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If you haven't taken that day trip (or you're contemplating a stay-cation), we've got some great ideas for fun. We head up to Okoboji for a look at changes there, then venture back to Sioux City for some sweet ideas that can be done in a day. We also look at health concerns when it comes to swimming, splash pads and tanning. And, if that's not enough, Bruce Miller tells you why it's great to sleep in. Summer is here...and we're ready.



ON THE COVER

Boating becomes a summer must on West Lake Okoboji. On weekends, it's often the place to be. Photograph by *Justin Wan*.

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4 DIY DREAM

You, too, can make your home look like something out of a magazine. A Dakota Dunes family has that special touch.



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What is it like inside a star's dressing room? Folks at the Hard Rock take us backstage for a look at the life of luxury.



34 REMEMBERING THOSE DOGS

The first public art project was a big hit in Sioux City (and beyond). It started a trend and still draws questions and praise from those who warmed to it.



DIY PROJECTS

GIVE DAKOTA
DUNES HOME FRESH,

STYLISH LOOK

Text by Dolly A. Butz | Photography by Tim Hynds

DAKOTA DUNES — Less than seven hours after giving birth to her son, Brooks, Kelsey Beiermann woke up her husband, Chase, who was sound asleep in their hospital room, and asked him if he had called the real estate agent.

There was a house in The Prairie neighborhood in Dakota Dunes that Kelsey really wanted to look at. The couple, which was living in a townhouse at the time, had been search-

ing for a house for about a year.

"I just wanted to bring our baby to a home," Kelsey said as she stood in a light and airy open concept kitchen, living room and dining area holding a babbling Brooks, now 1.

A week after Brooks' birth, the Beiermanns looked at that 2,200-square-foot house that Kelsey saw so much potential in. They put an offer in on the house, which was

accepted just two hours later, and, over the past year, have been working hard to put their own personal touches on it.

"It was making her happy," Chase said of the purchase. "She has the eye for this stuff."

Kelsey, a brand stylist, prefers cool tones, so one of the first changes the couple made was repainting the warm walls a light gray and the ceilings and oak trim



The Chase and Kelsey Beiermann home in the Prairie neighborhood.



Black and white family photos are displayed on a wall.

“It’s crazy how little things like *paint can make such a big impact* and such a big difference. I think we’ve totally transformed this floor and we haven’t done any construction.”



The master bedroom.

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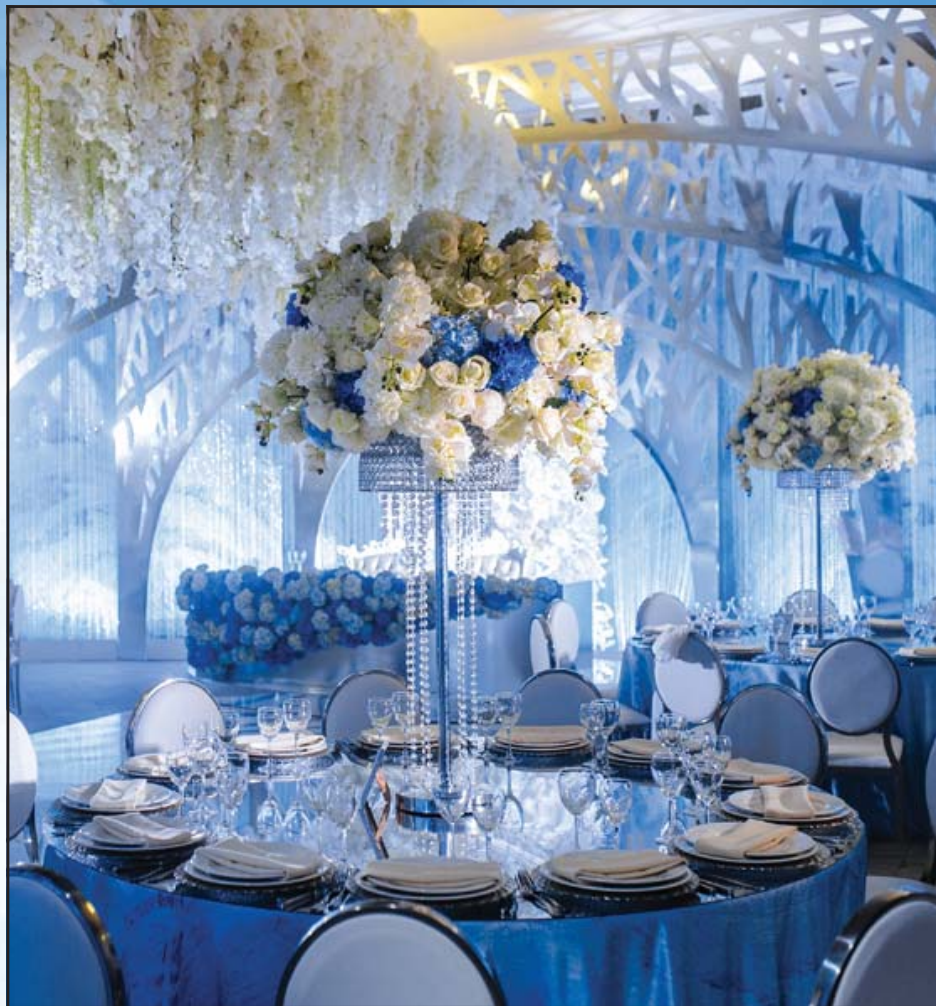
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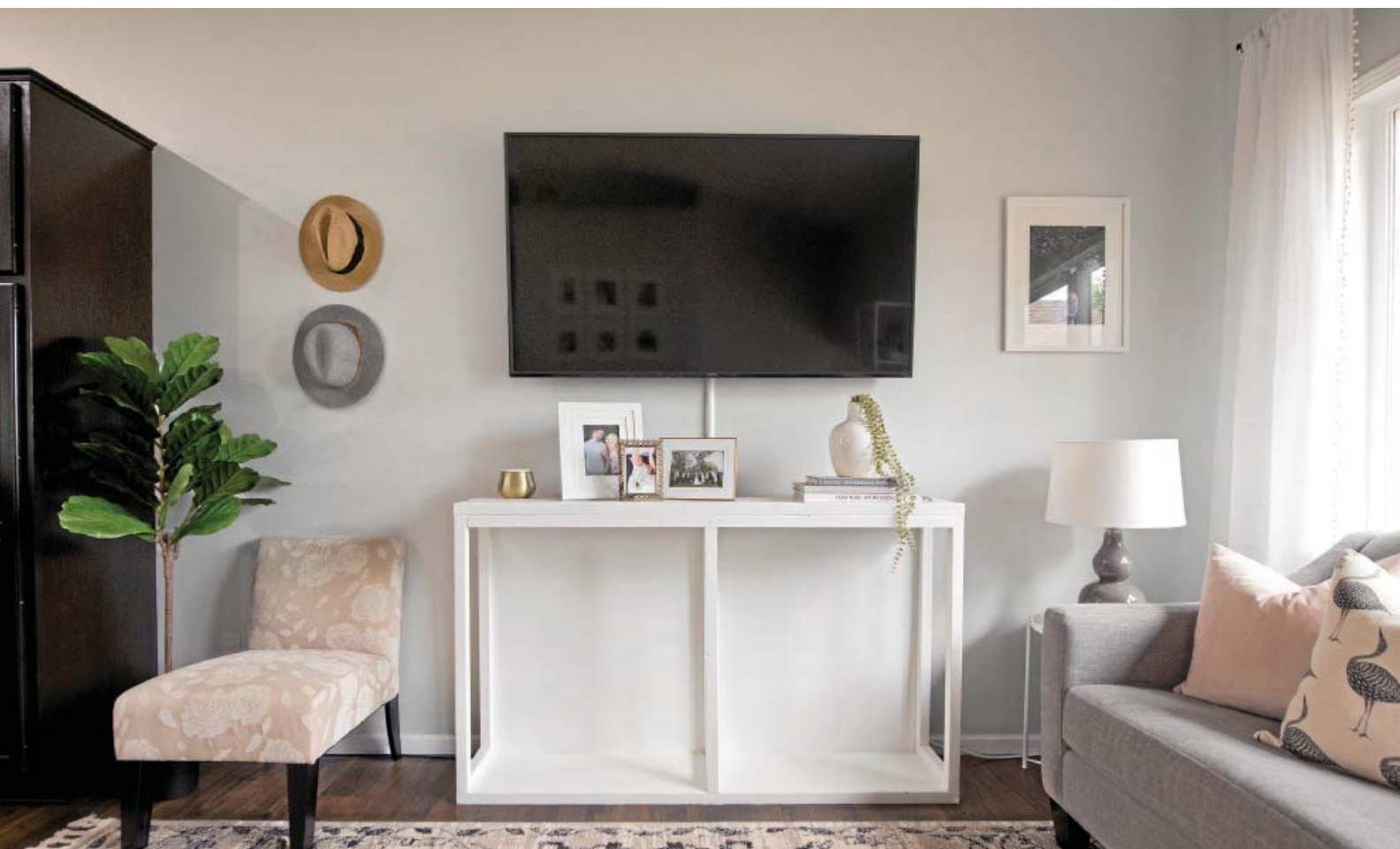
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Simple do-it-yourself projects helped the Beiermanns put their stamp on their home.

white.

"The walls and the ceilings everywhere were all one color. I felt like we were kind of in a box," said Kelsey, who wanted her home to have a classic, yet modern look. "It's crazy how little things like paint can make such a big impact and such a big difference. I think we've totally transformed this floor and we haven't done any construction."

Both Kelsey and Chase agree that their favorite room in the house is the open kitchen, living room and dining area. It's also where the young family, due to expand in the coming months with the birth of the Beiermanns' second child, spends most of its time.

"I like how Brooks can be playing in the living room with his toys while we're cooking," Kelsey said.

The Beiermanns painted the backsplash in their kitchen to give it a new look that adheres to Kelsey's style. They



Kelsey Beiermann holds her son, Brooks, 1, in his specially designed room. Note the organized shelves.



The dining room.

“I think sometimes people are scared of white, but everything I get, I make sure it’s able to be washed or cleaned. I like my big statement pieces, or my more expensive pieces, to be neutral and then I can easily switch out color for the seasons or holidays with little accent things.”

switched out cabinet handles and plan to replace carpeting in the bedrooms next. Kelsey said they have learned a lot in the past year with all the DIY, “do-it-yourself,” projects they’ve undertaken with the help of Pinterest and YouTube tutorials.

“It was overwhelming at first, because I feel like we tried to do everything so fast. Then, we really realized if we go room by room, it seems more manageable,” she said.

KITCHEN, LIVING ROOM, DINING AREA

The Beiermanns bought a piece of wood, painted it white and selected black brackets with which to hang it. The shelf serves as a focal point in their dining room. A black-and-white

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The guest bathroom continues the design theme.



Darrel Bullock
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PREP YOUR HOME TO SAVE ON SUMMER UTILITY BILLS



Summer is a time known for vacations, beaches and higher than usual utility bills. The average U.S. residential customer's electricity bills will total \$412 between June and August this year, according to the U.S. Energy Information Administration. Consuming less energy can help you save money on utility bills. Fortunately, there are several easy ways to reduce your energy costs during the dog days of summer.

