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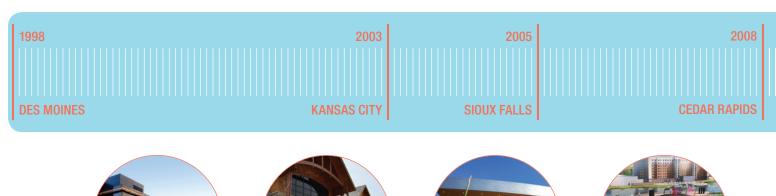
1998-2002

Iowa Avenue Streetscape Carroll Streetscape Norwest (Wells Fargo) Home Mortgage Brenton Bank Headquarters Country Club Office Plaza West Master Plan

OFFICE OPENINGS

2003-2007

Wells Fargo West Des Moines Campus H&R Block World Headquarters Highland Park Streetscape Silo's & Smokestacks National Heritage Area Plan Kansas City Zoo Promenade Iowa State Capitol-West Terrace 2nd Street Streetscape Honey Creek Resort JE Dunn World Headquarters Lower East Village Urban Design Study Sioux Falls Greenway Master Plan University of Iowa Kinnick Stadium Iowa State University College of Veterinary Medicine





2008-2012

Aviva (Athene) North American Headquarters Coralville Youth Sports Complex Iowa Central Community College Master Plan Kansas City Icon Bridge Project Drake University 28th Street Pedestrian Corridor Longview Tract Park and Aquatic Facility Master Plan Iowa State Capitol Complex Master Plan Children's Museum of South Dakota Mary Jo Wegner Arboretum Master Plan Kansas City Main Street Streetscape Design McCrory Gardens Visitor Center SDSU

Ames Intermodal Transit Hub U of I Hospitals and Clinics-North Liberty Campus Master Plan North Oak Corridor Study – Kansas City BIVI Master Plan Olathe Community Center Phillips Avenue Streetscape Planning – Sioux Falls Gladstone Amphitheater University of Iowa Hancher Auditorium

University of Iowa Arts Campus Interim Master Plan DART Transit Facility NW 86th Street Streetscape Marsh Facility-Urbandale

2013-2018

Wells Fargo West Des Moines Campus Expansion 801 Grand Avenue Streetscape Kettlestone [Grand Prairie Parkway] Master Plan Kansas City Downtown Streetcar Transit System Walnut Street Streetscape Hy-Vee Corporate Headquarters Expansion Kansas State University School of Business Administration Wichita Art Museum University of Kansas Central District Redevelopment Plan

Liberty Downtown Streetscape Krause Gateway Center Holmes Murphy Corporate Headquarters Coralville West Land Use Area Master Plan + Design Guidelines BluHawk Retail District

Riverfront Crossings Park

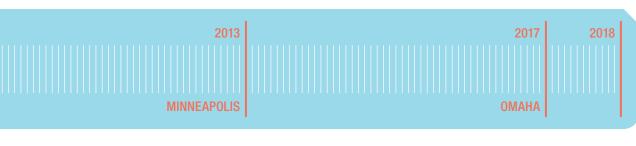
Sioux City West 7th Street Streetscape Ingersoll Avenue Streetscape Improvements 6th Avenue Streetscape

Minnesota Viking's Training Facility

Gray's Lake Master Plan The Ankeny Plan 2040 Olathe Parks and Recreation Master Plan Beyond the Loop-Integrated Urban Design Plan Tifereth Synagogue Master Plan

Kansas State University Seaton Hall

420 Court Avenue Jackson Crossing University of Northern Iowa Micro Master Plan Minneapolis Parks South Service Area Master Plan West Des Moines City Hall Amphitheater Iowa Arboretum Master Plan Waukee Athletic Complex and Park Corn Palace Plaza Hickory Glen Park Master Plan Ankeny Parks & Facilities Comprehensive Plan Update Westfield Office Complex Site Amenities Merle Hay Road Redevelopment Plan Bondurant Regional Commercial Master Plan Mount Vernon Corridor Plan Burlington Area Wide Plan Duluth Traverse Trail System Mini Master Plan University of Nebraska-Lincoln Residence Hall













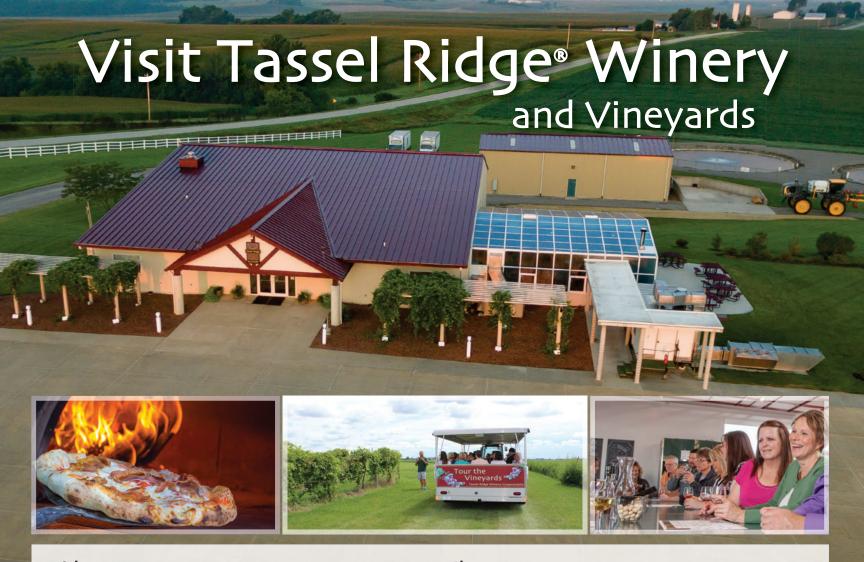
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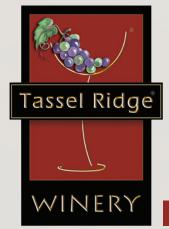
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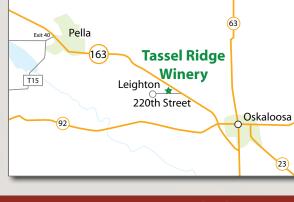
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ON THE COVER

Des Moines photographer Molly Wood, who specializes in shooting botanicals, was drawn to this seed head of clematis "because of its Dr. Seuss-like qualities," she says. "I research and read about plants having medical properties and then go on the hunt for them." Although poisonous, this variety (Clematis vitalba) is being researched as an anti-inflammatory for arthritis. To see more of Wood's work, turn to page 96.



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RESTAURANT WEEK 2018: A SPECIAL SECTION

From Aug. 17 to 26, 36 of our city's favorite eateries offer special Restaurant Week meals—two lunches or one three-course dinner for just \$28.

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Often working behind the scenes, Des Moines' booster group helped shape the city.

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Ride with us aboard LifeFlight helicopters, where lifesaving has soared for four decades.

PASS THROUGH OUR DOORS leave the world behind



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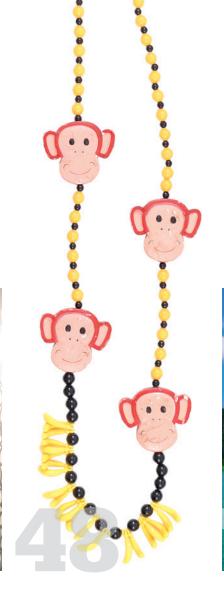


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the NEW & the NOW

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WHY THIS ISSUE IS ESSENTIAL READING

WHAT YOU'LL WANT TO LEARN MORE ABOUT

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The Yoruba people (page 158).

"The Iowa Corn Song" (page 172).

Charles Lindbergh (page 172).

United Way's Women's Leadership Connection (page 206).

WHAT YOU'LL WANT TO BUY

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WHAT YOU'LL WANT TO TRY

Making a homemade hot pepper/honeylime mayo sauce (page 46).

Playing keyboards (page 48).

Experimenting with furikake (page 4 in the Restaurant Week section).

Eating vegan (page 76).

Growing dratura (page 97).

WHAT YOU'LL WANT TO DO

Ride a carousel (page 38). Eat a lot without spending a lot (page 53). Get a fade (page 109). Drive a Corvette (page 140). Go sailing (page 144). Kayak Beaver Creek (page 162).

WHAT YOU'LL HEAR

- "We're all adrenaline junkies." - Chrissi Boston, LifeFlight nurse (page 178).
- "In what other job do you get to fly and rock a baby?"
- -Kristy Oswald, neonatal flight nurse (page 181).
- "You're not going to die if you fall in. Believe me, I've been in these rivers a few times and I'm still here."
- -Rick Tollakson, president and CEO of Hubbell Realty (page 162).
- "Men want the same cut, the same barber, the same product every time. They don't like change. It's in the male DNA." —AI Hageman, barber at Salon U (page 110).

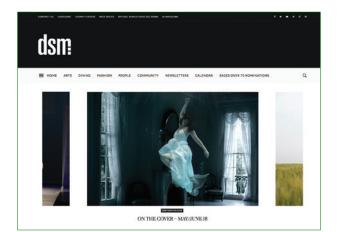


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DesMoinesRestaurantWeek.com

Keep up to date on this year's Restaurant Week (Aug. 17-26). Find a list of participating restaurants and the special menus the chefs are preparing for the event.





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Our website is filled with *dsm* stories and items of interest on the topics we hold most dear—arts, community, dining, home, fashion and people. Find:

Photos from recent philanthropic events, plus instructions on how to submit photos for consideration in our rsvp section.

Insightful reviews of theater productions and art exhibits from contributor Michael Morain.

The latest restaurant news and food tips from contributor Wini Moranville.

A community calendar, packed with cultural and philanthropic events.

The *dsm* archives, where you can look for a story we've published in the past as well as browse past issues.

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dsmWeekly is delivered free every Tuesday. You'll enjoy news briefs from *dsm*'s top writers and editors, including dining updates from Wini Moranville and reviews from Michael Morain.

dsmWealth is published twice each month with news and analysis of personal finance compiled by contributor Steve Dinnen, an accomplished financial writer and editor. The free publication is delivered to your inbox on Thursdays.

dsmWeekend arrives every Friday morning, just in time for weekend planning. Each newsletter includes restaurant and event information, so you'll never be caught unaware of *dsm*'s favorite things to do each weekend.

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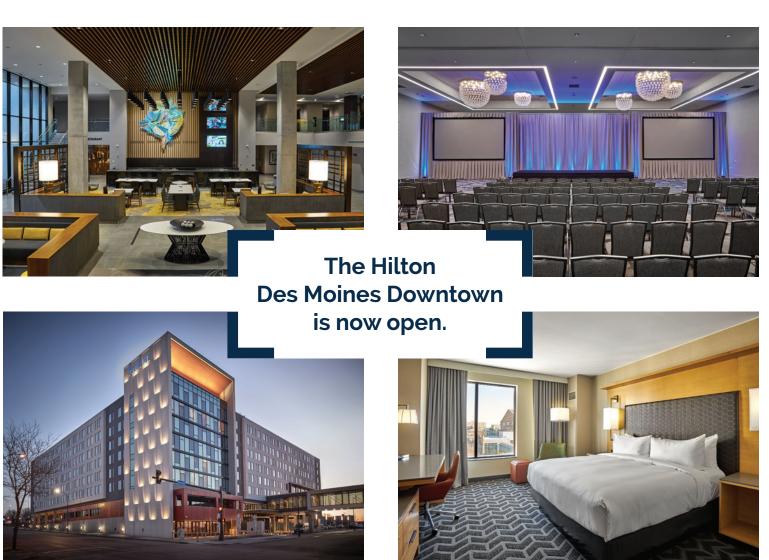
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PUBLISHER Kris Maggard

EDITORIAL EDITOR Christine Riccelli MANAGING EDITOR Larry Erickson COPY EDITOR Kurt Helland

ART & PRODUCTION

DESIGN DIRECTOR Annabel Wimer Design PHOTO DIRECTOR Duane Tinkey ART DIRECTOR Dug Campbell GRAPHIC/WEB DESIGNER Shaun Riekena DESIGN INTERN Lalthiang Hlima PROJECT COORDINATOR Kolbie Creger

ADVERTISING

SENIOR ACCOUNT EXECUTIVE Yolanda Chrystal SENIOR ACCOUNT EXECUTIVE Rebecca Zoet ACCOUNT EXECUTIVE Jordan Croft

OPERATIONS

OFFICE MANAGER Laura Stegemann INSIDE SALES SPECIALIST Alison Damon

BUSINESS OFFICE BUSINESS MANAGER Eileen Jackson ACCOUNTING SPECIALIST Becky Hotchkiss

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THE GIFT OF GIVING

never fail to be inspired by the giving spirit of our readers. As the metro area's needs continue to grow ranging from affordable housing and health care to access to adequate food and educational opportunities community members continue to step up to address the challenges. We'll highlight those efforts In **"Giving City,"** a new series of stories.

And it's about time we focused on the generosity of Des Moines. A national study conducted last year by Barna Group evaluated donations made to charities and nonprofits by percentage of population. The research was spread over a decade and concluded that the combined Des Moines-Ames metro areas rank seventh most charitable of the country's metropolitan areas.

For this issue, we look at United Way's Women's Leadership Connection (page 206), a group that, through its various literacy programs, has helped give at-risk children the head start they need to succeed in school. As part of its "Sweet 16" anniversary, the WLC will rebrand and relaunch later this summer. The "Giving City" section also includes a calendar of upcoming fundraising events hosted by nonprofit organizations (page 210). July and August are packed with ways you can show your support—whether on a golf course, bike trail or polo green. If you're involved with a nonprofit organization and would like your fundraiser to be considered for coverage in a future issue, please send complete details including a brief description of the event and the date, time, venue and ticket price—to dsmeditor@bpcdm.com. I look forward to hearing from you!

Throughout this issue, as in most issues of *dsm*, you'll find plenty of other ways people are giving to elevate our community, from **Amner Martinez** and a core group of dedicated advocates who run the Warren Morrow Latin Music Festival (page 76) to well-known business leader **Rick Tollakson** and new Mercy Medical Center chief **Karl Keeler**, who are both involved in the effort to establish a water trails system (page 160).



Another thing that never fails to inspire me is the talent and creativity of our contributors. For this issue's fashion piece, photographer **Elizabeth Carrie**, producer and stylist **Jordan Croft** and their team of models, hair and makeup artists, assistants and boaters spent an entire day and evening on the water at Saylorville Lake. The shoot involved 12(!) people, two boats, a strong wind, sloshing water ... you get the idea. It was all handled so expertly that the result looks effortless, which you can check out for yourself in the story starting on page 144.

Then there's the team of photographer **Bob Blanchard** and writer **Barbara Dietrich Boose**. The two devoted journalists followed UnityPoint Health's LifeFlight crews for days to chronicle their story (page 176), including flying with them on four occasions. Their conclusion, Bob says, is that Des Moines is fortunate to have so much expert, committed care in the air overhead. We feel that way about folks on the ground here, too—no matter what their field or area of interest. ■

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backstory

Behind the scenes at dsm

ELIZABETH CARRIE

Fashion shoots are a challenge, taking in models, clothing and accessories, and engaging environments. They require a crew: hair and makeup artists, stylists, lighting assistants, editors and project managers. In the case of this issue's story, "Nautical But Nice" (page 144), that list also included four boaters at Saylorville Lake—two on a sailboat and two on a pontoon boat.

A photo shoot on moving boats with a team of 12 on a wind-swept lake ... what could go wrong? Well, for starters, the late arrival of spring almost scuttled the project. Then floodwaters covered the marina parking lot, forcing the crew to schlep heavy and ungainly gear for a quarter-mile—a much longer distance than anyone had anticipated.

"This shoot was incredibly challenging for so many reasons," says photographer Elizabeth Carrie, who is more often shooting very stable portraits, products and weddings rather than scrambling around the deck of a boat—and also scampering between boats in the middle of the lake. "Shooting on a moving boat while fighting the wind isn't easy."

Still, she says she thoroughly enjoyed the challenge: "This was an absolute dream shoot for me."



BOB BLANCHARD AND BARBARA DIETRICH BOOSE

These two have teamed up before on *dsm* stories, Bob with the camera and Barb with the pen and notebook. Remember the Drake honor student who is also a race car driver? That was one of their stories. They like tales with some heft, stories that demand more than a couple of phone calls and a headshot.

They took such lofty goals to new heights in this issue, taking us aboard LifeFlight, the emergency transport service at Iowa Methodist Medical Center (page 176). Marking its 40th anniversary, LifeFlight helicopters—and Mercy Hospital's Mercy One—have become fixtures of emergency medicine. They soar over the city so routinely that it's easy for someone on the ground to give no thought to the heroic drama playing out onboard.

Barb and Bob were similarly impressed by the crew—their teamwork, professionalism and efficient skills. "They have great camaraderie," Barb says. "I came to really enjoy and appreciate them. They're enthusiastic, meticulous in their preparation, and committed to doing whatever they need to do to give people the best possible care."

Bob is quick to agree. "The other side of it is the empathy they show on-site," he says. "I was so impressed by that human side. They go back and check on the patients they've transported and sometimes develop real relationships with them."

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THOUGHTS ON BEING A MAN

My brother-in-law in Mississippi, after reading about some of the harassment and abuse by men in powerful or influential positions, recalled an old Southern saying, "Men are just dogs." A few weeks later there was a cartoon in The New Yorker showing two dogs. One was saying, "Dogs are just men."

Thus has masculinity been thrust into the realm of public inquiry and discussion. What is it? What defines it? How do we know it when we see it? Who cares?

To answer these questions, I turned to the contemporary source of all knowledge: Google.

What I found—so often the case were not *definitions* but *descriptions*. Not what does it mean to be a man but what does it look like? And to my eye, those descriptions were a collection of clichés: assertive, aggressive, handsome, muscular, driven, courageous and so on. And may I add sometimes brutal.

That makes me wonder how a male human can be described if he doesn't possess those characteristics. In a recent TV drama, a young Marine's buddy is killed; later, after the firefight, the young Marine is on the verge of tears and the main character commands him to "Man up, Marine!"

Man up? What the hell does that mean? (Notice I said, "What the hell?" Much more masculine than "What in the world?") I presume that "man up" means if you cry you're not a man and certainly not a Marine.

I just watched a TV documentary about Dr. Martin Luther King and the

I PRESUME THAT "MAN UP" MEANS IF YOU CRY YOU'RE NOT A MAN AND CERTAINLY NOT A MARINE. media. Some of the images were very disturbing, never before seen on TV. Most of these were shot in the South, my boyhood home. A lot of the images were of white men, their faces contorted with rage, shouting, beating and sometimes killing, with iron pipes and baseball bats, black people. They even taunted and threatened African-American schoolchildren. Need I say that the white men would have considered themselves real men and would not have considered the black people as even human?

I have nothing new to say about this debate except that it's time we got past all this nonsensical classification of "masculine" based on utterly superficial descriptions of appearance and behavior. If those are the standards, what does that say also to male humans with various disabilities, both physical and intellectual? Am I to believe they can't be considered real men?

Or what about male humans who prefer the symphony to a football

Continues on page 32



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VOGUE VISIONARIES

LARASSA KABEL, ARTIST

one word after another

Continued from page 30

game? Or those who design clothes instead of building decks; or who'd rather read poetry than murder mysteries; who prefer ballet to basketball; who'd rather express anger and frustration by saying something more like "Fie on thee, thou knave, thou blackheart, thou low uncharitable cur" rather than "F--- you, a--hole!" Are those male humans not "masculine"?

(Well, that last one may be a little over the top, but then Shakespeare probably wouldn't qualify as masculine these days.)

I flew an F-100 jet fighter in the Air Force for almost four years during the Cold War, including three years in France. By any measure, that means that my "masculine" credentials are intact, but you know what? I think I was more of a man when I took on the primary caretaker role for my son with autism while my wife was serving as lieutenant governor of Iowa. This meant household chores, marching band practice and field trips, as well as all that so-called feminine stuff like cooking, doing the laundry and so on.

Finally, consider this: Why don't we just stop worrying about things like masculinity and femininity and focus instead on humanity?

Mississippi native James A. Autry (jamesaautry.com) of Des Moines is a well-known author, poet, musician and business consultant who has written 14 books on such topics as gratitude, servant leadership and his Southern boyhood. His newest book, "Everyday Virtues: Classic Tales to Read With Kids," is co-authored with his son Rick Autry.



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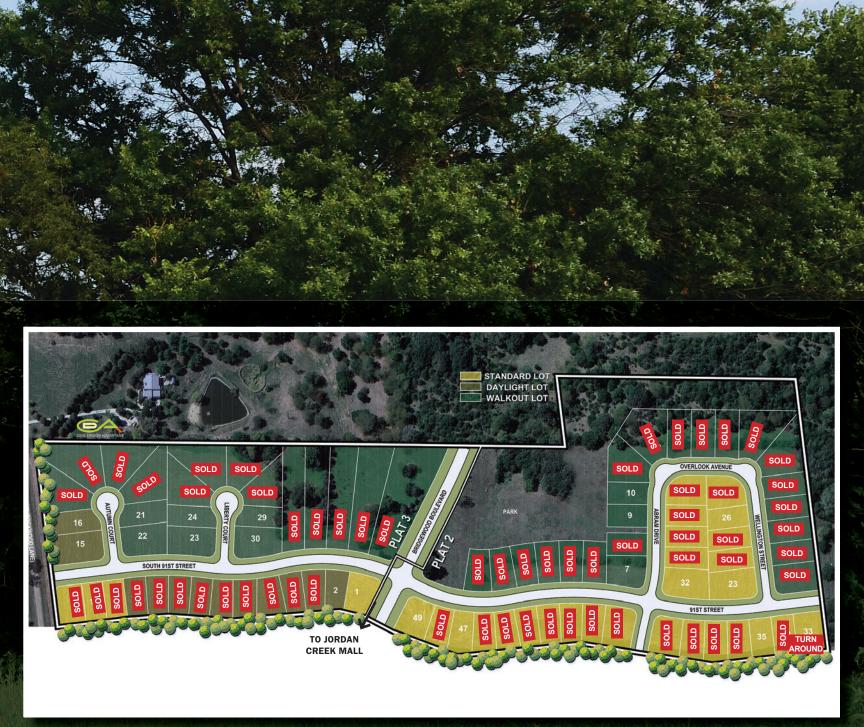
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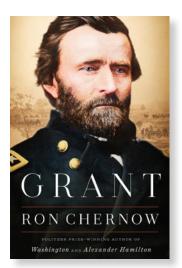
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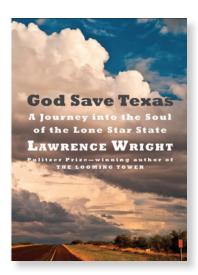
What you're reading



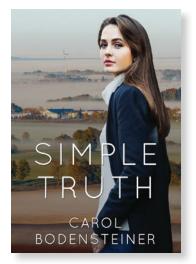
Geoff Wood, founder of Gravitate Coworking, is reading "Grant" by Ron Chernow (Penguin Press, 2017):

- "I picked up this biography of former President Ulysses S. Grant after reading a recommendation for it in an article in The Atlantic by Ta-Nehisi Coates called 'Five Books to Make You Less Stupid About the Civil War.' The book is more
- dense than what I usually read for fun, and I'm only about a quarter of the way through, but I am enjoying it. I think there is a lot for all business

leaders to learn from Grant's compounding flaws and failures as well as his ability to eventually redeem himself by being in the right place at the right time to join—and eventually lead—the Union effort. I'm still reading about the war years, and several times I've noticed something particularly poignant in learning about the setbacks that came directly from having to deal with underqualified political appointees in a time of national crisis."



Neil Hamilton, director of the Agricultural Law Center and the Dwight D. Opperman Chair of Law at Drake University Law School, is reading "God Save Texas: A Journey Into the Soul of the Lone Star State" by Lawrence Wright (Knopf, 2018): "An insightful review of the state's evolving economy and politics from a lifelong, award-winning Texas author. The book allows an opportunity to consider how the economic forces underway in Texas society reflect the future challenges we face in the United States."



Emily Abbas, senior vice president and chief marketing and communications officer at Bankers Trust, is reading "Simple Truth" by Carol Bodensteiner (CreateSpace Independent Publishing Platform. 2018): "Iowa has a wealth of female authors who are worth a read. My friend and colleague Carol Bodensteiner is one of them. Her new book resonates with me on a number of levels: The protagonist is a public relations professional, the setting is lowa, and the topics of immigration and having the courage to speak up could not be more relevant to today's world. Sent into a client setting far outside her comfort zone, the main character encounters situations where time and again she questions not only her client but also herself and her career. This young woman could be any of us."

