GROWING A BUSINESS

RESTAURATEURS SHARE SECRETS TO AN EVER-CHANGING BUSINESS

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Siouxland Life

For many in the working world, the coronavirus pandemic was a time to reassess their professional lives. New careers. New homes. New locations. In this, our annual “Money” issue, we talk to Siouxlanders who have looked at their work and figured out how to make it more fulfilling. Meet some of the folks who are changing with the times and hear what they've learned.

ON THE COVER
Dave Ferris has been in the restaurant business for more than 40 years. After starting his food foray with a food truck, Tyson Sanchez just opened a sit-down restaurant, Daga's on Broadway. Both talk about the ever-changing world of feeding Siouxland. Photograph by Tim Hynds.

4 GREAT VIEWS
It was a dream home for the family. Could that dream be yours? You bet. Look at what thinking out of the box brings.

16 THE GREAT PUMPKIN IDEA
What started with a germ of an idea has grown into a learning center for others.

28 DAYS GONE BY
How did our ancestors measure success? What were the trappings of the good life? The Sioux City Public Museum has some of the spoils of their success.
LET THERE BE LIGHT

Modern, low-maintenance home has stunning views year-round

Text by Dolly A. Butz | Photographs by Tim Hynds

SIoux City — When Karma and Wayne Terry were looking for a home in Sioux City’s Whispering Creek neighborhood a little over two years ago, a spacious, modern, single-story with stack stone and columns on a quiet cul-de-sac caught their attention.

After they walked through the double doors, the couple was stuck by the more than 5,000-square-foot custom built home’s stunning views of the golf course and rolling countryside.

“The open floor plan here just kind of draws you as you come in,” Karma said as she stood next to Wayne in their foyer. Yellow and red trees visible through floor-to-ceiling windows behind them, provided a natural pop of color to the home’s neutral palette. “It entertains beautifully.”

Wayne said he appreciates the quality of construction. The five-bedroom, four-and-a half-bathroom home with clean lines, 10-foot-high ceilings and 8-foot-high doors was built by Wegher Construction in 2015.

“The windows are high-grade. We have geothermal heat and air,” Wayne said. “Our energy bills are next to nothing.”

In the dead of winter, the Terrys enjoy sitting in their living room by the gas fireplace and gazing out the windows at the crisp white snow blanketing their westward view of the eighth green. The engineered maple floors and espresso cabinetry, which are carried throughout the home, add a warmth to the on-trend gray walls and light quartz countertops.

“With the golf course in the summer, and, then, in the winter, it’s just beautiful,” said Karma, who noted that the home is “nice and toasty” even in frigid conditions.

“With the golf course in the summer, and, then, in the winter, it’s just beautiful.”

KARMA TERRY
Above: Wayne and Karma Terry are shown in the back balcony of their home, 3511 Wanamaker Way in Sioux City’s Whispering Creek residential neighborhood. The home overlooks the Whispering Creek Golf Club.
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Even the home office has great views of the golf course and a pond, which Wayne said sometimes makes it difficult to get work done.

Barb Maxon, a realtor with Century 21 ProLink, interjected, "Again, why are you leaving?"

Yes, a new owner will be taking in those stunning views of green or snow-covered hills, fall foliage and dramatic sunsets. They'll be enjoying some convenient, state-of-the-art features, too.

The Gerkin Rhino windows in both the living and dining rooms are equipped with remote shades.

The kitchen has an oversized island that provides ample seating, storage and prep space. The range above the cooktop stove glows white, blue and yellow. A double oven, separate refrigerator and freezer, hidden pantry, and strategically placed cabinets, in which to conceal small appliances, round out the heart of the home's offerings.

"There's so much storage in it that you can put everything away," Karma said. "Things are tucked and hidden to where it just is very clean and things are easily organized."
There’s even more indoor space beyond the living/kitchen/dining area in which to entertain. Take a flight of stairs just off the foyer down to a walk-out basement with a wet bar, family room with surround sound, and game room, which holds table tennis and foosball tables on one end and a treadmill and exercise bike on the other.

Although the home is contemporary in style, custom metal around the fireplace and distinctive light fixtures add character to the home.

One of the three bedrooms on the main floor has a fairy light hanging from the ceiling, while another is illuminated by an industrial-themed light fixture that Karma likens to a bird’s nest. One of the two bedrooms on the lower level features a light fixture shaped like flower petals, while the other bedroom has a hanging globe-shaped light with jigsaw puzzle-like pieces that move in and out with the pull of a string.

Highlights of the largest bedroom on the main floor are westward facing windows, a tray ceiling with fan and recessed lighting. The bedroom also has its own private bathroom with a walk-in closet, large soaker tub, walk-in shower, heated ceramic floors and floating vanities. A door off the bedroom also opens to a covered concrete deck, which overlooks the saltwater pool.

“With it being concrete, it’s a lot more low-maintenance. And then, to make sure that we didn’t obstruct the views, we’ve got all this plexiglass here,” Maxon said standing on the deck as she motioned to the railing system that hugs the edge of the deck. “This is a great house!”
A second bedroom and its attached bath.

Above: Paddles are shown on a table tennis table in a lower game and exercise room. Top: A mud room off of the garage. Left: Wayne Terry is shown in his office with views of the Whispering Creek Golf Club at his home, 3511 Wanamaker Way.

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RUNNING A RESTAURANT IS not for the faint of heart — or stomach, for that matter.

That was something Tyson Sanchez discovered.

Over more than five years, his Daga’s on Wheels food trucks earned a reputation for their made-to-order wet burritos, super nachos and their famous queso tacos.

But Sanchez wasn’t willing to rest on his popularity.

Instead, he decided to open a new full-service business, Daga’s on Broadway, at the site of the former Hungry’s, a popular steakhouse at 100 N. Main St. in Dakota City.

Business advice from a veteran restaurateur and an up-and-comer
Did we mention that Sanchez came up with the idea a few months before COVID-19 knocked all businesses, especially restaurants, for a loop?

"Once you go all in on something, you need to move forward," he said. "You can never go backwards."

Sanchez said Daga's on Broadway has seen a steady stream of customers since it officially opened in August 2021.

Plus, Ferris said Sneaky's is busier now than it has ever been in its 42-year history.

What business advice can Ferris, a veteran restaurateur, and Sanchez, a relative newcomer, share about succeeding in a tough industry?

Both men said a strong work ethic is important.

**DAVE FERRIS:** "I came from a family of restaurant owners. My mom and dad owned the Peters Park Pantry for 11 years. My brother and I became partners in a downtown restaurant in 1975 and we bought Sneaky's in 1979. I've been there ever since."

**TYSON SANCHEZ:** "I started off with a small Mexican restaurant in Winnebago, Neb. (Ho-Chunk Inc.'s President and CEO) Lance Morgan would come around on occasion. Lance saw potential in us and told us to dream big dreams. He knew people get in their own way sometimes. But if you're willing to set your sights high, you may end up making your dreams come true."

