

## RESOURCE GUIDE FOR RECRUITING EXCELLENT AND DIVERSE FACULTY

### Community Resource Guide

The city of Ames is a medium sized college town just 30 minutes north of Iowa's largest metropolitan area, Des Moines. Although the State of Iowa is commonly regarded otherwise, Iowa has been on the forefront of social justice and equal rights issues throughout most of its history. Iowa State University ("ISU") works tirelessly to continue this tradition forward in building an environment of cultural competence with its annual Thomas L. Hill Iowa State Conference on Race and Ethnicity ("ISCORE"). The following are community resources both on campus and in the surrounding community of Ames, Iowa:

### Faculty and Staff Associations

ISU has several groups right on campus. ISU calls its groups Faculty and Staff Associations ("FSAs").

#### American Indian Faculty and Staff Council

This FSA does not have a Facebook group and does not appear to have regularly scheduled events on the Diversity and Inclusion webpage.

Website: <https://www.diversity.iastate.edu/connect/fsa/ai>

#### Asian American and Pacific Islander Faculty and Staff Association

This FSA uses its Facebook page to display its scheduled events on campus. It also appears on the Diversity and Inclusion webpage.

Facebook page: <https://www.facebook.com/groups/1667622446785032/>

Website: <https://www.diversity.iastate.edu/connect/fsa/aapi>

### Black Faculty and Staff Association

This FSA has an active Diversity and Inclusion website and an active Facebook page.

Facebook page: <http://www.facebook.com/IsuBlackFacultyStaffAssociation>

Website: <https://www.diversity.iastate.edu/connect/fsa/bfsa>

### Colegas, Building Community

Colegas is ISU's Hispanic and Latinx Faculty and Staff Association. Although this group has a website on the Diversity and Inclusion webpage, it uses a Facebook page for most of its activities.

Facebook page: <https://www.facebook.com/IowaStateUniversityColegas>.

Website: <https://www.diversity.iastate.edu/connect/fsa/colegas>

### Iowa State Christian Faculty and Staff Association

This FSA is active on Facebook. It does not have a corresponding FSA page on the Diversity and Inclusion website.

Facebook page: <https://www.facebook.com/groups/230196837387352/>

### Jewish Faculty and Staff Association

This FSA is listed on the Diversity and Inclusion page.

Website: <https://www.diversity.iastate.edu/connect/fsa/jfsa>

### LGBTQA+ Faculty and Staff Association

It has a very active Diversity and Inclusion website. It has posts on its corresponding Facebook and Twitter pages as well.

Website: <https://www.diversity.iastate.edu/connect/fsa/lgbtqa>

Facebook: [www.facebook.com/ISULGBTQAFSA](http://www.facebook.com/ISULGBTQAFSA)

Twitter: [https://twitter.com/isu\\_lgbtqa\\_fsa?lang=en](https://twitter.com/isu_lgbtqa_fsa?lang=en)

### Religious organizations, places of prayer, meditation

There are several religious organizations and places of worship in and around Ames, Iowa. These organizations are listed below:

#### Atheism, Agnosticism, Secularism

##### Iowa Atheists and Freethinkers

Sam and Louie's Pizza, 8561 Hickman Rd, Urbandale, IA

Although this is not a religious group, it is one which weighs in on existential questions and spirituality. It meets at Sam and Louie's pizza every Sunday from 12:00 p.m. to 2:00 p.m.

Phone: (515) 770-8541

Email: [president@iowaatheists.org](mailto:president@iowaatheists.org)

Websites: <https://www.iowaatheists.org/>,  
<https://www.meetup.com/lowa-Atheists-and-Freethinkers/>, [https://twitter.com/lowa\\_Atheists](https://twitter.com/lowa_Atheists)

Meetup: <https://www.meetup.com/lowa-Atheists-and-Freethinkers/>

Twitter: [https://twitter.com/lowa\\_Atheists](https://twitter.com/lowa_Atheists)

##### AHA! (Atheists, Humanists, Agnostics)

Unitarian Universalist Fellowship of Ames –  
1015 Hyland Avenue, Ames, IA

This is a group that gathers at the church each third Thursday evening of the month to discuss life and theology outside of the framework of God.

Phone: (515) 292-5960

Email: [aha@uufames.org](mailto:aha@uufames.org)

### Buddhism

#### The Angkor Wat Friendship Association

1301 19th St, Des Moines, Iowa, 50314

This Association was established to promote the Khmer (Cambodian) culture, language and art. It is open from 8:00 a.m. to 5:00 p.m.

