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MARCH | APRIL 2019



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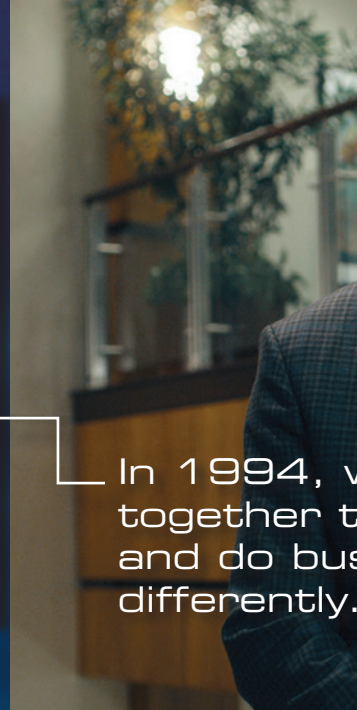
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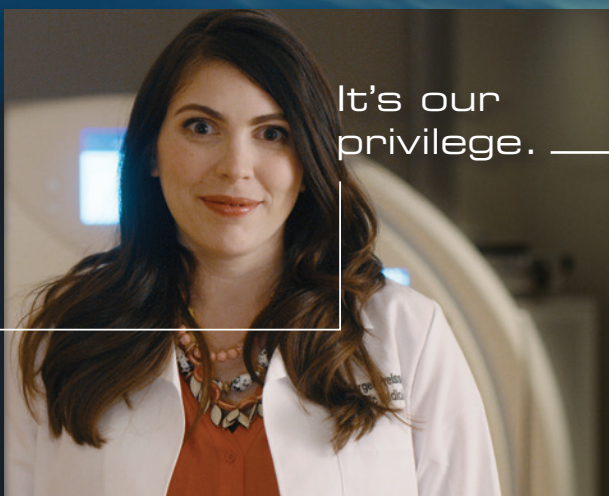


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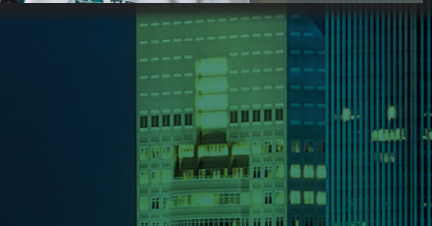
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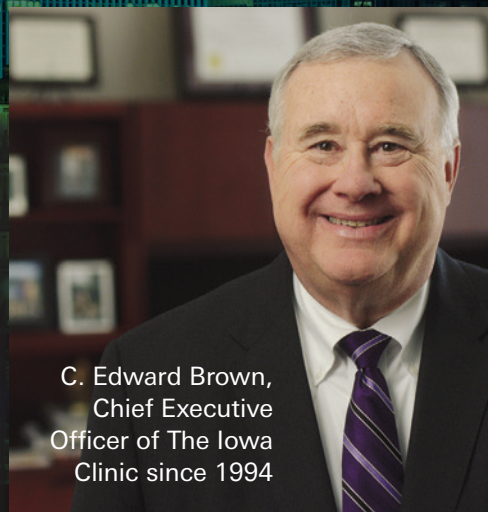
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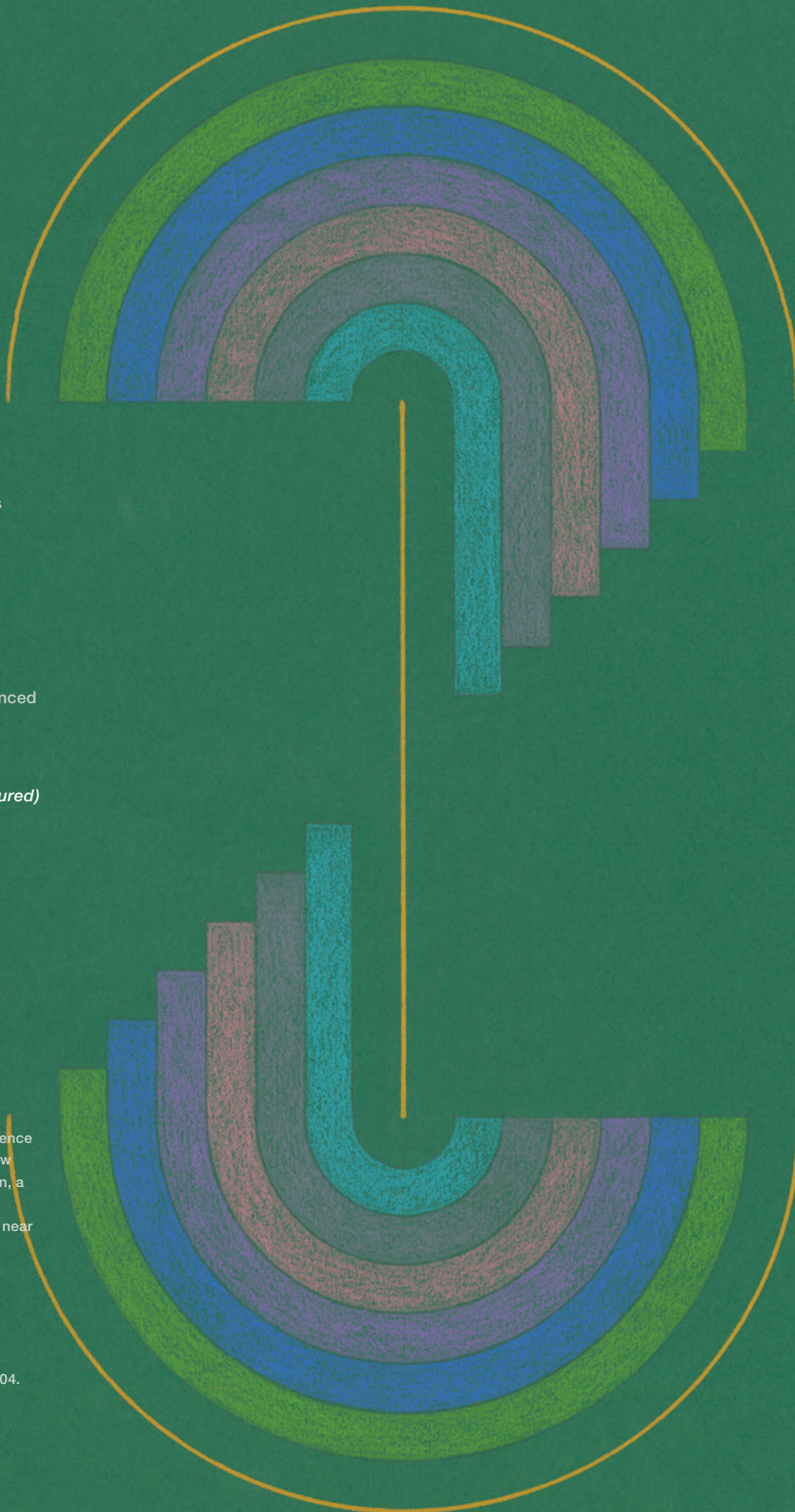
INTERSECTION *(pictured)*

Art and technology merge in creative engineer's works.

On the Cover

Dogs are a growing presence downtown, and none grow much bigger than Benson, a majestic chocolate Newfoundland who lives near the riverside pagoda. See story, page 80.

This page: Tibi Chelcea, "Circuit Floorplan #57," metallic ink and colored pencils on paper: page 104.



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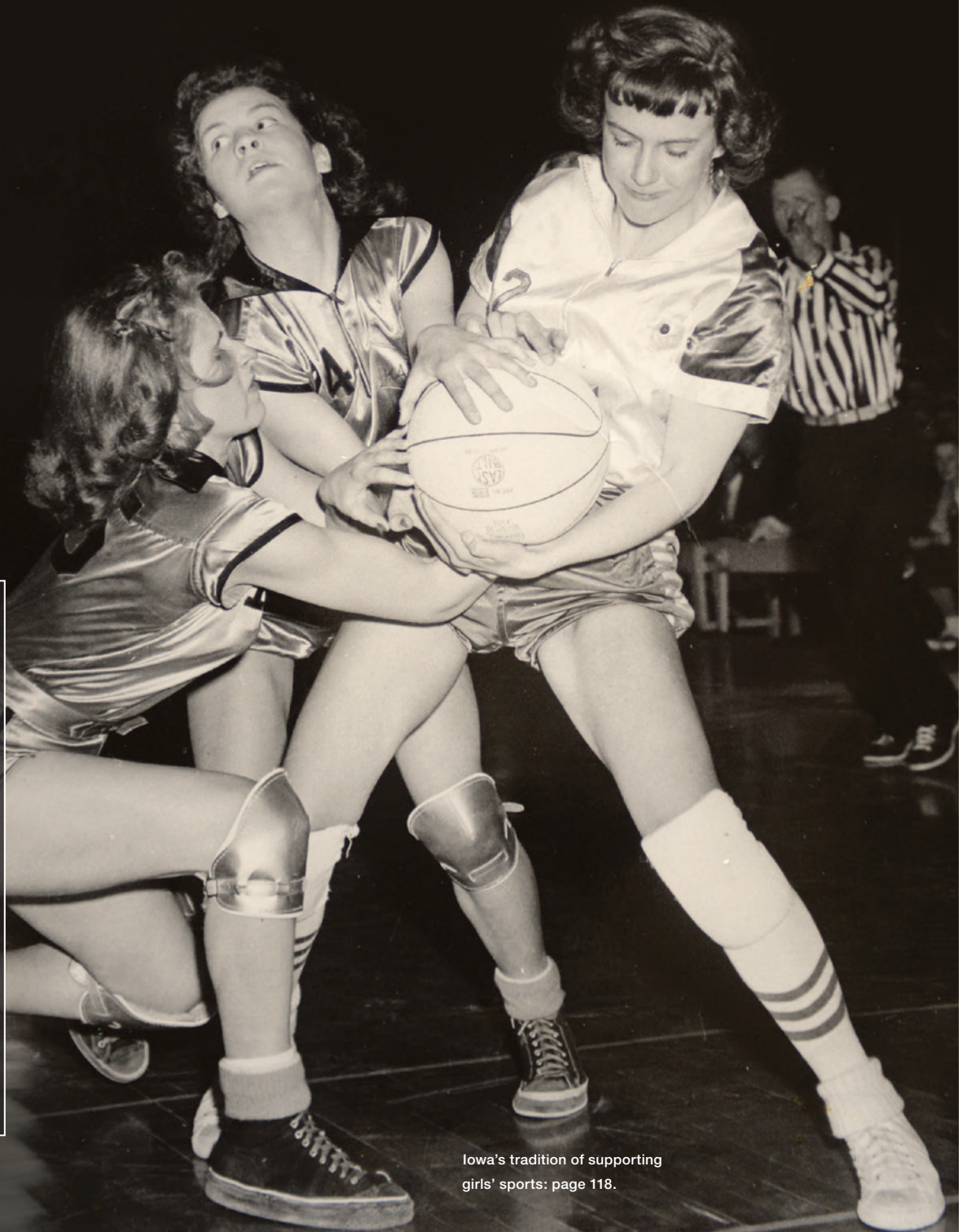
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Join *dsm* and our host, Gilbert & Cook, for the launch party of the May/June issue on April 23 at 2670 106th St., Suite 220, in Urbandale. Drop in anytime from 5 to 7 p.m. for this mingle-friendly party, with brief remarks and distribution of the magazines at 6 p.m.
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BRIGID GREENING ON HER WORK WITH THE IOWA
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Poliform



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WEDDINGS



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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 Riekens**

PROJECT COORDINATOR **Kolbie Creger**

ADVERTISING

SENIOR ACCOUNT EXECUTIVE **Yolanda Chrystal**

SENIOR ACCOUNT EXECUTIVE **Rebecca Zoet**

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SAVORING THE CITY



Editing this issue made me hungry. How could it not? After all, I was immersed in stories about Lucca's rigatoni al forno, G. Mig's prime rib burger, Scenic Route's French canelès, the Cheese Bar's mortadella and other palate pleasers. You'll find these stories and more in **Savor**, a new food section we're excited to introduce (page 63).

We developed the compendium in response to what you, our readers, have consistently told us you want: more food and dining coverage. Of course, that's not surprising, given how in the past 15 years the city's food and beverage scene has blossomed with innovative restaurants and markets, the craft cocktail and beer movements, and special events like Winefest and VeganFest.

Wini Moranville is producing **Savor**. Our regular readers know Wini, who's written for *dsm* for the past 10 years. She'll draw on her broad and deep knowledge of all things food (she's both a talented cook and a cookbook author) and her stellar reporting and prose skills to bring you news, insider tips, favorite finds, recipes and more. **Karla Walsh**, another top food reporter, will join Wini; for this issue's **Savor**, Karla covers eco-friendly spots to drink. Karla also has a keen interest in health, and for a story in our special health section,

she scoured the city to find nutritious yet tasty grab-and-go snacks (page 151).

Another change you'll notice in this issue is our **calendar section** (page 42). You can find a more complete listing of upcoming events on our online calendar at dsmMagazine.com, but for the print issue, we'll focus on a few select highlights. For March and April, that includes a new book festival and a symphonic celebration of America's immigrant heritage.

Of course, with everything Greater Des Moines offers these days, we know how hard it can be to decide where to go and what to do. At *dsm*, part of our (yes, enviable) job involves helping you sort through the options, as we just did for a recently published magazine aptly called **This Is How We Do Des Moines**. In the publication, we share our favorite haunts and hangouts—where we shop, eat and drink, and enjoy arts and culture. You'll also find our top spots for recreation, such as bike trails, lakes and parks.

To read the publication, visit our website, dsmMagazine.com, and click on "Guide to DSM" in the menu bar. If you'd like the printed version, you're welcome to pick one up at our office, 100 Fourth St., in the former railroad depot just south of Court Avenue. In the meantime, we'll see you out and about, whether we're shopping, sailing or sampling sweets. ■

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BACKSTORY BEHIND THE SCENES AT DSM

BEHIND THE LENS

"I always prepare for the worst," says photographer Ben Easter. "And with children and animals, I can't force anything. They run the show."

But, Ben freely admits, "I'm crazy about dogs." (He owns three.) So he jumped at the idea when we suggested a photo story on the growing number of dogs living in tail-wagging joy downtown. His assistant on the project was his resident "dog whisperer," 10-year-old stepdaughter Annabelle Kunert. We're sure you'll enjoy the results, on this issue's cover and inside, beginning on page 80.

"This shoot was such fun!" Ben reports, before revealing one aspect of his work that makes him such a great contributor to *dsm*: "Every shoot, I want to have all my ducks [dogs?] in a row, but I don't lock myself into a plan. I have to be open to what happens naturally, the little bits of magic that appear in front of the camera."



ON DUTY IN THE OFFICE

At a staff luncheon here in our company headquarters last fall, president Janette Larkin, who has since retired, repeatedly slipped servings of beef to a willing accomplice, a mutt named Whitley, whom Larkin described in a Facebook caption as "our canine employee."

In fact, Whitley comes in at least weekly with *dsm*'s managing editor, Larry Erickson. She lounges in his office, attends meetings and makes the rounds—knowing who has treats and a warm welcome for a canine colleague.

Other days, a cockapoo named Teddy sits near the desk of office manager Laura Stegemann, close to our lobby. Teddy's special duty is Office Greeter, lacking only business cards to make him official.

Thinking about that regular pair—plus Walter, Elvis, Carly, Steel and other dogs of employees who sometimes visit—inspired us to think about the lives of downtown dogs, *Canis Urbanis*, whose numbers keep increasing (see story, page 80). Strolling with their owners, earnestly sniffing at most anything that bears a sniff, we see them as enhancing the culture of downtown, adding character to the parks, sidewalks and shops. ■

Clockwise from top left: Photographer Ben Easter with his pals Ozzie, Harriett and Ricky; photo assistant Annabelle Kunert adjusts the lighting on Josh Garrett, of the pet shop Jett and Monkey, holding Jett; Teddy, *dsm*'s office greeter; and Whitley, our resident bon vivant. Photos by Ben Easter.

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ONE WORD AFTER ANOTHER JAMES A. AUTRY



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Getting married used to be so easy.

When I was a high school student in Memphis, Tennessee, a lot of my classmates, in what I suspect was a session of considerable thoughtless passion, drove south across the state line to Hernando, Mississippi, where there was a cottage industry of wedding chapels. No special papers needed. Everything furnished, including license, recorded music and a preacher, all for \$20.

I would probably not have been immune to that temptation except for three barriers: I didn't have a car or a friend from whom to borrow one; I didn't have a girl; and I didn't have \$20. Thank you, Lord.

I recalled this back in the 1980s when I was invited to New York for the wedding of the daughter of one of our substantial advertising clients. In other words, my attendance was required.

I was stunned by the opulence of the venue, which was nothing compared with the opulence of the reception. I asked a colleague what he thought the whole thing cost.

"No idea," he said, "but I was told the flowers alone cost \$50,000."

That would have more than paid for everyone in my Memphis high school to have gotten married in Hernando. And it occurred to me that the New York couple was going to be no more married than the Hernando couples.

Of course, the New York wedding was, I admit, a bit over the top even for those days.

...AFTER THE
WEDDING, CAN'T
THE DRESS BE
MODIFIED FOR
OTHER OCCASIONS?
HA! ONLY A FOOL
(PERHAPS THE
GROOM) WOULD
ASK SUCH
A QUESTION.

But how about these days?
I wonder.

If I were invited to a wedding these days, chances are it would be a "destination wedding," which means I'd

have to travel somewhere just to attend. The surprising factor is that the destination often has no connection to the blessed couple. No family there, no plans to move there, no sentimental memories connected to the place. The couple just thought it would be a good place to have a wedding.

I can't help wondering how many gifts all those airfares and hotel bills would have bought. Of course, gifts still would be expected.

Having chosen the destination, did the happy couple relax with a glass of wine and talk about the wedding to be? Not on your life. Not without a professional wedding planner on hand to ensure that everything is just right and also to make sure the groom understands that most of the time his role is simply to stay out of the way. And relax? Forget it. That's for much later.

Whereas the mode of dress for the ceremony in Hernando was whatever was being worn, or partially worn, during the lead-up to the mad dash across the state line, the mode of dress for today's bride is considerably more—does the word "expensive" come to mind? Yes,

Continues on page 36



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ONE WORD AFTER ANOTHER

Continued from page 34

either that or “extravagant.” But that’s OK because after the wedding, can’t the dress be modified for other occasions? HA! Only a fool (perhaps the groom) would ask such a question. Speaking of the groom, he is only to wear something that won’t detract from the bride’s dress.

