

*Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.*

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## Intergenerational friendships prove rewarding

Non-stop chatter overflowed into the hallways as students from Cedar Falls, Don Bosco and Wapsie Valley high schools met with residents of Western Home Communities for a final time in the fall semester.

The mid-December celebrations at Willowwood and Diamond Event Center marked the first time some of the pairs had met in person, after seven weeks of online Zoom meetings with each other.

"You're taller than you are on screen!" Laverne Middleswart remarked upon meeting Seth Fredrickson.

At the corner of one table, Barbara Cooper of Willowwood and Cedar Falls High senior Zoey Carbiener smiled and laughed out loud as they looked at photos on Zoey's phone and listened intently to each other.

"Barb is so sweet, nice and mellow," Zoey shared. "And she's a real jokester! She has such cool stories from her childhood. Barb has done a lot in her life."

Their once-a-week hour-long meetings for seven weeks made a deep impact on Zoey, who gave Barb a tight hug as they parted ways and promised to keep in touch.

"I've been prone to overthinking and it's not fun," Zoey explained. "I've definitely taken her advice to go with the flow and take things as they come."

It makes a difference to these high school seniors to have an older adult interested in who they are, what their life is like and what their struggles may be.



*Zoey Carbiener and Barbara Cooper chatted and laughed like long-time friends at the CAPS celebration.*

*Continued on page two*



*Continued from page one*

“Everybody wants to be known. It feels good to be asked questions about yourself,” said Mae Lillibridge, BSN, the CAPS medical instructor. “The residents really model this, so the students learn how to build relationships.”

It makes a difference to the mentors, too.



*Ashley Ferson, left, and Dot Clausen connected through CAPS.*

“We don’t get to connect that often with the younger generation, and it’s fun to reflect on those years in our lives,” said villa resident Dot Clausen, who was paired with Ashley Ferson. “We realize that some things have not changed!”

As if to accentuate the point, Ashley piped up to tell Dot that she’s getting her hair done on Friday. The pair bonded over several things, including their tutu-wearing dogs.

Kaitlin Doyle and villa resident Bev Fish found many common interests, among them Bev’s decades as a hospital microbiologist and Kaitlin’s current plans to study radiology.

“She’s got me interested in labs now,” Kaitlin laughed. Kaitlin feels comfortable sharing her dilemma of where to attend college, and the stress she feels working in magnetic resonance imaging (MRI) at a local hospital.

“She just started last week,” Bev explained. “I told her to calm down, she’ll be just fine. It takes time.”



*Villa resident Roy Justis shares a laugh with CAPS student Jordan Jones-Whitaker.*

That reassurance carries weight, coming from someone who’s been there, done that.

Real-life experience is the point of CAPS, the Center for Advanced Professional Studies. Seniors spend half a day outside the typical classroom to explore their community and potential careers, learning just as much – or more – than they do at school.

“Sometimes there’s hesitancy about a new relationship at the front end of the semester,” Mae said, “but I tell them this will become their favorite part of CAPS. And it always is.”

To volunteer for a CAPS student match, contact Director of Life Enrichment Carolyn Ayers at [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) or 319-222-2048.



*Kaitlin Doyle talks through her college possibilities with Bev Fish.*

# UNI men's basketball team visits campus

UNI Panthers talked basketball and even showed off their cornhole skills during a two-hour meet and greet at Diamond Event Center on December 14.

The event preceded the return of the annual WHC Night in the Alumni Suite at McLeod Center, scheduled for January 10 after a two-year hiatus due to the pandemic. Residents will cheer on the team as it goes up against Murray State.



