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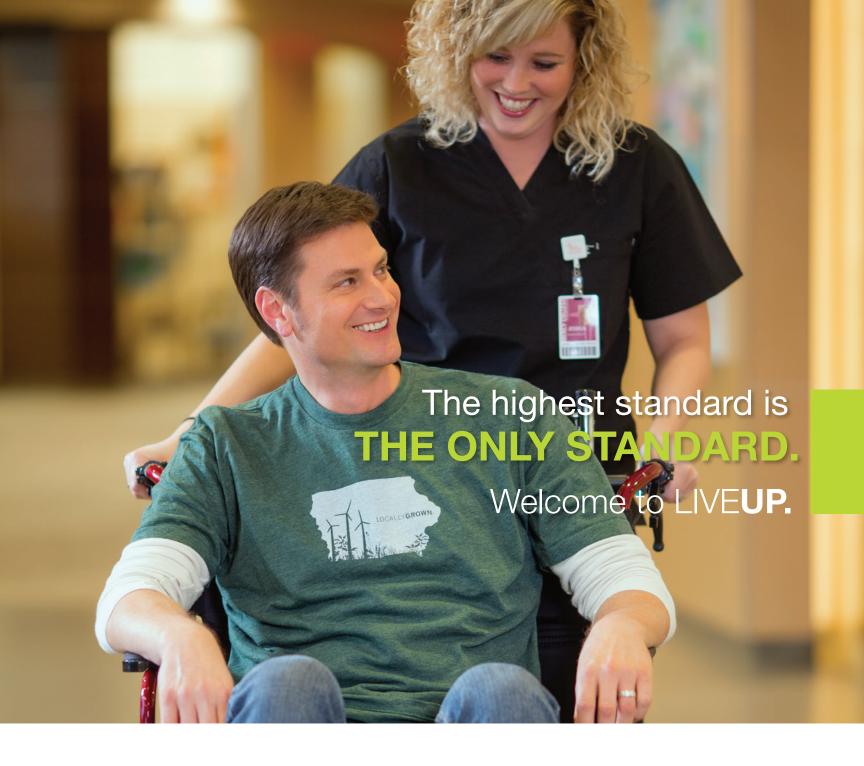
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#### 69

#### WHAT'S IN THEIR BAG?

Laura Palmer, Joey Patino and Lana Jones-Gould tip their totes for our camera.

#### 76

#### **RURAL HAVEN**

A couple transformed their 52-acre Warren County property into an expansive and beautiful garden retreat.

#### 8

#### 2015 DSMARTS:

#### A SPECIAL SECTION

86 Making Music Happen

97 Arts Innovators

104 A New Home for Jazz

#### 110

#### A NEW SPIN ON CYCLING

With his practical—and artistic electric bikes, Dan Koenig is introducing a new culture of commuting to Greater Des Moines.

#### 124

#### **EVENFALL**

A fashion photo project spotlights elegant evening wear made by Des Moines, Minneapolis and Chicago clothing and jewelry designers.

#### 134

#### MODERN SHOWCASE

A contemporary glass tower, uncluttered spaces and an inviting outdoor living area distinguish this West Des Moines home.

#### 143

#### TASTY TAKEOUT

When your usual standbys no longer excite, it's time to put these takeout options into your rotation.

#### 148

#### RETHINKING MENTAL ILLNESS

Even if you don't struggle with a mental disorder, chances are someone you know does. In this special report, *dsm* examines the issue and how it's affecting our community.

# IURN BACK

# the hands of UMC

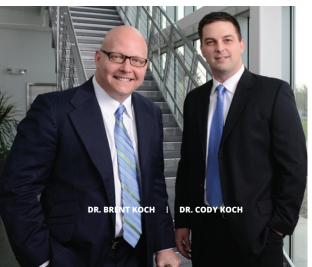
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#### contents Departments







18

#### **EDITOR'S NOTE**

You ask, we answer.

20

#### CONTRIBUTORS

Our talented writers and contributors.

26

#### READERS REACT

You speak, we listen.

28

#### FYI

Books we're reading; events on our calendar.

36

#### STYLE

Gray hair, nude hose, fedoras and more.

44

#### LOOK

Meet Mickey Davis.

48

#### WEDDINGS

Recently married couples.

**52** 

#### FACTS OF LIFE

Terry Rich in detail.

54

#### **PASSIONS**

Cindy Skeie, nature photographer; Jack and Zac Morlan, the "hair doctors."

192

#### RSVP

The people and the parties.

210

#### SHOWCASE

A photograph by Cindy Skeie.

#### On the cover

Model: Carolina Brandao with Ford Models Photo by Kathryn Gamble Styled by Lindsay Berger Hair by Amber Hathaway Makeup by Lindsay Kaven See story, page 124

# INNER

# ISOVERRATED

YEAH, WE SAID IT.



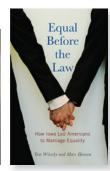


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#### MULTIMEDIA

View a video of a performance by Girls Rock! Des Moines band camp participants.

#### BOOK EXCERPT

Read an excerpt from "Equal Before the Law" by Des Moines journalists Tom Witosky and Marc Hansen.

#### **PHOTOS**

View party pics from local philanthropic and social events, and find instructions on how to submit photos for consideration in our rsvp section.

#### dsmWEEKLY

Be sure to read our weekly newsletter, chock-full of news we guarantee you won't want to miss on arts and culture, style, design, philanthropy, and food and dining. Plus, sign up to get it delivered free to your inbox every Tuesday.

#### FROM THE dsm ARCHIVES

Where They Create

Take a peek into local artists' studios, spaces that nurture the imagination and inspire ingenuity.

#### Green Peace

A contemplative garden South of Grand exudes a welcoming sense of serenity.

#### dsmMOBILE

Download our free app for your iPad and iPhone. Go to the Apple App Store, type in the keywords "dsm magazine," click the icon and download the issue you want. That's all there is to it!

#### **GET SOCIAL**

Check out our Facebook page and follow us on Instagram for fun finds, party pictures, updates on the arts and philanthropic scenes, and more. ■

# PASS THROUGH OUR DOORS and leave the world behind.

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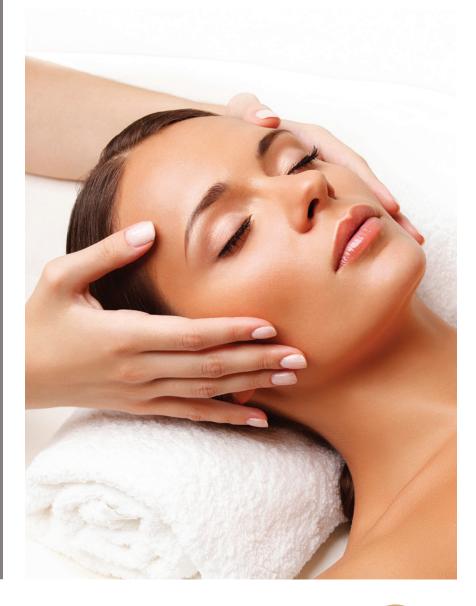
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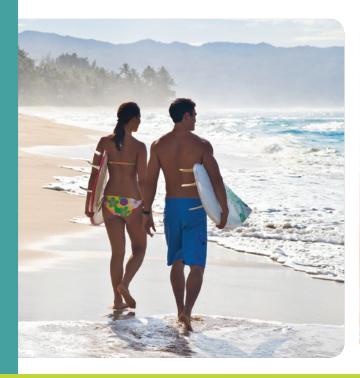
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### YOU ASK, WE ANSWER

At dsm, we realize that how we put together the magazine can seem like a strange and mysterious process to our readers. The same questions often cross our desks; below are some of the most frequently asked.

How do I get my photos into the rsvp section? The rsvp section (page 192 in this issue) focuses on fundraisers nonprofits hold (as opposed to, say, business networking events). Because we are unable to attend all these worthy events, we rely on the organization to take the photos and submit them to us. The deadline is about two months before the magazine's publication date. For details, go to dsmmagazine.com and click on the "submit photos" button on the top menu bar.

#### Where do you get your story ideas?

Our editorial team members generate most of the ideas for our stories. However, I'm always eager to hear any ideas our readers may have, as we obviously can't be everywhere at all times. If you have an idea you think would be a fit for dsm, contact me at

dsmeditor@bpcdm.com. Tips: Peruse the current and past issues to make sure your idea would be relevant to dsm. The more targeted the pitch and the sharper the angle, the better. Avoid general topics such as, say, "classical music" or "basketball."

#### What are your editorial deadlines?

In an age of instant online publishing, it can be easy to forget how far in advance print publications work. We plan an issue three and a half months prior to publication; editorial deadlines are two and a half months before publication; and production starts two months ahead. As I write this in July, the November/December issue is already planned and underway. When you read this issue in late August or early September, we'll already be thinking about the January/February issue.

#### How do I submit a wedding photo?

Send a high-resolution image to dsmeditor@bpcdm.com. Include your and your spouse's names, occupations and contact information. Also include the photographer's name and verify that you either own the rights to the photo or that the photographer has given you permission to submit the photo for publication.

What are your writer submission guidelines? Professional freelancers produce nearly all of our content. If you are an experienced writer, photographer



or videographer interested in freelancing for us, contact me directly.

#### Will I get a story on my company

if I buy an ad? No. I covered this topic in a recent issue, but in case you didn't see (or don't remember) it, I'll reiterate here that our editorial and advertising departments operate separately. Our sales executives don't know what stories I'm planning and I don't know what advertisements they're selling until we all see the final page proofs a few days before the magazine is sent to the printer. This is the only way, we've found, to build enduring relationships and to foster respect and trust among both our readers and our advertisers. In other words, this way of operating works.

Of course, feel free to contact me at dsmeditor@bpcdm.com if you have additional questions about these topics or anything else. I always enjoy hearing from you!



# IT'S THAT KIND OF SUMMER EVENT









### THRILLS COME STANDARD

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#### contributors











- 1. Des Moines art director Lindsay Berger sought to spotlight Midwest fashion designers for the photo feature starting on page 124. "I wanted to showcase the depth, detail and talent of fashion created right here in Des Moines, plus in Chicago and Minneapolis," she says. Her favorite part of the project was on the test day before the shoot "when I got to put on the gorgeous gowns and jewelry and 'pretend' to be the model (pictured). It makes me stronger at directing to know how the fashion feels and the positions it looks best in, how the light hits your face and body, and the feeling I want to draw out of each shot."
- 2. Joelle Blanchard is a Des Moines photographer who specializes in fashion and lifestyle photography and loves to bring out candid and organic energy from her subjects. For the photo shoot for this issue's style story (page 36), "Des Moines' climate tried to prevent us from shooting," she says. "But we prevailed! We weathered—no pun intended—through rain, sweat and bow ties to tell our sweet rendition of how to go out on the town with some true vintage, yet classic, trends."
- 3. Barbara Dietrich Boose is a freelance writer and the publications director at Des Moines University who wrote a series of articles on mental health for this issue (page 148). Her research for the article led to the discovery that we all need to "own" mental illness, given its devastating impact on lives and high cost to society. "Having a mental illness is not a cause for blame," Boose says. "It's a health problem we need to address."

- 4. Creative project developer and self-described cultural adventurer John

  Busbee produces a weekly radio show,
  "The Culture Buzz," on KFMG radio. For this issue, he wrote about photographer Cindy Skeie (page 54). "Delving into Cindy's story and learning about what makes her tick reminded me that some of a cultural adventurer's greatest encounters happen when learning about the driving forces that shape a successful artist," he says. "Writing this story was such a privileged adventure."
- 5. Because of the abstract nature of mental illness, dsm contributing photographer Ben Easter wanted to take a different approach to the portraits he shot for the story than is typical (page 148). "I took more creative liberty than I normally would because I wanted the portraits to reflect the complexity of the unseen mind," he explains. After thoroughly thinking through the process, "I felt that multiple exposure would lend itself well to this story, reflecting the fact that there's the face people present to the public, but that inside each person is an entirely other world." By superimposing a building or structure onto each portrait, Easter chose a metaphor he believes shows how mental illness can be confining, yet the sky "shows the freedom of accepting and dealing with the illness," he says. "I understand the challenges people with mental illness and their families face, and I wanted to be sensitive to that in the photographic process."

# # Dyourstylist



#### contributors













- 6. For this issue's fashion feature (page 124), Des Moines photographer

  Kathryn Gamble worked with Lindsay
  Berger to showcase Midwest designers in a different and unique way. "I was excited about the creative freedom our team had," she says. The result "was a great example of how everyone's contributions—that hair, those lips!—really took the project to the next level."
- 7. Joe Gardyasz, a senior staff writer at the Business Record, knew he had to do a story about Jack Morlan and his son, Zac, when he heard about the father-son team who specialize in fitting custom wigs for women and girls who have lost their hair from cancer or other illnesses (see page 56). Their story "really spoke to me about the meaning of true compassion for others," Gardyasz says.
- 8. Freelance writer Jody Gifford has been covering the arts for most of her career but admits even she's guilty of overlooking emerging artists and projects when talking about lowa's arts scene (see story, page 97). "We are always so quick to point to the top tier as evidence that Des Moines has a thriving arts community," she says. "I think most people forget that even the most successful artists started at the bottom."
- 9. Vicki Ingham, a Des Moines freelance writer, visited Rick Snyder's home in Glen Oaks for this issue (page 134) and enjoyed learning how the project team worked together in designing and building the house. Snyder's home "was

the first time the architect, builder and interior designer worked together as a team," she says. "They got along so well, they've continued to collaborate on additional projects."

- 10. Although food writer Wini Moranville has written hundreds of stories and recipes that encourage people to cook at home, she nevertheless has takeout at least once a week. "As much as I love to cook, sometimes the spirit simply doesn't move me," she says. "Yet, because the act of sitting down and reconnecting over a pleasurable dinner is an inviolable part of my home life, I refuse to put thoughtless food on the table. That's why I'm just so grateful for the terrific takeout options we have these days." She shares some of her favorites in the story on page 143. Follow Moranville on Facebook at All Things Food DSM - Wini Moranville.
- 11. Gunnar Olson is the communications manager for Des Moines Area
  Metropolitan Planning Organization
  (MPO) who formerly was a journalist for
  The Des Moines Register. While
  researching the article on Dan Koenig
  and the electric bike (page 110), Olson
  borrowed an e-bike to commute from
  his Windsor Heights home to the MPO
  office downtown. He found that he
  could get door to door in less than 20
  minutes—without sweating through his
  clothes, even in a suit.



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#### contributors











- 12. Cody Osen's photography is moved by the world around him and especially by his ultimate inspiration, music. When watching musicians onstage, he attempts to capture their mood and reflect the energy of that moment. For him, the most rewarding aspect of the photo shoot with three female forces in the music industry (page 86) "was getting Rae Fehring's campers involved," he says. "I wanted to show her as the calm, controlling center, with them as the chaos around her. Overall, I was thrilled to have the opportunity to photograph these incredible, hardworking women."
- 13. Rita Perea is a leadership consultant and writer by day and an evening/ weekend master gardener who founded the International Contemplative Garden Association. "One of the most exciting things about Craig and Judy Stark's garden is the beautiful array of native plant groupings used to create a colorful outdoor tapestry," she says of the story she wrote for this issue (page 76). "What really inspires my admiration, however, is the love affair the Starks have created with nature by tending to the needs of their multi-acre Warren County property."
- 14. Brianne Sanchez is the community relations manager at Des Moines University and a freelance writer. For the story she wrote on a new jazz club set to open in Des Moines (page 104), Sanchez was impressed by Bob Filippone's attitude toward collaboration

- and community building. "Bob is a busy physician but clearly also a creative guy," she says. "I've long loved how Des Moines is one of those places where there are few barriers to starting something you want to see happen, and it was fun to talk with a fellow lowa transplant who is not only taking advantage of the momentum here, but also drawing in young talent."
- 15. Chad Taylor is a Des Moines freelance television, radio and music critic who writes regularly for Cityview and BandBombshell.com. For this issue, he wrote about three dynamic women who are making an impact on the local music scene (page 86). "Local entertainment in Des Moines is something that is easy to get passionate about," he says. "From there, it's very easy to get passionate about the people who are passionate about Des Moines."
- 16. dsm design director Annabel Wimer eagerly accepted the responsibility of image research for this issue's Tasty Takeout story (page 143). "It required a summer evening al fresco BBQ dinner and also resulted in a freezer full of delicious flatbreads," she says. "Perks of the job." ■



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#### readers react You Speak, We Listen







#### **IN OUR INBOX**

#### **Cover Pooch**

I confess the dsm covers with dog photos are some of my favorites. On the July/August cover, the transparent orange bowl makes the shot! I loved reading the rescue stories inside the issue, especially their happy endings. Two paws up!

Sharon Hatten

#### **VIA TEXT**

#### **Puppy Love**

Thank you for shining a bright light on the stories of rescue pups in the July/ August issue. Des Moines is lucky to be represented by a magazine that uses its reach to tell compelling stories as well as showcase the beauty of our community.

Michelle Morford

#### ON OUR WEBSITE

Sharon Vickery

#### **Beautiful Venue**

What an awesome evening and unveiling event (for the July/August issue). Bravo to dsm for another superb issue and to the Greater Des Moines Botanical Garden for providing a beautiful venue. I'm proud to live in Des Moines!

#### **BY MAIL**

#### At Home

Thank you to everyone involved with the article about our condo in the July/ August issue. We feel privileged to see our home in your magazine.

Brad Holland and Joe Raetz



#### Is That Me?

Rescue Chihuahuas and brother and sister Ozzie and Harriet react favorably-we think-to their photo in the July/August issue of dsm. Photo by Ben Easter.

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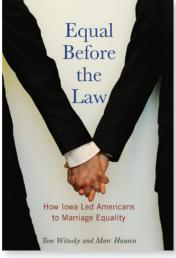
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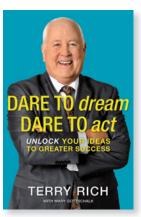


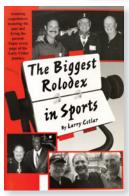
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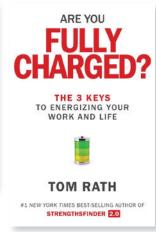
#### What we're reading

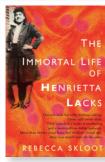
Read an excerpt at dsmmagazine.com











#### **Equal Before the Law**

by veteran Des Moines journalists Tom Witosky and Marc Hansen (University of Iowa Press, 2015). Thoroughly reported and engagingly written account that traces the story behind "Varnum v. Brien," the 2009 Iowa Supreme Court decision that legalized same-sex marriage in Iowa.

#### Dare to Dream, Dare to Act

by Des Moines businessman Terry Rich (Business Publications Corp., 2015). The well-known president and CEO of the lowa Lottery shares the experiences and lessons he's learned over the decades as a marketer and entrepreneur. To read more about Rich, turn to page 52.

#### Are You Fully Charged? The 3 Keys to Energizing Your Work and Life

by Tom Rath (Silicon Guild, 2015). The best-selling author of "StrengthsFinder 2.0" focuses on how to create meaning, improve relationships and stay healthy, at both work and home.

#### The Immortal Life of Henrietta Lacks

by Rebecca Skloot (Crown Books, 2010). Award-winning and riveting nonfiction work that chronicles how cancer cells taken from a poor black tobacco farmer in 1951—without her permission—became an immortal line of cells that remains the foundation of modern medical breakthroughs.

#### The Biggest Rolodex in Sports

by Des Moines sportscaster Larry Cotlar (United Graphics LLC, 2015). Memoir of Cotlar's most interesting interviews and experiences from his broadcasting career.