**DAVE FERRIS:** "Even though I'm the boss, I can and will do any job there is to do at Sneaky's. Emptying and cleaning the grease traps is considered the worst job to do. Know what? I continue to do it myself. I'll never ask an employee to do anything that I wouldn't do myself."

**DAVE FERRIS:** "When we started, Sneaky's would go through 400 pounds of chicken a week. Now, we can easily go through 4,000 to 7,000 a week. If we can do one thing well — chicken — we will always be in business."

**TYSON SANCHEZ:** "The great thing about starting a food truck is that you're getting instant feedback. The customers always tell us what they like and don't like in real time. This was how Daga's on Wheels was able to perfect our menu."

**DAVE FERRIS:** "If you think of all of the great restaurants in Sioux City, they're best known for one thing. Bob Roe? He's known for wings. Jerry's Pizza has their pizza and Miles Inn has always had their taverns. Sneaky's? When people think of Sneaky's, they think chicken. It is being consistent with your quality."

But what happens when the unexpected happens?

**DAVE FERRIS:** "Our business was like a four-legged stool. We'd catered events, delivered corporate lunches, ran a buffet while doing a brisk takeout and delivery service at night. When COVID first hit, we were limited to takeout only. Three of our four legs were taken away."

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TYSON SANCHEZ: “I wanted to have a year-round restaurant because I had loyal employees who needed to be on payroll even when the food truck was closed for the season. Having takeaway available as an option at Daga’s on Wheels helped out. Daga’s on Wheels had a good year, in spite of COVID concerns.”

DAVE FERRIS: “Thank goodness for my daughter, Christy. She and the younger members of the staff had great ideas to keep us going when things looked bleak.”

Which brings up another point. How do you stay one step ahead in the game? TYSON SANCHEZ: “I think we started Daga’s on Wheels at the right time. Food trucks were just becoming commonplace. Now, they’re all over. Probably in a few years, there will be more taco trucks than standalone Mexican restaurants. That’s great, because competition makes everyone stronger. But Daga’s on Broadway — a new take on the steakhouse experience — is my Plan B.”

However, giving back to the community also brings in dividends.

TYSON SANCHEZ: “We’re a local business who believes in our community. We saw how important Hungry’s was to Dakota City. Customers missed it and we’re bringing back the steakhouse experience in an updated fashion.”

DAVE FERRIS: “Sneaky’s sponsors athletic teams, contribute to local charities, and do whatever we can to make our community better. That’s our way of saying thank you.”

Plus both Ferris and Sanchez admit it takes many hands to make their respective eateries hum.

TYSON SANCHEZ: “I wanted Clay Lillie to be my partner at Daga’s on Broadway because he came from a culinary background. Working on a food truck, I’m used to working fast. Clay is teaching me that in a fine dining kitchen, things can go at a slower pace.”

DAVE FERRIS: “We have staff at Sneaky’s who’ve been here for three years or for 20 years. They’re like family to me. My daughter, Christy, has been with Sneaky’s for more than 20 years. Even before COVID, we had a succession plan in place for her to take over more of my duties. Am I ever going to leave Sneaky’s for good? No way. You don’t go into the restaurant business if you don’t love what you do. I love Sneaky’s and always will.”
1036 Pebble Beach, Dakota Dunes, SD

- 6 bedrooms
- 4.5 bathrooms
- 4 bedrooms

Custom built 2 story home on .51 acre lot with lots of room for entertaining and enjoying the views. $1,000,000

2874 S Saint Aubin St, Sioux City, IA

- 4 bedrooms
- 3 bathrooms
- 4 bedrooms

Tucked away in a quiet, newer Morningside development is this custom built ranch home on a large lot. $450,000

3511 Wanamaker Way, Sioux City, IA

- 5 bedrooms
- 4.5 bathrooms
- 3 bedrooms

This home sits on a .41 golf course lot with saltwater pool and has views to the west of the course and sunsets from the covered concrete deck. $850,000

905 Willow Circle, Dakota Dunes, SD

- 4 bedrooms
- 3.5 bathrooms
- 2 bedrooms

This townhome is in a great location and has lots of living spaces. This property has had recent updates since 2018. $345,000

604 Cardinal Drive, South Sioux City, NE

- 2 bedrooms
- 2 bathrooms
- 4 bedrooms

This ranch home sits on a level, landscaped yard across the street from Cardinal Park. The garage is very deep and could hold 4 vehicles or the extra space could be used as a work shop. $300,000

945 Willow Drive, Dakota Dunes, SD

- 3 bedrooms
- 3 bathrooms
- 3 bedrooms

Customized town home with vaulted ceiling in living room. The eat in kitchen has lots of cabinets. Unique finishes in lower level. $445,000

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GROWING A PATCH, 
GROWING A FAMILY

Parents teach plenty through learning-centered garden

Text and photographs by Caitlin Yamada

MARCUS, IOWA – Hoefling’s Pumpkin Patch and Corn Maze started 25 years ago with orange and white pumpkins. Now, they have 50 varieties of pumpkins, 15 varieties of squash, 75 varieties of gourds, broom corn and two sizes of Indian corn.

Orange, white, green, yellow, speckled, small, large, flat and more; every year Alan and Geralyn Hoefling try to grow one new specialty item.

“The odder the shape or color is, the more attractive it is for people,” Geralyn said.

The family has always had a small patch for the kids. Geralyn was a teacher for 32 years and wanted the kids to learn how pumpkins grow. When Alan was a child, his grandmother would give him a small spot in the garden to grow.
Above: Hoefling’s Pumpkin Patch and Corn Maze has a variety of different pumpkins, gourds and squash that visitors can pick themselves or buy from a variety of different carts and stands. Right: Hoefling’s Pumpkin Patch and Corn Maze grows hybrid pumpkin called midnight that stays a dark green, almost black color.

Broom corn is a unique grain Hoefling’s Pumpkin Patch and Corn Maze grows. Originally it was used to make brooms, but now many people like to buy it as fall decoration.

Above: Hoefling’s Pumpkin Patch and Corn Maze has a variety of different pumpkins, gourds and squash that visitors can pick themselves or buy from a variety of different carts and stands. Right: Hoefling’s Pumpkin Patch and Corn Maze grows hybrid pumpkin called midnight that stays a dark green, almost black color.

pumpkins. He would grow the pumpkins and sell them at the grocery store.

When Alan and Geralyn got married, he started growing pumpkins again.

Located at the corner of C38 and L36 in Marcus, the four-way intersection is the perfect spot for the patch.

The patch started with a few bales of hay, some pumpkins and a scarecrow.

Now, it has a variety of kids games, a corn maze, a grass maze and hayrack rides spread across three acres of land.

