

EMBRACE YOUR INNER

KHAMIELEON



WHITE AFTER LABOR DAY
LIMITED SPACE
SURETY HOTEL

EDITOR'S NOTE

FALL(ING) INTO FALL

Cooler weather is a comin'. When cooler weather comes, so does sweaters, football, and warm beverages. Summertime has usually been a time to relax, have fun, and soak up some sun. So why would anyone want fall right?

I've always been someone who enjoys autumn. I got married in the fall as the leaves were changing from green to their gorgeous red, orange, and yellow hues. I love making homemade soups and cozying up by the fireside with a book. But I personally think autumn is a time to reflect on your year so far and start making a plan on what you want your next year to bring. As cliché as it sounds, to me the fall season is like turning over a new leaf. It's breathing in the crisp fresh air and reminding yourself that this year has been successful, you are doing great and everything is alright. I sometimes have a hard time telling myself that, but it's a goal of mine this season to focus on the small things that count. Not every accomplishment in your life has to be big and grand.

In the world of magazines, specifically fashion magazines, the September issues tend to be a behemoth size volume highlighting the fall fashion and beauty trends. Khameleon is not that type of magazine. While I will feature some current fashion trends, my inspiration for fashion, travel, home entertaining varies each month. I find inspiration anywhere and everywhere.

This month's theme revolves around warm sunset hues — golden yellows, peachy corals, blues, and hints of white from the sun's rays. Golden yellows shine bright in **Gold Rush**. **White After Labor Day** explains how to transition white from summer to fall. Look to the skies for an intergalactic beauty color combo in **Coral and Cobalt**. And everything is **Peachy-Keen** when you cook with peaches.

September is also **Suicide Prevention Month** and **Hispanic Heritage Month**, two awareness and educational passions of mine, which are discussed in the Arts & Culture and Health & Wellness sections.

As the fall season comes upon us, remember to reflect, be safe, and start planning a new you.



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**FASHION
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WHITE AFTER LABOR DAY

Summer may be coming to an end, but that doesn't mean your whites need to collect dust. Don't store them away just yet because wearing white after Labor Day is a MUST.

How to do wear white in autumn? It's all about the fabric. September is a great month for transitioning your wardrobe from lighter fabrics to heavier textures. And white doesn't have to mean bright white. During the cooler months, look for warmer tones, such as cream or ecru.

One staple I have in my closet is a pair white denim jeans – due to their versatility from transitioning from summer to fall. Follow my style tips below on how to wear white denim now and later.

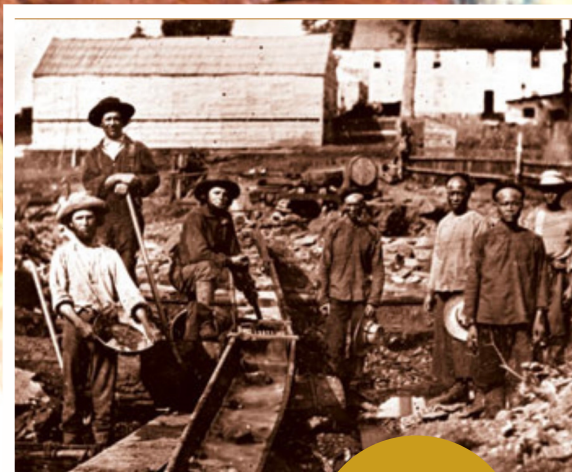
NOW: Before the cooler temperatures hit, crop tops and strappy heels are a great choice. Mocha brown with white denim is a warm summer-to-fall twist on a neutral pairing.

LATER: Once the temperatures drop, swap your airy fabrics with cozy sweaters and ankle boots in similar shades for a monochromatic neutral fall outfit.



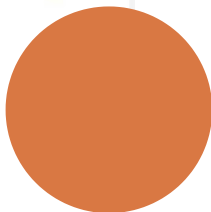
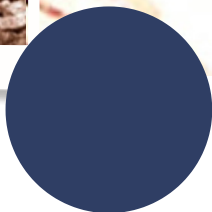
GOLD RUSH

Autumn is upon us, which means layers are our best friend. This month dig for inspo out west in the Golden State with the original 49'ers on how to layer like the gold miners.