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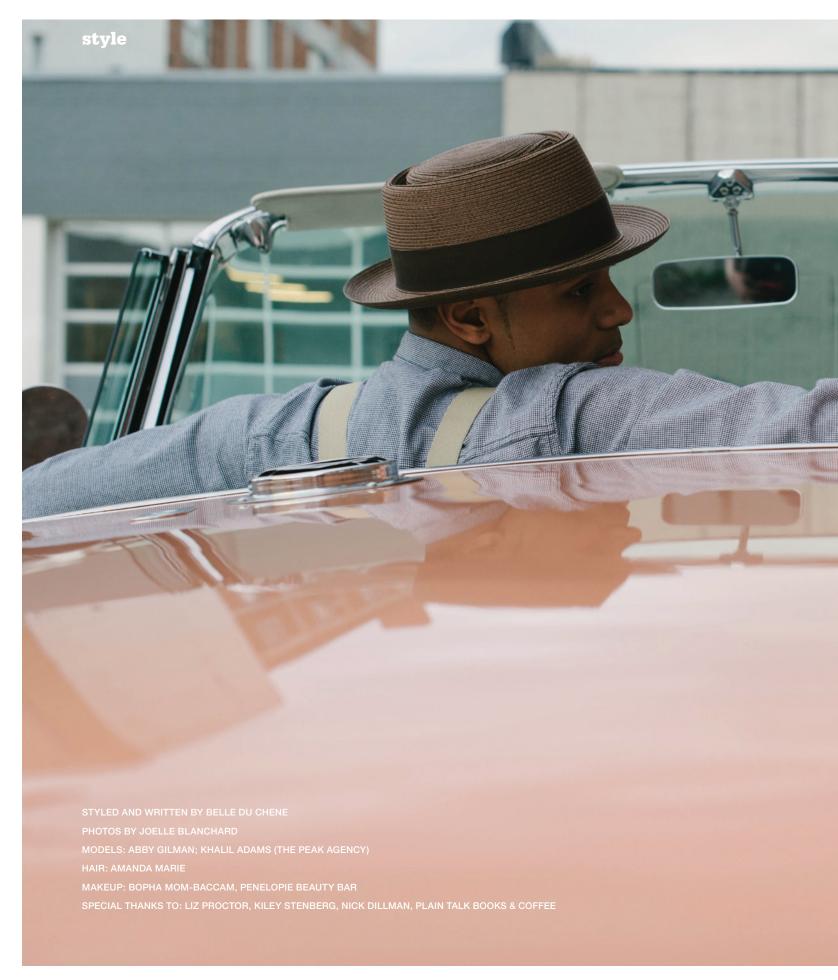


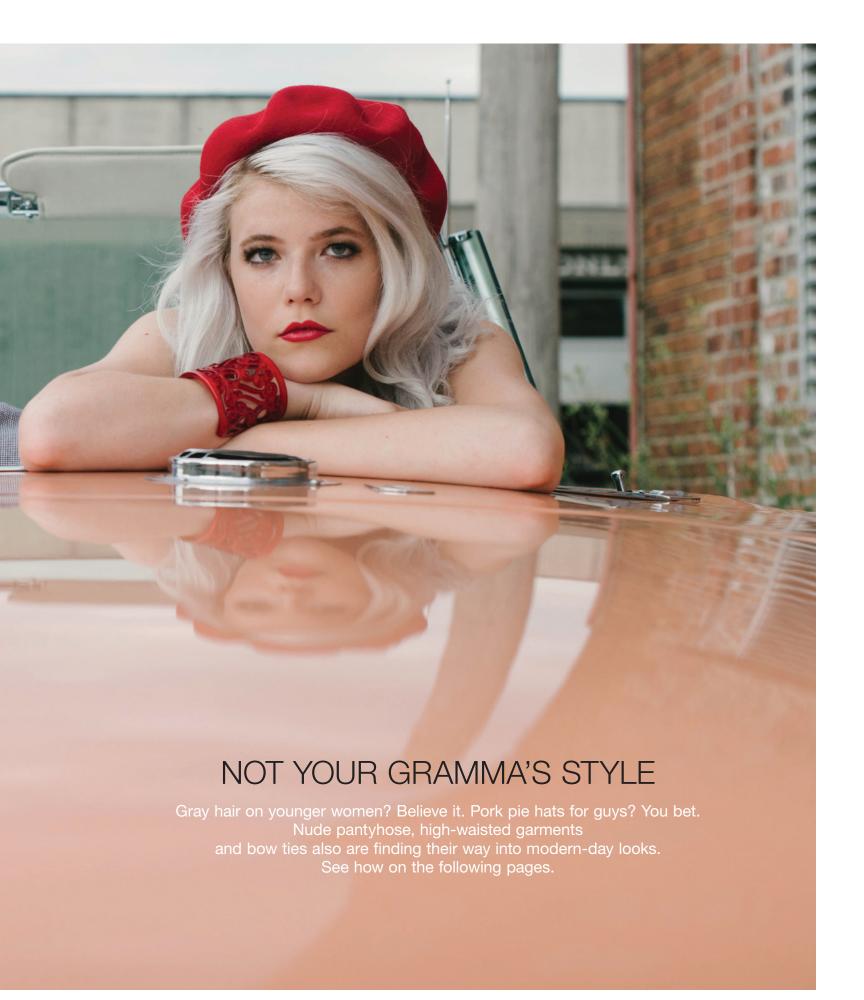
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#### High-Waisted Panties

Waistlines cut this high can be the most complimentary shape for a woman because it cinches the smallest part of your torso, giving you a flattering silhouette. High-waisted skirts and pants also are back in fashion.

#### Sheer Hose

Credit (or blame) Kate Middleton for bringing nude hose back en vogue.

Tips: Choose pantyhose that are as close to your natural skin tone as possible and avoid the '80s shiny aerobics trend. Coordinate your hose to your shoes; if your shoes are brown, metallic or colored, go with the nude. Reserve black hose strictly for black shoes.

#### Gray Hair

This is our favorite trend. Everyone from Kylie Jenner and Kate Moss to your next-door neighbor is sporting an ice-cool blonde color rinsed with a silver tone, no matter what her age. Some fashion daredevils are even going completely gray.



#### **Bow Ties**

There are some men who never really let the bow tie go: James Bond, Colonel Sanders, Christopher Maharry. Now more and more men are joining them; we've seen the bow tie come back in boardrooms and at social gatherings throughout Des Moines. Men are pairing them with cardigans and V-neck sweaters, wearing them with a suit, and using them to dress up a simple jean and shirt.

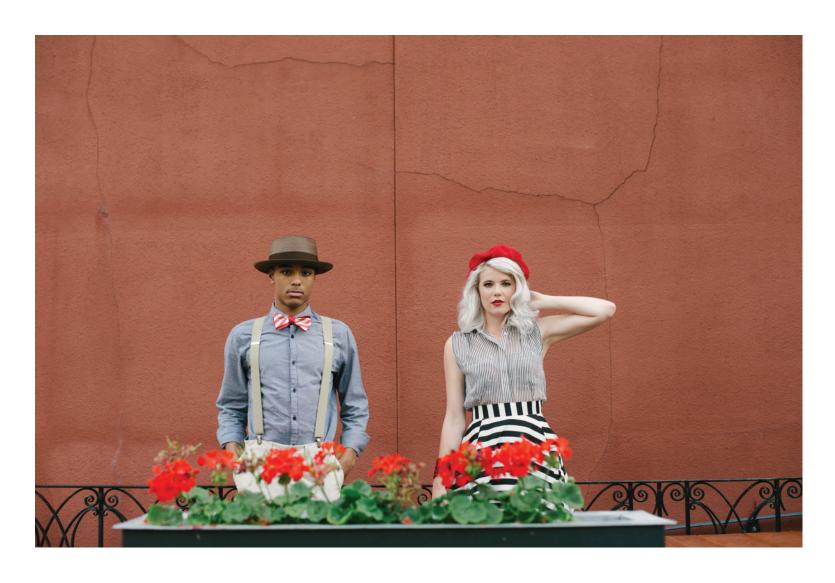
#### Hats

Hats recently have been pushed to the forefront of sartorial thinking, with the increased interest in the fedora, the boater and the pork pie pictured above. Whatever the specific style, a hat can bring confidence to a gentleman's look by adding sophistication and distinction.





#### style



**Fashion Credits** 

Amour:

Only Hearts sheer robe (\$89)
Fortnight high-waisted panty (\$62)
Fortnight lace bra (\$110)
Pretty Polly nude pantyhose (\$15)

Dornink:

Gracia striped maxi satin skirt (\$114) Red cuff bracelet (\$26) From the B.vander line: men's khaki pant (\$97); men's button-down dress shirt (\$65); tan suspenders (\$21) The Backroom

Bruno Piattelli bow tie in red and white (\$35) Florsheim Oxford dress shoe (\$130) Steven Land multicolored socks (\$12)

Matilda Muse:

Mark & Maddux red open-toed shoes (\$48) Lumiere striped blouse (\$32) 3AM Forever white clutch (\$38) Domestica:

Handmade brass rings (\$5 each) Larissa Loden gold bracelet (\$25)

Classic Hats for Men:

Stetson Milan braid pork pie hat with 2-inch brim (\$75)

Hoquy wool beret (\$65)

American Dream Machines: 1957 Ford Thunderbird in coral sand (\$44,900) ■



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#### look





## MICKEY DAVIS, 24

Des Moines Social Club

**Hobbies:** Listening to and DJing dance hits from the '90s and driving around Des Moines to pick out my dream home.

Celebrity crush: Tiffani Thiessen circa 1991.

## How would you describe your style?

Minimalism meets the color palette from the "In Living Color" opening montage.

# What part of your style are you known for?

Recently, I think that would be my hair. It took me 24 years, but I'm finally embracing the curls. Other than that, I'd like to think my sock game is pretty on point.

# What is the piece of clothing or accessory

you couldn't live without? Well-tailored jeans. I'm a firm believer that one's mood/ general countenance is very much influenced by their outfit, and a crisp pair of well-fitted jeans always makes me feel like I can accomplish anything.

What will be your big splurge this year? I'm really into the idea of owning a jumper, but I don't know if I'll ever find one.

makes music under the name Blood Orange).

Do you have a fashion icon? Dev Hynes (who

Where do you shop in Des Moines? I usually end up at Fugitive Apparel in the East Village.

Picky about: Bourbon.

Not so much about: Scotch.

Would always: Get dressed up for no reason. Would never: Wear sweatpants in public.

Too much in my life: Cat hair on black clothes. Not enough of: High-powered lint rollers.

PHOTO: NATE WARD ASSISTANTS: MICHELLE PHELAN, CHRISTINA WOLF



## AFFORDABLE LUXURY

LOFT EIGHTY SIX IS ONE LOCAL STORE OWNER'S ANSWER TO THE SAVVY SHOPPERS QUEST FOR HIGH DESIGN AT AFFORDABLE PRICES

#### THERE'S A NEW FURNITURE STORE IN TOWN.

Loft Eighty Six is a new concept by Shelley Pigneri, owner of accents + interiors design studio. Located in accents' design studio, this collection is built on the same principles accents uses in its traditional offerings, but it does so at a lower price point.

From millenials building families to boomers downsizing, people want that magazine-quality look without a hefty price tag. This fresh concept is all about affordable luxury and not having to sacrifice style for price.

"I am so excited to share this wonderful collection with our established and new clients. I believe good design can be done at all price ranges and should be accessible to everyone," says Pigneri.

The Loft Eighty Six collection offers upholstery, furniture and home decor in the traditionally modern style so popular in today's homes. Being part of accents + interiors design studio, those looking for a little extra help or a more customized design have access to a full in-house design staff.

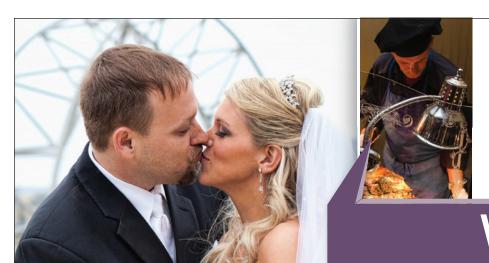
#### weddings







- Allison Harvey and Colton Smith May 2, 2015
   Photo: Laura Wills Photography
- Alex Young and Joe Lancaster June 14, 2015
   Photo: Laura Wills Photography
- Jessica Laster and Mark Patterson
   May 23, 2015
   Photo: Amanda Basteen





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#### weddings







- Sarah Moritz and Patrick Heuertz
   May 30, 2015
   Photo: Vorland Photography
- Julianna Hoffman and Mark Kuklin May 16, 2015
   Photo: Laura Wills Photography

Photo: Ben Easter Photography

3. Lucy Shay and John Solarz May 30, 2015

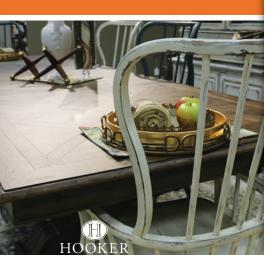
To submit your wedding photo for consideration in dsm, send it to dsmeditor@bpcdm.com. Include your and your spouse's names, occupations, wedding date, location and the photographer's name. Please confirm that you either own the rights to the photograph or have the photographer's permission to submit the photo for publication. Also provide your phone number in case we need to contact you.







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#### **Terry Rich in Detail**

An irrepressible storyteller, Terry Rich is a masterful promoter who thrives on turning ideas into action, whether they involve cable shows, zoo animals or lottery numbers.

WRITTEN BY CHRISTINE RICCELLI



## "Happiness happens on the way to success." Words he lives by.

Age when he got his first job, helping to bale hay on his family's farm near Cooper.

#### "FANTASY"

The song by Earth, Wind & Fire that fuels his imagination and has "inspired many of my successful ideas."

JOHNNY CARSON: His brush with fame. In 1981, the then 29-year-old Rich appeared on "The Tonight Show" to talk about the centennial of Cooper (population 50), lowa, his hometown. Rich had sent out press releases about the event to 44 news organizations; one, United Press International, responded, and Carson's invitation followed after the story hit the wire.

"IDYLLIC": HOW HE
DESCRIBES HIS LIFE WITH
HIS WIFE, KIM, THREE
GROWN CHILDREN AND
THREE GRANDCHILDREN,
WHO ALL LIVE IN
DES MOINES. "WE'RE LIVING
THE AMERICAN DREAM."

"IT ALL STARTED WITH A CUP OF COFFEE.": The first line in his new book, "Dare to Dream, Dare to Act," which was just published and is available through Amazon.com.

### "Crash"

The movie that has inspired him the most because it "gave me a greater understanding of diversity in a very complicated society."





#### **DUKE ELLINGTON**

His favorite bandleader. A fan of big band jazz—and of being on stage—Rich played the bass trombone in high school and for lowa State University's jazz band.

Number of companies he's developed over the years as an entrepreneur.



A \$100 BILL: What he carries around with him at all times, because "I never want to be broke, so I've always kept cash in my pocket." His parents lived through the Depression, and growing up on a farm, he learned to understand economic volatility.

#### **Mentors**

Bill Riley, Jim Cownie and Robert Burnett: "They were all encouragers." He worked for Cownie's Heritage Communications for 17 years.

**BIGGEST DISAPPOINTMENT:** Losing an election for student body president when he was a senior at Iowa State University. "Losing in politics was one of the hardest things for me to accept."

30%

Increase in attendance the first year he was CEO of Blank Park Zoo. During his tenure from 2003 to 2009, he introduced



#### passions

elicits a smile. (Turn to page 210 to see one of Skeie's floral images, and go to skeiescapes.com for more photos.)

The vivid colors in her photos "are all natural—no artificial colors added," says the 51-year-old Skeie. With a zoomed-in, unfiltered perspective, "everything seems so much more colorful. Colors (and) contrasts just explode from the image," she says. "Besides, I learned early not to muck with nature. People think that because you do digital photography, there's manipulation. There isn't with my work."

"Cindy always seems surprised when she looks in the viewfinder of her camera to see what she's just shot," says Chris Gourley, who produced a story on her for Iowa Public Television's "Iowa Outdoors" series. "When she's out with her camera, it's as if she's on an adventure where there's plenty of treasure to be found."

A self-taught photographer, Skeie says her "obsession" began with flowers about 15 years ago after she bought a house in Windsor Heights and planted gardens. "Noticing the beauty of the plants and flowers soon expanded to bugs, fungus and even pond scum," she says. "It spiraled from there."

Although Skeie's love of photographing the natural world has taken her to countries such as Nicaragua and Ecuador, it was chance that brought her to Yelapa, Mexico, for the first time in 2011.

"I had a relationship with a biker who was riding from Canada to the southern tip of South America. I would take time off from work to visit him at various places along his journey," Skeie recalls. "The relationship didn't last, but through him, I connected with Yelapa, a small Mexican fishing village (south of Puerto Vallarta). I bonded with this wonderful village of colorful characters. It was the beginning of my beautiful relationship with Yelapa and its people."



Skeie visited Yelapa five times while still working full time. After returning from her fifth visit in the summer of 2014, she gave up her administrative job to pursue photography full time. Within a month of quitting her job, she loaded up her SUV with equipment, supplies and her two shelter dogs-Macy, a German shepherd mix, and Shelby, a golden retriever mix-and was on her way to a three-month full immersion into Yelapa, its landscape and its culture. She felt a new freedom to deeply explore and further hone her eye for imagery. She returned to Des Moines refreshed, inspired and with thousands of new photographs in hand.

Wherever and whatever she's shooting, Skeie seeks to act as a witness to, and tell a story of, the world's natural wonders. "I want people to step back and say, 'Wow, there's a lot to appreciate out there' when they look at my photographs," she says. "If I couldn't share what I discovered with others, I wouldn't do it. ... Sharing is an essential part of my process."

WRITTEN BY JOHN BUSBEE

#### SHARING NATURE

A self-described nature freak, photographer Cindy Skeie grew up in a Windsor Heights house backed by a creek and expansive woods. The wonders she and her four brothers discovered during their adventurous forays into this Pooh-like wood seeped into her soul, creating a lasting impression that today forms the basis of her fine-art photography.

Skeie focuses on shooting close-up images of nature, ranging from raindrops to flowers, bugs to berries. Full of intricate detail and dramatic color, the captivating photos whisk the viewer into the natural world in unexpected ways: A sap drop, for example, reflects the dreamy depths of its micro-universe, while a spider web reveals the surprising color inherent in its structure and a big-eyed frog (pictured, right)



#### passions

Jack got into the specialty more than three decades ago after his sister, a nurse at the time, was diagnosed with cancer and convinced him of the need to create a resource for cancer patients who needed wigs. (She's still a survivor.)

He has built a reputation with oncology doctors and nurses throughout the state who refer patients to him, along with numerous salons that are glad to be able to refer a client to someone who handles the challenging specialty.

"I've become very good friends with all the doctors and nurses who deal with oncology, so it's just grown and grown," says Jack, who is now 70. "And I'm getting to a point where I need to start to pull back, so my son has come in and he's now learning to take over to do this as well."

Dr. Susan Beck, a Des Moines surgeon who practices at Katzmann Breast Center, has witnessed Morlan's compassion and the healing effect it has on her patients. She has been referring patients to him for about nine years.

"It's such a difference for patients to be able to go to him, to have a very compassionate person listening to them," she says. "He has a passion for what he does, and you can see it in his actions."

Beck's most moving experience with Morlan's services came last year, when Beck's mother was dying of cancer. When her mother would no longer leave her assisted living unit to eat in the cafeteria because of her hair loss, Jack visited her on a Sunday with an array of wigs and worked his magic. "His heart is so big," Beck says.

The majority of clients who come to the salon are fitted with wigs because of hair loss from cancer, leukemia or lymphoma as well as other medical conditions such as alopecia or stress-related hair loss. The Morlans' clients are all ages—one of the youngest was just 7 when Jack fitted her wig. The

salon also has a nonmedical side with employees who simply style hair.

With access to wigs from about 40 different suppliers, including natural hair wigs that are imported from Europe, the Morlans can offer clients options that range in price from a few hundred dollars to thousands of dollars, depending on their style and pocketbook.

"A lot of times it takes more than one visit," Zac says. "It depends on what stage they're in. We try to get most people in here before they've lost any of their hair. That way we can see what their style is like and we can try to match up as closely as possible to that."

Most of the time, people want to stay with a similar style and color as their natural hair, Zac says. "But sometimes you get someone who says, 'I've always wanted to be a redhead—let's go with being a redhead.'"

Zac also specializes in working with men who are experiencing hair loss and offers the "Head First" hair restoration program as well as fits them with hair "units."

In any given week, the Morlans might work with seven or eight hair-loss clients. Over the course of his career, Jack estimates he's probably touched the lives of more than 10,000 people he has fitted for wigs.

The idea for the nonprofit, Strands of Strength, came from an idea that Deb Pulver, a former cancer patient, brought to him. Last year the organization raised approximately \$100,000, which funded more than 200 wigs that Jack and Zac fitted. Doctors at the cancer clinics refer

### THE 'HAIR DOCTORS'

Clients' hugs are a big part of Jack Morlan's workday. And quite often, those hugs are accompanied by tears of joy.

For more than 30 years, the artisan known by many of his grateful clients as "the hair doctor" has seen many tears and savored thousands of hugs as he's fitted thousands of wigs.

At Studio 409 in West Des Moines, Jack and his son, Zac Morlan, specialize in a craft that few other salons in the state handle—the fine art of fitting and customizing wigs for cancer patients and others who are losing or have lost their hair.

"When they see how they're going to look ... they just want to hug us,"
Jack says, seated in the salon chair in Studio 409's private consultation room.
He also co-founded a nonprofit organization, Strands of Strength, which raises money to provide wigs at no cost to cancer patients who otherwise could not afford them.



#### passions

patients to the program when they see there is a need.

"It's been enjoyable because I feel like I'm giving something back to the community with giving my talent to help those in need," Jack says. "And my whole concept here is taking care of the needs of people."

