



IOWA

<http://www.iowa.gov/>

Click on this website for more information @ Iowa

MAJOR CITIES:

North East Iowa	Waterloo
East Iowa	Davenport
East Central Iowa	Cedar Rapids, Iowa City
Central Iowa	Des Moines
North West Iowa	Sioux City

Iowa – CLIMATE

Iowa lies in the humid continental zone and it generally has hot summers, cold winters, and wet springs.

Temperatures vary widely during the year, with an annual average of 49°F (9°C). The state averages 166 days of full sunshine and 199 cloudy or partly cloudy days. Des Moines, in the central part of the state, has a normal daily maximum temperature of 86°F (30°C) in July and a normal daily minimum of 10°F (-4°C) in January. The record low temperature for the state is -47°F (-44°C), established at Washta on 12 January 1912 and recorded again on Elkader on 3 February 1996; the record high is 118°F

(48°C), registered at Keokuk on 20 July 1934. Annual precipitation averaged 34.7 in (88 cm) at Des Moines (1971–2000); statewide, snowfall averages 30 in (76 cm) annually and relative humidity averages 72%.

CULTURAL ACTIVITIES

http://www.tripadvisor.com/Attractions-g37835-Activities-Des_Moines_Iowa.html

http://www.tripadvisor.com/Attractions-g37743-Activities-Cedar_Rapids_Iowa.html

http://www.tripadvisor.com/Attractions-g37816-Activities-Davenport_Iowa.html

http://www.tripadvisor.com/Attractions-g38400-Activities-Sioux_City_Iowa.html

http://www.tripadvisor.com/Attractions-g38500-Activities-Waterloo_Iowa.html

http://www.tripadvisor.com/Attractions-g38020-Activities-Iowa_City_Iowa.html

Click the sites above for a full list of attractions for the major cities of Iowa.

- **Iowa Hall of Pride- Des Moines, IA**
 - Hours of family fun await you at the brand new Iowa Hall of Pride. Full of interactive technology, the Iowa Hall of Pride will amaze, entertain, and educate you and your family!
- **Pappajohn Sculpture Park- Des Moines, IA**
 - The 4.4 acre park, located within a major crossroads of the urban grid, creates a pedestrian friendly entranceway to downtown Des Moines. This accessible setting, coupled with the skilled landscape design and caliber of the art, makes it unlike any other sculpture park in the United States. The Pappajohns' contribution of 28 works for the park is the most significant donation of artwork ever made to the Des Moines Art Center.
- **Brucemore- Cedar Rapids, IA**
 - Brucemore, Iowa's only National Trust Historic Site, is a house museum and so much more. This 26-acre park-like estate in the heart of Cedar Rapids, boasts a delightful Queen Anne style mansion with 21-rooms. A hub for cultural, philanthropic, and educational activities, thousands of visitors attend musical events, fine arts performances, holiday celebrations, and garden walks held on the estate each year.
- **Cedar Rapids Museum of Art- Cedar Rapids, IA**
 - The Cedar Rapids Museum of Art houses more than 7,200 works of art spanning many eras—from Roman antiquity to the present. The collection is particularly strong in American art, especially from the first half of the 20th century. There are a number of artists the Museum holds in great depth—including the world's largest collection of works of art by Grant Wood. The Museum also possesses a strong collection of Roman portrait busts donated by Tom and Nan Riley, and an extensive print collection from the 15th century forward primarily donated by Peter O. Stamats. The Museum also features temporary exhibitions.
- **Figge Art Museum- Davenport, IA**
 - The Figge Art Museum actively serves the public by promoting appreciation and creation of visual art through education, and by collecting, conserving and exhibiting art. As a vital, responsive institution, the Museum brings art and people together, expand the knowledge and love of art, and enriches the life of the community through the power of art.
- **German American Heritage Center- Davenport, IA**
 - Since 1995, the German American Heritage Center building was saved from demolition, restored, renovated, listed on the National Register of Historic Places, and has become Davenport's newest museum.

- **Sioux City Public Museum- Sioux City, IA**
 - Visitors will discover the “Spirit of Sioux City” through a lively 12-minute orientation film in the ornate “corn palace theatre.” A variety of hands-on experiences are available including the award-winning “Innovation I-Wall” and “The Big Dig,” which replicates an active fossil dig site.