- **Fix Air Leaks** – Control ventilation to help control costs. When air enters and leaves your home through cracks and openings, you have an air leak. Look for possible leaks outside and inside of your home. Exterior areas where two different building materials meet such as siding and chimneys are havens for air leaks. Inside your home, gaps can be found in places such as door and window frames, baseboards and attic

hatches. Depending on the type of leak, you can caulk, seal or add weather-stripping to reduce air leaks in your home and potentially save money.

- **Seek out Energy Vampires** – If you have an electronic gadget or appliance that uses electricity when plugged in but not in use, you have an “energy vampire.” Electronics plugged into your wall outlets can add to your utility bill. Common household items that are plugged in and zap electricity when not in use include: hair dryers, video game consoles, cable boxes and portable fans. Unplug devices to save energy and eliminate energy vampires.
- **Check Your Home Insulation** - Heat flows from warmer to cooler temperature spaces. Insulation provides a protective layer between the heat radiating on your roof and the interior of your home. If your home is not properly insulated, heat can enter your home

and your air conditioner will have to work harder to keep your it cool. Older homes may have little to no insulation in the ceiling and in the walls. Seek out a professional to determine how much insulation to add. You can also make sure your attic door is insulated and closed tight. Attic vents should never be blocked by insulation.

- **Air Conditioning Tune-Up** - If you want to optimize the performance of your air conditioner so it will provide comfort through the summer months, hire a professional for a tune-up. At a minimum, your air conditioner filters should be cleaned and replaced according to the manufacturer's instructions. Window blinds and shades are another way to help reduce the heat in your home.

To find a contractor to help with your home maintenance or an air condition service technician, visit <http://www.siouxlandhba.com/members/>.

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Chase and Kelsey Beiermann and their son, Brooks, 1, stand in their kitchen and dining room areas.

photo of Kelsey's late grandparents eating with friends, which sits on the shelf, has become a conversation piece.

"It's really special to me because everyone looks so happy and it's just a candid, in-the-moment photo," said Kelsey, who likes to frame and display a mix of words, shapes, art and photography of people and animals.

When Kelsey is struggling with decorating, she said she reaches out to good friend Nicole Hospers, who owns Thompson Interior Design in Sioux City. Kelsey said she bought three different rugs for the living room before Hospers helped her find the "perfect" rug.

"I am obsessed with this one," Kelsey said of the neutral rug with tassels and a dark blue pattern. "I was trying to bring a little bit more color into our house without it being overwhelming. Blue is kind of a neutral to me."

NURSERY

Kelsey said she wanted her son to have a "learning room" that he could grow into, rather than a baby nursery.

An abacus sits on a small pint-sized table and chair set underneath a large window, while a globe rests on a white shelving unit. A wall hanging that features insects is just one of the little touches of nature that

Brooks can explore when he gets older. A blanket printed with dinosaurs is draped across a tan armchair, while a toy camera, fish ornament and framed leaf hang from a coat rack.

Kelsey said Chase likes to hunt and fish, so they tried to incorporate some of those elements in the decor alongside Brooks' mementos — a onesie he wore for his one-month pictures and a framed music sheet of the Beatles song "Blackbird."

"It was just a song that I played when I was pregnant with him," Kelsey said. "We play it before he goes to bed, too."

Brooks' closet is just as immaculate as the rest of his room and Kelsey has decorated that as well. Built-in shelves on the side of the closet display a ceramic snail, baby books and a framed drawing of a fish.

"I'm super into organizing, so he has all his different bins of toys labeled," Kelsey said. "I like my closets to look nice and neat, so I even kind of decorate them."

MASTER BEDROOM

Kelsey likes to add tiny pops of color to her neutrals, which she said makes it easy to change home accents as the seasons change.

Amid light gray walls, white furniture and white bedding, two centrally placed floral pillows stand out in the master

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Kelsey and Chase Beiermann threw a farmer's market-themed first birthday party for their son, Brooks, at their Dakota Dunes home in May.



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"I think sometimes people are scared of white, but everything I get, I make sure it's able to be washed or cleaned," Kelsey said. "I like my big statement pieces, or my more expensive pieces, to be neutral and then I can easily switch out color for the seasons or holidays with little accent things."

BATHROOM

Chase said he and his wife have "learned a lot of things" over the past year as far as DIY projects go.

"We've been kind of looking online and figuring stuff out," he said.

The Beiermanns updated a main floor bathroom by spray painting a silver light fixture black and replacing the glass globes to give it a modern look.

"It was just inexpensive rather than buying a whole new light fixture and it really updated it from what it was," Kelsey said. "Just little things like that just totally change the whole room."

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A mixer and items on the kitchen counter adhere to the color palette established by the Beiermanns.



Kelsey's graphic design background also figures into her decorating.

Family is emphasized in much of the decorating in the Beiermann home.



A LEARNING CURVE

*Foreign-exchange
Arnolds Park workers
improve language skills*

Text by *Mason Dockter* | Photography by *Justin Wan*

ARNOLDS PARK, Iowa — For a young Dominican, Jamaican, Jordanian or a person of any other nationality, a summer gig at Arnolds Park could be something of a dream job: working at a beloved amusement park while learning new skills and improving their English.

The historic Northwest Iowa amusement park employs roughly 60 temporary workers on J-1 student visas, who work for the summer at the park before heading back to school in their homeland in the fall.

On a Saturday in June, four of those workers spoke about their experiences at the park.

DMITRI MORA, 20

From: Santo Domingo, Dominican Republic

Studying: International business at UNAPEC (Universidad Acción Pro-Educación y Cultura)

As of this writing, the temperature in Santo Domingo hovered just below 90 degrees, with relatively high humidity.

Dmitri Mora says the weather is like that throughout the year in his hometown — “in December, it’s wet, never cool.” So the summer heat in Iowa, which may seem stifling to a native, isn’t anything he can’t handle.

“Dominican (Republic) is even much hotter than Iowa, so I feel comfortable here,” Mora said. “The weather is good for me. Cool, hot, I’m all right with that.”

This summer is Mora’s fourth trip to the states. At the park, he’s a game operator — during the visit, he was working a water balloon game. He said his English language skills have improved at the park.

“I just have one year speaking English,” he said.

On the whole, he’s having a good time.

“I have met a lot of people from different countries, I have learned a lot of language,” besides just English, he said. “Iowa, here people is so nice. I have been in New York, Washington, and people there they don’t even try to talk to you. Here people is so friendly, nice, they ask ‘How are you?’, ‘Good morning,’ and those things.”

Mora said he’s interested in a career in tech — he has already worked with a group to create his own app.

“Also, I’m trying to make a business about 3-D printing,” he said.

Like most of the temporary summer workers, Mora came to Arnolds Park through an agency. He’s had such a blast that he decided he wants to come back to work in future summers.

“This was going to be my first and last time, but now I realize that this is so fun, this job, so I’m thinking to come next year,” he said.



Arnolds Park worker Misael Pool Almanzar works a game booth in Arnolds Park. Almanzar said Arnolds Park made him feel "like I'm part of the family."

ROLANDO ROBINSON, 20

From: St. Catherine, Jamaica

Studying: Computer science at the University of Technology in Kingston

Rolando Robinson hasn't learned much English at the park — instead, he's learning Spanish.

His English skills are already pretty strong — English is, after all, the official language of Jamaica (many there speak Patois, a local dialect which is similar to English in some respects).

But since the Arnolds Park community of exchange workers is so diverse, there's always another language to learn.

"Most of my friends now are Dominican, so I've got to learn how to speak Spanish to communicate with them. So I teach them English, and they teach me Spanish," Robinson said. So far, he's learned "phrases, some sentences, new words."

Robinson is a game operator at the park. In this position, he gets to "interact with the people, and bring them in, convince them to play the games."

He said he'd like to come back to the park in the future, but not as a game operator — he wants to broaden his skill set at the park.

"I think I want to learn everything," he said.

ANAS AL SUGHAYER, 22 (ALMOST 23)

From: Amman, Jordan

Studying: Civil engineering at Al-Balqa' Applied University

A cheerful young man from the enormous, ancient capital city of Jordan, Anas Al Sughayer started at Arnolds Park at the end of May. This is his first



Arnolds Park game workers Dmitri Mora, left, and Anas Al Sughayer, converse near one of the park's games. Mora, a native of the Dominican Republic, and Al Sughayer, who comes from Jordan, are college students working at the park over the summer months, along with dozens of others.



Anas Al Sughayer carries water balloons at a game in Arnolds Park. Al Sughayer said he likes seeing the happiness of children who win prizes at the games he works.

time in the United States.

Though it may seem unusual for a college student to travel halfway around the globe to work as a game operator at an amusement park in small-town Iowa, Al Sughayer said he does it for the kids.

"I love children, I love making them happy, that's why I come here," he said. "You give the children the (prize from the game), you make the children happy, and I am happy, too."

Though he may not know it, Al Sughayer seems a natural-born game salesman — just talking about his job, he couldn't help but boast of how effortlessly a prize can be had.

"Easy, easy to win," he said. "It's for children! Absolutely it's easy to win."

His English is a bit less steady than some of his coworkers', but that's OK — in fact, that's also part of what he's doing in Arnolds Park.

"I'm here to learn English," he said.

And has his English improved?

"Kind of."

MISAEAL POOL ALMANZAR, 20

From: Santo Domingo, Dominican Republic

Studying: Medicine at the Universidad Autonoma de Santo Domingo

A fast talker from Santo Domingo — he started talking about Arnolds Park before he even introduced himself — Misael Pool Almanzar could have spent his first summer in the United States with family in Queens, New York.

Instead he found a new family among his Arnolds Park coworkers.

"I like to be working here in Arnolds Park because it's my first time in the United States, and I (was) thinking that my first time in the United States would be, like, different, sharing with family, but now I'm feeling family because I'm working with people that — they make me feel like that," Almanzar said.

Almanzar spoke "a little bit" of English before coming to the park, and says he wants to come back to the park next year.

"I felt that this is the perfect job for me," he said.

His employers make him feel "like I'm part of the family," taking him, along with other employees, on a variety of leisurely excursions, including a boat ride and to a "campament" (a camp).

"We were having fun in the boat," he said. "My boss told me the next week maybe we are going to have fun at the cinema."

Iowa's climate, he found, is less predictable than the staid heat on the island of Hispaniola (the Dominican Republic is on the eastern portion of the isle). Like Mora, he should be comfortable in the summer heat at Arnolds Park.

"The weather is like more crazy — now can be cold, after that, two hours later, it can be hot," he said.

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The Beach Club inside The Inn Hotel is seen in Arnolds Park in June.

EMBRACING THE PAST

Text by *Mason Dockter* | Photography by *Justin Wan*

‘The golden age’ of Okoboji hospitality lives on at the Inn Hotel

ARNOLDS PARK, Iowa — There’s a lot Mercedes Steffes would like to tell you about The Inn Hotel.

But first, a disclaimer: The Inn Hotel is not the original Inn, the beloved Okoboji lakeside destination that opened in 1896 and was demolished last year.

“We’ve had some confusion if we’re affiliated with The Inn — we’re not affiliated with The Inn,” Steffes said. “It was just an ode, an homage, to the original Inn.”



Owners of The Inn Hotel Mercedes Steffes and Marc Steffes pose for a photo with their daughter Ruby, 5. The 1920s-themed Arnolds Park hotel opened May 24.