Like his father, Zac has a passion for helping people. After first working in the corporate world, where he was often told "you can't do that" when he tried to go out of his way to help people, he went back to school and got his cosmetology license. For the past two and a half years, he has been training under Jack. "It's been great," Zac says. "Just being able to see a person walk

out with a smile on their face because they can feel like themselves—that just makes my day."

Some of the most memorable clients have been those who were undergoing cancer treatment during some of the most important times in their lives—like getting married.

"We've had different ones who had a wedding coming up and they didn't know what they were going to do," Jack recalls. "I assured them it would be fine, that we will make it work, no matter what. ... We just work at it, and if we have to take more time, we take more time."

Jack has also crafted wigs for high school girls, and has gotten more than one young girl to the prom in style they never thought would be possible. In one case, the parents of a 17-year-old for whom Jack crafted a wig broke down and cried because they didn't know if it could be done for her.

Jack says he will probably never fully retire, but he's looking forward to scaling back his hours as Zac ramps up his expertise.

"The doctors have all asked about that, and they're excited that there's another generation of family that is trustworthy in taking care of the clients," Jack says. "That's important—the doctors want to make sure their patients are going to be taken care of right."

WRITTEN BY JOE GARDYASZ PHOTO BY DUANE TINKEY



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Front Row (L-R): Ken Noyce, Bradley Clark, Matt Juffer Back Row (L-R): Jeff Bratz, Debra Minkler, Randall Hamilton, Kyndi Jensen, Tim Pratt; Not Pictured: Adam Bormann

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#### | Wealth Enhancement Group

ealth Enhancement Group is a well-respected financial services firm based in the Upper Midwest, and we're proud to be a part of the Des Moines community. We've had an office here since 2008, and our "Your Money" program is a Sunday morning institution on WHO radio.

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Back-row (L-R): Brian Rolland, Alesia Gray, Jonathan Fletcher, Jon Augustine, Jeff Birdsley, Annette Shaw, Jason Clevenger, Mark Mandziara Front-row (L-R): David Chapman, Dave Jackson, Scott Elties, Deb Norton.

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\* Published in January 2013; Top 50 fastest-growing, RIA firms in 2012.





L-R: Darcy Stroinski – Financial Services Manager, Ken Wilson – VP, Financial Advisor

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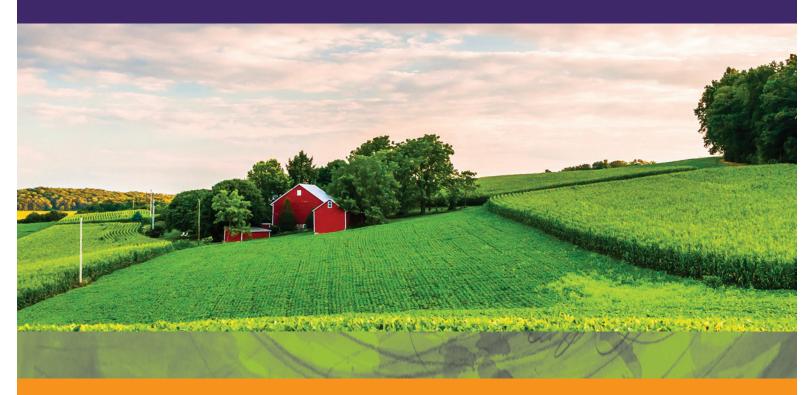
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#### **LAURA PALMER ILLUSTRATOR**

Go Big or Go Home I recently bought this bag while I was in Italy with my best friend. We were in Florence, in the rain, and spent nearly two hours in this leather factory shopping for the perfect souvenir. We stayed an extra few minutes, nearly missing our bus, to have our initials burned into the fresh leather.

Small Fortune These Up-Down tokens are leftovers from my last night out. We'll be back soon to spend the rest on Skee-Ball.

Lip Service I have a minor addiction to Burt's Bees natural products. I think there's some sort of product by them in every room in our house, in the car and in every handbag I own.

Nifty Thrifty My wallet dates back to college. I bought it at Old Navy, and it's lasted me over 10 years. I haven't ever felt the need to replace it with a better one. I don't really need a fancy wallet, just something to hold things.

On Her Mark I always carry markers with me. I might need to draw something on the fly or feel inspired and need to quickly doodle a scene.

notes, quotes, postcards and to-do lists.

The Write Stuff Moleskine is my go-to for sketchbooks. They're compact and durable. As if one sketchbook weren't enough, I also carry a notebook full of

Card Tricks I always carry product samples with me, too. As a smallbusiness owner, it pays to be prepared with business cards and examples of my work.

Budding Artist The floral pouch is one of my pattern drawings, printed through Zazzle.com onto this darling bag.



**JOEY PATINO**GENERAL MANAGER OF SALON SPA W

Downright Dapper While I was attending Columbia College Chicago, I would window-shop on Oak Street, stopping to admire the leather goods at Louis Vuitton. I promised myself I would purchase my first Louis once I graduated and got my first big-boy job, and I did. The problem is, once you buy one and see how great it is, you can't stop.

Transit Techie I'm on call 24/7 and it's important that I'm able to write emails and answer phone calls at all times, so I always carry a phone charger with me. We are introducing iPads at Salon Spa W for consultations, so we're moving toward being more technologically savvy.

Leaving a Mark It's important for me to stay organized while scheduling stylists and ordering supplies at the salon, so I always carry a wide variety of colored markers. Each color represents a different assigned duty, time or need.

Pout Protector I love this lip balm from Eden in the East Village. I can't leave home without it and probably have over a dozen of them in my car, bags, nightstand and, of course, my pocket.

Smart Mouth I carry Crest Whitening Strips with me so that I can whiten my teeth on the go, like when I'm stuck in traffic. I don't use them at night because that's when I have my glass of wine, and I can't use them in the morning because that's when I have my morning smoothie.

Fresh Fix I carry Pellegrino water bottles around because, in truth, I don't love to drink water. I'd live off Diet Coke if I could, but the fizz (in Pellegrino) gives me the illusion of bubbles. It's sort of the champagne of water.

Fine-Tuning Because I'm always on the go, I keep a pocket square in my bag and a suit jacket in my car. That way, I can easily transition a day outfit into a more elevated look for evening.

Fashionable Flair I really love flipping through Vogue and the J. Crew catalog to keep up on trends that we may not be exposed to in lowa. That's where I pick up my style inspiration, which I consider to be high/low—a mix of a staple from Target and a splurge from Hermès.





LANA JONES-GOULD
SALES DIRECTOR AT K. RENEE

In the Bags I'm always going from one event to another and then another. So I bring one large bag and fill it with smaller ones, so I'm always prepared with the necessary items. This tote bag is so big I can carry an extra pair of shoes for an event, a bottle of wine to a party or even my 10-pound Cavachon dog, Rosie Jane.

Shady Lady I love color! It's fun to pull out a flash of color, especially during the summer months. I specifically chose the yellow iPhone case so it would be easier to find my phone in all of my bags.

Hunger Games My son, Kolby Jones, is a health and workout fanatic. He gives me these snack bars for a boost of protein, which increases my energy.

Just in Case I always carry around two types of cards in this card holder, in case I need to network. Here I have my cards for K. Renee, where I am sales director, and for our property in Turks and Caicos, where I am a rental manager.

Beauty Bounty I travel a lot and live in three places throughout the year, so I always have lipsticks and lip glosses in every place to keep my lips hydrated while I'm on the go. This is only about 5 percent of my collection; it's practically a fetish.

Fairest of Them All I carry a pocket mirror like this one at all times. I call it my love-hate mirror, because I love that I can see everything ... and hate that I can see everything at the same time!

Healthy Habit I leave the house at 7 in the morning, go to work, go out to lunch or out to dinner, then usually end up at a party. To keep my energy up, I always carry supplements with me.

Peeper Keeper I love things that sparkle, so I love this case for my sunglasses. It's a hard, protective cover ... and it's easily found in my bag. ■







eeking beyond the driveway gate of Craig and Judy Stark's 52-acre Warren County property creates a feeling of anticipation for the garden that lies ahead. Thousands of gemstone-colored daylily and spiderwort plants provide a grand and welcoming entrance.

"I loved the daylilies we had in our Clive garden, so I brought the shoots with me," says Judy Stark as she gestures across the horizon and down the massive driveway. "You should have seen us: We rented a tree planter and planted the thousands of daylily shoots by hand, knowing that when they grew they would welcome visitors to our property."

Indeed, the Starks' hospitality and love for the land are immediately evident by their home's dining terraces and their multi-acre garden spaces amid mature trees, reclaimed prairie, an orchard and two ponds.

"We first saw this property on a rainy September night in 2003," Judy recalls. "An older gentleman had owned it since 1961, and it had naturally fallen into disrepair. In fact, local teenagers thought it was a great hangout space.

There was no driveway, only ruts in the ground. Everything was overgrown. I didn't want to get out of the car to take a look. But Craig has a good eye, and he saw the vision of what the property could become: the rural escape we craved that was close to the metro area."

Growing up in Michigan, Craig, a Des Moines physician, fell in love with the 100 acres of botanical beauty at the Dow Gardens, established by the founder of Dow Chemical Corp. Those boyhood memories influenced his vision for the couple's lowa property.

With that vision in mind, the Starks worked side by side every weekend for four years to clean and reclaim the land. They started by burning off acres of the unwanted bromegrass and then drilling holes into the ground to plant the prairie flower seeds. "We don't golf; we don't really have any hobbies," says Judy, a Des Moines health care executive. "Loving the property became our hobby. We have such a good time working together.

"Once you start caring for something, you just fall in love with it," she adds. "And we want our visitors to feel that love, too."

After four years of intense labor to reshape the property into prairie and orchards, the Starks spent another two years working with their contractor to build their stone

CONTINUES ON PAGE 83

#### From the dsm Archives:

Green Peace A contemplative garden South of Grand exudes a welcoming sense of serenity.

dsmMagazine.com





- 1-2: The shade garden features vibrant astilbe, large hostas, old-fashioned bleeding hearts and ferns.
- 3: Keeping true to reclaiming the native spirit of the property, the Starks chose lowa Buff pavers as stepping stones to lead visitors from the top dining terrace to their newly expanded shade garden.
- 4: The top dining terrace offers an expansive view of the property, including two peaceful ponds.
- 5: To reclaim the prairie, the Starks first burned off the overgrown vegetation. They then drilled holes into the ground at calculated intervals and planted native prairie flower and grass seeds in each hole.

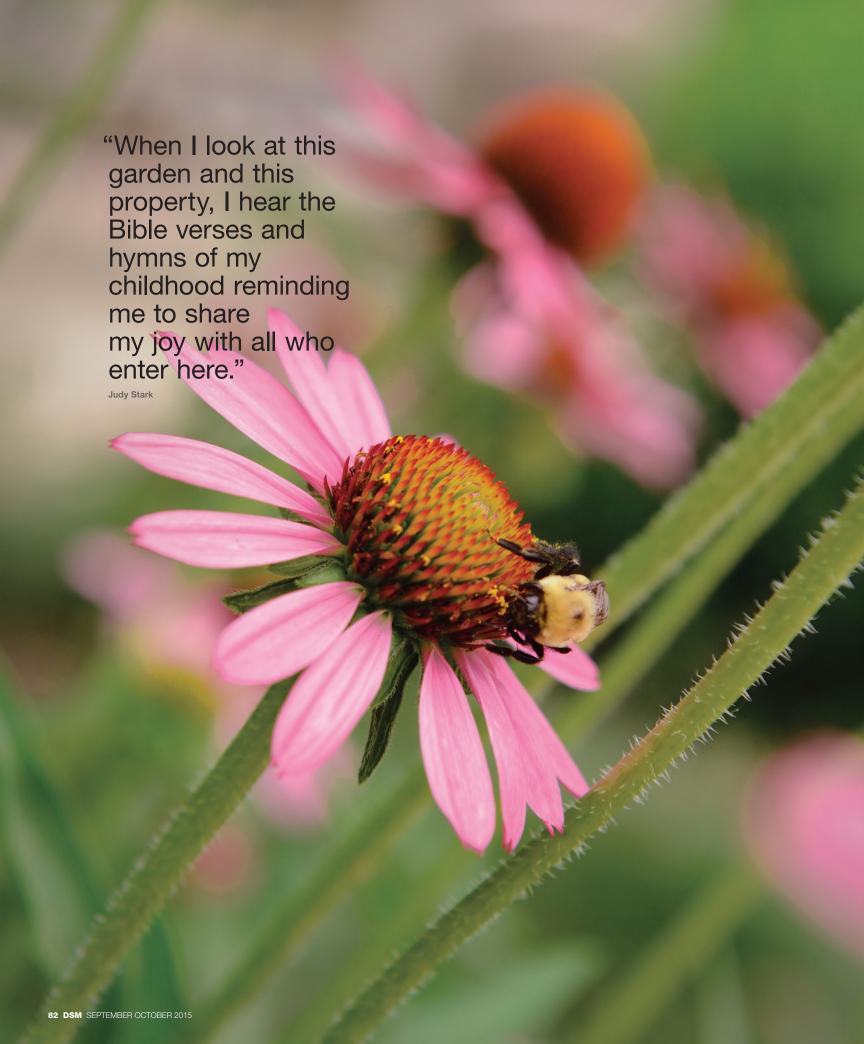














Judy Stark enjoys spending time tending to plants she rescued from her mother's home in Sioux County. She and her husband, Craig, are committed stewards of their property.

CONTINUED FROM PAGE 78

home. With all of that work behind them, in 2009 they turned their attention to designing and creating the garden spaces surrounding the home.

"With the size of the house, we knew that the garden design had to be substantial as well," Judy explains. "And, with my roots in northwest lowa, I knew that I wanted native plants and domesticated perennials to be showcased."

Built into the hill on the north side of the home, the large gardens beckon friends and family with beautiful

sights and sounds. The multi-tiered waterfall and stream create a soothing percussion of rushing water, complemented by singing birds in the mature trees.

As in an ancient tapestry, the plants Judy has selected for the garden beds surrounding the waterfall are planted in massive drifts; their rich jewel tones can be seen from across the property. One of Judy's favorite areas, which can be enjoyed from the dining terrace overlooking the waterfall, is the shade garden, home to hundreds of large hostas. Judy especially loves the chartreuse-hued variety known as Guacamole.

As we leisurely stroll past the plants in the beautiful shade garden to the west of the waterfall, Judy points to the ferns, bleeding hearts and lily of the valley plants that she painstakingly rescued from her mother's home in Sioux County. "It is so special to have a little piece of my mother's garden here with me," she says. "When I look at this garden and this property, I hear the Bible verses and hymns of my childhood reminding me to share my joy with all who enter here."

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ne has to be very careful with stories like this. Anytime someone— especially a guy—writes an article focusing on "women in (insert profession here)," it can be dangerously easy to come off sounding condescending. But the

women you'll meet in this story are remarkable not because of some trope about getting ahead in a male-dominated field but because they looked at our city, saw places where they could make positive changes and made those changes happen. Here's how.

#### RAE FEHRING GIRLS ROCK! DES MOINES

As a feminist, queer-identifying, female of color, Rae Fehring knows a thing or two about the importance of identity. In a world where race, gender and sexual identity all still can serve to minimize a person's sense of self-worth, Fehring has seen firsthand how easy it can be for young girls to lose themselves before their lives really even begin.

"I was a feminist before I had the language for it," she says, speaking of her formative years in Davenport. "When I was a little girl running around the neighborhood during the summer and not understanding why I couldn't take off my shirt like the little boys, or being deathly afraid of growing boobs. When I was a 10-, 11-, 12-year-old girl, I didn't have a word for that; it was just who I was. I think I probably lost some of that growing up, trying to fit and trying to conform and trying to be accepted."

Fehring, now 41, credits her discovery of the legendary Michigan Womyn's Music Festival 15 years ago for helping her find the confidence to see herself fully realized. The festival also helped plant the seeds for the project that has become Fehring's calling.

Three years ago, Fehring started the Girls Rock!

Des Moines band camp, a two-week event for girls ages 10 to 16. During the camp, the girls are put into groups where they select instruments (most of the girls have never played a note in their lives), form bands, write songs and perform a live show. Intermingled with all that are performances and talks from local and nationally recognized female

### "GIRLS ROCK! DES MOINES IS NO LONGER JUST A SUMMER CAMP. NOW WE'RE A BIG-GIRL ORGANIZATION."

RAE FEHRING

musicians, plus team-building exercises and programming designed around the concept of establishing each girl's inherent value and strength.

"I saw the (2007) 'Girls Rock!' documentary years ago," Ferhing recalls. "The most striking thing was being able to actually see how participating in a program like that changed the girls for the better. You could see confidence. It was visible on their faces, and it was amazing to see the excitement and to see what they were able to accomplish."

Fehring decided the program was perfect for

Des Moines. Her own musical background and connections
within the industry would prove invaluable down the road,
but at first, just figuring out what step one was proved a
daunting challenge. She reached out to Matt McIver, who
was on the board of directors at the Des Moines Social
Club at the time, and asked if he could help. The Social
Club offered Fehring her first bit of community support,
and the Greater Des Moines Music Coalition was close
behind. Fehring credits both organizations for helping get
Girls Rock! Des Moines off the ground and has carried that
community-driven momentum forward with her as the
program has continued to grow.

"It's really about community and making those connections," she says. "Most Girls Rock camps don't record their music. We've partnered with Sonic Factory to record our music. We work with Palmer's Deli to get great local food for our lunches. It's really about forming those relationships in the community and providing that same support that enabled me to get started."

Now in its third year, Girls Rock! Des Moines has made two important changes this year. First, the organization has become a fully recognized 501(c)3 nonprofit, which Fehring believes will help the program expand and grow beyond its original, two-week mission. Second, Fehring quit her day job to focus full time on running Girls Rock. Both changes

free up Fehring to turn the organization into what she really believes it can become.

"Girls Rock! Des Moines is no longer just a summer camp," she explains. "Now we're a big-girl organization. We're piloting an overnight camp this year; we're looking at adding after-school programming this fall; we're in talks with the Art Center to have programming during the winter and spring breaks there; we want to do a Little Girls Rock, with girls aged 5 to 9. We want to do Ladies Rock for moms and adult women; we're looking into adding a program out at Mitchellville prison, and working with some of the ladies within the judicial system."

At the core of everything that Fehring does lies a single, unwavering belief: No matter how old she might be, no matter what her station in life, no matter where her choices and experiences have carried her, every female has worth.

"I want to be able to create this whole integrated network of programs that is 99.9 percent gender-specific," she says, adding she wants "to reach girls as young as 5 years old and help them find their voice and feel empowered, and know that they can literally do anything they set their minds to."

#### KATHRYN DICKEL MIDWESTIX

Midwestix launched in 2002 as a lower-cost, locally produced alternative to Ticketmaster. But to Kathryn Dickel, the company is not really about the ticket it puts in your hand.

"If anybody would ask us what our mission is at Midwestix, I would say that our mission is to bring beautiful moments into people's lives," she says.

"These shows, these moments, it's where people meet their spouses, it's where they form family memories," she explains. "It's where they share food, and counteract all the stress and fear that you experience in your daily life. So



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that's what we help provide."

Des Moines is Dickel's love. It is where she was born (she still lives in the house she grew up in), and she's always believed in its potential. Dickel and her business partner, Heather Hansen, founded a marketing firm called Swaelu in 2001, which grew into the parent company for Midwestix after a conversation with the powers that be at Hoyt Sherman Place.

"We were called in to talk to them about online donations for a fund drive," she recalls. "Once we got through with that meeting, the executive director at the time approached us and said, 'What we really need is a ticketing system. Can you build one?' And our reply was 'Yeah, if you've got \$250,000.'

At the beginning of the 21st century, Ticketmaster was still the only viable option for ticketing in Des Moines. While places like the Des Moines Civic Center worked in large enough numbers to be able to offset Ticketmaster's fee structure, for most smaller venues, that was simply out of the question.

"We started thinking about what the town needed ... to grow its entertainment ecosystem," the 42-year-old Dickel explains. "A ticketing system was really integral to that." It can be easy to forget just how far forward technology has sprung in a relatively short time. In the early 2000s, Web-based businesses were still iffy propositions, and few companies had the money necessary to make themselves viable online.

"When we started, there was a considerable number of ticketing agencies—Ticketmaster included—that still operated through on-site server systems," Dickel says. "So Ticketmaster would stick a server in your building to process sales. That was one of the problems in the beginning: There was really only one place to get a ticket. A lot of people back in the day would go to Younkers or Hy-Vee to get their ticket. Now, you can get your ticket on your phone."

As the technology changed, so did the services Midwestix provided. Companies can no longer simply process credit card sales and issue a paper ticket. E-ticketing, season passes, online payments, multi-venue events and cross-promotion have all become standard operating procedure for any ticketing agency that wants to stay viable. Dickel and Midwestix provide even more than that.