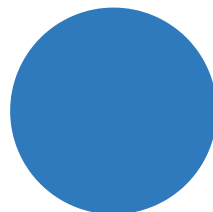
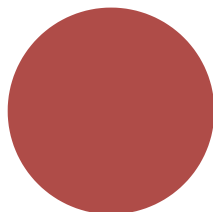
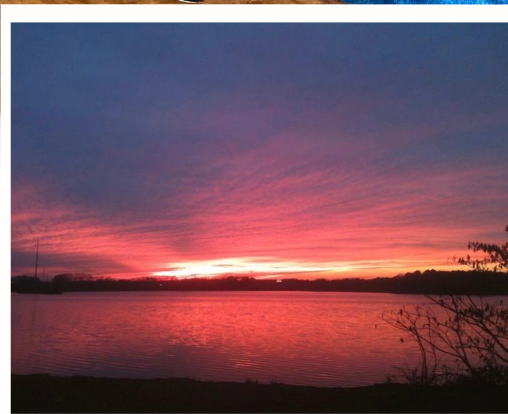
WHAT TO WEAR:

- Plaid Shackets
- Henley Long Sleeves
- Overalls
- Rugged Boots (Lug Sole/Combat)
- Ranch Hats
- Bandanas
- Western Details
- Gold Accents



CORAL & COBALT

Reach for the skies for inspo and you'll find an intergalactic blue and a (star)dust rose to add to your fall color palette.



LOCAL

**PLACES
EVENTS
PEOPLE**

KAVA DSM

TROPICAL OASIS IN DOWNTOWN DES MOINES

On a Friday in late August, I was craving some fresh fruit, and I didn't have any on hand at my house. Then I remembered from Instagram that Kava DSM just opened that prior Monday, so I decided to go check out this new spot in town.

Located on the ground floor in the 300 building on MLK Parkway in downtown Des Moines, Kava DSM is a coffee, tea, and health food shop that serves tropical smoothies, tea, waffles, gelato, and even kava mocktails.

I walked into Kava DSM on a Friday afternoon and was transported to the tropics.



With greenery hanging from the ceiling, wood tables, and splashes of tropical florals, I felt I was lying a beach somewhere underneath a cabana.

Scouring the menu reading all the tropical fruit that were available, you'd think the best thing to order would be a smoothie, right? Everyone around me was ordering them, but I wanted to try something else.

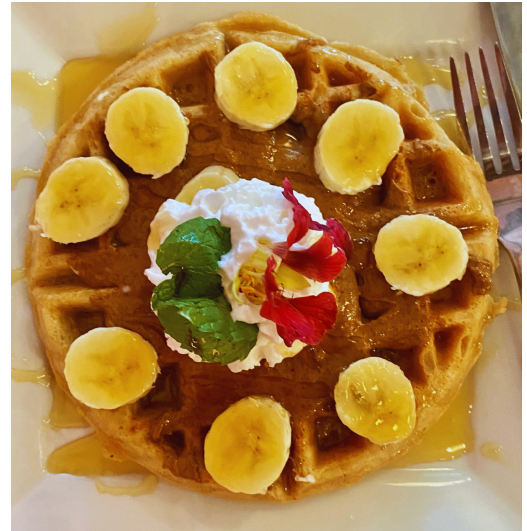
I ordered the Banana Honey Nut Paleo Waffle. It was by far one of the best waffles I've ever eaten. The waffle itself was light and airy with each bite and the addition of peanut butter and bananas hit the spot on the tropical-infused brunch I was craving.

KAVA DSM

Kava DSM also has electrical outlets scattered around for those who want a quaint retreat where they can plug-in their laptops while looking at beach-inspired canvases.

Kava DSM hasn't seen the last of me. I'll be returning soon enough to try a smoothie or even a mocktail.

To view their menu, head to Kava DSM's [website](#) and follow them on [Instagram](#) and [Facebook](#).



Right (Top): Banana Honey Nut Waffle
Right (Middle): Sun-kissed Smoothie Bowl
Right (Bottom): Kavarita Mocktail

LOCAL RESTAURANT

CLYDE'S FINE DINER



Every month my husband Mike and I have a dinner date out on the town. This past August we dined at Clyde's Fine Diner. Situated on East Grand Avenue in the East Village, Clyde's Fine Diner offers upscale comfort food.