*Landon Wolf of Cedar Falls, left, and Tytan Anderson of North Scott greet a young fan, the daughter of employee Penny Nuss.*



*Villa resident Julaine Kiehn talks basketball - and life overseas - with Ege Peksari, a freshman from Izmir, Turkey.*



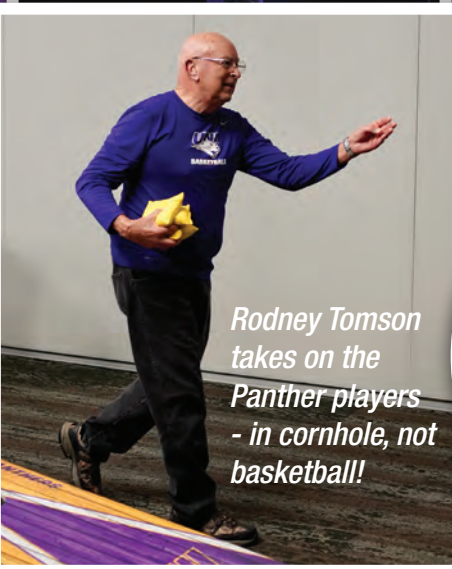
*Cedar Falls alum Chase Courbat talks with Jerry Kramer.*



*Returning senior Austin Phyfe of Waverly looks happy to visit with basketball fan Jim Peterson.*



*Trey Campbell of Cedar Falls watches teammate Michael Duax's toss in a friendly game of cornhole.*



*Rodney Tomson takes on the Panther players - in cornhole, not basketball!*



*The pub offered a special Purple & Gold cocktail for the occasion.*



Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorials and other donations. We list donor names each month as one way of thanking donors for their generosity. This list reflects gifts received through Dec. 14, 2022. **For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) or 319-222-2022.**



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Deborah Collett

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Ken Cox

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Joyce Cutshall

Marlene Danielsen

Sally Davis

John & Jodi Deery

Marlene Deery

Juanita Devoe

Roger & Marcia Dudden

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Joan & David Easton

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## Creative tradition kept alive after villa move

You can't help but look across Jane Anderson's array of candies and mini "gingerbread" houses with childlike wonder. She has nearly every candy you can think of, organized for a festive afternoon of decorating mini-houses made of graham crackers.

Jane brought the fun 25-year tradition to her villa when she moved back to her home state in 2021, after 33 years in Illinois.

"It began with six ladies that we taught school with and it grew to inviting little kids and then their moms and grandmas. From there, it became family night where moms and dads and kids came," Jane explains.

A favorite creation over the years was a replica of her kitchen, complete with a stovetop and a



*Jane takes a moment to pose for a photo just before her social becomes filled with ladies visiting and decorating houses.*

tiny gingerbread house sitting on the counter. Her sister once created a village, including a car out of licorice; and on another occasion, a cousin used blueprints to create a graham cracker cathedral, complete with flying buttresses.

"It's the start of Christmas and that's really what it means to me," says Jane.

Now Jane's new neighbors get to take part. In just its second year here, the tradition already feels firmly established on Lemongrass Drive as a time to socialize with friends and create something special for the season.



*Villa residents Shirley Uehle, Deb Phillips, and Joyce Willy getting creative!*



*Susan, Maria, Lisa, and Jane (left to right) look over the enormous variety of candies to choose from for decorating a graham cracker house.*



## Chaplain's Corner: What Can Happen This Year?

by Chaplain Garry Moore

Those were my thoughts as we began 2016. We had ended 2015 with my wife being diagnosed with cancer, two boys being deployed to Afghanistan and a major ministry change. I am thankful for one thing that happened that year – God led Christie and me to serve as chaplains at Western Home Communities!!

I am asking the same question this year. It stems from the difficult days beginning October 18. I found myself in Allen Hospital with a compression fracture and a bowel blockage. I am very grateful that the staff on the fourth floor of Allen did a great job of caring for me. The team at Martin Suites also took good care of me for a few days!

One night in the hospital, I was feeling overwhelmed with my condition. That night, I felt God's presence in an amazing way. The next day God gave me the word **REST**. Release Every Stressful Thought. God confirmed this with a card from a resident. On the outside was the verse Psalm 37:7a which says, "**Rest** in the Lord, and wait patiently for Him."