One of the main goals of the patch is to teach children. Children learn about how pumpkins are grown from flowers on the vine and they learn how people

CONTINUED ON PAGE 20
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Hoefling's Pumpkin Patch and Corn Maze grows small and large Indian corn.

CONTINUED FROM PAGE 17

would use simple machinery to chuck and sort corn.

Growing that many different types of pumpkins, squash and gourds is harder than some may think. Geralyn said there is a lot to know about and it is more difficult than just planting the seed.

Five years ago, there weren't enough bees on the land to pollinate the flowers and in turn grow pumpkins, so they now have their own beehive.

The five Hoefling kids were all under the age of 10 when the patch started. Now that the kids have graduated college and started their own lives, they take turns going back home to help on the weekends.

There is no entry fee at the door. Geralyn said they want to make it accessible to everyone. A free-will donation jar is available for people to donate to, but most of the income is from pumpkins and other sales.

While Alan and Geralyn pick and price many of the pumpkins, families can visit and pick pumpkins. "It's just cool to go out to the patch and find that perfect pumpkin and you cut it off the vine," Geralyn said.

MONEY MATTERS: FIRST-TIME HOME BUYER BASICS

Congratulations. You’ve finally decided to buy a home to call your own. As one of the biggest purchases you’ll likely make in your lifetime, navigating the steps to finance your home can be a daunting experience. Like most big-ticket consumer purchases, knowledge is power. If you take the time to do your research and shop carefully, you will have a successful home-buying experience.

When it comes to home buying, you need to decide how much to spend and which type of mortgage will work best for you. Before you step into a sales office or model home, here are some steps to ensure you’re in the best possible financial situation to purchase a new home.

Determine Your Monthly Payment. The first step is to figure out what you can comfortably pay every month. Make a list of all your monthly expenses including loan payments, utilities, insurance, credit cards and don’t forget food, clothing and entertainment expenditures. Your estimated monthly payment should not only include your mortgage but also other factors such as property taxes, home insurance, loan terms (how long you would like to pay off your mortgage) and home owners association fees (if applicable). To help you figure out the total cost, there are many mortgage calculators available online to help you determine your monthly payment based on current interest rates and down payment amounts.

Pay Down Your Debts. As you begin preparing your finances for the purchase of a new home, you might see the term “debt-to-income ratio” (DTI). Your DTI compares how much you owe each month to how much you earn, which is expressed as a percentage. This percentage helps lenders gauge how well you manage your monthly obligations and if you can afford to repay a loan. In general, the lower your DTI, the more likely you are to qualify for a mortgage.

Access First-Time Home Buyer Resources. Attend a first-time home buying seminar or talk to a credit counselor who does not work for a lender. The U.S. Department of Housing and Urban Development (HUD) offers free housing counseling and seminars.

You visit hud.gov/housingcounseling or call HUD’s interactive voice system at: (800) 569-4287 for more information.

Connect with a Lender. After you’ve completed all of your research, visit a lender and learn more about what loans would be available to you. Then, get pre-approved. This will tell you how much money the lender is willing to loan you, and you will know in which price range you should be shopping. In a hot housing market, pre-approval enables you to quickly make an offer when you find a home and it is attractive to sellers who are considering multiple offers.

The Home Builders Association has members to help you purchase your new home. From realtors and lenders to help you purchase your home, to remodelers, electricians, plumbers, flooring suppliers, and fencing for your new backyard, the HBA website has a complete list of anyone you need to make your new purchase perfect for you and your family. Visit https://www.siouxlandhba.com/members.
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In “Comforts of Home”, Terry Redlin captures the rustic lakeside cabin. Here, the weather is just right for fishing and hunting—the boat is ready, the dog is waiting, and the sunsets always outstanding.
Drs. Wagner, Kuntz and Grabouski would like to congratulate Dr. Molly Kopf on becoming partner!

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!!

You can call to schedule an appointment with Dr. Molly at the following locations:

- Norfolk (402) 371-7198
- Hamilton Blvd (712) 258-0501
- Yankton (605) 665-5520
- Vermillion (605) 624-5407

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Drs. Wagner, Kuntz and Grabouski Would Like to Congratulate Dr. Molly Kopf on Becoming Partner!

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.

Hamilton Blvd: (712) 258-0501
Norfolk: (402) 371-7198
Yankton: (605) 665-5520
Vermillion: (605) 624-5407
SYDNEY MCMANAMY acknowledges she has an addiction, but has no interest in finding a cure.

“Call it an occupational hazard,” the United Real Estate Solutions real estate agent said with a smile. “I can’t help checking my cellphone every few minutes. I never want to receive a message and leave anyone hanging.”

A 2016 East High School graduate and a 2020 University of Nebraska graduate, McManamy got into the business of real estate at quite possibly the worst possible time.


Despite those bumps in the road, McManamy remains positive.

“People tell me I perform well under pressure,” she allows. “I’ve tested that theory a lot over the past year-and-a-half.”

Still, McManamy didn’t originally see real estate as a career option, even though her grandfather Ron McManamy was a longtime Sioux City Realtor. It also didn’t hurt that her dad, Kevin McManamy, also happens to be president of United Real Estate Solutions.

No, initially, McManamy aspired to have a career similar to her mom, Kristie Ver Mulm. Currently, Ver Mulm is United Real Estate Solutions’ communications director. However, she is best known for her role as news anchor and producer for KTIV, a position she held for more than 17 years.

“For my entire life, I’ve heard, ‘Sydney, you look just like your mom,’ or ‘Sydney, on the telephone, you sound just like your mom,’” McManamy explains. “When you hear that often enough, you start taking it seriously.”

So, did McManamy ever picture herself as a television news anchor?

“To be perfectly honest, I originally wanted to star in those eating competition-types of shows, because that would be so awesome,” she says, laughing. “Yeah, TV was something I considered.”

Growing up with high-profile parents was something that McManamy and her younger brother Sean were used to.

“Sean and I always knew what mom and dad did for a living,” she says. “But, at home, they were simply mom and dad.”

Did dad have to bring work home on
occasion? Sure, that’s to be expected when you run a business. Was mom always available to turn up at nighttime school activities? No, she had a newscast to anchor.

“It was never an issue for Sean and me,” McManamy says. “It was only when we got older that we realized how many sacrifices our parents made for us. We only saw the good things.”

Well, maybe yes. And maybe no. “Sydney may only remember the happy stuff, but she knows plenty of behind-the-scenes things,” Kristie Ver Mulm McManamy says with a chuckle.

Pressed a bit further, McManamy admits mom has a point.

“Sean and I always had a good mix of both of our parents,” she explains. “I’m a very social person yet I also have a business side. Sean wants to be an airline pilot and is very detail-driven like dad. Still, he has a lot of similarities to mom.”

Having said that, McManamy acknowledges her parents are both helpful in very different ways.