"Since we started, we've added a full-service marketing company," she says. "We do all Civic Music Association's marketing, we do posters for events. We just



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did Launch at Water Works Park, and all the design work for the Maximum Ames Music Festival."

The ability to provide local businesses with one-stop shopping from a Des Moines-based company has provided Dickel and Midwestix with a unique selling point when talking to new clients. Additionally, by working closely with people like Wooly's and First Fleet Concerts owner Sam Summers and 80/35 director Amedeo Rossi, Dickel can provide a level of cross-promotion that larger entities like Ticketmaster don't bother with.

"We had a gentleman call the other day, looking for a ticket to a show," Dickel says. "It was sold out, so we told him about 80/35, and he wound up buying tickets to that."

At the end of the day, what drives Dickel and her staff of five is the desire to see her hometown realize its full potential. She wants more artists and musicians to turn Des Moines into a home, and she wants more people to experience the things that are already here for the taking.

"I've lived in places ... where music is everywhere," she says. "I want Des Moines to be like that."

#### CHERISH ANDERSON SHOTGUN MANAGEMENT

Three years ago, Cherish Anderson faced the kind of loss that can sink a person: Jim Parker, her husband of 11 years, died. At the time, she was a 44-year-old mother of three, working as the foundation director for Hospice of lowa, and now her partner was gone. And it was there, in all that pain and sadness and anger, that Anderson had a life-changing insight.

She remembers the day clearly: "About a month after Jim died, I was sitting in the car after a bereavement meeting. I just asked myself, 'Where do I go from here? What do I do next?' At that time, in that parking lot, I wanted to work for Dave Matthews Band."

Dave Matthews Band was a long way off on that spring day. She reached out to a couple of people with

contacts, but nobody even returned her calls. She did not have a resume that qualified her for a life in band management. Anderson realized that step one, then, would be changing that.

"I realized that this is what I wanted to do, so I did a lot of research," she says. "Spent a lot of time on the laptop, figuring out exactly what that meant, 'representing bands.'

"So I jumped in that fall," she continues, "volunteering for 80/35. And from there, I started working on my music resume so I can get to that dream."

In January 2013, Anderson started what would eventually become Shotgun Management. Her first client was Jean-Marie Salem, a Des Moines singer/songwriter who has been making a living performing cover songs for years.

"She said to me, 'You're going to do this? I want to sell my lyrics,' " Anderson recalls. "I didn't know she had lyrics. I thought she just did covers. Come to find out she'd been working on originals for years. I heard her sing one and realized she was the whole package."

Today, Shotgun Management has three bands on its full-time roster—The High Crest, Mighty Shady and the Jeff Banks Band—along with another baker's dozen or so that Anderson has developed working relationships with for whenever a local venue needs to fill a couple of dates. It can be hard work, but anyone who has met the Spencer native will attest to Anderson's tireless work ethic and buoyant personality. She is driven to succeed not just because of her passion for music, but because of her passion for life.

"I look for joy in every day now," she says. "I've had a 'word of the year' for the past couple years, and 'joy' is this year

"I think I have a different philosophy about what I do," she continues, eyes welling. "First and foremost, I do it for my kids. We survived something so tragic, but you have to get up. You have to move on. So I'm trying to show my kids that you can make the best of it. Then, I have

my clients. To help them live their dream every day is so inspiring." ■



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hen you think of the metro area's cultural landscape, something big probably comes to mind—the John and Mary Pappajohn Sculpture Park, say, or the Des Moines Symphony. But there will

always be lesser-known—though equally compelling—artists, projects and programs that also are shaping the local arts scene. Here's a look at three of them.

#### CHAPMAN HOUSE

A few years ago, when Katelyn McBurney decided to make visual art and performance her full-time career, she figured it would be easy to find a live/work space that would allow her not only to practice her craft but also to live alongside other artists. But aside from a handful of artist-only apartment buildings, there was little that fit her vision.

"I just couldn't find the type of living environment that I desired for myself," says the 27-year-old artist. "I assumed that if it was this difficult for me to find something like that, it was probably happening for others, as well."

Enter Chapman House, a historic 3,000-square-foot Craftsman-style home nestled in the heart of Des Moines' River Bend neighborhood. Last spring, McBurney and business partners Chris Osore and Max Cardenas began renovating the single-family home into a community living space. Once it's completed, the 1912 three-story house will provide a basement workshop and an attic area where artists can work, gallery space on the main floor, and living quarters for four local artists.

"We're ... not packing in as many people as we can," McBurney says. "It makes sense in a neighborhood with

big historic houses like this. The end goal is to have four artists and keep it affordable for all of us. It's enough to give space to create and to network and give support in any way we can."

McBurney is overseeing the work on Chapman House and is living there while it is being completed. Repairs and renovations have included fixing the home's foundation and roof, replacing the plumbing and gas piping, and taking care of all the cosmetics that give a historic property its charm.

Brittney Marine, a fire performance artist in the Des Moines-based Professor Prometheus's Combustible Circus, has also been living in Chapman House during renovation. She said her new home has already proved to be an asset to her as a performer.

"Chapman House is a great live-in place to do what we do," Marine says. "I'm a fire performer, and the house has this wonderfully huge side yard. I coordinate a Fire Jam performance arts troupe in the area and (the yard) has just provided this wonderful space for us to practice."

McBurney says she expects Chapman House to be completed and at full capacity this fall. As for the possibility of taking on another similar project, McBurney says she's not ruling it out but is eager to get back to business as usual.

"This has been my art recently," McBurney says. "I've definitely put my own stuff on hold for a while. I'll be happy to get back at it once renovations are completed."

#### CHICKEN TRACTOR

Two years ago, after several moves around the Midwest, 40-year-old Mat Greiner decided it was time to return to lowa. The artist and Drake alum had been away from Des Moines for 12 years, long enough that, upon his return, the arts community seemed larger and more supportive.



#### From the dsm Archives:

Where They Create Local artists give us a peek into their studios, spaces that nurture the imagination and inspire ingenuity.

#### dsmMagazine.com

"THERE ARE MANY
HOLES IN THE
ART SCENE IN
DES MOINES. WE
FIND THOSE HOLES,
PARK OUR CHICKEN
TRACTOR ON IT,
AND IT GROWS."

MAT GREINER



From left: Laura Burkhalter, Staci Nevinski, Mat Greiner and Larassa Kabel founded Chicken Tractor as a way to help increase opportunities for local artists.

Yet something still appeared to be missing.

"The Des Moines Arts Center and the sculpture garden have these great examples of the highest reaches of art, but there's no middle ground, nothing for people trying to get their toe in the water," Greiner says about a lack of opportunities for up-and-coming artists. "We want people working toward that. That's what needs to happen. It needs to change."

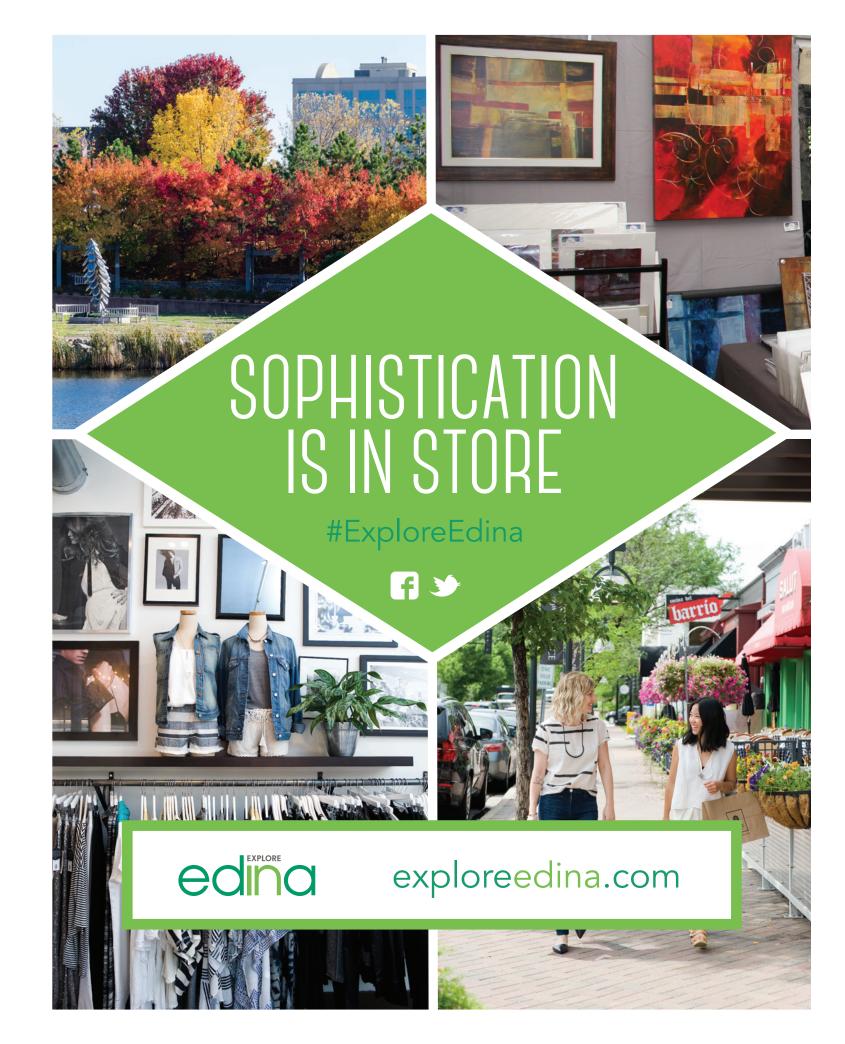
Greiner's agent for change is a project called Chicken Tractor, a sort of "pop-up" art exhibition that gives the city's artists an opportunity to get their work in front of an audience. The introduction provides networking opportunities and support for the artists.

Greiner cofounded Chicken Tractor with Des Moines artists Larassa Kabel, Staci Nevinski and Laura Burkhalter. The organization gets its name from an oddly appropriate concept: "A chicken tractor itself is a mobile chicken coop," Greiner explains. "People drag them from place to place, the chickens will come out, do what they do and, after a short amount of time, the land becomes more fertile, filling the holes. There are many holes in the art scene in Des Moines. We find those holes, park our chicken tractor on it, and it grows."

Burkhalter, an associate curator for the Des Moines Arts Center, says the organization's focus is on artists' professional development and bringing quality work to Central Iowa.

"I think people forget that art is a job. A lot of people think art just happens," Burkhalter says. "Working artists are essentially small-business owners. We don't often think about how they pay for their studio or how they connect or market their work. Most people don't know the process."

Since its inception in 2013, Chicken Tractor has produced more than 20 exhibitions for both local and national artists. One of those artists, Anna Crowley Ford, found overnight success thanks to Chicken Tractor.



After moving from rural Texas to Des Moines in June, Crowley Ford, a mixed media artist, participated in Chicken Tractor's microgrant dinner, an opportunity for a handful of artists to ask a group of investors for whatever they need to do their best work, whether that be money for research, materials or the chance to take their art in new directions. Although Crowley Ford didn't take home a grant that evening, TJ Moberg from Moberg Gallery saw her work and agreed to fund the project anyway.

"I really just thought this was going to be my chance to meet people and make some introductions in Des Moines," Crowley Ford says. "I had only been here for three weeks and no one knew my name. That really worked in my favor, and Moberg took an interest and is helping me make that happen."

#### STORY MOB

With technology taking over our world, it's easy to see how we've gotten away from the true sense of storytelling. Chad Michael Cox not only noticed it, he started Story Mob to do something about it.

Story Mob offers amateur storytellers the chance to put down their phones, pick up a mic and share stories of their own creation. Organizers choose a theme or a prop and the narrators take it from there, telling five-minute tales to an audience of eager listeners. It's just two hours once a month, but to Cox and those telling the stories, it's much more.

"Story Mob is about getting people to connect again," says Cox, a community arts activist and a past president of the Des Moines Social Club's board of directors. "I remember being at a coffee shop and looking around, and

"HAVE WE REALLY LOST THE ABILITY TO CONVERSE AND TELL STORIES?"

CHAD MICHAEL COX

there were all these people just staring at their phones. I remember thinking, 'Have we really lost the ability to converse and tell stories?' "

Cox responded by launching Story Mob at the Ritual Cafe in April 2012. After a short hiatus, it's back every third Thursday night at the Social Club. Storytellers find out the theme two weeks in advance and show up that night ready to "talk." Awards are given to those with the best tales.

Neil Salowitz has been both a storyteller and audience member at Story Mob.

"We (the Des Moines Social Club) really encouraged Chad to do Story Mob here," says Salowitz, who serves on the Social Club's board of directors. "It fits so well within our mission and creates that community engagement with the arts."

As for the storytelling itself, both Cox and Salowitz say it might be intimidating to get up in front of the audience if you're a first-timer, but everyone is welcome—and encouraged—to try.

"I say go for it," says Salowitz of his advice to wannabe storytellers. "You just have to get up there and do it. Tell people a story from your own experience. Tell something that's meaningful to you. Tell it from the heart. Put it out there. What's the worst that can happen?"

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LED BY MAX WELLMAN, NOCE WILL SHOWCASE INSTRUMENTAL AND VOCAL JAZZ FROM BOTH LOCAL AND TOURING ACTS.

WRITTEN BY BRIANNE SANCHEZ PHOTOS BY DUANE TINKEY



n a way, opening a jazz club is the climax of a coming-of-age story for both a kid who's grown up a performer and the arts and culture scene that has sprung to life around him.

Max Wellman was just 15 and a Roosevelt High School sophomore when he started playing gigs around town. His parents worked nights in the restaurant industry, so he'd grown up spending a lot of evenings at his grandparents' house, where he listened to recordings of Frank Sinatra and Ella

Fitzgerald, and hanging around dimly lit establishments such as Noah's and Chuck's restaurants. You could say the now-24-year-old Wellman has an old soul with an entrepreneurial spirit, and, like a true improviser, his timing is right: Today Wellman is involved in developing a new jazz club, Noce (pronounced "NO-chay"), scheduled to open late this year.

Wellman had known of Bob and Maria Filippone for years, but he didn't meet the couple until last fall, when they approached him after a performance at the Des Moines Social Club. The Filippones, both medical doctors, had founded Des Moines Onstage and the Des Moines Young Artists' Theatre.

The Filippones' first exposure to Wellman's talents was at a small show at Mars Cafe years ago. "I took note that I really liked this kid's style and (that) I would like to work with him at some point," says Bob Filippone, who grew up on jazz in New Jersey and believed Max's vocals were reminiscent of the greats.

He got to know Max better through volunteer work Wellman did, providing free voice lessons to kids as part of the City Voices program, and saw an opportunity to collaborate. "Part of my vision is not only providing entertainment (at a venue such as Noce), but enabling artists to make a living doing what they were trained to do," Filippone says, adding that he trusted Wellman to envision and implement a concept.

"It was very clear to me from the get-go that (the Filippones) were serious," says Wellman, who will serve as the venue's general manager and entertainment director. He'd hoped to someday open a jazz cabaret, but believed that dream was another decade away. The Filippones' proposal changed that, he says: "Right away, we were off and running at it. (The concept) was really a blank slate to create together."

#### INTIMATE, MODERN SPACE

Noce, which is Italian for walnut and a homophone of the Spanish word for night, will be a jazz and cabaret club with weekly programming. Knowles Blunck Architecture, Wellman and the Filippones are transforming a dilapidated building at 1326 Walnut St. into an intimate, modern space that captures the atmosphere of the Jazz Age. The after-dinner destination will be a spot to toss back cocktails and enjoy live music from local performers and a host of talent traveling through the Midwest.

"There are other clubs that are doing jazz and doing a great job, but most weren't designed for that purpose," Filippone says. "The seating isn't ideal, the acoustics aren't ideal. If we wanted to do it right, we had to gut the building and start from scratch."

Part of Wellman's role is to create a performer-friendly venue that artists will want to return to again and again. With a recessed entrance, raised stage, rigged lighting, polished concrete flooring, and bar and cocktail seating for around 100 patrons, Wellman hopes Noce will evoke the warm, smoky feeling of a bygone era—without going kitsch (or violating the smoking ban, of course). Behind the performance space will be a private room that will be rentable as an event space.

"I think there's certainly a need for smaller, artistfriendly venues in Des Moines," says Roxi Copland, a singer/songwriter/pianist who is currently based in Milwaukee. A Grinnell College graduate, she previously lived



#### "A VENUE WHERE THE PERFORMER AND LISTENER CAN HAVE AN INTIMATE MUSICAL CONNECTION WOULD BE A BEAUTIFUL THING."

Roxi Copland

in Des Moines and has sustained a strong fan base here.

"I've heard from a number of musicians who love the area and want to play here, but (they) want an intimate performance space," she adds. "It sounds like Noce could mean a fantastic addition for the Des Moines music scene—a venue where the performer and listener can have an intimate musical connection would be a beautiful thing."

#### THE JAZZ EXPERIENCE

Noce, its founders and others in the jazz community believe, not only will fill a void in the neighborhood around the revitalized Western Gateway, but also will allow for better booking and help foster a deeper appreciation of jazz music. "The problem, if there is a problem with jazz, is exposure," Wellman says. "People don't get to hear it or experience it."

Trumpeter Dave Rezek, who recently assumed leadership of the Des Moines Big Band, agrees. He's looking forward to bringing one of lowa's longest-running jazz orchestras back downtown as the Wednesday night band-in-residence for Noce. The Big Band formed in 1959, and in its heyday played venues around Court Avenue, where Rezek remembers going to shows as a Hoover High School student, with hopes of sitting in on a song or two. For decades, the band was at Adventureland Inn. Lately it has been performing Monday nights at El Palacio Events Center in Windsor Heights.

"I've long thought that the Des Moines Big Band needs to be downtown, in its rightful home," says Rezek, who took over from longtime leader Jim Oatts. "Max and I have both talked for a long time about the needs of jazz musicians to have a home and the need for Des Moines to actually have a jazz club. Des Moines has been primed for this—at least since I've been back."

Rezek returned to Des Moines in 2008—around the time Wellman began performing—after decades on the

East Coast, playing in Boston and then on Broadway. He plans to use the connections he made there to help book high-caliber musicians for Noce.

"It's always been my goal to have the top musicians be heard and also provide a place where these musicians can experiment and play their music at the highest level," Rezek says. At a club like Noce, "they can present it in a way that they're interacting with the audience—they can have that back-and-forth with the microphone. When they're explaining some of the things about the music, it becomes an experience for everybody."

#### **GROWING AUDIENCE**

Rezek has been part of the packed Jazz Happy Hour events at the Des Moines Social Club, which local jazz fans point to as a signal the city is ready for more. "I'm optimistic," says jazz enthusiast Charles Timberlake, who moved to Des Moines from Bakersfield, Calif., seven years ago. "I feel like the audience is growing. Jazz in July being free gets a lot of families out there. I see positive signs."

Timberlake also has watched Wellman perform since he was a tousle-haired teen. "Over the years, every time I hear him he's better," he says. "The phrasing got better. The piano work is really quite nice now. I keep seeing growth with Max."

After high school, Wellman bounced between Indianapolis, Atlanta and San Francisco for a few years, which gave him a different perspective, and raised the bar in his mind, on the potential for a midsized city's music scene. But Des Moines has always been home base, with his music director and studio—and family—in town.

"I feel like I got started at such a perfect time here eight years ago," Wellman says. "The whole downtown and the creative scene were growing. That's been beautiful to experience because it's been happening as I've been growing up here." ■



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# A NEW SPIN ON CYCLING

WITH HIS PRACTICAL—AND ARTISTIC—ELECTRIC BIKES, **DAN KOENIG** IS INTRODUCING A NEW CULTURE OF COMMUTING TO GREATER DES MOINES.

WRITTEN BY GUNNAR OLSON PHOTOS BY DUANE TINKEY

#### INSIDE THE EAST VILLAGE'S ICHI BIKE, FOUNDER

and owner Dan Koenig—wearing a T-shirt, jeans and sneakers and with full-sleeve tattoos on both arms—busies himself near a display of banana seats. The shop's variety of bicycles is striking, from high-wheel bone-shakers to kids' balance bikes, well-loved String-Rays to custom fattire bobbers.

When a young man in a bright polo walks in, Koenig stops what he's doing, asks questions and listens, his eyes bright and voice soft as he figures out what the customer needs. Just as the business transaction seems about over,

Koenig redirects the conversation. He is unabashedly excited to share his latest artistic obsession and cultural crusade: the electric bicycle.

"What are you doing right now?" he asks a visitor. "Want to go for a ride?"

