots of water before we go?

You should drink about two liters of water per day, which is approximately eight 8-ounce glasses a day. Ideally, you should sip water throughout the day. If you are planning to be outside, you should be drinking water before hand and while outside. In the summer months, it is worthwhile to carry a water bottle with you.

## How do you treat a snake bite?

If you are bit by a snake, you should try to stay calm. If you do see the snake that bit you, try to remember what it looks like. You should take off any jewelry or tight clothing near the bite. Clean the bite wound with soap and water. If you think the bite was from a poisonous snake, you should get to the hospital as soon as you can. Do NOT bleed the wound. Do NOT try to suck the venom out of the wound. Do NOT put ice on the bite.

## MEET THE DOC

Dr. Katherine Evans, a Siouxland resident, got her undergraduate degree at the University of Iowa and her medical degree at Still University-Kirksville College of Osteopathic Medicine. She's a fan of Iowa Hawkeyes football, Kansas City Chiefs football and she loves hanging out with family and friends.

## What kind of head injuries could result from not wearing a bike helmet? When I was a kid, we never wore helmets. Have things changed?

Possible head injuries from not wearing a bike helmet include lacerations/abrasions, skull fractures, brain injuries, such as brain bleeds, concussions or even death. Helmets are highly recommended. It is important that your helmet fits properly as well and is not loose on your head.

## If you're supposed to start getting a colonoscopy in your 50s, how often will you get them after that? Is there a time when you don't need them anymore?

According to the most recent guidelines from the U.S. Preventive Services Task Force screening for colorectal cancer in asymptomatic adults should start at the age of 45 for patients at average risk. If there is a family history of colon cancer, you may potentially start at an earlier age. If your colonoscopy is normal, they recommend repeating in 10 years. If there are polyps or other findings on the colonoscopy, they may recommend a repeat colonoscopy sooner. It is recommended to continue screening for colorectal cancer until the age of 75. The decision to screen between the ages of 76 and 85 years is an individual decision that you should discuss with your doctor and it involves taking into account overall health of the individual and prior screening history.

## WHAT KINDS OF HEALTH QUESTIONS DO YOU HAVE?

Submit your questions and they may be used in this quarterly feature. Write to Siouxland Life at 515 Pavonia St., Sioux City, Iowa 51102.





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# IT'S ALL ABOUT THE PLANNING

You know it's bad when you have to take a nap just to be able to get something done at night.

But that's how it's been since the pandemic cooled down and everything else heated up.

By the time I get home at night, I'm either A) starved or B) exhausted. If I could figure out a way to eat and sleep (which I think I've perfected at the movies), I could get ahead.

But, as it is, I've had to pace myself. So, if you're interested in the plan, here's how it goes:

1. Change clothes as quickly as possible — hopefully, after you've gotten out of the car and into the house.
2. Grab the mail, put the bills aside and look to see if there's anything good.
3. Get candy from the candy drawer (and if you don't have one, what's taking you so long?).
4. Sit in big chair, look at magazines and eat candy.

Sometime during that fourth step, you will fall asleep and, the next thing you know, you'll be ready to get up and eat officially.

Because it's probably 8 p.m. by this time, you'll want to avoid anything that takes more than five minutes to microwave or 10 minutes to broil. (Leftovers are an option, but you could get a sense of déjà vu if you do that too many nights.)

Once the food is hot enough to burn your mouth, position yourself over the kitchen sink. You could put this on a plate but, really, do you want to do dishes, too? Eat over the sink because you're close to the paper towels. If you need a fork, you made the wrong food choice.

After you've discarded the paper towels, pull out the ironing board and iron.

While "some" people actually devote days to this activity, you can easily iron as you go. (I've even ironed two or three shirts just to get ahead on my plan.)

While the iron is warming up, toss a load of clothes in the washing machine.

Then, go upstairs, iron those shirts and — this is important — unplug the iron. Because it will need time to cool, grab a trash bag and start discarding the paper cups, newspapers, unopened mail and other items that "some" say make your house look messy.

Around this time, the clothes should go in the dryer.

Grab a sock from the "unmatched" pile and use it to dust as you make your way to the now-cooled iron. Put the iron and ironing board away and toss the sock in the hamper.

With minutes still to go on the dryer phase of "washing day," use the time to eat dessert.

Sure, it's after 9 p.m. but who doesn't grab something at that hour? If you time your meals right, you could even say you're doing "intermittent fasting."

Because you probably didn't bake cookies, you could settle for a handful of M&Ms or a fistful of chocolate chips. That is if you're in a hurry. If not, dig out the ice cream. You deserve it.

By the time you've finished, the dryer cycle should be done. Now this step is important: **TAKE THE CLOTHES OUT** of the dryer and drop them on the couch. You could start to fold them, but you also could leave that until tomorrow when you have more time.

While you're brushing your teeth and washing your face, be sure to clean the bathroom.

If you've got an electric toothbrush, it's very easy to do two jobs at once. Once you're clean and the bathroom is clean, it's time to go to bed. Set the alarm five minutes early.

Then, you can either have a cushion to get ready in the morning or you could pay bills while you're getting dressed.

A week to get the household chores done? Not if you plan right.



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