The 38-room hotel at 15 Dam Road — about a five-minute walk from the Arnolds Park amusement park — opened May 24.

Even though it's not the same hotel, Steffes and her husband, Marc, have done a lot to make their independently owned Inn reminiscent of the old Inn — including the pair of arches on the hotel's portico, evoking the turn-of-the-century look of the old Inn, which also had arches at its poolside entrance.

They've taken to calling the 1910s and '20s "the golden age" of Okoboji-area leisure and hospitality, thus the period theme of the hotel. The jaunty style is visible from the exterior — the striped window awnings in particular point to an earlier time.

"That was the time for self-indulgence, and entertaining was, I keep saying, an art form," Steffes said during a Saturday visit in early June — it happened to be the first weekend the hotel was fully booked.

Perhaps the crown jewel of the new Inn is The Beach Club, a bar and restaurant evoking the moody look of a tropical 1920s hotel restaurant with its vintage-style furniture, fixtures, old photos, swing music and parquet wood floors.

True to its 1920s form, you don't have to be a hotel guest to have a cocktail or dinner at The Beach Club — in those days, hotel restaurants were common gathering places even for people who didn't actually rent a room at the hotel. Steffes said the couple wants to cultivate "a social club atmosphere" in The Beach Club.

Steffes, who served as the hotel's interior designer, paid attention to details when choosing its fixtures, furniture, decor and numerous potted plants. She's especially proud of a large, decorative glass light fixture hanging above a stairway.

"I love that light, I found that in Arizona where I was vacationing — it's 1960s Miami Beach," she said.

Marc Steffes, whose firm, Steffes Companies, was responsible for building the hotel, said the timing was right to open a nice hotel a fraction of a mile from the Arnolds Park amusement park (the firm is also in charge of considerable ongoing construction at the park).

"That was kind of the driving force behind why we built the hotel in the first place, was just to kind of support the vision for the Roof Garden, which is a year-round venue," Mercedes Steffes said.

The newly renovated Majestic Pavilion at Arnolds Park, a popular venue for weddings and other large gatherings, complements the hotel well.



The pool area of The Inn Hotel.



Mercedes Steffes, co-owner of The Inn Hotel, talks about the Arnolds Park hotel's Beach Club bar and restaurant during a visit.





The Inn Hotel is seen in this photo taken in June. The pair of arches in the hotel's portico are reminiscent of the old Inn, which was demolished last year.

"They basically have weddings 10 months out of the year," Marc Steffes said while sitting at the hotel's pool-adjacent Cabana Bar. "Every weekend from here on out, there are wedding groups at the hotel."

And what is a hotel without a pool to lounge around? The hotel's 4-foot-deep, second-floor pool, which Marc Steffes referred to as a "dipping pool," is a bright and shiny affair in an outside deck area.

Because neither Steffes had a background as a hotelier and the hotel is operated independently, they brought in a manager with 20 years' experience running hotels to keep things ship-shape.

"We are not managing, we are owners, but we do not manage," Mercedes Steffes said. "We obviously are doing a lot of up-front managing and helping and getting everything going, but the plan is to kind of step back."



The lobby area of The Inn Hotel. Mercedes Steffes, co-owner of the hotel, did the hotel's interior design work.

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VINTAGE MUSIC ACTS 'RETURNING' TO THE NEW ARNOLDS PARK ROOF GARDEN

Text by *Mason Dockter* | Photography by *Justin Wan*

ARNOLDS PARK, Iowa — The last time Tommy James and the Shondells played the Roof Garden in June 1974, they were a juggernaut rock act with freshly minted hits like “Crimson and Clover,” “Crystal Blue Persuasion” and “I Think We’re Alone Now.”

This August, James and his band — who played at the Roof Garden at least five times between 1966 and 1974 — will make their triumphant return to the Arnolds Park music venue. They’ll be the first band to play the newly remade Roof Garden.

“We’re really looking forward to coming out there, this is really a hoot for me, playing the Roof Garden,”

James said during a telephone interview.

Maddi Tesch, the administrator at the Iowa Rock ‘n’ Roll Hall of Fame in Arnolds Park — formerly housed in the second Roof Garden — said that back in the day, it made a lot of sense for big names like Tommy James and the Shondells to play a ballroom in small-town Iowa.

“The interesting thing about the Roof Garden was it’s kind of in the middle of all these tours that came through, so while they were on their



Tommy James

way to Chicago or another bigger part of the Midwest, they stopped at the Roof Garden,” Tesch said. She said Iowa owes much of its Rock ‘n’ Roll heritage to the many ballrooms like the Roof Garden that once dotted the state.

James said his performances at the old Roof Garden were most likely in the middle of big-city tours when the band was at its peak: “When they’d book (tours), they’d have you stop here and stop here and stop here, on your way between usually two big cities.

“I certainly remember Arnolds Park, Iowa.”

James and the band will play selec-



The new Roof Garden ballroom at Arnolds Park has much the same appearance as the old Roof Garden that was razed in 1987. It will open in August with a series of concerts, featuring many performers who played during the ballroom's mid-20th century heyday.

“We’re really looking forward to coming out there, this is really a hoot for me, playing the *Roof Garden*.”



Ongoing construction at the new Roof Garden in Arnolds Park, seen here in June. The Roof Garden will open with concerts in August.

IF YOU GO

What: Roof Garden Concert Series

Where: Roof Garden at Arnolds Park, 37 Lake St, Arnolds Park

Shows and dates: Tommy James and the Shondells, Aug. 2; Billy and the Downliners, Aug. 7; The Glenn Miller Orchestra, Aug. 9; The Fabulous Flippers & The Rumbles, Aug. 16; Cash'd Out, Aug. 23; The Romantics, Aug. 28; Head East, Aug. 30

tions from their new album, “ALIVE,” during the performance.

Among the bands returning to the Roof Garden for its August concert series, Tommy James is far from holding any record for the most performances there: The Rumbles, playing Aug. 16, played the old Roof Garden around 50 times between 1955 and 1987. The Fabulous Flippers, who will appear alongside The Rumbles, took the Roof Garden stage roughly 17 times in the same time frame. Head East played at least 12 times.

The new Roof Garden is a replica of the old Roof Garden where those groups played decades ago, and it’s

among the crowning achievements of the \$19 million “Restore the Park Campaign” that began several years ago.

The old Roof Garden ballroom, which hosted dances and music beginning in 1923, was taken down during a stretch of tough times at Arnolds Park in 1987. It was replaced with a second Roof Garden, an open-air venue that shared a name but had little else in common with the first Roof Garden. It was demolished last May.

The third version of the Roof Garden brings it back home again, with an appearance similar to the old Roof Garden during its mid-20th century heyday, when everyone from the

Yardbirds to the Byrds, and from Sam the Sham and the Pharaohs to Roy Orbison, played the ballroom.

When it opens, the new Roof Garden will boast a lofty ceiling — the exterior has the two-floor appearance of the original, but the space will be open-air, with Roof Garden memorabilia on display where the second floor would be.

Most of the acts playing in August, or their predecessors in name (the Glenn Miller Orchestra is playing even though Glenn Miller went missing 74 years ago) played at the old Roof Garden several times during their peak of popularity.



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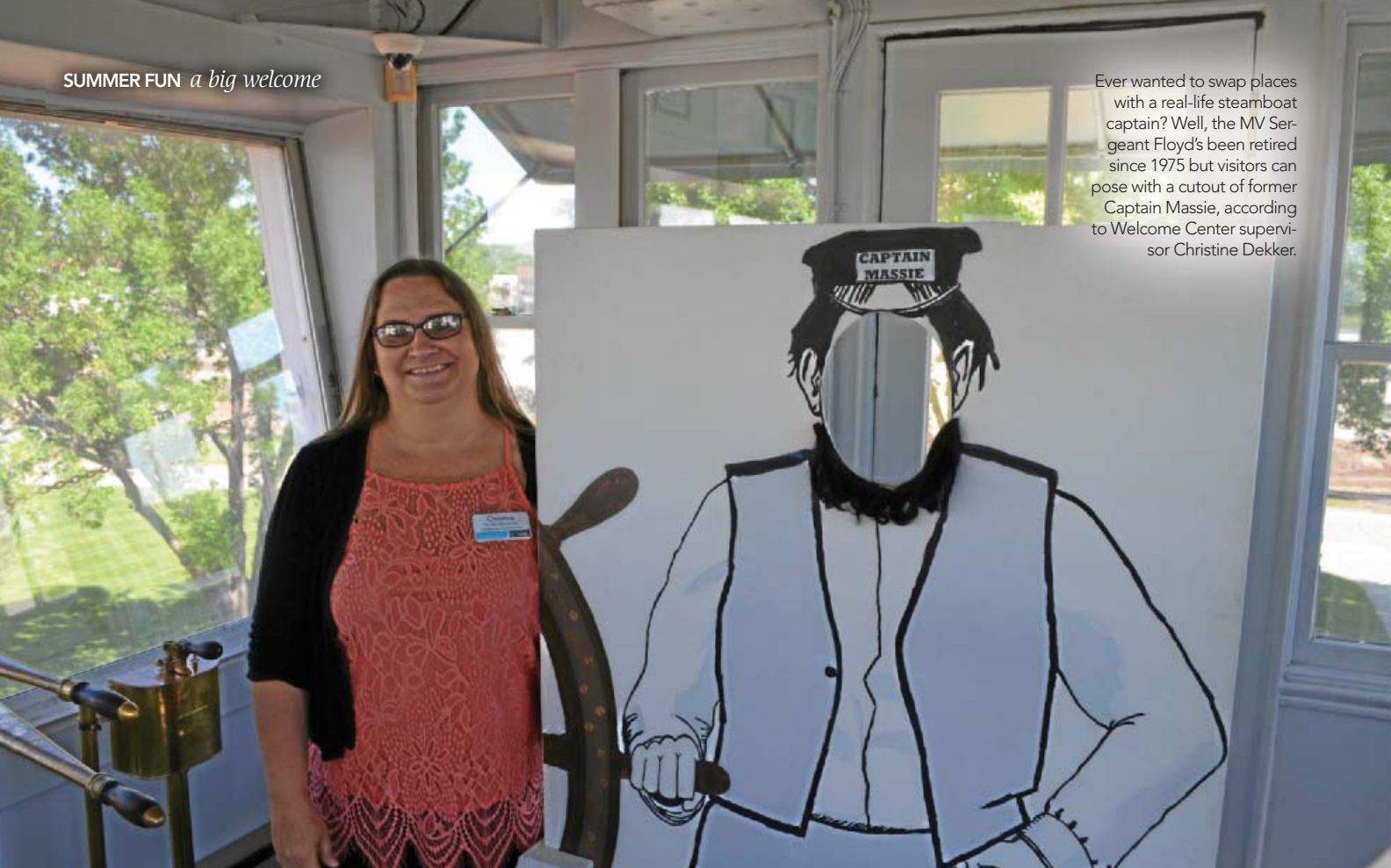
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This article was provided by Creative Cabinetry.

SUMMER FUN *a big welcome*

Ever wanted to swap places with a real-life steamboat captain? Well, the MV Sergeant Floyd's been retired since 1975 but visitors can pose with a cutout of former Captain Massie, according to Welcome Center supervisor Christine Dekker.