An electric bike, or e-bike for short, is a bicycle with peddles aided by a small battery-driven motor. Although you may be able to conceptualize its mechanics, you have to ride one to understand the appeal. You start peddling like you would on any other bicycle, and then, smoothly and silently, a magic hand seemingly starts pulling the peddles

## "IF YOU HAVE ONE OF DAN'S E-BIKES ... YOU'VE GOT THE MACK DADDY."

Steve Bode

as you push. Your first, irrepressible reaction is to smile. You get up to speed quickly, 20 miles an hour. You check your pulse, registering now at the level of a brisk walk, except you're moving faster than you feel you should be for the effort. Then you imagine the confounded looks of passers-by, who see you peddling like a tortoise and covering ground like a hare. By now you can't help it—you laugh out loud from sheer joy.

One by one, Koenig has been winning converts to the e-bike, and over the past few years he has begun to introduce a new culture of bicycling in Greater Des Moines, a bike-commuting lifestyle that is practical for business professionals and child-toting parents alike. Koenig seems an unlikely candidate to lead this crusade in a city with nearly nonexistent traffic congestion and abundant cheap parking. However, he regularly persuades car owners to part with \$4,000 for an e-bike.

#### **WORKS OF ART**

Friends, customers and e-bike manufacturers view Koenig as an aficionado on the vanguard of an evolving market with the potential to change how people move about in their everyday lives. And as importantly, he's doing it with style. Custom e-bikes by Ichi are more than utility vehicles for urbanites—they are works of art.

Koenig, 48, grew up in Des Moines and graduated from Roosevelt High School. Life took him many places, twice to California, once to Hawaii and twice to Europe. He was into bikes and skateboards and punk rock music, finding work as a bike messenger and starting a career as a tattoo artist at San Francisco's Tattoo City alongside legendary tattoo

artist Don Ed Hardy. He returned to Des Moines in 1995 to open Yankee Doodle Dandy Tattoo in the Drake neighborhood.

Koenig remembers his first new bike, a birthday present when he was in fourth or fifth grade, a lemon-colored Schwinn Breeze that was, notably for him, *not* a String-Ray. "I wasn't down with it," he says. "So I made my parents take it back. I remember in the back of the car saying 'I'm sorry' to the bike that I couldn't be its owner. I felt like I was betraying it, like the bicycle had a soul."

Today, Koenig goes out of his way to match the right bike to the right customer. And he shakes his head whenever someone tries to confine the bicycle to only one use, such as riding solely for sport and recreation. He's all for road bikes and trails and clipping in and going for a hard ride, but there are other worlds of bicycling better suited for other people.

So when Koenig was first introduced to an electric bicycle a few years ago, he didn't see it as "cheating," as some people do. Rather, he was open to see its potential in redefining how people move around cities. Today Koenig offers a range of e-bikes, from off-the-rack models by the industry's big names, such as Yuba, Pedego and IZIP, to highly customized rides that he's equipped with electric-assist kits. He's built custom e-bikes to look like cafe racers and even one bike with a sidecar.

#### **GAME CHANGERS**

But the specialty that has earned Koenig a reputation among industry insiders is a mashup between an electric cargo bike and another niche of the e-bike market, the super fat tire mountain bikes that, equipped with electric

CONTINUES ON PAGE 115



#### E-BIKE FAQS

ANSWERS (ABRIDGED) BY DAN KOENIG, ICHI BIKE

#### How much does an e-bike cost?

\$2,000 to \$6,000. That's what you need to spend on the low end to get reliable quality. You can spend less, but the components are cheap and you'll end up getting nickeled and dimed taking care of it. On the high end, \$6,000 will get you a customized electric cargo bike with fat tires.

#### How fast does an e-bike go?

The legal limit is 20 miles per hour.

## How long does the battery take to charge?

Four to six hours.

#### How long does a charge last?

Twenty to 50 miles, depending on the variety of the battery and how you ride the bike.

## What's the life span of an e-bike battery?

The batteries are rated for 1,000 to 1,500 charges, which works out to three to four years of being charged every single day.

### Do the e-bikes help charge the batteries when you pedal?

You wouldn't want that, even if it's possible. Do you want your pedaling to be impeded?



#### E-BIKES GROW IN POPULARITY

Sales of electric bicycles are growing in the United States, although they represent less than 1 percent of sales worldwide, according to Electric Bike Worldwide Reports.

Approximately 80,000 to 100,000 e-bikes were sold in the United States each year from 2010 to 2012, then jumped to an estimated 174,000 in 2013 and 198,000 in 2014, the report shows. The majority of e-bikes are purchased by the Chinese, who bought 35 million of the 37 million e-bikes sold worldwide in 2014.

Report author Frank Jamerson, a nuclear physicist who's tracked the industry for 20 years, says e-bikes are mainstream in China and gaining traction in European cities where fourwheel vehicles are banned from city centers. He attributes the recent jump in U.S. sales to the improving quality of the products and an increasing willingness of buyers to pay \$3,000 to \$4,000 to get that quality. "People have finally figured out that you get better bikes by paying more money," he says.

Once representing only 10 percent

of sales, electric cargo bikes are now 50 percent of business at Yuba, the No. 1 U.S. manufacturer of cargo bikes, according to Yuba director of outreach Steve Bode. He says their primary buyers used to be people without other options, but the demand is now coming from people with higher incomes: people who own cars and want to ride bikes but live on hills, have kids, and regularly haul their kids, along with groceries and other errands.

"We can't make them fast enough," Bode says.

#### **CONTINUED FROM PAGE 112**

assist, are monster off-road machines. The fat tires that make it possible to climb steep hills through terrain have a different effect on a road bike: They smooth out the ride over rough, aggressive pavement, which becomes especially important when traveling 20 miles per hour.

The fat-tire electric cargo bikes are game changers for people with places to go and things to haul and who take pleasure in getting out of their cars and onto their bikes. But they don't want to make an athletic event out of every trip. "For a lot of us, that's the gig," Koenig says.

Yuba, the No. 1 U.S. manufacturer of cargo bikes where Koenig is on a first-name basis with the staff, sees the electric cargo bike evolving in a couple of different directions, notably by affluent families who are using the bikes in lieu of their cars for a majority of their trips. "Dan is certainly the premier aficionado in that respect," says Yuba operations manager Marc Azevedo.

Koenig's bikes are attracting a following in Des Moines. There's a cluster of eight friends in the Waterbury neighborhood who all have electric cargo bikes, among them Maria Loder, a 43-year-old mother of two. Even in a dress, she rides her electric cargo bike to take her 9-year-old daughter to Hubbell Elementary and pick up her 5-year-old son from the Science Center of Iowa. She uses it to commute to Drake University and to haul veggies and milk home from the Windsor Heights Hy-Vee. If the weather is fair, her Honda Pilot stays in the garage.

"I cannot tell you enough how much this bike has changed my life in the summer," she says.

Neighbor Joe Riley, 36, recently bought one of Koenig's bikes to begin commuting to Pleasant Hill, where he works as executive vice president of Riley Resource Group.

"I don't geek out on it," Riley says of cycling. "I don't do RAGBRAI; my wife doesn't either. But we just like to ride bikes and get around in our community not in our car. The Des Moines community is so spread out, it doesn't make sense to walk everywhere, but the e-bike makes it possible" to get from place to place without a car.

The look, style and attitude that are Koenig's signature make his custom e-bikes so much more interesting than some standard models. "He should be selling those for \$10,000," Riley says. "It's a piece of art, not just a tool or a bike."

The industry watchers at Yuba who track Koenig's work agree. Yuba's director of outreach, Steve Bode, says: "If you have one of Dan's e-bikes ... you've got the mack daddy."







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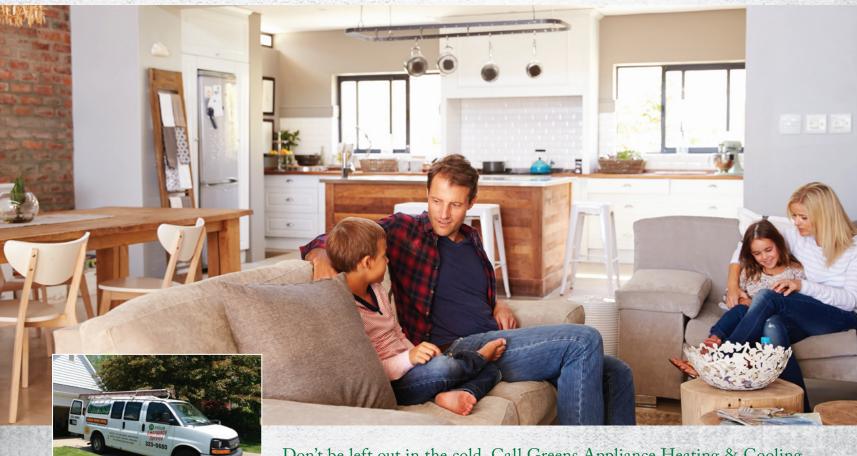
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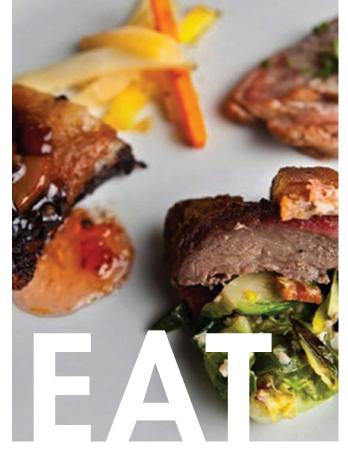
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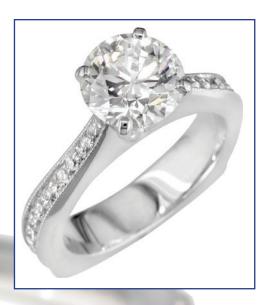






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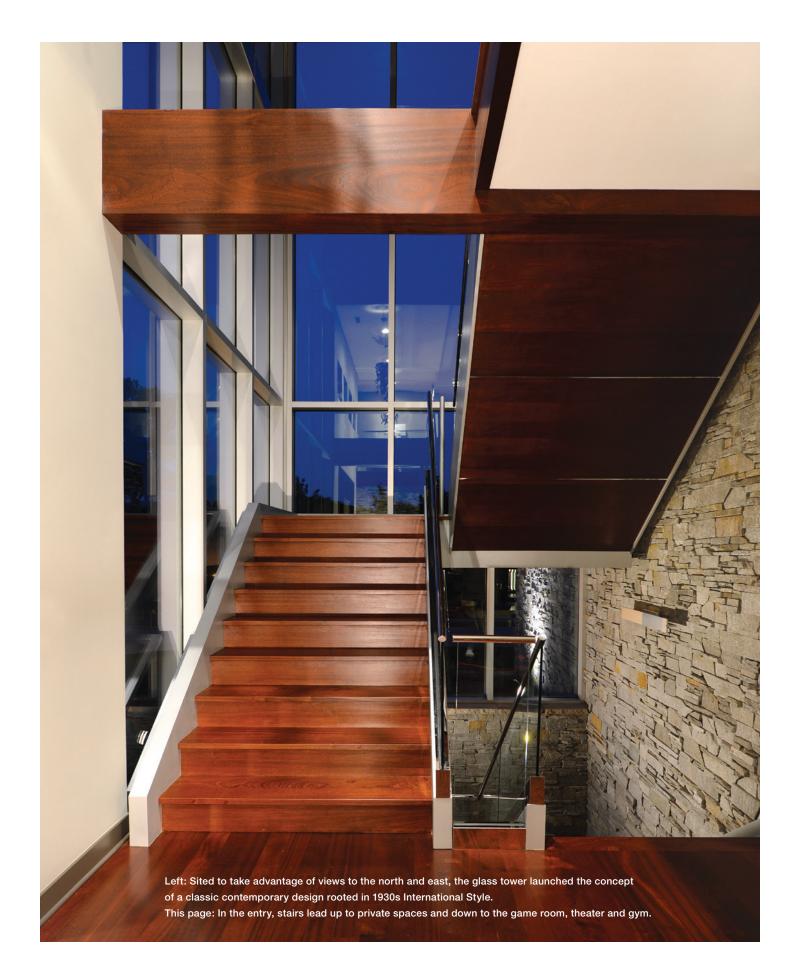




## MODERN SHOWCASE

A CONTEMPORARY GLASS TOWER, UNCLUTTERED SPACES AND AN INVITING OUTDOOR LIVING AREA DISTINGUISH THIS WEST DES MOINES HOME.

WRITTEN BY VICKI L. INGHAM PHOTOS BY DUANE TINKEY



he design for Rick Snyder's new home started with a conversation over coffee. He had built his first home, a traditional-style townhouse, in the Glen Oaks development in 2003. When he decided to build again in 2013, he wanted something different.

Noticing the houses that Steve

Dallenbach of Dallenbach Larson was constructing nearby, he introduced himself and they met at the country club to talk further. As the builder quizzed Snyder about his lifestyle and tastes, Dallenbach says, "the notion of a cube form came to mind." On some scraps of paper, he sketched a glass tower for the stairwell and floor plans for three levels. These proved to be the starting point for Snyder's new home.

Dallenbach introduced Snyder to architect Karl Chambers of Imprint Architects, and Snyder met interior designer Sheila Waller of Your Surroundings through



another referral. The three formed his "dream team." Working together, they created a 6,700-square-foot showplace of classic contemporary design.

Snyder travels extensively for his job as an investment banker at Wells Fargo, "so when I'm home, I like to be at home," he says. The house is tailor-made for either unwinding alone or entertaining friends. In addition to the dinner-party-friendly kitchen-dining-great room area and wine room on the main floor, Snyder has a home theater and a game room downstairs. In the back yard, an I-shaped

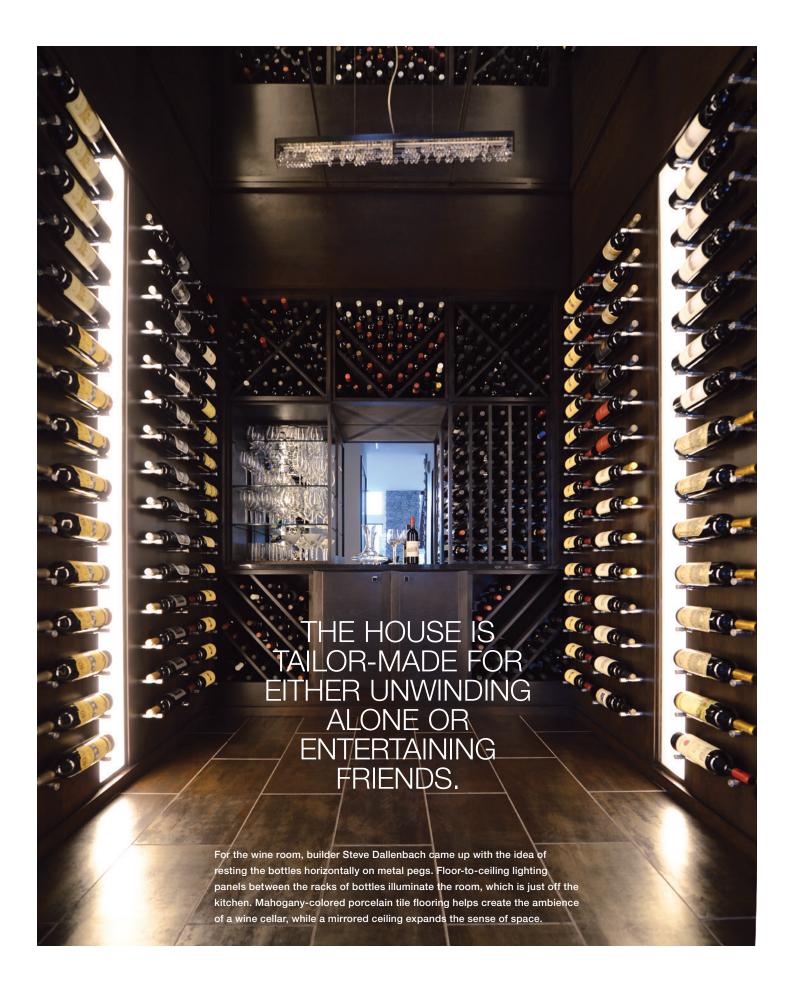
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Above: Homeowner Rick Synder says that although the interior designer took a less-is-better approach, "we were careful not to make it sterile."

Right: The master bedroom overlooks the great room and shares its east-facing view. Above the fireplace, painted glass panels project slightly from the wall, matched by mahogany panels edged with metal strips. The contrasting levels and materials create interest without being too busy or visually heavy.









kitchen, a flat-screen TV and 10 speakers for surroundsound music.

Snyder has a 3-year-old son, so the house needed to be welcoming for him too. "Even though we took the lessis-better approach," he says, "we were careful not to make it sterile."

To that end, Waller combined rich mahogany and gray stone to warm up the expanses of glass, tile, chrome added red accents.

A year after moving in, Snyder finds that he enjoys the uncluttered space. "I consider myself to be structured and traditional," he says. "This house is quite the opposite. I was a little nervous at the onset, but I am now a true believer in the contemporary design and couldn't be happier. I love coming back from a business trip and being home."

Tucked into the slope behind the house, a terrace with a fire pit and comfortable outdoor seating overlooks the saltwater pool. Snyder chose a saltwater system because it's gentler on the skin and eyes than chlorine, is safer to handle and requires less maintenance than chlorine systems.



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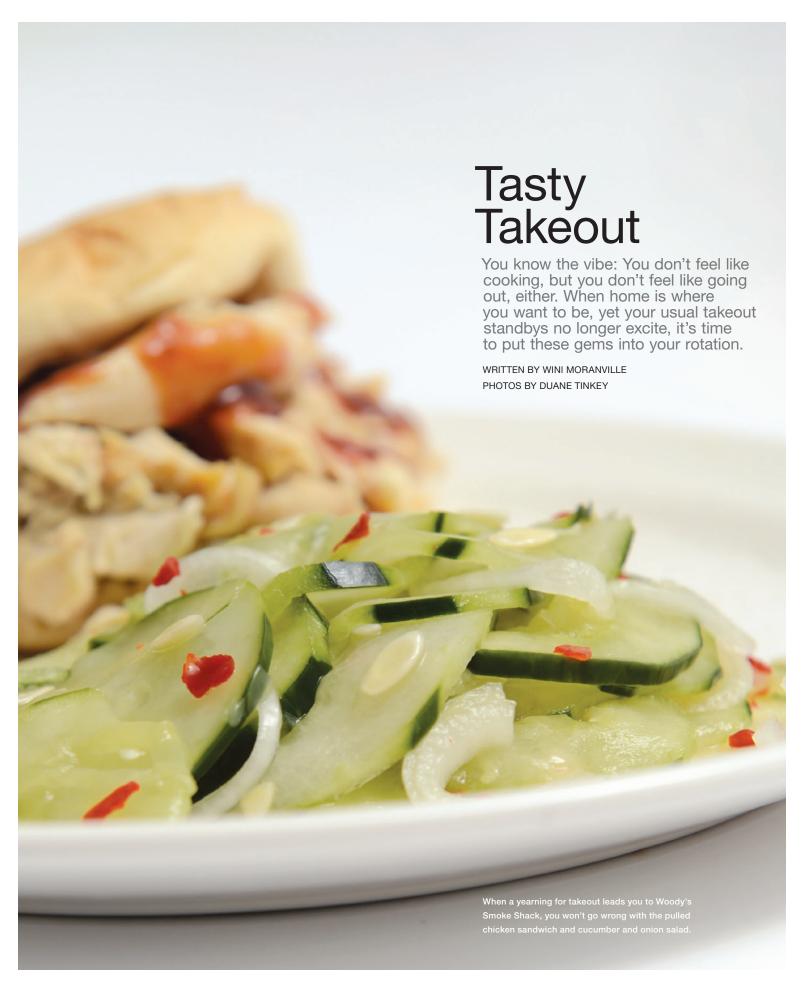
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#### Woody's Smoke Shack

True, there are plenty of places you can find barbecue to go in Des Moines, but Woody's has an edge for several reasons.

Of course, the barbecue is great; you can't go wrong with the baby-back ribs, which arrive subtly smoked, wonderfully moist and cloaked in a fascinating rub, which melts into a shiny, lightly sweet sheen. The pulled pork is succulent, but even more notable is that the pulled chicken tastes as flavorful as the pork.

Where Woody's pulls out from the pack, however, is through its folksy homemade sides, such as cucumbers and onions, cheesy jalapeño grits, broccoli-rice casserole, hot sweet apples, collard greens, baked sweet potatoes with marshmallows and cinnamon, and the restaurant's all-time best-seller, the cheesy potatoes (they move about 25 pans of this church-basement favorite a day, according to co-owner Cheryl Wasson).

Woody's also will steal your heart with its grandmotherly fruit crisps and homemade pies, including double-crust beauties like cherry and rhubarb or creamy delights such as key lime, banana cream or coconut.

In short, if you're craving a home-cooked meal, this is about as homey as you'll find—without cooking at home.