The words "**rest** in the Lord" have been on my heart often since then. The word "**rest**" means to be quiet. Its picture is found in Psalm 131:2, "Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me." That is a perfect picture of contentment. She also included a poem which I share with you.

*I needed the quiet so He drew me aside.  
Into the shadows where we could confide.  
Away from the bustle where all the day long  
I hurried and worried when active and strong.*

*I needed the quiet though at first I rebelled  
But gently, so gently, my cross He upheld  
And whispered so sweetly of spiritual things  
Though weakened in body, my spirit took wings  
To heights never dreamed of when active and gay,  
He loved me so greatly He drew me away.*

*I needed the quiet. No prison my bed,  
But a beautiful valley of blessings instead –  
A place to grow richer in Jesus to hide.  
I needed the quiet so He drew me aside.*

May we recognize in 2023 that God is:

**Totally** in control  
**Infinite** in wisdom and  
**Perfect** in love

Then we will **REST** (release every stressful thought) in Him!

## Upcoming in-person Fresh Wind Worship services

Fresh Wind Worship is held in person on the first and third Sundays of each month at 10:30 a.m. in Diamond Event Center.

Upcoming services are January 1 (New Years' Day) and January 15

Check your community calendar for specific times and locations of in-person bible studies and worship in each independent living community.

## New career as artist begins post-retirement

Jane Doty didn't teach art as a career. She was a teacher of the gifted and talented in a K-12 school in Wilton, Iowa. She always dabbled in painting but it wasn't until she retired in 2013 that she began to paint more and told herself, "I'm going to get a little more serious about this."

With a friend's encouragement, she displayed her paintings at the Sunrise River Gallery in Muscatine. In 2017, one of the gallery owners recommended Jane to the Merrill Hotel in Muscatine for commission work. The first was an abstract of buttons. The hotel made artistic prints for every restroom in the hotel. They also liked her abstract of the local Norbert F. Beckey Bridge and it is displayed in all the queen suites. You can see her work on the hotel's website, [www.TheMerrill.com](http://www.TheMerrill.com). "It was an awesome experience," says Jane.

Jane also had a display at the Bucktown Center for the Arts in downtown Davenport until the center closed in 2020. She also had her own gallery space in Wilton, The Painted Owl, until the pandemic hit. It was a place to sell her paintings, work in a studio, and teach.

Jane grew up in Cedar Falls and met her husband Norm at UNI. After 42 years in Durant,



*Jane's painting of a reindeer and Christmas trees is nestled behind her collection of bottle brush trees.*



*Jane Doty stands in front of her painting of a covered bridge.*

they moved back to Cedar Falls in 2022 and chose Windridge as their home. "We like the progression here. It's a gift to our children so they don't have to worry about us," Jane explains.

Jane rents space at the Rownd Barn and spends a couple of hours a week painting. Her favorite subjects to paint in oil are pets and landscapes. The angel in her guest room was



*An angel and yellow swallowtail butterflies honor her mother.*

inspired by her mother, as was the painting on her violin of yellow swallowtail butterflies. This year, Jane also sold her work at the Handcrafted Holiday Show & Sale. "It was fun. I loved talking to people and I didn't care if I sold anything."

"Painting is quiet time, soothing and satisfying. I enjoy the entire process. If you want to start painting, keep your expectations low and just dive in," she encourages. "Have fun with it and paint what you like."



# Scenes of the Season



Resident travelers to Milwaukee pose inside the Pabst Mansion.



French horn students from UNI performed carols for an appreciative audience at Windridge on Dec. 6.



Judy Pfalzgraf decorates Christmas cookies with fellow Windridge residents.



Sara Koltoff (left) and Rachel Phillips hand out drinks at Prairie Wind's Christmas social (and Sara's second day as resident coordinator).



Ladies in red at Willowwood! From left, Marvyl Oakland, Peggy Chari, Nancy Colvin and Jane Jackson make a striking ensemble at their party.