ALL YOU NEED IS JOHNNY'S and wine, definitely wine

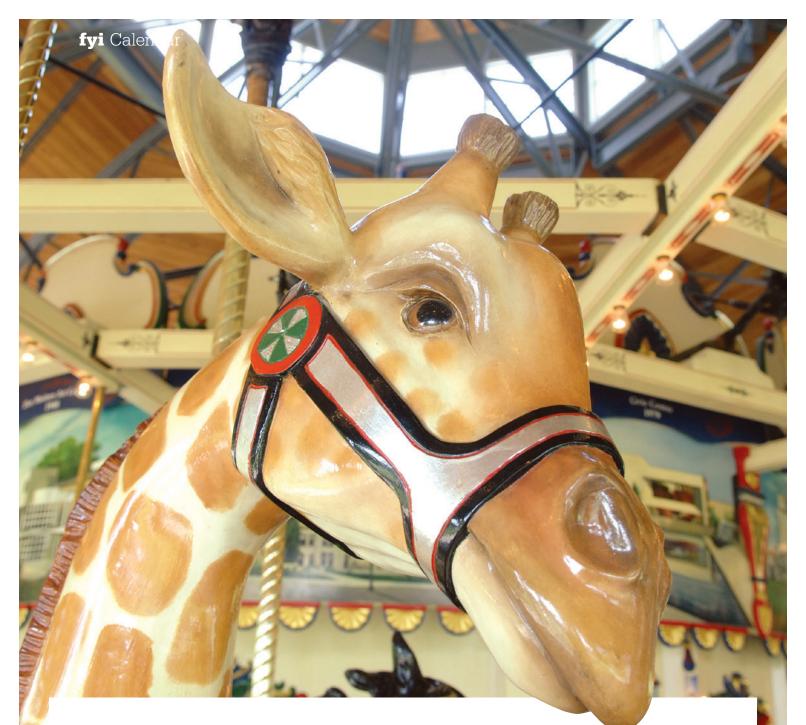






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Saddle up ...

buckaroos! And swing a leg over the seat of a hand-carved carousel horse for a ride back in time. This summer marks a season of celebration at Union Park's **Heritage Carousel**, which has been spinning now for 20 years.

The colors, music and smiles can brighten any visitor's mood, even those who just pause to watch and appreciate this finely crafted monument to nostalgia. Philanthropist J.C. "Buz" Brenton was the driving force, socially and financially, to set the carousel in motion. And volunteers continue to oversee its operation.

The glossy basswood horses, rabbits, a tiger, stork and other fanciful creatures have been burnished by the clutching limbs of young riders about 45,000 in a typical season. By our clever *dsm* math, that's 900,000 riders, and the animals still look as eager to go as when they first lurched forward in 1998.

Accompanied by the cheery tones of a Stinson band organ, the carousel's 30 animals and two chariots can carry 35 riders at one time. Isn't it time to join them?

HOTOGRAPHER: DU

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2 The Des Moines Symphony celebrates 25 years of performing Yankee Doodle Pops, the family-friendly, popular concert featuring patriotic tunes and concluding with a dazzling fireworks display. Bring your picnic basket and blanket or lawn chair; you also can buy food there from a variety of vendors. Participate in the Yankee Doodle Drive Against Hunger by bringing a nonperishable food item to the concert. 6:30 p.m. concert prelude; 8:30 p.m. concert, West Terrace of the Iowa Capitol. Free; dmsymphony.org.

lenda

Aaron Copland's "The Tender Land" chronicles the lives of Laurie, her family and two migrant workers in a coming of age story set during the Great Depression. The story creates a portrait of the rural Midwest, youthful spirit and the American dream, while the score features the type of melodic music Copland is known for. As part of Des Moines Metro Opera's 2nd Stage Series, "The Tender Land" will be presented outdoors in partnership with Maytag Dairy Farms in Newton (pictured). 8:30 p.m.; also July 8 at 8:30 p.m., Maytag Dairy Farms, Newton. \$40; desmoinesmetroopera.com.

he 80/35 Music Festival showcases more than 40 acts performing on multiple stages over two days. Kesha and the indie electronic duo Phantogram are this year's headliners. Doors open at 4 p.m. July 6 and at 11 a.m. July 7, Western Gateway Park downtown. \$75 for two days and \$49 for one day; 80-35.com.

21 The Warren Morrow Latin Music Festival features a range of styles, including salsa, cumbia and Caribbean. See story, page 78. Brenton Plaza; time and ticket information were unavailable at press time. Check the website for details: warrenmorrowmusicfest.com.

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August

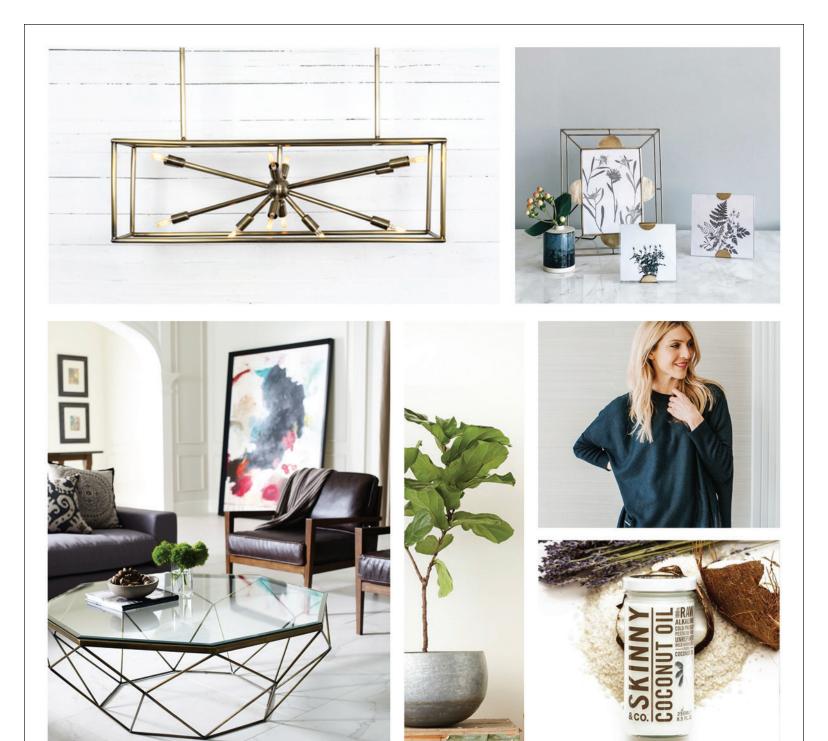
B Local playwright Robert John Ford's **"Six on Six"** celebrates the tradition of six-on-six girls' high school basketball in Iowa—its popularity, unique rules and the Title IX legal controversy that resulted in the game's demise. 7:30 p.m., Staplin Performing Arts Center, Valley High School. Through Aug. 12 (dates and times vary). \$15-\$30; robertjohnford.com.

fyi Calendar

Enjoy two lunches or one three-course dinner for \$28 at 36 of Greater Des Moines' top eateries during the annual **Restaurant Week**. See the guide starting on page 53. Through Aug. 26; desmoinesrestaurantweek.com. Written by acclaimed playwright Lynn Nottage, "Intimate Apparel" follows the story of Esther on her journey to open a beauty parlor where black women will be treated as well as the white women she sews for. Presented by Pyramid Theatre Company. 7:30 p.m., Stoner Theater at the Des Moines Civic Center. Through Aug. 26 (times vary). \$16.50-\$26.50; pyramidtheatre.org.

227 The annual Cloris Leachman Excellence in Theatre Arts Awards celebrate outstanding contributions to locally produced theater in Greater Des Moines. Trophies will be awarded in a number of onstage and behind-thescenes categories, including acting, directing and design. 6:30 p.m., Hoyt Sherman Place. \$25; hoytsherman.org. 28 Socialize, network and be among the first to get the September/October issue of dsm at the unveiling event hosted by Foster Group. 5-7 p.m. (short program at 6 p.m.), 6601 Westown Parkway, West Des Moines. Free; fostergrp.com; dsmMagazine.com.

Barl Four-time Grammy Award winner Lyle Lovett and his Large Band (pictured) will perform an engaging fusion of country, swing, jazz, folk, gospel and blues. 7:30 p.m, Hoyt Sherman Place. Tickets start at \$59; hoytsherman.org. ■



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I snagged the recipe

follow Lisa LaValle's lead: Spice it with salt, lemon pepper and paprika before grilling. After grilling, she added a sparing dot or two of sesame oil to "butter up" the flavor a bit. She presented the fish with fresh greens and vegetables, along with lemon-basil and amaranth sprouts.

ONE RECIPE DOES IT ALL

FIVE INGREDIENTS, FIVE MINUTES, TOPS—THAT'S ALL IT TAKES TO MAKE LISA LAVALLE'S SEASONALLY TUNED, GO-WITH-ANYTHING CONDIMENT.

WRITER: WINI MORANVILLE PHOTOGRAPHER: DUANE TINKEY

It's summertime, and the living is ... well, you know. So, who wants a complicated recipe this month? Not us! With our growing season in full swing, we turned to chef Lisa LaValle, owner of Trellis, the plant-centric restaurant in the Greater Des Moines Botanical Garden. A master of all things fresh and local, LaValle gave us a great serve-along to go with just about any farmers market find. It's a dip, it's a sauce, it's a salad dressing, and above all it's ... easy!

Hot Pepper/Honey-Lime Mayo

Next time you spot bushel-baskets full of locally grown fresh chili peppers at the farmers market, bring some home for this versatile mayo. The flavors bring a touch of sweetness and as much heat as you like (see "Tips from the Chef") for a condiment you can use all summer long. Drizzle it over grilled meats or seafood, spread it onto a sandwich or burgers, toss it into salads, use it as a dip for fresh veggies—indeed, make it once, and you'll find many ways to love it.

- 2-3 hot fresh peppers, minced (about 1/4 cup)
- 1 large lime, zested and juiced (about 2 teaspoons zest and 1/4 cup juice)
- 1-2 tablespoons local honey
- 1 cup heavy (i.e., not light) mayonnaise Pinch salt

Place all ingredients in a small bowl; stir gently to combine. Store, covered, in the refrigerator up to 1 week. Makes about 1 cup.



TIPS FROM THE CHEF

Chatting with Lisa LaValle while she made this recipe in the kitchen of Trellis, I gleaned the following tips:

Decide Which Peppers to Use: LaValle used jalapeño peppers for our photo shoot, but when pecks of peppers start popping up at local markets, choose ones you enjoy, whether Hungarian, serrano, poblano—or something that simply piques your interest. However, be sure to see the next point.

Taste Your Peppers: You can use any chili peppers you like; however, carefully taste them to determine how hot they are. Even a single pepper variety can range greatly in heat intensity from one pepper to the next. Adjust the measurement amount given in the recipe according to how hot your peppers are—and how hot you want your condiment.

Wear Gloves: Chili peppers contain oils that can burn your skin and eyes, so wear plastic or rubber kitchen gloves while chopping and handling. LaValle offered a cautionary tale of processing chili peppers, then going home and taking out a contact lens. Ouch. Worse yet, she had unknowingly transferred the chili oils to the steering wheel of her car; the next morning, she felt the fire all over again.

Use a microplane for zesting the limes:

"A microplane zests the citrus so perfectly fine that you get the flavor of the citrus, without getting distracting chewy bits," LaValle says.

the things they carry



ANDY TEBOCKHORST ROVING PIANO MAN

As a member of Iowa's Rock and Roll Hall of Fame—he is the longtime keyboardist with the popular Flying Marsupials and performs occasionally with two other 'supes as the trio Monkey Monkey Monkey—Andy TeBockhorst has hauled his gear to countless shows. By day, he's chief marketing officer for United Way of Central Iowa, where he also rocks. Here, he tells us about the essentials in his gig bag:

Koozie: You just never know when you'll encounter a bottle or can that you want to keep cold and protected.

Order! Order! Order is maintained by our set lists (under the koozie), which tell us what songs we're playing and in what order. Three to four one-hour sets per show; each set has a little more energy than the one before.



Cable Vision: Cables, cords and connections go everywhere onstage. Guitarists can move around and risk tripping. Me? I stay behind my keyboard.

Out of the Mist: If we perform a second night in a row, I can get croaky. This Singer's spray really helps.

Not Blown Away: If we're playing outdoors, clips like this keep the set lists from blowing away.

Band o' Beads: We don't wear these, but each of us keeps one with us for luck. They were gifts from Dave Stalder, the Marsupials' band manager. Pick, Pick, Pick: I keep a few guitar picks handy for the guys. It's always good to have backups close by.

It Goes to 11: This decibel meter helps us set just the right level of rowdiness.

Phone It In: I'm not really listening to the Cubs; headphones allow me to isolate some sounds when we're playing.

Oh, Shure: That's my Shure SM58 microphone that picks up all the sweet nuances of my voice, then makes me sound better than I am.

Shots Rang Out: The flask is an essential piece of band gear. We have had a shot of tequila before every show since 1991 (currently, Cuervo Gold).

Sharp Idea: We have to have a Sharpie on hand for all the autograph seekers ... who might someday appear.



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Proud presenter of Restaurant Week 2018 (August 17-26). For things to do, restaurants and more, visit:

catchdesmoines.com



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ON THE MENU

CARROT AND LENTIL BARBACOA

TABLE 128

Vegans, vegetarians and anyone else who loves fresh, vegetable-forward food will want to flag Table 128 for their Restaurant Week agenda. While a traditional Mexican barbacoa involves slow-cooking a whole animal in a pit or over an open fire, chef Lynn Pritchard's parallel take promises lusty satisfaction without the flesh. Flavored with smoked paprika, clove, cinnamon, cumin and chipotle peppers, this dish's rich, deep flavors mirror those of the classic meat specialty; a vegan mock sour cream adds a creamy component. "I would challenge any carnivore not to love these," Pritchard says. -Wini Moranville



RESTAURANT WEEK 2018

AUGUST 17-26, 2018 GREAT MEALS FOR \$28 AND A PRIZE TRIP

Anticipation will soon give way to excitement as Restaurant Week returns: Specialty meals and special deals at 36 great eateries. The bargain remains: \$14 gets you one lunch and \$28 gets you one three-course dinner. Some places offer both, some are just doing the lunch or dinner, but all are eager to serve you. And once again, it is so big that Restaurant Week can't fit into a week—it's 10 days of delicious, Aug. 17-26.

And, once again, we're sweetening the deal with a prize package. It's easy: If your name is drawn, you'll receive certificates to enjoy some of the best our town has to offer. See page 15 for details.

To learn more, check the website DesMoinesRestaurantWeek.com and follow the fun on Facebook and Instagram (#dsmrw2018). We also have a handy app (search "dsm restaurant week") and space in the Twittersphere (@DMRestaurantWk). Participating restaurants are profiled on the following pages; they're also listed on the website, where their Restaurant Week menus will be added early in August.

ON THE COVER: CHEF JOE TRIPP OF HARBINGER PUTS THE FINISHING TOUCHES ON BURRATA CHAWANMUSHI, WHICH WILL BE OFFERED DURING RESTAURANT WEEK. TO FIND OUT MORE ABOUT THIS DELICIOUS DISH, TURN TO PAGE 9 OF THIS SECTION.

ON THE MENU

PORK BELLY AND WATERMELON

REED'S HOLLOW

Chef Zach Gutweiler's finessed creations are often tongue-in-cheek plays on something you've loved a long time. Take this colorful summer dish: It starts with roasted pork belly, glazed with caramel and served atop a green-tomato paint. If the watermelon looks impossibly red, it's because Gutweiler compresses the fruit with tomato dashi (a kind of Japanese broth). Note the fresh greens scattered about, and there you have it: an unexpected—yet coherent and delightful—play on a BLT. P.S.: Those miniscule sprinkles on top? That's furikake, a Japanese seasoning anchored by dried fish, sesame seeds and seaweed—but you already knew that, right? Indeed, most every touch from this kitchen veers winningly off the beaten path. –*Wini Moranville*



RESTAURANT WEEK

WRITER: WINI MORANVILLE PHOTOGRAPHER: DUANE TINKEY

ALBA

524 E. Sixth St.; 515-244-0261 albadsm.com

Alba was one of the first restaurants in town to put as much love into vegetables as they did meats, and the kitchen still does thoughtful work in that vein. Look for dashing ways with seafood, meats and pasta, always with some good produce in the mix: a white lasagna enriched with porcini jus and enlivened with kale and fennel, for instance, or a wine-braised brisket with carrot risotto and turmericpickled cauliflower. No matter how creative the cooking gets, what you'll remember most is the genuine flavors of seasonally, locally sourced food.

AMERICANA RESTAURANT AND LOUNGE 1312 Locust St.; 515-283-1312

americanadsm.com

With windows framing the John and Mary Pappajohn Sculpture Park, this stylish, twostory restaurant occupies a historic former car dealership on Locust Street. Bright World War II-themed murals pay tribute to the midcentury cocktail generation, and the bar follows suit with handcrafted libations. The menu opens to American bar-grill favorites (steaks, burgers, shared plates and comforting entrees such as short rib pot pie and bacon-wrapped meatloaf); most dishes are tweaked with hallmarks of today's polished-casual cuisine. To wit: a little truffle oil here, some aioli there—and plenty of bacon all around.

APOSTO

644 18th St.; 515-244-1353 apostodm.com

Located in a cozy Sherman Hill Victorian house, Aposto is a top choice for a romantic dinner. Italian specialties anchor the menu, though influences from French and Latin cuisine also make their way onto the plate. During Restaurant Week, visit Aposto's website to reserve a table for dinner; the restaurant is open Wednesdays through Saturdays. The website also has details about its monthly pop-up dinners, which are a great way to enjoy one-time-only creations from Chef Shawn Bennigsdorf and to sip on perfectly paired wines from owner Tony Lemmo's cellar.

BIG CITY BURGERS AND GREENS 400 Locust St., Suite 195 515-537-8433

bigcityburgersandgreens.com Located in Capital Square downtown, Big City is a go-to spot for a casual and satisfying weekday lunch. Find a thoughtful array of well-composed salads and admirable burgers and sandwiches. While in burger mode, go all out with some Big City Fries—thin-cut fries tossed with asiago cheese, white truffle oil and parsley. If fresh and crunchy is more your style, dig into the greens side of the menu: Main-dish selections include a sesame-romaine salad and a poppy-seed dressed kale salad, gussied up with touches such as pecorino cheese, pistachios and dried fruit. During Restaurant Week, Big City will serve a lunchonly menu.

BLAZE PIZZA

300 Martin Luther King Jr. Parkway 515-518-1393

blazepizza.com

Blaze is a California-based franchise that's made its name on perfecting crisp-crust pizza made in a blazing-hot (600°F to 900°F) oven with lightning-fast speed (180 seconds). Other distinguishing qualities include made-from-scratch dough and fresh ingredients, from classic to less so. Also of note: Sauce choices go beyond traditional red or white, and include garlic pesto, barbecue drizzle, ranch, balsamic glaze and Buffalo sauce. P.S.: Because some like it thick, you can opt for a "high rise" version of the original thin crust. Blaze will offer its Restaurant Week menu during lunch.

BONEFISH GRILL

650 S. Prairie View Drive, West Des Moines 515-267-0064

www.bonefishgrill.com

Bonefish Grill, a Florida-based restaurant business with more than 200 restaurants nationwide, lures diners in for market-fresh seafood cooked over wood-burning fire. Regulars on the menu include ahi tuna, Chilean sea bass, rainbow trout and salmon, served with a choice of sauce, such as lime tomato garlic, mango salsa, herb pesto, pan Asian and lemon butter. For a more casual bite, look for hand-helds or bowls, such as fish tacos or shrimp pad Thai. Also check out the website for specials, and note that the venue is now open for brunch on weekends.

BUBBA—SOUTHERN COMFORTS

200 10th St.; 515-257-4744 BubbaDSM.com

Christopher Diebel's handsome downtown locale exudes grandeur, poise and polish; the lounge, especially, feels like a stylish update of the Southern parlor setting, replete with nailhead-trimmed upholstered dining chairs and 6-foot chandeliers framed by swag-draped windows. Take it all in while sipping clever craft cocktails. The bar specializes in well-curated bourbon and rye; or, try one of the thoughtful craft beers on tap. Buttermilk-fried chicken, barbecue meatloaf, and shrimp and grits are mainstays, and the Bubba burger, topped with pimento cheese and pecan-smoked bacon, makes a great any-night bite.

CENTRO

1003 Locust St.; 515-248-1780 centrodesmoines.com In the early 2000s, Centro energized the downtown Des Moines dining scene with an urban-chic ambiance and grand-scale ambition. Its appeal endures: On any given night, the room swells with the animated buzz of a contented crowd. Some pile in for chefrestaurateur George Formaro and executive chef Derek Eidson's satisfying and sincere takes on Italian-American food (Mama's meatballs, onion rings, red-sauced cavatelli and the like). Others seek out the more swanky side of the menu, such as seared sea scallops with risotto. Beer lovers take note: Eidson, a craft brew enthusiast, rigorously purveys thoughtful, food-friendly selections.

CHEF'S KITCHEN

1903 Beaver Ave.; 515-255-4411 chefskitchendm.com

These days, you can find sports bars and fine-dining spots all over the place. What's harder to hit upon is that sweet spot in between: a place you can go for that casual Tuesday-night meal that's as thoughtfully prepared as a Saturday-night splurge. Chef's Kitchen is exactly that. On red-letter days, try the steak de Burgo, shrimp scampi or bistecca alla Fiorentina (grilled steak finished in olive oil, garlic and herbs). For a more casual night, check out their extensive burger and sandwich options. Also note there's never a corkage fee here.

ON THE MENU

LAMB LOIN CHOPS WITH COGNAC BUTTER SAUCE

ST. KILDA When it opened last year in the growingly chic a go-to spot for fresh, colorful and refined breakfasts poached eggs has become legendary. Lesser known, perhaps, is the dinner program, which debuted a few months after the cafe opened. Featuring cast iron-grilled lamb chops drizzled with cognac-butter sauce and served alongside tri-color roasted cauliflower and a celery root and potato puree, this Restaurant Week main dish offers diners an enticing incentive to get to know the restaurant's under-the-radar dinner menu of uncomplicated yet well-wrought entrees. –Wini Moranville



RESTAURANT WEEK

COSI CUCINA ITALIAN GRILL

1975 N.W. 86th St.; Clive 515-278-8148 cosicucina.com

When it opened 25 years ago, Cosi Cucina blazed a trail locally when it fired up the area's first wood-burning pizza oven. The eatery remains a go-to spot for cheerful service and carefully made Italian classics and house specialties. Many, such as the spaghetti and meatballs and the chicken parmesan, are anchored by Cosi's signature robust red sauce flavored with locally made Graziano sausage. Cosi also takes firstcourse green salads seriously, with options such as spinach with candied almonds, sun-dried apricot, feta cheese and blackberry vinaigrette.

DISTRICT 36 WINE BAR & GRILL

1375 S.W. Vintage Parkway, Ankeny 515-261-2502

district36winebar.com

Dave and Jean Thomson, the owners of Urbandale's popular Urban Grill, opened this sister venue in 2016. Find polished bar-grill favorites, including many with alluring twists: Forget ho-hum chicken—how about a grilled breast, topped with sautéed Brussels sprouts, bacon, tomato and a Dijon hollandaise? The District Rib-Eye gets an update with Hawaiian marinade and spices, and a sliced presentation plus a peppercorn crust add a new angle to steak de Burgo. Find straight-up favorites, too, including chicken piccatta, simply grilled steaks and a Cobb salad. Enjoy it all in a handsome and spacious modern atmosphere, and take it outside on the patio when you can.

DSM BREW

300 W. Martin Luther King Jr. Parkway Suite 140

515-259-3634

dsmbrew.com

A coffeehouse wishing to thrive in the crowded local field needs to do something to set itself apart. Mission accomplished at DSM Brew. In addition to serving top-notch coffee drinks, including nitro coffee (coldbrewed, nitrogen-infused coffee), it's also a hot spot for cool gelato—they scoop up 16 colorful and intense flavors of the dense and creamy Italian ice cream. DSM Brew also serves beer, wine and a limited selection of cold sandwiches and grilled panini. In addition, look for brunch on Sundays as well as afternoon tea—complete with dainty sandwiches, scones and pastries—on Tuesdays (by reservation only). While the coffeehouse doesn't usually serve dinner, it will offer both a lunch and dinner menu during Restaurant Week.

EATERY A

2932 Ingersoll Ave.; 515-282-8085 eateryadsm.com

In a restaurant that gleams with reclaimed barn wood and brims with a buzzy crowd, owner Jason Simon and chef Nic Gonwa bring grand-scale ambition to the casual dining scene. With nary a chicken Caesar salad in sight, the creative menu showcases flavors of the Mediterranean in general and spotlights Spain, Morocco, Egypt and Italy in particular. While selections change frequently, adventurers should try Gonwa's takes on octopus and pork belly when they spot them; dishes like hangar steak and pork Bolognese lasagna—not to mention the wood-fired pizzas—are favorites of everyone.

FLAVORY BISTRO

1450 S.W. Vintage Parkway, Ankeny 515-443-7272

Facebook: Flavory Bistro Look for fresh and homemade Mediterranean-focused fare at this familyrun eatery located in the District at Prairie Trail, the growing shopping, dining and entertainment hub in Ankeny. The menu includes gyros, falafel and grilled chicken pitas; paninis; and salads. Also look for cheese, meat and Mediterranean platters perfect for enjoying on the patio with friends and a glass of wine in summer. A good selection of vegetarian options is available, and smoothies and fresh-squeezed "green juices" (made with good-for-you fruits and veggies) are also a specialty.