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#### The Grateful Chef

I rarely know at lunch what I'll be eating that night for dinner, but on Wednesday nights, I'm always certain I'm going to enjoy something fresh, eye-catching, greattasting—and effortless. That's because nearly every Wednesday night, I pick up my pre-ordered dinner from The Grateful Chef.

The chef behind The Grateful Chef is Brandy Lueders, who sells dinners every Wednesday night from the back door of the Wallace House in Sherman Hill. You order by Monday at noon and pick up between 4 and 6:30 p.m. on Wednesdays. Each week brings a rotating selection of two entrees, a salad and soup, and many options are (or can be made) vegetarian or vegan.

Most every dish evidences world-inspired, chef-driven qualities that you won't find in the average supermarket deli. My personal favorites include the turkey-spinach lasagna; chicken with Gorgonzola cream, dates and arugula; Mediterranean meatballs with tzatziki dipping sauce; and the cashew veggie korma.

Lueders takes great pride in the artful presentation of her food; everything always looks so lovingly wrought—not the usual takeout mishmash. Each dish has been prepared in advance and refrigerated. (Read: It hasn't been drying out on a buffet all day.) Most entrees take around 35 minutes to reheat in the oven; conveniently, that's just about enough time to enjoy a pre-dinner cocktail and ease into the evening.

756 16th St. 559.4952 thegratefulchefdsm.com



### Gateway Market's Rotisserie Chicken

I always like the idea of a supermarket rotisserie chicken, but I rarely love the actual product. Too often its flavorlessness undermines the convenience and value.

An admirable exception: the rotisserie chicken at Gateway Market. The vegetarian-fed birds hail from Gerber Amish Farms in Ohio, a network of 125 farmers who raise great-tasting chickens that are minimally processed and free of artificial additives.

Gateway puts its own spin on the birds with a variety of options, including citrus soy, lemon oregano, or—my new favorite—
Mexican street style. Pick up some sides, such as baked beans, mac and four cheeses, mashed potatoes, jalapeño creamed corn or the green beans amandine, and you've got a winner of a chicken dinner.

Another reason to choose Gateway Market: It's an all-in-one stop, where you can pick up your dinner, a bottle of wine and perhaps some flowers to apologize for cheating a bit when it was your turn to cook dinner.

2002 Woodland Ave. 243.1754 gatewaymarket.com

#### Aldi's Frozen Flatbreads

And then there are times when you just don't want to leave the house at all. That's when Aldi's "Specially Selected" frozen pizza-like flatbreads come to the rescue.

Can something so prefab actually be good? Yes! And if you don't believe me, listen to the chef—even Brandy Lueders (see page 144) is a fan of these. "We always keep a few of Aldi's flatbreads in the freezer for those nights when I have no desire to cook," she says. "We especially love the mushroom one. Paired with a salad, it makes a delicious, easy meal."

Indeed, the mushroom flatbread is one of my favorites too: An assortment of mushrooms tops the crisp, cracker-like crust, and crème fraîche adds a lightly tangy, irresistibly creamy quality.

Keep in mind, however, that the stores constantly switch up their inventory; something you fall in love with this week may be out of stock for a while (or for good). Yet in my experience, the West Des Moines Aldi generally always stocks at least one flatbread. I've also enjoyed the pepperoni and roasted garlic and the blue cheese and pear flatbreads.

Another tidbit I've gleaned: While Aldi carries quite a few brands that are unique to this chain, I've found that foods carrying the "Specially Selected" brand are best. Many items, such as their Specially Selected Medallion Noir Premium Swiss Biscuits, hail from Europe. These inexpensive, easy-to-enjoy delicacies can be surprisingly transporting at the end of "one of those days." ■

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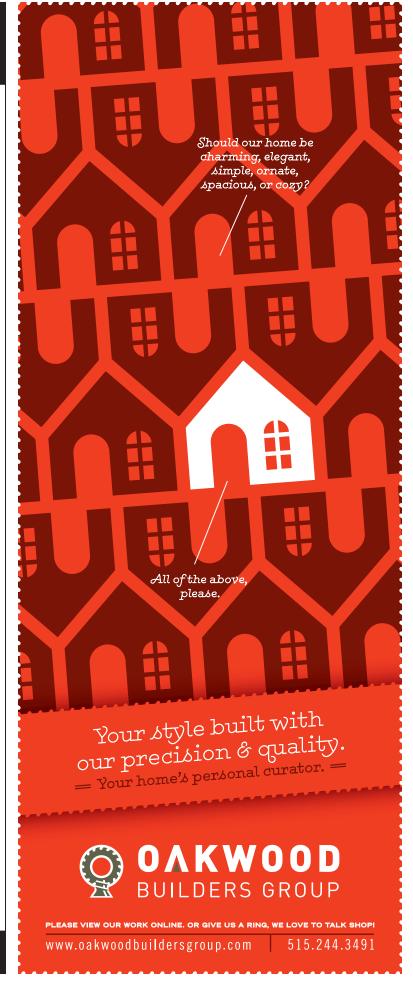
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Kara Walker, The Emancipation Approximation, 1999-2000, silkscreen, one of a portfolio of 27 prints each 44 x 34 inches.

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# RETHINKING MENTAL ILLNESS

Even if you don't struggle with a mental disorder, chances are someone you know does. In this special report, *dsm* examines the issue and how it's affecting our community.

STORIES BY BARBARA DIETRICH BOOSE PHOTOS BY BEN EASTER

#### INDEX:

- PAGE 150 Battling the stigma and understanding the challenges.
- PAGE 153 Individuals share their struggles with and successes in dealing with mental illness.
- PAGE 156 The effect of mental illness on families.
- PAGE 158 Getting and paying for mental health care.
- PAGE 160 An innovative program helps mentally ill offenders and saves money.
- PAGE 164 Defining mental illness.



ou know someone whose life has been touched by mental illness.

Maybe that person is like

Des Moines real-estate agent

Matthew Connolly, who spent a

decade plagued by delusions that

left him unable to go to school,

work or socialize. Or maybe she's a

colleague like Diane Ramsey, whose bout of crippling depression kept her out of the office for nine weeks. Or perhaps she's a neighbor like Teresa Bomhoff, whose family members' struggles with mental illness frightened, isolated and eventually motivated her to speak out.

One in four adults—approximately 57.7 million Americans, 560,000 lowans and 120,000 people in Greater Des Moines—experience a mental health disorder in a given year. Mental illnesses affect all age groups, ethnicities, and social and economic classes.

"Nobody can escape from mental illness. Each and every family will experience it at some point," says Adnan lqbal, M.D., department chair of behavioral health at Broadlawns Medical Center, one of the region's largest mental health providers. "People shouldn't think of it as someone else's problem."

Indeed, the effects of untreated mental disorders can affect society in tragic ways: The crash of Germanwings Flight 9525, for example, and the mass shooting at Sandy Hook Elementary School in Newtown, Conn., among other tragedies.

Yet, the negative perceptions attached to mental illness mean the issue is still often ignored, and funding for treatment options is often inadequate. While many health care providers and mental health advocates emphasize that mental disorders are real biological health conditions, like cancer and diabetes, the stigma persists.

#### **NOT A CHOICE**

"It's hard in this country to get away from the attitude that mental illness is a person's fault, but we've learned a lot about childhood traumas, genetics and other conditions and their impact on health," says Bery Engebretsen, M.D., medical director of Primary Health Care. "It's not something people choose."

Darrin Zitterich lives with that reality every day. Growing up in northwest Iowa, Zitterich was 8 when his parents first had him evaluated at the Cherokee Mental Health Institute, but he wasn't diagnosed until years later. By that time, he was a rage-filled runaway, using cocaine, methamphetamine and other hard drugs.

With drugs, "you think you're going to run away from your problems," but you can't, he says. "Doing drugs was my way of dealing with all the anger."

Though grateful now to be in treatment, Zitterich and his wife, Dixie, are frustrated by the search to find the right mix of medications to control his bipolar disorder, schizophrenia and anxiety, he says: "People make fun of mentally ill people because they have not walked in our shoes. You think you've had a rough life? Try being in my head for a day."

#### **NEED FOR SERVICES**

The Centers for Disease Control and Prevention estimate that only 38 percent of those needing mental health treatment receive appropriate services. According to the National Alliance on Mental Illness (NAMI) Greater Des Moines, Iowa ranks 44th in the nation for mental health workforce availability, 46th for the number of psychologists and 47th for the number of psychiatrists and number of acute care beds for persons with mental illness.

"There is this magical thinking going on that if we don't provide mental health services, the problem will just go away," says Janice Landy, M.D., section chief of behavioral health at Broadlawns. "But as with all things in medicine, early diagnosis and treatment of people with mental illnesses are critically important and more cost-effective than sending them to emergency rooms and jails."

On average, according to Broadlawns, a person in Polk County waits 120 days to be able to access mental health care services. The medical center's 30 beds for inpatient





mental health services and the 20 beds in its two community homes are full virtually 24/7; its mental health staff provides nearly 47,000 clinic visits and 15,000 community-based visits annually.

Broadlawns is working to raise \$37 million in state and private funding and operational savings to expand its inpatient and outpatient mental health facilities and services and create a psychiatric residency program (the state has one such program, at the University of Iowa Hospitals and Clinics). "Expanded facilities would enable us to take care of more patients, offer more services and recruit more psychiatrists to the area," says Jody Jenner, Broadlawns chief executive officer. "The needs exist."

Teresa Bomhoff, president of NAMI Greater Des Moines and an ardent lobbyist at the Iowa Capitol when the General Assembly is in session, praises entities like Broadlawns for increasing beds and services for mentally ill patients. But she questions why the state is decreasing beds at its four mental health institutions. She's upset that Iowa is seeking to turn the administration of its \$4.2 billion Medicaid program, which provides health insurance to about 500,000 lowans, to for-profit managed care companies.

"The goal is to cut costs, but you can't do that without cutting some people out of services," she says. "I also tell legislators that when they don't support a long-term funding formula, it prevents counties and communities from building long-term services. But we need to get people into treatment earlier and give them wrap-around services to help them gain control of their illness. We'll never get ahead of that without a mental health system, not just services. We are where treatment for cancer was 30 years ago."

That only steels Bomhoff's commitment to the cause. She points to the statements on the NAMI Greater Des Moines brochure: "You are not alone. The illness is not your fault. Never give up hope."

#### MEETING THE CHALLENGES OF MENTAL ILLNESS

#### **MATTHEW CONNOLLY**

Living With Schizophrenia

Matthew Connolly is an affable 41-year-old with an easygoing frankness and a ready laugh, including at himself. Hanging out at a local coffee shop after a morning jog, he mentions that he and his wife, Jodi, recently celebrated their eight-year anniversary and speaks lovingly of their two preschool children. He makes plans with friends to "play hooky" at that afternoon's Principal Charity Classic golf tournament. You briefly find yourself wishing you could join them, because you're pretty sure it would be a fun group.

What is harder to fathom is the Matthew Connolly of 20 years ago, the Beaverdale native and Dowling Catholic High School graduate who dropped out of the University of Iowa and roamed from San Diego to Memphis to Atlanta before ending up back in Des Moines, living at the YMCA.

"No one would put me up anymore. I couldn't hold down a job, couldn't go to school. I didn't have a dollar to my name," he says. "Most of my friends were living under the bridge, because they'd used up their time at the Y."

Connolly hit rock bottom after getting into a fight that landed him in jail and then in a confined inpatient unit at Broadlawns, where he "didn't know right from wrong, up from down, left from right." His psychiatrist advised he get treatment at the University of Iowa Hospitals and Clinics. "That thankfully was the best two weeks that happened to me ... because that's where I was diagnosed and started to make a little bit of a turn for the first time," he says.

His diagnosis, issued 10 years after its onset, was schizophrenia, a chronic, severe and sometimes disabling brain disorder that affects about 3.19 million Americans, or just over 1 percent of the population. People with the disorder may hear voices, believe others are trying to hurt or control them, or suffer from other delusions. Connolly

recalls having intense conversations with people on television or, while he was driving in his car, who were walking on the sidewalk. He also experienced olfactory hallucinations, or smelling things that weren't there.

"I looked up schizophrenia on the NAMI (National Alliance on Mental Illness) website, and sure enough as I'm reading all these symptoms, I'm like 'yep, yep, yep.' I was a believer then," he says. "If there's a lesson to be learned, it's that no one starts to heal unless they have insights into their illness. You have to know, you have to believe that all the signs are there, that you're sick. You have to understand that you have diabetes or cancer or a mental illness."

Connolly got to that point during a group therapy session in Broadlawns' basement. "We were sitting in a circle and I thought one of the guys was doing flips up on the ceiling of the room," he recalls. "And then all of a sudden I thought to myself, 'I bet he is *not* doing flips off the ceiling.' That was the first time I questioned my delusions."

Less than a year later, Connolly was symptom-free and working as a foreman at his father's company, Tom Connolly Homes. Now a real estate agent and "green builder" who serves on the NAMI Greater Des Moines board, he emphasizes the importance of what he calls "five pillars of support": psychiatry and medications; therapists; his social worker; NAMI and other community supports; and family and friends. He also recently began working with a life coach.

"I'm goal-oriented, career-focused and money-driven a little bit, so it's fun to review my goals. It keeps me grounded," he says. He also speaks openly about his illness to groups and to individuals also struggling with mental disorders.

"My No. 1 goal is to show people that recovery from mental illness is totally possible. Have hope," he says. "The stigma has to go away; it's an illness. I'm still going to have a successful family life; I'm going to be a great dad and a great husband and be successful in my career regardless of what people think of what I am."

#### **DIANE RAMSEY**

**Overcoming Depression** 

When clinical depression forced Diane Ramsey to take a nine-week leave of absence from her managerial job, a colleague was convinced she had been on a reality TV program.

"When I came back, one of my direct reports said, 'I'm dying to know—were you a contestant on 'Survivor'? It was ironic. I thought, 'Yes, I am a survivor,' " says Ramsey, who then was a manager with Alliant Energy in Cedar Rapids and now is CEO of Iowa Women Lead Change (IWLC). "The company was so supportive of me in getting healthy and also respectful of my privacy."

She is grateful for her employer's discretion, but pressures at work likely triggered her depression. "We were going through a significant reorganization. I had to reduce my team by 40 percent; there was a lot of turmoil," she recalls. "That can be very emotionally draining, especially if you internalize it. Plus I was continuing to push myself."

Ramsey was serving in volunteer roles as well, adding to her stress. She lost interest in weekend entertaining in her home, which she had loved. "I knew I was not myself. I needed someone to intervene on my behalf," she says. She checked into a local emergency room, where a physician connected her to a psychiatrist who she says saved her life. She was hospitalized for treatment that included several shock therapy sessions and medication. The experience, she says, changed her.

"Certainly it gave me an appreciation and empathy for others with these issues and for how debilitating they can be," she says. "It slowed me down a little bit and caused me to really think about my priorities."

Ramsey, who had no episodes before her depression and has had none in the 11 years since, credits her "very strong network" of family and friends and her current role with IWLC for giving her a positive purpose. "It's absolutely made a difference in how I want to focus my life," she says.

But she hasn't forgotten the lessons she gained from her depression: "Depression and mental illness are still not something people talk about. I'm doing so because I want people to understand it does not have to define you."



#### **BEN EASTER**

Managing OCD

Des Moines photographer Ben Easter says he's always been a perfectionist. His high school class notes were color-coded, detailed with diagrams and revered by his teachers. In his early career as an actor, in movies such as "Pearl Harbor," he researched his roles, studied acting techniques and learned how to chart a character's emotional development.

As a preteen, however, his perfectionism had become extreme. "I was making my bed three times a day, but then I would sleep on the floor because I didn't want to mess it up," he says. "I remember feeling out of control. It was ridiculous, and I knew it was ridiculous."

When his parents decided to seek help for their son, Easter was ready. A therapist suggested he read the book "The Boy Who Couldn't Stop Washing" by psychiatrist Judith Rapoport, who drew upon the experiences of her patients with obsessive-compulsive disorder (OCD) to explore the cleaning, counting, washing, checking and other "pointless rituals" that cripple up to 6 million Americans who have the disorder.

"I remember feeling such relief and gaining a perspective on what it was all about," says Easter, now 36. "I also realized I was really lucky that I didn't have it to the degree that other people have it."

The medication he was prescribed, he says, "was not effective for me—it numbed me out." What worked better was learning to think about and react to daily situations in ways that defused his feelings of being out of control. He also gained a lifelong love of yoga, which helps him maintain mind-body balance.

"Now I don't obsess about things," he says. "When I feel scatterbrained or start to feel anxiety, I know what works for me. I go to yoga, move my body, focus on my breath and then let go."

Though Easter had a negative experience with medication for OCD, he's clear that isn't the case for everyone: "There are people for whom obsessive-compulsive disorder is not going to be a phase. I don't want people to think that I think you can just do yoga and be OK."

Easter-who took the photos in this story, including his

self-portrait—calls photography his "other yoga." His approach is influenced by years of being on film sets and working with directors. When the people he's photographing are nervous, he shares lessons from coping with OCD. "When you are having anxiety about something, if you try to control it and stop it, usually that emotion will win. If you just breathe into it and embrace it, it will go away," he says. "And any honest emotion is beautiful to see in a photograph."

#### THE EFFECT ON FAMILIES

he stigma of mental illness was painfully, palpably evident at a recent National Alliance on Mental Illness (NAMI) support group meeting for family members. Participants described how their mentally ill loved ones experience "chilling social discrimination," shame and humiliation that make seeking and navigating treatment extraordinarily difficult.

"As soon as my son was diagnosed, one by one his friends went away," said one mother. "It breaks your heart to see their social life disappear."

Parents also worry about having their child labeled as needing special education or themselves labeled as unfit. "Anxiety, guilt, fear and grief affect families. They face the mental wear and tear of helping their child manage and also the fear of telling anyone about it," says Anne Starr, chief executive officer of Orchard Place, a Des Moines-based organization that serves youths who have mental health and behavioral challenges.

"Parents worry, 'Did I do this to my child? Will others think I'm a bad parent? Am I a bad parent?' " she adds. "For families of children with cancer, we would support them, hold fundraisers for them. But parents of children with mental illnesses often don't get the same kind of sympathy. Yet (mental illness) is every bit as lifethreatening, draining and stressful."

Also stressful is finding the right help for a mentally ill loved one. Jeffrey Means, Ph.D., a retired Des Moines University associate professor and psychotherapist, counseled suicidal and self-harming clients for years. But when his son Tim began to suffer deep emotional stress, it



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introduced him in a very personal way to "the stresses and strains faced by families who struggle to support a family member with mental illness, and to a medical system illformed, and in many ways ill-equipped, to bring hope and healing to patients and their families," he says.

Means says forging trusting, collaborative relationships with care providers is critical to people with mental illnesses, something Tim was unable to do. The family sought various treatment approaches, even hospitalizing him in Houston's inpatient Menninger Clinic for about six weeks. Sadly, he took his own life in 2014.

"Tim was left with a sense he had become someone who was antithetical to all he believed in and held dear. The chasm between what used to be and what now was the case was too vast and insurmountable," Means says. "He felt very much like he was a burden to others."

Even figuring out where to start looking for treatment options can be overwhelming. When Kyle and Dan Riley of Elko, Minn., noticed their 17-year-old son Michael exhibiting signs of depression, obsessive-compulsiveness and occasional aggression, they found themselves on a "roller coaster" of consulting "all kinds of doctors and diagnoses," Kyle Riley says.

The family tried a daily treatment program and weekly home counseling sessions but eventually resorted to hospitalizing Michael for more than three months. During that time, the Rileys called facilities around the state and even the nation to find a residential program for their son. The fact Michael has type 1 diabetes was a deal-breaker for most. Finally, they got a call from Orchard Place in Des Moines. Diagnosed with bipolar disorder, Michael stayed in Orchard Place's residential treatment facility from early February through early June.

"It's scary to leave your child, but Orchard Place is great," Kyle says. "The staff provided great care to Michael, and his doctor right away saw him as a good kid who had a lot of scary things going on."

Members of Teresa Bomhoff's family began experiencing mental health issues around the time in 1999 that Dr. David Satcher issued the first-ever U.S. surgeon general's report on mental health. Based on reviews of more than 3,000 research articles, plus first-person

accounts by people afflicted with mental disorders, the report stated that mental health is fundamental to health, and mental disorders are real health conditions.

"I thought, 'Great, it's being acknowledged at the surgeon general's level,' "Bomhoff says. "I was wrong."

After 15 years of dealing with mental illness personally and advocating publicly for its sufferers, there is a weariness about Bomhoff, but don't mistake that for weakness. The president of the National Alliance on Mental Illness (NAMI) Greater Des Moines facilitates the organization's support groups and frequently gives presentations on mental illness.

"At the time close members of my family became ill, I didn't really know anything about mental illness," she says. "I was disappointed that both medical and mental health professionals didn't have the time to sit down and talk with me about what was going on, what would happen and how to cope with it. It was very isolating."