“Mom is my go-to person when it comes to anything related to communications. Dad is my go-to math guy.”

SYDNEY MCMANAMY

Despite that, McManamy can’t bring herself to call dad by his first name.

“My dad worked with his dad, so he called my grandfather Ron on the job,” she says. “Even though our roles are professional at work and personal at home, I still struggle calling my dad Kevin at work.”

Showing off her cubicle at United Real Estate Solutions’ downtown office, McManamy says it was challenging to shake off the impression that she was “the coach’s kid.”

“I think that was more about me being insecure,” she says. “Everyone here has been nothing but positive and supportive of me.”

Even after a rough, pandemic-related start, McManamy has found a perfect balance to her role as a real estate agent. “I like being social and meeting with people, like my mom,” she says. “I’ve also come to come to appreciate the more entrepreneurial side of personality, just like dad.”

“I really have the best of both worlds.”
FOR ARTIST BETTY SKEWIS-ARNETT, the entire world is a stage. You can tell that by how the vibrant colors pop from her abstract expressionist paintings, as if they were a costume worn during a production of a play.

It is also evident by the way she groups her work on the studio walls of downtown Art SUX Gallery as if they were meant to be seen from the vantage point of an attentive audience. Perhaps, it shouldn’t come as much of a surprise that Skewis-Arnett spent more than 30 years as a theater professor at Morningside University, teaching voice and acting in addition to directing theatrical productions.

Coming from an artistic family, she earned her bachelor of arts in theater while minoring in fine arts at Morningside. Her master of fine arts in costume design is from the University of Nebraska-Lincoln.

While she had dabbled in it throughout her life, it was only after she retired from full-time teaching in 2017 that Skewis-Arnett decided to become a painter. “I’m at a point in my life when I can finally have time to buckle down and paint every day,” she said. “Welcome to my second act.”

ACT TWO OF AN ARTISTIC LIFE

“In many ways, I’ve been lucky,” Skewis-Arnett explained. “While not every member of my family was artistic, there was always an appreciation of the arts. Those relatives of mine who were artistic became actors and puppeteers and wonderful things like that.”

“I came from a very accepting family,” she added. “Nobody ever asked me
the ‘what are you really going to do with your life?’ question.”

AN EXTROVERTED INTROVERT WANTING TO TEST THE WATERS
Throughout her educational career, Skewis-Arnett taught students to stretch themselves artistically.

“Personally, I’ve always considered myself to be a bit of an introvert,” she said. “But I can be an extrovert when I had to be.”

So change was always a possibility for Skewis-Arnett. Retirement gave her the opportunity to “bust out” a few artistic moves.

THE ART OF MOVEMENT
As expected for a woman who began her career studying costume design, she was drawn to abstract art.

“I love using bright colors with lots of different textures,” Skewis-Arnett said. “Through color and texture, I can create movement. That’s the theater in me. I love action.”

While she has done a few landscape paintings, she prefers to keep them very expressionistic.

“I’m by no means a realistic painter,” Skewis-Arnett said. “You can call me an abstract expressionist.”

THE JOYS OF STARTING OVER
The more she painted, the more confident she became.

Initially, Skewis-Arnett presented her oil paintings at a solo show at Morningside. Then, she branched out, displaying work at Vangarde Arts, as well as the Witter Gallery in Storm Lake, Iowa.

However, her favorite place has always been with Art SUX.

“At Morningside, everyone knew who I was,” Skewis-Arnett said. “At Art SUX, I was a completely unknown. I loved that.”

THERE ARE NO OPENING NIGHTS IN PAINTING
One thing that didn’t come easy for Skewis-Arnett was learning when to stop.

“In theater, there is only one opening night and when a show closes, it is over,” she said. “With painting, there is no definitive end.”

That’s why Skewis-Arnett has learned to walk away from a painting.

“If you sit too long, you’ll obsess over something and that never seems to work,” she explains. “It is OK to add something the next day. Or you can say, yeah, it’s enough. When you’re trying too hard, it shows.”

Even though Skewis-Arnett still teaches an occasional class at Morningside, she enjoys the creative outlet that painting provides.

“You’re never too old to try new things or you’re never too old to have new dreams,” she said. “I want my second act to be as fulfilling as the first one was.”

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INVESTMENT PROPERTY

Household objects at the Sioux City Public Museum say a lot about their owners

Text by Mason Dockter | Photographs by Tim Hynds

SOME OF THE ARTIFACTS at the Sioux City Public Museum say a lot about the pocketbooks of the people who owned them.

The well-to-do rode in closed carriages and lit their homes with gas. Half a century later, the less well-to-do joined the Civilian Conservation Corps, and farmers used proto-wind turbines to power their radios because the electric company refused to run power lines to their homes.

For the Victorians (lovers of the ornate and fussy, who crowded their homes with decorations) and people of the early 20th century, household objects were a marker of status, in a society where social distinctions carried some weight. Even a person’s dishes signified whether theirs was a family of means.

Tom Munson, archives manager at the Sioux City Public Museum, sat down recently to provide insight into some of the museum’s most interesting household objects, some of which are in storage and seldom seen by the public.

Pelletier pitcher, 1904

NOT ON DISPLAY

Shortly before Christmas, 1904, the Pelletier Department Store burned down after a mishap involving highly flammable cotton and paper Christmas décor.

A small pitcher of English manufacture, maybe five or six inches tall — likely intended for a dinner service, probably as a cream pitcher — apparently survived the fire, and was donated to the museum six years ago. Its dainty coloring, probably pink and white originally, was scorched to an unusual grayish, quasi-iridescent hue, and some of the glaze melted, though it remains intact.

Munson said that the little pitcher, had it been sold rather than burned, probably would have belonged to an upper-middle class family. It’s somewhat nicer — or, at least, more decorative — than the plainer, more practical wares used by people of modest means.

Fine dishware was, at that time, one of many status symbols. You knew you’d made it when you had a large, attractive dinner-service from a reputable manufacturer, often imported from Europe.

“This kind of china, this kind of service-ware — most likely, you’re talking about somebody who was upper middle-class or upper class,” Munson said.
Gas and electric chandelier, circa 1890

NOT ON DISPLAY

During the 19th century, people of limited means had limited options for nighttime lighting: kerosene or oil lamps, or candles. Going to bed after sunset was also an option, particularly for people with lean budgets.

Middle-class and wealthier people of that era, by contrast, could control the light in their homes by the turn of a knob. Gas lighting, powered by coal gas, became a fixture in newer houses and other buildings by the middle part of the century.

The inexhaustible dance of a gas flame was at least slightly more convenient than candles or kerosene lamps, and it was a sort of status symbol — especially when the light came from an elegant, showy fixture.

“Manufactured gas, or coal gas, would have been the common lighting source here, through the mid- to late-19th century,” Munson said.

