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SLOGAN: HAWKEYE STATE  
ABBREVIATION: IA

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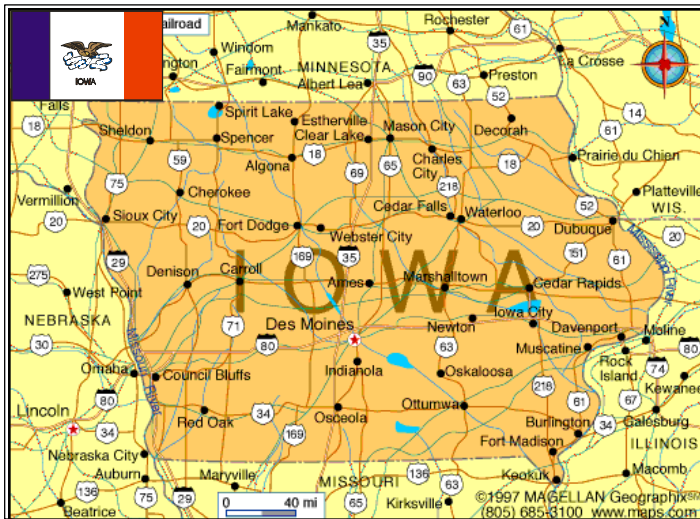
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Capital: Des Moines Time: GMT - 6

**Background:** Iowa entered the Union on December 28, 1846, as the 29th state. President Herbert C. Hoover was born in Iowa. Possessing some of the richest farmland in the United States, Iowa has always had an economy dominated by farming and has been known for its production of corn, pigs, and cattle. In the 1990s farming and related industries remained central to the economy, and Iowa was still one of the top agricultural states of the United States. The state's name is taken from the Iowa River, which is named after the Iowa people. Iowa is known as the "Hawkeye State". Its major cities are Des Moines (the capital), Cedar Rapids, Davenport, Sioux City, and Waterloo.

**Population:** According to the 1990 census, Iowa had 2,776,755 inhabitants, a decrease of 4.7 per cent from 1980. However, the population estimate for 1997 of 2,852,423 showed that the trend had reversed and population was again on the rise. The average population density was 19 people per sq km (49 per sq mi). Whites made up 96.6 per cent of the population and blacks 1.7 per cent; additional groups included 7,217 Native Americans, 4,618 people of Korean origin, 4,442 people of Chinese ancestry, 3,374 people of Laotian background, 3,021 Asian Indians, and 2,882 people of Vietnamese descent. Approximately 32,650 Iowans were of Latino ancestry.

**Location:** Iowa (state), one of the Midwestern states of the United States, bordered on the north by Minnesota, on the east by Wisconsin and Illinois, on the south by Missouri, and on the west by Nebraska and South Dakota. The Mississippi River forms the entire eastern border, and the Missouri River forms much of the western border.

**Area:** Iowa has an area of 145,754 sq km (56,276 sq mi); 0.4 per cent of the land area is owned by the federal government. The state is roughly rectangular in shape, and its extreme dimensions are about 344 km (214 mi) from north to south and about 534 km (332 mi) from east to west. Elevations range from 146 m (480 ft) at the Mississippi River in the south-east to 509 m (1,670 ft) from the top of Ocheyedan Mound in the north-west near the Minnesota border. The approximate mean elevation is about 340 m (1,100 ft).

**Industries:** Iowa's most important mineral resources are limestone, sand, gravel, gypsum, and coal. Clay and slate are produced at several locations to provide materials for cement plants and for the manufacture of brick and tile products.

Farms occupy some 90 per cent of Iowa's land area, with crops accounting for about half the annual farm income. The state usually ranks first in yearly US corn production. Other major crops include soya beans, hay, oats, alfalfa, flax seed, sugar beet, wheat, apples, peaches, and grapes.

Forestry and fishing activities are of minor importance. Small amounts of oak, walnut, and hickory are cut for timber and for the manufacture of furniture. Commercial fishing is limited to the Mississippi and Missouri rivers, from which a small catch—principally catfish—is taken.

Leading manufacturing industries are food processing, livestock feeds, industrial machinery, and electronic equipment.