Bomhoff learned about NAMI's 12-week "family to family" support class and decided to attend. "The class addressed my questions and also questions I didn't even know to ask," she says. "It was such a relief to know mental illness is a biological issue, a medical illness, and the behavioral aspects are symptoms. It's not an intentional thing on the part of the person who's ill, so there's no one to blame. That gave me the tools to cope day to day with what my loved ones were going through."

#### GETTING AND PAYING FOR CARE

n 2014, the state of lowa changed how it delivers mental health services, moving from a county-based system to one consisting of 15 regions that range from one to 22 counties each. Polk County is its own region. Services are funded by a variety of sources, including private pay, health insurance, and state and federal funding.

Nationally, the Affordable Care Act (ACA) expanded coverage of mental health and substance abuse services by requiring that most individual and small-employer health insurance plans, including all plans offered through the act's health insurance marketplace, cover such services.





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The act prohibits health plans from denying coverage for pre-existing conditions, including mental illnesses.

Despite such victories for those with mental illness, they still face difficulty and discrimination in getting care. According to a recent survey by the National Alliance on Mental Illness (NAMI) of 2,720 individuals with mental illness and their family members, nearly a third of the respondents were denied authorization by insurance companies for mental health and substance abuse care. For ACA plans, denials were nearly twice the rate of other medical care. In addition, barriers exist for coverage of mental health medications, including high co-pays, deductibles and out-of-pocket costs.

In Central Iowa, Polk County Health Services oversees a local network of organizations that provides services to adults with mental illnesses and developmental disabilities, including treatment, employment opportunities and community living support. Services are funded by federal, state and local sources, including a county property tax that generated \$14 million annually when it was first levied in the late 1990s, the same amount it provides today.

"It's not possible to allocate adequate resources toward mental health," says Polk County Supervisor Robert Brownell. "While our delivery of services in Polk County is really good, it's almost a two-edged sword, a matter of 'build it and they will come.' The better job we do, the more demand there will be, which will be hard to meet if we have to stay at 1998 funding levels."

Both the lack of funding and lower reimbursement rates for mental health care contribute to the biggest barrier to mental health services, the NAMI survey and local advocates assert: the severe shortage of mental health providers.

"lowa has a public health crisis in the status of its mental health and disability workforce," says Teresa Bomhoff, president of NAMI Greater Des Moines. "Best practices in mental health care only work if there's enough money and enough qualified workforce to support the needs in the system. Iowa has neither."

When resources are available, those practices work. For example, Eyerly Ball, a nonprofit provider of mental health services in Central Iowa, works with police to deploy a

mobile crisis response team to calls involving mental health concerns. Team members provide at-the-scene assessments and, as long as the person isn't dangerous to himself or to others, they work to connect him to appropriate services rather than send him to the emergency room or jail.

Torry Simmons, R.N., assistant director of crisis services with Eyerly Ball, says of the 1,800 calls the team responds to in Polk County each year, fewer than a third result in hospitalization and fewer than 1 percent in jail time. "Mental illness is not a crime; it's an illness," she says.

William Walker also works to provide therapy and access to other services to people with mental illnesses before their situations spiral downward. An outreach social worker and mental health therapist with Primary Health Care, a nonprofit community health center, he spends every Thursday at Central Iowa Shelter and Services, providing talk therapy to clients with mental illnesses.

"I try to help them dig back and dig deep on what got their stressors started, listen to their goals and help them realize what they can do themselves to reach them," Walker says. "Often, if we can give them services early and hit that hard, we can break them out of the struggles that are holding them back."

#### INNOVATIVE PROGRAM HELPS OFFENDERS, SAVES MONEY

bout 10 years ago, professionals involved in the Central Iowa judiciary, law enforcement, corrections system and mental health services realized "we all were seeing the same people," says David Higdon, a program planner for treatment and prevention with Polk County Health Services. "We saw that mental health treatment and the criminal justice system overlap sometimes."

That's true nationwide: According to the U.S. Justice Department, more than half of all inmates have a mental health problem. But jails and prisons are costly, ineffective places for people to manage mental disorders. Once they are incarcerated, people with mental illnesses tend to stay longer in jail and are at higher risk of re-arrest than other

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individuals. In many cases, available resources do little or nothing to assist in their treatment and recovery.

One exception is an innovative mental health jail diversion program in Polk County, launched in 2008. The program helps people with mental illnesses who are arrested get the services they need and, when appropriate, reduce or avoid incarceration.

"If we do the right kinds of diversion program, it's good for public safety, it's good for the people affected, and it saves money," Higdon says. "But we know we've got to do it right. We aren't hug-a-thug people."

Here's how the program works: Every morning, anyone arrested in Polk County within the past 24 hours appears before a judge. Tim Larson, team lead for the program, scours a database to determine whether those individuals have used the mental health services of Broadlawns Medical Center or Eyerly Ball, which provides adult mental health outpatient treatment and supported residential services. If they have used services or if they demonstrate a need for mental health services during their arrest or intake assessment, Larson accompanies them to their appearance before the judge.

"That lets me be a support person and also is a cue to the judge that this person is having mental health issues," he says. After those individuals are released from jail, two case managers keep them connected with mental health and community living services.

The program saves money: From July 1, 2013, through June 30, 2014, the program cost \$121,000 but is estimated to have saved \$321,000 by reducing subsequent jail days among individuals who were already in the mental health care system when they were booked. It saved an additional \$91,620 in reduced jail days among people who are connected to mental health services for the first time.

#### **HELP FOR VETERANS**

Earlier this year, the mental health jail diversion program expanded by connecting incarcerated veterans to services offered by the Polk County Veterans Affairs Office. These individuals meet with staff members who refer them to needed services and make sure they receive VA benefits.

Michael Mortensen, one of four veteran service officers in the Polk County office and a veteran who served two tours in Iraq and a year at Guantanamo Bay, previously worked in the county sheriff's department, where he began tracking veterans who came through the jail.

"We saw a huge need—six or seven veterans per day," he says. "We've been at war more than 12 years. We owe services back to our veterans. Plus, people need to know the impact of failing to serve veterans has on our economy and judicial system."

From Feb. 22, 2015, through June 10, 2015, the program assisted 383 veterans. Staffed and funded with existing resources, the program has raised awareness among veterans of the services available to them.

"It's very hard to get veterans to talk about their mental disease. With this program, I can go to their cell door and talk with them," Mortensen says. "We focus on getting them service-connected."

#### **PILOT PROGRAM**

Another component of the Polk County jail diversion program is a pilot program launched in 2013 with the lowa Prescription Drug Corp. (IPDC), a nonprofit entity that provides prescription medications to lowans who can't afford them. In the pilot, people who need behavioral health medications who are released from jail can receive primary care services and up to 90 days' worth of those medications at no cost.

"Making sure they get those medications is turning out to be a low-cost approach to reducing recidivism, says IPDC Executive Director Jon-Michael Rosmann.

From March 2013 through October 2014, of the 306 people incarcerated at the Polk County Jail who participated in the medication program, 115, or 37.6 percent, re-offended, compared with a recidivism rate of 71 percent of nonparticipating offenders with behavioral health disorders.

Now supported through the lowa attorney general's office, the program is "better for the patient, better for their families, cheaper for the jail and cheaper for the county," Rosmann says. "It's a win-win-win for all stakeholders and simply the right thing to do."



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#### **WHAT IS MENTAL ILLNESS?**

The American Psychiatric Association defines mental disorders as major disturbances in an individual's thinking, feelings or behavior that reflect problems in mental function. They are grouped on the basis of their symptoms and when they first appear in life. General categories of mental disorders include the following:

- Anxiety disorders cause people to respond to certain objects or situations with fear and dread. These disorders can include obsessivecompulsive disorder, panic disorders, phobias and post-traumatic stress disorders.
- Behavioral disorders, such as attention deficit hyperactivity disorder, involve a pattern of disruptive behaviors in children that last for at least six months and cause problems in school, at home and in social situations.
- Eating disorders, including anorexia, bulimia and binge eating, involve extreme emotions, attitudes and behaviors involving weight and food.
- Mood disorders, including depression, bipolar disorder and seasonal affective disorder, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuating between extreme happiness and extreme sadness.
- Personality disorders cause extreme and inflexible personality traits that may cause problems at work, in school or in social relationships.
- Psychotic disorders such as schizophrenia bring about a range of symptoms, including hallucinations and delusions.

#### THE COST OF MENTAL ILLNESS

The National Institute of Mental Health conservatively estimates the total cost associated with serious mental illness, defined as those disorders that are severely debilitating and affect about 6 percent of the adult population, to be over \$300 billion per year in disability benefits, health care expenditures and loss of earnings. World Health Organization researchers ranked depression the most costly health condition and predicted it will become the second leading cause of disability worldwide in the next five years.

#### BY THE NUMBERS

You likely know multiple people whose lives have been touched by mental illness. Consider:

- About 1 in 10 children lives with a serious mental or emotional disorder.
- Approximately 90 percent of the 34,000 suicides committed in America per year are related to mental illness.
- The U.S. Department of Veterans
   Affairs estimates that post-traumatic
   stress disorder afflicts almost
   31 percent of Vietnam War veterans,
   20 percent of Iraq War veterans and
   approximately 10 percent of veterans
   of wars in the Persian Gulf and
   Afghanistan.
- Around 40 percent of the individuals incarcerated at the Polk County Jail are on psychotropic medications, used to treat symptoms of mental illnesses. About a third of the people who utilize Central Iowa Shelter and Services have a diagnosed mental illness, and likely many others have yet to be diagnosed.

There's reason for hope, however:
According to the National Alliance on
Mental Illness, between 70 and
90 percent of individuals have
significant reduction of symptoms and
improved quality of life with a
combination of pharmacological and
psychosocial treatments and supports.
Early diagnosis and treatment are key.

#### **ADVOCATING FOR BROADLAWNS**

A unique advocacy group is helping raise money for Broadlawns Medical Center. Formed in 2011 by Johnny Danos and Connie Wimer, Broadlawns Advocate Circle has raised about \$5.7 million of its \$10 million goal to support the center's \$37 million expansion of its mental health facilities and services.

In addition, the group is serving as a way to train young professionals to be the next generation of philanthropic leaders. Eight established community leaders, including Charlotte Hubbell, Doug Reichardt and Mary O'Keefe, serve as mentors, and 19 young professionals are the mentees.

Jonathan Brendemuehl, corporate communications manager for Bankers Trust and one of the mentees, says it was "easy to say yes" when he was asked to be a part of the Advocate Circle because "the stigma surrounding mental health and treatment baffles me. ... Broadlawns provides critical mental health services, and it's exciting to work on a campaign that will enhance these services."

The opportunity to learn from the group's mentors also attracted him, he says: "Advocating for improved access to quality care alongside some of our community's most prolific leaders and philanthropists has been an incredibly rewarding experience."

For more information, go to BroadlawnsFoundationAdvocateCircle. com. ■











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# Help for Your Aging Loved Ones



#### THERE WILL BE CHANGES IN YOUR LOVED ONE'S ABILITY AS THEY MOVE THROUGH THE AGING PROCESS. DENIAL OF THOSE CHANGES WILL ONLY CAUSE A GREATER LEARNING CURVE LATER. 33

Lyn Hilgenberg, administrator of the soon to be opened Adult Day Center at Luther Park Campus

By Kelly Roberson

ry as we might, we can't escape this essential fact: We will all age. Some of us will face more challenges than others. And all of us will likely have to help a loved one—parent, friend, spouse, partner—manage living at home, or a move to a facility.

But whatever the specifics, the change in the demographics of the state and the nation will affect us all: Every year until 2030, about 4 million Baby Boomers will retire, and people age 55 to 65 are the fastest-growing segment of the population. Globally by 2060, 25 percent of the population with be over the age of 65; by 2030 one in five Americans is projected to be 65 and over.

In Iowa, many of those people may relocate—sometimes to urban areas—to be closer to loved ones. Their care will have an impact on families and locales, hospitals and health care workers. According to one study, 55 percent of people in their elderly years will use home care of some sort. How we as a population are able and willing to take care of them will say much about the future for us all.

There are ways that you can help prepare yourself and your loved ones, and insights that experts in Iowa have about how to choose care that helps maintain the quality of life.

#### What are the options?

One of the bigger obstacles is realizing that age does have a direct effect—no matter how healthy a person is. "There will be changes in your loved one's ability as they move through the aging process," says Lyn Hilgenberg, administrator of the soon to be opened Adult Day Center at Luther Park Campus. "Denial of those changes will only cause a greater learning curve later."

That learning curve includes understanding what care can look like for an aging loved one. Most people are familiar with a traditional nursing home, but they may not be aware that housing options for the aged run the gamut—called a continuum of care—and more are evolving every year. In general, you'll find more options in an urban area than rural, but may encounter ...

- Home care: These private-duty services provide health care professionals who come into a home for anywhere from 15-minute chunks to round-the-clock care that could include transportation, therapy and meals. In general, the skill set of the client will be matched with the caregiver to meet any needs. "We offer care wherever they need it," says Stephanie Bishop, director of our ExtraCare Services for HCI. "That's the benefit of being able to provide those services—people can age in place and can pick the people they want to serve them."
- Adult day care. This may include special services such as dementia care.

- Assisted living. This can be a range of options, from mostly independent apartments to catered living (help here and there) and assisted living (help every).
- Traditional nursing homes/long-term care: Many of these are evolving to become more rehabilitative and end of life or hospice care, says Janet Simpson, executive director of Edgewater, a WesleyLife Community for Healthy Living in West Des Moines.

Any chronic conditions must also be taken into account. "These conditions will continue to worsen over time," says Hilgenberg. "They need to be prepared for the direction the disease may take."

#### What should we do first?

Experts have seen it time and again: For the most part, people don't have conversations about quality of life, care, budget and other factors until there's a crisis, when choices are less obvious and time more crucial. "Most people are not comfortable having that conversation early on," says Simpson. "I encourage them to bring it up well before the person is even thinking about it. Have that plan or talk about it when they are really young and have no health conditions."

Another time to start a conversation is if you begin to notice those small changes in habits or loss. "Quite often they don't want to talk about it because they are frightened about not being able to perform those tasks," says Bishop. "They aren't going to come to you and tell you—you have to bring it to them."

So the No. 1 rule is: Have the conversation. Now. Today. As soon as you can. Then, do your research. Think about:

- Location. Proximity can determine how quickly loved ones can visit or assist if need be. You should also research what is closest to vour loved one.
- Referrals. Reach out, says Bishop, to your inner circle. "It's most likely that someone you know has been in that situation," she says. "More often when you're talking to someone you know, you'd be surprised that they may have been in the same situation."
- Services. Some people choose the only option they have for the present without thinking about what they will need in the future, says Simpson. Ask about the network of services, such as in-home and assisted living, too.
- Staff. Retention of staff can offer clues about the facility or service. You should also visit at different times and be welcomed.
- Institutional versus choice. A menu of options—for meals or activities, for example—can help loved ones feel more independent even as they relinquish certain other aspects of their lives.

- Ownership/financial stability. "Places can be bought and sold, owners can be out of state and not have a strong affinity for a particular community," says Simpson. "It doesn't mean the workers don't. But I tell visitors that the fixtures and furnishings can come and go, but the people that work here, how you are greeted—that's what's more important than what the building looks like."
- Local services. You can layer in what's available where you live, suggests Hilgenberg. "When they are used to allowing others to assist in simple ways around their current residence—lawn and garden work, pharmacy-delivered medications that are already prepackaged, a home health aide to assist with help around the home, Meals on Wheels—this allows the family better observation into what is really needed for their loved one's care," she says.

In addition, you and your loved ones must share information on options and costs, says Hilgenberg.

That includes:

- Reviewing finances and assets.
- Updating any legal documents, including wills, power of attorney (medical and financial), and trusts.
- Budgets. Choices and costs as well as savings and insurance options will help guide many decisions.
- Additional funding sources such as Medicaid or the VA Aid and Attendance benefits.

#### How do you smooth the transition?

Giving up full independence—even if it only means an in-home visit once a day—can be difficult for someone who was once fully independent. The key is to ensure that your loved one still feels as if he or she has choices and is involved in decisions, says Simpson. Involve him or her and go one step at a time—choosing furniture, for example, gently transitioning to transportation services versus yanking the car keys.

And getting the loved one to visit a facility or meet a caregiver, as well as talk to others who have successfully moved to care of some sort, is key. "You need to help them resolve the fears of the unknown," says Bishop. "Take them on a tour of a facility when having activities or meals, and allow them to see interaction between residents and staff and get a feel for that place."

Many health care services and facilities also have transitional services, says Hilgenberg, to help with many of the details—sales and packing, for example. "In a perfect world, I would recommend the move to the fresh new environment and then deal with any followup items that might be needed such as sales of property or home," she says. "Then the stress of the move won't ruin the loved one's perspective toward the new environment."



#### When does a loved one need care?

Losing your keys? We've all done it. Forget a word? Happens all the time. But for someone who is aging, apparent struggles with memory or wordfinding—particularly for common objects—should trigger alarm bells, as should social isolation.

Many people also attribute falls to aging, but falls should not be considered a normal part of getting old. "If you are healthy and active and do not have a chronic health condition, falling is not normal," says Janet. In fact, what a fall might indicate is another condition, such as poor nutrition.

Food, in fact, is a good clue as to how well a loved one is caring for himself or herself. "You're going to watch for maybe they don't seem as tidy in personal care, that maybe they were particular about things, and aren't anymore, that food is left out or not moving through the home," says Stephanie.

There are also a variety of assessments that health care professionals utilize, says Lyn, including an eight-question survey created by Dr. John Bowling. It evaluates these core ideas:

- Family support
- Mobility
- Memory
- Medical, including directions and prescriptions
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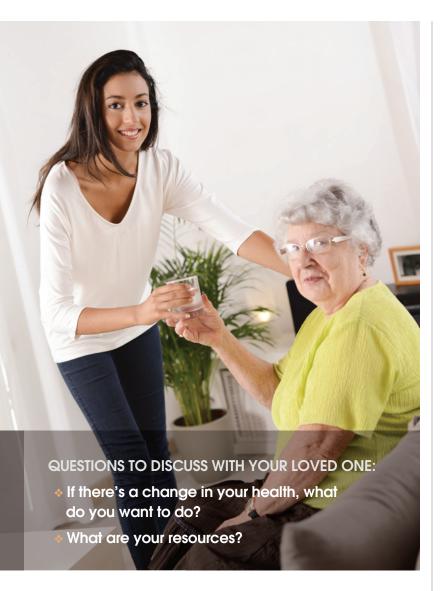
"Aging well for myself and my family begins with self-awareness and prioritizing. There are so many things touted to slow or improve the aging process that one can quickly become overwhelmed. I try to identify one or two things to concentrate my

efforts on to age well such as eating more fruits and vegetables to wearing sunscreen daily. Once I have instilled those habits into my daily routine I identify my next priority to focus on. This leads to gradual, but sustained, improvements rather than "quick fixes" that are not effective and quickly forgotten."

CODY A. KOCH, MD, PHD



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#### How do you evaluate care?

Don't expect any care—in home or a facility—to be completely seamless. "I caution family from rushing to the conclusion that the new environment is a bad fit. It can take six to eight weeks for adjustment," says Hilgenberg. "The more you can keep in communication with your loved one and the community, the more accurate the conclusion."

So ask for a list of activities—even for in-home care—as well as menus or meals. Get on any mailing lists you can and use those as points of discussion with loved ones. Be patient, vigilant and loving. Realize, too, that elder care is changing in this country, with a better focus on healthy aging. That, too, may help those difficult transitions and conversations become easier to make and have. "Baby boomers are aging, but dealing with parents who are aging, so they are aware of what they want and how they want it handled," says Simpson. ❖

# Aging Well/ Learning

magine the raised eyebrows in New York City when Des Moines emerged this past March as the fifth-best U.S. city for retirees. Analysts crunched gigabytes of data for almost 200 locations. Despite receiving low grades for weather, overall, Des Moines ranked just behind Scottsdale, Ariz., and ahead of Denver, Colo., on the list of "Best (and worst) Places to Retire." Des Moines was "the biggest surprise" on the list, a researcher told Forbes magazine, attributing the ranking to "high well-being scores," which means residents have positive feelings about their community.

Having "things to do" in a city tends to generate positive feelings about a place, social scientists agree. As studies increasingly point to the benefits of lifelong learning, taking classes has become a popular thing to do among Greater Des Moines seniors. From courses and programs at local senior centers to sessions at institutions designed for older residents (but open to all ages), there is no shortage of possibilities. Two educational and social hubs, the RaySociety at Drake University and Senior College, based downtown, provide scores of classes and events. Denny Davis, RaySociety chair of programming, believes there's something available for everyone in the local mix. As he put it, "I think if you're retired here and you say there's nothing to do, you're not really looking."