Barb Davis puts the finishing touches on her gingerbread ornament at Thalman Square.



At Windgrace, decorators Bob Beener, Sue Hoffman and Trish Cook get the building ready for Christmas.





*Leisure staff Hollie Beem, Vicky Bunger and Maize Gilfillan dressed as snowmen at Thalman Square's Winter Party Dec. 6.*



*Sue LeQuatte shows off her sweater at the Windgrace Christmas breakfast. It glitters and twinkles!*



*Windhaven resident Laretta (Hattie) Husome puts some special touches on her handmade Christmas cards.*



*Margie Polacek, Janet Doud, Nancie Handorf and Marian Larson (left to right) pose with Oster Regent's retiring General Manager John Luzaich before a performance of Miracle on 34th Street.*



*Rodney Tomson cracking up Gene Haller (and entire room) while decorating the Windcove tree.*



*Bob and Jo Tefft celebrate with friends at the Prairie Wind Christmas social.*



*Villa residents Donna Brown, Jerry Mohling, Sandy and George Glenn, Judy Mohling and Donna Pohl (left to right) enjoy each others company at the villa Christmas social.*



## Words of wellness: 600 Minute Challenge

*by Director of Wellness Morgan Lehmann*

Did you know the American College of Sports Medicine (ACSM) and the CDC recommend individuals exercise a minimum of 30 minutes, five days every week? That is 150 minutes per week or 600 minutes for the month!

Join us in January for our **“600 Minute Challenge,”** with the goal of exercising 600 minutes from **January 16 - February 12.**

Challenge forms will be available on January 9 and can be picked up at your resident coordinator’s desk or in the fitness center.



## Events in January

### HUR Equipment Orientation:

Wednesday, January 4 from 1 - 2 p.m. in the fitness center.

Need an equipment refresher? Need weights adjusted? Join us on Wednesday, January 4, and a member of the wellness team will assist you!

### New Exercise Class at Windgrace and Windermere:

Wednesdays at 11 a.m. - Windermere  
Fridays at 11 a.m. - Windgrace

## What are people saying about personal training?



*It’s empowering and has helped productivity in all aspects of my life!*

– EMPLOYEE CLIENT

*Having a personal trainer gives you more self confidence and keeps you honest.*

*I have made great strides and recommend you give it a try!*

– RESIDENT CLIENT



## Discover CROSSNET H2O

If you haven't heard of CROSSNET®, you're not alone. According to Forbes, it's a new game that was conceived in 2017 by the Meade brothers and their friend, Mike Delpapa.

CROSSNET is basically a cross between four square and volleyball and is a popular backyard game. But at Western Home Communities, it's CROSSNET H2O that's trending – played in the pool at the Grosse Aquatic Center.

Director of Wellness Morgan Lehmann says it was residents Christine and Del Carpenter who brought the game to her attention. They thought it would be a fun way to stay active over the winter while waiting for pickleball season to begin. 2022 marks the second season of CROSSNET H2O at Western Home Communities.

According to regular Bonnie Bickett, new players are always welcome. "Numbers were low in December with people out of town, the holidays and illness. We've had from three to nine players depending on schedules. Come try it out!"

CROSSNET H2O is played Monday, Wednesday and Friday at 11:45 a.m.

Morgan says that residents enjoy playing CROSSNET H2O not only for the physical



*From left to right, LaVerne Middleswart, Del Carpenter, and Dave Nation enjoy a friendly game of CROSSNET in the Grosse Aquatic Center.*

benefits, but also to socialize. "You can always hear laughter and encouraging words when CROSSNET H2O is being played," Morgan says. "Because it's played in the water, it's a lot easier on joints than if you were playing regular volleyball on a hard surface. It's also a fun game and doesn't always feel like regular exercise!"

The rules are simple because it's similar to four square. Multiple players can easily take part. While only four players participate at once, additional players rotate in.