As we walked in I noticed the large arc bar with robin's egg blue barstools surrounding it. Right off, I was fond of the bar's nostalgic touch reminiscent of an old-fashioned diner. Along with retro pendant lighting and the hexagonal mosaic subway tile on the floor, Clyde's Fine Diner's interior evokes a modern-day take on the classic soda shops.

And the food matched the decor with modern twists on classic comfort cuisine.

For our drinks, I ordered a gimlet, which is a gin-based classic cocktail, and Mike ordered Lady in Red, which was one of their house cocktails with hibiscus-infused scotch. For an appetizer, we split the Bang Bang Potatoes.

Usually I don't like to fill up on starches with a first course, but these potatoes were to die for. The Asian flavors in the bang bang sauce paired very well with the crunch of the potatoes – they were even delicious as a late night snack after a few cocktails.

For my entrée I ordered the Mussels – it's on the appetizer menu, but the dish itself is big enough as a meal. Mike ordered the Hot Bird, which was the highlight of the night, in my opinion.

CONTINUE ON NEXT PAGE

LOCAL RESTAURANT

If you want to have THE best fried chicken in Des Moines, go to Clyde's Fine Diner and order the Hot Bird. What made this fried chicken appetizing was the breading and spice. They were both crisp, yet not overpowering. Every bite was full of chicken and not just the outside breading that you can get when you eat fried chicken at other places. We also loved the combination of a classic southern dish with Asian flavors from their house Sichuan hot sauce and kimchi creamed collard greens.



We left very pleased with the outstanding service, the presentation, and the delicious dynamite cuisine. Another trip to Clyde's Fine Diner to try other dishes is definitely on the list.



For more information on Clyde's Fine Diner, head to their [website](#) and follow them on [Instagram](#) and [Facebook](#).



Above: Gimlet
Right (Top): Bang Bang Potatoes
Right (Middle): Hot Bird
Right (Bottom): Mussels



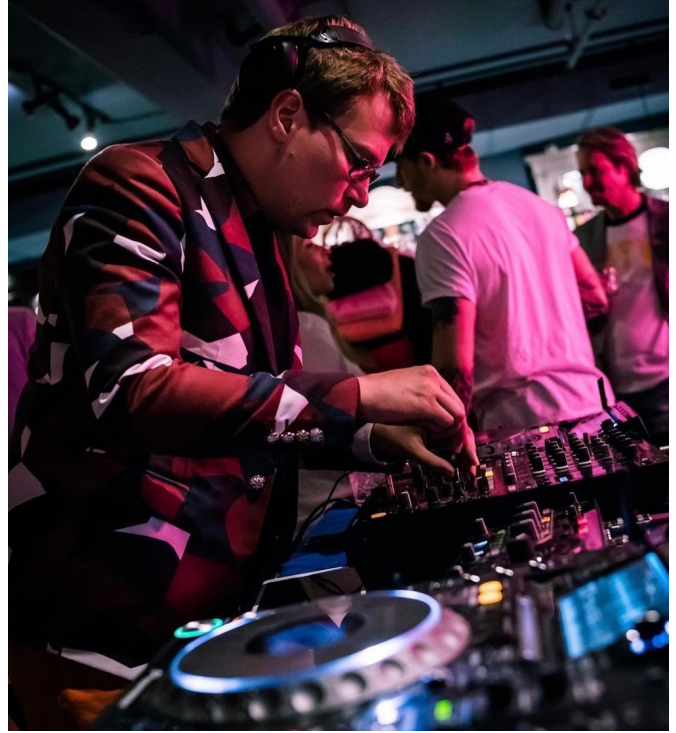
SÖREN ALBAH

Known locally as DJ Rock Paper Scissors, Sören Albah has made an impact in the local art scene.

Sören is a local DJ and event producer. Along with Lyndon Haselhuhn, another local DJ and known professionally as Lyndrum, they collaborated together to produce Limited Space – a continual pop-up art event highlighting a variety of local artists while providing eclectic dance music. I first met Sören back in 2016 when we were both a part of the Des Moines Fashion Week production team. We became friends and kept in touch supporting each other’s creative endeavors. In 2019, Sören and I started producing Creative Chaos, a pop-up event similar to Limited Space, but catered specifically to the growing fashion scene in Des Moines. Covid-19 put a halt on Creative Chaos, but Sören has continually been busy producing multiple Limited Space events even during a pandemic. I sat down with DJ Rock Paper Scissors at Franka Pizzeria to discuss the development of Limited Space and what he hopes it will continue to bring to Des Moines.