Text and Photography by *Earl Horlyk*

WELCOME CENTER ON THE WATER

*Sgt. Floyd Welcome Center
celebrates Siouxland's history
with the Missouri River*

SIoux CITY — Christine Dekker would like to make one thing abundantly clear.

Neither Meriwether Lewis nor William Clark ever set foot on the MV Sergeant Floyd.

After all, the utility and towboat — named after Sgt. Charles Floyd, the only Corps of Discovery Expedition member to perish in the journey — wasn't launched until 1932, long after the deaths of both explorers.

"That's one of the most frequently asked questions people have," said Dekker, the supervisors of the Sergeant Floyd River Museum & Welcome Center. "They think this is the actual boat used in the Lewis & Clark Expedition but it's not."

Instead, the 340-ton Sergeant Floyd was used for light towing, surveying and inspection work on the inland waterways under the jurisdiction of the Missouri River Division of the U.S. Army Corps of Engineers.

Indeed, the boat was a primary workhorse in moving men, equipment and supplies along the Missouri River before it was retired in 1975.

At first, the Sergeant Floyd was used as a traveling exhibit before it was berthed in St. Louis. Since 1983, the boat has been permanently dry-docked in Sioux City.

For the 30 years, it has been used as a one-of-a-kind welcome center and river museum at

IF YOU GO

WHAT: Sergeant Floyd River Museum & Welcome Center

WHEN: 10 a.m. to 4 p.m. daily (except Easter, Thanksgiving, Christmas and New Year's Day)

WHERE: 1000 Larsen Park Road, Sioux City

FOR GUIDED TOUR BY APPOINTMENT: 712-279-0198

1000 Larsen Park Road.

"People are amazed to see a welcome center that's actually situated on a boat," Dekker said. "We've had truckers who've come off of (Interstate 29) to use the restrooms and stick around for a while longer."

Indeed, the Sergeant Floyd welcomed more than 20,000 visitors from across the country and around the world, every year.

So, what will people see at the Welcome Center? Obviously, the colorful history of Lewis and Clark's expedition across the western United States.

It also gives guests a peek into what it was like to work on a real-life steamboat.

Well, we guess steamboat personnel were likely skinnier and shorter back in the day, right?

"You might think that since door frames seem to be smaller than normal



Welcome Center supervisor Christine Dekker said the Sergeant Floyd River Museum and Welcome Center is much more than a facility that showcases Lewis and Clark artifacts. Instead, the museum provides insight into Siouxland's long relationship with the Missouri River.

and some parts of the boat seem a bit more constrictive than need be," Dekker suggested.

That doesn't deter people from exploring exhibits that celebrate Native American culture, the fur trapping industry as well as Siouxland's long-lasting relationship with the Missouri River.

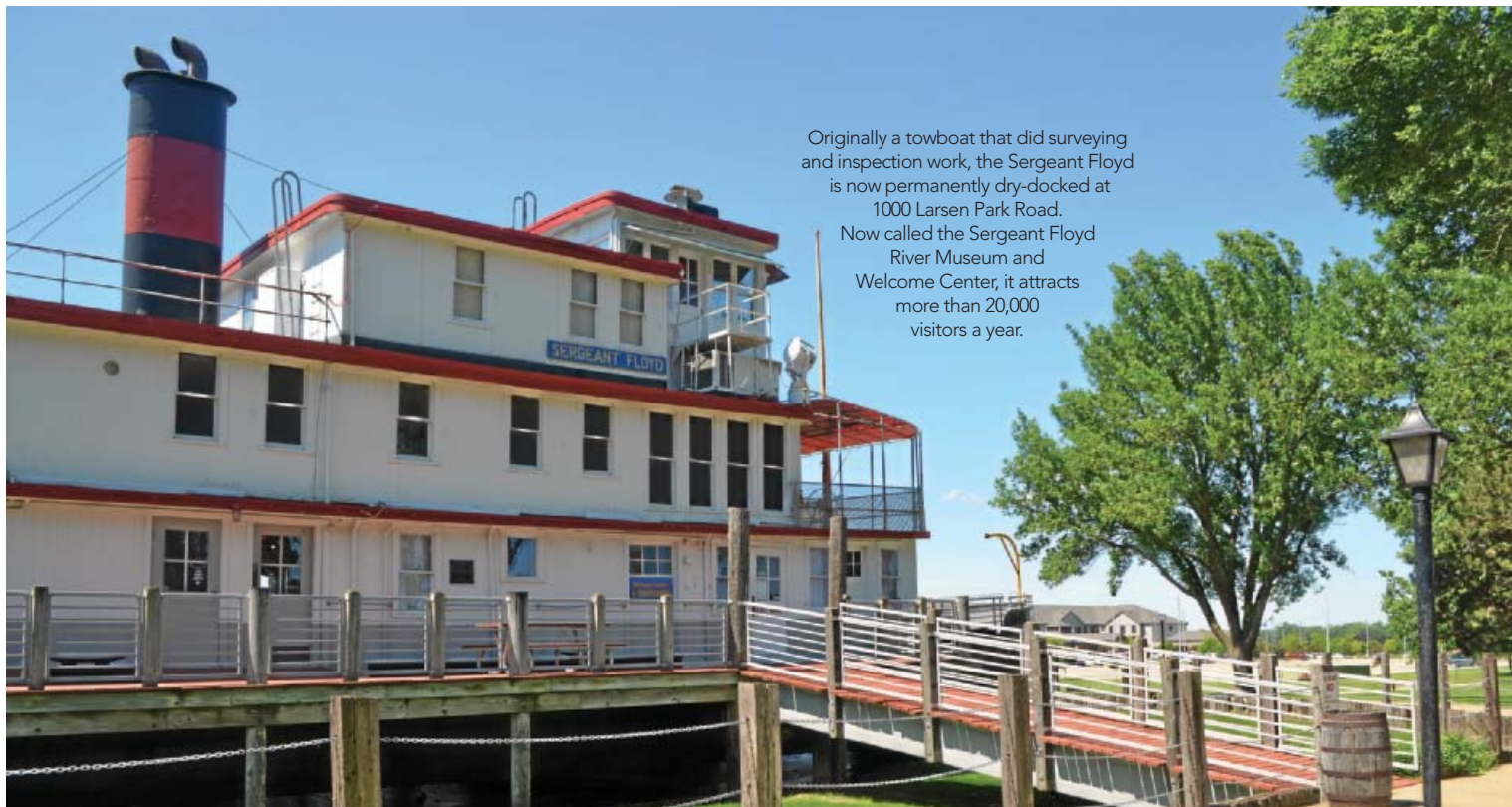
"This is one of the reasons I think the Sergeant Floyd River Museum and Welcome Center remains such an underutilized asset in the community," Dekker said. "We represent more than the Lewis and Clark Expedition. This is a museum that represents the history of Iowa, Ne-

braska and South Dakota."

In fact, she is always looking for ways to bring folks to see the MV Sergeant Floyd.

Whether it is through a classic antique car show, held every July, or a Sergeant Floyd Memorial and Encampment Ceremony, held on or near Floyd's Aug. 20 death.

"It doesn't matter if you're a traveler passing through the area, a Lewis and Clark fan who makes this trek every year or a local person wanting a unique experience," Dekker said. "There is always something to do here."



Originally a towboat that did surveying and inspection work, the Sergeant Floyd is now permanently dry-docked at 1000 Larsen Park Road.

Now called the Sergeant Floyd River Museum and Welcome Center, it attracts more than 20,000 visitors a year.

T.J. Obermeyer, an employee at The Railroad Museum gives a group a motor car ride at the Sioux City museum.

All aboard!

Sioux City Railroad Museum tracks a romantic past

Text by Earl Horlyk | Photography by Tim Hynds

SIoux CITY — In the 1930 RKO movie “Danger Lights,” a tough-as-nails railroad boss befriends a young drifter who, ultimately, comes between him and the woman that he loves.

So, what does a nearly 90-year-old potboiler Robert Armstrong (“King Kong”) and Jean Arthur (“Mr. Smith Goes to Washington”) have in common with the Sioux City Railroad Museum?

Well, if you watch the film’s first few minutes, you’ll see a Milwaukee Railroad Shops Historic District the way it would look in its heyday.

“All Milwaukee Railroad Shops had a uniform look, down to the colors of wall and design of the signage,” executive director Matt Merk explained.

“The movie ‘Danger Lights’ will take people back to an earlier time.”

In large part, that’s what Merk and his crew have been doing at the Sioux City Railroad Museum.

Located on a 30-acre complex along Highway 12 at 3400 Sioux River Road, the museum is home to one of seven surviving roundhouse terminal landscapes in the nation.

First listed on the National Register of Historic Places in 2018, the Sioux City Railroad Museum also received the prestigious Preservation Iowa award in May 2019, for Best Community Preservation Effort.

Which is a major reversal for land that had been a salvage yard just 35 years earlier.

WHEN THE RAILROAD CAME TO SIoux CITY

With its close proximity to the Missouri River, Sioux City saw the arrival of its first steamboat in 1856. In 12 short years, the railroad first made its way to town.

In time, eight railroads would serve Sioux City before it was consolidated down to six. This made the city the 10th largest rail center in America during the 1920s and 1930s.

Construction for repair shop terminal in Sioux City’s Riverside began in 1916 and was completed as soldiers returned home from World War I in 1918.

At its height activity during World War II, the terminal employed 560

IF YOU GO

WHAT: Sioux City Railroad Museum

WHERE: 3400 Sioux River Road, Sioux City

WHEN: 10 a.m. to 4 p.m. Tuesday through Saturday; Noon to 4 p.m. Sunday

ONLINE: siouxcityrailroadmuseum.org



Matt Merk, executive director of The Railroad Museum, talks during an interview at the Sioux City museum.



Historical photos are shown in the kitchen of a restored 1952 Milwaukee Road dining car at The Railroad Museum in Sioux City.

workers, overhauled 35 steam locomotives every day while maintaining thousands of rail cars every year.

The number of employees dropped drastically after the railroad converted to diesel. In addition, the roundhouse was reduced from 30 stalls to six.

Eventually, the bottom fell out of the rail business and Milwaukee Road filed for bankruptcy in 1977. In 1981, the company sold its Sioux City property to a farm machinery salvage company in 1981. Within a few short years, it fell into disrepair.

That is until when the Siouxland Historical Railroad Association acquired the property in 1995, converting it into a museum.

PAYING HOMAGE TO A RAILROAD TOWN

For nearly 35 years, Merk and his small staff have joined forces with countless volunteers in restoring the Milwaukee Railroad Shops Historic District to its former glory.

From the Corliss Stationary Steam Engine that was rescued from Sioux City's former KD Station to a newly

restored 1952 railroad dining car, the Railroad Museum provides visitors with a unique, one-of-a-kind experience.

NOT YOUR TYPICAL MUSEUM

"When people think of a museum, they probably don't think of this," Merk said of the sprawling exhibits that grace multiple buildings.

Recalling a more romantic age, the Railroad Museum is sometimes booked for birthday parties, wedding receptions and special events.

However, Merk is quick to say the

property is, first and foremost, a museum designed to celebrate Sioux City's long history with the railroad.

"I've had people come in, look at an old photo and say, 'that's my uncle from back in the day,'" he explained. "It seems like everybody has a connection to the railroad."