And that’s not the only dress involved. The bridesmaids must have their own special dresses, coordinated of course with the bride’s dress. Is that all in the dress department? Of course not. There are dresses for the mothers of the bride and groom. Not to mention a perfectly precious dress for the flower girl, if there is one.

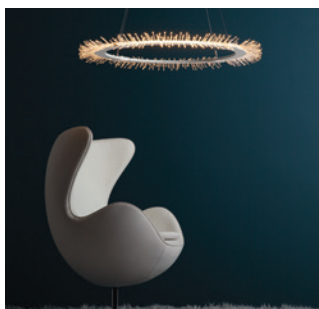
Speaking of the flower girl, can you imagine a more terrifying experience for a kid, walking down an aisle past rows of sweetly smiling people and dribbling flower petals on the floor when, heretofore, you’ve always been admonished to not throw stuff on the floor?

There’s much more to consider, such as who makes the toasts, when the bride dances with her father (or designee), when the groom dances with his mother (or designee), when the bride tosses the bouquet, and on and on and on.

You’ll notice I have not mentioned same-sex weddings, because with the exception of some obvious differences, I suspect they are no easier on the nerves or the bank account.

Now then, do I have any sage advice for the couples to be? Yes. Remember this: Whatever you plan, however the ceremony goes, whoever gets drunk at the reception, you’ll still end up married. So try to relax and enjoy it. ■

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. Autry recently published his first novel, “The Cold Warrior: When Flying Was Dangerous and Sex Was Safe.”

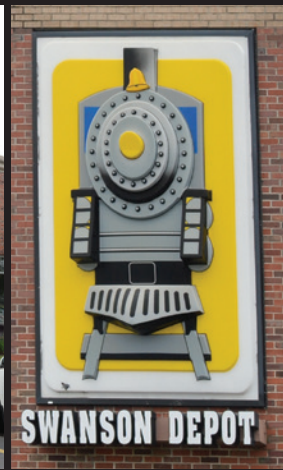


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CHILDLESS BY CHOICE

31: My age.

35: The age that a pregnancy is deemed “geriatric.”

22: The age I was pretty darn certain this would never matter in my universe.

Most of my contemporaries are getting married and either dealing with the “So when can we expect kids?” questions or having kids before these questions arise. While I’m over-the-moon thrilled for their happiness and Instagrammable family, I’m 100 percent set on the child-free course.

It looks like I’m not alone in this feeling, although the childless choice is more common on the coasts than in the Midwest. A December 2018 survey by the Pew Research Center found that 37 percent of American adults don’t want to—or can’t—have kids. Why is this higher than ever? Later-in-life marriage, changing definitions of “the ideal family” size, rapidly rising child care costs and fears about global security and economic stability were some of the reasons cited in a July 2018 New York Times/Morning Consult survey. Another explanation: uncertainty about ability to parent well.

I say “ditto” to all of the above. Here are five other reasons:

I stress enough about investing. Saving for retirement is scary. Add on the estimated \$282,780 it costs for a kiddo’s first 18 years growing up in Iowa (not counting college!)? I can feel my hair turning grayer already.

I treasure flexibility. While it must be heartwarming to wake up to a giggly little mug jumping into your bed or to watch faces fill with awe as they discover Santa’s delivery, I can’t deny the freedom that comes with knowing I can drive to the airport in 10 minutes and jet off to another land. I can say “Of course!” to a last-minute coffee klatch. I can leave my ink markers wherever I please—without fear that they’ll be used to create a masterpiece on the wall. (Although that would actually add more art than ever to my apartment ... anyone need a babysitter tonight?)

I love my bucket list “baby.” From whitewater rafting and Vespa-driving across Italy to mastering sign language and a pull-up (*finally*), I have so many personal to-dos that I want to check off in the time I have on this planet. If one of

your to-dos is to raise a stellar human, hats off to you! I’ve just never felt the same itch. Even though sometimes it feels somewhat selfish, I’ve come to terms with that being A-OK.

I feel whole myself. Finally. After decades of struggling with body image battles and self-confidence struggles, I felt like I hit my stride as I entered my 30s. I feel worthy. I feel enough. I feel complete.

I adore spoiling *your* kids. Kids are incredible: their never-ending energy, their uninhibited joy and their zest for life. I enjoy the heck out of seeing it, sharing it and promoting it. And I enjoy the heck out of lovingly sending that joyfest back to you, his or her admirable, awesome parents. ■

Karla Walsh is a freelance journalist and marketer who has called Des Moines home for six years. Her work has appeared in *Runner’s World*, *Shape* and *Fitness* magazines, as well as on *Prevention.com*, *EatThis.com*, *WomensHealthMag.com*, *TimeOut.com* and more. Share your stories of singlehood, parenthood, or whatever-makes-you-happy-hood at karlaswalsh@gmail.com.



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WHAT WE'RE DOING IN MARCH AND APRIL

1 READERS REJOICE, PART 1

Sure, we love the music fests and art fests and food fests that our city hosts each year, but we've always thought there should be a special event for book lovers, too. And *voilà!* Now there is one, thanks to our friends at the Greater Des Moines Partnership, sponsors of the **DSM Book Festival**, making its debut **March 30** at Capital Square and Cowles Commons. The event features nationally acclaimed, award-winning authors, including Susan Orlean, author of the 2018 best-seller "The Library Book," as well as the 1998 nonfiction classic "The Orchid Thief," which was made into the film "Adaptation."

Other headlining authors are Nnedi Okorafor, acclaimed for her Africa-based fantasies and magical realism for adults and children; and Garth Stein, best known for "The Art of Racing in the Rain," which has sold more than 6 million copies. Additional activities include children's programming, poetry slams, a book market, contests, live music, and food and drink. What's more, the fest is free, so we're not accepting any excuses for not checking it out. *10 a.m.-7 p.m.; dsmpartnership.com.*

2 READERS REJOICE, PART 2

The Des Moines Public Library's annual **AVID** (Authors Visiting in Des Moines) series gives us another way to celebrate our love of literature. Susan Orlean, who kicks off the series at the DSM Book Festival March 30, will be followed by Laurie Frankel **April 18** and Chigozie Obioma **April 22**. Both will appear at the Central Library downtown. Frankel's 2018 best-selling novel, "This Is How It Always Is," chronicles a family's challenges in raising a transgender child. The Nigerian-born Obioma, author of the 2015 Man Booker Prize finalist "The Fisherman," published his second novel, "An Orchestra of Minorities," in January. Beyond April, authors include journalist Sarah Smarsh, May 2; novelist Madeline Miller, May 16; and New York Times war correspondent C.J. Chivers, May 23. *All appearances (except Orlean) begin at 7 p.m. at the Central Library. Free admission; dmpl.org/avid.*





3 AMERICAN DREAMS

We embrace the cultural richness immigrants bring to our city. Some of us, in fact, aren't far removed from our own immigrant roots, which makes us even more eager to hear the **Des Moines Symphony's** concert "Ellis Island/The New World," **March 16 and 17** at the Civic Center. The performance will feature a new work, "Ellis Island: The Dream of America," that blends theater, narration, historical photos and music to portray immigrants' journey to the New World. Also on the bill: celebrated pianist Anne-Marie McDermott playing Gershwin's jazz-infused Concerto in F; and Dvorak's famed "New World Symphony." *7:30 p.m. March 16 and 2:30 p.m. March 17; \$15-\$68; dmsymphony.org.*

4 FROM STEPS TO LEAPS

We continue to be impressed by the dynamic, top-notch presenters appearing during DMACC's lauded **ciWeek** (Celebrate! Innovation Week), which is described as a "unique combination of a university lecture series, Ted Talks, and SXSW." On **March 6 and 7** at the DMACC West Campus, 10 keynote presentations, plus a panel of four Apollo astronauts, will focus on the theme "Small Steps to Giant Leaps." You're sure to be inspired by, among others, celebrity chef Roi Choi; Randi Zuckerberg, CEO of Zuckerberg Media (and yes, she's related to Mark—his sister); and Jerry Greenfield, the "Jerry" of Ben & Jerry's who co-founded the legendary company in 1978. After each presentation, those attending can meet and talk with the speakers. *Free admission; 5959 Grand Ave., West Des Moines; dmacc.edu/ciweek.*

5 ESTES, GERSHWIN, BERNSTEIN

We never want to miss an opportunity to hear **Simon Estes**, our favorite opera singer and one of our favorite people. The world-renowned star and inspirational humanitarian will perform selections from Gershwin's "Porgy and Bess" with the Des Moines Symphony **April 27 and 28**. The concert will also feature Shostakovich's "Festive Overture" and Bernstein's choral masterpiece "Chichester Psalms," sung by Luther College's Nordic Choir. *7:30 p.m. April 27 and 2:30 p.m. April 28; \$15-\$68; dmsymphony.org. ■*

SO MUCH MORE THAN SPRING BREAK

SARASOTA BECKONS WITH
CULTURE AS WELL AS SUN-WASHED BEACHES,
SAYS DES MOINES MUSIC DIRECTOR.

WRITER: KELLY ROBERSON

In 2006, David Neely headed south from his home base in Iowa to produce the winter program of the Sarasota Opera. It was an eight-week assignment that would end up becoming a regular gig in his roving professional schedule: Neely spends part of the year as Des Moines Metro Opera's music director, is a visiting

associate professor at the Indiana University Jacobs School of Business, and has assisted in Sarasota with 10 winter productions.

Since that first stint in Florida, Neely has discovered that Sarasota is not what many people think it is. Or perhaps, suggests Neely, it's more. "There are a lot of people who retire

This page: Waves lap gently at the sun-bleached sand of a Sarasota beach, only one of the reasons the area has been a popular destination for generations of winter-weary northerners.

Right: The Ringling compound harbors world-class artwork as well as circus memorabilia.



INSIDER'S GUIDE

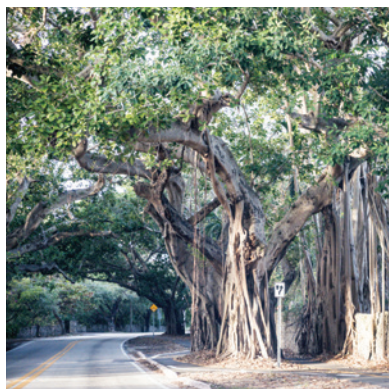
there from colder climates, or visit and stay for the winter,” he says. “But it has an incredibly vibrant arts community—almost like a small Chicago or New York City.”

Here are Neely’s must-sees, must-eats and must-dos.

Opera, of course: Located on the Gulf Coast side, Sarasota is just an hour south of Tampa and has, Neely says, “one of the most successful opera companies in Florida. If you like Verdi, it’s the place to go. They’ve performed every note he’s composed.” But there’s more to the arts scene: In addition to the opera company, Sarasota has a full-time symphony orchestra.

Circus history: John Ringling, of the circus world’s famed Ringling Brothers, made his winter home in Florida starting in 1909, and in subsequent years brought everything, animals included, with him. His estate, the Ringling, is chockablock full of everything from circus ephemera to art—Ringling was an avid collector of European art—and a 36,000-square-foot home. There’s a 21-room gallery just to hold his paintings that makes you “feel like you’re in a major European museum,” Neely says. “It’s a must-see.”

Key attractions: Sarasota is about halfway up Florida’s gulf coast, and three distinct areas of keys are all within a few miles. Longboat Key is a luxury resort community; Lido Key has the walkable St. Armands Circle, a high-end shopping district lined with restaurants and boutiques. Finally, Siesta Key is



From top: Sailing at sunset; Banyan trees; Siesta Key beach.

famous for its beautiful white sand beach. “It’s like powder,” Neely says. “If you want an island-like feel, go to Siesta Key. If you want bustling touristy, go to Lido. And if you want calm, visit Longboat.”

Food influences: Sarasota has benefited from a host of cultural influences, including large Italian and Peruvian communities. “There’s phenomenal food,” Neely says. He starts with pizza at Mediterraneo, which has “white tablecloths and the best pizza oven and maker in Florida.” Selva Grill is an upscale nouveau Peruvian restaurant that he always stops by, too.

A number of Italians work for the opera company, Neely says, and every morning and afternoon you’ll find them at Sweet Mom Italy, a coffee and pastry shop.

Natural wonders: Whenever he’s in Sarasota, Neely makes a point to stop in the seaside Tiki bar at the Ritz Carlton Hotel to take in the sunset.

For local flora and fauna, he recommends the Marie Selby Botanical Gardens, a quiet oasis full of tropical flowers and banyan trees. “Even if you just spend an hour there, it’s really an escape,” he says.

Finally, did we mention the water? Rent a kayak, Neely suggests, and paddle through the mangroves to get an ocean-side view of the area. Boat and sailing rentals, too, are popular.

More information: Contact Visit Sarasota County, visitsarasota.com. ■



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HOW I GOT
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PHOTOGRAPHER: DUANE TINKEY

LESSONS ON LIFE, IN MY OWN WORDS

DECIDING 'I'M ALL IN'

BY ROWENA CROSBIE AS TOLD TO CHRISTINE RICCELLI

ROWENA CROSBIE is president of Clive-based Tero International, a corporate training company she founded in 1993, and is the co-author, with Deborah Rinner, of "Your Invisible Toolbox: The Technological Ups and Interpersonal Downs of the Millennial Generation." The 55-year-old Crosbie was married to Ted Crosbie, a Monsanto seed executive and Iowa's chief technology officer, for 23 years until he died after a sudden illness in 2016. She has one stepson, Jonathan Crosbie, a physician at Des Moines University. In an interview condensed for publication, she reflects on everything from the joy of learning to the pain of loss.

REALIZE IT'S NOT ALWAYS ABOUT YOU

I grew up in Winnipeg, Manitoba, in a pretty traditional family. My parents are deceased now, and I have two kid brothers who both live in Canada.

After high school, I went to business college. A modeling school was on the same street as the college. I'd always been fascinated with the field, so I trained to be a model. Then I was asked to help teach the skills to new students, and I discovered that I enjoyed teaching and training much more than modeling.

One of the things we taught models that's relevant to my work today is that modeling wasn't about them. We told them, "You'll be in fashion shows, but it's the retailers who are the clients. And your job is to present their clothing

effectively." At Tero, when we teach people how to make presentations, we tell them the same thing: This is not about you but about the audience, the message, the course of action you're trying to persuade the audience to take.

We've found it's actually a relief for people to hear this and realize, "You know, maybe I do need to get over myself as a leader and recognize that this isn't about my insecurities or ego; it's about having an impact as a team."

BE WILLING TO TAKE RISKS

When I went to business school, I knew I loved business but I didn't know what type of business I wanted to pursue. I started as a receptionist and then moved into office management. But in the workplace, I discovered the glass

ceiling and realized that I needed to further my education. I went back to the University of Manitoba and studied management and accounting at night while I was working full time.

Later, I started a small computer business with a former high school classmate. In 1990, I was planning to quit my job at a seed company to devote full time to our business, but then I was asked to transfer to Iowa. I decided to sell my interest to my partner, take a chance and move to the United States for a while. I was supposed to be here for three years. That was 28 years ago.

The company I worked for in Canada had been acquired by ICI, which had purchased Garst Seed a few years earlier. The merged companies would become ICI Seeds. The job opportunity here was to help start a training department; in the early 1990s, human resources and corporate training functions were early in their development.

I was always a very good student in school—I have a learning style that's well suited for traditional education—but I didn't like it much. And it always bothered me how so many kids struggled with that traditional way of learning. But when I was invited to help start the

50

HOW I GOT HERE

corporate training department, I discovered that there was an education platform that could facilitate learning in a way that would be customized for individuals and focused on skills and knowledge that they could use practically in the real world. It was an exciting time to be part of something new, and I fell in love with corporate education.

Then in 1992 I married an American. Ted and I both worked at the same company. He was the director of research and then became CEO. And when you marry that person, you probably want to rethink your career at the company. I still had the entrepreneurial bug from the business I'd started in Canada, and so I said, "Why don't I start a corporate training company? I'll do it as a consulting business." I launched Tero out of my home with \$200, which was what you needed to start a business account back then.

FOCUS ON COMMON INTERESTS

Ted's 12-year-old son, Jonathan, moved in with us shortly after we were married so I immediately jumped into the deep end of parenting. I was as nervous as any stepparent would be; when taking an active role in raising someone else's child, you have to figure out where the boundaries are and if those boundaries are appropriate.

But I learned that if everyone stays focused on their common interests, it's possible for people from relationships that have dissolved to still parent well together. I think Jonathan was the beneficiary of that; he had three parents—his dad, his mom and me.

I've found that women business owners have some challenges that I don't think are as common for our male peers.

I was very fortunate in that we were truly a team.

One of the things I learned being a stepparent is that I love late childhood and adolescence. Over the years, I've noticed parents seem to favor some stages of development more than others, and it turns out that for me, adolescence is that sweet spot.

I think that's because I can see how that stage relates a bit to the work we do at Tero. I love the process of self-discovery and figuring out how we relate with other people along with the world around us. The research on children is that, at about age 12, they start to recognize that the world doesn't revolve around them and they begin trying to figure out who they are. You also can start to have some meaningful conversations with kids that age. I got lucky with my stepson. Jonathan's been an absolute treasure in my life.

HELP OTHERS SUCCEED

When Jonathan graduated from Earlham High in 1997, I asked myself, "Do I keep Tero as a private consulting business or do I grow it?" And there

were a lot of indicators that the training industry had potential to grow. So I started looking for opportunities to welcome other members to the team, and in 1998 we moved into a West Des Moines executive suite. By 2000, the company had grown enough that I signed a lease on a 1,500-square-foot office on Westtown Parkway.

I've found that women business owners have some challenges that I don't think are as common for our male peers. I have strong financial skills, probably owing to the accounting and finance work I'd done previously. So as I was expanding the business, I re-invested back into it. I never borrowed money, I never had any debt—and I still don't. In 2005 when we moved to our location in Clive, we were the first tenant and had enough retained earnings to build out our learning facility. Still, I was worried about cash flow because I was going to deplete our retained earnings for the renovation. I wanted a line of credit to feel confident that if the accounts receivable didn't come in on time, I could still meet payroll. It was that simple.

I talked to five banks to see if I could get a \$40,000 line of credit—not a loan. For each meeting, I took a folder with me that contained Tero's financials from the previous three years. We were doing well; we were expanding and I had enough money to pay for the renovation.