Email: [angkorwatdsm@gmail.com](mailto:angkorwatdsm@gmail.com)

Phone: (515) 897 – 2151, (515) 247-0189  
(Sareap Noeuy)

Website: <https://www.facebook.com/Angkor-Wat-Friendship-Association-Inc-359523871075030/>

Facebook: <https://www.facebook.com/Angkor-Wat-Friendship-Association-Inc-359523871075030/>

<https://www.facebook.com/pages/Cambodian-Buddhist-Society/112009918861509>

#### Chua Hong An

1419 Martin Luther King Jr. Parkway, Des Moines, IA 50314

This temple is open from 8:00 a.m. to 5:00 p.m. Monday through Friday. Specific events and weekly events are not listed on the website.

Phone: (515) 999-6944

Website: <https://www.chuahongan.com/thumoi.htm>

### **Buddhism Discussion Group**

Unitarian Universalist Fellowship of Ames –  
1015 Hyland Avenue, Ames, IA 50014  
This group meets through shared readings,  
discussion and exploration of texts and  
concepts. There is not a regular meeting time  
listed in the activity guide.

Phone: (515) 292-5960

Email: [buddhism@uufames.org](mailto:buddhism@uufames.org)

### **Pure Land of Iowa**

8364 Hickman Road, Clive, IA 50325  
This group emphasizes pure land Buddhism,  
but it allows other Buddhist groups to use  
its facilities. The group meets every Sunday  
morning for two hours from 9:00 a.m. to 11:00  
a.m. with a one-hour potluck afterward until  
12:00 p.m. They also have two-hour Buddhism  
study on week days from 2:00 p.m. to 4:00 p.m.

Phone: (515) 452-5898

Website: <https://www.purelandofiowa.org/>

Email: [admin@purelandofiowa.com](mailto:admin@purelandofiowa.com)

### **The Des Moines Zen Center**

6901 SW 14th, Des Moines, IA 50315  
The Zen Center introduces visitors and students  
to Zen Buddhism on the third Thursday of the  
month from 7:00 p.m. to 9:00 p.m. Each Sunday  
the Zen Center conducts zazen from 7:10 a.m. to  
8:00 a.m. They provide childcare and snacks for  
children during the zazen session.

Website: <http://dmzencenter.org/contact-us/>

Email: [iowatoy2005@yahoo.com](mailto:iowatoy2005@yahoo.com), [info@dmzencenter.com](mailto:info@dmzencenter.com)

### **Tu Vien Hong Duc**

5906 S.W. 9th Street, Des Moines, IA 50315  
This is a Vietnamese Buddhist temple. They  
have a weekly service from 2:00 p.m. to 4:00  
p.m. every Sunday.

Phone: (515) 256 – 8176

Facebook: [https://www.facebook.com/pg/TVHD2009/about/?ref=page\\_internal](https://www.facebook.com/pg/TVHD2009/about/?ref=page_internal)

Email: [TuVienHongDuc@yahoo.com](mailto:TuVienHongDuc@yahoo.com)

### **Wat Phothisomphan**

2560 SE 14th Street, Des Moines, IA 50320  
This is a Buddhist temple that meets weekly for  
dharma talks and chanting meditation and hosts  
monthly events.

Phone: (515) 619 – 9222 / (515) 777 – 4348

Facebook: [http://facebook.com/](http://facebook.com/WatPhothisomphan)

[WatPhothisomphan](http://facebook.com/WatPhothisomphan)

Email: [Kate919@gmail.com](mailto:Kate919@gmail.com)

### **Wat Lao**

1804 E. Park Ave, Des Moines, IA 50320  
This Buddhist temple is open from 7:00 a.m. to  
10:00 p.m. Mondays through Sunday.

Phone: (515) 282 – 1801

Website: <http://www.dsmwatlao.org/buddhism>

Email: [Donechanh@hotmail.com](mailto:Donechanh@hotmail.com)

### **Baha'i**

There are two Baha'i communities in West Des  
Moines and Des Moines. In West Des Moines,  
Alan Prosser organizes a Baha'i community. In  
Des Moines, Claudia Murphy organizes a Baha'i  
community.