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**HOLIDAY INN**, 701 GORDON DRIVE, SIOUX CITY, IA 51101 UNITED STATES, T: 1-712-2779400, Fax: 1-712-2582074, [reservations@hisioxcity.com](mailto:reservations@hisioxcity.com)

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**THE EASTERN IOWA AIRPORT**, Administration Office, 2515 Arthur Collins Parkway SW, Cedar Rapids, IA 52404-8952, T: 319-731-5719, <http://www.eairport.org>

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## RESTAURANTS & BARS

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**CAFE BEAUDELAIRE** ,2504 E Lincoln Way, Ames , 1 515-292-7429,Cuisines: Brazilian, Mediterranean, [claudio@cafebeauelaire.com](mailto:claudio@cafebeauelaire.com) , [www.cafebeau.com](http://www.cafebeau.com)

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**HICKORY PARK RESTAURANT CO**, 1404 S Duff Ave, Ames, IA 50010, United States, +1 515-232-8940, Cuisines: American, Barbecue, [information@hickorypark-bbq.com](mailto:information@hickorypark-bbq.com) , [www.hickorypark-bbq.com](http://www.hickorypark-bbq.com)

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**LUCULLAN'S ITALIAN GRILL**, 400 Main St, Ames, IA 50010, United States, +1 515-232-8484, Cuisine: Italian, [www.lucullans.com](http://www.lucullans.com)

**OLDE MAIN BREWING CO**, 316 Main St, Ames, IA 50010, United States, +1 515-232-0553 Cuisines: American, Asian, Dessert, French, German, Greek, Hamburgers, Seafood, Vegetarian, Healthy, Bar, Pub, Pasta, Brew Pub, [mattombc@gmail.com](mailto:mattombc@gmail.com) , [www.oldemainbrewing.com](http://www.oldemainbrewing.com)

**PANERA BREAD OF IOWA**, 309 S Duff Ave, Ames, IA 50010, United States, +1 515-956-4580, Cuisine: American, [www.panerabread.com](http://www.panerabread.com)

### CEDAR RAPIDS IOWA

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**BIAGGI'S RISTORANTE ITALIANO**, 320 Collins Rd NE, Cedar Rapids,1 319-393-6593, Cuisine: Italian, [info@biaggis.com](mailto:info@biaggis.com) , [www.biaggis.com](http://www.biaggis.com)

**BLEND INC**, 221 2nd Ave SE, Cedar Rapids, IA 52401, United States, +1 319-366-3364, Cuisines: American, International, [www.blendcr.com](http://www.blendcr.com)

**CHILI'S GRILL & BAR**, 1250 Collins Rd NE, Cedar Rapids, IA 52402, United States, +1 319-378-9694, Cuisines: American, Southwestern, Barbecue, Mexican, [www.chilis.com](http://www.chilis.com)

**CROISSANT DU JOUR**, 3531 Mount Vernon Rd SE, Cedar Rapids, IA 52403, United States, +1 319-363-7767 , Cuisines: French, Café, [www.croissantdujour.biz](http://www.croissantdujour.biz)

**GRANITE CITY FOOD & BREWERY**, 4755 1st Ave SE, Cedar Rapids, , 1 319-395-7500, Cuisine: Brew Pub, [corporate@qcfb.net](mailto:corporate@qcfb.net) , [www.qcfb.net](http://www.qcfb.net)

**SUSHI HOUSE JAPANESEANDCHINESE RESTAURANT**, 2665 Edgewood Pkwy SW 100, Cedar Rapids, IA 52404, United States, 1 319-396-1990, Cuisines: Sushi, Japanese, [sushihousecedarrapids@gmail.com](mailto:sushihousecedarrapids@gmail.com) [www.sushihouse.org](http://www.sushihouse.org)

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**A DONG RESTAURANT**, 1511 High St, Des Moines, IA 50309, United States, +1 515-284-5632, Cuisines: Chinese, Vietnamese, <http://adongrestaurant.com>

**BASIL PROSPER'S LUCCA RESTAURANT & BAR**, 420 East Locust Des Moines , 515.243.1115, Cuisines: American, Greek, <http://www.luccarestaurant.net>