FLEMING'S PRIME STEAKHOUSE & WINE BAR

150 S. Jordan Creek Parkway West Des Moines 515-457-2916 flemingssteakhouse.com While a bandful of seafood u

While a handful of seafood, pork and chicken entrees dot the menu here, it's nearly impossible to pass up the steaks: lusty prime-grade beef, seared at 1,600 degrees and served on burn-your-fingers-hot plates. Equally irresistible are the indulgent sides, such as creamed spinach and jalapeñosparked scalloped potatoes. Without exception, Fleming's does wine right: Whether you want to splurge on a high-end bottle or go for something easier on the wallet, it's nice to know that all wines are always served in peak condition at optimal temperatures.

GAZALI'S

1205 25th St. 515-309-9167 facebook.com/Gazalis-Gyros-**Mediterranean-Specialities** This snug spot in the Drake area is perfect for a casual lunch or pre-movie bite (it's right next door to the Varsity Theatre). However, thanks to a pleasant dining room separate from the order-at-the-counter operation—and the recent additions of beer and wine to the menu—vou could easily linger here a while. Find expertly seasoned falafel, chicken shawarma and gyros meat, and enjoy these Greek and Levantine specialties either tucked into pita or served over a salad. Also look for homemade soup; selections vary, but lentil and tomato-basil are favorites. For dessert, snag a square of nutty, flaky and irresistible baklava.

HARBINGER

2724 Ingersoll Ave.; 515-244-1314 harbingerdsm.com

Chef Joe Tripp often imbues his vegetablecentric small-plates creations with flavors inspired by his repeated culinary journeys to Southeast Asia. Yet a New American sensibility flows abundantly through the menu, too. The ingredients—as locally purveyed as possible—come first, and seasonality stars on every plate. The rusticchic ambiance, complete with reclaimed wood from a beloved local farm, underscores the restaurant's true-to-lowa ethos. See one of the dishes he's plating for Restaurant Week on page 9.

HoQ

303 E. Fifth St.; 515-244-1213 hoqtable.com

Suman and Cynthia Hoque's airy and bright East Village bistro is a farm-to-fork leader. The menu, which changes often, prominently lists many of the farms and growers whose organic or chemical-free produce eventually makes its way to your plate. Proteins include grass-fed beef and lamb and pasture-raised chicken and duck, all raised without hormones, antibiotics, steroids or cages. This thoughtful bounty comes to the table in inventive yet approachable dishes—a recent menu, for instance, offered a meatloaf made with Tweed Croft Farm grass-fed beef, warm early spring vegetables, Maytag blue cheese salad, steak fries, chimichurri sauce and HoQ's own steak sauce. During Restaurant Week, HoQ will offer only the dinner deal, although it will be open for lunch.

RESTAURANT WEEK

LE JARDIN

2815 Beaver Ave., Suite 101 515-255-5787 lejardindsm.com

Although this casual spot takes inspiration from modern mom-and-pop bistros all over France, the food is inspired by dishes from all over the world. *Par exemple?* A recent menu offered beer-braised steak tips with garlic mojo and salsa verde; a harissa and parmesan-crusted chicken dish; and baked cod with a Spanish parsley and almond sauce. In true bistro fashion, the restaurant also offers a thoughtful array of dinner-worthy omelets (e.g., a sweet potato, Brie and spinach omelet). Also note that chef-owner Tag Grandgeorge's weekend brunches are a neighborhood favorite.

LOLA'S FINE KITCHEN

1615 S.W. Main St., Suite 106, Ankeny lolasfinekitchen.com

While working in corporate sales a few years ago, Taufeek Shah opened a few jars of his mother's hot sauce at a department potluck. The ensuing raves inspired him to commercially package Lola's Fine Hot Sauce, which is now available in 1,200 retail stores and 500 restaurants across the United States and Canada. Following this success, Shah and his sister. Hannah Elliot, conspired to take the brand to the next level with Lola's Fine Kitchen, a guick-service venue in Ankeny's Prairie Trail District. While Lola's had not yet opened at press time, the duo plans to serve Southeast Asian- and Filipino-inspired meals made with fresh ingredients and inspired by their mother's scratch cooking.

LOUIE'S WINE DIVE

4040 University Ave.; 515-777-3416 louieswinedive.com

Don't be fooled by the word "dive" in the name. Though a simple decor of soft banquette seating, handsome high-top tables, and scores of bottles on wine racks may attract a casual crowd, there's nothing loosey-goosey about the wine and food here. Find over two dozen wines by the glass, including many off-the-beaten-path finds. When it's time to eat, nibble through a tableful of thoughtful shared plates (e.g., pineapple-tuna nachos, ratatouille, grilled guacamole) or go the full dinner route, with choices like four-pork gnocchi or steamed mussels pappardelle. Be sure to enjoy the pleasant patio whenever you can.

MACHINE SHED

11151 Hickman Road, Urbandale 515-270-6818 machineshed.com

With the mantra "dedicated to the American farmer," Machine Shed is appropriately housed in a structure near Living History Farms that recalls a barn. Generous portions and home-style cooking at breakfast, lunch and dinner are the restaurant's hallmarks. Favorites such as the apple-whiskey-glazed stuffed lowa chop, Haybaler top sirloin and classic fried chicken keep fans returning. And the award-winning cinnamon rolls with butter-cream frosting? Legendary.

MALO

900 Mulberry St.; 515-244-5000 malodesmoines.com

Located in the headquarters of the Des Moines Social Club, Malo is another seeand-be-seen venue in the George Formaro/ Orchestrate Management empire. With pisco sours, mojitos and a daiquiri-style sip that pays homage to Hemingway's time in Cuba, the thrilling drinks menu celebrates the cocktail culture of Latin America. The food menu features Mexican favorites, including tacos made from homemade tortillas and slow-braised meats, as well as generously portioned enchiladas, fajitas and Mexican sandwiches.

RANGE GRILL AND GOLF

11865 Hickman Road, Urbandale 515-252-7500

rangedesmoines.com Range shares a building with six golf simulators. With tufted leather chairs, cushy booths and numerous large, TVs, the pleasant dining room hovers on the dividing line between a super-casual country club and a high-end sports bar. The menu opens to an extensive selection of casual and contemporary bar-grill favorites (Buffalo wings, nachos, onion rings, flatbreads, steaks, chops, pasta, sandwiches, burgers and salads). Steaks can be ordered with signature preparations, such as pecan and pimiento chimichurri or a Wisconsin blue cheese crust. Veering well off the beaten path are big-game choices such as elk tenderloin medallions and bison steaks and burgers.

PROOF

1301 Locust St.: 515-244-0655 proofrestaurant.com Chef-owner Sean Wilson was deployed to Italy, Greece and Spain for 18 months while serving in the U.S. Coast Guard; later, he spent another year cooking in Spain and knocking around Morocco. These transformative sojourns inform his cooking through and through, including in his iudicious use of spices. He roasts and mixes fresh spice blends weekly, then uses them in plates that reveal the ancient magic of spice in thoroughly modern ways. Located at the edge of Western Gateway Park, Proof also offers a captivating view of downtown Des Moines. For a peek at a dish chef Wilson will be serving during Restaurant Week, see page 10.

REED'S HOLLOW

2712 Beaver Ave.; 515-777-3625 Facebook: reedshollow Fine-tuned food in a hyper-relaxed atmosphere is now trending in the world, and chef Zach Gutweiler has nailed the formula. Expect a quirky ambiance (featuring taxidermy in the bar and some rotating local art in the dining room), and revel in the sometimes whimsical, alwayselevated food. The menu changes often, but Gutweiler's avant-garde approach remains constant. For a glimpse of this chef's cheeky yet highly finessed style of cooking, see page 4.

REPUBLIC ON GRAND

401 E. Grand Ave. 515-518-6070 therepublicongrand.com Rise above it all—head to this 21st-century stylish lounge on the sixth floor of the contemporary-cool AC Hotel. Since its opening in 2017, the hotel's enticing patio has become a summer fave for enjoying nibbles and sips. Be sure to check out the craft cocktail selection-many are named for Des Moines neighborhoods and landmarks (the Teachout, for instance, brings Four Roses bourbon, lemon juice, simple syrup, chocolate bitters and zinfandel). Linger into the evening with a snack (deviled eggs, hot nuts), or thoughtful small and shared plates that can add up to a meal (avocado fries, baked Brie, flatbreads). For a lunchtime visit, look for a limited but colorful collection of salads, soups and flatbreads. Brunch is served Saturdays and Sundays.

ON THE MENU

BURATTA CHAWANMUSHI WITH HEIRLOOM TOMATOES

HARBINGER

Sure, we all love caprese—that Italian trio of fresh mozzarella, tomatoes and basil drizzled in the best olive oil you can find. But we can do that at home. Here, chef Joe Tripp elevates the concept by swapping in buratta (a creamy-centered fresh mozzarella), and transforming the cheese into a chawanmushi—a cool and savory Japanese custard. He adds heirloom cherry tomatoes that have been pickled in a blend of Japanese flavorings (white soy, yuzu juice, mirin, ginger bonito); then he weaves in some basil-seed jam to mimic the seed sacs from a slice of cherry tomato. The result? A little like discovering the beautiful inner life locked inside a friend you thought you knew so well. –*Wini Moranville*



ON THE MENU

SCOTCH EGG—SPANISH-STYLE

PROOF

Sean Wilson does fascinating things with spice—especially when he suffuses something rich and lardaceous with spice blends he mixes and roasts in-house. For Restaurant Week, try his Spanish-inspired Scotch egg. First, he dips a soft-boiled egg into a blood pudding-esque mixture (flour, pork blood, "and about 20 different spices," Wilson explains). Next, he wraps the egg in a house-made Spanish chorizo flavored with sweet-smoky paprika, garlic and marjoram. Once fried, the spice-swathed egg—with its rich yolk still a bit gooey—comes to the table halved with a few garden-fresh touches and a bit of pork-fat hollandaise. You got it: an exemplary display of Wilson's spice/fat forte. *–Wini Moranville*



RESTAURANT WEEK PARTICIPANTS

RōCA

208 Court Ave.; 515-282-3663 rocadsm.com

Executive chef Aaron Holt crosses hearty foods with flavor-charged touches for his menu of shared plates (pork belly tacos with daikon slaw, crab croquettes with red pepper remoulade), flatbreads (four-cheese pasta; spinach and artichoke), charcuterie boards, sliders (root beer-braised pork; crab cakes) and a handful of large plates (e.g., seared scallop risotto, beef tenderloin with brandy cream sauce). The precise craft cocktails are another reason not to miss this Court Avenue favorite.

SPLASH SEAFOOD BAR & GRILL

303 Locust St.; 515-244-5686 splash-seafood.com

This is the city's premier spot for high-end seafood. The fish and shellfish are jet-fresh, of course, but the real pleasures lie in the way chef Dominic lannarelli and team get these delights to the table just-from-theheat hot, yet glistening with a sparkle of the sea. Sriracha scallops and sea bass meunière are signature plates, but even the more humbly priced miso salmon transcends the ordinary. For more casual nights, duck into the raw oyster bar and enjoy wellpurveyed oysters from the Pacific Northwest and New England and enticing appetizers, such as grilled octopus with chipotle romesco and potato puree.

ST. KILDA

300 S.W. Fifth St.; 515-369-7854 stkildadsm.com

Surprisingly few places in Des Moines offer a full bar, an extensive kitchen and bakery, dedicated table service and expert espresso drinks together under one roof. This place does it all in the pleasing midcentury-modern setting of a recently rehabbed furniture warehouse. Look for healthy, fresh and up-to-date food at breakfast, lunch and dinner. Toasts—quality toasted bread topped with enticing ingredients, such as mixed mushrooms with truffle queso—are a specialty here. Lamb lovers will want to check out one of their Restaurant Week offerings, shown on page 6.

TABLE 128 BISTRO + BAR

12695 University Ave., Suite 140, Clive 515-327-7427 table128bistro.com

Having grown up on an Illinois farm, chef Lynn Pritchard's passion for farm-inspired food runs deep. At Table 128, he brings the fresh-and-local ethos to the table with the precision and refinement of a classically trained chef. While he rotates new dishes onto the menu often, his beet salad, angry doughnuts and Brussels sprouts salad are sought-after mainstays. Meanwhile, his wife and business partner, Sarah Pritchard, oversees the expert front-of-the-house staff and curates the venue's extensive wine program, featuring more than 125 bottles from small, artisanal producers worldwide. Currently, chef Pritchard is steering his menu in more vegetable-centric ways. As an example, see what he's cooking up for Restaurant Week on page 2.

TRELLIS

909 Robert D. Ray Drive 515-323-6288 dmbotanicalgarden.com

Chef Lisa LaValle describes her cooking as "locally sourced and plant-inspired," and indeed, grains, legumes and veggies grace the menu in dishes such as creamy asparagus-saffron pasta or a Kyoto salad with wild black rice and vegetables. But meaty entrees—such as a Berkwood Farms sausage ragu-topped pasta—keep carnivores plenty satisfied, too. The lunchonly venue is located within the Greater Des Moines Botanical Garden. If it's a patioperfect day, sit outside on the terrace, which overlooks the water garden, complete with lily ponds and a panorama of downtown Des Moines.

TROSTEL'S DISH

12851 University Ave., Suite 400, Clive 515-221-3474

dishtrostels.com/dinner

Once known primarily as a small-plates emporium, Trostel's Dish now serves a full menu of familiar-yet-finespun contemporary favorites, on both large plates and small. You can still make a meal out of a table full of appetizers such as the Boursin mushrooms, crab cakes, havarti shrimp, bruschetta and calamari. Or, keep it casual with beef and Boursin sliders, cracker-crust pizza or shrimp tacos. Those looking for a traditional fullscale dining experience will be glad to spot some main-dish-sized sandwiches, salads and entrees on the menu, including prime rib, cedar-planked salmon and Trostel's famed gunpowder rib-eye.

TROSTEL'S GREENBRIAR RESTAURANT & BAR

5810 Merle Hay Road, Johnston 515-253-0124 greenbriartrostels.com When it opened in 1987, Trostel's Greenbriar was mostly a special-occasion, whitetablecloth venue. Certainly, you can still head here for fine-dining classics such as prime rib, beef tenderloin Oscar and chicken piccata. However, today's vibe and decor swing more good-natured than formal, and there's plenty on the menu that follows suit, including pizzas, burgers and sliders. Take a look at chef Troy Trostel's seasonal specials; for example, a recent menu featured grilled spring lamb chops partnered with spring pea risotto for a seasonal, chef-driven dish.

URBAN GRILL

3651 86th St.; Urbandale 515-278-1016

theurbangrilldm.com

Divvied up into snug rooms that are tastefully lit and filled with handsome mahogany furnishings, Urban Grill is an inviting spot to enjoy contemporary American favorites. The wide-ranging menu brims with entree salads, pasta, seafood, burgers and sandwiches; options range from ever-popular standbys, such as French dips, cavatelli and chicken Marsala, to lesserknown choices such as pretzel-crusted grouper and smoked chicken linguini in jalapeño cream sauce. Service matters here: The owners of this family-run venue take pride in ensuring that family members are on staff every day to keep standards high.

VINO 209 WINE CAFE

209 Fifth St., West Des Moines; 515-865-6755 Vino209.com

With its red-brick walls as a major design element, this smart wine bar taps into the historic appeal of its Valley Junction environs while also conjuring up a cozy wine-cellar vibe. Choose from 28 wines by the glass and even more by the bottle, as well as beer and espresso drinks. To eat, the shared platesincluding nuts, olives, hummus, and meat and cheese boards-make this a good spot to head with friends to ease out of the workday and into the evening. For lunch or a casual dinner, enjoy well-composed salads and sandwiches. Also head here for a lateafternoon or after-dinner indulgencedesserts, including cheesecakes and mini cakes, beckon from the glass display case.

SMCUISINE



DSM Brew Coffee Co. is Des Moines' original nitro coffeehouse with hot brew coffee, espresso drinks, gelato, meals and high tea in downtown Des Moines.

300 Martin Luther King Jr Parkway, Suite 140 Des Moines · (515) 259-3634 · dsmbrew.com









Wine and dine at Vino209. We're known for our hip and cool atmosphere, exceptional wine selection, craft beers, coffee and flavorful light food choices for lunch, dinner or anytime in-between.



209 5th Street $\,\cdot\,$ Historic Valley Junction, West Des Moines (515) 255-1209 $\,\cdot\,$ Vino209.com





The saying is "out with the old, in with the new," and Range provides just that: a new, unique eating experience that combines the atmospheres of a refined sports bar and luxury dining.

11865 Hickman Road · Urbandale (515) 252-7500 · rangedesmoines.com



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1312 Locust Street · Des Moines (515) 283-1312 · americanadsm.com





Introducing the local flavors. We are excited to announce our new locally-inspired dishes from "Chef Matt's Table", our menu showcasing specially curated local dishes handcrafted by our chef.

150 S Jordan Creek Parkway · West Des Moines (515) 457-2916 · flemingssteakhouse.com





Experience why Chef's Kitchen was voted Best Beaverdale Restaurant! Our great new menu features delectable steak, seafood and fresh fish specials, pizza, sandwiches, and more. Weekend brunch. Our signature homemade chocolate chip cookies are free, while they last!

1903 Beaver Avenue · Des Moines (515) 255-4411 · chefskitchendm.com



dsmcuisine



Known for their top-notch wine selection and an easy, sophisticated atmosphere, District 36 offers a menu featuring inspired American cuisine. Lunch and dinner – appetizers, salads, sandwiches, pasta, steak and seafood. If the weather's great, nab a table outside.



1375 SW Vintage Parkway · Ankeny (515) 278-1821 · district36winebar.com



The from-scratch Mediterranean menu features fresh, healthy cuisine. The paella gets rave reviews, but there's lots to love about the local, seasonal menu. Desserts, homemade gluten-free patties, soups and vegan options available.

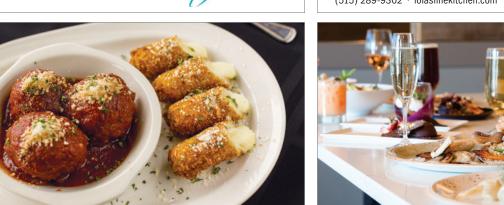
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Japalis

1205 25th Avenue · Des Moines (515) 309-9167



Cosi Cucina is Celebrating it's 25th year of business in 2018! Under new ownership since January of 2017, Cosi now features brand new menus with a variety of flavor.

1975 NW 86th Street · Clive (515) 278-8148 · cosicucina.com





Let us re-imagine what you call dinner. Welcome to Lola's Fine Kitchen. We have fused our distinctive family recipes to create a meal that is exotic yet familiar, healthy & delicious, and 100% all natural.



FINE KITCHEN *

1615 SW Main Street, Suite 106 · Ankeny (515) 289-9302 · Iolasfinekitchen.com



Established in 2013, Table 128 serves cuisine focusing on flavor, elegance, simplicity and balance on the plate. Highlighted by a well-curated bar and more than 125 wines available by the bottle. Open lunch and dinner. 2018 Wine Spectator Award recipient.



12695 University Avenue, Suite 140 $\,\cdot\,$ Clive (515) 327-7427 $\,\cdot\,$ table128bistro.com

dsmcuisine



Des Moines' premier seafood restaurant, this 5 star establishment, Dirona and Wine Spectator Award Winner, serves fresh seafood, expressed daily from Hawaii and other coastal ports. Quality service, attention to detail and extraordinary atmosphere, make this restaurant a favorite.



303 Locust Street, Suite 100 · Des Moines (515) 244-5686 · splash-seafood.com



Sip. Relax. Repeat. Sit inside – or check out the 6th floor outdoor lounge overlooking the downtown city lights. Pair a craft cocktail with artisanal chef favorites – featuring eclectic American cuisine.

401 E. Grand Avenue $\,\cdot\,$ Des Moines (515) 518-6070 $\,\cdot\,$ therepublicongrand.com





Bonefish grill believes great meals are more than just food on a plate. Join us for seasonal fresh seafood cooked over a wood-burning grill, handcrafted cocktails and a memorable experience.

650 S Praire Drive · Des Moines (515) 267-0064 · bonefishgrill.com



A perfect blend of neighborhood hangout and refined eatery offers a menu of exceptional New American cuisine, featuring the classics alongside innovations on old favorites. Lunch and dinner – appetizers, salads, sandwiches, pasta, steak and seafood.

<u>Urban Grill</u>

BONEFISH

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3651 86th Street · Urbandale (515) 278-1016 · theurbangrilldm.com



A casual Italian restaurant offering large portions of freshly prepared pastas, soups & salads, pizza, seafood, steaks and desserts in a comfortable, relaxing atmosphere. For more information, visit www.biaggis.com.

5990 University Avenue $\,\cdot\,$ West Des Moines (515) 221-9900 $\,\cdot\,$ biaggis.com



The Machine Shed is the complete farm to table experience, serving chef-driven, farm fresh fare inspired by the seasons. Dedicated to the American farmer – with a modern twist!

11151 Hickman Road $\,\cdot\,$ Urbandale (515) 270-6818 $\,\cdot\,$ machineshed.com





RESTAURANT WEEK PRIZE

COURTESY OF CATCH DES MOINES

DINE IN FOUR PARTICIPATING RESTAURANTS AND BE ELIGIBLE TO:



THE REPUBLIC ON GRAN

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CATCH DES MOINES FLAVOR GIVEAWAY

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HOW TO ENTER

Winning couldn't be easier: Save meal receipts dated between Aug. 17-26 from any four participating Restaurant Week restaurants. Staple them together or insert in an envelope **(receipts must be entered together to qualify)**, and leave at the front desk or mail to Business Publications Corporation Inc., The Depot at 4th, 100 Fourth St., Des Moines, Iowa, 50309, postmarked no later than noon, August 28. Include your clearly printed name, address, phone number and e-mail address for notification purposes. Winner will be selected and notified by email on or before September 5, 2018.

Rules: No purchase is necessary. The odds of winning shall be determined by the total number of entries submitted. Only one entry per person is allowed. You must be 18 years of age or older to win. Contest is limited to U.S. residents only. Winner shall be notified by e-mail on or before September 5, 2018. The winner will be announced on the *dsm* website on September 5, 2018. The name of the winner may also be obtained by written request to Business Publications Corporation Inc. at The Depot at 4th, 100 4th St., Des Moines, IA, 50309. If prize is not claimed within 7 days of notification, prize shall be forfeited and another winner will be drawn. Winner shall be required to sign an affidavit of eligibility and a publicity release that releases sponsors and Business Publications Corporation Inc. from liability in connection with the winner's use of any prize and permits the sponsors and Business Publications. Corporation Inc. to use the winner's name and image to promote the contest.

Prize is valid until August 2019, is non-transferable, cannot be extended beyond the 2019 date, and does not apply with other promotions or discounts. If lost, prize certificate will not be replaced. No employee or employee's family member of Business Publications Corporation Inc. or the Greater Des Moines Convention and Visitor's Bureau is eligible. Business Publications Corporation Inc. and the Des Moines Convention and Visitor's Bureau assume no liability for the content of the prize. The value of the prize may be taxable as income. The winners should consult their respective tax advisors. Prizes shall be awarded by the Greater Des Moines Convention and Visitor's Bureau.

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TAYLOR

BUFFALO TRACE

Palle

SAZER/



JENNIFER LEATHER

Age: 32

Profession: Creative director at Raygun

How would you describe your style? Thrifted or recycled. I started shopping at thrift stores when I was in high school. The clothes were inexpensive and environmentally conscious, and I wasn't wearing the same thing that everyone else was wearing. I also have a lot of hand-me-downs from

Any fashion regrets? Shopping at companies that employ slave labor and that steal from artists.

ashionable friends.

Where you shop locally: Goodwill outlets and Thrifty Bitch, which is a friend's pop-up company that sells vintage clothing and accessories. The piece of clothing or accessory you couldn't live without: My Sex and loe Cream overalls. Also a silver ring that I bought from a street vendor in Bolivia. It's unique and a beautiful souvenir from that trip. Other things you couldn't live without: My dog, Steve, a German Shephard puppy who's almost a year old.

Passions: Art and activism. I've been making art and thinking about social justice my entire life. I'm a painter and an illustrator and I make installations and performance art. Most of my work is about my experience as a woman. I also co-own the Portrait Studio; we go to events and draw people's portraits and then they take the portrait home.

PHOTOGRAPHER: JOELLE BLANCHARD

insider's guide Vietnam and Cambodia

A TALE OF TWO COUNTRIES

KENNETH AND LE SON QUINN PRAISE THE QUIET WONDERS OF VIETNAM AND CAMBODIA.

WRITER: KELLY ROBERSON

Monumental limestone formations rise from the depths of Halong Bay, one of the most popular attractions in Vietnam.



hen Kenneth M. Quinn met his future wife, Le Son, in Saigon, South Vietnam, he was a newly minted diplomat working as a rural development adviser in the Mekong Delta. "It was November 1968, I was 26 years old, and I had been dreaming of a post to London, Paris or Vienna," he recalls.