This includes the people who didn't even work directly for the railroad.

"We strive to recognize the work of the construction people, the mechanics and everyone else who made an impact on the railroad industry," Merk said. "Their contribution was great."

Walking into the sleek dining car, it is not hard to imagine yourself as a character in some black-and-white movie.

From its dining room's eccentric wallpaper to the still-sleek-after-all-these-years stainless steel kitchen, you can imagine yourself as a dashing drifter played by Robert Armstrong, desiring an out-of-your-league Jean Arthur.

While trains can get you from point A to point B, the Sioux City Railroad Museum can send you back to a time you can only imagine you were a part of.



Matt Merk, executive director of The Railroad Museum, straightens out a tablecloth in a restored 1952 dining car at the Sioux City museum.



Matt Merk, executive director of The Railroad Museum, stands at a new display case in the roundhouse at the Sioux City museum.



Matt Merk, executive director of The Railroad Museum, talks during an interview about the museum's Corliss Stationary Steam Engine that was rescued from the KD Station in Sioux City. The steam engine is in the process of being restored at the Sioux City museum.



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Missy Rarrat, Hard Rock's Vibe Manager, talks about backstage life in the green room for the Battery Park concert venue at the Hard Rock Hotel & Casino in Sioux City. The green room, which features a massage chair, gifts and snacks was decorated in preparation for Kane Brown's concert the next night.

BACKSTAGE PASS

*Battery Park's green room
is more than just a lounge
for A-List talent*

Text by Earl Horlyk | Photography by Tim Hynds

SIOUX CITY — Inside the green room at Hard Rock Hotel & Casino, Missy Rarrat inspected a guitar-shaped box filled with such retro candies as Jolly Ranchers, Bit-O-Honey and Chick-O-Sticks.

She then turned her attention to a swag basket containing branded baby items including a T-shirt bearing the inscription "Milk, Naps & Rock and Roll."

"You've got to pay attention to the smallest detail," Rarrat explained. "Performers want to feel at home, even

when they're on the road."

As Hard Rock's vibe manager, it is her job to make sure the casino's A-List talent are comfortable by the time they hit the Battery Park stage for an outdoor concert.

In less than 24 hours, opening act Ryan Hurd and, then, country music star Kane Brown made Battery Park history by packing in more than 7,000 concertgoers for the sold-out show.

"The countdown's definitely on," Rarrat said hours before. "You can feel the excitement in the air."

CREATING A HOME AWAY FROM HOME

Already a Hard Rock vet who has been with the casino since it opened more than five years ago, Rarrat rattled off the names of artists who've headlined the popular Battery Park concert series.

She and her crew have tailored the green room to suit the needs of such diverse talents as Post Malone, Kesha and Willie Nelson.

This time around, Rarrat made sure that Brown — a singer-songwriter best



A gift pack of Hard Rock-themed baby items for singer Kane Brown, who is an expectant parent with wife Katelyn Jae, in the green room for the Battery Park concert venue at the Hard Rock Hotel & Casino.

RIGHT:
A small guitar case-shaped box holding candy is shown in the green room.



known for such hits as “Baby Come Back To Me” and “What Ifs” — had plenty of comfort food candies for himself and his crew.

Knowing that Brown is also traveling with his wife Katelyn Jae, Rarrat wanted to surprise the expectant couple with a basket full of Hard Rock-branded baby accessories.

Adjacent to the space dedicated to Brown and separated by black drapery was a green room suited for Hurd, the concert’s opening act.

An in-demand songwriter for such artists as Blake Shelton and Luke Bryan, Hurd has written songs like “Love in a Bar” and “Diamond or Twine,” which he also performs.

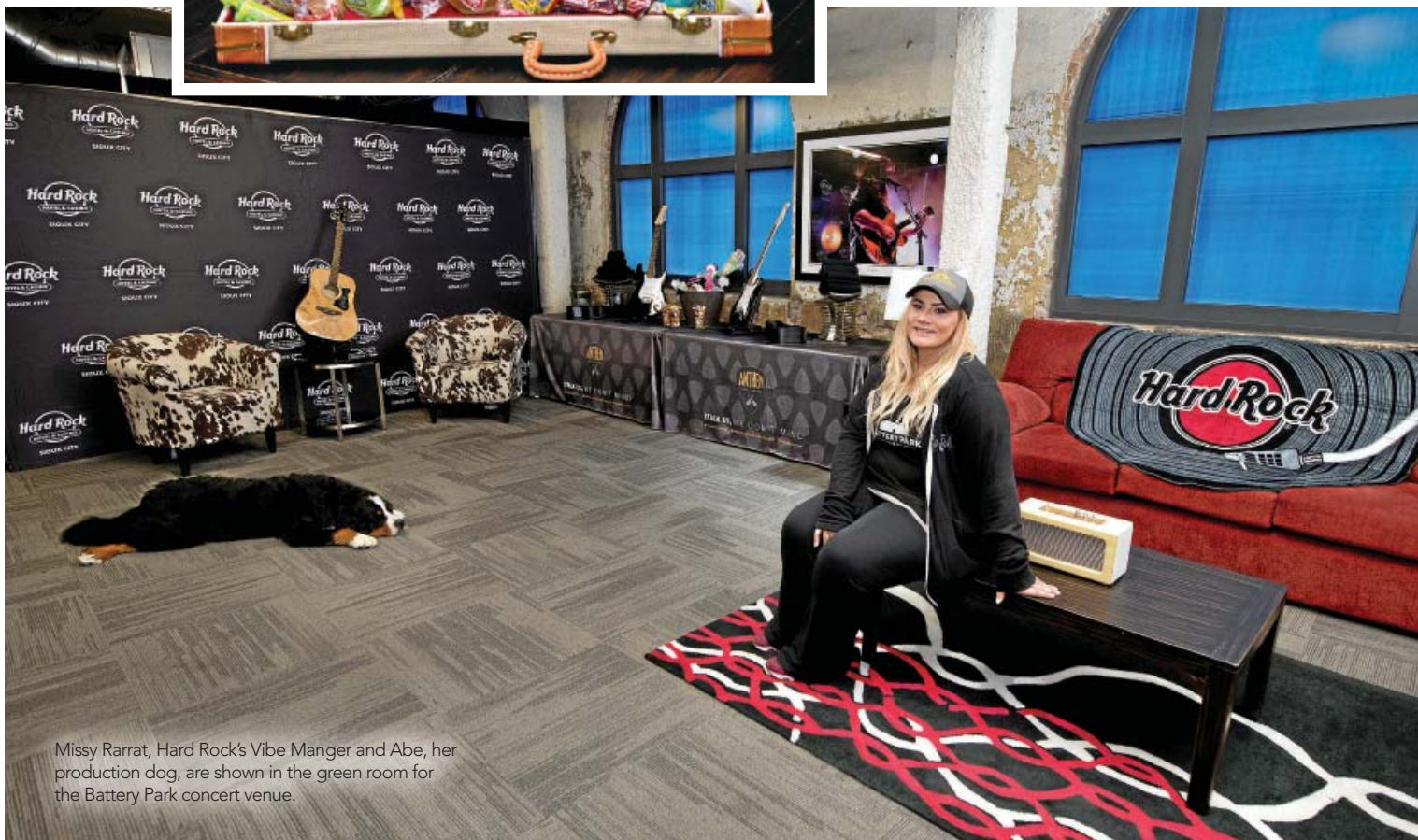
Hurd’s space was dominated by an oversize massage chair that was the envy of Rarrat.

“I will admit to testing out the massage chair many times,” she said with a grin. “I can attest that it is awesome.”

BEHIND THE CURTAINS AT THE GREEN ROOM

When adapting the space for its temporary inhabitants, Rarrat relies on riders — a set of backstage requirements an artist requests as a condition for their performance that is fulfilled by the concert venue.

Requests for special foods and drink are most common. However, other rider accommodations are much more quirky.



Missy Rarrat, Hard Rock’s Vibe Manger and Abe, her production dog, are shown in the green room for the Battery Park concert venue.



Missy Rarrat, Hard Rock's Vibe Manger and Abe, her production dog, are shown on the green room for the Battery Park concert venue. The green room, which features a massage chair, gifts and snacks was decorated in preparation for Kane Brown's concert the next night.

Missy Rarrat, Hard Rock's Vibe Manger, pulls back a curtain to a section, which features a massage chair, gifts and snacks.



Tables of gifts, candies and towels are shown in the green room.

"Counting Crows specifically ask that dogs be allowed backstage at Battery Park," Rarrat remembered. "Being an animal lover myself, I knew I could accommodate that request."

Since then, Abe, Rarrat's own Bernese Mountain Dog, has become a regular at all Battery Park shows.

"If Abe isn't around, people will ask about him," she said as the dog snoozed on the floor. "This is why I bring him in."

TALES FROM A BATTERY PARK REGULAR

While riders offer a blueprint for Rarrat, she still needs to be flexible for her star-powered guests.

That included picking up an emergency pair of eyeglasses for Elvis Costello and making a Target run to pick up toys for the children of country superstar Chris Stapleton.

"When you're a performer with kids, a concert bus or a backstage area, literally, is a home," Rarrat said. "Chris, his wife and kids hung out in their bus and the green room as if they were on vacation."

However, others prefer their hotel rooms to the Battery Park's green room.

"Some artists barely spend any time here," Rarrat admitted. "They're here right before they go on and that's it."

After all, there are more exciting places to hang out at Hard Rock than the backstage of a show, right?

"Oh yeah, Alanis Morissette wanted to gamble a bit and so did Post Malone," Rarrat said.

Plus Pitbull's bevy of dancers spent more time in the green room than "Mr. 305" himself.

A GREEN ROOM LIKE NO OTHER

In case you were wondering, any backstage lounge in a theater is called a "green room." And at one point, many were painted green.

Most are not and that includes the one at Battery Park.

Instead, it retains the arched windows and the industrial look of Sioux City's former Battery Building.

"Cheap Trick's Robin Zander loved our green room because it looked nothing like any other green room in any Hard Rock around the world," Rarrat said.

That's important, she added, since a little Midwestern hospitality goes a long way, whether or not you're a A-Lister.

"Performers may not spent time in our green room," Rarrat said. "But between me and Abe, we try to make things as pleasant as possible."