All five of them said, "We won't need to see your company financials." And I said, "Why not?" And they said, "We need to see your household income." That was code for "How much does your husband make?" I said, "Help me understand why you need

household income.” I knew if I were to disclose my husband’s income, the banks would have given me any amount of money I asked for. But I didn’t run and grow the business based on his earning potential. None of those five banks even opened up the folder with my financials in it. So at all five banks, I said, “I don’t need your money,” turned around on my heels and walked out.

The line of credit I was seeking was just a precaution—I didn’t actually need it—but it was still a little stressful not to have the lifeline it would have provided.

I knew my female peers might be having similar experiences, so I’ve made it an interest of mine to help female business owners. There are wonderful networks that can help you realize you’re not alone, and there’s some comfort in knowing you’re part of a community. A lot of us are facing the same challenges, and we can lean on each other for support.

ACCEPT UNCERTAINTY

In 2016, Ted and I were at our home at the Lake of the Ozarks for a long Fourth of July weekend. He was having a little trouble breathing, and I said, “Why don’t we run to the clinic to have it checked out?”

The doctors saw something on his lungs and assumed it was pneumonia. They started antibiotic treatment but he didn’t respond, and by the third day, he was transferred to the University of Kansas Hospital in Kansas City, where he was in intensive care. We had every reason to think he was going to get better, but every time it seemed like he would improve, everything that could go

wrong did, and he passed three weeks later. I insisted on an autopsy as I knew the scientist in him would hate not knowing what happened.

He was treated by a team of highly skilled specialists—I’ve got no complaints about any of them—but we still don’t know what caused the initial bleeding in his lungs. I’ve had to learn to live with that uncertainty. That’s all you can do. I don’t think you get over it or through it—you just learn to live with it.

ACCEPT SUPPORT FROM OTHERS

Ted was my soul mate. He always had my back and I always had his. I’ve had to get used to the idea of having a life that I hadn’t planned for. Part of that was figuring out how to allow myself the time and the space to grieve. Especially in that first year, I had to give myself the gift of maybe taking a day on the weekend to lie in bed and watch reruns all day if that’s what I felt like doing—and not beat myself up about it. I had to learn how to allow sadness.

The people who love you will be with you no matter what, but after a while, it’s hard to be around a sad

There are wonderful networks that can help you realize you’re not alone, and there’s some comfort in knowing you’re part of a community.

person. So I felt an obligation to, at some point, show some semblance of recovery because I’m not the only one who suffered. A lot of people loved Ted, and they were suffering too.

I’m grateful for the help of friends and family. My support networks have been amazing. I’ve leaned heavily on my colleagues who, back when Ted was in the hospital, kept the business running without missing a beat. My team is amazing in every way, and I remain grateful. And Jonathan and his wife and their two kids live in Des Moines, which has been an enormous blessing in my life.

ADJUST EXPECTATIONS

Before he passed, Ted had retired and I had started to think about how I might eventually exit the business. After he passed, I had to ask myself, “What does the rest of my life look like?” I realized that a lot of my identity was attached to being Ted Crosbie’s wife, and I loved that part of my life. But to figure out your identity completely on your own—what is that?

And my decision was, “I’m all in.” At Tero, our team is focused on full-scale growth and expansion, and we’re doing some very exciting things. Our expansion will take us to nearly 11,000 square feet; additions include more training rooms and a video production facility, where we produce a weekly YouTube show and other programs.

After Ted passed, people asked me if I intended to move back to Canada. I still travel to Canada to visit family, but this is my home. I’m not going anywhere. This is where I belong. ■

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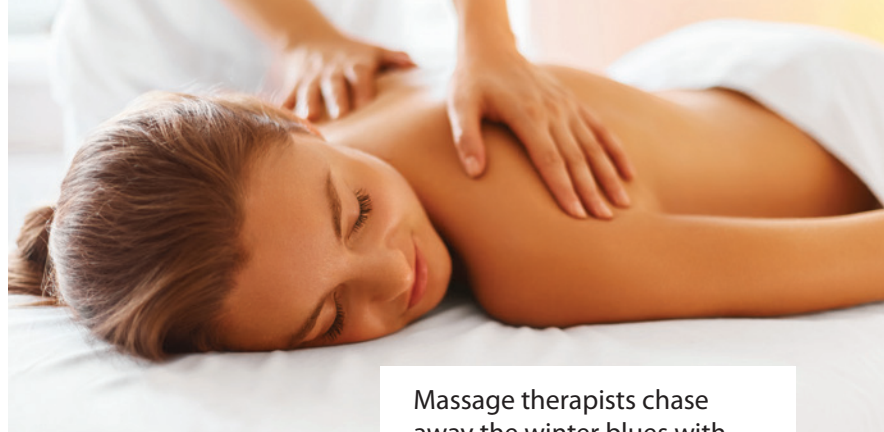
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TALES OF HOME

WRITER: KELLY ROBERSON
PHOTOGRAPHER: DUANE TINKEY

Mythological creatures and events of Jamaican folklore engage the mind and enchant the artwork of Antwain Clarke. The Kingston native lives in Des Moines now, but revives his homeland's duppy, or ghost stories, through his elaborate illustrations.

"These stories may seem so infantile, yet they contain such potent wisdom, important history and beauty," says the 25-year-old Clarke. "I particularly love the dichotomy of grimness and fancifulness each story offers."

For Clarke, the Jamaica of his youth lures and guides his burgeoning career as an artist, even as he has left its geography behind. In 2016, fresh out of college with a degree in urban planning, Clarke chose the Midwest—a place he had never visited—for his future, thanks to a work and travel program offered by his university.

"I didn't even know Iowa was a state, much less what Des Moines was like," Clarke says. "I remember stepping off the plane and a gust of frigid wind greeted me. Almost by reflex, I spun around and tried making my way back into the aircraft." He would spend his first night lugging his suitcase down Fleur at midnight, "trying to figure out where to go before hypothermia kicked in."

To an outside observer, Clarke's talent seems unbounded, which can be both a gift and a struggle. His mother insists that he has been drawing since



Set in a sugar cane field, this scene portrays elements of Jamaican folklore, among them a black magic priestess, a three-legged cow "with flames in its eyes that would turn you into ash," and dark trees with African masks, Clarke says. The girl with a bird attached to her head "is a recurring character in my early works that married the idea of people being like children of the Earth, dependent on the natural world like the birds of the air," he explains. "While I drew this piece, I was deeply focused on how the stories of my homeland were so intimately intertwined with history."

he could hold a pencil, Clarke says, but his parents wanted more than just art school for him. He spent seven years at Wolmer's Boys' School, an institution he credits for shaping him: "I remember my headmaster beating the podium, passionately crying, 'Excellence, gentlemen, excellence! Only your best is good enough!' Then he would point to the emblem of the golden sun bursting through the clouds of ignorance. ... It was awesome."

After graduating from Wolmer's, he attended the University of Technology-Jamaica. There, he pursued urban planning but never let go of his artistic interests, placing third in a competition run by the Jamaica Cultural Development

Commission and wondering where art would fit into his future.

In Des Moines, Clarke continues to unite his heritage with his creative pursuits. The most visible examples are his immensely detailed and otherworldly graphite drawings.

"I like the simplicity and grit of the media. The versatility makes nearly anything possible," Clarke says. "It's also poetic in that it's such a humble media that is easily overlooked, much like the stories on which many of my drawings are based. Yet in the right hands, it can create something beautiful. The visual textures of a tree, the strands of hair ... it all pulls you in."

Continues on page 56



Antwain Clarke says he likes the “simplicity and grit” of drawing with graphite. “The versatility makes nearly anything possible.”



THE ELEPHANT IN THE ROOM

ANIMAL AS MODEL

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WITH CURATOR LAURA BURKHALTER
SUNDAY, MARCH 10 / 1:30 PM

LARASSA KABEL (AMERICAN, BORN 1970) / *SOL*, 2015
COLORED PENCIL AND ARTIST'S TEARS ON PAPER / 42 ½ x 29 ½ INCHES
COURTESY OF THE ARTIST

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ENTIRELY UNEXPECTED desmoinesartcenter.org

PASSIONS

Continued from page 54

Recently, Clarke's work has expanded to water-focused terrariums and aquariums, small, self-sustaining, and on display at flower studio Wildflower, where he works with owner Maya Boettcher. "I'm still surprised by his intuitive skill set, even though I had a hunch this might be the case given the range of his creative talents," says Boettcher, who also owns Plum Event and Design. "He is methodical and driven to understand and learn about his mediums, and that is so clear when you see a terrarium or drawing he's created."

"THESE STORIES
MAY SEEM SO
INFANTILE, YET THEY
CONTAIN SUCH
POTENT WISDOM,
IMPORTANT HISTORY
AND BEAUTY."
ANTWAIN CLARKE

There's no straight line for Clarke, but that's OK. There are ideas and creative pursuits to master, including sculpture and woodworking. There's inspiration, particularly from artists such as Japanese filmmaker Hayao Miyazaki. "His brilliant movies are one of my earliest sources of inspiration," Clarke says. "I love how he combines Japanese mythology with brilliant art and story. The depth of his characters and the beauty of the art are what I emulate."

"Growing up, I never heard stories from Jamaica told in front of a large audience, which was a shame because there is no shortage of fantastic lore," he adds. "I can't help to think that if I were a young boy, how life-changing it would be to see such elaborately detailed illustrations about the stories of my home." ■

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WEDDINGS



1. Alex Swanson and Tony Waechter
May 19, 2018
Photographer: Justin Salem Meyer
2. John Osweiler and Susan Watson
Dec. 29, 2018
Photographer: Ivory House Photography
3. Meredith Augspurger and Matt Pierick
June 2, 2018
Photographer: Laura Wills Photography

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WEDDINGS



1. Taylor O'Tool and Tim Schulte
July 14, 2018
Photographer: Laura Wills Photography
2. Ben Scieszinski and Brooke Walters
Sept. 28, 2018
Photographer: Ivory House Photography
3. Emilie Doré and Tyler Badje
Oct. 27, 2018
Photographer: Laura Wills Photography

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A close-up photograph of a person's hands wearing blue nitrile gloves. The hands are carefully holding a small, dark, cylindrical object, possibly a piece of equipment or a sample, over a light-colored surface. In the background, another similar object is visible, and the overall setting appears to be a laboratory or a workshop.

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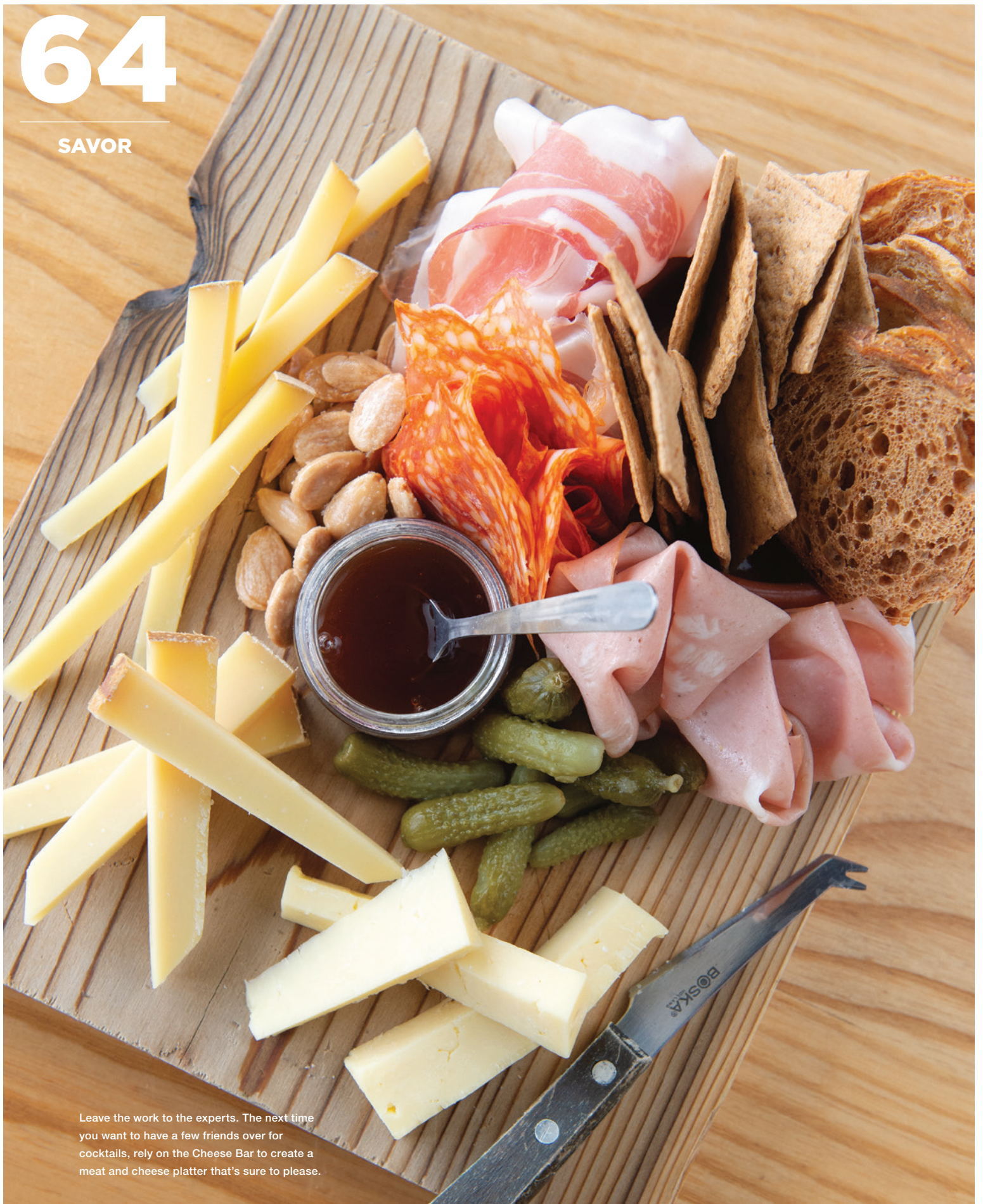
EASY ENTERTAINING // SWEET AND SOPHISTICATED // WHAT'S BUZZING
RECIPE // BEST BURGER // GREEN DRINKS

WRITER: WINI MORANVILLE
PHOTOGRAPHER: DUANE TINKEY

Good news: You don't have to travel to France to enjoy expert canelés, just to Scenic Route Bakery. The rum-infused teacakes feature a soft, custardy center and a darkly caramelized crust. Turn to page 65 to read more.

64

SAVOR



Leave the work to the experts. The next time you want to have a few friends over for cocktails, rely on the Cheese Bar to create a meat and cheese platter that's sure to please.

EASY ENTERTAINING

MEAT AND CHEESE PLATTER AT THE CHEESE BAR

"Come for a drink!"

When was the last time you said that to anyone? Somehow, many of us have forgotten the pleasures of inviting friends into our homes for the cocktail hour—that cozy, life-enhancing ritual of easing out of the workday for a drink, a few nibbles and some camaraderie before everyone goes their separate ways for the evening.

If it's the "nibbles" part of the concept that has you stumped, call the Cheese Bar and order a meat-and-cheese platter to go (pictured, left). In short order, you can have ribbons of cured meats, paper-thin disks of salami, meaty bands of mortadella, plus artisanal cheeses, perfectly cut into ready-to-grab chunks. Sour French pickles, piparra peppers, mustard, apple jam, marcona almonds and crackers accessorize the plate.

Though you could chase all over town to buy the ingredients to put a similar platter together, why would you? There's something in the way the pros at the Cheese Bar slice the meats so thin and the cheeses just right that prepackaged goods can't match. This bounty, which takes about three minutes to transfer from the takeout container and arrange on a platter, costs \$24 and easily serves four as generous (but not overwhelming) pre-dinner bites. We're doing it this way from now on.

SWEET AND SOPHISTICATED

CANELÉS AT SCENIC ROUTE BAKERY

A year ago, while visiting Charlottesville, Virginia, Katy Nelson popped into a pastry shop that served canelés. Although Nelson, a French-trained pastry chef and owner of Scenic Route Bakery, was certainly well acquainted with the treats, her epiphanic re-encounter with them led her to say, "That's it. I'm done. I'm not living without these anymore."

Canelés (pronounced CAN-lay) are a specialty of Bordeaux, France. Hallmarks of these rum-infused teacakes include a soft, custardy center and a lightly crisp, darkly caramelized crust—plus the unmistakable ridged cylindrical shape, traditionally gained through the copper molds in which they're baked.

Nelson soon invested in the pricey molds and, working alongside Scenic Route baker Josh Hanks, perfected a recipe. While the key ingredients are simply flour, butter, sugar, eggs, salt and rum, a lot of attention to detail goes into these beauties, and they require greasing the molds with just the right mixture of butter and beeswax to attain the signature crust (see photo, page 63).

Canelés are perfect with a cup of coffee or tea for midmorning or late afternoon. However, look for them only on Fridays and Saturdays, when the little cakes make their way into Scenic Route's pastry rotation. Each day's batch is limited to 16 (that's the number of molds they have). You might want to get there early.

WHAT'S BUZZING

RED OR WHITE?
MINGUS OR
MCCARTNEY?

This year, as part of Winefest's lineup of spring events, well-known California winemaker Clark Smith will be in town to offer a class on music and wine. Participants will taste through two wine flights and listen to a variety of music, demonstrating Smith's theory that various musical styles can affect one's perception of wine. The event, titled "Music to My Glass," will be April 18; as of press time, the location had not yet been determined. Look for updates at winefestdesmoines.com.

A VEGAN DINING
BONANZA

The second annual Vegan Restaurant Tour will take place for the six weeks leading up to Des Moines VeganFest, which will be April 27 in the atrium at Capital Square. Each week during the tour, two restaurants will each offer a vegan meal; participants include Lola's Fine Kitchen, HoQ, Proof, Aposto, Harbinger, Crème, Gusto and Local Bites Food Court, among others. Keep an eye on veglibedesmoines.org for the schedule of participating restaurants and for information on speakers, exhibits and activities for VeganFest.

SUNDAY NIGHT
SUPPERS AT
HARBINGER

Now trending elsewhere—but a little slower to take off in our city—is family-style dining at high-end restaurants. We'd like to see more of it—there's something so gratifying about large platters of sharable food, and we love it when no one has to think too hard about what to order. Chef's choice all around, please!