South Vietnam may not have been in his plans, but it was a fortuitous spot for his future. He and Le Son, whose family had fled south from North Vietnam in 1954, married in 1974. Future postings took their family from Southeast Asia to Washington, D.C., then to Cambodia in 1996, where Kenneth Quinn served as ambassador until 1999.

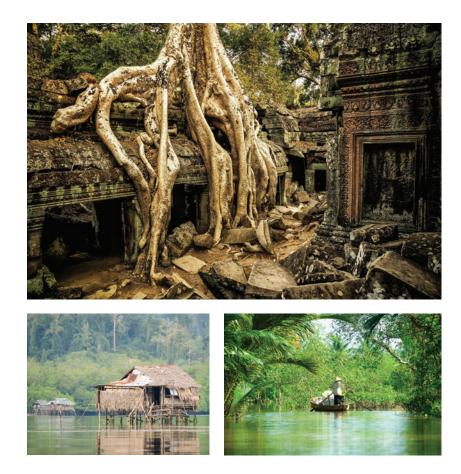
Later the couple returned to those distant outposts, albeit as vacationers, not residents or diplomats. Here they share insights for travelers to these exotic lands.

Planning a Visit: It's possible to get a good overview of both Cambodia and Vietnam in one trip; the Quinns suggest starting in Ho Chi Minh City as a base. On their journey, they drove south to My Tho and boarded a boat, which traveled up the Mekong River and made stops along the way, including in Phnom Penh, the capital of Cambodia, before returning by plane to Hanoi and then Ho Chi Minh City.

Cultural Influences: Although the countries share a border, Vietnam and Cambodia differ in key ways. "Vietnam has more of a feel that resembles China," the former ambassador says. "There's a rush of economic activity, and people look different than they do in Cambodia or Laos. The language is tonal—sort of sing-song."

Cambodia, however, shows more of the Indian subcontinent influence. "There's a different kind of Buddhism and different look to the temples," he says. "Houses look different—they're built on stilts, particularly in the countryside—and the traditional dress is sort of a colorful sari worn by women."

Hanoi and Ho Chi Minh City: When the career diplomat journeyed back to Vietnam in 1977 as part of the first post-Vietnam War delegation sent by President Jimmy Carter, Ho Chi Minh City (the former Saigon) retained its hustle and bustle, but Hanoi–capital of the North–demonstrated little economic energy. But the intervening decades have leveled out the economies of the two. "Hanoi is like Saigon used to be–a hub of motorbikes and activity," Kenneth Quinn says. "In



1977, you couldn't find a restaurant in Hanoi, and now they are everywhere."

Hanoi's old quarter remains wellpreserved, the Quinns say, with Ho Hoan Kiem Lake at its center. The centuries-old art of water puppetry can still be seen at the Thang Long Water Puppet Theatre in Hanoi, too.

In Ho Chi Minh City, take a peek at the Rex Hotel, the Quinns suggest; it was the American officers' club during the war. The Rex and the nearby Majestic Hotel have rooftop bars with sweeping views of the city.

Not to Miss in Cambodia: There are historic sites that draw many visitors to Phnom Penh, including the Royal Palace, the Silver Pagoda and the National Museum; all are worth a visit, the Quinns agree. But none stand out against Angkor Wat.

First a Hindu and then a Buddhist site, Angkor Wat is a temple complex on more than 400 acres in Cambodia; it is the country's most famous cultural and historic site and should not be missed, they say. "It's the experience of a lifetime, and one of the two things that you'll never forget," says the former ambassador. "The scope of the society that existed is breathtaking."

The other thing that's unforgettable but necessary, say the Quinns, is visiting sites that mark the atrocities committed by the Khmer Rouge, led by Pol Pot. Their genocide killed up to 3 million people between 1975 and 1979. "When Clockwise from top: Angkor Wat, an ancient complex of Cambodian temples; a boater rows produce along the Mekong River, the deep vein that bisects the peninsula; a Cambodian home on stilts above the water.

I was at the embassy in 1996, I had 150 employees and asked them who [had been] in a Khmer Rouge camp; every hand went up. Cambodia culture came this close to being eradicated," says Kenneth Quinn. "I asked who had an immediate family member die, and every hand went up." The museum site Choeng Ek, close to Phnom Penh, commemorates the lives lost.

Not to Miss in Vietnam: Vietnam doesn't possess similar cultural sites to Angkor Wat, but there are several scenic and historical sites that are must-visits, say the Quinns. Tour the Cu Chi Tunnels, the underground network that the North Vietnamese used to move troops and weapons. And drive north several hours to Halong Bay, a top tourist draw, which "is the most distinctive scenic place in all of Vietnam," says Kenneth Quinn. "There are limestone mountains that jut out into the sea." From there, "you can book a ship to take you out for the day and even sleep overnight on it."

Worth Bringing Home: Silk and

embroidery stand out in Vietnam, says Le Son Quinn. "You pick out the silk and they can make a jacket in a few days," she says. In Cambodia, silver is a good choice, although be sure to work with someone who demonstrates the metal's purity, she suggests.

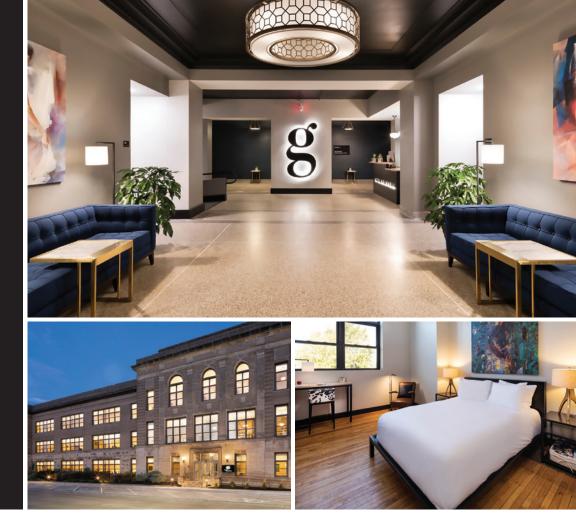
More Information: Vietnam National Administration of Tourism (vietnamtourism.com); Tourism of Cambodia (tourismcambodia.com).



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passions

led VegLife to become a 501(c)(3) so it could take donations and grow. And grown it has: Despite a blizzard swinging through town the weekend of 2018's VeganFest, 2,500 people attended the daylong event at Valley Community Center in West Des Moines. The fest featured speakers and food samples from dozens of local vendors.

Luebbert credits some of that growth to a 20-restaurant tour the group organized leading up to VeganFest. "We partnered with 14 local restaurants to highlight vegan selections for one night," says the 36-year-old Luebbert. Participants noshed on, for example, seitan masa fries from Tacopocalypse, lentil barbacoa at Table 128 and beet carpaccio at HoQ.

Far from embracing a vegan lifestyle, Luebbert spent her first two decades living a meat-and-potatoes existence. "Food was never something I gave much thought to, and honestly, I didn't even look at a nutrition label until I was 20," says Luebbert, who grew up in Charleston, Illinois, and Cedar Rapids.

All that changed in 2002 when she met a vegan and environmentalist who shared a compelling argument about her earth-friendly beliefs. "I went home and immediately Googled 'veganism,' and learned more than I ever could have imagined about industrial agriculture and how it impacted the well-being of our planet," Luebbert says.

The next day, she went vegan. It was a massive and quick change, "but I considered this a choice I could make three times a day to not contribute to suffering," she says.

Enrolled at the University of Iowa at the time, Luebbert eventually settled on a degree focusing on geography, anthropology and environmentalism. For the first seven years of her career, she worked a corporate gig at Principal in Des Moines that she felt competent and successful doing, but was never passionate about. So in 2013 Luebbert enrolled in Energy Corps, an initiative with a mission to promote energy conservation, and moved to Cedar Rapids for a year.

Settling back in Des Moines in 2014, she now works as an outreach associate for an energy company. She and five friends started VegLife Des Moines as a way to offer resources—such as a restaurant guide and cooking classes for everyone from veteran vegans to those who are simply interested in learning more about veganism.

Inspired by the success of VeganFest and the positive response from the restaurant tour, Luebbert predicts VegLife will continue to grow: "We're planning more supermarket tours, community garden volunteering and working with restaurants to make their vegan offerings easier to spot."

"I admire Amy's relentless commitment to create a just world for all the earth's inhabitants," says Paola Perez Sackett, Ph.D., an adjunct faculty member at Des Moines Area Community College who serves on the VegLife board. "Amy is a vivid example of someone who really 'walks the talk.' She lives her life with integrity."

Still, Luebbert doesn't expect everyone to steer completely clear of steak. "I know it can be daunting to go vegan overnight," Luebbert says. "Some people find it helpful to try the 'vegan before 6 p.m.' concept or adding one more meatless meal a week. Every bit helps."

VOICE FOR VEGANS

WRITER: KARLA WALSH PHOTOGRAPHER: DUANE TINKEY

On the same day in 2017 when 14,000 people were devouring 10,000 pounds of bacon at the annual Blue Ribbon Bacon Festival at the Iowa Events Center, a much smaller, if no less mighty, group was holding its own food fest at First Unitarian Church. Branded "VeganFest," the event's goal was to showcase an alternative culinary choice to pork-a-palooza.

"We expected 150 people and were shocked when 750 showed up," says Amy Luebbert, president of VegLife Des Moines, the host organization. That unexpected success

"MY GOAL AS WE MOVE FORWARD WITH VEGLIFE IS TO HELP PEOPLE FIND THEIR REASON FOR TAKING A SMALL, OR BIG, STEP IN THE PLANT DIRECTION." - AMY LUEBBERT recalls. "So we hit the floor running and put on the first concert that July."

That first concert eventually blossomed into the Warren Morrow Latin Music Festival, an annual all-day event that showcases a variety of Latin styles, such as rock en Español, salsa, cumbia, regional Mexican, samba, Afro-Cuban and Caribbean. This year's fest is July 21 at Brenton Plaza downtown.

"I'm always looking to make [the festival] better than the last year," says Martinez.

As the scope of the project and the number of bands have grown, so has the list of behind-the-scenes organizers making it happen. Along with Martinez and Fernandez-Morrow, Goizane Mullin, Laura Rodriguez and Mayra de Catalan have brought their own talents to the project.

"It's a small team," Martinez says. "But once we have the right funding, we can make stuff happen. We have the experience.

"I don't know what my position is," he adds, joking. "I'm the idealist; the others do a good job of bringing me back down to earth."

"Amner is an unstoppable force," says Martinez's friend Nicole Lorenson, owner of Preservation in the East Village. "Once he sets his mind to something, he is going to make it happen, and he has a way of inspiring and supporting others to do the same."

Born in Guatemala, Martinez was 5 when his family was forced to flee the country to escape political persecution. Settling in California in 1990, the family moved to Perry in 1995 when Martinez's parents found jobs at a meatpacking facility that paid nearly double what they were making in California.

Now 37, Martinez lives in Des Moines with his wife, Laura Rodriguez, and two children. By day, he works as an operations manager for a local recruitment company, but he's always been interested in music and entertainment.

He started out working at local clubs as a VIP concierge and an event planner. "A friend of mine and I started our own company called Viva DJs," he says. "We were the ones that started Salsa Thursday at Dos Rios."

Martinez met Warren Morrow in 2008 when Morrow sponsored a Viva DJs event. "Warren was involved in everything," Martinez says. "La Placita, the way it looks right now was because he was involved in the design. He was also involved in the investment aspect."

Morrow was deeply committed to issues that concerned the city's Latino population. He founded the Latino Leadership Project in 1999, assisting high school students with college plans, and devoted countless hours to volunteer and nonprofit projects throughout the city.

"Back when [Morrow] sponsored my event in 2008, I was just all about the money, you know?" Martinez recalls. "Looking back, I wondered how it was that I never sat down and talked to him about the community."

With the music festival, "we want to honor Warren's legacy," Martinez

Continues on page 80

RHYTHMIC TRIBUTE

WRITER: CHAD TAYLOR PHOTOGRAPHER: DUANE TINKEY

After Warren Morrow died suddenly in 2012 at the age of 34, Amner Martinez decided he wanted to stage a concert to honor the well-known and respected advocate for the city's Latino community.

"Like a month after he died, I said to my wife, 'I think I'm going to approach his widow [Christina Fernandez-Morrow].' I met with her in March and said, 'If we're going to do this, let's do it this year,' " Martinez

"WE WANT TO HONOR WARREN'S LEGACY. WE WANT TO KEEP HIS NAME MOVING FORWARD, AND GIVE YOUNG LATINOS HERE SOME LOCAL HEROES." - AMNER MARTINEZ

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Continued from page 78 adds. "We want to keep his name moving forward, and give young Latinos here some local heroes."

Des Moines has had no shortage of shows and events for fans of a more traditional, Mexican-rooted sound, but for the festival, Martinez has always wanted to cater to Latinos who are interested in a less traditional sound namely, younger people who have spent most of their lives in America but who have grown up with the music of their parents' homelands. To that end, the festival has booked acts like Grammy winners La Santa Cecilia and Kansas City-based Latin rock outfit Making Movies.

"We want to be a platform for the newer Latin sounds that are coming up from the Dreamers, and from kids who have grown up here," Martinez says. "We want to grow as much as we can but not lose that essence. We want people to know that they don't have to travel to Chicago to hear good Latin music."

Martinez says he and his compatriots know that each step forward must be done as a team. Time and again, Martinez refers to the people who have helped him make the festival a reality and says team unity will help the festival continue to expand its influence.

"We want to bring in acts that will draw more people than just Latinos," he says. "And we want to let the Latinos here know that there are more kinds of music to listen to than just the traditional Mexican bands."



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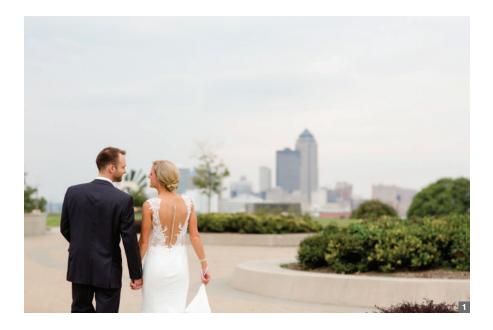
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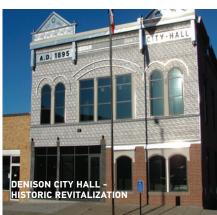
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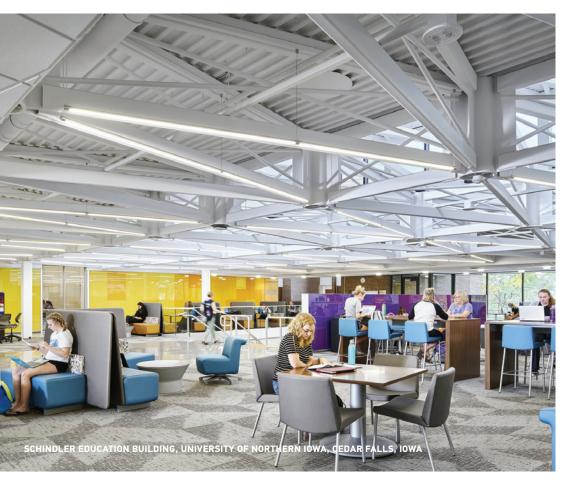




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Molly Wood photographs plants using natural light and isolating the subject against a black velvet backdrop—with stunning results.

Above: "Violets 2987" (2017). Opposite: "Datura 2963" (2016).



TAKING ROOT

AN ARTISTIC PHOTOGRAPHER VIEWS PLANT LIFE AS A METAPHOR FOR THE HUMAN EXPERIENCE.

WRITER: JODY GIFFORD

In first grade, Molly Wood

and her grandfather would walk the rolling fields and back roads near his home in Louisiana, shooting photos of the eye-catching trees and plants that grabbed their attention.

"My grandmother died right after my mom was born, and my grandfather realized he didn't have very many pictures of her to show my mom, so he carried a camera everywhere he went," recalls Wood, a Des Moines photographer. "Out in the country, we would walk around and take pictures of things that were at my eye level. ... Since he had grown up out there, he knew the name of every plant and always had an interesting story about the trees. He really taught me from the ground up."

Since then, Wood, 53, has turned her childhood curiosity into a career. Managing photo shoots at Meredith Corp. by day and capturing fascinating plant life in her home studio at night, Wood is producing work that would make her grandfather proud.

"I have always liked botanicals," Wood says. "My daughter was born the same year my father passed away, and I was thinking a lot about mortality and the cycle of life at the time. It's always been the trees and flowers that I like, but in terms of artwork, it's using those as a metaphor for the human experience."

This idea translated into an exhibition held at Olson-Larsen Galleries in Valley Junction earlier this year. Titled "Fatal Flora," the collection of 10-by-10-inch prints focused on plants that, on one hand, could be used to heal the sick but that were also capable of being toxic, even fatal, if prepared differently. Wood says the idea to feature the plants in this way was born out of heartache.

"Right after my divorce, everyone kept using the word toxic and I thought it was so much more complicated than that—that something in one stage was great and it was really healing, and then became toxic," Wood says. "There was a complexity there that intrigued me."

Most of the plants she photographs come from local gardeners and nurseries; others she grows herself. "I try to grow them, but I don't claim to be a great gardener," Wood says with a laugh. "Part of the reason I grow them is because they're interesting when they're blooming and interesting when they die and start to go to seed. When that happens, I tear them apart and start pulling things off the plant."

Wood shoots with a sophisticated digital camera, using natural light and isolating her subject against a black velvet backdrop. Susan Watts, owner of Olson-Larsen Galleries, says Wood's style is breathtaking.

"On a purely aesthetic level, it's just stunning," Watts says. "I like her approach in wanting it to look like a Dutch still-life painting. The extreme precision, the importance light plays in her photography—it's an interesting approach. Continues on page 104

> Molly Wood is drawn to plants because they're "interesting when they're blooming and interesting when they die and start to go to seed."

Right: "Violets in Vase 3225" (2017).



Molly Wood's work can "look like a Dutch still-life painting," says Susan Watts, owner of Olson-Larsen Galleries.

Below: "Vanitas 291" (2017). Opposite: "Nightshade 1367" (2016).



"Photo Sensitive," which will include works by Molly Wood, will open July 27 at Olson-Larsen Galleries. A reception will be held from 5 to 7 p.m. that day. The exhibit will run through Sept. 22. Olsen-Larsen is at 203 Fifth St. in West Des Moines. More information: olsonlarsen.com.

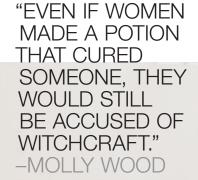




Most of the plants Molly Wood photographs come from local gardeners and nurseries, though she grows some herself.

Clockwise from top left: "Datura 001" (2017); "Queen Anne's Lace 3997" (2017); "Poppy Pods 9589" (2016); "Poppy Center 3837" (2017). Opposite: Wood in her home, where she has her studio. Portrait photographer: Karla Conrad.







Continued from page 98

There's a lot of still-life and floral out there, and she's created this series with an interesting back story that tells me she's a thoughtful and well-versed photographer." At Olson-Larsen, she says, "We're interested in work that is lovely to look at but has substance."

Wood will exhibit even more of her botanical photography in a new exhibition titled "Photo Sensitive." The show includes the work of more than a dozen photographers and runs July 27 through Sept. 22 at Olson-Larsen Galleries. Wood's pieces will follow a similar theme as her previous show, focusing this time on Renaissance women and the perception at the time that female healers

On her mantel at home, Wood displays her photo "Ricinus on Book" (2016). Ricinus is more commonly known as the castor oil plant. Photographer: Karla Conrad.

were more witch than savior.

"I've done a lot of reading about what plants and botanicals existed in women's Renaissance medicinal gardens," Wood says. "Even if women made a potion that cured someone, they would still be accused of witchcraft. They'd say, 'Go to the church to make you better,' so it was a power struggle."

Wood says photos in the July show will measure 30 by 30 inches, the largest she's ever displayed.

"The impact of something that size is really fun to see when it's exhibited," Watts says. "Molly is constantly pushing herself, and it will be fun to see what she comes up with."

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Heads are works of art at Dapper DSM, whether it's the foamy head on a glass of ale or the well-shorn head of a customer (opposite). The shop is in the Randolph Building on Fourth Street downtown. T

E

DOUBLE

ELGIAN-STYLE W



A CUT ABOVE

THE CLASSIC BARBERSHOP—WITH CONTEMPORARY TWISTS— REGAINS ITS MANLY STATION IN LIFE.

> WRITER: LAUREL LUND PHOTOGRAPHER: DUANE TINKEY



ents: Is your hair-care venue making the cut?

If not, get thee to the nearest barbershop.

Once a mainstay of Main Street America, the barbershop is making a comeback. The original man cave, this iconic hair-care the globe.

haven is trending around the globe.

From 1992 to 2012, U.S. Census data show a 23 percent increase in the number of barbershops across the country. Over the past two years alone there has been another 10 percent uptick, making barbering one of the fastestgrowing professions in the country, according to the National Association of Barber Boards of America.

"We've definitely seen a resurgence in the business since 2012," says Eric Hutchison of Beaverdale's Franklin Barber Shop.

"In the past five years, we've noticed a real revival," agrees Riva Walters, owner and ace barber at downtown's Dapper DSM, a conspicuously glass-fronted shop in the historic Randolph Building at Fourth and Court that opened in 2017.

A SIMPLER TIME

Barbershops were king from the mid-1800s to the mid-1900s. One of the first "gentleman's clubs," the barbershop—distinguished by the ubiquitous red-, whiteand blue-striped pole—was the gathering spot for men of all distinctions. Whether baker or banker, the scents of pomades and powders mixed with tobacco beckoned men to enter this sanctuary to fraternize with friends and discuss the news and politics of the day.

Safety razors and electric shavers cut into the barbershop's shave business. And longer styles took young customers away from their fathers' barbershops and lured them into genderless salons that they visited much less often. Barbering "went the way of the buffalo," Hutchison says.

No longer. Today's male is getting clipped and snipped, shaved and sheared, cut and coddled in the old-

is-new barbershop. What's behind this momentum? It's simple, says Al Hageman of Salon U in Urbandale: "The barber trend is on a roll because today's men are more aware of, and care more about, their grooming needs."

Additionally, "they're trying to stay current on hairstyle trends," says Craig Hunt at Universal Kutz in the Waveland neighborhood. "They're asking for tighter cuts, which brings them in more often."

FROM FADES TO FLATTOPS

Trending cuts include fades, tapers, pompadours and hard parts. 'I'm even seeing the return of the flattop," says Tammy Ortiz, owner and head barber of the east side's Hilltop Barber Shop.

Hunt adds the Fro-Hawk, sleek side parts and textured cuts to the list of trending styles. Textured cuts can be as elaborate as logos and images carved into a hairstyle. The skill is such that these barbers are regarded as artists by their peers. "One of the best design artists in the city is Trav'i Ford," Hunt says of an in-demand associate at Universal Kutz.

Hairstylist Lindsey Mollenhauer works alongside barber Jay Wendt at her downtown salon Elevencherry and admires the skills involved. "The art of barbering is very technical," she says. "It's exciting to watch."

Those experts in fades and textured cuts? "They're like the hyperrealism painters of the hair world," Mollenhauer says. "And to fade hair is one of the most challenging things you can do, dealing in millimeters of hair length."

The popularity of beards and 'staches also has helped shift men's grooming attention to their faces, making the old-fashioned hot-towel shave hot again. "The revival of the straight-razor face shave has made a full 180-degree turn in personal grooming," Ortiz says.

Bradey Daugherty is one of its biggest fans. "The hot towel shave at Dapper in downtown Des Moines is a fantastic experience, incredibly relaxing. You just lean back in the chair, get a full face massage and enjoy being pampered."

Part of enjoying that experience is trust in the care and consistency of service. According to Salon U's Hageman,

MEN'S FADE



SCISSOR CUT This is not a fade because there is no length of hair that is short enough to see skin through.



TAPER FADE

The edges are faded so that a gradual, yet dramatic, decrease in length of hair is visable.



SHADOW FADE The shortest length of hair is so short it looks like a shadow. **BALD FADE** The hair is faded completely bald and is achieved by shaving the skin with a razor.

BARBER: JAY WENDT

"Men want the same cut, the same barber, the same product every time. They don't like change. It's in the male DNA."

Because barbering is such a relationship-based business, clients are most often acquired through the recommendations of friends, local barbers agree. But modern times have introduced a fresh angle: "The marketing for the new barbershops is all social media, which has allowed them to grow at a rapid rate," Mollenhauer says.

Most importantly, finding the right chop shop isn't just about clippers and combs; it's also about finding a place where men can jibe with their tribe, kick up their feet, watch a game and enjoy a cold one. "It's the experience," sums up Hunt, as he fades a hairstyle on a client at Universal Kutz, where that experience includes a leisurely trim and social banter with barbers and customers around the perimeter of the large shop.

When we spoke with Hunt, he was just days away from his wedding. "Several guests, really good friends—our relationship started in this chair," he says.