Q: What brought you and Lyndon together to create Limited Space? And why is it called Limited Space?

Sören: Well we both like art, and we wanted to DJ a fun, intimate dance party. Our main concept was to provide a challenge for artists – to help them think about different ways to explain their art. At our first Limited Space, the actual area itself provided for each artist was small to begin with. So, we thought of the “limited space” being the criteria in restricting artists with only two easels to display their art and have them think about creative ways in addressing that challenge. Hence, we decided to call the event Limited Space.



Photos: Sören Albah

Q: When was the first Limited Space?

Sören: It was in the fall of 2018. The first one was semi-private, but we received a good response so we wanted to expand the event to become more open to the public.

Q: What is the purpose of bringing something like Limited Space to Des Moines?

Sören: Des Moines has great ambition, but the only way a city can flourish is with the arts. Cities prosper because they are attractive places to live. Businesses and economic activities are drawn to cities because of the people who live there, not the other way around. No one wants to live in a city without art. Art is fundamental to attracting people to an area.

CONTINUE ON NEXT PAGE



SÖREN ALBAH

You can't have economic development in a city without a thriving art scene. Limited Space is one of those opportunities that can help artists meet their business, creative and personal objectives.

Des Moines takes a lot of pride being on top 10 lists. But it's not going to stay on those lists for long unless we continue to invest in more art, especially emerging arts – such as Avant-Garde and underground shows.

Q: What drew you to DJing?

Sören: My love of dancing, but I wasn't finding enough dance parties that I enjoy. I wanted something more. I couldn't wait around for someone else to do it, so I taught myself how to DJ as well as learning to create an event from the ground up.

Q: What experience are you wanting to exude when you DJ an event? What do you like to provide?

Sören: I think it's important to have an emotional response with an experience. With my events I like to provide a good music selection. I'm not a fan of the Top 40 hits, I like playing authentic, innovated and interesting music. Secondly, I like providing an inclusive-non pretentious environment that supports creativity.

Q: What are three adjectives/nouns that describe you?

Sören: Extroverted, Energetic, Problem solver.

Q: How would you describe your personal style?

Sören: I've been seeing a lot of creativity and design with Asian brands so the last couple of years I have been buying a lot of clothes from companies in Singapore and Malaysia.

Q: We have had our fair share of cocktail hours together. What is your go-to cocktail?

Sören: My cocktail choices tend to change, but right now I've been drinking Beefeater gin, tonic water, and lemon – so basically a gin and tonic.



Pictured: Sören and I at Creative Chaos II (above)
Artists at Limited Space V (below)

Q: If you could travel somewhere in the world that you haven't been before, where would it be?

Sören: Drakensberg in Africa

Q: What motivates you?

Sören: Comes with being an extrovert, but other people motivate me. In addition to my passions, I'm passionate about other people.

If you like to connect with Sören Albah, contact him via:

INSTAGRAM

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FACEBOOK

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TRAVEL

STATE
REGIONAL
COUNTRY
INTERNATIONAL

The image shows a spacious, modern lobby with a high, coffered ceiling. In the foreground, there's a dark leather armchair with a patterned pillow and a green leather sofa. A pool table is visible in the middle ground. The background features a coffee bar with salmon-colored stools and a wooden desk area. The overall aesthetic is a mix of classic and modern elements.

SURETY HOTEL

**ONCE THE HISTORIC MIDLAND BUILDING,
NOW AN UP-SCALE BOUTIQUE HOTEL**

Want a vacation, but don't want to leave Des Moines? How about a staycation at Surety Hotel. Located on Sixth and Mulberry Street in downtown Des Moines, Surety Hotel exudes sophisticated comfort in this boutique hotel.

Constructed in 1913, this historic Beaux-Arts building was once named the Hippiie Building and the Southern Surety Savings and Loan Building. But in recent history it had been known as the Midland Building. After being renovated by Chicago-based Aparium Hotel Group, Surety Hotel opened in the fall of 2020.