It's a perfect time of year to discover the Grosse Aquatic Center. The air is warm and the water is heated. Playing CROSSNET H2O is a convenient way to get exercise during the winter months.

If you're not up for a little friendly competition, take advantage of the lap lanes or the circular current channel for water walking. Members can hit the aquatic center seven days a week from 6 a.m. – 9 p.m.

Haven't joined yet for 2023? Contact Morgan today!



## Meet your maintenance team

### *First in a monthly series highlighting various departments at Western Home Communities*

It's a big perk of moving to Western Home Communities: No more home maintenance chores. Recent satisfaction surveys show that residents greatly appreciate the work of the maintenance department.

Director of Maintenance Trent Ames oversees 16 talented and hardworking team members; Mike Camarata serves as System Facility Services Officer.

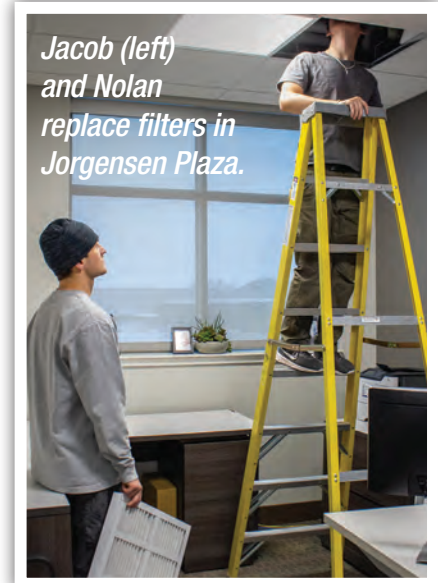
Many of the crew fulfill specialized work at Western Home Communities; for example, Sylvan and Peter do a majority of the turn work, getting apartments or villas spiffed up for new residents. Both have specialties in woodworking, fitting new baseboards after flooring is updated, rebuilding toilets, hanging lights, treating wood to look new, painting and more. Brian, Alex, Dan and Paul work on various other projects inside units to help get them ready for new residents.

Other projects might include inventory, cleaning storage spaces, and fulfilling service requests from residents. Some employees have various certifications in HVAC. "It's a team effort for sure and everyone pitches in," Trent says.

"Time and time again, I've seen our team have positive interactions with our residents, whether it's the conversations while performing service requests or communicating plans of actions for completing those tasks," says Trent. "I truly believe they all have a great servant spirit which reflects the WHC mission statement."

Peter Huizinga joined Western Home Communities in 2015. "I like the diversity of the work. We have a good crew. I work by myself half the time and work primarily on unit turns, and mostly I'm meeting Windhaven residents."

Brian Andrews, an employee for three years, says, "I like the teamwork. There are lots of people willing to help whenever you need it. And people are good here. Residents are friendly and accommodating."



*Jacob (left) and Nolan replace filters in Jorgensen Plaza.*



*Part of the maintenance team is pictured, just before heading out to work on more projects on a Friday morning.*