At Valley West Mall, the "premium grooming experience" at VP Men includes beer, wine or other beverages with a haircut, scalp massage, neck and shoulder massage, plus a steamed towel "aroma application." And at Franklin Barber Shop, "we have beer both on tap or from the fridge," Hutchison says. "But the draw for clients is really about being around other men. Some men come in two hours early just to enjoy the company."

The hot towel treatment isn't just a scene from old gangster movies, it is seen and enjoyed in many modern barbershops, including Dapper DSM downtown.

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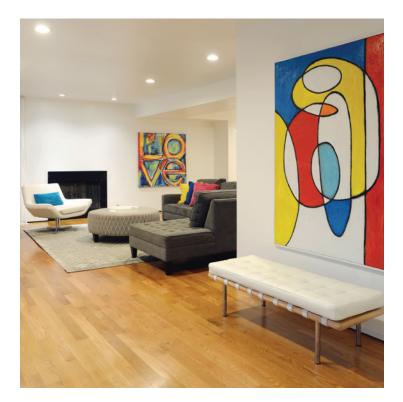
FROM OLD TO BOLD SOUTH OF GRAND HOME IS TRANSFORMED OVER 12 YEARS OF VISION AND LABOR.

WRITER: LAUREL LUND PHOTOGRAPHER: DUANE TINKEY

> Heather Stickel's artwork, including this oil painting titled "Reflection," add splashes of vibrant color throughout the house.

A view of the house's center showcases the result of a 12-year renovation. Featuring 18-foot-high ceilings, the dining room is anchored by a glass-and-chrome table that has retractable leaves to accommodate the appropriate number of guests. LED pendant lights with "champagne bubble" cores add pizazz.





rt is not only the heart of their home, it *is* their home—a showcase of architectural design that brings together past and present.

Interior designer and artist Heather Stickel and her chiropractor husband, Jeff, have created the

contemporary house of their dreams in one of the city's most traditional neighborhoods, South of Grand. The now-modern structure nestles comfortably in an area dotted with English Tudor and other classically designed early-to-mid-20th-century homes.

The Stickels, who met at a "Seniomsed" event in 1996 and married three years later, were living in Clive with their two children, then 3-year-old daughter Sunne and 1-year-

In an otherwise neutral environment, the Stickels jazz up their decor with bold statements of color. Next to the open entryway, guests are welcomed by a Calderesque oil, titled "Angel," by Heather that rests above a sleek, tufted leather bench.

old son Shea. Although they enjoyed the newly developed area, they missed their former Des Moines neighborhood backing Water Works Park.

So they began searching for a home in that area, and in 2006 bought a traditional, two-story, '60s-era structure on Foster Drive. The family loved the surroundings; the woodsy, tree-lined lot adjacent to Greenwood Park; and the nearby Bill Riley bike trail and view of the Raccoon River.

What they didn't love was the home's design sensibility. With her artist's eye, however, Heather saw great potential in the structure's otherwise traditional footprint and facade.

"It had great bones," Heather says. "I could instantly envision the possibilities."

And so began a 12-year transformational journey to turn the 2,100-square-foot, midcentury house with a gable roof into a 4,800-square-foot home that reflects the couple's clean-lined aesthetic and comfortable, contemporary lifestyle.

A PHASE TO GROW INTO

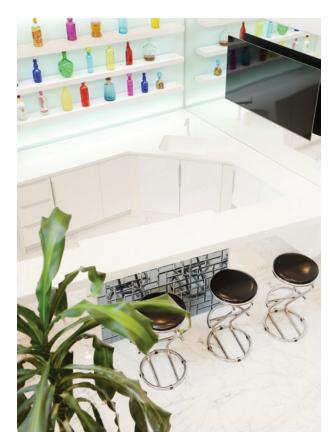
Such a daunting transformation, inside and out, was executed in two phases with the help of Des Moines architect Dave Laugerman and his eponymous firm. Phase I, which began when the Stickels purchased the house, included gutting the first floor by removing the walls between the living and dining areas, between the small den and even smaller library, and between the den and the kitchen.

The remodel also included crafting a new foyer,

Continues on page 121

In the living room, a cozy seating area consists of a white leather Eurostyle sectional and chair. Accent pillows add zip and color as does an abstract wall sculpture above the granite fireplace. The living room's original white oak flooring with parquet border was matched and carried throughout the home for design continuity and visual unity.





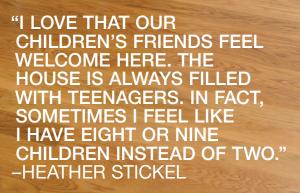


Clockwise from top left: Petal chairs surround a small game table in front of the TV/storage unit in the game room on the second story, anchored by the same white-oak floors that flow throughout the house.

Behind the game room lies Heather's studio office, where she meets with clients and wields her artist's brush to create the paintings displayed throughout the house. In lieu of the traditional artist's easel, Heather mounts blank canvases on a wall support and lets inspiration take charge.

The basement renovation included adding a sophisticated entertainment center and bar lined with sleek white cabinetry. An adjacent mirrored wall reflects a colorful collection of glass bottles. And an otherwise dark space is illuminated with recessed ceiling lighting and a serendipitous design element: an under-lit translucent bar countertop.

The kitchen, which was completely remodeled and expanded, is the heart of the Stickel home. It's where family and friends gather for casual dinners, where the children do their homework, and where the teens enjoy weekend and after-school snacks with friends. The light-filled area highlights Heather's oil painting "Beflection".





As in the rest of the house, clean lines and a crisp white look distinguish the impressive master suite. The bathroom features a curvilinear European soaking tub, a seamless glass shower and a black-and-white sconce.

Continued from page 116

increasing the size of the original 3-foot-wide entryway and adding a statement stairway.

A third garage stall was added, and its gable roof flattened to give the structure a more linear look. The facade got a face-lift when the brick at the east-facing entryway was removed; the original front door was replaced with a more modern version; and a row of conventional front windows was removed to make way for expansive, floor-to-ceiling glass panes that bathe the interior in light. Brick exteriors on the south and north sides of the house were also given a coat of white paint for a fresher, more modern feel.

SECOND THE MOTION

Once Phase I was completed in 2007, the family moved in. They lived there for almost nine years before the start of Phase II in 2014. A plan to add 15 inches of height to the structure required razing the roof to raise the roof: The original gable design gave way to a heightened flat-top version matching that of the garage.

To visually increase the interior space, the Stickels removed a third-floor bedroom above the dining area floor, walls, ceiling and all. The original second-level hallway was transformed into a bridge above the front entry and dining area, lifting the first-level ceiling to new heights. This floating walkway connects the children's rooms, which bookend Heather's studio and a small game area, to the master suite.

Phase II also called for adding a basement bar and family room and gutting and replacing the kitchen. The



kitchen's size almost doubled to include multiple undercounter and upper wall-mounted cabinets. Storage was also tucked beneath the expansive white quartz, waterfalltop kitchen island, the centerpiece of the space.

On the second floor, Shea's bedroom was left intact, but Sunne's space was converted into Heather's studio office, with custom cantilevered shelving, and a game room loft punctuated by colorful petal chairs. Sunne's new bedroom was part of the home's 15-foot extension.

The master suite, too, got a face-lift. Cabinets that echo those in the newly created den line the wall opposite the bed, framed by one of two Charles Eames-style aluminum chairs upholstered in white leather.

Anchored by a white-painted, poured concrete floor, the master bath is both sleek and sassy. A curvilinear European soaking tub is juxtaposed with a geometric



The expansion consisted of a 15-foot extension to the back of the house, which features large windows that let in ample light, balconies off two of the upper-level bedrooms, and a deck where the Stickels can enjoy their wooded outdoor space.

seamless glass shower boasting a rain forest showerhead. Both help visually increase the small space. Dual sinks and vanity line the opposite wall. And a black-and-white sconce provides the bath with both light and an artistic sensibility.

UPSTAIRS, DOWNSTAIRS

The west side of the Stickels' newly remodeled home reflects the large scale of the remodel. Facing the home from a lush, tree-framed backyard, one can see the master suite on the top left, the two-story-high dining room in the center and Sunne's room on the right. All windows are covered with an Ikea translucent fabric to allow in light but provide privacy. Downstairs, the space leading to the basement bar and family room is on the left with the dining room in the center and the kitchen on the far right. A wood deck traverses the width of the house.

Currently the backyard holds a trampoline and hoops for the teens and their friends to enjoy. In Phase III, the family would like to add a pool and build a deck above the garage for a view of the river and their old Water Works Park neighborhood. But Phase III is a long way off.

In the meantime, Phases I and II not only reflect the family's tastes, interests and lifestyle, the home's style and sophistication allow it to hold its own in an otherwise historic neighborhood.

Embrace ambition."

Stacey Cunningham

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"Don't let other people define your path to success." —HEIDI S. NEBEL, MANAGING MEMBER

Back row (standing, L-R): Christine Lebron-Dykeman, Jill N. Link, Sarah M. Dickhut Front row (sitting, L-R): Heidi S. Nebel, Cassie J. Edgar, Patricia A. Sweeney

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What is the best advice you can offer to young entrepreneurs in the city?

Heidi S. Nebel, J.D.

Don't let other people define your path to success. Staying true to yourself and your vision is the surest way to get there.

Jill N. Link, J.D., Pharm.D.

Find an attorney to be your trusted counselor to guide you in business. Your intellectual property attorney will be a key asset to your business.

Christine Lebron-Dykeman, J.D.

Find a mentor who will be your confidant and will give you all the tips and tricks for being successful long-term.

Cassie J. Edgar, J.D., M.S.

Think about the life you want to build for yourself and create a "to be" list that drives your "to do" list. Are you inspired by the vision of leasing a building, hiring dozens of people, and growing a company? Are you an idea generator who prefers to monetize intellectual property through licensing as others take products to market?

Patricia A. Sweeney, J.D.

Have a clear vision of what need your business fulfills, then protect what is unique about that vision.

Sarah M. Dickhut, J.D., M.A.

Be prepared to take advantage of unexpected opportunities. Balance creativity with planning so you have the organizational foundation to be flexible and adapt.



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Angela L. Walker Franklin, Ph.D. PRESIDENT & CEO

What is the best advice you can offer to young entrepreneurs in the city? Des Moines is a vibrant city with various entrepreuers who are fueling the economy and reputation of the region. And, because the city permits easy access and networking, the best advice I have is for these leaders to seek each other out and share their ideas and talents. At DMU, we have seen the benefits of inviting different perspectives into problem solving and strategic development. These individuals will succeed by realizing the power of sharing through collaborative exploration.

What is the single most critical talent you possess in your role? As president of a health sciences university, where I am surrounded by amazing talent and innovation, I listen carefully to help make connections across campus and help fuel collaborative innovation that serves our mission. By listening actively and encouraging others to engage we can infuse the culture with positive energy and create powerful opportunities.

Has #mentorHER or #metoo affected you in your business? These movements have been transformational in several ways. DMU has been recognized for our ability to provide a safe and supportive environment for all students, in particular learning how to handle difficult situations and conversations. And because half of our student population is women, we have dedicated programming to support them. For me, the time-honored Golden Rule is the best guide for living a rewarding life.



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(L-R) *Stephanie Avery* | SENIOR MORTGAGE LENDER; *Mary Inbody*, EVP | HEAD OF RETAIL; *Cathy Schuler*, EVP | HUMAN RESOURCE DIRECTOR; *Bradie Kuehne* | COMMERCIAL LOAN PORTFOLIO MANAGER; *Lindsey Ellis*, VP | REGIONAL RETAIL LEADER; *Angela Evans* | MARKETING DIRECTOR; *Michelle Miller* | LPL FINANCIAL ADVISOR*

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"Change is Inevitable ... Growth is Optional"

Sheraton West Des Moines

Laura A Warner

DIRECTOR OF SALES & MARKETING

What's new at Sheraton West Des Moines?

Exciting things are happening at the Sheraton West Des Moines! Finalizing a multi-million-dollar renovation that includes the guest rooms, lobby, meeting space and dining outlets. With the completion of the Marriott-Starwood Integration, the Sheraton brand and unique qualities will now be complimented by the resources and reputation that Marriott International brings to the world of hospitality. "Together We're Better!"

How do you define success?

Success is that point in your career when you are truly respected by your peers. Not for the number of business cards you've collected, but for being that person who has managed a career, perhaps a family all while giving back to the community.

What is the single most critical talent you possess in your role?

The most critical talent I possess is the ability to create an instant rapport. Sales is about relationships and building trust ... if you can establish that foundation early, you're half way there!

Share your favorite quote or words you live by.

"Change is Inevitable ... Growth is Optional" Let's face it, things change, people change, and circumstances change. Either accept it, reject it or compromise ... the choice is yours.



"All our dreams can come true, if we have the courage to pursue them."

-WALT DISNEY

Maffitt Lake Equestrian Center

Libby Antisdel Hott

OWNER

The best advice Libby ever received was from her grandfather, John Graham, who founded The Graham Group and Graham Construction Company in Des Moines. "Surround yourself with people who are smarter than you and you will be successful." Libby has applied this advice to her business today.

What is the most critical strength you possess in your role? The ability to wear many hats. When you own and operate a small business as well as being a mother and wife, you need to have the ability and know-how, to perform all jobs. For the Equestrian Center, this is everything from accounting, graphic design, event planning and social media postings to driving a tractor, running a concession business and managing a horse show.

How do you define success? You must find a career in life that you love and enjoy, yet at the same time are able to give back to the community. We have used the Equestrian Center and various equine events to raise money for the Alzheimer's Association, A Heinz 57 Pet Rescue, Furry Friends Refuge and ARL.

Starting in 2019, Maffitt Lake Equestrian Center will be available to rent for weddings and private events.





Front (L-R): Julie Young, Teal Creek Homes | Rebecca Zoet, This New Old House | Valerie Sutton, Harvey's Greenhouse | Tina Krug, Red Fern Landscape Design | Jodi Alsted Mann, Salvage This | Michelle Davison, Timberline Design | Eva Helps, Helps Homestead Back (L-R): Julianna Cullen, Iowa Realty | Jacque Johnson, Adel Quilting & Dry Goods | Amy Keiderling, Modville | Jen Boyden, Salvage This | Angela Schrad, Restoration Harmony | Amy Lucht, Re/Max Real Estate Group

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Julie McGuire runs Zanzibar's Coffee Adventure, an Ingersoll neighborhood coffeehouse offering specialty coffees from around the world, roasted on-site. Julie & her barista are committed to preparing delicious beverages with exceptional service in a friendly, welcoming atmosphere. A perfect blend of coffee and community!

Sally Cooper Smith started Cooper Smith & Company to help companies shape their

futures with smart marketing and brand-driven design. She serves as a strategist for her client's growth and brings a team of talented individuals to execute programs that are powerful and memorable.

Ann Au operates 2AU Limited a unique jewelry studio that emphasizes hand made one-of-a-kind jewelry. Experience the stunning pieces created in house by Ann and her staff plus enjoy our selection of curated art by national and international artists.

These three women—now fast friends—each celebrate 25 years in business this year and thank the many friends, employees, customers and supporters who have helped bring them to this milestone.



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Pat and Beth Artis

OWNERS

How do you define success? To me, success can't be finite, measured or put in a box. However, referring to "business success", it's waking up every single morning 100% loving what you do. "Work" that doesn't feel like work brings joy, and that to me is success!

What is the best piece of advice you ever

received? From Patty Artis of course. Early in high school, mom said "Bethy, no matter what you do you must get a college education!" Mom wanted for her daughter to always have something to fall back on because "you never know what the future holds." Though the context has changed

over the years, that simple talk has fueled my intense drive to learn everything I can everyday.

Share your favorite quote or words you live by.

Never stop learning (thanks Patty)! Also, remember that you learn by keeping your mouth shut and listening to people who are smarter than you.

What is one thing that very few people know about you? In 1991 I started my business, Strategies Inc.. Loved it. Designed/built commercial projects for 22 years. Artis Furniture was never ever part of "my" plan. I'm certain though now, it was HIS plan.





Artis Furniture | 2655 100th Street | Urbandale | (515) 564-7100 | artisfurniture.com Studio 28 | 2801 Ingersoll Avenue | Des Moines | (515)-280-7161 | artisfurniture.com

"Stay committed to your decisions, but stay flexible in your approach."

-TONY ROBBINS

TAMMY HECKART

Iowa Realty REALTOR

How do you define success? Happiness. Do what you love and are passionate about.

What is the best advice you can offer to young entrepreneurs in the city? Work harder than the person beside you. Set goals. Be Smart enough to listen.

What do you hope that your son has learned from you? I hope Conner learned that without hard work, you have nothing.

What is the best piece of advice you ever

received? Only you know what you're worth. If you need a raise, take a long look in the mirror and go get one.

If you could have one do over, what would it be

and why? I would learn to not partner with friends. It's business! Great friendships have been lost.



SPECIAL ADVERTISING SECTION WOMEN WHO MEAN BUSINESS

"Do work that you are proud of with your talented friends."

-AMY POEHLER

East Village Spa

Cassie Sampson, LMT

OWNER

How do you define success? I make a living surrounded by people I really like: My incredible employees, our guests, and the friends I've met through community organizations. I genuinely enjoy being at work and thinking about work. That's success.

What is the best advice you can offer to people considering a career change? We spend so many hours at work that if you aren't happy in your career, do something about it! An advanced degree is great, but don't rule out shorter programs that lead to professions like massage therapy or esthetics, where you can make a difference in someone's life.

What is the best piece of advice you ever

received? For the first few years owning my business, I felt like I had to act the way people expected a spa owner to act. A coach helped me realize how exhausting it was to keep up my work persona and my "real life" persona. Now I am who I am, in all interactions, business or personal. I stopped coloring my hair years ago, I snort when I laugh, and I'm more confident. This gives my employees and guests permission to do be themselves and helps people feel comfortable in my spa.



Trailblazers

These *dsm* Sages over 70 honorees share their perspective on why women are stronger than ever.

LORETTA SIEMAN COMMUNITY LEADER

In the '50s and '60s, women had few doors to open as they decided their future. Becoming a teacher, nurse, secretary and most importantly a married lady and mother were honorable professions. But I sensed many wanted more and kept pushing at the door. I watched that door being pushed by many bright young women who knew they could and should do more. They listened to their mentors and challenged their peers to join in opening that door as wide as they could.

It is exciting to watch the young women of today in more occupations, on boards usually void of women, and jumping into the political scene. I am proud of our young women across the state stepping up with confidence, energy and pride. I feel very confident that everyone, men and women alike, will continue to keep the door open to our future generations. I am ready to relax in my rocker and watch our young men and women working together to truly keep pushing the door for more and more.





When Clarence Thomas was nominated to the Supreme Court in 1991, a woman who worked with him in the 1980s came forward reluctantly to testify that he had sexually harassed her. Despite Anita Hill's testimony, which was ignored in the Senate and maligned in public, Thomas was confirmed.

Soon after, there was a sea change in attitudes about Hill and the issue of harassment. I attributed this change to the conversations occurring between men and women, who made clear how common such misconduct has been in their lives. Such previously unspoken truth finally was expressed openly in full voice. We have made slow, uneven progress since then. The powerful "me too" movement founded in response to sexual misconduct of famous men gives me new hope.

It is impossible for women to climb to the top of their professions if they have to contend with illicit touching, explicit jokes and sexual innuendos poisoning their work environment. After 52 years of practicing law in this field, I know we will never eradicate sex discrimination and harassment.

Yet today a record number of women are running for office in Iowa and across the nation, many in response to misbehavior that cannot be ignored or excused and the erosion of norms we depend on for our democracy to continue. If elected, they will bring strength, compassion and empathy to the tasks, changing the very nature of politics – for the better.

SPECIAL ADVERTISING SECTION



Much has been written and said over the past months regarding change itn the way women are perceived in our society. Issues and concerns are heard in new ways. There is more careful attention given to ensure balance of opportunity, from boards of directors to first-line supervisors in the business community. It is thought women political candidates are more electable than men in some districts. It's all good.

Why the change? That question is being widely explored. Certainly some significant and egregious examples of gender bias have become public and received much media attention. The public tuned in. For the first time many people accepted the truth that these kinds of behaviors are far more prevalent than anyone wanted to believe in the past. And the public has made it clear that such behavior is unacceptable. Businesses and organizations understand that public opinion has changed.

More compelling than why is how. How will women seize this new momentum and the opportunities presented by this change in public perception? Our society will be better for it.

I do not like to stereotype women, but in my experience over many decades, these foundational characteristics are almost always present in women in their various roles: an open approach to problem-solving and a willingness to communicate and to collaborate. The tone of the discussion changes, usually making everyone at the table more civil.

In today's environment, women can speak with more confidence, knowing their thoughts and ideas will get a fairer hearing. We can be more assertive in applying for jobs and seeking new leadership opportunities knowing our basic skill set serves us well in teams, no matter what the industry or activity. But will we?

The answer is yes—when we take charge of our own lives, manage ourselves first. What is our personal vision of our desired future? "If you don't know where you're going, any road will take you there."

Prepare to accept risk and change. Adopt self-confidence that says "Yes I can" or "Yes I will," not waiting until the time is perfectly right, the kids are older, or we have had training and review that assures us we will not make mistakes. Ask, "What's the worst that can happen?" Hopefully the "worst" can be managed so the opportunity is welcome. Whether knocking the door down or kicking it in, "Just Do It!"

THE AND THE GLORY

A TRIO OF SPEEDSTERS TAKES YOU PLACES EMOTIONALLY AS WELL AS GEOGRAPHICALLY.

WRITER: CHAD TAYLOR

KIA STINGER GT2

Engine: 3.3L Twin Turbo V-6, 365 horsepower 0-60 mph: 4.3 seconds Mileage: 25 mpg combined MSRP: \$49,200 base; \$54,100 as tested Test provided by Kia of Des Moines

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KIA

Summer is the time to step on the gas and feel the thrill of speed and power. These three cars are some of the most fun ways to get where you're going in the quickest manner possible. None are exotic supercars, but take any of these rides home and you'll be the coolest kid on the block.

KIA STINGER

Yeah, I know. Nobody expected one of the year's most fun driving experiences to come from the company that brought you the Sorrento. But if you're the kind of person who is willing to write the Stinger off for something as simple as the badge it wears, that's *your* problem, not Kia's. Because—make no mistake, folks—this Little Engine most definitely could.

Designed by Audi and Lamborghini stalwart Peter Schreyer, the Stinger's target is the entry-level luxury sedan market. Specifically, the Stinger is poised as a direct challenger to BMW's 3-series and provides a stunning amount of bang for the buck. Depending on your trim level, the Stinger comes equipped with either a turbocharged four-cylinder engine or, for the beefier Stinger GT, a twin turbo V-6. The V-6 is paired to an eight-speed automatic transmission and turns out 365 horsepower. The GT also comes equipped with Brembo brakes, an adaptive suspension and 19-inch, high-performance summer tires.

Based mostly off the Genesis G70 and G80 platforms, the Stinger looks like nothing else Kia has ever attempted. It's aggressive and sporty on the outside, comfortable and responsive in the driver's seat.

The car's V-6-powered GT2 will shoot you up to 60 mph in a hair over four seconds and all the way to 120 mph in just about 12 seconds. The car also possesses a surprising level of midrange torque, making highway passing one of the most enjoyable experiences of your day. The suspension never really tightens up quite as much as you want it to, even in Sport mode, and the steering is in the "solid but not exceptional" range, but when placed within the larger context of how fun this little buggy is to drive, those feel like minor complaints.

In fact, here's one more: Lacking the larger V-8 of its

luxury brethren, the Stinger's V-6 lacks the throaty roar that other cars of similar capabilities emit. The exhaust note is understated, and even the twin turbos never give you the signature whine that turbocharger fans tend to love. On the upside, this makes the car more attractive to daily drivers, as it will not wake up the neighbors or encourage stoplight drag racers. But for the overall driving effect, you might miss those little growls and gurgles as you up- and downshift.

Nevertheless, the Stinger is one of the best driving experiences out there right now, and almost definitely the best new driving experience available in 2018. The base price for the four-cylinder model is \$32,800, and that goes way up to over \$50,000 for a GT2 with all-wheel drive and every option included. Yes, that feels like a lot to spend on a Kia. But when you figure that this little sedan is nicer on the inside than an Alfa Romeo Giulia, handles better than the Infiniti Q50, is both faster and better looking than the Jaguar XE, *and* the fact that a fully equipped Stinger GT2 is still \$10,000 less than a BMW 340i ... well, the numbers start looking better and better.

No, the Kia badge won't blow your friends away. That's what the rest of the car is for.

CORVETTE GRAND SPORT

Chevrolet is doing its best to make sure that there's a Corvette for everyone: You can walk onto your dealer's lot and take your pick of the Stingray (455 horsepower), the Grand Sport (460 horsepower) or the monster Z06 (650 horsepower). Next year, so go the rumors, you'll also be able to pick up a new, mid-engine Corvette as a fourth option.