As you walk into the lobby you are greeted with high ceilings and an eclectic array of sitting areas filled with leather sofas and chairs with dark green, copper, and wood accents. In the center of the lobby lies a coffee bar surrounded with salmon colored bar stools that serves local-owned BLK & Bold coffee. The mixture of feminine and masculine décor elements transcends you into a modern style cigar bar or parlor.

The décor is continued into the hotel rooms with minimal clean lines and dark wood and green bathrooms.

Across from the lobby is the Mulberry Street Tavern. According to their website, Mulberry Tavern's "rich wood interior gives a stately nod to a banking past while our open hearth kitchen serves up the best of shareable worldly tavern fare."

Photo: Surety Hotel



WHY STAY AT SURETY?

- Great views of downtown Des Moines.
- Mulberry Tavern has an outdoor patio with views of surrounding Des Moines buildings which are beautiful at night.
- Alcohol, popcorn, and other snacks can be sent up to your hotel room.
- Surety provides event space for pop-up events, business meetings, or larger gatherings.
- Surety features local businesses and artisans in their décor, events, and amenities they provide.
- Walking distance from Court Avenue and downtown Des Moines nightlife.
- Recently named "One of the World's Best New Hotels" by Travel+Leisure.

AT HOME

**ENTERTAINING
RECIPES
DECOR**

PEACHY-KEEN

Peaches are some of my favorite fruits — mainly because they are widely available and can be added to any diet. Peaches can be tossed in a salad, baked in a dessert, topped as a garnish, or even infused in a cocktail.

This month's issue features two recipes utilizing this fuzzy summer fruit that can easily be replicated: Peaches n' Cream Stuffed French Toast and Peach Sangria.



PEACH SANGRIA

A peach sangria is a tasty choice for those summer to fall brunches

Ingredients

1 bottle dry white wine or rosé
 1/2 cup peach schnapps
 1/2 cup peach vodka
 (Ketel One Botanical Peach & Orange Blossom is a good choice)
 1-2 firm fresh peaches
 1/2 cup raspberries
 7.5 fl oz ginger ale (one mini-can)
 Mint for garnish

Instructions

1. Pour wine, peach schnapps, and peach vodka into pitcher
2. Cover and let it chill for 2-3 hours or overnight
3. Unwrap and add sliced peaches and raspberries
4. Stir in ginger ale
5. Pour into tumbler glass, garnish with mint

Add sugar IF wine needs to be sweeter.



PEACHES N' CREAM STUFFED FRENCH TOAST

Want a fresh take on classic french toast? Add peaches and cream cheese.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients

For the filling:

4 ounces of cream cheese (softened)
 1 TBSP powdered sugar
 1/2 tsp ground cinnamon
 1/2 tsp vanilla extract
 1 cup sliced fresh peaches

For the French toast:

4 slices bread (of your choosing)
 4 large eggs
 1/2 cup milk
 1 tsp vanilla extract
 1/2 tsp ground cinnamon
 Diced peaches and maple syrup for serving

Instructions

1. To make filling: In a small bowl, mix cream cheese, powdered sugar, cinnamon, and vanilla extract, until smooth.
2. Spread cream cheese filling on slices of bread; top with peach slices. Make two "sandwiches"
3. In shallow pan or bowl, beat eggs, milk, vanilla, and cinnamon. Dip the sandwiches in the egg mixture, on each side.
4. Heat large skillet or griddle to medium-high heat. Cook French toast sandwiches, on both sides, until golden brown (4-5 minutes)
5. Serve warm with diced peaches and maple syrup on top.

FUN FACTS ABOUT PEACHES

- "The Peach State" is the state of Georgia's nickname
- Peaches are good source of Vitamin C and A
- The Rockford Peaches were a women's professional baseball team, who played from 1943 through 1954 in the All-American Girls Professional Baseball League. They were fictionally portrayed in the film *A League of Their Own*

HEALTH & WELLNESS

MIND
BODY
SOUL

I WANT TO RIDE MY

BICYCLE



FROM HOBBY-HORSE AND PENNY-FARTHING TO BECOMING AN IOWA STAPLE

Picture a time where there weren't any automobiles and a horse and buggy was the main source of transportation in the neighborhood. You'd think there must be another way to get down the street without having to walk, right? Enter a German baron named Karl von Drais who patented the first archetype of the bicycle in 1817. This contraption was the first commercially successful two-wheeled, steerable, human-propelled machine, commonly called a velocipede, and nicknamed "hobby-horse".