That's why we're excited about the Sunday-night suppers that chef Joe Tripp was expected to debut in February at Harbinger. For this series, Tripp trades in his delicate small-plates format for a more rustic approach of sharable big platters designed to serve everyone at the table. According to Tripp, "Menus are based on meals—more like feasts—I've had abroad and would love to introduce to my clientele here in Des Moines." To wit: Singapore-style chili crab with fried mantou and stir-fried greens or a Korean-inspired fried chicken feast with a number of banchan (small side dishes).

NOT JUST FOR
SUNDAYS
ANYMORE

Until recently, committed brunch menus were mostly a Sunday-only pleasure. Recently, however, Django, Malo and Americana started swinging their doors open for brunch on Saturday, too.

But brunch on a Tuesday? Yes, can do. In January, Eatery A opened for midday dining every day except Monday. The menu features both brunch and lunch items, from the dreamy lemon-ricotta pancakes to the inventive wood-fired pizzas.

HIGHLY
ANTICIPATED
OPENINGS

Each season seems to bring its spate of new restaurant openings, but we get particularly revved up when local restaurateurs with proven track records parlay their savvy into all-new signature concepts. Such is the case with this duo of debuts—one recent, the other set to roll out soon:

St. Kilda Times Two and More

Alexander Hall, who elevated the Des Moines breakfast and lunch scene in 2016 with St. Kilda Café, is taking over the former Starbuck's location in the Temple for Performing Arts. Set to open in March, the new venue will offer full table service, espresso drinks, a full

bar and the same daytime menu as the original St. Kilda. Also coming our way is Hall's entirely new concept, St. Kilda Surf and Turf, set to open in the East Village in April. While we're excited about the "surf" side of the menu (e.g., the modern take on fish and chips includes grilled options), we're equally intrigued by his take on "turf," which will include grilled pork, lamb and beef served souvlaki-style. Add a full bar and Hall's commitment to serving quality espresso drinks, and let's just say We. Can't. Wait.

Teddy Maroon's

In December, Christopher Diebel and Kolby Jones, of Bubba fame, opened their polished bar-grill on Ingersoll. The dashing, ultra-modern interior does a neat trick feeling both cozy and high-energy. The menu items we've tasted so far have traveled well beyond the rote. We especially appreciate the starter of oven-roasted cauliflower with almonds, feta, and romesco sauce. Anyone who (like me) secretly adores a Big Mac will enjoy The Kingman burger—with its two all-beef patties, special sauce, lettuce, cheese, pickles, onion on a sesame seed bun. And Diebel made good on his promise not to "sleep on the salads," with, among others, the citrus kale power salad (pictured, right) and the chopped salad. In the bar area, expert bartenders stir and shake up craft cocktails (mules are a specialty).

Teddy Maroon's citrus kale power salad features a satisfying mix of greens and kale topped with farro, roasted sweet potato, pepitas, queso fresco and citrus vinaigrette. To boost its heartiness level, you can add protein with grilled chicken, shrimp, steak or salmon.



I SNAGGED THE RECIPE

SIMPLICITY THAT WORKS

Rigatoni al forno? I'm not even sure why I ever ordered it. On the spectrum between simple-and-sublime and simple-to-a-fault, I feared it would veer unmistakably toward the latter, as so many restaurant renditions of baked pasta do. Seriously: pasta, marinara sauce, provolone cheese, all simply finished in the oven—how good could it be?

But then, I was at Lucca, a restaurant that trades on the Tuscan ethos of good ingredients, simply prepared. Here, the al dente pasta, swathed (not drenched) in a bright red sauce underneath a sheen (not a carpet) of buttery, lightly browned provolone cheese all added up to much more than the sum of its parts.

Still, I wondered just how a handful of ingredients could turn out so gratifyingly good at Lucca, when the same concept can fall woefully short at lesser venues. Did owner Steve Logsdon's recipe use some extraordinary olive oil and perhaps Italian imported San Marzano tomatoes and an artisanal cheese?

None of the above. While Logsdon did specify using fresh basil and Barilla brand pasta, those and the other recipe



ingredients are all everyday items we can easily source at a local supermarket.

After watching him prep the recipe in Lucca's kitchen, I realized two things were key: the broiler and the *à la minute* (made fresh to order) way of cooking. By combining the sauce and pasta seconds before baking and running the cheese-topped combo quickly under the broiler (rather than giving it time to dry out in the oven), everything gets hot and bubbly, yet stays rich and moist.

Add a green salad, open a bottle of red, and you're set for an easygoing Tuesday-night dinner that will make you and someone else very happy.

Lucca's Rigatoni al Forno

At Lucca, this dish is served as a main course at lunch or as one of the second-course choices on the nightly four-course dinner menu. The following recipe makes a perfect casual dinner for two. You can easily double the recipe to serve four, but you might have to broil it in two batches depending on the size of your skillet.

- 6 ounces dried Barilla rigatoni
- 1 cup marinara sauce (see recipe, below)
- Salt and pepper to taste
- 4 deli-thin slices provolone cheese

Preheat the broiler. Cook the pasta according to package directions and drain well. Season the marinara sauce to taste with the salt and pepper. Toss the pasta with the marinara in a broiler-proof nonstick sauté pan. Arrange cheese slices in a single layer over pasta. Broil about 4 inches from the heat source for 2 to 3 minutes until the cheese bubbles and browns in places and the pasta is heated through. Divide between two dinner plates and serve immediately.

For the marinara sauce

Combine 1 14.5-ounce can crushed tomatoes, 1 to 2 tablespoons olive oil (to your liking) and 3 to 4 good-sized leaves of basil, finely chopped. Store any extra in the refrigerator.



CHEF'S TIPS

Attention to a few small details can make a big difference:

Be sure to drain the pasta well to avoid a watery dish.

Salt and pepper the marinara just before you're ready to use it (rather than in advance).

Use a neutral-flavored olive oil to add richness without interfering with the flavors of the other ingredients.

For an easy midweek supper, you can't go wrong with Lucca's rigatoni al forno, simply made with pasta, marinara sauce and provolone cheese.

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SAVOR



NOBODY DOES IT BETTER PRIME RIB BURGER AT G. MIG'S

Years ago, my husband and I threw a birthday bash at the Wakonda Club that featured a prime rib buffet. Guests raved, and one beef enthusiast claimed it was the best prime rib she'd ever had. The executive chef at the time was George Migliero, and indeed his prime rib was always a cut above just about any other in town.

In 2012, after 18 years at Wakonda, Migliero left the country club biz and opened G. Mig's 5th Street Pub, a decidedly casual sports bar in Valley Junction. Now I savor his prime rib, but in a much more laid-back form: The George's Prime Rib Burger is made with fresh-ground prime rib and decked out with

caramelized onions, a four-mushroom blend and Monterrey Jack cheese. It's served on a tuggy ciabatta bun from South Union Bakery, with homemade horseradish sauce on the side.

Might this be the best burger in Des Moines? In 20-plus years of restaurant reviewing, I've tasted scores (though admittedly not all) of the metro's burgers. If there are any true contenders out there, this is the burger to beat.

Just don't go trying to snag it on Tuesday or Wednesday nights. On those evenings the kitchen devotes its talents exclusively to steak night and pasta night, respectively.

WHAT TO DRINK NOW

ECO-FRIENDLY SPOTS TO SIP

WRITER: KARLA WALSH

It takes an astonishing 440 billion cubic feet of water to produce enough coffee and tea to caffeinate the global population, according to research published in the journal *Ecological Economics*. Clearly, the impact of what's in your cup goes far beyond "straw or no straw?" (Although that's a great start!)

In honor of this year's Earth Day (April 22), we looked for ways local venues are minimizing their environmental impact. Here are three places where you can fill your cup without filling the landfill.

Tea at Gong Fu Tea

To build their repertoire of 150 teas, Mike Feller and Rusty Bishop, Gong Fu Tea co-owners, go to the motherlands. "We source our suppliers of tea leaves by traveling to the tea lands, comparing the suppliers and their practices, and sampling their offerings," Feller says. "This way, we can choose the teas we enjoy most while assuring the quality of the product, the working conditions for the employees and the purity of the manufacturing process."

Gong Fu partners are smaller-scale, chemical-free and biodynamic (think organic plus a focus on the link between the lunar cycle, plants and

Gong Fu Tea's owners travel to central Taiwan and other locations where tea is grown so they can assess the quality of the working conditions, product and manufacturing process.



animals). "We focus on these factors less for marketing and more because they just make good, sustainable business sense," Feller says.

In-house beverages are served in ceramic cups, while on-the-go teas are steeped in recycled or recyclable paper cups and insulators.

(414 E. Sixth St.; gongfu-tea.com)

Coffee at Horizon Line

At this downtown coffee shop, "we primarily source through three importers, and they share the same values and business philosophies that we do: quality and ethical sourcing," says Nam Ho, who owns Horizon Line with Brad Penna. "Our goal is to work directly with producers for 100 percent of our coffees."

Penna and Ho pride themselves on more unique offerings than pumpkin spice lattes, with a focus on beans that have particular qualities, such as brightness or fruit-forwardness. All menu additions are based on seasonality, diversity and quality.

"Currently, we offer coffees from Burundi, Costa Rica, Rwanda, Guatemala and Ethiopia," Ho says. "We receive samples from our importers,

sample roast them, taste them, pick our favorites and see what coffee fits with what we want to showcase."

Beyond the beans, Horizon Line serves its go-to brews in durable, compostable cups made by Coralville-based Ecocare Supply. If a customer asks for dairy milk, it's from cows that graze on chemical-free pastures at Picket Fence Creamery in Woodward. (1417 Walnut St.; horizonlinecoffee.com)

Cocktails at Proof

For Jared Giunta, the beverage director at Proof, and his team, being green is all about minimizing waste. "We utilize excess from garnishes for shrubs [sweetened vinegar syrups used to add complexity to drinks] and juice all zested fruit rather than tossing it," says Giunta, who crafts cocktails at the Western Gateway restaurant in partnership with Karli Sandos.

Come spring and summer, Giunta and Sandos lean into shrubs and fruit syrups to make the most of scraps. They also transform leftover red wine into vinegar and employ extra white wine in shrubs.

Even straws reflect the restaurant's eco mission. "We work with a local glass-blower so we can offer glass Pyrex straws that can be dish-washed and polished like a wine glass," Giunta says.

Another eco-friendly practice: All empty bottles from the bar are cleaned and either recycled or used to dispense juices or bitters.

(1301 Locust St. proofrestaurant.com) ■

TOP
WORK
PLACES
2018

Des Moines Register

I LOVE MY JOB!



HANNAH BURTON
Commercial Underwriting
Assistant

"I love my job. We work hard but we also have fun, and I really enjoy my teammates."

KAYLEE DAWSON
Contract Underwriter

"I love working for Merchants because we have a collaborative work environment. I can bounce ideas off other underwriters and give our agents first class service."

MELINDA CARLSON
Contract Underwriter

"There are so many reasons I love my job. Variety, creativity, travel and a fun, collaborative culture are just a few."

STACEY CALE
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L-R: TOM DORUSKA, SVP AND DAVID WILKEN, PRESIDENT

Global Atlantic Financial Group

2018 marked the 10th anniversary of the launch of Global Atlantic's Wellness for Life® rider. Global Atlantic was the first insurance company to introduce such a rider, and to date, the company has issued over 50,000 policies with the rider. The rider gives policy owners discounts on insurance costs in the form of Wellness Rewards® if they visit the doctor at least once every other year. Policy owners can earn greater discounts if they manage their weight within a range determined when they buy their policy. No wearable devices or tracking are required.

IT'S WHAT CONSUMERS WANT

A recent survey commissioned by Global Atlantic confirmed that consumers are attracted by the opportunity to save in this way.

Conducted in July 2018 by Echo Research, a global market analytics firm, the national survey of 1,003 U.S. adults covered topics related to wellness, health and insurance.

Here are some highlights from the findings:

- Nine out of ten consumers (92%) would be motivated to maintain a specific weight level if offered a life insurance discount or incentive.
- Four out of five (81%) say they would be more likely to have an annual check-up if offered a life insurance discount or incentive.
- Millennials were more likely than older age groups to indicate that they would be motivated by discounts to get annual check-ups (85% vs. 79%).

The conclusion is clear: savvy consumers are eager to take advantage of options that reward them for making healthy decisions, and these decisions can have a positive impact on their lives.

ANOTHER INNOVATION INTRODUCED THIS YEAR

This year, Global Atlantic made the Wellness for Life rider free for anyone it underwrites on a permanent policy.

Global Atlantic's ongoing refinement of its decade-old innovation continues to position the company as an industry leader looking for progressive ways to grow its life insurance business in Des Moines.

Products and riders are issued by Accordia Life and Annuity Company, 215 10th Street, Des Moines, Iowa. Rider form number ULWFL-E14

Wellness for Life® Rider availability varies by state.

Products and riders are not available in New York.

Global Atlantic Financial Group (Global Atlantic) is the marketing name for Global Atlantic Financial Group Limited and its subsidiaries, including Accordia Life and Annuity Company, Commonwealth Annuity and Life Insurance Company, Forethought Life Insurance Company and Global Atlantic Re Limited. Each subsidiary is responsible for its own financial and contractual obligations.





JEFF MENARY, PRESIDENT AND CEO

Grinnell Mutual Reinsurance Company

WHAT TRENDS ARE YOU SEEING IN THE

INDUSTRY? A trend we are seeing in the property-casualty insurance industry is that it's becoming a much more digital industry, based on customer demand. Being able to complete transactions online and from a personal device—having that ease of access—is important today.

Another trend we're seeing is cybersecurity reliability being more prevalent in people's minds. Making sure they cover themselves but also using risk-management tools to help them in that area.

Customers' expectations are also increasing, and I think they should if they want better and more-timely service. Our job is to figure out how we can meet those demands. There are new companies that come in and work in a specialized segment of the industry. As that happens, how do the historically-tenured companies meet the needs of those customers? How do they protect themselves from other companies that might cover just a sliver of their book? That's what we're seeing today.

WHAT ARE SOME CHANGES WE ARE SEEING

IN 2019? Companies are finding the need to move to more digital platforms and with that, they are replacing old, legacy systems that have served them well. Left and right, we're seeing companies

move to storing their information in the cloud or using other platforms. That's a huge undertaking, and companies are in different stages of doing it. They may pick a system to handle their claims and another to do their underwriting. Grinnell Mutual is in that process right now. I think that's the change you will hear more about. It's a very, very large investment for companies.

WHAT MAKES GRINNELL MUTUAL UNIQUE?

Mutual companies have a very unique advantage. We're owned by our policy holders, not held by stock holders. Mutual companies can be more long-term focused and not worry about quarterly reports, not worry about our stock values. We can do things with more of a long-term vision.

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BACK ROW (L-R): TED HUGHES, JEFF VARISCO, KIRBY WOOD, TED JOHNSON, JOHN MILLER, JENNIFER BRYANT, SCOTT SAMUELSON; FRONT ROW (L-R) RENEE MONTZ, JOHN MATOVINA, JEFFREY LORENZEN, RON GRENSTEINER; NOT PICTURED: EJAZ HAROON, TONY LENGELING

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Liberty, a guide dog who helps his owner navigate the tricky terrain of downtown Des Moines, is "all business" when his harness goes on, but that doesn't mean he can't take a restful break when opportunities come along.



**THE RISE IN
RESIDENCY
INCLUDES
CONSPICUOUS
CANINE
COMPANIONS.**

DOWNTOWN DOGS

WRITER: LARRY ERICKSON

PHOTOGRAPHER: BEN EASTER

PHOTO ASSISTANT: ANNABELLE KUNERT

A

s downtown Des Moines has been revitalized over the past two decades, the environment has drawn residents back into the area, an increase of 10,000 by some measures. That has led to more and better restaurants, a grocery store, niche retailers and urban services.

And pets.

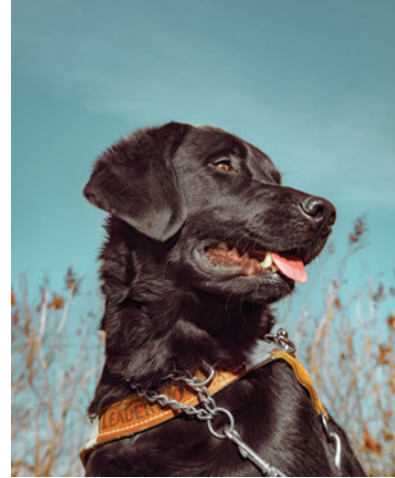
Cats have always been easy keepers in apartments, most kept indoors, protected from traffic and other hazards outside. But as people have thronged to downtown's newer, larger housing units, we've enjoyed witnessing the rise of "the downtown dog," appearing in waves at leash-ends every morning, noontime and evening along sidewalks, trails and parkways.

Students of canine culture contend that size is a significant factor in the *joie de vivre* of the urban dog. Small dogs find enough room in an apartment to burn off excess energy. They're built to scale—easy to accommodate, needing less space and food, and not typically intimidating to neighbors they encounter in the close quarters of elevators and stairwells.

Large breeds adapt well, too. Many are easygoing and happy to lounge by a window, finding all the exercise they want at the end of a leash on a leisurely stroll. One owner likens his Great Pyrenees pal to a heavy throw-rug, basking motionless in the light from an apartment window.

Midsize dogs, especially hunting, herding and other working breeds, present a greater challenge. They need to

Continues on page 84



MIND READER

Like most downtown residents, Liberty has a job to do. It's a lot of responsibility for a 3-year-old, who works as a guide dog for Terry Brannen.

"He gets me up about 5:30 or 6," says Brannen, now retired. "We go to the park, come back to eat, then go for a two- or three-mile walk."

His harness tells Liberty when he's on duty. When the harness comes out, Brannen says, "he knows he's going to work, and he's all business."

Together for more than a year, "we're on the same page," Brannen says. "He can read my mind."

Liberty seems to have an inner clock, too: "He knows exactly when it's time to go back to the park to play."

Most important, Liberty has a remarkable ability to solve problems. Walking on a downtown trail one winter day, the pair encountered a treacherous patch of ice—a real threat to someone who can't see it. On the same trail a day later, Brannen says, "he took me around that."

Liberty has been good for Brannen's social life as well as his exercise and safety. "I've met a lot of people through him," he explains. Liberty routinely draws inquiries from other customers at their regular hangouts—Java Joes, Hy-Vee and Buzzard Billy's.

"They know he's a working dog, but they're curious," says Brannen, who is happy to answer questions—and Liberty enjoys the attention.

Off duty, Liberty is a fun-loving guy with a stash of toys and a sweet nature. He gives a gift each morning to Brannen's wife, Mary. It's a gentle presentation of one of his toys or a blanket. It's just in Liberty's nature, as a man's best friend, to share.