**BIG DADDY'S BARBEQUE**, 1000 E 14th St, Des Moines, IA 50316, United States, +1 515-262-0352, Cuisine: Barbecue, [bigdaddysatbigdaddysbbq.net](http://bigdaddysatbigdaddysbbq.net)

**CENTRO**, 1011 Locust St, Des Moines, IA 50309, United States, +1 515-244-7033, Cuisine: Pizza, [www.centrodesmoines.com](http://www.centrodesmoines.com)

**CHRISTOPHERS**, 2816 Beaver Ave, Des Moines, IA 50310, United States, +1 515-274-3694, Cuisines: Italian, Seafood, Steakhouse, [info@christophersdsm.com](mailto:info@christophersdsm.com) , [www.christophers-restaurant.com](http://www.christophers-restaurant.com)

**COURT AVENUE RESTAURANT & BREWING COMPANY**, 309 Court Ave 1, Des Moines, IA 50309, 1 515-282-2739, Cuisine: American, [justinb@courtavebrew.com](mailto:justinb@courtavebrew.com) , [www.courtavebrew.sitevz.com](http://www.courtavebrew.sitevz.com)

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**EL RODEO**, 1234 E Euclid Ave, Des Moines, IA 50316, United States, +1 515-265-0551, Cuisine: Mexican, [www.elrodeo123.com](http://www.elrodeo123.com)

**FAMOUS DAVE'S BAR-B-QUE: DES MOINES**, 4351 Merle Hay Rd, Des Moines, IA 50310, United States, +1 515-331-3300 , [www.famousdaves.com](http://www.famousdaves.com)

**FELIX & OSCARS RESTAURANT**, 4050 Merle Hay Rd, Des Moines, IA 50310, United States, +1 515-278-8887 , Cuisines: Italian, Pizza, [www.felixandoscars.com](http://www.felixandoscars.com)

**FLYING MANGO**, 4345 Hickman Rd, Des Moines, IA 50310, United States, +1 515-255-4111, Cuisines: Cajun & Creole, Barbecue, Latin, [eat@flyingmango.com](mailto:eat@flyingmango.com) , [www.flyingmango.com](http://www.flyingmango.com)

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**IOWA BEEF STEAK HOUSE**, 1201 E Euclid Ave, Des Moines, IA 50316, United States, +1 515-262-1138, Cuisine: Steakhouse, [www.iowabeefsteakhouse.com](http://www.iowabeefsteakhouse.com)

**NOW OR LATER RESTAURANT**, 3750 E University Ave, Des Moines, IA 50317, United States, +1 515-266-9777, Cuisine: American, <https://www.facebook.com/NowOrLaterRestaurant>

**OKOBOJI GRILL**, 6050 SE 14th St, Des Moines, IA 50320, United States, +1 515-287-1979, [www.okobojigrill.com](http://www.okobojigrill.com)

**SAGE TREE**, 429 Grand Ave, Des Moines, IA 50309, United States, +1 515-243-1434 , Cuisine: American, [www.thesagetreeinc.com](http://www.thesagetreeinc.com)

**SOMETHING ITALIAN** , 400 Walnut, Suite 2, Des Moines, IA 50309,Phone: 243-2928 ,Cuisine: Italian, <http://www.somethingitaliandsm.com>

**SPLASH**, 303 Locust St 100, Des Moines, IA 50309, United States, +1 515-244-5686, Cuisine: Seafood, [www.splash-seafood.com](http://www.splash-seafood.com)

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**RED LOBSTER RESTAURANTS**, 4290 Sergeant Rd, Sioux City, IA 51106, United States, +1 712-274-1023, Cuisines: American, Seafood, [www.redlobster.com](http://www.redlobster.com)

**FAMOUS DAVE'S BAR-B-QUE**, 201 Pierce St, Sioux City, IA 51101, United States, +1 712-277-8800, Cuisine: Barbecue, [www.famousdaves.com](http://www.famousdaves.com)

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**EL RODEO MEXICAN RESTAURANT**, 7420 Douglas Ave, Urbandale, IA 50322, United States, +1 515-251-7647, Cuisine: Mexican, [www.elrodeo123.com](http://www.elrodeo123.com)

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