#### The Des Moines Art Center

With artist lectures, classes, gallery talks and a robust volunteers program, the Des Moines Art Center has long been a popular destination among local retirees. But the addition of the Pappajohn Sculpture Park to the cityscape in September 2009 has added a new opportunity to the mix. Formal tours of the 4.4-acre park are now conducted by volunteer docents from the Art Center. The park's 28 pieces, donated by John and Mary Pappajohn, all have their own stories, so there's plenty of information to learn about and pass along.

Every year docents from the center lead more than 20,000 adults, teens and children through everything the center has to offer, and that now includes the sculpture park, the center's marketing director, Christine Doolittle, said, adding that "the community has just embraced the park." Find information about the art center at www.desmoinesartcenter.org.

#### The Des Moines Community Playhouse

One of the region's most showy "learn by observing" opportunities will be hosted this year by the Des Moines Community Playhouse as a Senior College course offering. A sort of "civilian ride-along" for the theater's upcoming Family Holiday Classic, the program will begin weeks prior to the Nov. 27 production of "Chitty Chitty Bang Bang." Enrollees will sit in on selected moments leading up to opening night, starting with auditions and proceeding along with rehearsals, set design-building sessions and finally a performance. "It's going to be a great way to see what goes into one of our productions," theater executive director John Viars said.

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The playhouse also is home to Final Act Ensemble, a troupe of performers 60 and older who stage classic and original radio plays. The group is "going strong" at full strength, according to ensemble director Jerry Eisenhour. But the playhouse, which welcomes volunteers, "has tremendous opportunities for people of all ages," Viars said. Find information about the playhouse at www.dmplayhouse.com.

#### The RaySociety

The catalog slogan, "Expand your mind. Extend your network," is simple enough, yet it "summarizes the essence of the RaySociety," chair of programming Denny Davis says. The fall 2015 course lineup of more than two dozen non-credit classes, events and socials reflects the society's commitment to broadening the horizons of its 600-plus members. Some courses, such as those on archaeology, American history, Russian history and Plato, have a university feel. But then there's "Drones and Unmanned Aerial Vehicles: The How and Why of This Rapidly Growing Field," which is being offered for the first time and taught by Iowa National Guard representatives.

The society also offers single-session classes and trips. Members are able to sign up for presentations on hiking the Appalachian Trial and on being a private investigator. An annual membership costs \$50, with most multiple-session classes offered for \$30 each. Some single classes, socials and events are free with annual membership. For information, go to www.drake.edu/raysociety.

#### The Senior College of Des Moines

A bit of a hybrid, the Senior College of Des Moines offers traditional classroom settings as well as opportunities for learning against unconventional backdrops. Established in 2005, the college will again be offering an array of courses this coming school year, including one that will provide a fresh look at Cuba and its new relationship with the U.S. Meanwhile, local institutions, such as the Blank Park Zoo, the Des Moines Playhouse and others, will be sharing glimpses of their operations with the community away from a school environment. The Senior College's beyond-the-classroom offerings, which included visits to Des Moines International Airport, the state crime lab and the Polk County Jail last spring, have been part of a recipe for success, college president Pat Henson said. "Our support keeps growing," she said. "One pleasant surprise is that our enrollment has almost doubled in the past five years."

The headquarters of the Senior College is located in the Pappajohn Education Center in downtown Des Moines. But classes are also held in libraries and other locations around the metro area, because parking tends be better at these sites, Henson said. Although many students are retirees, there are no age restrictions. "We don't check IDs," Henson said. Fees for classes vary. Online registration is available at www.myseniorcollege.com. \*





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By Jane Schorer Meisner

hroughout his long career as a lawyer specializing in estates, trusts and wills, Wayne Wilson of Urbandale has stressed the importance of smart estate planning. He's seen mistakes—or inaction—result in very unhappy consequences.

"One client's family fought about an estate and spent  $$150,\!000$  in legal fees," Wilson says. "The Supreme Court finally decided the case."

Experts usually advise people to draw up a will, a durable power of attorney (which authorizes someone to act for you regarding legal, medical or financial decisions should you become incapacitated) and a living will (which states your directives for end-of-life medical care in case you become unable to communicate). But other steps also are important to ensure a smooth estate settlement—and to help avoid family feuds.

Know your beneficiary designations. "The best will in the world won't help if you don't have up-to-date beneficiary designations," Wilson says. Many people don't realize that beneficiary designations override intentions outlined in a will.

Assets that normally pass according to beneficiary designations—which are not subject to probate—include IRAs, qualified retirement plans, deferred annuities, life insurance policies, nonqualified deferred compensation plans and stock options, incentive stock options,

employee stock purchase plans, restricted stock awards, and other employee benefits, says Rebecca Albers, CMT with Wells Fargo Advisors LLC in West Des Moines.

She agrees that it's imperative that people keep beneficiary designations up to date.

"A friend's father passed away, and he had not specifically named his children as intended beneficiaries of his 401(k)—although that's what was written in the will," Albers says. "Those assets transferred to his domestic partner, per the 401(k) plan document, which takes precedence."

Consult professionals. "Lawyers can help determine if a simple will is sufficient, or if establishing a trust would be advisable," says Robert Hill, an insurance adviser and investment representative with BDF Investments in West Des Moines. "A financial planner can make sure clients are taking advantage of all the outlets the IRS allows."

Make your wishes known. People often divide assets in unequal portions to heirs, Hill says—or they may attach stipulations to an inheritance. Whatever the case, explaining your reasoning will eliminate surprises that can lead to arguments.

"They may have a valid reason not to give kids an equal amount," Hill says. "Hopefully, the reason would become clear and evident to



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# CONTEMPLATE 20 TO 30 YEARS OUT, AND OF ALL OF THE 'WHAT-IF'S.' THEY THEN BECOME OVERWHELMED AT THE THOUGHT OF ESTATE PLANNING, CAUSING THEM TO DO NOTHING.

Rebecca Albers, CMT with Wells Fargo Advisors LLC in West Des Moines

the person who's going to receive the lesser amount."

Wilson says contested wills are becoming more frequent.

"Generally speaking, will contests center on whether the deceased was competent or not and whether there was undue influence," he says. Such assertions could be defused with proper communication.

That doesn't mean heirs will like the decisions, Albers cautions.

"One female client, whose father told her he would be leaving all of the farmland and equipment to her brother (who was continuing to farm), and without any estate equalization plan, promptly asked her father to leave her home," Albers says. "On the bright side, this also let her know not to expect to inherit anything, and that her retirement was all up to her—which helped us in her planning now."

Hill also recommends writing down all assets and debts, the location of important documents and contact information for trusted professionals who can help family members navigate financial and legal matters

Consider life insurance. "There is a plethora of reasons that you might own life insurance," Hill says. It may be a crucial estate planning component to pay debts, fund kids' education or offset estate taxes, he says.

Give a gift now. Currently, individuals can gift \$14,000 per year to each family member without affecting taxes. "This is a way for people to distribute part of their estate and see the benefits of that while they're still living," Hill says.

Plan long-term health care. Trouble may arise if family members disagree about whether to move a loved one to a care facility, Hill says.

He recommends having a clear discussion about your preferences. "It doesn't mean you have to buy long-term care insurance or make any changes," he says. "But if long-term care is not planned and not talked about, it can become a big family divider."

Do it now. "Estate planning often enters one's radar around age 50," Hill says. "But actually, it needs to be addressed long before that—especially if a person has minor children." Provisions for guardianship and care of minor children can be outlined in a will.

Albers recommends planning in short time frames to keep the process more manageable and reviewing the plan every five years—or sooner if significant life changes occur.

"Too often, we see people trying to contemplate 20 to 30 years out, and of all of the 'what-if's,' " she says. "They then become overwhelmed at the thought of estate planning, causing them to do nothing." \*

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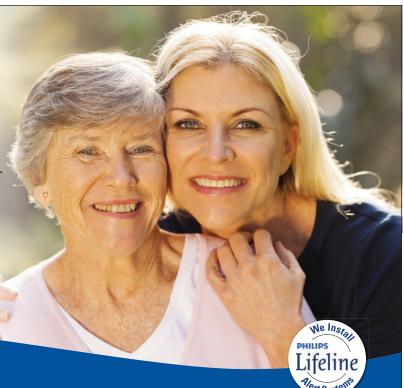
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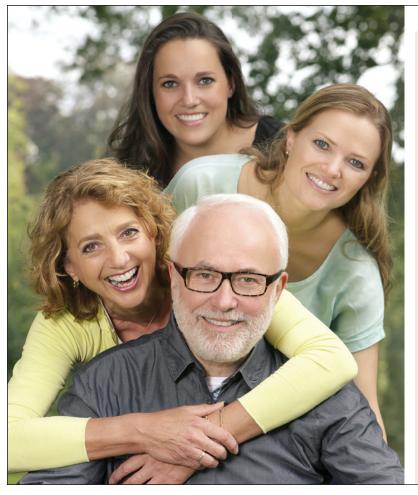
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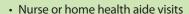
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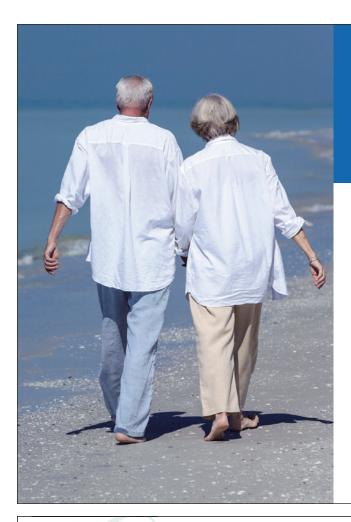
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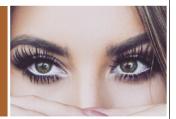


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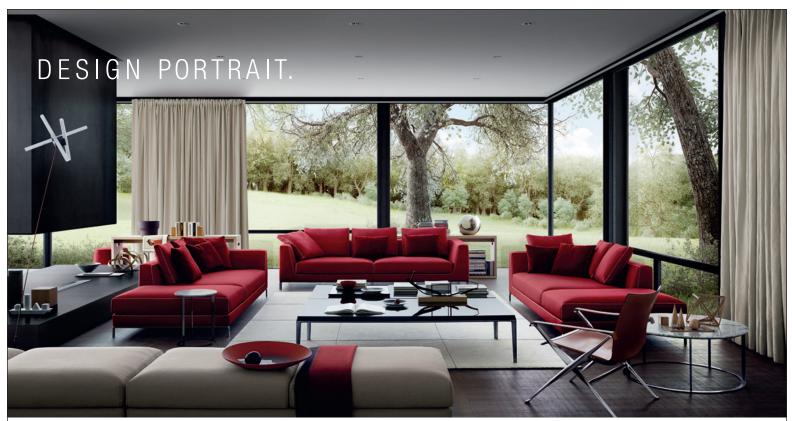
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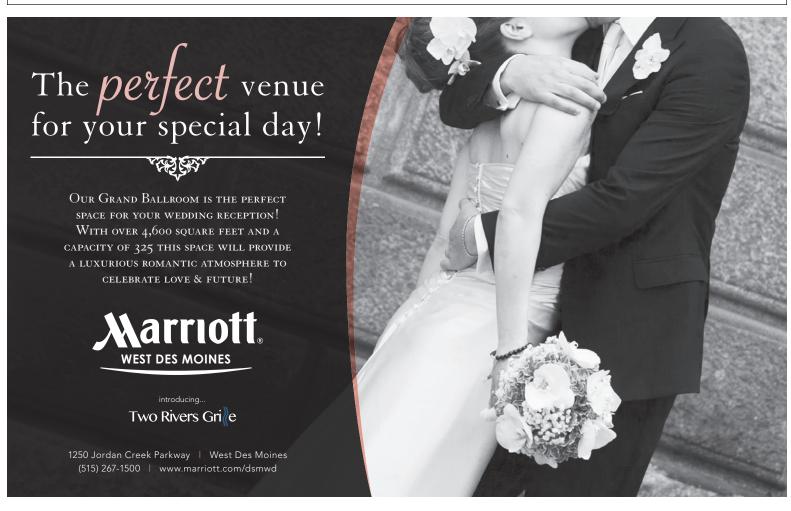
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## DSM MAGAZINE UNVEILING OF THE JULY/AUGUST ISSUE

Date: June 23, 2015

Venue: Greater Des Moines Botanical Garden

**Main Attraction:** The unveiling of the July/ August issue of *dsm* magazine.

**Unique Touch:** The magazine's cover model, Apollo the dog, was present to welcome the crowd. The record-breaking number of guests enjoyed the Botanical Garden's beautiful new outdoor gardens.

Music: Brazilian 2wins

Food: Trellis and the Des Moines

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Date: June 9, 2015

Venue: Jasper Winery

Main Attraction: The event celebrated President and CEO Suzanna de Baca's first

year of leadership.

Food: Tangerine Food Company

Music: Geneviève Salamone

Bottom Line: More than \$133,000



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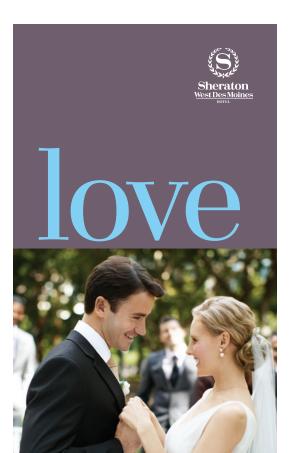
AIB COLLEGE OF BUSINESS MONROE COLSTON SCHOLARSHIP DINNER **Date:** May 7, 2015

Venue: Wakonda Club

Main Attraction: Fred Hubbell was the keynote speaker at the third annual event paying tribute to the late Monroe Colston, who retired as president of Community Foundation of Greater Des Moines, served on an extensive list of area boards and councils, and was an instrumental figure in the civil rights movement in Des Moines. Colston died in 2011.

Bottom Line: The event raised more than \$105,000 for current AIB students and for the Monroe Colston Endowment at the Community Foundation of Greater Des Moines.

Photography: Will Smith and Carl Loffredo



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DES MOINES COMMUNITY PLAYHOUSE SPOTLIGHT MS. WICK ON 42ND STREET **Date:** May 9, 2015

Venue: Des Moines Community Playhouse

Main Attraction: The evening of

entertainment honored Wicker Van Orsdel, complete with a cabaret show by Van Orsdel and friends.

**Unique Touch:** Nine nonprofit organizations participated in honoring the impact Wicker Van Orsdel has had on the community.

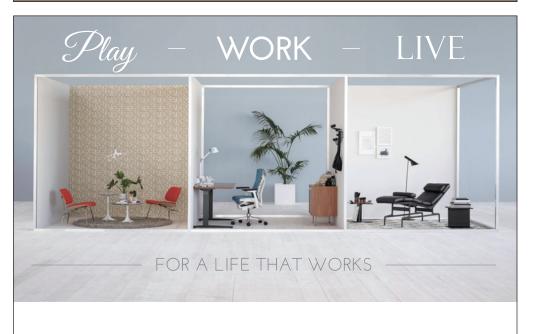
Food: Park & Eat Catering

**Bottom Line:** Nearly \$50,000 was raised to support programming at the Playhouse.

Photography: Brent Isenberger









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DES MOINES WINE FESTIVAL FOUNDATION WINEFEST WEEK 2015 Date: May 30-June 6, 2015

Venue: Various locations throughout the metro area, including Jasper Winery, Brenton Skating Plaza, Gateway Market, The Riverwalk Hub, RōCA, Capital Square and new Cowles Commons.

Main Attraction: Eight days celebrating the wine and culinary industries, culminating with the Grand Tasting.

Photography: Maharry Photography









DES MOINES SYMPHONY VIEWING PARTY FOR YANKEE DOODLE POPS Date: July 2, 2015

Venue: State Historical Building Grand Terrace

Main Attraction: During the Des Moines Symphony's Yankee Doodle Pops concert, attendees viewed a live telecast of the concert, bid on silent auction items and had the best view of the fireworks.

Music: The Pelicans

Food: Baratta's Italian Restaurant

Photography: Maharry Photography

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MERCY FOUNDATION AND THE HOUSE OF MERCY GAME SHOW GALA **Date:** June 18, 2015

Venue: Iowa Community Choice Credit Union

Convention Center

Main Attraction: Community leaders engaged in Mercy's version of "Family Feud" while raising

money for House of Mercy.

Bottom Line: \$283,844

Photography: Maharry Photography

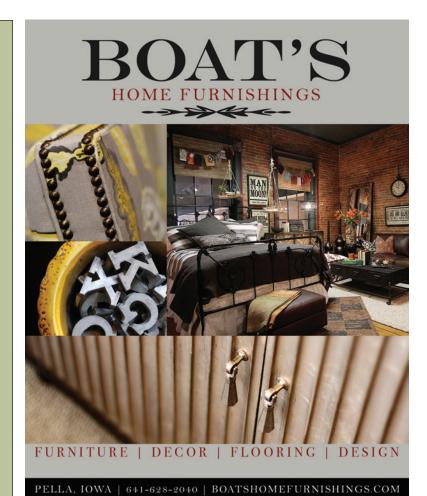
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Date: May 21, 2015

Venue: Des Moines Art Center

Main Attraction: The Des Moines Arts Festival announced Benjamin Frey as the 2015 poster artist. His original work, "Across the Horizon," along with the 2015 commemorative poster,

was revealed.



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Anytime Fitness 201

Art on the Prairie/Mary Rose

Collection 195

B-Bops 203

Ballet Des Moines 163

Bankers Trust Company BC, 65

Bell Brothers 103

Bella Salon 165

Bergman Folkers Plastic Surgery 11

Biaggi's 208

Boat's Home Furnishings 205

Broadlawns Medical Center 188

Bruce Owen Jewlry & Design 123

Cache Bake Shoppe 59

Calvin Community / Manor 179

Century 21 207

Christopher's Fine Jewelry 59, 166

Community Foundation of Greater

Des Moines 67

Community State Bank 66

Dallenbach & Larson 68

Denton Homes 193

Des Lux Hotel 199

Des Moines Symphony 195

Des Moines University 189

**DMOS 165** 

Drake University 23, 116

Edencrest at Green Meadows 188

Edencrest at Riverwoods 186

Edgewater, A Wesley Life

Community 177

Edina Chamber of Commerce 101

Embassy Suites Hotel 49

ENT Clinic of Iowa, P.C. 95

Faulconer Gallery 147

Gateway Market 14-15

Gilcrest Jewett 142

Goalsetter Basketball 31

Grand Homes & Renovations 6

Great Southern Bank 189

**Greater Des Moines Botanical** 

Garden 58

Greens Appliance Heating & Cooling 121

Hamilton Juffer & Assoc (HJN) 63, 118

HCI Care Services 187

Heartland Flagpoles & Custom

Flags 201

Hidden Creek 34-35

Holiday Inn Downtown 16

HomeChoice Senior Care 186

Homemakers 51

Iowa Clinic 25

Iowa State Center 207

K & V Homes 29

K Renee 27

Kavanaugh Art Gallery 161

KCCI 8 91

Kitchen & Bath Ideas 166

Koch Facial Plastic Surgery 9, 174-175

LeafGuard Exteriors 109

Lincoln Savings Bank 161

Lithia - Acura of Johnston 19

Lithia - Audi Des Moines 4

Lithia - Mercedes Benz of Des Moines 2

Luther Park Campus 183

Luxco - Pearl Vodka 60

Luxe Homes 203

Mainstream Boutique 197

Marian Homes 168-169

McGowen, Hurst, Clark & Smith 119

Mercy Medical Center 5

Midwest Contracting & Construction 133

Oakwood Builders Group 147

Olson Larsen Galleries 203

Perry Chamber 195

Projects Contemporary Furniture 191

Red Lobster 208

Rowat Cut Stone & Marble 96

Sahar's 13

Salon Spa W 21

Science Center of Iowa 49

Sheraton 197

Silent Rivers Design + Build 211

Skin Iowa 184

Spectrum Lighting 199

Spirit Home Healthcare 173

Splash Seafood Bar & Grill 208

Stew Hansen Dodge 7

Stivers Ford Lincoln 43

Strudl Haus 208

Studio 409 207

Styleyes 203

Table 128 **208** 

Tassel Ridge Winery 3

Taste! To Go Catering 205

Terrace Hill 197

The Lakeside Village 190

The Lodge of Ashworth 180-181

The Luxe Zone 207

The Mansion 159

The Reserve On Walnut Creek 185

Travel & Transport 33

Two Rivers Hospitality Group 122

Village Cooperative 187

Vogue Vision 205

Von Maur 84

Waxing The City 201

Wealth Enhancement Group 64

West Des Moines Marriott 191

West Glen Town Center 115

Woodharbor Kitchen & Bath 163

Word of Mouth Interiors 157

Worn 142

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