DYNAMIC DUO

A dynamic duo among downtown dogs, Deffy and Snoo are retired racers. Most greyhounds retire after about a three-year career, then they typically get adopted as pets, dealing for the first time with odd new challenges like household rules, stairways, cars and their own names. But by all accounts, they're typically sweet dogs and eager to learn.

Deffy's name was taken from his original racing moniker, Boc's Hi-Def, explains owner Houston Perrett. Snoo was adopted after retiring but was

returned with the cartoonish name Snoopy. When Perrett then adopted Snoopy, he shortened the name to the more intriguing Snoo.

They've been together for a year, ambling elegantly around their courthouse neighborhood in stylish winter coats. The coats are more about function than fashion; a greyhound's thin natural coat is no match for Midwestern winters.

Crazy-quick on the racetrack, greyhounds are otherwise "couch

potatoes," Perrett reveals. "They'll sleep 20 hours a day, but when I get home, they know things are about to happen," including trips to the Riverwalk dog park. "They're excited to go, but they don't really run a lot."

In fact, a greyhound's thought process may include the sequence "No rabbit? No run." This is where toys fit into the lifestyle of Deffy and Snoo. "Anything that squeaks, they just kill it," Perrett says. In part, that instinct is in their breeding. And, they know fun when they find it.



Continued from page 82

be active, are big enough to get in the way, and seem to seek out ways to be underfoot.

"All breeds *can* be urban dogs," says Josh Garrett, co-owner of the downtown pet shop Jett & Monkey's. Matching lifestyles is the key, he says. A high-energy breed paired with a recreational runner, for example, will work just fine. The same dog would be a terror of nervous energy cooped up in a condo with a couch potato.

Downtown Des Moines is well-suited for dogs. Sidewalks are generally broad and uncrowded. Walking trails are plentiful and engaging. A dog park between the post office and the Des Moines River is a ready playground—with ready playmates. Many shopkeepers welcome four-footed customers, and diners are largely unflustered by therapy dogs under cafe tables. (Pets are legally prohibited from dining rooms, but legitimate therapy dogs are exempt from such laws.)

Several old office buildings, now semiretired as towers of apartments and condominiums, have patio areas intended to serve the needs of their resident dogs. And some newer apartment complexes have courtyards that serve the same purpose.

So much has been done to accommodate dogs, in fact, that we may need to update a common phrase. "It's a dog's life" was once a metaphor for anyone enduring an unhappy, subservient existence. A dog's life today? In downtown Des Moines, we should all be so lucky.

WATCH KEEPER

Rory doesn't miss much. From a fifth-floor balcony in the East Village, he keeps a vigilant eye on his city, with a particular interest in passing trains and street construction.

It's his job.

Rory isn't just a cutie, he's a Pomsky, a cross between a Pomeranian and a Siberian Husky. And it's that Husky side—like other working and hunting breeds—that needs a job to do. If you don't provide one, these dogs will create their own, sometimes to your dismay.

"He's intense," says owner Bobbi Pulley. "He's very curious and likes to work his brain."

Rory greets people with a wary gaze that flashes from bright blue eyes. "That's the smart part of him," Pulley says with a tone of pride. "He's measuring you."

Another challenge with such dogs is their abundant energy. To keep 1-year-old Rory busy, Pulley takes him to obedience classes and engages him in enthusiastic games of fetch and tug of war. She supplies him with appropriate toys to gnaw, so he doesn't discover the delightfully chewy aspects of slippers, for example.

Outings are essential, and Rory gets at least three daily, each from 30 minutes to two hours in length. "Here in the East Village, we're lucky that so many shops are pet-friendly," Pulley says.

Chasing leaves is a popular pastime, as are trips to Gray's Lake and the grassy expanses of the Capitol complex, where Pulley works. "He's definitely an outside, moving-around dog," Pulley says. "But I am a very active person, so it's not a problem for me."







JETT-SETTER

Jett is *the* Jett of East Village pet shop Jett and Monkey's. He's also a constant source of mischief and entertainment for Josh Garrett, a partner in the shop's operation.

A red dachshund, Jett is small enough to get exercise inside their Liberty Building condo, especially playing his favorite game, which involves 10 little toys. ("They don't squeak, which is great," Garrett says.) Toss the toys and Jett races around

collecting them, not to retrieve but to stash by his food bowl. Game scoring is unclear, but Jett always wins.

Home life also involves a certain relaxed approach to Jett's day. Lounging in bed suits him. And while a balcony and elevators make going out easy, the marvel of "pee pads" makes it unnecessary if Jett isn't in the mood to deal with weather or the outside world in general.

An obvious art lover, Jett particularly enjoys strolling through the sculpture park when he's out on the town. Longer walks were more popular in younger days for this dog "of a certain age." (Jett is 13; his adopted brother Louie, also a dachsy, is 6.)

"They thrive here," Garrett says of the dogs' downtown lifestyle. "They get to do whatever they want, basically." And for Jett, that means perfecting his role as a comfy "cuddle dog," Garrett adds. "He's awesome."



THE DOORKEEPER

Slip into Salon Revolution on East Grand and your arrival will be announced in grand style by Lola.

"She thinks she runs the place and wants everyone to know she's here," says salon owner Katie McGrath. She actually owns Lola, too, but the pixie pooch sees it as more of a partnership.

At age 9, Lola is "a very confident woman," McGrath says. Ironically, for one in the industry of hair care, little Lola suffers from a condition similar to alopecia, leaving her with thin, wispy hair that bothers her not a whit.

"I get asked if I cut her hair that way!" McGrath marvels. "Now, why would I do that?"

A delicate dog of uncertain heritage, Lola is "considered a Pomeranian," McGrath says. More important, she adds, "she keeps me company and lets me know if anybody is lurking outside my door."

They found each other at Jett & Monkey's, the East Village shop that sells pet supplies and frequently has homeless dogs on hand that tug at the heartstrings of visitors.

"I wasn't really a dog person at all, but was thinking about getting another

cat," McGrath recalls. "But when I saw Lola, I had to have her."

Since then, they've been essentially inseparable—days in the shop, nights in the apartment upstairs. "Lola likes to play with squeaky toys and go on walks," McGrath says. But only with a proper escort. When the shop door is open during nice weather, she shows no interest in venturing out on her own. Lola knows a good deal when she sees it, and she sees it whenever she looks up at McGrath or announces the next patron's arrival in the salon.





LARGELY LOVEABLE

Imagine a big dog. No, bigger. That's Benson, a 150-pound chocolate Newfoundland. His grandfather was a champion show dog, but Benson doesn't let heritage go to his head.

"He's a big goof," admits owner Lori Wilken. He, she, her husband, David, and youngest son Cole moved last year from an expansive home in a Minneapolis suburb to an East Village townhouse, close to the Asian pagoda.

It's all good, as far as Benson is concerned. "He enjoys walks on the paths and seeing other dogs," Wilken says. Also known as Mr. Benson or Mr. B, "he's the most loved member of the family," says the mother of three. We're sure the kids understand.

With a heavy and permanent coat, he's also at the top of the thermostat pyramid. He prefers a cool room, thank you. "I have to wear a sweater," Wilken says, laughing in mock protest. "It's all about the comfort of dear Benson."

At home, the big guy enjoys treats, naps and belly rubs, for which, Wilken says, "he rolls over like a grizzly bear."

"He's really mellow, and at home he enjoys watching people walking past," Wilken adds. But in a household of three Wilkens, with two more in Minnesota, Benson knows his place: "He loves to be in the center of whatever we're doing." ■



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A RICHLY NUANCED
BLEND OF INFLUENCES.

WRITER: CHRISTINE RICCELLI
PHOTOGRAPHER: DUANE TINKEY



The entryway of this Johnston home features the same Wisconsin stone as the exterior, creating a consistent visual line. Nemo's "Spigolo" drop chandeliers from Projects Contemporary Furniture not only serve as lighting but as "a dangling piece of art," says interior designer Hal Davis. Artistic Iron Works in Des Moines created the handrails, while Bob Cooper Woodworking in Grimes custom-made the walnut steps. A work by mixed media artist Justin Beller provides a focal point. A common prairie-style element, the horizontal windows let in plenty of light.

Left: The dramatic pendant chandelier in the dining room "is an art piece in and of itself," Davis says. With the home's high ceilings and open floor plan, "we needed something interesting and impressive that could ground the space."

Walt Disney reportedly said, “There’s no magic in the magic. It’s all in the details,” an assertion that became a mantra for interior designer Hal Davis during a 17-month homebuilding project in Johnston.

“Every feature was thought out, every detail meticulous,” Davis says.

Walk into the home and that immediately becomes evident—in the smooth transition between the outside and inside; the layout and flow between rooms; the flooring and cabinetry; and the finishes, furnishings and decor. Every element melds seamlessly to create a refined, inviting and harmonious environment.

“I had some sleepless nights putting all this together,” Davis admits. “I essentially became a part of the family during the project.”

The homeowners (who requested anonymity for this article) credit Davis with taking their inchoate ideas and working with builder Ben Harrington of Harrington Homes to turn them into their dream home. Davis guided nearly every detail—from the shingles to the doorknobs—and kept the project on track, they say.

The homeowners’ initial vision included several overall goals, including creating an aesthetic that was modern and



clean, but also warm and comfortable. What’s more, they admired Frank Lloyd Wright and some of the design features he espoused.

With those concepts in mind, Davis planned and developed a contemporary look that expertly combines various influences. He adapted some of the prairie style elements Wright popularized, such as integrating the exterior and interior, incorporating rustic, organic elements like natural stone and cedar, and eschewing heavy window treatments to allow in light and enhance the indoor-outdoor link.

Meanwhile, steel black beams and clean lines provide a modern edge, while the use of textures and a warm color palette lends a homey touch. For furnishings, Davis turned primarily to Projects Contemporary Furniture in Des Moines, Dwell Home Furnishings in Iowa City and national retailer Design Within Reach.

Davis and Harrington worked together from the start, before construction even began. The homeowners say the arrangement helped make the entire process—including figuring out those innumerable details—run more efficiently and smoothly. Construction was completed last October.

The homeowners “gave me carte blanche,” Davis says. “I couldn’t have asked for a more rewarding project.”



Designer Hal Davis chose the dining area's furnishings from Design Within Reach. The "Gather" walnut dining table, which is the same color as the staircase steps, ties in with the color of the kitchen cabinetry.

"Profile" chairs with black leather seats complement the striking "Cielo 13" chandelier, the decorative steel black beams, and the trim around the door leading to the patio and the expansive view beyond.





The living area shows a strong Frank Lloyd Wright influence. The Wisconsin stone on the wall is the same as that used on the exterior and in the entryway, ensuring a consistent flow, a concept Wright incorporated in his homes. Wright also liked to place fireplaces in different parts of rooms—not just in the center, Davis notes. “We put the fireplace in the corner to create a cozy nook,” he says.

The room’s furnishings are from Projects Contemporary Furniture. The eye-catching burgundy and plum tones of the mohair Cassina chairs near the fireplace and the wool “Grande Papilio” armchair by B&B Italian are echoed in the couch’s pillows and the artwork by TJ Moberg. A heavy knotted rug, from Dwell Home Furnishings, and a Cassina multi-tweed wool sofa help soften the space with texture and warmth, while a white Ligne Roset side table provides a sleek accent.



Left: Behind a pocket door in the kitchen, a coffee machine, toaster and other frequently used items remain handy. When not being used, the area is easily closed off, keeping the kitchen clean and clutter-free.

Right: Decorative steel black beams delineate the kitchen, dining room and living room in the open floor plan. Along with stone and wood, the beams are another element carried from the exterior to the interior. The beams help “add a modern, industrial feel to the space,” Davis says.

The kitchen from Projects Contemporary Furniture showcases the refined elegance and clean lines that distinguish Poliform cabinetry, here made of elm. A white quartz waterfall countertop from Rowat Cut Stone & Marble Co., Miele appliances and glass cabinets convey sharp style.

The floor consists of 30-by-30-inch natural porcelain tile from Italy. The same tile extends outside to the patios, “keeping the flow continuous,” Davis says. The floor tile, lighting and beams were all laid out in a strict grid, which enhances design continuity, he adds.



THE
HOMEOWNERS
WANTED A
LOOK THAT
WAS MODERN
AND CLEAN
BUT ALSO
WARM AND
COMFORTABLE.



Above: The master bathroom features the same elm, white quartz and sleek design as the kitchen. The mirrored medicine cabinets, by the Italian company Rifra, “look like they float,” Davis notes.

Right: In the master bedroom, the recessed cedar ceiling is stained walnut to tie in with the wood tones in the living area. The wood also brings more intimacy to the room, which, as in the rest of the home, has 11-foot ceilings, Davis says. A “Random” black pendant by Moooi draws attention, while

recessed LED rope lighting softens the look for evening.

Two tufted leather swivel chairs from Dwell Home Furnishings create a comfortable seating area. For bedding, Davis chose Peacock Alley natural Belgian linen from Accents and Interiors. The platform bed and headboard are from Restoration Hardware.

The horizontal windows articulate a more geometric pattern common in prairie style. The frames are painted the same black as the exterior trim.





Top: The basement features a full Poliform kitchen, with larch cabinetry stained tobacco. “The darker finish grounds the space and gives it warmth,” Davis says, noting that the floors are polished concrete. The floating piece of wood on the island is made of elm, which, Davis says, “ties back to the upstairs kitchen and creates interest.” Known for their wave-like form that mimics the curves of the human body, the Onda barstools offer comfort along with style.



Bottom: The homeowners' goldendoodle, Maddy, keeps watch in front of the basement's music room, which is hidden behind a cedar wall. ■



UNCORK THIS SUMMER

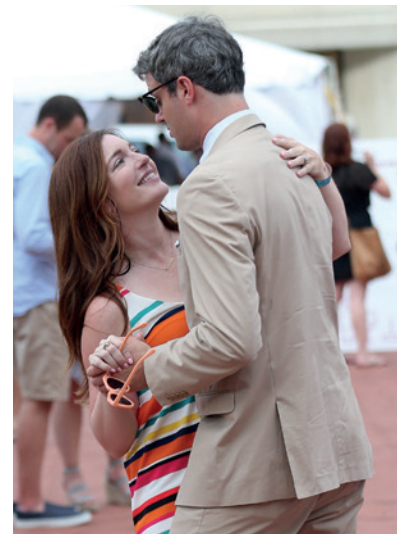
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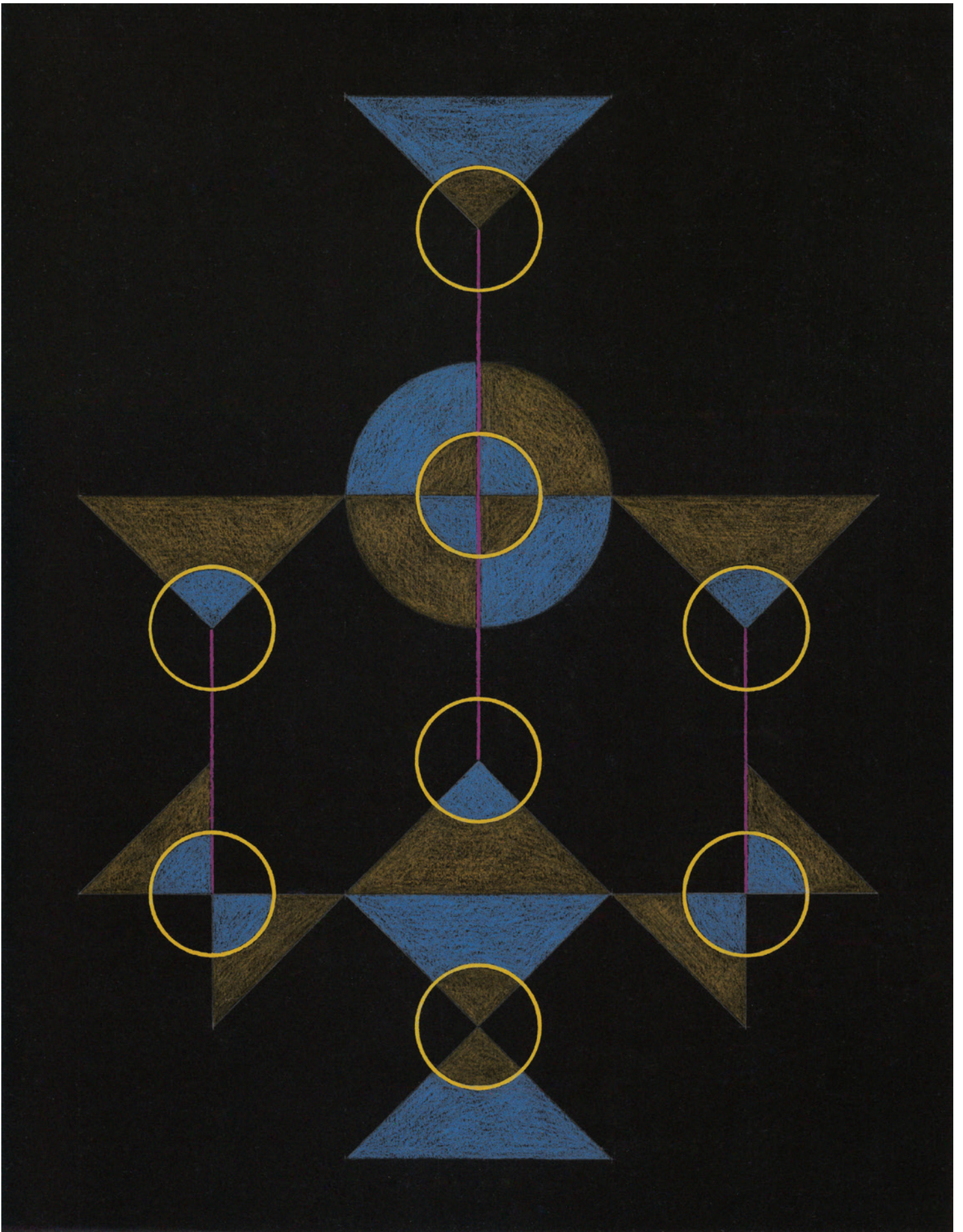
INTERSECTION

IN CREATIVE ENGINEER'S WORKS.

ART AND TECHNOLOGY MERGE

WRITER: SOPHIA S. AHMAD

Right: "Circuit Floorplan #57" by artist Tibi Chelcea; metallic ink and colored pencils on paper. The drawings in the series are inspired by the stage that takes place between the schematic and physical layout portions of creating a circuit board.