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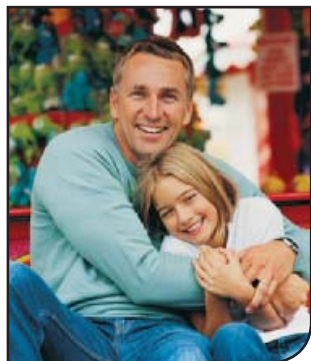


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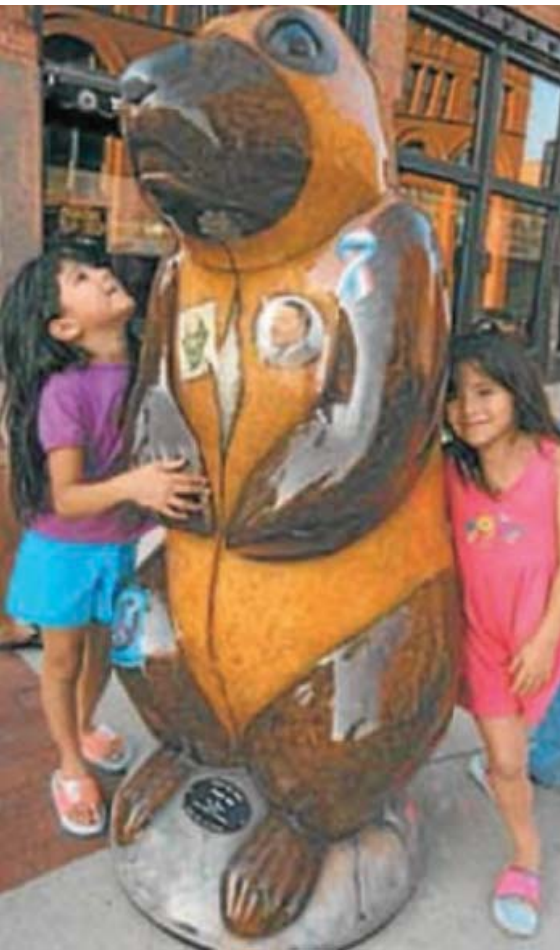
Text by Dolly A. Butz
Photograph by Justin Wan

SIOUX CITY — Years before “the selfie” surged in popularity with the advent of social media apps such as Instagram and Snapchat, Siouxland visitors and residents alike flocked to select locations throughout Siouxland to have their photo snapped alongside more than 40 fiberglass prairie dogs, which were hand-painted by students and local artists.

“The artists did such a great job with it,” said Marcia Poole, who served as a member of the Prairie Dog Committee. “Everybody would want to stop and see what they were. There was a certain whimsy in it.”

The Sioux City Art Center’s Prairie Dog Quest (PDQ) wasn’t the first to showcase artistically enhanced animals to boost local tourism and enhance civic pride. According to a press release Poole wrote back when organizers were seeking support for the project, 815 cows went on public display in Zurich, Switzerland, in 1998. Chicago borrowed the idea in 1999 and created “Cows on Parade,” a tribute to the community’s meat-packing heritage. Cincinnati’s “The Big Pig Gig,” Seattle’s “Pigs on Parade” and San Jose’s “SharkByte,” followed.

Lou Ann Lindblade, who also served on the committee, said members met every Monday for



Jane Kincaid, 8, left, and her sister Lila Kincaid, 5, of Manassas, Va., check out the prairie dog in front of Uncle John's on Historic Fourth Street in March 2003.

"It was a pretty cool project," she said. "People got the idea that you could put *art on the corner* and, as long as you bolted it down, it wouldn't disappear. Before that, there had never been anything on the streets."

a year in order to make the PDQ a reality. The first of four hand-painted fiberglass prairie dogs was unveiled in Siouxland in May 2002.

"It was a pretty cool project," she said. "People got the idea that you could put art on the corner and, as long as you bolted it down, it wouldn't disappear. Before that, there had never been anything on the streets."

When the project kicked off, just before the opening of the Lewis & Clark Interpretive Center, Poole said many Siouxlanders weren't quite sure what a prairie dog was.

"The prairie dog was a fun story over in present-day Lynch, Nebraska, where they were trying to get the prairie dog out," said Poole, who recently retired from her position as executive director of the Lewis & Clark Interpretive Center. "I didn't think a

lot of people knew what it was. Well, they quickly learned. It was a great introduction into the Bicentennial."

When they traveled through Siouxland in August and September 1804, Lewis and Clark and the Corps of Discovery were fascinated by the "barking squirrel" that proved difficult to capture. The 5-foot-tall themed prairie dog sculptures were just as beloved by Siouxlanders of all ages, who pounded the pavement with maps in search of the critters.

The PDQ included "Peace Dog," a statue adorned with images of some of the world's greatest peacemakers, including the Rev. Martin Luther King, President John F. Kennedy, Anne Frank and Mahatma Gandhi, which ended up finding a permanent home in West High School's Library; "Prairiewether Lewis & William-Dog Clark," which



Prairie Perspective is on display at the Sioux City Art Center.



In this 2003 file photo, Downtown Dog, left, Prairie Dog Tales, Prairiewether Lewis and William-Dog Clark are among the five Sioux City prairie dogs standing watch at the Rotunda of the Iowa Statehouse in Des Moines as they promote western Iowa tourism.

initially rowed its small canoe ashore at the Lewis & Clark Interpretive Center and is permanently displayed at North Middle School's library; and Elvis-themed "I Ain't Nothin' but a Prairie Hound Dog," which resides at WinnaVegas Casino Resort in Sloan, Iowa.

Lindblade said smaller versions of the prairie dog statues were also created for people to place in their gardens. She recalled Rex Mueller, Sioux City's current police chief, even painting a mini police officer-themed prairie dog. Another 13-inch concrete prairie dog draped in an American flag was given to President George W. Bush.

Lindblade said prairie dog-themed merchandise was also created.

"We did a book. We did little stuffed prairie dogs. We did a poster. We did all kinds of (merchandise)," she said. "The merch wasn't overly successful, although I think the book sold out."

The prairie dogs, which also traveled to the Iowa State Fair and the State Capitol before being auctioned off in October 2003, raised nearly \$100,000 for the Sioux City Art Center Association. The project received the 2002 Tourism and Arts Award at the annual Iowa Tourism Conference and spurred subsequent public arts projects in the years to come, including the Discovery Dog project, the sculpture Twigamore and Sculpt Siouxland.

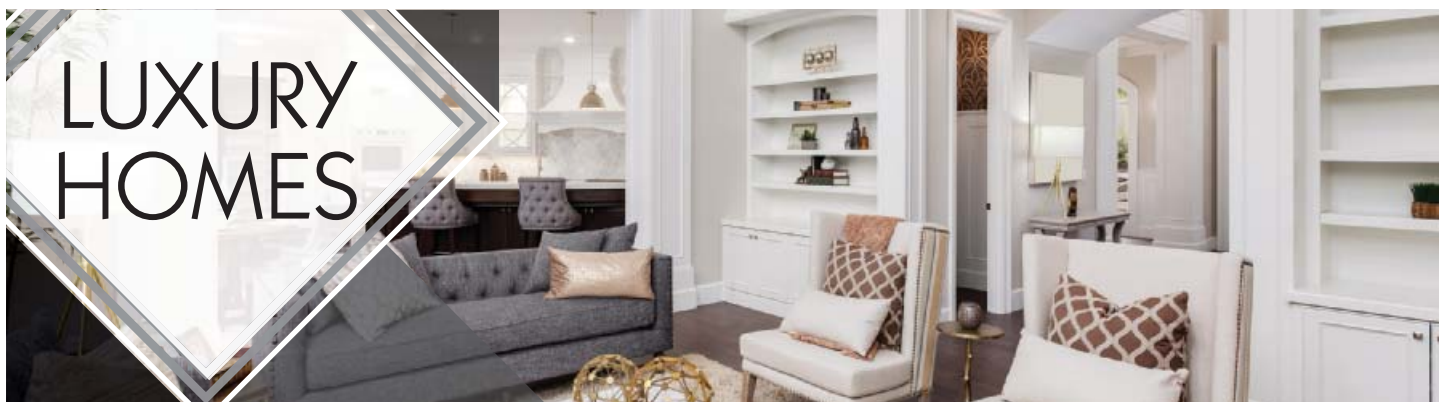
"I think people embraced it. There were some beautiful (prairie) dogs," Lindblade said.



Wall Street Dog is on display at the Sioux City Art Center. More than 40 prairie dogs were created and put on display throughout the Siouxland community in 2002 to mark the Lewis & Clark Bicentennial and raise money for the Sioux City Art Center Association.



Prairie Doordog greets visitors to the Orpheum Theatre with his sharp uniform.



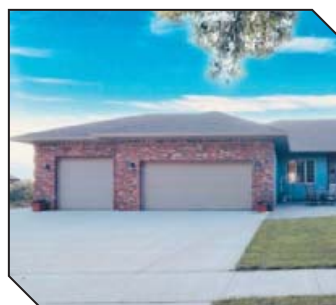
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Dakota Dunes
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This open floor plan will WOW you! This contemporary 1.5 story home sits on a generously sized cul-de-sac lot, with great golf course views! The home boasts 6 bedrooms - with closet space galore, 5 bathrooms, hidden kitchen pantry, formal dining area, & a main floor living area with gas fireplace. The lower level has an awesome family room for entertaining, with a great ceiling height, wet bar, & tons of natural light from large windows. The home also has a 3 stall garage.

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



975 Wynstone,
Jefferson
\$925,000

Exquisite attention to detail is seen in every room of this amazing home. Sitting on the Wynstone pond, this walk-out ranch features 4 bedrooms, 4 bathrooms, & a well landscaped lot. The main floor has a great room with 12' ceilings, an awesome & functional kitchen with butler's pantry, & the master suite, with walk-in closet (washer/dryer hook ups), and amazing master bath with floating marble vanities, heated floors, & has four shower heads in the shower. The lower level has a home theater room, home gym, & an oversized family area with walkout patio & wet bar.

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



1905 Elk Creek Rd,
Sgt. Bluff
\$489,000

This 1.5 story home sits atop a hill on 3 acres, giving spectacular views all around. Featuring 4+ bedrooms, 4.5 bathrooms, & a walk-out lower level with gym, custom wet bar, & access to the backyard through a door in the living area. The home's main floor boasts a formal dining area, eat-in kitchen, and a living room with vaulted ceiling & stoned gas fireplace. There are plenty of areas outside to sunsets & wildlife on your land, from the porch swing up front, to the deck in the back.

KW SIOUXLAND
KELLERWILLIAMS

Kristie Drent
KW Siouxland
712-899-1389



701 Buckwalter,
Sioux City
\$900,000

This custom designed home has spectacular views! This one of a kind home has 6 bedrooms, 6 bathrooms, an eat-in chef's kitchen with high-end appliances, main floor laundry, & 4 fireplaces throughout the home. With 3 levels of living, the home boasts some wonderful spaces including a circular room, a music room, a dark room, and an amazing walk-out lower level with a 2nd kitchen & access to the covered patio with outdoor fireplace. This home is truly one of a kind!

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



1535 Schafer Ave. SE,
Le Mars
\$459,000

This beautiful custom built home has 6 bedrooms, 6 bathrooms, and a great view of Schafer Park across the street! The home's main floor boasts an open concept kitchen with island, a formal living/dining area, and a more casual great room with fireplace; the laundry room is also on the main floor. The master suite has his/her walk-in closets & soaking tub. The walk-out basement boasts a rec room, bonus room, workshop with sink, & plenty of storage. The outdoor space offers a well-maintained landscape & a retractable awning for the patio.

CENTURY 21
ProLink

Julie Hurt
CENTURY 21 ProLink
712-540-7757



3511 Wanamaker,
Sioux City
\$700,000

Custom designed home for all styles of living; this amazing home sits on a .41 golf course lot with impressive views to the west of the course and sunsets from the covered concrete deck. On a cul-de-sac street, with 5 bedrooms, 4.5 bathrooms, & a finished walk-out basement with wet bar. The backyard has an amazing in-ground saltwater pool with diving board & automatic cover, partially fenced yard, & a patio/deck area. You must see this amazing home to believe it!