Riding one of these hobby-horses became a fad in Europe and America, but soon became out of style due to accidents and even fines when caught riding them.

Nevertheless, Drais's velocipede provided the basis for further developments, which inspired French inventors, including Pierre Lallement, Pierre Michaux and Ernest Michaux to develop prototypes by adding rotary cranks and pedals to the front-wheel, to create the first pedal-operated "bicycle" in 1863. These updated versions became known as "bone-shakers" because of their rough ride.

The bone-shakers sparked a craze in the 1860's until the Franco-Prussian War in 1870 destroyed the market in France, and rough road surfaces made it difficult for Americans to enjoy this mode of transportation.

With hopes of adding stability, inventors such as Eugène Meyer and James Starley introduced new models that sported an oversized front wheel.

CONTINUE ON NEXT PAGE

BIKING

Dubbed "penny-farthings", these oddly shaped machines became all the rage during the 1870s and 1880s, and helped give rise to the first bicycle clubs and competitive races.

While the penny-farthing helped bring bicycling into the mainstream, the four-foot high saddle made them quite unsafe. Riders were high up in the air and traveling at great speeds caused them to be thrown over the front wheel often.



That changed with the invention of the "Safety bicycle" by John Kemp Starley in 1885. The design featured equal-sized wheels and a chain drive. New developments in brakes and tires included John Dunlop's reinvention of the pneumatic bicycle tire in 1888 which created a much smoother ride on paved streets; thus establishing a basic template for what would become the modern bicycle.

Nowadays there are various styles of bicycles to choose from, depending on the type of terrain. Iowa is filled with numerous bike trails across the state. In addition to bike trails, Iowa is home to RAGBRAI, which started in 1973 and it's the longest, largest and oldest recreational bicycle touring event in the world. Now I'm not an avid cyclist as some of my friends are, but I do enjoy riding a bike leisurely, and as an exercise alternative to running. Some of my favorite bike trails include the High Trestle Trail, Racoon River Valley Trail, Clive Greenbelt Trail, and the Great Western Trail.



SUICIDE PREVENTION MONTH

September is Suicide Prevention Month with September 10th being World Suicide Prevention Day. I can't express enough how important mental health awareness is. According to Central Disease Control and Prevention (CDC) reports, suicide is currently the 10th leading cause of death in the United States. In 2019, a total of 47,511 Americans died of suicide and there were an estimated 1.38 million suicide attempts. On average there are 130 suicides a day. According to Iowa Department of Public Health, there have been 286 reported suicides in the state of Iowa in 2021.

This topic is very important to me because I personally have tried to commit suicide, and not just once. I know friends and family who have also had suicidal thoughts and attempts. But how can suicide be prevented? There is no easy answer, but raising awareness and being educated on potential warning signs is crucial.



RISKS

- A family history of suicide
- Substance use (Drugs can create mental highs and lows that worsen suicidal thoughts)
- Intoxication (More than 1 in 3 people who die from suicide are under the influence of alcohol at the time of death)
- Access to firearms
- A serious or chronic medical illness
- Gender (Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide)
- A history of trauma or abuse
- Prolonged stress
- A recent tragedy or loss

WARNING SIGNS

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger

*Source: American Foundation of Suicide Prevention

SUICIDE PREVENTION MONTH

WHAT TO DO WHEN SOMEONE IS AT RISK...

If you think someone is thinking about suicide, assume you are the only one who will reach out. Here's how to talk to someone who may be struggling with their mental health.

Have an honest conversation

1. Talk to them in private.
2. Listen to their story and take the person seriously.
3. Tell them you care about them. Let them know their life matters to you.
4. Ask directly if they are thinking about suicide, calmly and without judgement
5. Avoid debating the value of life, minimizing their problems or giving advice.
6. Encourage them to seek treatment or contact their doctor or therapist. In an emergency stay with them, Call the National Suicide Prevention Lifeline: 1-800-273-8255 and/or escort them to mental health services or an emergency room.
7. Be sure to follow up with them after the crisis to see how they're doing.