“HIS ATTENTION TO DETAIL AND HIS WORK ETHIC ARE AMAZING.”

Robert Schulte

Artists draw inspiration from everywhere: Da Vinci from the human form, Monet from water lilies. Then there's Romanian-born Tibi Chelcea, who uses his training as an electronic engineer to create distinctive works that explore how technology interacts with our perceptions of time, space and beauty.

His diverse portfolio ranges from illuminated manuscripts of scientific research to colorful electronic circuit boards to a Twitter account that tweets a daily preprogrammed computer script.

Chelcea, 46, moved to the United States in 1997 to study at Columbia University. After he received his Ph.D. in computer science, he worked at Carnegie Mellon University in Pittsburgh. There, he met his wife, Amy Erica Smith, and in 2012 they moved to Ames, where she teaches political science at Iowa State University and where he is a software engineer at AgLeader Technologies. In the evenings, after their two children, ages 6 and 9, are tucked into bed, Chelcea turns to his art. He commits 10 to 14 hours a week to his craft, a practice he began about 10 years ago.

“His attention to detail and his work ethic are amazing,” says fellow artist Robert Schulte, a framing and installation specialist at Moberg Gallery. “There's no margin for error; he is so precise with it. You look at his pieces and wonder if they're done with a computer.”

CIRCUIT BOARD DRAWINGS

Chelcea's ink and colored pencil “Circuit Floorplan” drawings (pictured right and on page 105) are inspired by the “floor-planning stage” that takes place between the schematic and physical layout portions of creating a circuit board. This step indicates where functional circuitry appears on a board.

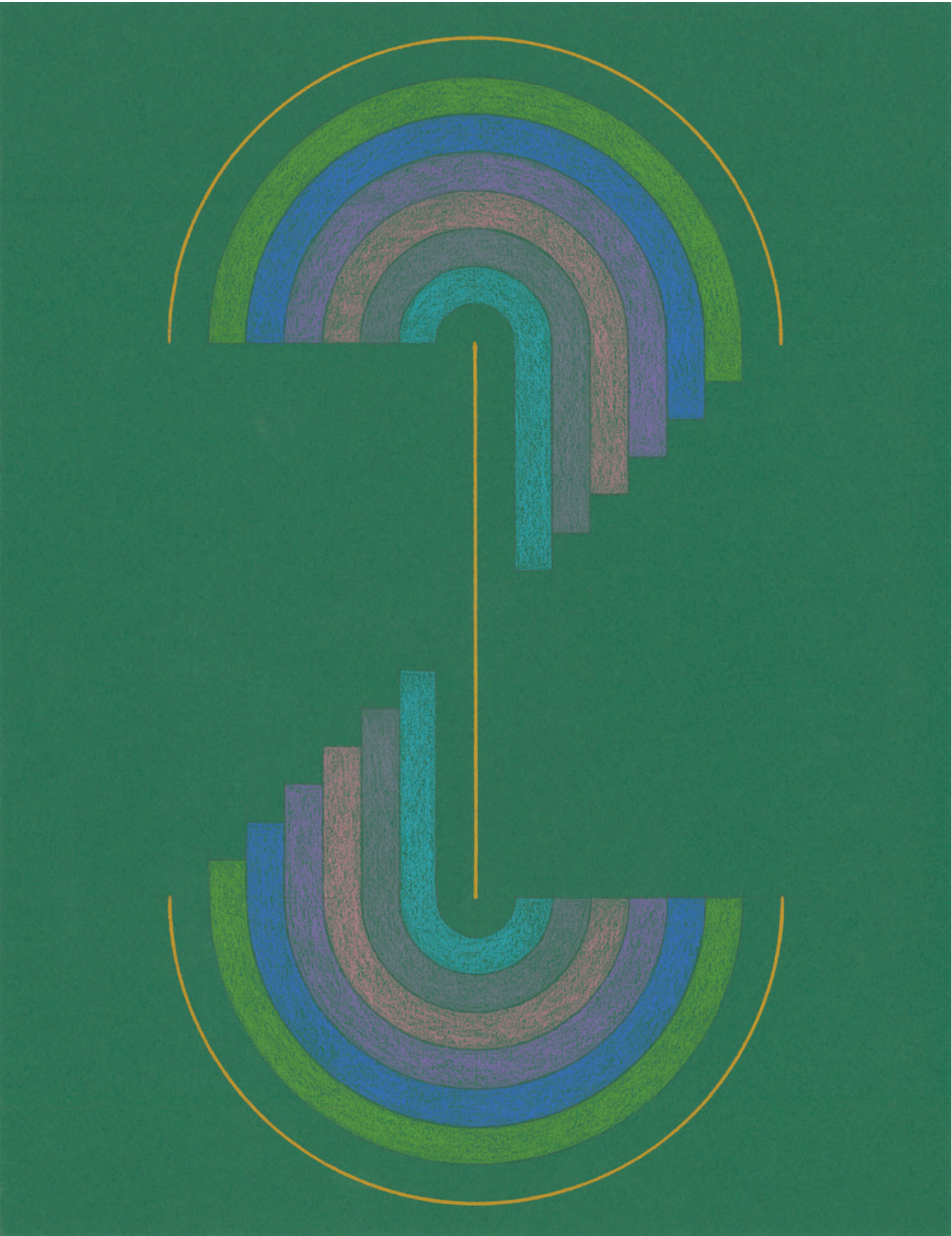
“His drawings are flawless, and he has the craftsmanship,” Schulte says. “When you look at Tibi's work, there's intention in everything he does.”

In many ways, Chelcea's art acknowledges the hours of effort that engineers spend designing products, even those devices that are short-lived. Through Chelcea's artistic process, the instantaneous nature of these technologies is expanded into what he calls “a meditative experience.” This is especially true of his “PCB Drawings” (printed circuit board) collection (see images, page 109 and 110).

The creation of these pieces, Chelcea says, “is very calming for me. You just get into the flow and it is easy.”

Continues on page 110

Right: “Circuit Floorplan #95,” metallic ink and colored pencils on paper.



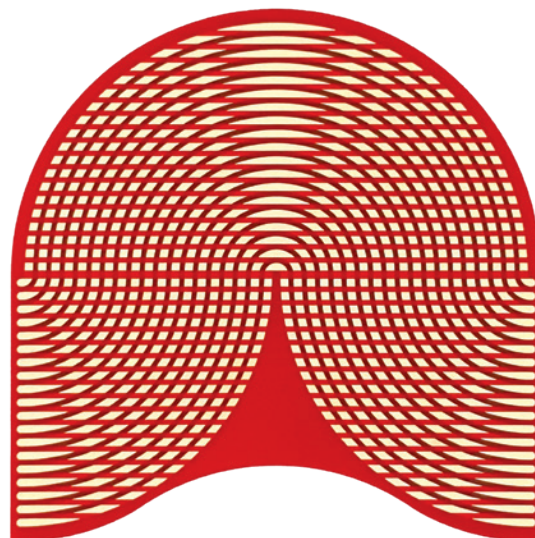
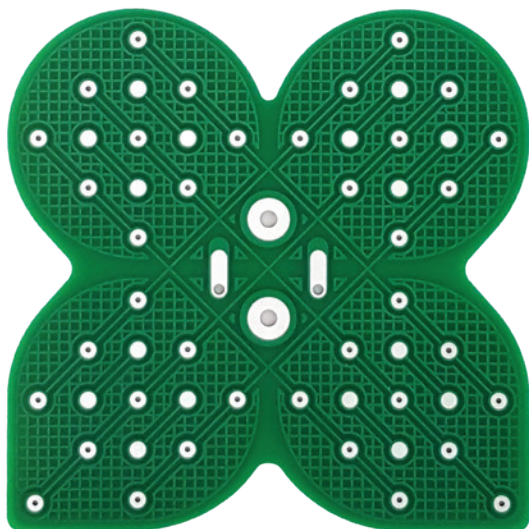


**“PEOPLE DON’T
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TIBI CHELCEA

Tibi Chelcea in his home studio,
where he works on his art in the
evenings after his children are in bed.

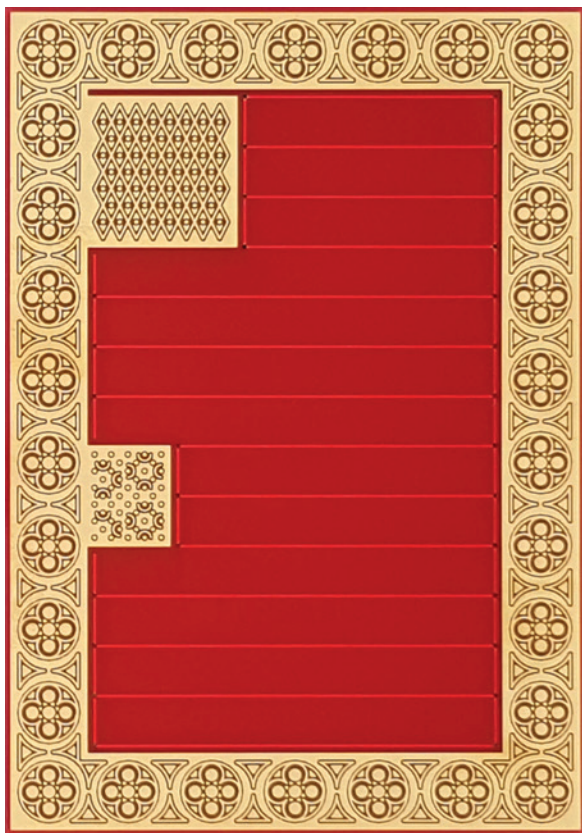
PHOTOGRAPHER: DUANE TINKEY



Clockwise from top left: "PCB Drawing #88"; "PCB Drawing #89"; "PCB Drawing #82"; "PCB Drawing #108".

All are made with FR-4 (a glass-reinforced epoxy laminate material), copper, solder mask and solder.

Chelcea creates the non-utilitarian circuit boards in ways that emphasize their precision, intricacy and beauty.



"PCB Illumination #3," made with FR-4, copper, solder mask, nickel and gold, is part of Chelcea's printed circuit board collection.

Continued from page 106

In this series, he creates non-utilitarian circuit boards from scratch in ways that emphasize their precision, intricacy and beauty. The works are meticulously designed through computer software and then are sent to an electronics company for manufacturing. Factories typically have a minimum order quantity; in a way, this process emulates the printmaking tradition of creating multiple identical works.

ARTFUL TWEET

Frequently, Chelcea's pieces reimagine time, scale and space. In "One Second (Tweeted)," the artist expresses his fascination with microprocessors and pays homage to how

much they can accomplish in just one second of time. He wrote a custom web development script for a Twitter account (@OneSecTweeted) that over the course of more than 1,200 years, will continuously tweet out the 433 million assembly instructions that are executed in just one second on a Windows PC.

"People don't think about what's happening in technology," Chelcea says. "It kind of just works, and good technology kind of makes you forget."

As he says in his artist statement: "My artworks urge people to appreciate all this hidden technology not only as something utilitarian, but also aesthetically, and to reconsider the speed of life these electronic products enable by placing [them] on radically different time scales."

Chelcea ventures into other mediums as well. His "Origins" series converts all 24 frames from one second of the 1997 film "Titanic" into a lithograph series consisting of two dozen works. The "Trigonopoetry" series reshapes textbook meaning. In the creative process, specific words are protected by masking tape, then the entire page is painted over, and the tape is removed to reveal a new meaning. Chelcea recently expanded this concept by inviting local musicians to pick a phrase from the trigonometry textbook. He then creates a painting, and the musicians compose a song using the same text.


Chelcea's exploration of the intersection of science, art and life is perpetual. "I like to play with ideas and I like to find outlets for them," he says. "And, when I find outlets that inspire me, I want to explore them from different angles." ■



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For a healthy financial future, it is important to have a solid financial plan and a strong financial team to support your goals. Whatever the stage in life, there are a variety of firms ready to serve your needs and help you reach your goals. Rediscover a few best practices for financial health from these local experts.

PARTNERS IN FINANCIAL HEALTH



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GIVING BACK TO THE COMMUNITY



In 2018, UICCU supported over 500 Iowa charities



This year UICCU staff will volunteer over 3,600 hours to support charities and local community events.



UICCU contributed over \$1,700,000 to support local charities and events in 2018. As we grow, so does this amount.

GIVING BACK TO THE MEMBERS

For the last 29 quarters, UICCU has been ranked in the top 21 in the nation for returning earnings to members in the form of better rates on loans and deposits.

*Data provided by Callahan and Associates 9/30/18

FINANCIAL INSTITUTION	RETURN OF MEMBER RANK (12,133 U.S. institutions)
UICCU	4
West Bank	2,515
Bankers Trust	2,586
Great Western	2,767
Wells Fargo	7,224

GIVING BACK TO THE IOWANS

As a financial cooperative, UICCU's cooperative structure benefits all Iowans. Through competitive pricing and low fees, millions of dollars each year goes back into the pockets of members. Even non-members benefit from the competitive financial services landscape in our state.

What is UICCU's Cooperative Structure worth to Iowans?			
	UICCU	Iowa Average	Annual UICCU Benefit to Iowans ²
Average Loan Rate	4.58%	4.81%	\$11,334,400
Average Deposit Rate	1.67%	0.38%	\$50,800,200
Average Fees ¹	0.84%	0.98%	\$7,420,000
			\$69,554,600

Source: National Credit Union Administration 1. Expressed as % of Assets. 2. Based on actual UICCU balances.

Did you know?



In 2018, UICCU originated **6,000 mortgages** totaling over \$1.2 billion. **By not** charging the typical 1% origination fee, Iowans saved over \$12 million.

PARTNERS IN FINANCIAL HEALTH



“We take the stance that you matter more than your money.”

STEPHANIE RUPERT, CEO OF IOWA-BASED COLLINS COMMUNITY CREDIT UNION

“From planning to retirement and those life-changing moments, having people on your team is helpful,” said Lauren Meeker, regional branch manager in Ankeny for University of Iowa Community Credit Union. “We have people on staff and a whole wealth management group to help you achieve your goals.”

Even with a high net worth, it’s important to live within below your means. It can be tempting to spend money on luxurious items and vacations, but set a budget and stick to it. The best way to preserve your wealth is to continue to show the same restraint that helped you earn it in the first place. It’s a long-distance race toward sustained prosperity.

Credit unions can be a great place to start your financial planning. These institutions have in-house financial planners and investment opportunities that potentially can grow your wealth.

“We take the stance that you matter more than your money,” said Stefanie Rupert, CEO of Iowa-based Collins Community Credit Union. “No matter what age you are, we’re not here to judge. We want to help you on your journey, and help you establish goals and objectives based on your passions and dreams.”

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PARTNERS IN FINANCIAL HEALTH

**Life events can be benchmarks**

One way to plan out your financial life is to use milestones — such as moving into a larger house or planning for retirement — as benchmarks for your planning.

For example, after having a child, it may be time to start saving for his or her college experience. Using a College Savings 529 Plan, an Iowa low-cost, tax-advantaged account for parents to put away college money, can do wonders once that child is ready for that next step.

“Use that next life event as a trigger to evaluate your current state, then make a road map and plan to achieve that objective,” Rupert said. “These life events are opportunities to reflect on your situation and put something into action. If you’ve done a good job of putting money away, you’re giving your child the gift of a debt-free education and the opportunity to succeed. That’s what parenting is all about.”

It’s also important to look toward retirement, which isn’t as far away as it seems. Your wealth needs to carry you through those non-working years. Financial advisers and trained financial experts can help you plan ahead.

But you can’t plan for everything, and that’s why it’s important to remember to have money put away solely for emergencies. An emergency fund should cover about six months of your fixed expenses — mortgage, car payments or any other type of monthly bill. Be sure to set aside some money each month in order to cover those unexpected events.

“Obviously, things happen that you don’t have the opportunity to plan for,” Meeker said. “That’s why making sure you always plan for those emergencies is important. Having some savings set aside that are untouchable allows you to weather those things that happen you’re not planning on.” ■

Be part of something bigger.



For generations to come. No one knows exactly what tomorrow may bring. So what can we do now to help assure that our community's future needs are met? The Better Together Fund was created to address this question. It presents an opportunity for all who love Greater Des Moines to invest in our most important issues, initiatives and needs for generations to come. Think of it as our savings account for the future of our community. The flexible dollars it provides enable the Community Foundation to respond to emerging needs as they arise—and invest significant funding leadership in initiatives that strengthen both our community and our future. We are simply better together.



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THE POINTS THAT COUNT

IT'S ALL ABOUT
THE GIRL, NOT
JUST THE GAME,
FOR THE FIRST
WOMAN TO RUN
ATHLETIC UNION
FOR GIRLS.

WRITER: JANE BURNS





Left: Girls scramble for a rebound in action from a six-on-six game between Menlo and Huxley. The date of the vintage photo is unknown, but aren't the fashion and action delightfully intense?

This page: Jean Berger, executive director of the Iowa Girls High School Athletic Union, pauses beside a state map that once hung in Veterans Memorial Auditorium during state basketball tournaments. The lights indicated the locations of teams competing in each game.



hen Jean Berger played basketball at Winterset High School in the 1970s, she'd regularly score 30 or 40 points a game, a feat seemingly so eyebrow-raising that

years later it even impressed her daughters.

And as awesome as it would be for any parent to accomplish something that could wow their kids, it turns out the feat by the woman who is now the executive director of the Iowa Girls High School Athletic Union wasn't so very impressive after all.

"It was Iowa, it wasn't anything for people to average 60 points a game," Berger says of the famous six-on-six girls' game that allowed just three players on each team to score. "In the old days, the Register would publish a list of the state's top scorers every week and if I scored 42 points, it didn't even make the Big Peach."

That combination of mundane and extraordinary is what makes girls' sports in Iowa so exceptional, and few know that better than Berger. She leads a sports organization that has been around for nearly a century, one that is hosting a basketball tournament for the 100th time *right now*, as this issue of *dsm* magazine is being mailed to subscribers. In Iowa, that 100th anniversary can seem like no big deal because the girls' tournament is as quintessentially Iowan as a corn dog at the State Fair. To the rest of the country, it's an almost unbelievable

"I DON'T WANT
THE IOWA GIRL
TO EVER THINK
SHE'S NOT
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WE HAVE A
LONG TRADITION
OF HER BEING
IMPORTANT."

JEAN BERGER

anniversary—one shared by a little team called the Green Bay Packers, which just celebrated its 100th season.