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647





4500 Stoneridge Pt,
Sioux City
\$1,000,000

This gorgeous French country style home sits on a quiet cul-de-sac & has unparalleled views! Sitting on 4.35 acres, this home features 5 bedrooms, 6 bathrooms, an amazing gourmet kitchen, a walk-out basement level, & a 4 season room with patio access. In addition to this, the home has an incredible outdoor space with beautiful landscaping, a partially covered patio area, & a large in-ground pool with automatic cover & fence. Complete with a 4 car garage, with stair to the lower basement level.

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



31349 South Ridge
Rd, Sioux City
\$750,000

This 5 bedroom, 3.5 bathroom home sits just outside of city limits, on a close-in acreage, set up for horses with several pastures. The home has an open main floor, with access to the living & dining areas, as well as the kitchen & laundry room with pantry. There are spectacular views all around, as well as many wonderful features including a large enclosed 4 season porch, 3 part sauna with dressing area, an outdoor greenhouse, fire pit area, & numerous out buildings.

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



760 Crooked Tree Ln,
Dakota Dunes
\$579,000

This is a custom built 3 bedroom, 2.5 bathroom ranch home that was completed in December 2018. This sleek home screams attention to detail, from the floor to ceiling stone fireplace, to the wrap-around staircase & designer lighting, you will be amazed. The main floor has an open concept kitchen, living, & dining space, all will golf course views from the large windows & with deck access from the dining area. The master suite is complete with soaking tub, heated floors, walk-in rain shower, and a huge walk-in closet. This home is turn-key & ready for you!

KW SIOUXLAND
KELLERWILLIAMS

Kristie Drent
KW Siouxland
712-899-1389



556 Monterey Trl,
Dakota Dunes
\$680,000

On the 13th golf hole, this custom home offers tons of living & entertaining space. The home has 5 bedrooms & 5 bathrooms, with an entry foyer that opens up to the dining room & great room, that has a gas fireplace & 15' high ceilings. The home has a chef's kitchen with island & prep sink, desk area, & pantry. There is also an eating area with view of the backyard/deck & a 3 season room. Master bedroom has a bay window, 2 walk-in closets, walk-in shower, whirlpool tub, & double vanities. Lower level has a rec room area with gas fireplace, bar area, & a sunken golf room with 2 putting holes.

CENTURY 21
ProLink

Barb Maxon
CENTURY 21 ProLink
712-253-3647



34743 C30,
Le Mars
\$699,950

This beautiful property is situated on 3.63 acres just outside of Le Mars on a hard surface road. The property greets you with a park like setting & a tree lined driveway leading up to the custom built 4 bedroom, 5 bathroom home. The home's main floor boasts a gorgeous kitchen with island, eat-in area & patio access, as well as the formal dining/living room with 20' ceilings & a floor to ceiling stone fireplace. The walk-out basement has a large family room with many windows and kitchenette, a billiard room with wide staircase leading to the garage, a workshop, and more!

CENTURY 21
ProLink

Julie Hurt & Jim Gergeni
CENTURY 21 ProLink
712-540-7757 & 712-953-200



SIOUXLAND HOMES

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Keeping the water CLEAN

*Sioux City health officials dish on how to
prevent recreational water illnesses*

Text by Dolly A. Butz | Photography by Tim Hynds

SIoux CITY — Don't swallow the water — it's a warning visitors to swimming pools, lakes and other recreational bodies of water should heed this summer.

Microscopic parasites and pathogens could be lurking in the water, even if it's treated with chlorine or spraying from a spout.

Cases of recreational water illnesses (RWIs), which affect a person's stomach and intestines, skin or respiratory system, have risen over the past 20 years, according to the U.S. Centers for Disease Control and Prevention, with reports of diarrhea-causing RWIs

increasing by as much as 200 percent since 2004.

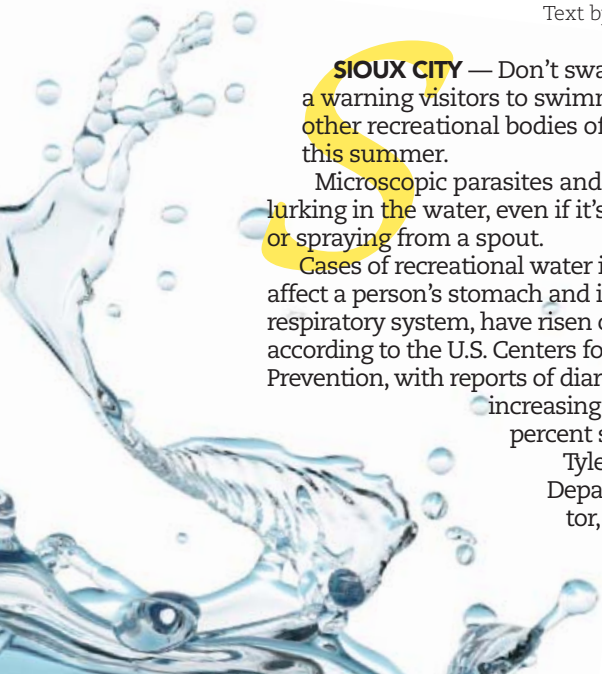
Tyler Brock, District Health Department deputy director, said there's "some risk" of contracting an RWI at a splash

pad. Brock said public swimming pools are required to conduct bacteria testing once a month, but he said splash pads don't have the same requirements.

"There have been outbreaks that have occurred at splash pads, even though there isn't necessarily standing water on the surface," he said. "It kind of depends on how that water gets recirculated; at a lot of splash pads, it just goes down the drain and then gets spouted back out again, so it's a lot of the same water."

Matt Salvatore, Sioux City Parks and Recreation director, said water at all of the city's splash pads isn't recirculated and goes directly to the sanitary sewer. He said this method is more cost-effective than recycling the water.

"If you recycle the water for a splash pad, you've got to chlorinate it. Basically you're treating it as a swimming pool at that point," he said. "All of our splash pads are on a 10-minute timer system, so if



they're not being utilized, the water's being conserved."

HEALTHY SWIMMING

Public health officials from 32 states and Puerto Rico reported 90 recreational water-associated outbreaks for 2011 and 2012, the most recent years data was available, to the CDC's Waterborne Disease and Outbreak Surveillance System.

People become infected with cryptosporidium, escherichia coli, shigella — a contagious bacterial disease — and giardia, a germ that can survive up to 45 minutes in properly chlorinated pools, when open wounds come into contact with infected water or if they swallow or inhale the water.

Sixty-nine of the outbreaks involved treated recreational water. Of those cases, 36 were caused by cryptosporidium; and 21 were caused by escherichia coli, a rod-shaped bacterium. In total, 1,788 people were sicked, 95 were hospitalized and one person died.

"Cryptosporidium and shigella are common. I would say shigella is actually probably a little bit more common than cryptosporidium," Brock said of RWIs, which cause abdominal pain, diarrhea, nausea and vomiting.



Brock



Salvatore

Chlorine doesn't always kill bacteria. Cryptosporidium, a microscopic parasite, is very resistant to chlorine and a common cause of RWIs. In 2018, 27 confirmed and probable cases of cryptosporidium were detected in Woodbury County. So far in 2019, the county has tallied nine cases. The most common symptom of cryptosporidiosis is watery diarrhea. Other symptoms include, nausea, dehydration, fever

and stomach cramps.

Brock said the vast majority of the cryptosporidium cases tallied in Woodbury County are not related to splash pads or swimming pools.

"Most of these cases we had before it was swimming weather at all. There's a variety of ways people can get cryptosporidium. People get it through animals, too," he said.

Keeping children out of the pool or splash pad when they have diarrhea or vomiting and closely monitoring babies and toddlers who wear diapers is key in preventing RWIs, according to Brock.

"Just preventing those kinds of things from getting in the water is really important. The biggest thing is, just try to really avoid swallowing the water," he said.



Mikeal Farley, 10, of Sioux City, plays at the splash pad at Dale Street Park in Sioux City.

FOUR RWIS

Four common RWIs and how to prevent them:

Cryptosporidium — This microscopic parasite that causes diarrheal disease is the leading cause of waterborne disease among humans in the United States.

Escherichia coli — A 2012 study of water samples collected from pool filters revealed that 58 percent of the samples tested were positive for E. coli, bacteria normally found in the human gut and feces. Some types of E. coli can cause symptoms of intestinal infection, including diarrhea, abdominal pain and fever. More severe cases can lead to kidney failure and death.

Shigella — Shigella is a group of bacteria that cause Shigellosis, a diarrheal disease.

You can contract shigellosis by swimming in contaminated water.

Giardia — This microscopic parasite can survive up to 45 minutes in properly chlorinated pools and cause Giardiasis, an infection of the small intestine.

Do the following to help prevent the spread of recreational water illnesses:

- Shower thoroughly before and after swimming.
- If you have a wound or ulcer, diarrhea or are vomiting, stay out of the pool.
- Don't swallow or inhale pool water.
- Don't relieve yourself in the pool.
- Adequately maintain your pool with proper pH and chlorine levels.

Source: Centers for Disease Control and Prevention

Dr. Indy Chabra, a dermatologist at Midlands Clinic, is shown in an exam room at the Dakota Dunes medical practice.



GETTING SUMMER SUN

Tanning brings risk, but there are approaches to take

Text by Garrett Looker | Photograph by Tim Hynds

SIoux CITY – Imagine you are the last line of Rebel defense against the impending doom of the Evil Empire, the Death Star charges to full power as it looms high in the atmosphere.

In reality, you aren't actually the last line of Rebel defense, your skin is. And the Galactic Empire's weapon of mass destruction isn't the Death Star, it's an

actual star. It's our star, to be exact. It's the sun.

Analogies and the Force set aside, your skin prepares to defend the Rebel Base (your body's DNA) as the sun rains down trillions of photons set to kill. It's a battle set for the main stage, a force of good and evil clashing in something called the epidermis.

A little dramatic, right? To Dr. Indy Chabra, a Midlands Clinic dermatologist who spends hours each day operating on patients suffering from multiple forms of skin cancer, the analogy fits with the colossal damage individuals face every day as they soak up the sun, all in the pursuit of the coveted bronze look – a tan.

"Whether you go out in the sun or you tan, what you're doing is going through [the process of damaging your skin,]" Chabra said. "And so the answer is, if you're going to tan using light, there's no safe way."

TO TAN OR NOT TO TAN

Tanning, a practice of self-care that has only been popular for about the last 70 years, has recently come under fire for being extremely dangerous to one's health. In fact, Chabra detailed how contact with direct sunlight – even stepping outside to mow the lawn, or grab the newspaper – is a risk that mounts with age.

Chabra detailed how tanning has been something of a phenomenon in the last few decades, specifically indoor tanning. According to the American Academy of Dermatology, 35 percent of American adults routinely tan using an indoor tanning salon. This is more commonly known as a tanning bed.

THE DIFFERENCE IS IN THE LIGHT

Most of the light that is emitted from the sun is ultraviolet light. Ultraviolet light (UV) is broken down into three different types, UVA, UVB and UVC. While UVC light very rarely enters the Earth's atmosphere, UVA and UVB rain down on the world's population each day.

According to Chabra, all types of light penetrate the skin. However, because of its longer wavelength, UVA penetrates through the epidermis, the most-outer layer of skin. Medical professionals agree that this causes photoaging, leading to more wrinkles.