In 1884, Sioux City’s earliest power plant began operation, only a few years after Thomas Edison demonstrated his lightbulb. “Sioux City in the 1880s and the 1890s was really a very modern city,” Munson said. “This was our era of big growth, so it was easy to put this kind of technology, this kind of infrastructure, in place.”

The gradual electrification of America starting in the late 19th century put manufacturers of light fixtures in a tough spot — newly-built homes could as easily have electric wiring as gas piping. Illuminating a home by burning coal gas was not without its drawbacks, though the electrical grid of that era was somewhat unreliable, and most cities and homes were yet-to-be electrified.

The industry’s response was combination gas-and-electric fixtures. The Sioux City Public Museum’s ornate gas and electric chandelier is an example of this, with upturned nozzles for gas lighting and downturned sockets for lightbulbs. It would’ve had glass globes originally, but these are long gone.

The fixture, along with two identical ones in the museum’s collection, may have come from the Peirce Mansion, though its exact provenance is unclear.
**CCC jacket, circa 1940**

**ON DISPLAY**

On the wall opposite the fur coats is a piece of outerwear rather their opposite — a uniform jacket from the Civilian Conservation Corps.

The United States tumbled into the Great Depression in the years following the stock market crash of 1929. Beginning in 1933, the administration of Franklin D. Roosevelt launched the New Deal series of federal programs intended to alleviate the hardships of the Depression.

One of these programs was the Civilian Conservation Corps, or CCC, a work relief program for young men in their late teens and 20s who needed a job. They were paid $1 a day, most of which was earmarked for their families.

In Sioux City, the CCC was responsible for the improvements at Stone State Park. This jacket, on display at the museum, would probably have been used for the CCC’s dressier occasions, like parades. Contemporary photos of CCC workers at project sites normally show them either shirtless or dressed in T-shirts, tank tops, plain work shirts, overalls or denim coats.

A casual glance at the jacket (which originally belonged to a CCC worker outside Sioux City) reveals its working-class origins: one of the buttons doesn’t quite match the others, a likely replacement after the original fell off.

![A circa 1940 Civilian Conservation Corps jacket.](image)

**Wincharger components, circa 1930s**

**NOT ON DISPLAY (REPLICAS ARE ON DISPLAY)**

Prior to the passage of the Rural Electrification Act in 1936, most farmers were on their own when it came to electricity. Due to the prohibitive cost and technical limitations of the electrical grid during the early 1930s, power companies did not offer service to rural farmhouses. Electricity was thus a luxury afforded only to city-dwellers or those who lived in the vicinity of a town.

Still, farmers wanted electric lights and radios. So they turned to wind power.

Wincharger, formed in Cherokee, Iowa, in the 1920s before moving to Sioux City, built electricity-generating wind-pump-like devices that farmers could use to generate their own electricity. The machines built up a charge in lead-plate batteries, which in turn powered the house.

While they were relatively affordable and widespread prior to electrification, Munson said Winchargers had limited capacity. One of their more-powerful models, the 32 volt, was enough to run a radio and, maybe, a few lightbulbs.

Wincharger was acquired by the radio-manufacturer Zenith in the 1930s — farmers who bought Zenith radios were reportedly given a generous discount on a Wincharger, according to one version of the company’s history.

Demand for the original Wincharger equipment began to wane during the 1940s, as more farms were connected to the grid, though the firm stayed in business for decades; Wincharger’s products (which later evolved into tractor-powered generators under the name Winco) retained their appeal primarily because of the ever-present threat of power outages.

![Wincharger components, circa 1930s](image)

**Gordon Badgerow’s carriage, circa 1890**

**ON DISPLAY**

Only the affluent rode around town like this.

This elegant Brougham-style carriage, which has been in the museum’s collection for decades, was originally owned by Gordon Badgerow, whose children later gave their name to Sioux City’s legendary Badgerow Building.

Gordon Badgerow was a Sioux City postmaster, businessman and real estate developer, known for speculating in Fourth Street properties. When he died during a visit to Tacoma, Washington, in 1916, Badgerow left behind an estate worth more than $1 million — the equivalent of over $25 million today.

Like others of its type, this carriage has a roof to protect the passengers from inclement weather or harsh sun, while the driver (employed by the carriage owner) was seated in the unenclosed front, exposed to the elements.

Some of the earliest luxury automobiles maintained this design concept, with the chauffeur seated outside and the passengers inside — despite the fact that the driver of a car really didn’t need to be outside.

![Gordon Badgerow’s carriage, circa 1890](image)
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The phone rings. The caller on the other end says, “Hi grandma, it’s your favorite grandson.” The elderly woman responds, “Oh, hi, Johnny.” What the woman doesn’t realize is that the person on the other end of the phone is not actually her beloved grandson, but a scammer. He has gleaned information about her grandchildren from her Facebook page and is using it to steal her retirement savings via a scheme that’s been dubbed the “grandparent scam.”

The scammer claims Johnny was traveling overseas, ran into some trouble with the law, and, now, needs several grand to get out of jail. Can grandma send money to bail Johnny out? The woman obliges and wires the money immediately.

According to the Consumer Financial Protection Bureau, up to five million older Americans lose at least $36.5 billion annually to financial exploitation. But they’re not the only ones who are falling victim to scammers, who use phone calls, emails and messages sent via social media sites to target their victims.

“We do have quite a few elderly that run into scams,” said Sgt. Mike Manthorne, of the Sioux City Police Department’s Investigative Services Bureau. “Younger people are actually getting involved in more of an extortion-type crime. There’s kind of two general schemes that they’re using.”

**WATER BILL PHONE SCAM**

Last month, the Sioux City Police Department warned the public about a scam with callers pretending to represent the City of Sioux City. The department said in Facebook posts that members of the community have reported receiving robocalls from the City of Sioux City claiming that their water bill is late.

“The call goes on to say if it’s not paid, then water will be shut off,” the post stated.
The city sends two written notices of a late payment, in addition to the invoice. The city also does not call customers after hours.

**IRS SCAM**

The IRS is another entity that scammers like to impersonate. But, Manthorne said there’s a simple way to determine whether the communication that you receive is legitimate.

The IRS doesn’t normally initiate contact with taxpayers by email. The agency does not send text messages or contact people through social media. When the IRS needs to contact a taxpayer, the first contact is normally by letter delivered by the U.S. Postal Service.

“(Scammers) either threaten that they have a warrant or they’re the IRS and they’re trying to collect money. (Victims) are going to have FBI agents show up at the residence if they don’t mail them money,” Manthorne said.

Manthorne said he would be “very suspicious” of any entity demanding bank account or credit card information.

“No legitimate organization is going to ask you for gift cards or Apple Pay cards or things like that. They’ll send you an invoice, especially if it’s a federal organization. That’s not how they operate. They may contact you with an official document and tell you that you owe back taxes or something like that, but they’re not going to expect you to pay upfront when they contact you,” he said.