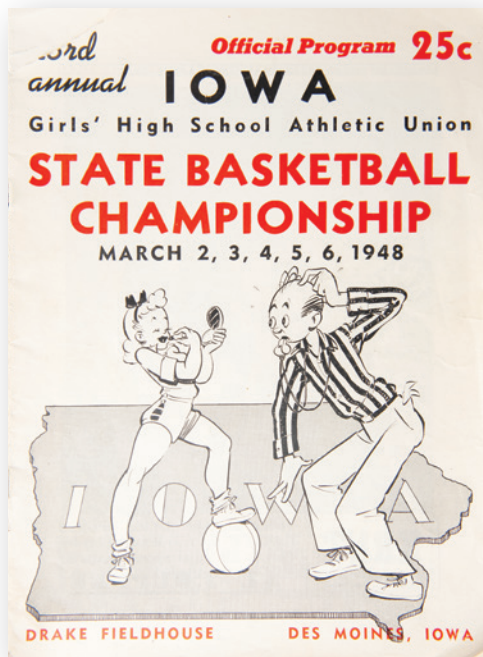
"It's nuts, to put it in perspective," says Janel (Grimm) Burgess, a former Iowa State basketball star who coached her alma mater, Montezuma High School, to the tournament last year.

In a sports landscape where most places didn't even think about sports for girls until Title IX passed in 1972, Iowa's proud past doesn't ensure future success. That's the job of Berger, 60, who became the organization's first female executive director in 2016. Her task is to bring touches of what modern-day high school kids might want and need along with a mission to help them remember that they are part of a unique history.

IOWA GIRL

"I don't want the Iowa Girl to ever think she's not important, and we have a long tradition of her being important," says Berger, whose organization is the only one in the U.S. dedicated solely to girls' high school sports.

Berger herself is an "Iowa Girl," a term the girls' union has used and now hashtags as a way to acknowledge a



Clockwise from top left: A 1948 tournament program; Jean Berger playing for Winterset in the mid-1970s; the athletic union's oldest photo of a team, identity unknown, who apparently finished first in 1903.

quote from E. Wayne Cooley, who led the organization from 1954 to 2002: “I take a lot of pride that every girl walks down every main street in every town in Iowa just as tall as the boy.”

“It’s been really neat to see Jean take it over and bring her influence,” says Jan Jensen, associate head basketball coach at the University of Iowa and a member of the athletic union’s basketball hall of fame. “I think she’s doing a great job of keeping all that is good and wonderful and awesome about the Iowa Girl, but she has the confidence to stretch it a bit and make the necessary changes.”

If you take a trip to the state basketball tournament, or to any number of events within the 10 sports the union sanctions (see list, at right), there is still the familiar environment for those who have followed the games for years. Yet there are touches that bring it into the modern era. Berger has increased the union’s branding efforts—the pink from the organization’s longtime logo is ever-present in ways beyond signage, from the “pink carpet” that athletes walk to the shoes on Berger’s feet. Anytime a girl qualifies for a state tournament, as a team or individual, she is

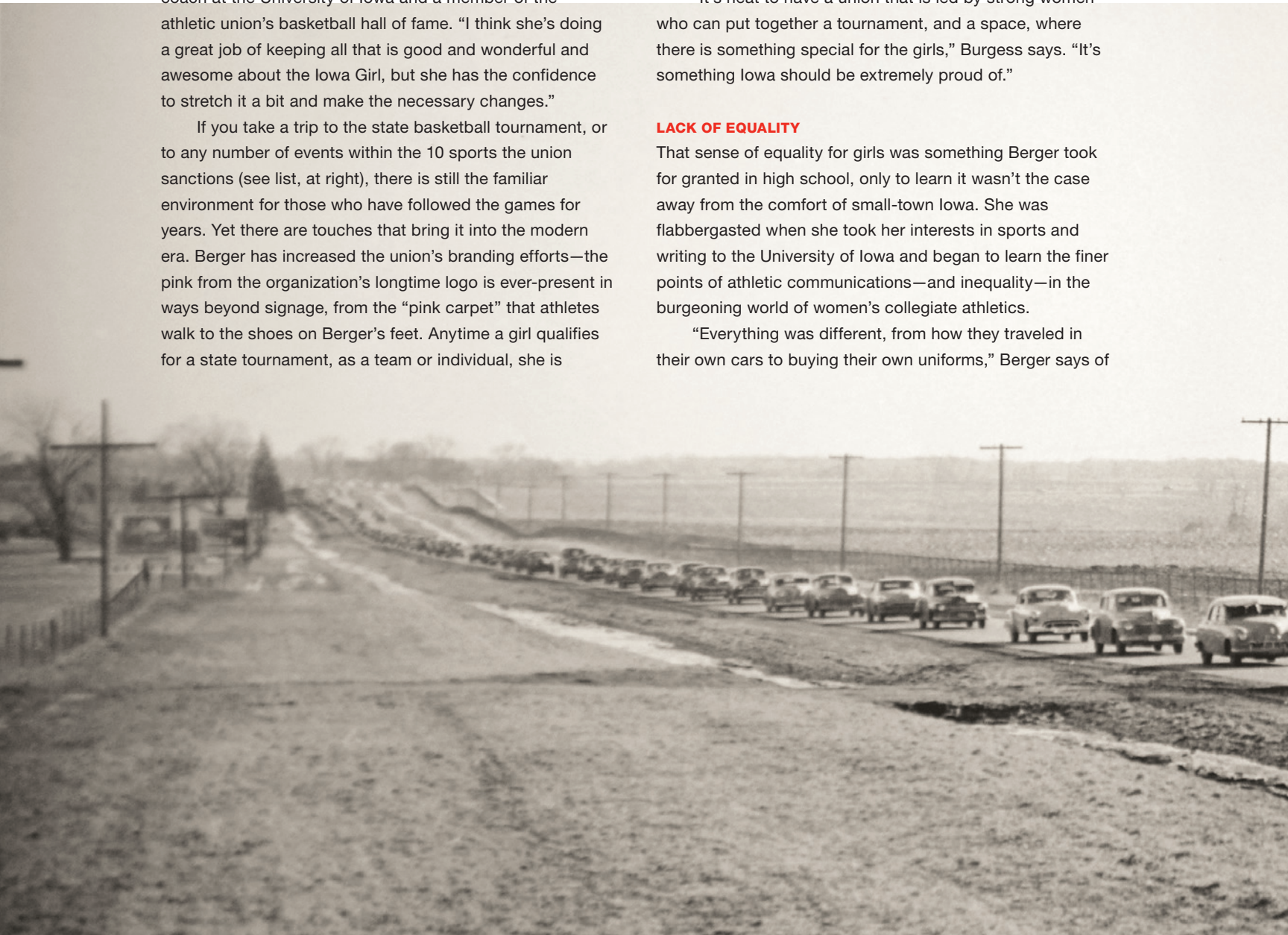
photographed holding a placard that says “Ticket Punched”—an image custom-made for social media and a scrapbook. She’s working to move corporate partnerships beyond hanging up a nice sign at an event into something more meaningful, like the concussion insurance for athletes now funded by the Iowa Farm Bureau.

“It’s neat to have a union that is led by strong women who can put together a tournament, and a space, where there is something special for the girls,” Burgess says. “It’s something Iowa should be extremely proud of.”

LACK OF EQUALITY

That sense of equality for girls was something Berger took for granted in high school, only to learn it wasn’t the case away from the comfort of small-town Iowa. She was flabbergasted when she took her interests in sports and writing to the University of Iowa and began to learn the finer points of athletic communications—and inequality—in the burgeoning world of women’s collegiate athletics.

“Everything was different, from how they traveled in their own cars to buying their own uniforms,” Berger says of



A custom from Iowa’s distant past:
Fans would travel to games in a
caravan following their team’s bus.

THE IOWA GIRLS HIGH SCHOOL
ATHLETIC UNION SANCTIONS
THESE 10 SPORTS:

BASKETBALL
BOWLING
CROSS-COUNTRY
SWIMMING
AND DIVING
GOLF
SOFTBALL
SOCCER
TENNIS
TRACK AND FIELD
VOLLEYBALL



the late 1970s and early '80s Hawkeye women's teams for whom she kept statistics, wrote press releases and reported scores to local media. "I never dreamed a team would have a coach who didn't get paid. I never paid a dime in high school to play and then I found out girls at Iowa had to buy their own uniforms."

Reaching out to media and pitching stories about female athletes made up the early part of her career, including in the Drake athletic communications office. It got easier over the years, as her job at Drake included working with the women's basketball team when Lisa Bluder, now at Iowa, was having great success with the Bulldogs. Berger moved up the ladder at Drake to become associate athletic director and took a similar position at the University of Northern Iowa. She served on the powerful NCAA women's basketball and volleyball committees, which oversee the sports and select the tournament teams.

Though on track to possibly take over the top job at Northern Iowa, Berger was intrigued by the possibility of leading the girls' athletic union. The organization began in 1927 when there was a difference of opinion among school superintendents in the state, and nationwide, about the suitability of athletics for girls. Many superintendents had already seen the success of the girls' basketball tournament that had been running for a few years and had no reason to think sports were bad for girls. So those who supported girls' sports broke away from the Iowa High School Athletic Association and formed the Iowa Girls High School Athletic Union.

Nearly 90 years later, Berger became the first woman to run the organization.



FOCUSING ON THE GIRL

"I think the biggest part for me is I get to specialize in one thing—the girl," Berger says. "I don't have to worry about what football is doing, I don't have to worry about code of conduct, I don't have to worry about some bill that didn't get paid. I just worry about the Iowa Girl. That part is awesome."

The boys' and girls' organizations live in harmony, and co-host the state track meet. When there is a change at the top of either organization, there is usually scuttlebutt that they will merge. Berger doesn't see that happening anytime soon.

"Girls come into sports for a different reason and they stay for a different reason," Berger says. "It's so valuable in terms of their self-esteem, their confidence, what it gives them that they use later in life."

With a merger, Berger says, "I think it's really shortsighted to think it would be the same. It would change, and girls would be the ones most hurt. And for the boys, it would dilute what they get, too."

Berger is just getting started, with myriad challenges remaining. How can schools develop and retain female coaches? What will the television landscape look like in five years? How can her organization emphasize the things girls get from sports that have nothing to do with a college scholarship? What other sports might girls want to play in high school?

"We're here to call attention to the Iowa Girl, and to make it her experience," Berger says. "If we get out of the way, it will change her life for the better." ■

Berger's trademark shoes. Female associates wear similar footwear.



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SOUND THINKING IN DOGTOWN

PERFORMANCE AND TRAINING
SITE FOR MUSICIANS IS GROWING
IN THE DRAKE NEIGHBORHOOD.

WRITER: CHAD TAYLOR


PHOTOGRAPHER: DUANE TINKEY

Standing on 24th Street near Drake University, you might find it hard to look at the bland building at No. 1159 and see it as the future of the local music scene. But give it a couple of months, and that's exactly what Tobi Parks and Thom Kutz hope it will be.

The space is under renovation, but by mid-May, Parks and Kutz hope to have it transformed into xBK: a 3,000-square-foot, 250-person performance hall that will serve as a sort of musical and artistic laboratory for Des Moines' creatives. It will also double as the home of Station 1 Records.

Station 1 was founded by Parks in April 2015. Three years prior, Parks and her wife, Janée Harvey, had started looking for a way to move their two kids out of New York City, where Parks worked in the music industry.

"We wanted a place where one of us had family," Parks says of the move, "and at the time, the criteria also



Thom Kutz and Tobi Parks shift their gaze briefly to the *dsm* camera, but their vision is generally focused on the future, transforming this old building and the way local musicians can be trained and marketed.

had to include a place where we could still be legally married. That kind of meant Des Moines by default.”

Harvey had family from Iowa, but Parks had nothing but desolate mental images of the Midwest to guide her. She admits that her biggest fear was that the city would lack any kind of creative community. That led her to reach out to groups like the Des Moines Music Coalition and the Des Moines Social Club, which put her in touch with Christopher Ford, Brandon Clark, Zachary Mannheimer and others engaged in some of the city’s most visible artistic endeavors.

HELPING ARTISTS DEVELOP

“I thought it would be really cool to do a nonprofit label,” she recalls, “something that isn’t so much about the end goal, and more about helping artists develop.

“But,” she adds, “I think people were pretty skeptical of this person nobody knew coming into town and starting a record label.”

Assuaging those fears was what made those early artist connections so valuable. “I’ve worked with Tobi in a number of capacities,” says Brandon Clark, a musician as well as a copyright lawyer with McKee, Voorhees & Sease. “She’s extremely hardworking, fearless and selfless. She’s a great facilitator and her knowledge is essential for Station 1 and its artists.”

Despite being unknown, Parks had the background to earn supporters. Now 42, the St. Louis native is a veteran of several bands that garnered strong local and regional followings. Moving to New York in 2006, she became an associate director and director at Sony Music Entertainment, working with acts tied to the Columbia and Epic Records labels. In short, Parks came to Des Moines armed with an eye for talent and the knowledge to help it flourish. That, in her mind, is Station 1’s true aim.

“Labels today don’t want to spend as much time

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ARTISTS DEVELOP.”

Tobi Parks

developing and growing talent,” she says. “They would much rather focus on signing complete products and expanding them.”

That leaves indie artists out in the wilderness when it comes to figuring out how to develop and promote themselves. For Iowa artists, that’s where Station 1 comes in. Parks helps them develop their business acumen, promote themselves as a brand as well as an artist, and sharpen their presence on YouTube, Facebook and other social media.

ONE EPIC MEETING

It’s a wide-ranging vision that required more than just one person to implement. Enter Thom Kutz.

The 32-year-old Wisconsin native moved to Des Moines in 2012 to attend Drake University. He was working as an attorney in West Des Moines when he first heard about Parks and her idea for a new record label. After being introduced by a mutual friend, Kutz and Parks sat down in early 2016 for what was to be a half-hour meeting. Three and a half hours later, Kutz returned to his office.

“I realized right then that I wasn’t going to be working for a law firm for much longer,” he says with a laugh.

A month later, he was Station 1’s second employee.

Working with their clients, Parks focuses primarily on what artists need to do to develop their sound and break out to a larger audience, while Kutz concentrates on the business side of being a professional musician. He walks

the artists through creating business plans and teaches them the ins and outs of contracts.

The intimate nature of any endeavor run by two people means their duties will often overlap and bleed into one another; Kutz and Parks work well together, they say, because their abilities are complementary.

"When I first started making music, it was my dad and I pulling a little red wagon around Des Moines trying to figure everything out," says Station 1 artist Lily DeTaeye. "Signing on with Thom and Tobi changed the whole game for me. Now I have more time to focus on my music. I have two people I really trust to ask business questions, and I have a team that is focused and willing to do whatever they can to help my career.

"They also come from DIY backgrounds, so we share a work ethic," she adds. "Station 1 has quickly grown into my family and I couldn't be more happy about it."

A strong following on YouTube alone isn't enough to push a talented indie artist forward. Live performances are essential. And while most artists with a sliver of ambition and a working phone can book themselves a bar gig, getting in front of audiences outside of their hometown can be more daunting. So Kutz and Parks help book their artists in cities and towns outside of their natural comfort zones.

"We've got this '10-hour zone,'" Parks explains. "Anywhere that's within 10 hours of Des Moines is fair game."

SUMMER IN THE CITY

The two also see the enterprise as something more than just a record label: From the beginning, Parks sought to make Station 1 a good community partner. To that end, Station 1 last summer launched its Summer in the City concert series.

"So much stuff is happening downtown, and I understand that the city spent a lot of money to get people

STATION 1 ARTISTS

SIRES: This three-piece power pop group plays the sounds of the '50s '60s and '70s in a high-energy fashion. Founded in 2012 in Waterloo, the group consists of Dylan Sires (vocals/guitar), Ross Klemz (drums) and Graham Howland (bass). They released their debut album, "Soul for Sale," in 2016.

LILY DETAEYE: An indie folk rock and pop artist, Lily DeTaeye released her debut EP in 2017. The singer/songwriter is based in Des Moines.

MAIDS: The disco/electronic duo of Mickey Davis and Danny Heggen released their debut EP, "These Days," in 2016. Their music is described as "a blend of nostalgic, beat-driven synth pop and indie-dance tracks."

ANDRE DAVIS: Andre Davis is a spoken-word artist who lives in Des Moines. The St. Louis native signed with Station 1 in 2017.

MOTIDE: Gabe Scheid and Jeremy Franklin form this two-piece electronic experimental group. Inspired by pop, hip-hop and jazz, they seek to "push the boundaries of music, art and technology ... to create soundscapes that are meditative and transcendent."

ELEANORGRACE: A Des Moines-based singer/songwriter, EleanorGrace performs a blend of rock 'n' roll, electropop and indie-alt sounds. She signed with Station 1 last September.



“WHATEVER HAPPENS ... I’VE FOUND MY BUSINESS SOUL MATE.”

Tobi Parks

to do things down there,” Parks says. “But now all of these other, outlying communities are being overlooked.”

Parks and Kutz identified four spaces in neighborhoods that they thought were underutilized and good fits for artistic programs: Good Park, Stewart Square Park, Martin Luther King Park and the Greenwood Park amphitheater. For each space, the pair met with neighborhood commissions, partnered with local volunteers and brought a touring act to town.

“We didn’t just want to put on concerts in these places,” Parks says. “We also wanted to use them to expose our artists to these bands, and get them acquainted with one another. So we paired each act with a Station 1 artist and another band from the local area.”

“It was a lot of fun,” says community organizer Seth Anderson. “These shows were among the most inclusive and diverse in terms of both the audience and the volunteers and staff that I have ever seen in the city.”

“The reception was very positive in all the neighborhoods,” he adds. “One of the challenges a concept like this faces when it’s brand new is getting people to recognize that this really is a show for them. So there was a lot of passing out flyers and going door to door, actually taking to people in the neighborhood to help get the word out.”

For 2019, Parks and Kutz have their sights set even higher. In addition to bringing back the Summer in the City series, in October 2018 they announced the signing of a sixth artist—EleanorGrace—to the label, to go alongside Lily DeTaeye, Maids, Sires, Andre Davis and Motide. Then there’s xBK.

AN ENTERTAINMENT INCUBATOR

Originally planned for an opening in 2018, xBK has been slowed by zoning issues, cost overruns and the long-delayed sale of Parks’ former home back in Brooklyn.