- **Lost Island Water Park- Waterloo, IA**
 - Lost Island is a tropical getaway hidden in the heart of the Midwest! Have you ever seen palm trees in Iowa? How about mysterious ancient ruins? Walking through the gates at Lost Island will make you feel like you just stepped off a plane in some far away destination. We offer a wide range of attractions for all thrill levels. Enjoy the Wailua Kupua - one of the first hydromagnetic watercoasters in the country! Splash around in Tsunami Bay, race your friends down Ta'Katipo, lounge in a deluxe cabana, or float around the Kailahi River. With over 14 different rides available, it won't take long for you to get lost.

- **Museum of Natural History- Iowa City, IA**
 - Explore our world at the University of Iowa Museum of Natural History- Iowa's gateway to the global environment for over 150 years. Walk through 500 million years of our natural and cultural heritage, culminating in the landscape we see today and how it affects the story of agriculture. Discover the adaptation and diversity of birds and mammals around the planet.

TIME ZONE

Central Time Zone – Iowa Current Local Time - Daylight Saving Time

<http://www.timeanddate.com/worldclock/usa/des-moines>

click here for more information

GROCERY SHOPPING

<p>Hy-Vee Wal-Mart Superstore Fareway Stores Inc.</p>	<p>Save-a-Lot Dollar General Aldi</p>
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<http://www.yellowpages.com/sioux-city-ia/grocery-stores>

Click on this site for more grocery stores in Iowa.

SHOPPING

Area	City	Mall
Cedar Rapids area	Cedar Falls IA	College Square
Cedar Rapids area	Cedar Rapids IA	Lindale Mall
Cedar Rapids area	Cedar Rapids IA	Westdale Mall
Cedar Rapids area	Coralville IA	Coral Ridge Mall
Cedar Rapids area	Waterloo IA	Crossroads Center Waterloo
Cedar Rapids area	Williamsburg IA	Tanger Outlets of Williamsburg Iowa
Des Moines area	Des Moines IA	Merle Hay Mall
Des Moines area	Des Moines IA	South ridge Mall
Des Moines area	Fort Dodge IA	Crossroads Mall
Des Moines area	Story City IA	Factory Stores of America
Des Moines area	West Des Moines IA	Jordan Creek Town Center
Des Moines area	West Des Moines IA	Valley West Mall
Eastern IA	Davenport IA	North Park Mall
Eastern IA	Dubuque IA	Kennedy Mall
Western IA	Council Bluffs IA	Mall of the Bluffs
Western IA	Sioux City IA	Southern Hills Mall

<http://www.mallseeker.com/iowamalls.aspx>
click here for more information on shopping.

PHARMACIES

CVS Pharmacy

Hy-Vee Pharmacy

Target Pharmacy

Wal-Mart Pharmacy

Walgreens Pharmacy

http://www.rxlist.com/pharmacy/iowa-city-ia_pharmacies.htm
Click here for locating other pharmacies in Iowa.

POST OFFICES/SHIPPING



<http://www.postofficehours.net/state/IA.html>

Click here for more information



<http://local.fedex.com/ia/iowa-city/>

Click here for more information



https://www.ups.com/dropoff?loc=en_US

Click here for more information

MINIMUM WAGE

State	2018 Minimum Wage	2018 Tipped Wage
IA	\$7.25	\$4.35

<https://www.dol.gov/whd/minwage/america.htm#stateDetails>

Click here for more information

WORKMAN'S COMPENSATION

<http://www.iowaworkcomp.gov/>

Click here for more information

COST OF LIVING IN IOWA

Cost of Living	Iowa City, IA	United States
<u>Overall</u>	101	100
<u>Grocery</u>	100.1	100
<u>Health</u>	96	100
<u>Housing</u>	102	100
<u>Utilities</u>	86	100
<u>Transportation</u>	105	100
<u>Miscellaneous</u>	103	100

Our cost of living indices are based on a US average of 100. An amount below 100 means Iowa City, IA is cheaper than the US average. A cost of living index above 100 means Iowa City, IA is more expensive.

Overall, Iowa City, IA cost of living is 101.30

http://www.bestplaces.net/cost_of_living/city/iowa/iowa_city

Click here for more information

TRANSPORTATION SERVICES

Ames	Ames TA
Des Moines	Des Moines Area Regional Transit Authority
Iowa City	Univ. of Iowa Cambus
Waterloo	Iowa Northland Regional Transit Commission
Davenport	River Bend Transit
Cedar Rapids	East Central Iowa Transit
Des Moines	Heart of Iowa Regional Transit Authority
Sioux City	Siouxland Regional Transit System

<http://www.apta.com/resources/links/unitedstates/Pages/IowaTransitLinks.aspx>

click here for more information on transportation