**SPOOFED EMAILS**

Manthorne said he received an email indicating that his Amazon account had been hacked and that he was to call a 1-800 number immediately.

“I called it and the person that answered didn’t answer the way I would have expected someone from tech support or from Amazon to answer. It was kind of a casual hello kind of thing,” he recalled. “I ended up saying, ‘I’ll call you back later. I want to find out more about what this is all about.’ He was trying to keep me on the line.”

Later on, Manthorne called the number again. And, this time, the person on the other end tried to convince him to let “tech support” log into one of Manthorne’s devices.

“I thought, ‘OK, now I know what’s going on.’ They’re basically trying to get all of your passwords and access to your computer,” he said.

Although scammers have gotten pretty good at copying logos and using language that mimics that used in legitimate emails from Apple, Amazon, Netflix and other companies, Manthorne said there are red flags to watch out for.

Spelling and grammatical errors in the messages are key, as well as the sender’s email address.

“People can set up a hyperlink to say anything they want, so they can re-key it to look like Amazon.com or Netflix or whatever they want, but if you hover over it, you will see the actual username and URL. That will be something really weird. It may even have a foreign country,” he explained. “We have dot coms in the United States, but you’ll see dot CA if it’s in Canada.”

Manthorne said opening the email probably won’t result in any viruses of keylogs being downloaded into your system, but clicking on a suspicious hyperlink included in the email likely will. Keylogs are a type of monitoring software designed to record keystrokes made by a user.

“After you open that keylog, every keystroke is seen by the hacker. Anything you key in after that, they can see that. If they pay really close attention, they can see patterns. And, based on those patterns, they’ll actually find out what your passwords are for all your accounts,” he said. “That’s a real good reason why you should avoid clicking on any kind of links.”

If you can’t tell whether the email if from a company you have an account with, Manthorne said you should contact the company directly, rather than reply to the email.

“Actually go to the website of that company and go to their consumer support,” he said.

**ONLINE DATING SCAMS**

Manthorne said he has investigated cases in which victims have lost tens of thousands of dollars to scammers.

He said you have to be extremely cautious about who you’re exchanging photos and information with. He said scammers will pose as whomever you want them to be.

“Your don’t know who they are. They’re sending pictures, but you don’t know that’s them,” he said. “Then, they’ll say, ‘Well, I’m actually underage. I’m a minor, so now you’re in trouble for soliciting a minor. And, I’m going to ruin your career and ruin your life. You start sending money,” he said.

Manthorne said it’s difficult to track down highly sophisticated scammers who use phony IP addresses and fake TikTok and Snapchat accounts.

“it’s not a real person, so you run into a complete dead end on those type of things,” he said. “It comes down to trying to identify who that user is of those accounts.”
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Mercedes Ivener is inspired by a Victorian style of arranging. Using a variety of beautiful but fleeting flowers, fresh vines and sometimes vegetables from the garden, the bouquets have more depth and uniqueness.

Flowers have always been a part of Ivener’s life. From as early as she can remember, a love of flowers has been ingrained in her.

Being raised around two master gardeners, her mother and grandmother, she would spend days watching the women of her family tend to their flowers. She always wanted to cut the flowers and bring them indoors to enjoy them.

“That used to make them crazy in the beginning,” she said. Eventually her family became used to it, and to this day she is the only one allowed to cut from her aunt’s garden.

When she got older, she worked in a variety of nurseries, and as a junior in college she ran a little flower shop in Crested Butte, Colorado, a popular ski town.

In wintertime, the florist would go days without customers, and the same flowers would arrive every week, and die every week.

“This wasn’t what I imagined floristry to be,” she said. “All stiff and in foam, and a really limited assortment, not the flowers I spent my life arranging in my garden.”

She had the opportunity to buy the florist but decided against it. She went to college, met her husband — a fifth generation Sioux City resident — moved to Sioux City, attended law school at the University of South Dakota and spent 14 years representing abused and neglected children in the family welfare system.

Due to the nature of her work, flowers became a necessity. The long, Iowa wintertime also added to the need.

Mercedes Ivener, owner of Honeysuckle Hollow, pictured in front of her flower house.

Honeysuckle Hollow takes a unique approach to floral arrangements

Text and Photographs by Caitlin Yamada

SIoux City — Honeysuckle Hollow is taking a new, yet old, approach to floral arrangements.

Mercedes Ivener is inspired by a Victorian style of arranging. Using a variety of beautiful but fleeting flowers, fresh vines and sometimes vegetables from the garden, the bouquets have more depth and uniqueness.

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**BUSINESS** smell of success

**SPROUTING A BUSINESS**
Mercedes Ivener of Honeysuckle Hollow is inspired by a Victorian style of arranging. Using a variety of beautiful but fleeting flowers, fresh vines and sometimes vegetables from the garden, the bouquets have more depth.

“I had this craving for fresh flowers,” she said.

In January 2014, she saw flowers being grown in California and when she called, she was told they only sold to florists. She found other growers who would sell to her without a license, but required her to buy in bulk. She would invite her friends over to her farm to shop the flowers she purchased.

She decided to start Honeysuckle Hollow to be able to order flowers from growers. Named after the farm the family lives on, she would host little open houses with flowers each month.

Once she officially started the business, it took off. She would order flowers from small, new flower growers across the country.

At the same time, a national movement was taking place in the flower world. Natural designers and local growers were becoming popular after years of outsourcing flowers from South America that were engineered to last longer and dyed brighter.

She saw the new style and said it was always what she wanted to do. The organic, wild flower style uses ordered flowers along with grasses, vines, vegetables and fruits from the garden.

“It’s unorganized, it’s free but every flower gets its day in the sun,” she said.

Mother’s Day 2014 hit and she ordered hundreds of coral peonies. She turned the air conditioner down in the house to keep the flowers fresh and her family had to walk around the house in wool sweaters to keep warm. At that point they decided it was time to find a shop.

Her husband’s family owns a strip mall on Singing Hills and there was a spot open. She moved and operated her own law firm and the flower shop out of the location.

“I basically missed it with every bit of my body,” she said.

Her flower work makes people happy, compared to her work as an attorney. She said while people think bridezillas are bad, “you have no idea what it’s like to remove a child from their home, those parents, that’s mad, that’s anger, that’s sadness.”
At that point she quit the law business, committed to flowers completely and started doing weddings and open houses.

The business undertook many changes before settling where it is now.

The strip mall location was 20 minutes from her house and an offer came for someone to lease the space. She started thinking about a new, dream location. The idea of a cute, little flower house was exactly what Ivener wanted. It would be a perfect place to operate the flower business and continue being a mother.

The flower house, located at 3725 Jackson St., was found in November 2017. Built in the 1920s, the plaster was falling off, the pipes had frozen, but it had gorgeous bones and the women who lived there used to alter wedding dresses in the home. Because it is a residential location, Ivener wasn’t able to hold her open houses anymore.