## Happy January birthday!

Ken Bixby	WC	Jan. 1	Joan Ogden	WHAL	Jan. 17
Russ Kool	PW	Jan. 1	Jimmy Christensen	VTH	Jan. 19
Shirley Dean	WHAL	Jan. 2	Lynda Meeker	WR	Jan. 19
Cindy Glasener	VTH	Jan. 3	Sue Hoffman	WG	Jan. 20
Timothy Kezar	MS	Jan. 3	Donald Pankow	MS	Jan. 20
Millie Eicher	WR	Jan. 4	Meri Petersen	Rental	Jan. 20
Carl Meusel	WR	Jan. 4	Stan Garrison	WG	Jan. 21
Marlys Mitchell	PW	Jan. 4	Dick Loughren	VTH	Jan. 21
Jo Ann Baumgartner	WR	Jan. 5	Deborah Phillips	VTH	Jan. 21
Vince Kavlick	VTH	Jan. 5	Nona Kruger	PW	Jan. 22
Judy Moody	WC	Jan. 5	Ralph Aranza	PW	Jan. 23
Anna Morris	WC	Jan. 5	Jim Gephart	TS	Jan. 24
Bonnie Wissink	PW	Jan. 5	Lonnie Phillips	VTH	Jan. 24
Jean Hoer	WC	Jan. 6	Diane Curtis	VTH	Jan. 25
Sharon McCampbell	WR	Jan. 6	Janice Stickfort	VTH	Jan. 25
Theresa Wiedman	WC	Jan. 6	Marjorie Behrens	WC	Jan. 26
Bea Koontz	PW	Jan. 11	Beverly Brandt	VTH	Jan. 26
Gene Sandell	VTH	Jan. 11	JoAnn Johnson	PW	Jan. 26
Laverne Woock	WHAL	Jan. 11	Dan Krause	VTH	Jan. 26
John Brouwer	WG	Jan. 12	Jane Doty	WR	Jan. 27
Elda Cole	VTH	Jan. 12	Darlene Hansen	PW	Jan. 27
Chris Lorenz	VTH	Jan. 12	Janet Lynch	TS	Jan. 27
Sally Yakish	VTH	Jan. 12	Pat Schultz	WR	Jan. 27
Laverne Kelderman	VTH	Jan. 13	Eileen Hofer	VTH	Jan. 28
Bert Mickle	DS	Jan. 13	Bill Mincks	VTH	Jan. 28
Dean Langan	WM	Jan. 14	Chuck Shepard	WW	Jan. 28
Norma Hager	WR	Jan. 15	Gloria Willms	VTH	Jan. 28
Carolyn Haney	VTH	Jan. 15	Robert Reints	VTH	Jan. 29
Jed Moschel	PW	Jan. 15	Juanita DeVoe	WR	Jan. 30
Bobbye Callahan	TS	Jan. 16	Mary Ann Burns	VTH	Jan. 31
David Joens	WR	Jan. 16	Vivian Gates	MS	Jan. 31
Gwen Lowe	VTH	Jan. 16	Rowena Hardinger	VTH	Jan. 31
Mary Ann Ott	VTH	Jan. 16			

## Travel with WHC in April

It's an all-American adventure in the heartland as Away from Home with Western Home spends four days exploring eastern Nebraska, April 11-14.

Highlights will include Offutt Air Force Base near Omaha and the Strategic Air Command & Aerospace Museum, plus a winery in Lincoln, the state capitol and lunch at the Great Plains Culinary Institute. The group will stop at the Templeton Rye Visitor Center in Iowa as well.

For more information and pricing, stop by Carolyn Ayers' office in Jorgensen Plaza, email her at [Carolyn.Ayers@westernhome.org](mailto:Carolyn.Ayers@westernhome.org) or give her a call at 319-222-2048.

## Congratulations!

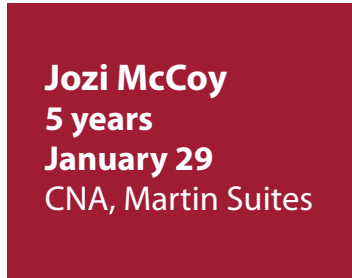
These employees celebrate milestone anniversaries in January. Thank you for your dedicated service to Western Home Communities!



**Sheri Brockelsby**  
15 years  
January 18  
Controller



**Destiny Micou**  
10 years  
January 2  
CMA, Deery Suites



**Jozi McCoy**  
5 years  
January 29  
CNA, Martin Suites



**Terry Hahn**  
42 years  
January 6  
Facility Services Tech



**Tiffany Wollum**  
10 years  
January 30  
CMA, Nation Cottage



**Melissa Pruess**  
5 years  
January 8  
Director of atHome



**Suzanne Makinster**  
42 years  
January 15  
Lead receptionist



**Jenni Peterson**  
5 years  
January 15  
RN, Nation Cottage



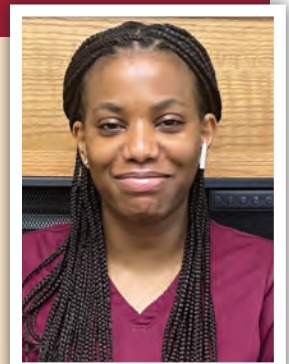
## Meet the Employee of the Month, Oge Ogbuka

**Oge** works as a CNA/CMA at Deery Suites and she has been part of the Western Home Communities family since March 2020.