The light emitted in modern-day tanning beds is almost entirely UVA light, closely related to the amount of UVA found in natural sunlight.

THE SECRET'S IN THE DNA

Through detailed hand-drawn graphics, Chabra emphasized that it's important to think about what is happening to a person's skin as they tan.

"Our skin is like a brick wall," Chabra said. But sometimes, that brick wall can fail.

When exposed to light, the human body produces melanin, darker pigmentation of the skin. The skin cells of the epidermis take this melanin and pack it around the cell's DNA in order to protect it from the sun, specifically from UVB rays that cause sunburn.

"Melanin protects you from UV light," Chabra said. "UV light comes in,

hits DNA. And because this is energy, some of the bonds in [the DNA] change ... UVB is doing this. We have evolved to live on planet Earth with great repair enzymes which fix this all day long ... If you start accumulating these mutations once in a while, synthesis happens without the repair done."

This is the beginning of skin cancer.

to get a "base tan," before going on a vacation to an area with more direct sunlight.

"There is some truth to that, it'd be like getting a base tan to protect your skin," the customer service representative said.

But still, skin cancer is the most prominent cancer in the United States.



IS ANY SUNLIGHT HEALTHY?

Not all medical experts like Chabra agree.

According to Dr. Robert S. Stern, chair of the department of dermatology at Harvard-affiliated Beth Israel Deaconess Medical Center, the idea of bundling up as if the sunlight in Siouxland was equivalent to the harsh rays in the Arabian Desert is preposterous.

Documented in a 2016 study conducted by the Association for the Publication of the Journal of Internal Medicine, individuals with increased sun-exposure were found to have longer life expectancies. This was connected directly to the decrease of cardiovascular diseases.

Tanning salons, such as Sun Tan City take pride in the ability to deliver something customers are looking for. According to a Sun Tan City customer service representative, most individuals that are looking for a tan are younger but they see a wide range of ages. Many customers are looking



SAFETY'S KEY

Chabra has been fighting for the Rebel Alliance for years now. Each day, he spends hours performing surgeries for individuals suffering from skin cancer or other types of skin diseases.

He laughs at the idea of individuals who feel as though they need a tan, but he has an answer for those that do. Spray it on.

"Spray tan, OK?" Chabra said. "That's safe. There's something called the Mallard Reaction. You put this dihydroxyacetone, it binds up proteins and gives you this bronze look."

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

answers to your medical questions

I fell asleep on my leather chair and when I awakened I had a rash on my arm. Is there a leather allergy? Or what could it be?

In theory, the body can be allergic to anything including leather, soaps, metals and even the sun! Without actually seeing the rash, it is hard to tell if it was an allergy to the leather or perhaps a rash from something else. Generally if you have an allergy to something, you tend to break out in a rash or have an allergic reaction every time you come in contact with that allergen. So, if you want to experiment to see if you have an allergy to leather, you could sit in the chair again with your skin touching the leather and see if a rash or some irritation develops where your skin was touching the leather.

In that scenario, it would be safe to say that you have a contact allergy to leather. There are varying degrees of reactions to allergens. Some people may just get a stuffy nose, watery eyes and sneeze such as with seasonal allergies.

Another common reaction is breaking out in a rash where your skin came in contact with the allergen. This is commonly noticed with certain metals in earrings, rings, bracelets and belt buckles. The most severe allergic reaction is what we call an anaphylactic reaction, in which your airway becomes compromised due to swelling of the lips and throat. This is considered an emergency because without immediate medical attention, anaphylactic reactions can be fatal.

Whenever someone has a known allergy, we as medical professionals advise them to avoid the allergen to the best of their ability to prevent any allergic reactions. When a patient has a known allergy that has caused an anaphylactic reaction in the past, they are advised to carry an EpiPen with them wherever they go. Without the EpiPen, the reaction could be fatal. We also encourage anyone who has a close



family member or friend who has an anaphylactic allergy to be familiar with how to administer an EpiPen because you never know when your loved one may need your help.

I see so many SPF's in sunscreen. What do they mean? And what I really need?

SPF is an acronym for Sun Protection Factor. This is a relative measure of how long the sunscreen will protect you from ultraviolet rays, specifically UVB rays.

MEET THE DOC

Dr. Destiny Miller is a native of Vail, Iowa. She completed her undergraduate training at Briar Cliff University, where she majored in nursing and pre-med. Miller worked as a registered nurse for two years before starting medical school. She completed her medical school training at Ross University on the island of Dominica in the Caribbean. She is a family medicine resident physician at Siouxland Medical Education Foundation.



For example, if you tend to burn after 10 minutes in the sun and you apply an SPF 15 sunscreen, this is going to allow you approximately 150 minutes of being in the sun without burning. However, it is important that you apply the proper amount of sunscreen when applying it. It is recommended to apply about one ounce for full body coverage.

The sunscreen also needs to be applied approximately every two hours or sooner while out in the sun, despite the SPF factor. When we swim and/or sweat, some of that sunscreen tends

to come off. If you ask a dermatologist what one to use, most are going to suggest an SPF 15 or 30 sunscreen. While sunscreen is important, it is also recommended to wear wide-brimmed hats that will cover the face, ears and back of the neck — these are some of the most common spots where skin cancers can develop.

Can you get a melanoma on your lip? I think I have a suspicious bump. What should be done about that?

Melanoma can indeed show up on your lips. However, it can also show up in other parts of the body such as common sun exposed areas, palms, soles and even in the eyes! Yes, even the eyes! When someone noticed a suspicious mole or growths on his or her body, we advise to assess the ABCDE's.

"A" stands for asymmetry. If you draw a line through the middle of the spot, the two halves will not match, meaning it is asymmetrical. "B" stands for borders. Most benign moles have nice smooth borders. However, most melanomas tend to have an uneven, scalloped or notched border. "C" stands for color. Benign moles tend to be all one color. However, if a mole has various colors including different shades of brown, black or tan, this is a warning sign. "D" stands for diameter. Anything greater than 6 millimeters in diameter or bigger than the eraser on your pencil should be considered suspicious. Lastly, "E" stands for evolving. Most benign moles will remain looking the same over time. However, if a spot evolves or changes in any way, see your doctor. Unfortunately, melanomas that develop in the eye can't always be detected by the patient themselves. This is why yearly eye exams are important as well.

I noticed some lower back pain while I was sleeping on my back. Is that a sign of anything? Or did I just sleep wrong?

Unfortunately, there are many causes of lower back pain with the most common being muscle strains. However, sleeping on a poor mattress can affect your back and lead to some back pain as well. In theory, when you are lying on your back on a mattress, your spine should be in the proper alignment as it would be if you were standing up straight with a



good posture, maintaining the normal curvatures of the upper and lower spine. When mattresses are worn out or well-used, the springs tend to lose their support causing sagging in the mattress and thus can affect your back, causing some pain. An easy way to help prevent your springs in your mattress from wearing out is to rotate and/or flip your mattress every three to six months. This way, the same springs aren't getting overused and your mattress will likely last longer.



My friend's children have not had vaccinations because she doesn't believe in them. Should I allow my children to play with hers?

Honestly, there is no right or wrong answer to this question. It is solely going to be based off personal preference and what you feel is going to be safest for your children. In the past few decades, we as a society have relied on herd immunity to help protect those individuals who are not vaccinated. Herd immunity happens when someone who is not vaccinated spends most of his or her time with and surrounded by vaccinated — also known as "healthy" individuals — making it less likely to contract any disease or illnesses. However, in today's day and age, with fewer people vaccinating their children and the influx of immigrants who are not vaccinated, herd immunity isn't as effective and thus, those rare and once-eradicated illnesses are starting to reappear. Everyone has an opinion on this hot topic, so as stated above, you have to do what you feel is going to be safest for you and your children.

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.



MEET YOUR NEW PERSONAL FINANCIAL PLANNER



Do you have your car loan at one place, savings in another, mortgage or investments somewhere else? Most of us do. Our money is scattered everywhere. We have to sign into our accounts on different locations/apps. How do we reign it all in to see it all in one place?

Starting in May, **Siouxland Federal Credit Union** will have your answer! It's called MyFI \$napshot. You may have heard of companies like Mint, where that you can bring all your financial information to one place. But how do you know it is safe? This is your financial information we're talking about. Let's look at why you'd want MyFI \$napshot instead.

- MyFI \$napshot is accessed through SFCU's online banking, ensuring the same level of security.
- There is no separate login needed to access the MyFI \$napshot platform.
- The ability to sync more than 17,000 institutions to your MyFI \$napshot account.
- You can combine alerts functionality to receive alerts pertaining to your entire portfolio.
- No third-party access to data, so no more marketing solicitations from other institutions.





Everything good happens after

MIDNIGHT

I am not a morning person.

I don't farm, so there's no reason to be up with the sun, and I don't believe in the early bird getting anything.

I believe if you're in the throes of a great sleep, sleep on.

The world, of course, has a much different view and, for much of my life, I've acquiesced. Yes, I'll adhere to your 9-to-5 agenda, if you just let me take a nap at 6 so I can "howl all night" (my dad's words).

The truth is, I like late-night TV better than morning TV. I get a second wind somewhere around 10 p.m. and I've never enjoyed bedtimes that didn't result from complete exhaustion.

As a child, my first poem addressed the bedtime issue and included a pitch for beginning the day when we felt like it. No one bought in, so for 12 years I dutifully got up for school, tried to adjust to the schedule and let it all go to hell in the summer. Sleep became such an important part of June, July and August I'd often get up just to eat.

College and work, however, took their toll, forcing me to become a day person. I still harbored my desire to

"sleep in" (again, dad speaking), but saved that for the weekend.

No one in my family had the same sleep schedule. They always complained about the bright light coming off the television and my habit of "padding around the house at all hours of the night."

The only other rebel I knew was an aunt, who had no problem calling me at 2 a.m. to go shopping. We had a great time wandering around 24-hour stores with no one in sight except the custodial staff. We hit 24-hour restaurants, too, and got a lot done because apparently only two night owls and a bunch of truckers cared to be out after talk show hosts called it day.

She was great at cleaning the house, baking bread and writing letters during others' sleep hours. Her family didn't complain because, really, are you going to grouse if someone has fresh bread for you in the morning?

I had nothing like that to offer.

"Maybe if you didn't sleep so much your hair wouldn't be so long," dad would offer. And, yes, it probably wouldn't have been if a barber had been available at midnight, but I'm

digressing.

Now, I accept the fact I'll be tired until I drink my first Coke and I'll need to nap after work just to be able to have the energy to make dinner.

I once tried getting up even earlier than I needed to and realized I just piddled away the extra hour wondering if it was the best thing to do. Lately, I've been in an exercise class that starts at 6 a.m.

That means you need to get up around 5 a.m. just to make it.

But it isn't such a bad plan. Because you are still in a haze, you don't realize you're exercising. And when you get home, you just might have time for a good 20-minute nap before you need to get ready for work.

It's a vicious cycle, but one I'm willing to embrace.

I may be sluggish until 10 a.m., but give me a call 12 hours later and I'll be ready to roll.

"Nothing good ever happens after midnight," mom used to say. But that's just the words of someone who didn't appreciate all that could happen.

Had I tossed a loaf of bread in the oven, she might have changed her tune.



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