While the Stingray has the history behind it and the Z06 might be the one with the face-melting power numbers, the Grand Sport provides the best driving

CORVETTE GRAND SPORT

Engine: 6L V-8, 460 horsepower 0-60 mph: 3.9 seconds Mileage: 23 mpg combined MSRP: \$66,490 base, \$67,200 as tested Test provided by Shottenkirk Chevrolet, Waukee experience because it hits a balance between the two. Coming equipped with the same pushrod 16-valve V-8 as the Stingray, the Grand Sport pairs that motor to an eightspeed automatic transmission, a standard sport exhaust and extra grip tires. All of that combines to give it a hair more horsepower than the Stingray and a slightly quicker profile: The Grand Sport will hit 60 mph in 3.9 seconds.

From a driver's standpoint, the Grand Sport is everything that you would expect from the Corvette name. Hit the gas and the car moves like it's late for its own wedding, and the adjustable suspension allows you a surprising amount of control over how the car handles. When you drive at highway speeds in Comfort mode, the steering is responsive but forgiving. Switch on the fly to Track mode, and suddenly the car handles like it's reading your thoughts, changing lanes at the smallest suggestion of a wheel turn.

The interior of the Grand Sport is comfortable. At Shottenkirk Chevrolet in Waukee, General Manager Paul DeYarman said that he has customers who drive the Grand Sport as their everyday car, and I believe it. While the cockpit is as narrow as Corvettes of years past, there is plenty of leg room, improved visibility, and more amenities than previous models.

That being said, there's also nothing groundbreaking about the Grand Sport's interior. But that seems to be the tradeoff that Chevy is happy to make with the Corvette: They might not be the most comfort-driven or innovative cars on the market, but they are track-ready and nearly impossible to beat on performance.

FORD MUSTANG

The Ford Mustang has the second-longest continual production history among muscle cars, just behind the Corvette. This car is usually the first thing people picture when you talk about American muscle, and movies like "Bullitt" and "Gone in 60 Seconds" have helped make the Mustang an icon among gearheads. And sitting on top in the world of Mustangs is the Mustang GT.

The GT will offer Ford lovers a variety of options,

including your choice of a 10-speed automatic transmission or a six-speed manual. No matter which way you go, you'll be staring down the barrel of a 5.0-liter V-8, churning out 460 horsepower. The automatic transmission actually winds up being a little quicker to 60 mph than the manual (much to the purist's chagrin), but either way you're getting there in under four seconds and with plenty of *sturm und drang* from the Mustang's beautifully throaty exhaust.

All of this power—and it's huge power, make no mistake—does come with a caveat, however. All you have to do is hop on YouTube and search "Mustang" and "Cars and Coffee" to find many examples of Mustang owners dramatically underestimating their car's capabilities and careening off the road because they turned the traction control off and stomped on the gas. The Mustang isn't quite as unforgiving as, say, the Dodge Viper, but the Mustang requires more driver attention than your average daily driver.

If the Mustang's driving experience lacks anything, it is mostly only evident in comparison: Cars today have become so technologically advanced that it's easy to take modern additions like heads-up displays and lane assist for granted. Almost all of those additions are available as options on the Mustang, but as a base model, the GT comes off the line almost refreshingly unfettered. Ford clearly wants as little as possible to get between you and the power at your fingertips, but when you stack the Mustang's cockpit side-by-side with virtually any other \$40,000 car, the Ford looks Spartan.

But man oh man. You get on a clear stretch of highway and put your foot down, and I assure you that none of that matters. When you hear that iconic rumble as the 5.0 takes your heart to places you've only read about in books, you could be sitting on a milk crate looking at a hand-drawn speedometer, and you Just. Don't. Care.

There is a reason Ford has been churning out Mustangs since 1964. There's a reason why they're every high school kid's dream, and every cool movie hero's vehicle of choice. The Mustang is a legend, and when you drive it, you know why.

MUSTANG GT

Engine: 5.0L V-8, 460 horsepower 0-60 mph: 3.9 seconds Mileage: 20 mpg combined MSRP: \$35,095 base, \$40,485 as tested Test provided by Charles Gabus Ford

(1)

NAUTICAL BUT NICE ADD A SPLASH OF STYLE TO YOUR SUMMERTIME WARDROBE.

Photographer: Elizabeth Carrie Producer and Stylist: Jordan Croft Clothing: Paula & Correy Style Boutique Makeup: Raina Marie, Makeup by Raina Hair: Lindsey Mollenhauer, Elevencherry Models: Tiffany LaBrie and Troy Sydow, the Peak Agency

Location: Saylorville Lake

Special Thanks: Hailey Hageman, Courtney Thompson, Peggy Perkins, Steve Myers, Scott and Jeanne Smith, Ken Moore, Jonas Pascua, Dallas the dog.

Michael Stars wide leg tulip pant (\$188). A. Marie Jewelry wander wrap necklace (\$46). L*Space Flynn top (\$79). L*Space beach weekend bag (\$79). A. Marie Jewelry stretchy mini bracelets (\$55/eac

1997

Flag & Anthem pink sands Memphis stretch short (\$39.50). Ted Baker Jaames linen shirt (\$159).





Him: Ted Baker Narnar geo print cotton shirt (\$155). Mavi Zach straight leg pant (\$98). Randolph handcrafted eyewear intruder (\$204). Good Man Brand Sure Shot slip-on sneaker (\$228).

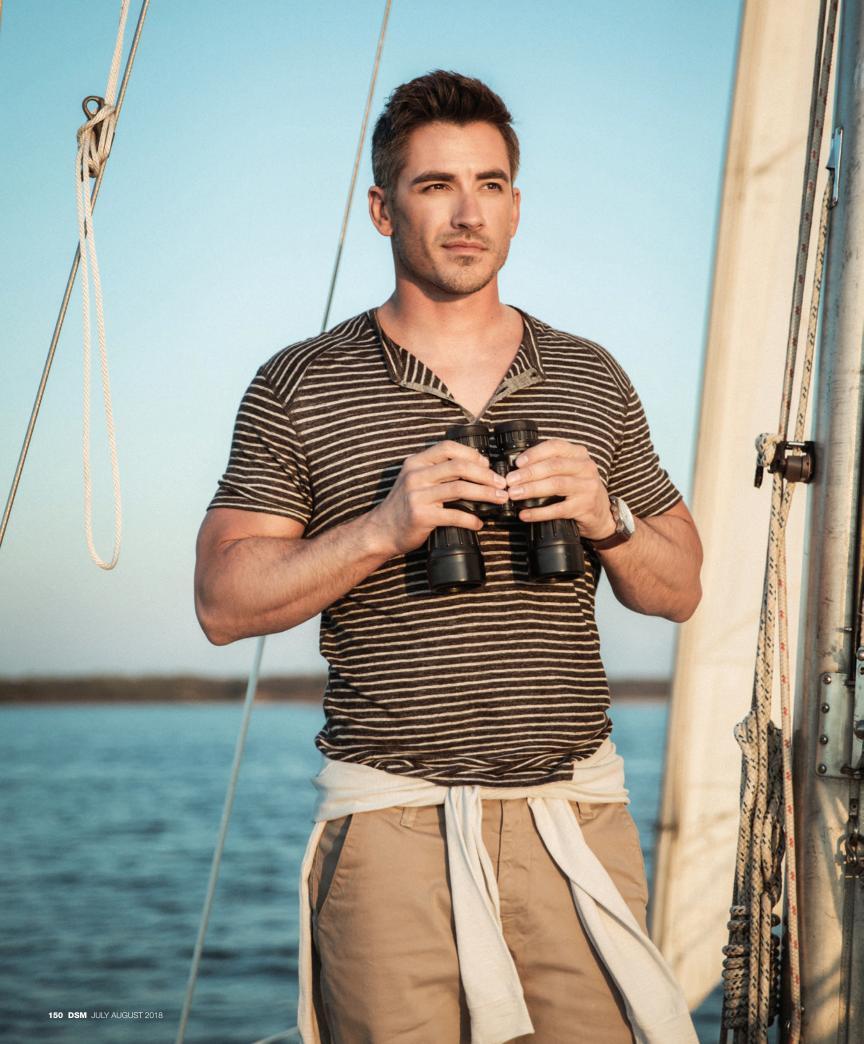
Her: L*Space Saq Paulo jumper (\$150). Vintage silk scarf (\$9 at Atomic Garage). DIFF Charitable Eyewear Stella Himalayan tortoise light gunmetal plus taupe flash polarized lens (\$85). A. Marie Jewelry multi-chain bracelet (\$69).













Him: Flag & Anthem toast Memphis stretch short (\$39.50). Good Man Brand slub jersey hoody (\$128). Good Man Brand linen jersey Henley tee (\$118).

Her: L*Space beach weekend hat (\$55). Michael Stars belle sleeve sweater (\$138).





Top left: Kaanas boracay grey bow slide (\$138). Malvados jack sandal (\$50).

Right: Vintage straw bag (\$14 at Atomic Garage). Vintage Popeye ring (\$38 at A Okay Antiques). ■



MONUMENTAL

SCULPTURE HONORS LEGAL PIONEERS AND CELEBRATES OPTIMISM FOR THE FUTURE.

WRITER: MICHAEL MORAIN



"A Monumental Journey," envisioned here, will be built from 25 tons of shiny black bricks. The sculpture's hourglass form reflects a West African "talking drum." or years, a small stone marker in a local church parking lot was the only landmark that honored the dozen African-American lawyers who gathered in Des Moines in 1925 to establish the National Bar Association. The organization was founded as an alternative to the almost exclusively white American Bar Association, which had admitted only one African-American member by 1911.

But a new reminder of that historic turning point will be hard to miss. It's built from 25 tons of shiny black bricks, stands 30 feet tall and, like the group it honors, presents itself as "an immovable object," says the sculptor, Kerry James Marshall, over the phone from his home in Chicago. "It's a force to be reckoned with."

An installation crew has spent the last few months preparing "A Monumental Journey" for its public dedication on July 12 at the pocket park on the northeast corner of Second and Grand avenues, where more than 8,000 cars pass every day, according to traffic officials.

MAKING 'THE INVISIBLE VISIBLE'

The sculpture's form was inspired by traditional African drums and is designed to make "the invisible visible," Broderick Johnson, a former assistant to the country's first black president, said at the groundbreaking ceremony in November 2016. Even while other cities are figuring out what to do with their Confederate monuments, Johnson says the new sculpture in Des Moines celebrates "that sense of optimism, that sense of turning the improbable into the probable, and the belief that all of our children have the right to a bright future."

But for more than a decade, the sculpture's own future wasn't so bright. The artwork itself is the result of a monumental journey.

In 2006, National Bar Association member and Polk County District Judge Odell McGhee proposed the monument idea to the Greater Des Moines Public Art Foundation. He and other NBA members wanted to honor their group's 12 illustrious founders—two from Kansas City, five from Chicago and five from Des Moines.

With the NBA's support, the public art foundation led the slow-but-steady efforts to find the location, the funding and the artist.

The search for a suitable location took several years because at least two proposed sites, up the hill by the lowa Supreme Court building or down by the riverside federal courthouse, were tangled in red tape and logistical quandaries. Major downtown projects by the river involve the U.S. Army Corps of Engineers.

Fundraising was stalled for a while, too, but the project's champions eventually raised more than \$1.2 million from more than 200 donors.

PERFECT FIT

The search for an artist was much easier. Des Moines Art Center Director Jeff Fleming contacted Marshall, whose work he had admired for many years. The artist, now 62, had won a MacArthur "genius" grant in 1997 and has exhibited artwork about African-Americans and the Civil Rights movement in museums around the world. His solo exhibition last year at the Metropolitan Museum of Art in New York the museum's largest show devoted to a living artist—was "neither a political protest nor an appeal for progress in race relations," according to a glowing review in The New Yorker. "It's a ratification of advances already made."

"I thought he'd be perfect," Fleming says. "The final work is going to be extraordinary-groundbreaking-and significant on an international level."

Years ago, when Marshall visited the University of Iowa as a guest artist, he saw a campus that looked different from his neighborhood in Chicago or the one in south Los Angeles where he grew up. He laughs over the phone:

Continues on page 158

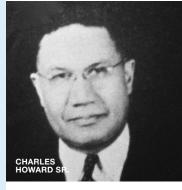
THE NATIONAL BAR ASSOCIATION

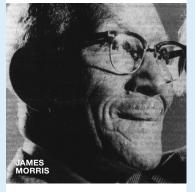
"A Monumental Journey" honors the 12 black lawyers who founded the National Bar Association in Des Moines in 1925, at a time when many lowa workplaces, eateries and restrooms were segregated and lynchings were still common in parts of the United States.

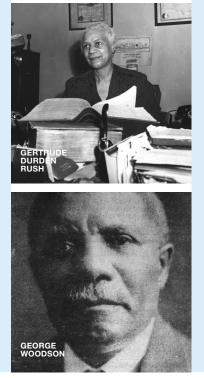
Today, the NBA's 60,000 members work to promote civil rights, justice reform, economic equity, diversity on the federal bench, and other causes across the country and here in Iowa, where blacks are imprisoned at 11 times the rate of whites, according to a 2017 study by the nonprofit Sentencing Project in Washington, D.C. That's the third-worst ranking in the country.

It's worth noting some of the remarkable achievements of the five NBA founders who lived in Des Moines.









S. Joe Brown (1875-1950) was the founding president of the Des Moines chapter of the NAACP and the first African-American lawyer to appear before the Iowa Supreme Court. He defended 30 clients who faced the death penalty; none were executed, and 10 were acquitted.

Charles Howard Sr. (1890-1965) was a first-year law student at Drake University when he passed the bar exam and successfully defended a client charged with first-degree murder. Over his career, he saved more than 75 people from execution.

James Morris (1890-1977) opened a law practice after serving in World War I and briefly worked as a deputy Polk County treasurer. He bought The Iowa Bystander newspaper in 1922 and served as its editor and publisher until 1972.

Gertrude Durden Rush (1880-1962) was the second woman to practice law in lowa, after Arabella Babb Mansfield of Mount Pleasant became the first female lawyer in the United States. Rush founded a number of nonprofits, including the Protection Home for Negro Girls, and was a prolific playwright and composer. She published the hymn "Jesus Loves the Little Children" in 1907.

George Woodson (1865-1933) was born to enslaved parents in Virginia, earned a law degree from Howard University in 1895, and opened a law practice in Iowa a year later. He was one of the founders of the 1905 Niagara Movement, a forerunner of the NAACP.

Source: The Iowa Lawyer, the official magazine of the Iowa State Bar Association.



The upper half of the sculpture is pushed off-kilter, reflecting the "perhaps precarious way that our justice system works," says Jessica Rowe of the Greater Des Moines Public Art Foundation.

Continued from page 156

"I swear I'd never seen so many white people in my life."

So when he learned that some lowans are, in fact, black—and that some black lawyers made history in Des Moines, of all places—he was intrigued.

"I'm always up for a challenge," Marshall says.

One of his initial concepts called for a giant seesaw, like the scales of justice, which visitors could have tipped one way or another.

But he abandoned that in favor of an hourglass form, like a West African "talking drum"—so named for its ability to mimic both the tones and rhythms of human speech. The drums are a centerpiece of the Yoruba people, whose drummers historically used them to relay complex messages over great distances both in Africa and in the United States, where some slaveholders prohibited them.

Marshall decided to cut his sculptural drum across the middle, at its waist, and push the upper half off-kilter. When the project's engineers told him he could push it even farther, almost to the tipping point, "he loved the idea," according to Greater Des Moines Public Art Foundation Director Jessica Rowe.

"It emphasizes the graceful or perhaps precarious way that our justice system works," she says. "It strives for balance but it's not perfect."

The drum's minimalist form also appeals to Marshall because it nods to African art without borrowing the bright colors or busy patterns of folk art. Instead, the sleek sculpture's manganese black bricks seem to suit the site's urban setting in the 21st century.

Marshall says he wanted to "pull something out of the past and push it into the future." It's a goal he shares with the National Bar Association's founders, whose names are engraved around the base.

"If somebody doesn't let you in, you can cry about it," he says, "or you can make your own group and go about your business, which is exactly what they did." ■

THE DEDICATION

Sculptor Kerry James Marshall plans to attend a public ceremony to dedicate "A Monumental Journey" at 11 a.m. July 12, at the northeast corner of Second and Grand avenues. Later that day, he'll discuss the project during a free lecture at 6 p.m. at Sheslow Auditorium. For details, visit dsmpublicartfoundation.org.

In creating "A Monumental Journey," artist Kerry James Marshall says he wanted to "pull something out of the past and push it into the future."

160 DSM JULY AUGUST 2018

This page: Des Moines gained an air of modernity with the arrival of aviation, initially dropping in with mail rather than passengers.

Opposite: Elevating the caliber of pro baseball in the city was another cracker-jack idea from the Chamber of Commerce.

ANGELS ALOFT

RIDE WITH US ABOARD LIFEFLIGHT HELICOPTERS, WHERE LIFESAVING HAS SOARED FOR FOUR DECADES.

WRITER: BARBARA DIETRICH BOOSE PHOTOGRAPHER: BOB BLANCHARD

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-STEVE MARTIN

A HALV YOUR



RE/MAX HILL TOP -CHAR KLISARES Char Klisares, Real Estate Agent

Q WHAT TRENDS ARE YOU SEEING IN THE REAL ESTATE INDUSTRY?

A Real estate trends are based on supply and demand. In a buyer's market, the supply of homes exceeds the demand because inventory is high. In a seller's market, it's vice versa, and typically favors the seller.

Des Moines has been a seller's market for the past three years. The city is thriving, drawing investors who drive up demand. If national interest rates rise above 5 percent in 2019, I predict we will see the market become more balanced. Regardless, I've mastered a host of winning strategies to ensure my clients get the home they want in any market.

Q ARE ALL REAL ESTATE AGENTS THE SAME?

A buyer's agents and a seller's agent are completely different sports. I love using Michael Jordan as a great analogy. He's an amazing basketball player. But what happened when he tried baseball? The two different sports require completely different mastery and professional skills set. The process of buying or selling a home are completely different. Having a knowledgeable professional who can proactively navigate, educate, coordinate and negotiate on your behalf is one of the most important decisions for predictable results.

Q WHAT WOULD YOU LIKE THE FIRST-TIME BUYER TO KNOW?

A There is no better time than right now to own a home. Because of historically low interest rates, today's buyers are getting more for their money than ever before.

It's important to know the need for real estate typically originates with a major event that changes a person's status or circumstances, such as giving birth, marriage, divorce, death of spouse or loss of a job. These events are often very stressful. This is where real estate transactions start. I understand this and have customized my business to fit your demands.

But Ordinary Anything

THE

eleme

Over 7000 square feel of shopping, which features artwork, lighting, rugs, bedding, gifts and one-of-a-kind items

Custom furnishings from Lexington, Norwalk, Highland House, Century Furniture, Lorts, Hooker Furniture, Sam Moore, Bradington-Young and more







Visit with our Design Team about your project



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0) (f)

THE ELEMENTS Kathy Sorbe, Owner/Lead Designer of the Elements in Storm Lake and Ankeny

Q WHAT ARE SOME OF THE TRENDS YOU ARE SEEING IN THE INTERIOR DESIGN INDUSTRY?

A lot of the recent trends in the interior design space have been driven by price. People are looking for sleek and elegant, but not at a large cost. That's why the midcentury modern style has become popular. It's a style that's simple, but very elegant in its simplicity, and it's widely available and affordable.

For color scheme, grey has been a trend for the past couple of years. Grey is neutral and plays well with a wide color palette. Stick to warm greys, though. They are less restrictive.

\mathbb{Q} WHAT ARE SOME RECOMMENDATIONS YOU MAKE TO CUSTOMERS?

 \triangle Don't be afraid to mix up that style a little bit.

Just because you have a historic, traditional family heirloom, for example, doesn't mean you can't mix it with modern décor. The traditional piece may stand out, but in a good way. Mixing styles is a great way to break the mold and bring a unique presence to your space.

A lot of home owners wonder if they should go with laminate or hardwood floors in their home. Hardwood is the better option because it's renewable and creates the foundation for a warm, inviting room.

All in all, buy things and colors that you love, not what you can take home that day or what will fit in the space. In the long run, you'll be happier with something that's exactly what you want. If you're working with a designer, let them help with the accessories too. This is especially helpful when working within a budget.

The Elements is an interior design firm with locations in Storm Lake and Ankeny, Iowa with nine designers, over 15000 square feet of retail space featuring custom furniture, interior design and general contracting services, as well as rugs, artwork, bedding, accessories, dinnerware and kitchen tools, gifts and more.



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Bill Tindell, Director of Product Development

Q WHAT ARE SOME TRENDS YOU ARE SEEING IN THE WINDOW INDUSTRY?

A In recent years, there has been a strong surge in contemporary architecture. People want to see more glass, larger windows, no grilles and clean sight-lines. In addition, the finishes have become more industrial looking. In wood-clad windows, there has been a big demand for black and metallic finishes on the exterior. Many people are creating a strong interior statement by painting the interior of the windows black as well. Vinyl windows may also be painted black or dark bronze to give a similar industrial appearance.

○ WHAT QUESTIONS DO YOU GET FROM CUSTOMERS?

A Most of the questions we receive have to do with condensation on the windows. Many people don't understand that it is a natural occurrence that is related to the difference in temperature and humidity from the interior to the exterior of the home. Today's tighter, more energy-efficient homes can result in increased indoor humidity. Older homes had random gaps, which allowed for the release of warm, moist air and the replacement of cool, drier air. Most people assume the condensation indicates a problem with the window, but in fact, these are symptoms of excess humidity in the home.

Q ANYTHING ELSE YOU'D LIKE TO ADD?

A One of the most important aspects of a window or patio door is the quality of the installation. The way the product is installed will determine how well it will perform. Make sure that your installer follows industry-approved installation techniques.

Windsor Windows and Doors, located in West Des Moines, is a good place to start when purchasing high-quality windows. It's an accredited window manufacturer that ensures its products are highly energy efficient, durable and weather resistant.



BILL TINDELL

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LINCOLN SAVINGS BANK Nick Campos, Mortgage Director NMLS# 1576811

\mathbb{Q} WHAT ARE SOME RECOMMENDATIONS YOU MAKE TO HOME BUYERS?

A The lack of inventory in the Des Moines housing market has resulted in many houses receiving multiple offers within 48 hours of being listed. If you find that perfect house, you don't want to miss it. To compete in this environment, you must position yourself to make an offer that will be taken seriously. This means you need to come to the table prequalified and aware of your buying power.

Q WHAT ARE SOME QUESTIONS YOU GET FROM CUSTOMERS?

- A Many first-time home buyers or those who haven't made a home purchase in several years have misconceptions about the process. A few common questions are:
 - Do I need a 20% down payment?
 - Is an escrow account right for me?
 - How much can I borrow?

These are all questions your lender can easily answer after taking the time to learn about you. Your lender will explain your options and make recommendations to align your home loan with your budget and long-term goals.

Q WHAT IS YOUR BEST ADVICE FOR HOME BUYERS?



NICK CAMPOS

- A Understand what you can afford.
 - Have a strategy for when you find your perfect home.
 - Find a lender that explains your options and makes you comfortable with the home buying process.

The Des Moines real estate market is energetic, and purchasing a home in our community can be a very pleasant process. Lincoln Savings Bank's mortgage lenders are here to listen to your financial needs and help you get the best interest rates and home loan conditions for you.



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SPECTRUM LIGHTING Jennifer Robinson, General Manager

○ WHAT TRENDS ARE YOU SEEING IN YOUR INDUSTRY?

A Lighting is an essential mix to any home décor, and many consumers are starting to understand the importance of energy efficiency and the newest technologies.

LED bulbs are becoming increasingly popular as people understand the energy savings and style benefits. There has also be an eclectic mix of lighting finishes and materials — lots of black and gold. For more industrial styles, a retro Edison look offers the perfect complement.

${\bf Q}$ what are some recommendations you make to customers?

A When it comes time to select the lighting in the home-building or remodeling process, do it early. Doing so makes it easier to tailor the wiring to your lighting options. Focus your spending on entry spaces like the great room, dining, kitchen and master suite. Save money on pantries, closets, mud rooms and lower level bedrooms.

For any other questions you may have, visit Spectrum Lighting, Central Iowa's largest lighting showroom, where the sales associates are trained through the American Lighting Association to expertly guide customers when selecting the best light for their home.



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JAMES HARDIE BUILDING PRODUCTS Matt Durand, Area Sales Manager

Q WHAT ARE SOME TRENDS YOU ARE SEEING IN THE SIDING INDUSTRY?

A Builders are faced with the rising costs of building materials. Ensuring that manufacturers are providing quality products with great service and support has become paramount. Another challenge builders are faced with is similar to a lot of trade industries across the state and the nation: labor shortages. Finding new ways to get young people into the trade will be important going forward.

WHAT ARE SOME RECOMMENDATIONS YOU MAKE TO NEW CUSTOMERS?

A Ask questions. You can reach out to your siding manufacturer to get information about up-todate installation best practices and discuss partnership programs that go beyond just providing materials. I also tell customers to keep their mind open for developing trends because they may have their mind set on something but end up loving something else.

James Hardie is an international siding supplier and building materials provider that has high-quality products in more than 8 million homes across North America. Give me a call at 515-664-7388 to learn how James Hardie can help you.