Website: <http://desmoinesbahai.org>

Claudia Murphy: [claudia.murphy@drake.edu](mailto:claudia.murphy@drake.edu)

Alan Prosser: [alprosser19@yahoo.com](mailto:alprosser19@yahoo.com)

### Catholicism

#### **St. Thomas Aquinas Church & Catholic Student Center**

2210 Lincoln Way, Ames, IA 50014

This catholic church is more oriented towards younger adults and FOCUS ministry. Mass is conducted on Saturdays (4:45 p.m.), Sundays (8:30 a.m., 10:30 a.m., 7:00 p.m.), Tuesdays (12:00 p.m.), Wednesdays (12:00 p.m.), Thursdays (9:15 p.m.) and Fridays (12:00 p.m.). It also schedules events throughout the year.

Phone: (515) 292 – 3810

Website: <https://staparish.net>

Email: [frkyle@staparish.net](mailto:frkyle@staparish.net)

**St. Cecilia Church** – 2900 Hoover Avenue, Ames, IA 50010

This is a church and a kindergarten through high school catholic school. English mass is convened from 8:00 a.m. to 9:00 a.m. Tuesday through Friday. On Saturdays, English mass occurs from 5:00 p.m. to 6:00 p.m. On Sunday, English mass occurs from 8:30 a.m. to 9:30 a.m. and 10:30 to 11:30 a.m. Mass in Spanish is convened from 5:00 to 6:00 p.m. on Sundays.

Phone: (515) 233 – 3092

Website: <https://www.stceciliaparish.org/contact/>

Email: [parish-office@stceciliaparish.org](mailto:parish-office@stceciliaparish.org)

#### **Saints Peter and Paul Catholic Church**

14238 500th Ave, Ames, IA 50014

This church is in a more rural setting. Mass is convened on Sundays at 8:15 a.m.

Phone: (515) 292-3810

Website: <http://www.spppgilbert.net/>

### Hinduism

#### **Hindu Temple & Cultural Center of Iowa**

33916, 155th Lane, Madrid, Iowa, 50156

This is a beautiful Hindu temple nearby that performs weddings and services related to several deities. The following services are listed on their website:

Sri Vishnu Parayanam (recitation) is the first Saturday of month from 9:00 a.m. to 10:45 a.m. Shiva and Rudra Abhishekam (prayer) is every Monday of the month from 6:30 p.m. to 8:05 p.m.

Lakshmi Pooja (worship) every Friday at 6:45 p.m.

Balaji Abhishekam (prayer) is the first Saturday from 9:45 a.m. to 12:30 p.m.

Ganesha Abhishekam (prayer) is the second Saturday of the month from 10:15 a.m. to 12:00 p.m.

Parvati Abhishekam (prayer) is the third Saturday of the month from 10:15 a.m. to 12:00 p.m.

Karthikeya Abhishekam (prayer) is the fourth Saturday of the month from 10:15 a.m. to 12:00 p.m.

Durga Pooja (worship) is the fifth Saturday of the month from 10:15 a.m. to 12:00 p.m.

Bhagavad Geetha (recitation) is on the first Sunday of the month from 10:15 a.m. to 12:00 p.m.

Satyanarayana Pooja (worship) on the second Sunday of the month from 10:15 a.m. to 12:00 p.m.

Navagraha Abhishekam (prayer) on the third Sunday of the month from 10:15 a.m. to 12:00 p.m.

Sundarakanda Patan on the fourth Sunday of the month from 10:15 a.m. to 12:00 p.m.

Ram Parivar Pooja on the fifth Sunday of the month from 10:15 a.m. to 12:00 p.m.

Phone: 515-795-2635  
Website: <http://www.iowatemple.org/>  
Email: [admin@htcciowa.org](mailto:admin@htcciowa.org)

**Hindu Cultural and Educational Center**  
2513 E. Porter Avenue, Des Moines, Iowa 50320  
This is a group which meets in a home. It provides language training in English and Nepali. It also provides citizenship classes. Finally, it observes the Hindu calendar religious events.

Phone: (515) 505-5538  
Website: <http://www.hcec-iowa.org/contact-us/>  
Email: [contactus@hoec-iowa.org](mailto:contactus@hoec-iowa.org)

### Islam

**Bosniak Islamic and Cultural Center**  
17630 Bosniak lane, Granger, Iowa 50109  
This was the original Bosnian Islamic center formerly located at 3805 Beaver Road in Des Moines, Iowa. It provides daily prayer services five times a day each day. It has a community service (Jumu'ah) on Fridays at 1:30.