Here are a few things co-workers said about Oge:

- Oge always goes above and beyond for her residents.
- She treats all staff, residents and visitors fairly.
- Oge always communicates with her supervisor with questions, concerns or when she has a new idea.
- She is always a great advocate for our residents, especially when they can't advocate for themselves.
- Oge is reliable, hardworking and compassionate.

Your Western Home Communities family congratulates you, Oge, on being named our employee of the month for December 2022.



## Notes of appreciation

Dear Western Home friends,

Thank you so much for the beautiful flowers in memory of my Dad. The last couple of months have been so hard for my family, but the kindness and support from friends and coworkers has been so comforting.

We are very grateful also for the wonderful care that Dad received at Martin Suites. Professionalism, kindness and compassion displayed by all.

Thank you again for your thoughtfulness.  
*Karla, Letha and the family of Don Peterson*

Thank you for all your support and friendships. The flower arrangement was beautiful. Mom enjoyed her six years at Winding Creek. It was her home.  
*The Louise Koob family*

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### Building Abbreviations

Martin Suites	MS
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
Nation Cottage and Thuesen Cottage	CTG
Prairie Wind	PW
The Deery Suites	DS

*The Journal* is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Hudwalker Bowman, editor, at (319) 859-9337 or [linda.bowman@westernhome.org](mailto:linda.bowman@westernhome.org).

## Great news!

The Market in Jorgensen Plaza will expand their hours beginning January 7. On the first Saturday of every month, you will be able to shop for gifts and deli items between 10 a.m. and 2 p.m.

Regular hours of operation at The Market are Monday - Friday, 10 a.m. - 5 p.m.

*The*  
**Market**  
deli ♦ grocery ♦ gifts

## In sympathy

Anne Mieke, DS	Dec. 13
Eula Burt Hughes, DS	Dec. 13
Dorla Hill, CTG	Dec. 6
Doretta Neil, MS	Dec. 5
Gene Haringa, WC	Dec. 5
Bob Humble, DS	Dec. 3
Mary Bro, CTG	Nov. 25
Dorothy Fiddelke, DS	Nov. 22
Joyce Larkin, DS	Nov. 22
Chuck Roudebush, CTG	Nov. 21
Kay Junker, WHAL	Nov. 21



## We're on Instagram

@westernhomecommunities is where you'll find content on our newest social media page. Check it out! Facebook users, we're still busy on that page – just adding Instagram to reach another audience. Engage with us on your favorite platform!



**WesternHome**  
communities

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[www.WesternHomeCommunities.org](http://www.WesternHomeCommunities.org)

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# JANUARY FEATURES

THURSDAY, FRIDAY & SATURDAYS

January 5, 6 & 7



## STUFFED CHICKEN BREAST

Roasted chicken breast, stuffed with a spinach artichoke filling and served on a bed of wild rice, rainbow carrots and coated with a savory pan sauce.

January 12, 13 & 14

## CHIMICHANGA

Chicken filled house-made tortilla, smothered in tomatillo sauce, paired with Spanish rice, and refried beans.

January 19, 20 & 21

## HALIBUT

Pan-seared halibut served with poached fingerling potatoes, roasted carrots, and garnished with a parsnip sauce.

January 26, 27 & 28

## PRIME RIB

Sliced local prime rib served with a loaded baked potato and seasonal vegetable.

**GILMORE'S**  
EST. PUB 2018

TUESDAY - SATURDAY 11AM - 8PM  
319-859-9342  
GILMORESPUBCF.COM