She tried a monthly flower delivery subscription that became successful, but at the same time, Ivener’s wedding flower business was growing.

“If they ended up on the same weekend, I couldn’t handle it,” she said.

Now, Ivener is mostly an event florist, but she holds pop up events to sell holiday flowers. She has also occasionally held classes on arranging.

During the growing season, she buys a large amount of her flowers from growers in the Midwest and incorporates vines and other plants she grows in her own garden. She is selective in the weddings she chooses, and brides get a hands-on experience, with visits to the inspiring flower house and unique, personalized arrangements.

“It’s been an interesting journey, but right here at this moment in life, it seems to be just right,” she said.

Even though she could have grown and had an amazing retail shop with five weddings a weekend all year, she had to take a step back and evaluate her priorities. She said determining what to do and when to back off is part of starting a business.

“Keeping my business small, keeping it really thoughtful, creative, and enjoying the creative process … is all part of what I try to maintain,” she said.

She said following a passion is an up and down journey and for her, it took a flower revolution to happen.
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Some illnesses come and go with the seasons

Text by Dolly A. Butz
Photographs by Tim Hynds

SIoux City — Some diseases wax and wane with the changing of seasons. Runny nose, itchy eyes, sinus congestion and sneezing are common symptoms of a ragweed allergy, which many people who suffer from seasonal allergies experience in the fall. Unfortunately, these symptoms are synonymous with the common cold, and, even the novel coronavirus.

“COVID-19 can run the whole spectrum from a pretty mild illness to pretty
“COVID-19 can run the whole spectrum from a pretty mild illness to pretty severe. In its milder forms, it’s more difficult to distinguish it from allergies to common cold to sinusitis.”

DR. STEPHEN PALLONE, a physician at UnityPoint Health — St. Luke’s Sunnybrook Medical Plaza.

severe. In its milder forms, it’s more difficult to distinguish it from allergies to common cold to sinusitis,” said Dr. Stephen Pallone, a physician at UnityPoint Health — St. Luke’s Sunnybrook Medical Plaza.

Pallone said trying some over the counter antihistamines and nasal steroids may alleviate allergy symptoms first, but if you don’t see any improvement within a week, he said it’s time to pay your health care provider a visit.

If you know you are sensitive to ragweed, Pallone suggests taking allergy medications that have worked for you in the past ahead of the season. He said Loratadine and Cetirizine are popular antihistamines.

“That will typically do a good job of preventing symptoms,” he said.

After the leaves have fallen and the snowflakes begin to fly, respiratory illnesses ramp up. Pallone said this is because people spend more time indoors in close proximity during the winter months.

Most respiratory viruses are spread through droplets, which are expelled when an infected person coughs or sneezes. People standing close by then inhale those droplets or touch a door handle or table, for example, that the droplets have landed on.

“That, then, they touch their face or their eyes or their nose and then inoculate themselves with one of those viruses,” said Pallone, who said respiratory syncytial virus is commonly diagnosed in young children in the winter, while influenza, COVID-19, parainfluenza, rhinovirus and adenovirus are common in all populations. “We also do see some more norovirus, which can cause digestive issues, diarrhea. That’s pretty easily spread by hand to mouth contact.”

Pallone said good handwashing is “always the best defense” against respiratory viruses. He said vaccination against influenza, well as COVID-19, is also key to staying healthy.

“It’s not always as effective as we would like it to be, but it can be helpful for reducing the severity of illness, keeping people out of the ICU, reducing the risk of death,” he said of the influenza vaccine. “And, it’s always an option to wear a mask — that reduces the amount of droplets that get put into the air to infect other people.”

As the snow melts and the grass turns green, pollen allergies crop up. Tick- and mosquito-borne illnesses become problematic, too, according to Pallone.

Taking antihistamines ahead of the spring season, he said, will help curb allergy symptoms.

To stave off Lyme disease, which produces symptoms such as malaise, muscle aches, joint pain and a target lesion on the skin, Pallone recommends wearing long, light clothing and a DEET-containing repellant in tick infested areas. He also recommends using a flea and tick preventative on Fluffy and Fido to keep them from bringing one of these pests indoors.

“It’s not uncommon for people to be exposed to ticks either through their pets or just through a walk in the park or something like that and not realize that they’ve been bitten by a tick,” Pallone said.

West Nile virus, a mosquito-borne illness, typically circulates in Northwest Iowa from late summer into early fall.

Most cases of West Nile virus are mild and go unreported. Those people who do develop symptoms may experience fever, tiredness, muscle aches, skin rash, swollen lymph nodes, nausea and abdominal pain for three to 10 days.

“In its more severe forms, it can cause encephalitis, which can often start out as headaches and progress to some confusion,” Pallone said.

He said keeping your skin covered with long pants and sleeves; wearing insect repellent; avoiding the outdoors at dusk and dawn, popular mosquito feeding times; and eliminating standing water on your property are all ways to protect yourself from contracting West Nile virus.
Evie’s Hallmark came to Sioux City in November of 1999. The family-owned business currently operates their Gold Crown store at the Marketplace Shopping Center on Hamilton Boulevard.

Co-owner Emily Covey started working for the company in 1999. Involved in the business decisions are her parents Al and Evie Kats, who opened their first small business over 40 years ago. Both of her parents have worked alongside of her since day one and continue to play a huge role in helping operate the business today.

“I have been taught by two of the most amazing business partners”, says Emily. “One of the most important things that they taught me is to strive on customer service. One of my main goals every day is to provide the best customer service.

In 2015, our family was given the opportunity to open another small business in the Marketplace Shopping Center. Three doors down from Evie’s Hallmark is our women’s clothing store called E & Co. Boutique.” Six months after opening E & Co, Emily welcomed in her oldest daughter Kendra to help operate their family business.

Starting this November, Evie’s Hallmark will be approaching their busiest season of the year. The 4,000 square foot store will be filled with product from over one hundred different companies that they work with. Just a few of the categories that create such an inviting atmosphere are ...

- Home Décor
- Candles
- Collegiate
- Lang Calendars
- Christmas Box Cards
- Usborne Books
- Greeting Cards
- Hallmark Keepsake Ornaments
- Kitchen
- Baggallini
- Sympathy Gifts
- Copper Pearl
- Melissa & Doug

Emily would love to invite anyone who has never been in before to stop in and see what they have to offer. She says she has made many friends over the years but would love to make more!

During the holidays, Evie’s Hallmark will extend their hours. You can find their updated hours on their Facebook page.
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.
‘DOC, I’VE GOT A QUESTION …’

answers to your medical questions

I have been having trouble with my left eye ever since I got a COVID vaccination. Is there any connection? Are there side effects that last longer than a few days?