Phone: (515) 279 – 8374  
Facebook: <https://www.facebook.com/ICCBDesMoines/>

**Darul Arqum Islamic Center**  
1212 Iowa Ave, Ames, IA 50014  
This organization holds scheduled events throughout the year. The five times of prayer are posted on their website.

Phone: (515) 292-3683  
Website: <http://www.arqum.org/>

**Islamic and Education Center Ezan**  
6206 Douglas Avenue, Des Moines IA 50322  
This is a Bosnian Islamic center. It provides daily

prayer services five times a day each day. It has a community service (Jumu'ah) on Fridays at 1:30.

Phone: (515) 441-2114  
Email: [nijaz\\_va@hotmail.com](mailto:nijaz_va@hotmail.com), Nijaz ef. Valjevcic

**Masjid an-Noor**  
1117 42nd Street, Des Moines, IA 50311  
This organization provides daily prayers and services.

Phone: (515) 274 – 4626  
Website: <http://dmmco.org/index.php>  
Email: [information@dmmco.org](mailto:information@dmmco.org)

**Shafia Islamic and Cultural Centre**  
1425 University Avenue, Des Moines, IA 50314  
This is an offshoot from the Muslim Community Organization that practices Sufism. It provides a space of prayer and celebration of specific events like Ramadan.

Phone: (515) 724-8308  
Email: [jamal7621@hotmail.com](mailto:jamal7621@hotmail.com) (Imam Ahmed Moalim), [xusseem@hotmail.com](mailto:xusseem@hotmail.com) (Imam Hussein Abdi)

### Judaism

**Ames Jewish Congregation**  
3721 Calhoun Ave, Ames, IA 50010  
Shabbat services take place at 7:30 p.m. on Fridays and 10:00 a.m. on Saturdays. These services are led by Rabbi Nina Mizrahi once per month. The remaining services are conducted by congregation members.

Phone: (515) 233-1347  
Email: <https://www.ajciowa.org/>

**Jewish Federation of Greater Des Moines**

33158 Ute Ave. Waukee, IA 50263

This organization is a good place to explore non-sectarian Jewish events occurring in the surrounding area. The Federation operates a non-sectarian preschool, Gan Shalom Preschool, a retreat and recreation center, Caspe Terrace, and the Iowa Jewish Historical Society.

Website: <https://www.jewishdesmoines.org/>

Phone: (515) 987-0899

Email: [info@jewishdesmoines.org](mailto:info@jewishdesmoines.org)

**CHABAD of Ames/ISU**

301 4th Street Suite #12, Ames, Iowa 50010

This group is situated on campus. They organize events throughout the year. In particular, a Seder occurs on campus each year and they also hand out Passover care packages to students.

Website: <https://mail.google.com/mail/u/0/?tab=wm&ogbl#inbox/FMfcgxwJWrZ-RLJcZVzvgrxxXlqQhzdGZ?projector=1&messagePartId=0.1>

Phone: 515-339-9160

Email: [Chabadames.isu@outlook.com](mailto:Chabadames.isu@outlook.com)

**Temple B’Nai Jeshurun (Reform Judaism)**

5101 Grand Avenue, Des Moines, IA 50312

Erev Shabbat services generally start at 6:00 p.m. on Friday night and 10:00 a.m. on Saturday mornings. There is a social time with wine and snacks that precedes each service time. The Friday service social time begins at 5:30 p.m. The Saturday service social time begins at 9:00 a.m. Traditional Torah study occurs every Saturday from 9:00 a.m. to 10:00 a.m.

Phone: (515) 274-4679

Website: <https://templebnaijeshurun.org/>

**Tifereth Israel Synagogue (Conservative Judaism)**

924 Polk Blvd, Des Moines, IA 50312

Erev Shabbat services generally start at 6:00 p.m. on Friday night and 9:30 a.m. on Saturday mornings. The Saturday morning service is followed by Shabat Café at 11:45 a.m. A discussion of the Hebrew Bible occurs every Saturday at 12:30 p.m.

Phone: (515) 255-1137

Website: <http://tifereth.org/>

**Meditation**

**Meditation Sitting Group**

**Unitarian Universalist Fellowship of Ames –**

1015 Hyland Avenue, Ames, IA 50014

This group meets Tuesday nights for 40 minutes of silent meditation.