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BARNUM FLOORS Kathy Barnum, Marketing, Sales and Service

Q WHAT ARE SOME TRENDS YOU ARE SEEING IN THE HARDWOOD FLOORING INDUSTRY?

A In the hardwood flooring industry, trends seem to move quickly in size, style and color.

While wide-width, hand-scraped floors are still popular, traditional 2- to 4-inch widths are truly timeless. If a home calls for a more traditional style, the trendy and modern hand-scrapped style will stick out.

Hardwood floor colors are starting to turn away from darker tones and into lighter, natural shades, even into some white.

Q WHAT RECOMMENDATIONS DO YOU MAKE TO CUSTOMERS?

A To take care of your flooring, use humidifiers while the heat is on in the cold season and air conditioning in the humid season. You should buy a hygrometer and try to obtain 30-50 percent humidity, put great protection on the bottom of furniture legs, and change office chairs to rubber wheels. After that, sit back and enjoy. Remember, your wood is not a piece of fine furniture, it is a floor and meant to be lived on!

Barnum Floors is Des Moines' premier highquality hardwood flooring provider. It offers new installations of vintage and hand-scraped woods, restoration of existing hardwood, burnished finishes, acid-etched floors, medallions, staircases, custom borders and parquets.



LIGHTING BUG OUTDOOR LIGHTING

Q WHO TYPICALLY CONTACTS YOUR BUSINESS?

A Over the last 20 years we've installed fabulous outdoor lighting solutions for thousands of Des Moines area clients with all sorts of backgrounds and budgets. One thing they typically have in common is a desire to enhance the value, beauty, and eye-catching appeal of their property.

Q WHAT KIND OF SERVICES ARE CUSTOMERS LOOKING FOR?

A It varies. Many of our clients have invested a lot of time and money into creating gorgeous landscapes and home exteriors that they want to look as great at night as during the day. We develop a custom, affordable lighting design that dramatically transforms and showcases the nighttime beauty of their home and property. Security is also a priority for clients who recognize that a well lighted property is an automatic deterrent to vandals but inviting to family and friends. And our holiday lighting service is popular. We take all the hassle out of exterior holiday lighting decoration for any home or business owner. Besides lighting solutions, our team handles all residential electrical installation and maintenance issues, big or small.

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A Quite simply, because we are true professionals. With a Master Electrician you always know the job is going to be done right and done safe. We are locally owned and operated and have decades of experience CHAD creating stunning outdoor lighting solutions in the Des Moines area. All our lighting systems are guaranteed for life. Our customers love us not only for our knowledge and expertise, but also for our quick on-time service and our superb level of customer care.



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GILCREST JEWETT Sumner Worth, President and Owner

Q WHAT TRENDS ARE YOU SEEING IN YOUR INDUSTRY?

A Some of the biggest trends in building materials stem from a rustic, traditional vibe like barn wood or shiplap. Aluminum and cable railings for decks and interior walkways are also becoming more popular.

Q WHAT ARE SOME RECOMMENDATIONS YOU MAKE TO CUSTOMERS?

A When deciding what style you'd like in your home, whether you're building or remodeling, it's important to have a set of goals, interests and a budget. Investing in a solid plan will ensure a smoother process. From there, professionals at Gilcrest Jewett can explain your options in areas such as siding, windows, doors decking, moldings and millwork, flooring and cabinets.

Gilcrest Jewett has been Iowa's home-building expert for more than 150 years. In Central Iowa, it has a state-of-the-art showroom in Waukee and a retail spot in Altoona. While much of Gilcrest Jewett's business comes from professionals — builders, contractors, remodelers, etc. — any customer can stop in at any show room to see what it has to offer.



PLUM BUILDING SYSTEMS Kevin Riesberg, Director of Design

Q WHAT ARE SOME TRENDS YOU ARE SEEING IN THE BUILDING AND DESIGN INDUSTRY?

A The modern farmhouse and prairie styles have become popular in recent years. For colors, we're seeing white exteriors and black windows. In terms of architecture, there's been a push for more straight lines and less arches. It gives a sleek and modern vibe.

Q WHAT ARE SOME RECOMMENDATIONS YOU MAKE TO CUSTOMERS?

A I always say it's best to start the process with a meeting. That way we can sit down and discuss the overall design process and answer any questions the customer may have. We tell customers that the design timing can vary greatly depending on the size and complexity of the home. The larger and more complex the home, the longer the time. The more planning you can do, the less stressful and more enjoyable the overall home building experience will be.

Plum Building Systems, based in Waukee, can help you with your design needs. In addition to its full-service building component supply business, Plum also offers housing design services through Plum Design Services, also based in Waukee.

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Pilot Alan Carver keeps the LifeFlight helicopter ready for the crew to "hot load" a patient for transfer to a UnityPoint Health hospital. LifeFlight received more than 1,200 requests for air transports in 2017.

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n a sunny Monday afternoon outside Stuart, Iowa, things have gone from bad to worse. A grass fire is threatening buildings and a man has fallen from his firetruck, injuring his back and neck. Colleagues have lifted him onto a

backboard, immobilizing his head. Now they raise their eyes to the sky, to an approaching helicopter.

As UnityPoint's LifeFlight chopper lands, nurse Lynette Hemphill emerges while her partner this day, Ben Schloss, gathers the red "stat pack." They quickly get details from the firefighters, then Schloss opens the helicopter's doors to receive the injured man while Hemphill directs the group transporting him. Back in the air, they calmly talk with their patient, administer pain medication and monitor his vitals while pilot Nick Olson communicates with dispatchers at lowa Methodist Medical Center. Upon arrival, they wheel their patient into the emergency room and explain what they've learned to the trauma room staff.

At work on this day and during the nearly 40 years that preceded it are some extraordinary professionals—the women and men who staff LifeFlight, the transport program of UnityPoint Health—plus their helicopters and ambulances. The aircraft and vehicles are state-of-the-art; the nurses, paramedics and pilots embody a heroic mix of heart, knowledge and skill. In 2019, LifeFlight will mark four decades of saving lives. It was the first of five air medical transport programs that now operate in the state. "You have to be passionate about it. It's hard work, long hours, you're out in the cold, out in the heat," says Laurie Gehrke, a pediatric transport nurse who joined LifeFlight in 2000. "We look for people who have that desire, who are humble, who understand you're going to be put in an environment in which you have no idea what resources you'll have. You do it because you want to. There's no glamour in a 3 a.m. flight when you're in the dark, trying to lay a line in a child's arm."

There's also no glamour in the flipside of the crew's shifts, when no calls come in or they're grounded by weather conditions. Not that crew members are then sitting on their hands: They help in the emergency room and intensive care unit, check on patients they've transported, participate in training, restock the helicopter, check supplies, and travel the state to provide education to local law enforcement, fire departments, hospitals, first responders and organizations like schools and large confined-animal facilities that want training in "mock disasters."

"We are always busy," says flight nurse Chrissi Boston. Like many of her colleagues, she admits that being grounded makes her antsy. "I don't want to say we thrive on the unpredictability, but we kind of do," she says. "You never know what's going to happen. We're all adrenaline junkies. The job really is a calling. Every time I get into the helicopter, I say I have the best job in the world."

Keeping cool in the face of unpredictability is just part of the job. "It's all training, all knowledge," says flight nurse Ben Harman. "Fear is just the lack of knowledge."

> Top right: Lynnette Hemphill, a UnityPoint LifeFlight nurse, directs the evacuation of an injured firefighter by other volunteer firefighters as he's taken to LifeFlight 1.

Below right: Hemphill and Ben Schloss, a UnityPoint paramedic, treat the patient onboard en route to the emergency room.



FAST FACTS

- LifeFlight received more than 1,200 requests for air transports in 2017. Calls have come from 85 of Iowa's 99 counties.
- Its helicopters are owned and maintained by Air Methods, which also employs the pilots.
- Of its total flight volume, 75 percent involve adult patients; 16 percent, pediatric; and 9 percent, neonatal.
- Cases include trauma (21 percent), neurological emergencies (18 percent), respiratory emergencies (17 percent) and cardiac cases (17 percent).
- LifeFlight transports patients to any appropriate facility, primarily in Iowa, Minnesota and Nebraska.
- A crew on a flight typically is a pilot and two nurses (or a nurse and a paramedic). Nurses and paramedics are trained in advanced procedures including surgical skills, and they obtain national certification in their area of specialty.



STRUGGLING FOR LIFE, AT BIRTH

hat should have been some of Timara Ekstein and fiancé Brannan Groves' happiest days had turned into a nightmare. At 37 weeks into what would have been a typical 40-week pregnancy,

Ekstein's blood pressure had gone "through the roof," she says, and her gestational diabetes was affecting their baby. Her mother took her to the hospital in Centerville, but because its obstetrics center was closed at the time, Ekstein was rushed by ambulance to Ottumwa, lights flashing and sirens blaring. Her blood pressure was 199 over 135, compared with a healthy pregnancy blood pressure of 140 over 90.

"I dilated at four centimeters," she recalls. "A half-hour later, I was at seven centimeters. After that, I don't remember anything."

That includes the birth of son Braxton. While his weight of 5 pounds, 6 ounces, wasn't problematic, a placental abruption—in which the placenta tears away from the uterine wall—threatened adequate flow of oxygen to his brain. The newborn had to be resuscitated.

Eventually conscious, Ekstein panicked to find out what had happened to her son. "I was told he was not going to make it," she says. Then the hospital staff decided to call LifeFlight.

"I was scared for them to take him, and I couldn't go with him," says Ekstein, now beaming over her sleeping 5-pound, 12-ounce baby boy in his room at UnityPoint's Blank Children's Hospital. But it had been difficult seeing Braxton leave while she stayed in Ottumwa.

"After [the LifeFlight crew] came in and talked to me, it was a massive relief. [Nurse] Kristy Oswald told me they were going to do anything and everything in their power to help him. She explained all his conditions, what each person in the room was doing and what was going to happen—and not in 'doctor-speak.' My blood pressure immediately went down."

Braxton Groves at Blank Children's Hospital with his mother, Timara Ekstein. The newborn was transported from Ottumwa to Des Moines on LifeFlight. Neonatal nurse Oswald has been a member of the medical transport team for more than 30 years. "What I always tell the flight crew is that I have the best job. In what other job do you get to fly and rock a baby?"

Of course, not every case has a good outcome. "You have to be empathetic, personal and professional, and put it all together," Oswald says. "I've had to say to parents, 'I'm sorry, there's nothing more I can do. Would you like to hold your baby?' That's tough, telling a parent that the child has died or is dying or won't survive the flight. I have to have that honest conversation with extreme compassion, kindness and sincerity." And, she adds, "I'm not afraid to give them a hug."

FROM THE PILOT'S SEAT



Ian Carver flips seemingly dozens of switches and checks multiple screens on the dashboard of the 708-horsepower 2007 Eurocopter known by its FFA registration, N779LF. He checks some flight notes he's inked on the inside of

his wrist. All the while he's communicating via radio to the helmeted LifeFlight crew, air traffic control, dispatchers at lowa Methodist Medical Center and other medical transport crews around the state.

"Everyone ready?" he asks the crew, which, as is typical, consists of two flight nurses. Affirmed, he pulls back on the lever on his left, which lifts the aircraft to the day's emergency: a disaster scene near Gilman, Iowa, involving two school buses that have rolled over and a tractor with a sprayer. A hazardous chemical may be involved, and multiple people, mostly kids, are injured.

Except they aren't. This disaster is only a drill, designed to help volunteer fire and rescue departments practice their skills, including how to identify a safe landing zone for medical crews. Mercy Medical Center's transport helicopter is participating, too; it flies to the south of LifeFlight's.

"The cooperation between us and Mercy is

phenomenal," Carver says. "It used to be competitive."

In fact, there is intentional, ongoing cooperation among lowa's five medical transport programs and with many others. "Without first responders, we couldn't do what we do," flight nurse Tammy Apana says later. "I can't say enough about those people in the local communities. We aren't this tiny team that does this work. This team is very large. It isn't just the LifeFlight crew, but also the emergency medical people, the local hospitals and law enforcement. It takes all of us to make our program successful."

WHEN ALL ISN'T ENOUGH

here are difficult shifts. Pediatric transport nurse Laurie Gehrke has had to ask parents what they want to do when there's nothing more she can do. "We engage the family in making decisions. I turn my focus to the parents—what they recall about their

child, what meant the most to them," she says. "In one case, the parents wanted their baby to get CPR until their pastor could arrive to perform the baptism. So we did while they held their baby."

There are cases where crew members have to advise against transporting a patient they believe is dying. "We want to be honest with the patient's loved ones," says Michael Zweigart, paramedic flight nurse and LifeFlight's program manager. "We don't want to add to their hardship by transporting the patient to Des Moines."

For each of the tough cases, Gehrke notes, there are "hundreds of great outcomes." She recalls a case in which a failing child revived after Gehrke suggested her mother tell the child she loved her. She says she gets "the loveliest Christmas card" every year from a family whose son she cared for. "I look forward to that Christmas card every year," she says. "I have them all. Sometimes when I'm having a bad day, I pull out one of those cards." LifeFlight nurse Chrissi Boston occasionally receives photos of a former patient playing pickleball and hiking in Arizona. "Every once in a while, you have that connection with a patient," she says. The man was visiting lowa from Wisconsin and suffered a stroke. After flying him from Clarke County to Iowa Methodist Medical Center, Boston went to his room to check on him. She tears up recalling seeing the "code cart"—equipment hospital staff use for a patient in a cardiopulmonary emergency—but was relieved to learn he had recovered.

"I was there the day he got to go home," she says. "We took him up to the helicopter because he didn't remember his flight. I still text him."

'IT COULD HAVE BEEN SCARY'



ilot Bryon Capouch begins this day's LifeFlight crew shift with a briefing on weather conditions, visibility, wind speeds and the forecast. Perhaps for the benefit of a fly-along guest, his "random topic of the day" is the rule of maintaining a "sterile"

cockpit, in which there's no unnecessary chatter for two minutes after liftoff and before landing.

Capouch joined Air Methods, the company that owns and maintains LifeFlight's helicopters, after two military deployments to Iraq and two to Bosnia. He performed air assault missions and then transitioned to medical evacuations. Now the taciturn pilot's top priority is the safety of the LifeFlight crew. Flight nurse Tammy Apana saw that in action during a flight to a vehicle collision in southwest Iowa one wintry night, when visibility was diminishing and precipitation was building on the surface of the helicopter, which has no de-icing capabilities.

"He told us we had to land," she says. "It could have been a scary incident, but it wasn't at all. At no point was I afraid, because Bryon talked us through everything."

Top right: LifeFlight nurses exit the helicopter at the site of a training exercise.

Below right: LifeFlight nurses Sara Joy and Liz Wyman discuss treatment options with a first responder during the exercise.



That night, the crew landed in a cornfield near Corning. A couple in a pickup truck stopped and told the crew to help themselves to their home and bathroom nearby. The crew notified UnityPoint's dispatchers, who alerted the sheriff.

"The sheriff got us to the patient's bedside," Apana says. Unfortunately, the patient had probably suffered a cardiac event prior to the collision and, with a do-notresuscitate directive, he died. But the event underscored the specific roles that LifeFlight crew members play.

"Our pilots are always watching out for us," Apana says. "Safety is first and foremost in their priorities. We all work to build that trust and communication with each other."

COMMAND CENTRAL

n a small windowless room on the first floor of Methodist, LifeFlight nurses Tammy Apana and Liz Wyman sit at computers, reviewing patient information and making notes. A large monitor hanging on the wall displays a weather map of lowa, pinpointing the locations of any airborne medical helicopters, their altitude, speed and flight paths. The room has a few filing cabinets, a small refrigerator and an overall Spartan environment save for a photo booth strip of some LifeFlight crew members, large framed photographs of LifeFlight helicopters and the friendly conversations that occur here.

This is "command central" for the emergency transport staff. It's just after 7 a.m. and the nurses are tucking into breakfast—toast with peanut butter and avocado slices for Apana and breakfast casserole from the hospital cafeteria for Wyman. Fellow nurse Lynette Hemphill enters with a plastic-foam clamshell containing eggs and sausage.

"The rule," she says, "is always have a full stomach and an empty bladder."

It's the start of a 12-hour shift for these nurses, who are ready and waiting for an emergency call. In the meantime, Apana and Wyman take a lap around Iowa Methodist's trauma center and then head to the ambulance garage, stopping at the dispatchers' transfer center. In the tiny windowless room, two dispatchers and three transfer staff members watch monitors that track medical service

Flight nurse Tammy Apana gets a bird's eye view of downtown while aboard a LifeFlight helicopter. The flight crew typically includes the pilot and two nurses (or a nurse and a paramedic).



flights around the state. They communicate with the emergency staff and take calls from first responders, other hospitals, nursing homes and health care providers seeking to transfer patients by air or ground. The staff handles communications for UnityPoint hospitals in Des Moines, Trinity Medical Center in Fort Dodge and Allen Hospital in Waterloo. While arranging the transportation of patients, they consult with physicians seeking to transfer them and those who will receive them.

"I like the autonomy of it. You get to make a lot of decisions," says Doug Strickler, manager of the UnityPoint transfer center and LifeFlight communications. "I like how complicated it is and the logistical part of making the best use of our aircraft and ambulances. We're a conduit between the aviation side and the medical side."

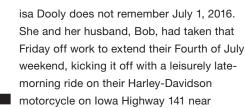
Strickler got started in medical transport in 2000. "We did all the flight tracking on a piece of paper," he says. "There was no GPS, no automatic tracking."

On this day, Ben Schloss is working dispatch; he's also been a flight nurse for more than 17 years. He proudly notes the dispatchers' combined 110 years of dispatch experience. "They call us the retirement home." he says.

Schloss says he enjoys working with Apana and Wyman because "their communications are very short since they know each other so well."

Wyman adds, "It's really cool when you find that partner and you're like, 'Hey, I think we exchanged two words on that trip.' It's a high-five moment."

HIGHWAY AMPUTATION?



Grimes. Then a car attempting to cross the divided highway collided with them. First responders called Mercy Medical Center to transport Bob by ambulance and summoned UnityPoint's LifeFlight for Lisa. "When we got on the scene, she was still entrapped by the motorcycle," says Jerrica Moon, one of the flight nurses on the call that day. "She was partially impaled in her upper thigh. We had three options: pull the motorcycle off and hope it comes out clean; remove the part of the bike that was possibly piercing her femoral artery; or fly the trauma surgeon out to remove her leg."

As the emergency crew worked to dismantle the motorcycle, Dooly's blood pressure began to plummet. She was losing consciousness.

"We had to quickly formulate a plan," Moon says. "We had the pilot start up the helicopter, and we started to give Lisa blood while she was still entrapped. If we hadn't, there's no doubt in my mind she'd be dead now."

Dooly wasn't out of the woods, however. In Iowa Methodist's trauma center, she "coded"—meaning her breathing and/or pulse stopped—three times. Surgeons opened her chest to apply an aortic clamp that directed what blood she had left to just her heart and brain.

"I walked away from the trauma bay and cried," Moon says.

After numerous surgeries and 83 days in the hospital, though, Dooly went home—with a limp and likely knee replacement in her future, but alive and mobile.

"Des Moines is blessed to have such wonderful health care professionals," she says. "They sacrifice, they're away from their families, they work long days and they see horrible things. The LifeFlight crew didn't just save my life. They came up to see how I was doing in the hospital. It's not just their talent, skills and equipment; it's the personal connections they maintain."

Moon, who says she has her "dream job," praises her colleagues as being "amazing at supporting each other." In April, she and Tammy Williams, her fellow flight nurse on Dooly's case, and Mark Bragg, the pilot that day, got a message from Dooly. It said, "Thanks to you guys, I got to be the mother of the bride again."

"When I hear the LifeFlight helicopter, it's not a traumatic sound to me," Dooly says. "I worry because somebody needs them, but it gives me hope that they're on the way. They're incredible people. There are some angels in the air for us."



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CHAMBER-MADE

OFTEN WORKING BEHIND THE SCENES, DES MOINES' BOOSTER GROUP HELPED SHAPE THE CITY.

WRITER: DAVID ELBERT

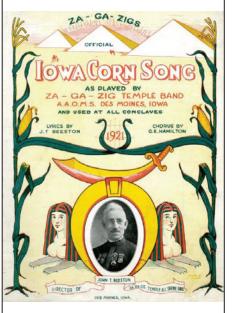
he Association of Chamber of Commerce Executives is bringing more than 1,000 men and women from across the country to Des Moines for its 104th annual meeting, July 17-20. The attendees are experts at working behind the scenes, and we'd like to honor them by sharing some seldomtold stories about how our own chamber members made a difference.

Busting Borders

Let's start with the city. The Des Moines we know today is a hybrid of the original 1851 city and seven suburbs that merged in 1890, when the Iowa Legislature extended Des Moines' city limits 2 1/2 miles in all directions. This enlarged our hometown from 8 square miles to 54 square miles, a nearly sixfold increase. The expansion plan was hatched in 1888 by the same people who had earlier that year created the Des Moines Commercial Exchange (later renamed the Chamber of Commerce). The municipal merger was challenged in court, and the Iowa Supreme Court ruled in 1896 that the enabling act was "special interest" legislation and therefore illegal. But, the justices added, unwinding the merger would cause even more problems, so they let it stand.

Electric Car

In 1889, three years after the Iowa State Fair had acquired a permanent site in Des Moines, leaders of the Commercial Exchange sought to boost fair attendance by creating a local festival similar to Mardi Gras. Seni Om Sed (Des Moines spelled backward) featured exotic themes, including a "Last Days of Pompeii" fireworks display in 1893. The most unusual entrant in the first Seni Om Sed parade was a battery-powered vehicle, which its inventor, Des Moines chemist William Morrison, claimed was the world's first electric car. His fourhorsepower carriage had three broad seats and could carry up to 12 passengers at a top speed of 20 miles an hour for up to 13 hours.



Corn Song

Des Moines' Convention and Visitors Bureau was created as an arm of the Chamber of Commerce in 1908. By then the city was already well known on the national convention circuit, in part because it had been one of the first to install electric streetlights during the 1880s. Another piece of Des Moines convention trivia: George E. Hamilton, who headed the Convention Bureau for 24 years, composed "The Iowa Corn Song" during a 1912 train trip to a Shriners convention in Los Angeles. Hamilton "wanted a rousing, peppy tune for the Iowa Shriners to sing as they entered the convention hall," explained Iowa history writer Tom Longden.

Lindy Lands

The first airplane to land near Des Moines did so on the evening of July 1, 1925. It was carrying mail from Chicago, and during the less than 20 minutes it was on the ground a post office band played "The Iowa Corn Song." Among the 40,000 greeters were the top officers of the Des Moines Chamber of Commerce, who had been instrumental in bringing airmail to Des Moines. Two years later, those same officials were among 50,000 people who welcomed Charles Lindbergh and his Spirit of St. Louis airplane to Des Moines, just three months after Lindy's historic solo flight across the Atlantic Ocean. A line of cars that some said was "the longest parade in the history of the state" followed Lindbergh from that early airport near Altoona to the Hotel Fort Des Moines, where he was feted and spent the night.

Play Ball

Professional baseball in Des Moines predates the Des Moines Commercial Exchange, but baseball owes its modern incarnation to chamber executives. Des Moines' first professional baseball team, the Hawkeyes, was formed in 1887, one year ahead of the Commercial Exchange. Between 1900 and 1924, Des Moines teams had seven different names, including the Midgets, Undertakers, Prohibitionists and Underwriters. After Continues on page 174





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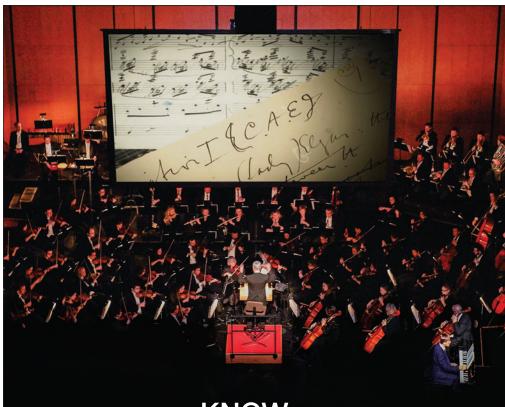
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Continued from page 172 World War II, chamber members restarted baseball in Des Moines by purchasing a franchise in the Western League for \$5,000. In 1947, the chamber built a park for the Des Moines Bruins atop a landfill. Seventy years later, that same site is Principal Park, home of the Triple-A Iowa Cubs.

War Efforts

From 1926 until 1962, the top staff person at the Des Moines Chamber of Commerce was John D. Adams, who had the brain of an engineer and the marketing skills of a salesman. Adams' meticulous attention to details helped persuade federal officials to locate the Iowa Air National Guard in Des Moines during World War II and to repurpose Fort Des Moines as the first military training center for women. He also persuaded San Diego-based Solar Aircraft to convert a Ford auto plant in Des Moines into a parts factory during the war and to convert farmland outside Ankeny to an armaments plant. After the war, Ankeny's ordnance plant was reconfigured to make John Deere farm implements.