I’d like to preface my answer by saying that the available COVID-19 vaccinations have been shown to be safe and effective- for those who haven’t been vaccinated yet I encourage you to go to https://www.vaccines.gov/ to find a location nearest you. Back to the question, If we are to consider the most common side effects, I would say the chances of your eye problem being related to the vaccination are very low. If you are having trouble seeing or are having pain in the eye I would recommend you see your doctor, as there are many possible causes for this which would really need an in-person visit to evaluate.

Can you have more than one vaccination at a time? For example, I need a flu shot, but can I get a COVID booster? What about a shingles shot? Yes, it is safe to get more than one vaccination at one time. Through years and years of data from previous vaccinations as well as recent data on the available COVID-19 vaccinations, it has been shown to be a safe practice to get more than one shot at a time. Your immune system is capable of creating antibodies to multiple viruses at a time, in fact that’s what it does on a daily basis as you encounter germs while going about your day.

I didn’t wear a scarf around my face a few winters ago and I think I must have done something to my nose. Now, it’s red all the time. Could that be a result of this? Or is it related to something else? What could that be? How do I treat it?

There are many things that can cause your nose to be red, but it is unlikely that this was caused by cold exposure or frostbite due to not wearing a scarf. I recommend seeing your doctor to take a look at the skin to determine if this is nothing to worry about or if it will require further investigation, after which you’ll know how to go about treating it if needed.

Do we need to worry about staying hydrated when it’s cold? Or is that just a summer thing?

Dehydration can happen in any climate or temperature, including the wintertime. Summer tends to increase your risk of dehydration though because the hot weather causes us to sweat- we sweat in order to cool our bodies down, but the downside is that we end up losing water in the process. If you sweat too much you may become dehydrated, which is why it’s extra important to drink plenty of water when you’re out in the heat. The easiest way to tell you may be dehydrated is if your urine is bright yellow or has an odor to it- this is likely a sign you need to drink more water.

You folks in health care have certainly had a strenuous few years. How have you dealt with the stress... and what would you like us, as patients, to do to make it easier?

The last few years have been strenuous for everyone. As our day to day lives adapt and change to meet new challenges, it’s as important as ever to manage stress by focusing on things that are within our control. When it comes to dealing with my own stress, I find that staying in contact with friends and loved ones, even over the phone, has helped to maintain a sense of normalcy. Trying to keep a healthy lifestyle can also boost mood, so getting exercise and eating healthy while in quarantine can really help. All I’d ask of my patients is to stay safe, prevent getting sick by wearing masks and getting vaccinated, taking care of their mental health by staying in contact with loved ones, and trying to keep doing the things that bring them joy as best they can.

How do stroke and heart attack differ? What should I look for?

While a stroke signifies damage to your brain caused by a blocked or torn blood vessel, heart attacks signify damage to your heart caused by a blocked vessel in the heart. There are many common factors that can put you at risk for having either of these such as smoking and second-hand smoke exposure, obesity and lack of exercise, high blood pressure, high cholesterol and diabetes to name a few. The signs and symptoms that suggest you might be having a stroke or heart attacks however are quite different. Symptoms which may signify a stroke are sudden numbness or weakness of the face, arm or leg, sudden difficulty understanding or speaking (such as slurred speech), sudden difficulty seeing in one or both eyes, and sudden and severe headache for no reason. Signs you may be having a heart attack are pressure or tightness in the chest, pain in the arm, jaw, neck or back, sudden cold sweats, shortness of breath and nausea. If you are having symptoms of a stroke or a heart attack, the best thing to do is go immediately to the emergency room to be evaluated because the sooner you get to the hospital, the better your outcome will be.

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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YOU’LL BE HAPPY TO note I finally got a will.

Granted, I didn’t want to sit down and figure out who was getting what. But those who believe the end is nearer than I pushed me. In other words, someone has to be responsible for all the junk I’ve collected over the years.

If you think it’s just about giving someone grandma’s dishes, guess again.

If there’s a dime left after you’ve died, someone will be chasing it. If there’s no paper that says it goes to so-and-so, the government gets it.

There’s also the matter of incapacitation. Say you can’t make decisions for yourself. Who gets to?

And there’s a form that says someone can pull the plug on you. Who has that right?

Things that you think are important – like your salt-and-pepper shaker collection – can be handled with a simple list tucked in with your will. If someone makes you mad, you can just cross off that name and put another in. And it’s totally fine.

When my grandmother neared 90, she started putting reminders on everything in her house. If a daughter happened to say she liked a specific lamp, her name went on masking tape and it was attached to the lamp. After a while, her home looked like everything had a name. It was just grandma’s way of making that list.

My parents were far less specific about things. They knew everything would go to me and my sister and, as mom said, “You’ll probably throw it all anyway,” so it wasn’t a critical moment.

What proved interesting is what we kept. We didn’t want furniture (which we didn’t have room for) or cars (that were too old to really drive), but little things that represented them. I got mom’s pin cushion even though I can’t sew. But I always remember her using it to hem my pants, fix holes in my shirts and keep me going. It’s a reminder, not a valuable artifact. Sis got dad’s coin “collection” (the change he put in a jug after work each night).

My “treasures” are equally meh. I have toys from my childhood but none of them are the kind that show up on auction. These are stuffed animals that have had the fur “loved” off them. Each one, approximate value: Five cents. Sentimental value: Priceless.

The things that “really” matter come with a deed – or some supporting papers.

If, say, you make it to the end with property, it’ll be sold and distributed accordingly. What I didn’t realize: How these things are sorted. Instead of saying, “I’d like to leave $100 to Joe,” they want you to put percentages. That way, if you only have $100 left, it doesn’t all go to Joe. So Joe could get 10 percent of my final balance. He could get $10 or he could get much more.

That aspect got me thinking: Who would get it if I had no heirs?

Here’s where you think about schools you attended, groups you belonged to, friends you wanted to thank. Try it now – make a list of those you’d consider worthy and you just might change your thinking.

The will is also a place where you can make requests regarding your funeral. Spoiler alert: I did this. Because I wanted to control the final “meal,” I said I wanted burgers, fries and Cokes served following my service. This has been the go-to for most of my life. I figured it would be like you were having one last lunch with me. And, I made sure there wouldn’t be Pepsi served because I can’t stand Pepsi. (Sorry.) I didn’t list hymns I wanted sung or people I wanted to speak because I figured I have some time to put that on the list. It’s kind of like my movie posters collection. We’ll see when we get closer.

If you’ve done this kind of inventory, you know it’s unsettling. You go through life never considering the end and, then, it happens. Without a list – or masking tape – you’re not in charge.

Having now done it, I do feel a sense of relief. And, if I last long enough, I’ll probably rewrite the will more than once.

Now, though, I’m comforted knowing we’re serving burgers at the funeral and my old stuffed animals won’t go immediately in the trash.
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