Phone: (515) 292-5960

Email: [meditationsitting@uufames.org](mailto:meditationsitting@uufames.org)

**Mindfulness and Meditation**

**Unitarian Universalist Fellowship of Ames –**

1015 Hyland Avenue, Ames, IA 50014

This group meets Sunday nights from 6:00 to 7:00 p.m.

Phone: (515) 292-5960

Email: [mindfulness@uufames.org](mailto:mindfulness@uufames.org)

**Mormonism**

**The Church of Latter-Day Saints Ames Institute of Religion –**

137 Lynn Avenue, Ames, IA 50014

This building provides religious education for young single adults from ages 18 to 30 years old.

Phone: (515) 292-2759

Facebook: <https://www.facebook.com/AmesInstituteoftheChurchofJesus-Christ/?rf=158097977728541>

[AmesInstituteoftheChurchofJesus-Christ/?rf=158097977728541](https://www.facebook.com/AmesInstituteoftheChurchofJesus-Christ/?rf=158097977728541)



**The Church of Jesus Christ of Latter-Day Saints**

– 2524 Hoover Avenue, Ames, IA 50010  
This is the regular congregation building for Mormonism in Ames, Iowa.

Phone: (515) 232-0437  
Facebook: <https://www.facebook.com/The-Church-of-Jesus-Christ-of-Latter-day-Saints-Ames-IA-279517908796734/>

**Sikhism**

**The Iowa Sikh Association**

1115 Walnut Street, West Des Moines, IA 50265  
This is a non-profit organization. It holds congregation and prayers from 11:30 a.m. to 1:00 p.m. each Sunday. Immediately following congregation is a community meal from 1:00 p.m. to 1:30 p.m.

Website: <http://iowasikhassociation.org/contact-us/>  
Telephone number: (515) 255-5755  
Email: [contact@iowasikhassociation.org](mailto:contact@iowasikhassociation.org)

**Sikhs of Iowa Khalsa Heritage Inc. – 4820 NW**

59th Street Johnston, IA 501301  
It holds congregation and prayers from 11:30 a.m. to 1:00 p.m. each Sunday. Immediately following congregation is a community meal from 1:00 p.m. to 1:30 p.m.

Website: <https://www.sikhinc.org/wordpress/visiting-the-gurudwara/>  
Phone: (515) 259-6613  
Email: [iowasikhs@sikhinc.org](mailto:iowasikhs@sikhinc.org)

**Wiccan / Pagan**

**Persephone's Children**

Unitarian Universalist Fellowship of Ames  
1015 Hyland Avenue, Ames, IA 50014  
This group meets every third Thursday of

the month from 7:00 p.m. to 9:00 p.m. at the Unitarian Universalist Fellowship of Ames church.

Phone: (515) 292 - 5960  
Email: [personnel@uufames.org](mailto:personnel@uufames.org)

**Sacred Bridges**

First Unitarian Church, 1800 Bell Ave, Des Moines, IA 50315

This group meets at the location above. They organize primarily through their Facebook page.

Phone: (515) 244 - 8603  
Facebook: [www.facebook.com/sacredbridgescuups](http://www.facebook.com/sacredbridgescuups)  
Email: [sacredbridgescuups@gmail.com](mailto:sacredbridgescuups@gmail.com)

**Authentic Dining**

Following is a list of restaurants in Ames and the Des Moines metropolitan area which attempt to serve food that is authentic to the culture's native cuisine.

**African**

**Patience's African Cuisine**

3811 Douglas Avenue, Des Moines, IA 50310  
Phone: (515) 279 – 6158

**Somali Restaurant**

4940 Franklin Avenue, Des Moines, IA 50310

**Taste of Africa**

2500 Martin Luther King Jr. Parkway, Suite 3, Des Moines, IA

**Brazilian**

**Café Beaudelaire**

2504 Lincoln Way, Ames, IA 50014

Phone: (515) 292 – 7429  
Website: [www.cafebeaudelaire.com](http://www.cafebeaudelaire.com)

**Chinese**

**House of Chen**

705 East Lincoln Way, Ames, IA 50010

Phone: (515) 233 - 3144

**Le's Chinese Bar-B-Que**

1600 2nd Avenue, Des Moines, IA 50314

**Szechuan House**

3605 Lincoln Way, Ames, IA 50014

Phone: (515) 292 - 7888

Website: <http://www.szechuanhouseames.com/>

**Little Taipei**

2514 Chamberlain Street, Ames, IA

Phone: (515) 292 – 6123

Website: [https://www.ameslittletaipei.com/  
contact](https://www.ameslittletaipei.com/contact)