*Source: American Foundation for Suicide Prevention

There's no single cause for suicide. Suicide most often occurs when stressors and health issues combine to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, which is often undiagnosed or untreated. Conditions like depression, anxiety, PTSD, and substance problems, especially when unaddressed, can increase the risk of suicide. I have provided some information that addresses some risk factors and warning signs that can be related to suicidal ideation as well as what to do if you are concerned about someone.

For more statistics and educational resources, go to [American Foundation for Suicide Prevention](#), [National Alliance for Mental Illness](#), or [MindSpring Mental Health Alliance](#).

WANT TO GET INVOLVED LOCALLY?

Donate or sign up to volunteer your time with an American Foundation of Suicide Prevention local chapter.

Iowa's local chapter has their Out of Darkness Central Iowa Walk on Sunday, September 19th. To register to walk or donate, click [here](#).



ARTS & CULTURE

TV/FILM

BOOKS

POETRY

MUSIC

VISUAL ART

PERFORMANCE ART

HISPANIC HERITAGE MONTH

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

Being part Mexican, I enjoy celebrating all Hispanic cultures - whether its through supporting local businesses, attending festivals, watching films or documentaries, and reading books about Hispanic and Latinx artists and entrepreneurs.

Iowa's Latino Heritage Festival is September 25th and 26th at the Western Gateway Park in Downtown Des Moines. Iowa's first Latino Heritage Festival was in 2002. It's goal is to create a venue to showcase Iowa-based performers, artisans, cultural craftsmen and artifact producers. Thus, providing education and a better understanding of the Latino culture by teaching an appreciation of diversity through music, dance, food, children's activities, arts and cultural exhibits from various Central and South American countries. There are 22 countries from Latin origin represented in Iowa.



Photos: Iowa Latino Heritage Festival

TELEVISION

Billions is back! If you don't know this Showtime drama series, **Billions** tells the story of hedge fund manager Bobby Axelrod, played by Damian Lewis, as he accumulates wealth and power in the world of high finance. Axelrod's aggressive tactics to secure high returns frequently cross over into illegal territory, which United States Attorney Chuck Rhoades, played by Paul Giamatti, attempts to prosecute.

The series is already in its fifth season and along with the two superb leading actors going head to head, it has an outstanding supporting cast to keep the storyline evolving. There are memorable performances: Asia Kate Dillon, who portrays Taylor Mason, a non-binary market analyst prodigy; Maggie Siff as Wendy Rhoades, the psychiatrist turned performance coach at Axe Capital and wife of Chuck Rhoades; and David Constabile as Mike "Wags" Wagner, Axelrod's right hand man. Don't know how Asia Kate Dillon hasn't been nominated for an Emmy yet, but their performance definitely needs to be recognized.

I personally like this show because it dives into the finance industry and the effects of law and corporate crime, which fascinates me.

Billions airs new episodes on Sunday nights on Showtime.

Previous seasons can be watched on Amazon Prime.



TED LASSO



"FOOTBALL IS LIFE!!!" At least that's what Dani Rojas says in Ted Lasso, and I couldn't agree more. **Ted Lasso** is a sports comedy-drama starring Jason Sudeikis as the lead.

The series follows Ted Lasso, who starts off as an American football coach of the (fictional) Wichita State Shockers, and he is unexpectedly recruited to coach an English Premier League team, AFC Richmond, despite not having any experience in playing or coaching soccer.

This show is extremely uplifting. As a former competitive soccer player, each episode pulls at your heart strings through its inspirational speeches, it's hilarious dialogue and one-liners, and contagious positive spirit in rooting for the underdog. There are a few episodes that have made me cry tears of joy.

Ted Lasso is currently in its second season and Jason Sudeikis won Best Actor in a Television Musical or Comedy Series at the 2021 Golden Globe Awards and Outstanding Performance by a Male Actor in a Comedy Series at the 2021 Screen Actor's Guild Awards. The series also has numerous nominations for the upcoming 2021 Primetime Emmy Awards, including Outstanding Comedy Series, which airs September 19th.

Ted Lasso is available to watch on AppleTV.



WHAT WE CALL THE
BEGINNING IS OFTEN
THE END.

AND TO MAKE AN END IS
TO MAKE A BEGINNING.

THE END IS WHERE WE
START FROM.

T.S Eliot