Rolling It Up

Perhaps John D. Adams said it best: "The work of the Chamber is never done. There is no beginning or end as such." Des Moines' downtown skywalk system is one of many projects that prove his point. The skywalks began with a single bridge more than 40 years ago. The system now extends for nearly 3 miles, and it is still growing.

The Principal Riverwalk is another effort that started small and continues to grow. The arts community has been another big driver, providing a focus on public art and creating the John and Mary Pappajohn Sculpture Park. And then there's the Science Center of Iowa, the Greater Des Moines Botanical Garden, Gray's Lake, East Village, Market District and Court Avenue. As Adams might have observed: They are all now part of one giant seamless fabric we call Des Moines. ■

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Meet three of the city's biggest supporters of the \$117 million plan to create a network of water trails. They believe enhancing the area's waterways will create a flood of recreational, cultural and economic opportunities.

12

WRITER: MICHAEL MORAIN PHOTOGRAPHER: DUANE TINKEY

"I had no clue what a water trail was. To me, the water was just something to look at as you bike by."

That's what Rick Tollakson thought until one muggy day a few summers ago, when he found himself in a kayak, paddling through a leafy corridor that he never knew existed. The guided tour of Beaver Creek started near 86th Street, up where it meets Northwest 70th Avenue, and finished with a climb up a weedy bank—gear and all—north of the interstate near Merle Hay Road.

"You felt like you were in a different world-and you're in Johnston,"

Tollakson felt bad about it, but it served a point. "You're not going to die if you fall in," he says. "Believe me, I've been in these rivers a few times and I'm still here."

He's jumped into some other rivers, too. Tollakson and other steering committee members visited Columbus, Georgia, where kayakers paddle some of the largest rapids east of the Rockies on the longest urban whitewater course in the world. Advocates for a similar course in Des Moines say it could be part of a whole adrenaline-pumping adventure park, with zip lines, climbing walls, and the proposed skate park near

"I can't say it enough: This could have a huge impact on our ability to recruit new people to Iowa." RICK TOLLAKSON

says Tollakson, president and CEO of Hubbell Realty.

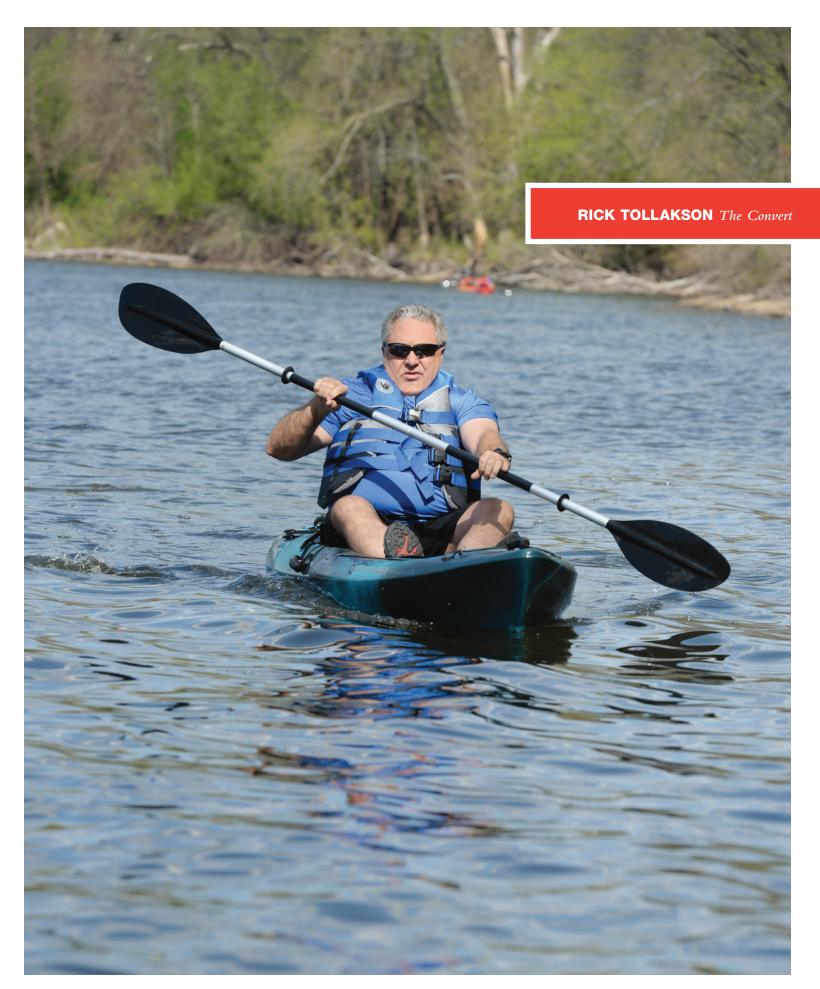
The Des Moines Area Metropolitan Planning Organization had recruited Tollakson to chair its Water Trails Steering Committee, and all it took was that trip down Beaver Creek to turn him into a believer. Since then, he's spread the gospel during similar paddle tours with other civic and corporate leaders.

Sometimes he even baptizes them. At the end of one trip, when he was pulling his canoe out of the Raccoon River, he lifted the front end a bit too early and accidentally tipped former West Des Moines City Councilman Rick Messerschmidt into the water. Wells Fargo Arena.

"We have to get ahead of the curve," Tollakson says. "I can't say it enough: This could have a huge impact on our ability to recruit new people to Iowa."

When he and the committee visited Boise, Idaho, a while ago to check out its mechanical surfing wave, he struck up a conversation with one of the surfers awaiting a turn on a weekday afternoon.

"Turns out the kid was from Cedar Falls. And the guy running the wave machine? He was from Marshalltown," Tollakson says. "We're losing folks to places like Boise because they have a lot more going on."



There was a snapping turtle. There were owls. There were other animals, too, that Staci Williams spotted among Central Iowa's waterways last summer.

But nothing ambushed her quite like the baby catfish she found. *Inside* a mussel shell.

"When I opened it up, I don't know which one of us was more surprised," she says.

She tells the story with a grin and a sense of wonder that make clear why she used to be a fourth-grade teacher, for a few years in Myrtle Beach, S.C. But a class project on sea turtles led her to conservation advocacy, which led her to a master's degree in environmental law and policy, and, Arizona's Verde River and Colorado's Eagle River, among others—but the Huxley native eventually wanted to return to Iowa. She moved to Des Moines and signed on last year as a grant writer and water quality specialist for ISG Engineering and Architecture.

She says colleagues tease her because she is "an odd fit for an architecture and engineering firm."

But lately her teaching skills have come in handy. She spent the spring presenting water trail proposals to city councils, watershed management authorities and other civic groups. She explained maps, renderings, conservation strategies and other plans for no fewer than 145 sites along nine

While downtown's dam debate has grabbed most of the attention, Williams has high hopes for waterways throughout the region.

eventually, to a job with American Rivers.

The nonprofit helps communities reconnect with their rivers to solve both environmental and economic problems. Williams was skeptical at first.

"Could that really spur all of these community benefits?" she wondered. "But it did."

Her first project focused on North and South Carolina's Waccamaw River, where little changes led to bigger ones. More recreation (boating, fishing) led to more business (outfitters, restaurants) and more political clout to enact ordinances that encouraged conservation and cleaner water.

American Rivers sent Williams to work on projects across the countrywaterways, which she can rattle off without hesitation.

While downtown's dam debate has grabbed most of the attention, Williams has high hopes for waterways throughout the region. Johnston's Beaver Creek could become a popular paddling and floating route for families. Pleasant Hill could become a launching site for trips down to Yellow Banks Park and Lake Red Rock.

Everywhere in between, people can use the water trails to swim, paddle, boat, fish or just skip stones. Even sitting on a riverside bench helps people relax and reawaken their senses.

As she puts it, "There's a reason all those nature recordings have some sort of flowing water and chirping birds."



When Karl Keeler and his family moved to Des Moines this past winter, his 15-year-old son, Cameron, asked why nobody surfed the Des Moines River.

It's an obvious question—if you've grown up in Idaho.

Before Keeler became the president of Mercy Medical Center in January, he and his wife, Kristen, and their five kids lived in suburban Boise and spent a good chunk of their free time on the Boise River, which starts with melting snow in the Sawtooth Mountains and joins the Snake and Columbia rivers in their westward rush to the coast. Along the way, the Boise cuts through the Idaho state capital, where folks like the Keelers float, fish and, yes, even surf from early spring to late fall. "When I told people I was leaving Boise for Des Moines, everybody asked, 'What do you do there?' "Keeler says in his office at Mercy. He points to the blue sky out the window: "In Boise, it's like that every day."

Boise has some of the lowest salaries in the country, he adds, but that didn't stop him from hiring talent at the hospital where he used to work. Health care pros with high-demand specialties tend to love the city and its outdoorsy appeal. The ski slopes are just half an hour up the road.

Hiring is a tougher task in Des Moines, where a big part of Keeler's job is attracting and keeping enough employees to fill Mercy's 7,500 jobs. River trails aren't the only solution,

"For a Midwest community, this could absolutely set us apart."

KARL KEELER

A daily parade of buses shuttles locals and visitors upstream with kayaks, canoes and inner tubes. "Anything that floats," Keeler says. "We just used stuff that you can buy at Target."

The trip downstream usually takes a couple of hours, depending on how many stops you make at swimming holes, rope swings or the come-as-youare restaurants along the way. When the river hits downtown, it spills through a whitewater park with a dam that engineers can adjust—lower for kayakers and higher for surfers, who glide back and forth on the churn.

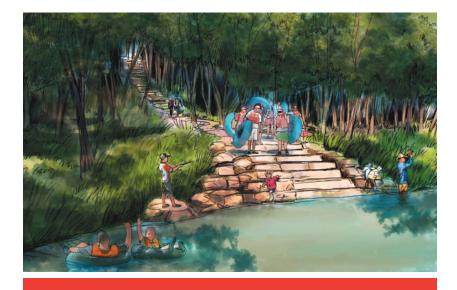
Keeler's oldest son, Jackson, 17, surfed the river all the time with his friends. He was surfing on a mountain lake during last summer's eclipse. he says, but they sure can't hurt.

"For a Midwest community, this could absolutely set us apart," he says. "When they said the plan would get going in five years, I thought, 'Oh, how can we get this done sooner?'"

He and his wife immediately supported the water trails plan when they first heard about it at a Greater Des Moines Partnership dinner. And so did their amphibious kids, who are too young to remember the old "Surf Iowa" T-shirts from the 1980s. Now the idea seems less absurd.

"I still have two huge stupid boxes filled with rafts in the garage," Keeler said. "We should have given them away before we came here, but maybe now we won't need to."





WATER TRAILS OVERVIEW

dvocates for Central Iowa's \$117 million water trails project have spent the last few years laying stepping-stones, but now comes the leap of faith: Public and private partners need to decide whether to make any of the plans actually happen.

So let's back up to see how we got here: For thousands of years, rivers and creeks have supplied Central Iowa with water, food, transportation routes, energy, beauty and all the other stuff that make life possible.

But during the past 50 years or so, most people have disconnected from these waterways to the point that when they think about them—if they think about them at all—the first words that pop into their minds are "flooding" and "nitrates." Rivers have gotten a lot of bad press since the floods of 1993.

Recently, however, the Des Moines Area Metropolitan Planning Organization (MPO) has led various regional efforts to see how Central lowans can make better use of nine waterways for various environmental, recreational and economic purposes. Those waterways are the Des Moines, Raccoon, North, Middle and Skunk rivers, along with Beaver, Fourmile, Walnut and Mud creeks.

The MPO's early research led to a slew of brainstorming sessions and public surveys that eventually generated a wish list of more than 80 individual projects scattered among the waterways, which total about 150 miles. Eventually, that wish list turned into the Greater Des Moines Water Trails and Greenways Plan, which the MPO's policy committee approved at the end of 2016.

With the big-picture plan in hand, the MPO raised \$500,000 from public and private sources to hire a pair of engineering firms to conduct field research, estimate budgets and figure out all the other nitty-gritty details that those 80-some projects would require.

The first company, ISG Engineering and Architecture in Des Moines, packed up its gear and mapped out 145 sites throughout the region. The second company, Denver-based McLaughlin Whitewater Design Group, with local subcontractors RDG Planning and Design and the Des Moines office of engineering giant HDR, focused on downtown and proposed a different solution for each of the three low-rise dams. The area around the current Center Street dam would become "a high-energy adventure," the Scott Street dam would provide "a nature connection," and the Fleur Drive dam would invite people to "learn and play," according to the official Water Trails Engineering Study.

The bad news: Water trails aren't cheap. The \$117 million cost would include about \$56.5 million for the Center Street dam; \$21.5 million for the Scott Street dam; and \$28.1 million for the Fleur Drive dam. Those price tags include the cost of riverside amenities. Regional projects outside of downtown would cost about \$11 million.

The good news: It isn't an all-ornothing deal. If Johnston wants to install access ramps and rinse stations on Beaver Creek, it can go right ahead. Pleasant Hill officials can build picnic shelters along the Des Moines River whenever they're ready. The downtown projects could start within a year or two if the funding comes together.

Advocates for water trails often compare them to the ribbons of asphalt trails that started unspooling through the metro area 20 or 30 years ago.

Water trails could become popular in the same way, and they have an advantage: The water is already there.



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giving city

In this first of a new series of *dsm* stories, we look at a group that has made a difference in young lives. All stories in this series will explore aspects of Des Moines as a generous "giving city."

WRITER: SOPHIA S. AHMAD

FOCUSED ON EDUCATION

Debbie Hubbell still remembers one of the earliest meetings of United Way of Central Iowa's Women's Leadership Connection (WLC).

"Organizers put a whiteboard up, and we just started identifying issues that were important to us," she recalls.

One issue that resonated among the group was childhood education. It soon became the focus of the local WLC, which celebrates 16 years this summer. Currently undergoing a rebranding effort, the organization will celebrate its relaunch at a special event on Aug. 30 (see details on page 208). The goal is to align the WLC—whose new name will be announced at the event—with United Way's national and international women's programming.

Central Iowa's WLC began with 46 founding members and has expanded to include more than 650 Greater Des Moines donors. Membership levels include \$1,000 a year for the "Leadership Circle," \$2,500 a year to be a "Lead Woman," and \$10,000 a year for the "Women of Tocqueville."

The group's focus is to advocate, fundraise and volunteer for high-quality



early literacy programs. To date, more than \$21 million has been raised, an investment channeled into 17 child care centers and 200 in-home providers, affecting 2,600 children in Polk, Warren and Dallas counties.

One of the hallmarks of WLC is the Book Buddies program, in which volunteers read one-on-one with 4-year-old children to help prep them for kindergarten. The kids take home the books they are given each week, thereby building their own at-home libraries. In 2016-2017, 74 percent of Book Buddy program participants showed growth on literacy screening Natali Justiniano Pahl (left) and Debbie Hubbell.

during the school year, according to United Way.

"The volunteers build a special bond with those little ones," says Elisabeth Buck, United Way of Central lowa's president.

The WLC work ties into United Way of Central Iowa's education goal of increasing the percentage of Central Iowa students who graduate from high school.

"If you think about these children we've been working with for 16 years, some are now out of high school, and we're now seeing a 10 percent gain in [graduation] rates over a decade," Buck says. "We are now at a 93.6 percent graduation rate."

WLC has contributed to this success. "If the students are kindergarten-ready, they start off on a strong foot. This WLC work is part of that education pipeline," Buck says.

The strength of WLC programming and the increase in membership is an outgrowth of a comprehensive strategy established by its leaders, says Natali Justiniano Pahl, assistant vice president of human resources at Principal Financial Group. She currently chairs

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giving city

WLC in Central Iowa and has led the local rebranding efforts.

"We measure everything," she says. "We have specific initiatives, we have a comprehensive strategy and approach, and people really look to us."

The "we" she's referring to includes her colleagues on the Women United Global Leadership Council, which is made up of women from various larger metro areas, including Miami, New York and Los Angeles, that provides strategic direction for Women United. Pahl sits on the council, representing Des Moines.

With the forthcoming new name, the Central Iowa group will be branded with the global network of more than 70,000 female leaders in six countries that has raised around \$1.5 billion since 2002. Pahl believes that now is the right time for WLC in Des Moines—in its "sweet 16" year—to position itself with the national women's network.

"The new brand is powerful because it unites several women's groups under one umbrella," she says. "It allows us to be a part of something bigger and have the same impact on the local level."

The rebrand gives a new look to the feeling that WLC of Central Iowa members experience through their involvement. "It's given me way more than I've given it," Hubbell says of the organization. "It's made me feel connected, like I can make a difference. It's made me care even more about our community. It's been like my job and one I cannot imagine loving more."

WLC REBRANDING EVENT

Current and prospective WLC members are invited to attend the event.

When: Aug. 30 (The time hadn't been determined by press time.)

Where: Principal Atrium, 711 High St., Des Moines

Info: unitedwaydm.org/wlc



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EVENTS

Young Women's Resource Center

WOMEN & ART EXHIBIT When: July 6, 5:30 p.m. Where: Young Women's Resource Center Details: Opening reception for an exhibit of visual and written works created by local women. Free admission; ywrc.org/events.

Easter Seals of Iowa

ADMIRAL'S WHITE PARTY When: July 12, 6 p.m. Where: State Historical Museum Details: Cocktail-style dining and live and silent auctions. Guests are encouraged to wear white. \$150; easterseals.com/ia. The organization's Sunnyside Regatta follows on July 19 at 2 p.m., when community leaders race paddleboats at Easter Seals' Camp Sunnyside.

Children and Families of Iowa

LADIES INVITATIONAL GOLF TOURNAMENT When: July 13, 8 a.m. Where: Copper Creek Golf Club, Pleasant Hill Details: A four-person scramble event; also includes a raffle and silent auction. \$75; cfiowa.org.

Orchard Place

MOONLIGHT CLASSIC BIKE RIDE When: July 14, 9:30 p.m. Where: Starts at the Iowa Taproom Details: Nighttime bike ride through downtown and nearby trails; also live music and refreshments. \$40; moonlightclassicdsm.com.

Variety-The Children's Charity

POLO ON THE GREEN When: July 14, 5 p.m. Where: Powder River Ranch, Cumming Details: A live championship polo match, plus dinner, auction, music and a hat contest. \$375, or \$187.50 for those age 35 and younger; poloonthegreen.com.

Continues on page 212

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giving city



EVENTS (continued from page 210)

Animal Rescue League of Iowa PUTTS FOR PAWS When: July 19, 11:30 a.m. Where: Tournament Club of Iowa, Polk City Details: Golf tournament benefiting homeless animals. \$150; arl-iowa.org/puttsforpaws.

Hope Ministries

AN EVENING FOR HOPE When: July 19, 6 p.m. Where: Embassy Suites Des Moines Downtown Details: Dinner featuring inspirational speaker and violin virtuoso Roddy Chong. \$100; hopeiowa.org/evening.

Robert D. and Billie Ray Center IOWA CHARACTER AWARDS When: July 20, 6:30 p.m. Where: The Meadows, Altoona Details: Honors recipients of the 2018 Iowa Character Awards. \$15; drake.edu/raycenter. ALS Association, Iowa Chapter THE LEGACY SOCIAL: MULLIGAN MIXER When: July 26, 5 p.m. Where: Temple for Performing Arts Details: Inspired by the 1920s golf era, with live music, live and silent auctions, and a keynote speech by Nancy Frates. \$75; myersgolf.com/LegacySocial. Event will be followed on July 27 by the Michael R. Myers Memorial Classic at Willow Creek Golf Club in West Des Moines. \$500 for a foursome.

Children and Families of Iowa TANGO GALA

When: July 27, 6:30 p.m. Where: Sheraton Hotel, West Des Moines Details: Hors d'oeuvres, live music, silent and live auctions. \$125, or \$105 for those under age 40; cfiowa.org.

Food Bank of Iowa

SMOKE OUT HUNGER When: July 29, noon Where: Brenton Skating Plaza Details: Featuring barbecue from local restaurants and pitmasters, craft beers, live music, lawn games. \$40 adults, \$10 children ages 6-12, free for age 5 and under; foodbankiowa.org/events/ smokeouthunger.

Science Center of Iowa ANNUAL FUNDRAISING EVENT AND AUCTION

When: Aug. 24
Where: Science Center of Iowa, 6:30 p.m.
Details: With food, drinks, music, dancing, and live and silent auctions.
\$125, or \$75 for those age 35 and under; sciowa.org.

The Move Project THE WATER RIDE

When: Aug. 25, noon Where: Confluence Brewing Company Details: Bike ride that raises funds and awareness of the Move Project's water and education projects in Ghana. \$25; themoveproject.org.

Catholic Charities

BISHOP'S GOLF CLASSIC When: Aug. 27, 11 a.m. Where: Echo Valley Country Club, Norwalk Details: Includes lunch, golf tournament, awards reception. \$150; catholiccharitiesdm.org/events. ■

dsm invites nonprofit organizations to submit events for possible inclusion in this calendar. Please include the following information: name and a brief description of the event, date, time, location, ticket price, and a link to additional details. Send to dsmeditor@bpcdm.com. The deadline for the November/December issue is Aug. 15.

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THE ROBERT D. AND BILLIE RAY CENTER AT DRAKE UNIVERSITY AN ALL-STAR EVENING Date: April 13, 2018

Venue: Ron Pearson Center

Main Attraction: The presentation of the Ray Pillar of Character Award to astronaut Peggy A. Whitson.

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BUBBLE BALL

Date: April 7, 2018

Venue: Grand Ballroom at the Community **Choice Credit Union Convention Center**

Main Attraction: A "Kids, Cartoons and Comics"-themed runway show featuring bubble wrap creations by local designers. More than 1,000 guests attended for a record-setting year.

Unique Touch: Guests celebrated the night's generosity by popping bubble wrap in unison to create a round of bubble wrap applause.

Music: Brazilian 2wins

Photography: Suzanne Case

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OAKRIDGE NEIGHBORHOOD SERVICES BREAKFAST AT TIFFANY'S Date: April 21, 2018

Venue: Hilton Des Moines Downtown

Co-Chairs: Angel Grubb and Kyrie Wong

Main Attraction: A benefit for Oak Academy Scholars; funds raised provide full-day preschool scholarships for at-risk, low-income, and ELL students.

Unique Touch: A fashion show, with clothing provided from Lincoln & Lexi and commentary by LuAnn Sampson.

Photography: Christopher Maharry, Maharry Photography

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YOUNG WOMEN'S RESOURCE CENTER ANNUAL GALA Date: April 14, 2018

Venue: The Ron Pearson Center

Main Attraction: The evening celebrated the 40th anniversary of the Young Women's Resource Center and included a silent auction, raffle, community awards program and live auction.

Bottom line: \$143,000 raised to help support the 1,500 girls and young women YWRC serves each year.

Photography: Eric Salmon and Kevin Walker



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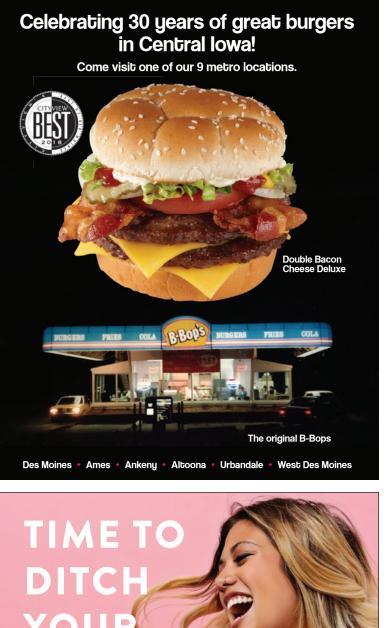
2018 LIVE UNITED

Date: April 23, 2018

Venue: Prairie Meadows

Main Attraction: Release of the 2018 Community Impact Report and the presentation of awards.

Photography: Christopher Maharry, Maharry Photography



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ISSUE

DSM MAGAZINE

UNVEILING OF

THE MAY/JUNE

Date: April 24, 2018

Venue: Grand View University

Main Attraction: A lively crowd gathered for the unveiling of a distinctive cover featuring an underwater opera singer.

Unique Touches: The party included recognition of the Grand View University men's volleyball team and their NAIA national championship.

Photography: Duane Tinkey, John Retzlaff

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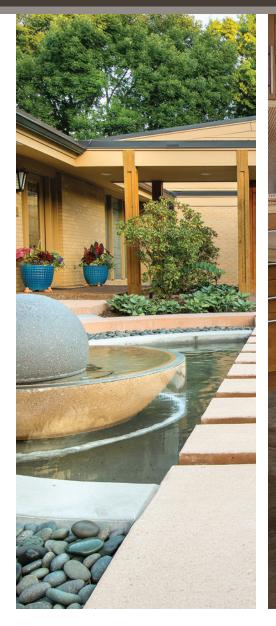
closing thought



"TELL ME THE LANDSCAPE IN WHICH YOU LIVE, AND I WILL TELL YOU WHO YOU ARE." -SPANISH PHILOSOPHER JOSÉ ORTEGA Y GASSET

Justin Rogers, "Loess Hills Hike" (photo print), 31 by 51 inches. Rogers is a West Des Moines photographer; to see more of his work, visit rogersphotography.com or olsonlarsen.com.

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