**Wok N Roll**

120 Welch Avenue, Ames, IA 50014

Phone: (515) 292-6688

**888 Restaurant Chinese Food**

809 Wheeler Street, Suite 106, Ames, IA 50010

Phone: (515) 232 – 3366

Website: <http://888restaurantames.com/>

**Central / South American**

**Botanero Latino Colombian & International Cuisine**

604 East Lincoln Way, Ames, IA 50010

**Los Altos Mexican Restaurant**

823 Wheeler Street, Suite 5, Ames, IA 50010

**Mi Casita Restaurant**

115 6th Street Nevada, IA 50201

Phone: (515) 382-2444

**Puerto Rico Restaurant**

6611 University Avenue, Windsor Heights, Iowa 50324

Phone: (515) 274 – 1690

**Rico's Tacos**

624 East Lincoln Way, Ames IA 50010

**Tacos La Michoacana**

403 Broad Street, Story City, Iowa 50248

**Indian**

**India Palace**

120 Hayward Avenue, Ames, IA 50014

Phone: (515) 715 - 1060

Website: <http://www.indiapalaceames.com/>

**India Delights**

127 Dotson Drive, Ames, IA 50014

Phone: (515) 292-3419

Website: [https://indiandelightsames.tumblr.  
com/?page\\_id=4](https://indiandelightsames.tumblr.com/?page_id=4)

**Kathmandu Restaurant** – 4121 SE 14th Street  
Des Moines, IA, 50320

Phone: (515) 207 – 1463

**Namaste India** – Indian Cuisine and Restaurant –  
7500 University Ave # A Clive IA 50325

Phone: (515) 255 - 1698

**Eastern European**

**Phoenix Café**

6769 Hickman Rd. Des Moines, IA 50322

Phone: (515) 331 - 4342

**Middle Eastern**

**Pammel Grocery and Deli**

113 Colorado Avenue, Suite 133, Ames, IA  
50014-3499



### Peruvian

#### **Panka Peruvian Restaurant**

2708 Ingersoll Avenue, Suite 200, Des Moines, IA 50312  
Phone: (515) 244 – 1430  
Website: [Pankadsm.com](http://Pankadsm.com)

### Thai

#### **The Spice Thai Cuisine**

402 Main Street, Ames, IA 50010  
Website: [Thespiceames.com](http://Thespiceames.com)  
Phone: (515) 232 - 0200

### Vietnamese

#### **A Dong Restaurant**

511 High Street, Des Moines, IA 50309

#### **Le's Restaurant**

113 Colorado Avenue, Ames, IA 50014  
Phone: (515) 292-0002  
Website: <https://www.lesrestaurantames.com/menu>

#### **Pho 85**

1705 SE Delaware Avenue, Ankeny, IA 50021  
Phone: (515) 964-2388

#### **Pho 888**

1521 2nd Avenue, Des Moines, IA 50314  
Phone: (515) 288 – 1595

#### **Pho Saigon**

1452 2nd Avenue, Des Moines, IA 50314

#### **Pho All Seasons**

1311 E. Euclid Avenue, Des Moines, IA 50316

### Specialty Food Stores

Following is a list of restaurants in Ames and the Des Moines metropolitan area which attempt to serve food that is authentic to the culture's native cuisine.

### African

#### **Ahlan Grocery African Food Stores**

3826 Douglas Avenue, Des Moines, IA 50310  
Phone: (515) 279 – 5451

#### **A & J African Food Store**

519 Euclid Avenue, Des Moines, IA 50313  
Phone: (515) 661 – 0727

#### **Quick Stop African Food Mart**

511 Euclid Avenue, Des Moines, IA 50313  
Phone: (515) 243 - 0868

#### **Malachi African Food Market**

3009 Merle Hay Rd. Suite 3, Des Moines, IA 50310  
Phone: (515) 278 – 5603

### Asian

#### **Ames Asia Market**

819 Wheeler Street Suite 5, Ames, IA 50010

#### **Asia Food Store**

516 Lincoln Way, Ames, IA 50010

#### **C Fresh Market**

801 University Avenue Des Moines, IA 50314  
Phone: (515) 288 - 0525

#### **Double Dragon Food Market**

537 2nd Avenue, Des Moines, IA 50314

### Eastern Europe

**Bosna Grocery** – 3009 Merle Hay Rd. #4 Des Moines, IA, 50310

This grocery store stocks food from Italy, Germany, Croatia, Bosnia, Serbia and other Eastern European countries.

Phone: (515) 207 – 1163

### Middle Eastern

#### **Pammel Grocery and Deli**

113 Colorado Avenue, Suite 133, Ames, IA  
50014-3499

### LGTBQ Resources

#### **Connecting Central Iowa Women**

2713 Beverly Drive, Urbandale, IA 50322  
This group organizes social activities for lesbians and other women around the Des Moines area metropolitan area. There is a small membership fee of \$15.00.

Website: <https://www.iowawcc.com/about-wcc-connecting>

Meetup: <https://www.meetup.com/Womens-Cultural-Collective-Central-Iowa-Meetup/>

#### **The First Friday Breakfast Club**

Hoyt Sherman Place – 1501 Woodland Avenue,  
Des Moines, IA 50309

This is a LGBTQ group which meets monthly at 7:00 a.m. for breakfast at Hoyt Sherman place.

Phone: (515) 288 -2500 (Jonathan Wilson)

Email: [info@ffbciowa.org](mailto:info@ffbciowa.org)

#### **The Pride Center of Des Moines**

1620 Pleasant Street, Suite 244, Des Moines, IA  
50314

This is a group that puts on the Pride event in Des Moines as well as other events throughout the year.

Website: <http://www.dsmpridecenter.org/>

Phone: (515) 277 – 7884

Email: [info@dsmpridecenter.org](mailto:info@dsmpridecenter.org)

#### **Pride Sports League of Central Iowa**

P. O. Box 146, Des Moines, IA 50301

This group organizes recreational and intramural events to the LGBT community in the Des Moines metro area.

Website: <http://www.pridesportsleague.org/pages/about>

Email: [Info@pridesportsleague.org](mailto:Info@pridesportsleague.org)

#### **Prime Timers Central Iowa**

Steven Therrien – 2238 SW 35th Street, Ankeny,  
IA 50023

This is a group for older gay and bisexual men. The website appears to be defunct and it appears to have moved to the following closed Facebook group:

Facebook: <https://www.facebook.com/groups/PrimeTimersIowa/>

Email: [joshortom@yahoo.com](mailto:joshortom@yahoo.com), [stherrien@mchsi.com](mailto:stherrien@mchsi.com)

#### **Transformations Iowa**

This is a support group for non-binary and transgender individuals. Meeting locations may have changed since this has been created, please direct message the Facebook page or send an email to the organizer for updated meeting information.

Meetings:

Every Wednesday from 7:00 p.m. to 9:00 p.m. at The Pride Center at 1620 Pleasant Street, Suite 244, Des Moines, IA 50314

Second Saturday of the month from 1:00 p.m. to 4:00 p.m. at Urbandale UCC, 3530 70th Street, Urbandale, IA

Email addresses: sophia.transformations@  
gmail.com, TransformationsIOWA@yahoo.com  
Facebook: [www.facebook.com/  
transformationsiowa](http://www.facebook.com/transformationsiowa)  
Phone: (515) 779-5187

**Des Moines Gay Men's Chorus**

This group performs choir events three times a year.

Website: <http://www.dmgmc.org/>  
Phone: (515) 953-1540

**LGBTQ Bars**

**The Blazing Saddle**

416 E. 5th Street, Des Moines, IA, 50309  
Phone: (515) 246 – 1299

**Buddy's Corral**

418 E. 5th Street, Des Moines, IA 50309  
Phone: (515) 244 – 7140

**The Garden Nightclub**

112 SE 4th Street, Des Moines, IA 50309  
Phone: (515) 243-3965

**Community Organizations**

**Asian**

**Iowa Asian Alliance**

6919 Vista Drive, Des Moines, IA 50266  
Website: [https://www.iowaasianalliance.com/  
contact-us](https://www.iowaasianalliance.com/contact-us)  
Phone: (515) 770 – 1026

**Korean Cultural Connection**

P.O. Box 161, Des Moines, IA 50301  
Facebook: <https://www.facebook.com/kcciowa/>  
Email: kcciowa@gmail.com