Now that everything is moving forward, however, Parks and Kutz hope to have xBK (the name is a call back to Parks’ status as a former resident of Brooklyn, often abbreviated there as BK: ex-BK) up and running by mid-May.

Parks promises an extraordinary sound system and decor specially designed to enhance the acoustics, including wall-mounted sound diffusers that look more like art installations than sonic equipment.

“Everything in the space has a utilitarian use behind it,” Kutz says. “It might look like art and be nice, but I assure you it’s there for a utilitarian reason.”

Kutz says he doesn’t regret leaving the law firm to start working from his living room and Parks’ home, which currently serves as Station 1’s de facto home as well, a bustling center of activity filled with musicians, Drake University interns and people who just want to be involved. Station 1 has already attained a level of success that Parks readily admits couldn’t have happened without Kutz’s efforts, and neither of them can imagine going forward without the other.

“Whatever happens,” Parks says, “whether we’re successful in our goals or not, I’ve found my business soul mate.”

With a smile, Kutz agrees: “This is the healthiest working relationship I’ve ever been in.” ■



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True Grit

HOW THREE CENTRAL IOWANS
FOUGHT TO RECOVER
FROM DEVASTATING SETBACKS
TO THEIR HEALTH—
AND IN THE PROCESS
TRANSFORMED THEIR PAIN
INTO POWER.
PREPARE TO BE INSPIRED.

AS TOLD TO KARLA WALSH
PHOTOGRAPHER: DUANE TINKEY



THE JOY OF AWAKENING

AS TOLD BY TROY PETERSON, 35 *CO-FOUNDER, VALORFIT*

The toughest part of being sent to Iraq with the Army was the fear of the unknown. Would I die? Would my friends die? It was not a friendly place. The experience changed me forever—for the good and the bad.

The toughest part about returning and getting back to normal was that I never tried to accept my new normal. I never accepted the fact that the losses of life bothered me. I never accepted the sadness and anger; I just dwelled on it and kept all of my emotions inside.

My symptoms of addiction and anxiety started on the evening I got home. My family met me in Fort Hood, Texas, and I was scared to see them. I didn't want to admit that I was a changed man, so I started drinking. I struggled to sleep, so I took sleeping pills and any other kind of pill that would help me fall asleep. I became an addict on my first night home.

My addictions took control of every aspect of my life. I took pills to sleep. I popped other pills to stay awake. I downed even more pills to deal with the thoughts inside my head. I drank to try to forget about it all. When I wasn't drinking, I wanted to be drinking.

Food was also a coping mechanism. I would skip meals or would eat very small ones when other people were around, but when I was alone I'd "eat my feelings." My weight crept up to 335 pounds.

I started seeking treatment in 2008, three years after returning from Iraq. I knew I needed help; I just didn't want to admit it. Often, when I was done with therapy, I'd go to a bar and have a couple of drinks—or I'd go straight to the

bar and skip therapy.

After years of blaming everyone else, not accepting responsibility for my actions and hiding my emotions from everyone, I hit bottom. On July 30, 2015, I attempted to take my own life by overdosing on pills.

I consider myself so lucky to have awakened the next day. I knew I needed a change—and fast—so I went looking for one. I found it immediately after I walked into Crossfit Wauke. The owner, Reggie Hoegh, took me under his wing. He kept me close—and he might not realize it, but he saved my life. His positivity and motivation made me want to be around him all the time. From August 2015 to August 2016, I practically lived at the gym and went to events with people I had met there: church, Bible studies, birthday parties and everything else that families could attend.

The activity kept me busy. It kept me focused. It empowered me and gave me confidence so I didn't have to turn to drugs and alcohol every time things got bad. The people I surrounded myself with wanted me to be a better person, so I put in constant and consistent effort. I now weigh 100 pounds less than my high point.

I've been sober since Aug. 1, 2015. My life has completely changed and I'm grateful for my second chance. I know how and when to communicate my thoughts to someone else and can ask for help when I need it. I do my best to live each day with a purpose. Recently, I co-founded ValorFit, a nonprofit that pairs veterans with gyms as a "battle buddy" to counteract potential addiction and anxiety.



TROY PETERSON

HIS ADVICE: ACCEPT HELP

You're not alone when dealing with addiction or anxiety. Others are dealing with and fighting the same issues and people do care. If the people around you don't care, you need new people. You must remember that you deserve to be the best version of yourself every single day. Life isn't always unicorns and rainbows, but it can be better than it was yesterday.



CONQUERING A 'NEW NORMAL'

AS TOLD BY LISA GREFE, 40 *FOUNDER, THE COMEBACK PROJECT*

You know those pesky muscle knots that creep up around your shoulder blades during stressful days? One day in 2012, I was reaching for a bathroom towel and felt something similar to that, but went to work like a normal day. By the end of the day I could barely move. The pain had traveled up into my neck, my head and through my right arm. I quickly realized I was getting worse and was having trouble moving around due to the pain and decided I needed to leave work. I barely made it home. I called my wife, Abby, and said I needed help.

My doctor did an X-ray and prescribed medicine for a disc issue, and I went about my routine. I improved a little, but over the next year even little things like rolling over in bed caused shooting pains. I'd wake up and my entire right side was in so much pain I felt like I couldn't move. I struggled to work or do any activity, really. I lost all range of motion in my neck. It became hard to do any normal life activities like driving, showering and walking. As a former semipro soccer player and lifelong athlete, I was devastated. Abby transformed from my wife to my caregiver. Before, we loved going out to dinner and spending time with friends, but we had to withdraw from pretty much all social activities.

We were in need of answers and urged more tests. The doctors performed an MRI and discovered that I had Chiari malformation, which causes brain tissue to extend into the spinal canal, and syringomyelia, a cyst in my spine. My neurologist reassured me that I was going to be OK, but I had a gut feeling that something wasn't right. My health continued to decline. I was in constant pain and kept losing range of motion. Even scarier, I started having trouble swallowing and finding the right words to say. I ended up living in a chair for six months because of the pain.

In 2014, I pushed for a different type of MRI, and that

showed that the Chiari malformation had severely blocked the flow of fluid in my brain and around the spinal cord. Surgery was the only treatment option, so I chose a specialist in Colorado.

A month after surgery it was a victory to walk five houses up the block with my dog. In 2018, I started working with a trainer to regain basic movement patterns and strength. I have to be very diligent and take a "long game" approach because if I overdo it, my nerve pain will rear its ugly head. Someday, I'd love to golf and go dancing again!

Admittedly, progress has been slow. My doctor was hopeful I would be at 85 percent of my previous ability after three years. I feel I am close to that level after four years. I still have a ways to go and continue to manage my energy and pain. But I have many more good days than bad and am not living in daily constant pain.

One of the hardest parts of the process is dealing with expectations and time. I thought I could defy expectations and be back to full-time work and my normal life a year after surgery. Not so. I've had to give myself grace and be patient about recovery, adapting my lifestyle along the way.

As I slowly added activities back into my lifestyle, with my doctor's green light, I finally began to feel a sense of accomplishment and pride again. In 2018, I set a goal to ride a spinning bike three times a week. I started riding the bike for two minutes each day, then added two minutes more every week. Now I'm able to ride for 45 minutes.

I left my career in athletics administration and started over career-wise, too. I launched my own business coaching entrepreneurs, athletes and managers through their obstacles. I also founded the Comeback Project, a community that aims to inspire others to bounce back from mental and physical obstacles.



LISA GREFE

HER ADVICE: KEEP SETTING NEW GOALS

You might feel betrayed by your body after going through an injury or illness. With time, and after processing the emotions and accepting the new normal, you learn to love yourself and your body again. Remember to set new goals so you always have something to strive for. Know that it is possible to find peace.



FINDING HOPE IN A DIAGNOSIS

AS TOLD BY CLAIRE RICHMOND, 35 *FOUNDER, HELLO AND HIGH FIVE*

My first attack came at age 15, and kept me bedridden for at least a week. I had abdominal pain, weakness, insomnia, confusion and anxiety. Looked at in isolation, these are fairly normal symptoms that could be related to many common health conditions. Doctors were stumped and basically told me to keep on keeping on. So I finished school. I started a nine-to-five. And, when my body was up for it, I stayed fit with my favorite activity, running.

I remember a handful of other attacks throughout the next decade. During my mid-20s, things seemed to ramp up. My attacks became more frequent and the symptoms more severe, to the point where a cloud of pain and anxiety became my baseline. I saw more than 20 doctors of varying specialties in at least a dozen practices located in five states. At one point, I was told that my pain was toxic stress. I was referred to a therapist because it was “all in my head.”

Then in 2016, my colon shut down completely. Hospitalized for 27 days over the course of five months, I was tossed around to a variety of medical professionals as they tried to pin down what was really going on. My symptoms were worsening. My blood pressure went through the roof and my resting pulse, which at the time was in the high 40s because I was a runner, skyrocketed while my sodium plummeted. Eventually, the team at St. Mary's Hospital in Rochester, Minnesota, examined me and gave me a battery of tests, including one for porphyria. And it, of all the many tests I'd taken over my 18-year search for answers, was the first to yield an abnormal response.

That day, I was diagnosed with acute intermittent porphyria (AIP), a condition that impacts fewer than 3,000 Americans. My first thought after the diagnosis wasn't that I was scared. It was that I might get a chance to feel healthy again. At long last.

As the name suggests, the symptoms come on hard and fast for periods of time, typically for days or weeks.

I can live halfway normally in the windows between my attacks. But when the attacks pop up, the abdominal pain is indescribably intense.

There's one medication to treat AIP right now, although more are in development, and there a couple of approaches my medical team is taking to address my symptoms. Still, my treatment is largely experimental. My specialist says there aren't enough of us with AIP for a treatment method to have empirical evidence. There are a handful of “porphyria experts” in the country, and I see a specialist at the University of Utah Health annually. He advises my team at John Stoddard Cancer Center and I receive weekly infusions at Methodist downtown, which takes around three hours for administering the drug and another hour or two to get my emotions in check afterward.

I live a life of caution these days, with a healthy mix of testing my limits. There are four triggers for a porphyria attack: hormones, drugs, stress and a low-carb diet. Although I love a good IPA, I no longer drink it; instead, I've been finding enjoyment in kombucha and all of its fun flavors. I've drastically cut back my high-endurance exercise. I've adjusted my diet quite a bit. I wasn't a big carb-eater before, but I now know that I can actually stave off an attack by eating sandwiches.

I started a business from my couch, while recovering from my worst and most devastating attack. Now I find a tremendous amount of joy connecting with the runners I used to coach and run alongside through my greeting card company, Hello And High Five. I hope I will be able to train for distance races again someday. For now, I can safely manage about 12 miles per week if I am feeling good. Running feels exponentially better than ever because I'm in less pain and I'm stronger. When I do feel well enough to get out there, I find it difficult to wipe the smile off my face. ■



CLAIRE RICHMOND
HER ADVICE: BE PERSISTENT

If you're struggling with pain or discomfort, don't give up hope. You will get discouraged and you will get tired. Take a break, then keep seeking answers. There are 3,000 rare diseases, and no doctor can know how to spot them all. Get second, third and fourth opinions. When you finally receive your diagnosis, things will click into place and then you, too, can learn to start back on your path to living your best life.



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On the March

THE IOWA ARMY OF PINK IS STAGING A CAMPAIGN TO WARN WOMEN ABOUT DENSE BREAST TISSUE, WHICH MAKES TUMORS DIFFICULT TO DETECT.

WRITER: JODY GIFFORD
PHOTOGRAPHER: DUANE TINKEY

W

hen Bridget Pargulski began noticing some unusual changes in the appearance of her breasts in late 2012, she was cautious but not overly concerned. She had always been diligent about performing regular self-exams and getting yearly mammograms, and her last mammogram, she says, had been “normal.”

Two cancerous tumors were found through extensive testing and imaging prior to a double mastectomy.

“When I first found out that I had breast cancer, I was just sure that we had caught it early because I had never missed a mammogram,” she recalls. “What I found out is that I have extremely dense breast tissue, making my mammograms hard to read. My cancer had likely been there for five years but a radiologist simply couldn’t see it.”

On a mammogram, dense breast tissue—that is, the more fibrous or glandular tissue common in half of all women—shows up white, as does cancer, making tumors harder to detect. In women with extremely dense tissue—like Pargulski—mammograms will miss 50 percent of cancers, delaying diagnosis.

“I had had eight mammograms prior to my diagnosis, and no one mentioned breast density,” she says. “No one ever told me that I was high risk.”

LOBBYING THE LEGISLATURE

Shortly after her diagnosis, Pargulski set out to change that—for all women. At the urging of Mayo Clinic internist Dr. Debra Rhodes, an expert in breast density, Pargulski began lobbying the state Legislature in 2012 to pass a law that would require that breast density information be included in the mammogram result letter mailed to patients.

Dozens of other states had similar laws, but none were on the books in Iowa.

Pargulski’s effort was supported by the Iowa Army of Pink, a group of more than 250 women and their families affected by breast cancer. Many women in the Iowa Army of Pink, like Pargulski—who founded the group—had cancers that were not readily diagnosed due to dense breast tissue.

Brigid Greening, 49, was one of those women. In September 2016, Greening discovered a lump during a self-exam. While her cancer diagnosis and treatment were quick, it was estimated that her tumor had been present for about 18 months and had gone undetected on mammograms.

“When I was first told I had dense tissue, I didn’t even know what it meant, and I had had several previous mammograms,” she says. “Hearing that you have breast cancer that couldn’t be detected is scary. Knowing I had no information about it was also scary.”

During treatment in January 2017, Greening joined Pargulski in lobbying for the breast density information law, often appearing on the floors of the Legislature bald-headed and dressed in pink. Her appearance, she says, gave more impact to the argument for change.

“I remember when I joined Bridget and the Iowa Army of Pink, I was bald and just said, ‘I’m not wearing my wig or my hat, and they will not be able to avoid the reality of this disease,’ ” she says. “I will use my baldness to advance this cause.”


It took five years to pass, but on April 13, 2017, Gov. Terry Branstad signed Iowa’s breast density information

Continues on page 148

For more information about the Iowa Army of Pink, visit iowabreastdensity.com/#iowa-army-of-pink or find them on Facebook (Iowa Army of Pink-Breast Density Advocacy).



Iowa Army of Pink members Brigid Greening, Dr. Robert Shreck and Bridget Pargulski are spreading the message of the importance of understanding breast density.



"In the moments I get down, I keep going, knowing that there are new treatments to help keep me alive," says Lisa Copple about living with stage 4 breast cancer.

'THAT CAN'T BE!'

PATIENT'S INSISTENCE LEADS TO DISCOVERY OF UNDETECTED CANCER.

BY LISA COPPLE AS TOLD TO JODY GIFFORD

I have stage 4 breast cancer, meaning it has spread elsewhere in my body, but it was missed for years because I had such dense breast tissue that a tumor grew undetected by routine mammograms and ultrasound tests.

I was 44 when it began about seven and a half years ago. I felt a lump in my right breast and my yearly mammogram was coming up. Every year the mammograms had been described as normal. When my results came back normal this time, despite the lump I had felt, I thought, "That can't be!"

I made an appointment with my gynecologist, who asked, "Why are you so concerned? Your mammogram is normal." He felt the lump and sent me for an ultrasound. I had that test and—I will never forget it—the tech told me I could go home. I didn't have cancer. She didn't see anything. She saw no mass.

Then a friend who was a radiologist suggested I have a biopsy because "we miss 25 percent of breast cancers due to dense breast tissue." I had never been told this and had never heard of dense breast tissue.

In 2011, I met with a general surgeon, who after feeling the lump, biopsied it. The next day I was told I had invasive lobular cancer. I went to Mayo, and their ultrasound detected it

to be 2.2 centimeters. The MRI revealed a clearer picture, measuring it at 7.5 centimeters. When it was removed, the surgeon said it was 8.6 centimeters, "as big as your fist."

I was shocked. I was angry that we are surrounded by great doctors and we have great technology and I was doing everything by the book—how in the world could this happen?

Breast Density Facts

Dense tissue shows up white on a mammogram—and so does cancer, making it difficult to detect. In dense breasts, mammograms will miss 50 percent of cancers present, delaying diagnosis.

In women with extremely dense tissue, cancer is four to six times more likely than in women with fatty breasts. Dense breast tissue is a stronger predictor for breast cancer than family history.

Dense breast tissue cannot be felt by you or your physician. It can only be determined by visualization on a mammogram.

Approximately 50 percent of the women in Iowa have dense breast tissue.

Source: iowabreastdensity.com.

The cancer unfortunately spread to my bones. They found cancer in my stomach and my liver. ... I'm undergoing treatment for stage 4 breast cancer. There's no cure for that, but I remain optimistic. I have tremendous doctors at Mayo Clinic who have access to new studies and new medications. Things look promising, so I try not to lose hope. In the moments I get down, I keep going, knowing that there are new treatments to help keep me alive.

I am currently—and always will be—under treatment. I'm always tired. I have pain in my body and my bones. My arm is on the verge of breaking. I'm currently not able to practice [Copples is an optometrist], which I adore. I miss my patients. I have faith that I will one day get back to it.

There have been a lot of positive changes in my life, too. My priorities have changed. I appreciate little things every day—each day spent with my family, my close relationship with God. Not a day goes by that I don't thank him for all he's given me.

I hope my story can help other women find their breast density. If they have dense tissue, I hope they demand further testing. Each woman's life matters. I hope that it can save lives by not getting a delayed diagnosis.



Continued from page 144

legislation into law. Effective Nov. 15, 2017, every woman getting a mammogram would be notified of her breast density in writing.

FOCUS ON EDUCATION

Dr. Robert Shreck, an oncologist with Medical Oncology and Hematology Associates of Iowa and medical director for the Iowa Army of Pink, says the law is a step toward early detection, one that could save lives.

"Women will finally be informed of the risk of cancer, and that's so important," he says. "Every letter now includes information about breast density, and our hope is that women take that information and reach out to their doctors to learn more, to really take control of their health and seek answers as they determine next steps."

Shreck said it's not only necessary to educate women on breast density, but also to educate those working in health care.

"There's a real need for education on this issue," he says. "There are a whole bunch of doctors and patients who have never heard of breast density before. Bringing everyone into the conversation is vitally important."

Now that the law has been passed, the Iowa Army of Pink has assumed the mantle of education. Through a campaign known as "Each one teach one," members are spreading the message of the importance of knowing and understanding breast density.

"It's a simple grass-roots effort," Pargulski says. "If you know about breast density, tell your neighbors, tell your friends and co-workers because this is the only way we'll get the word out—we need to talk about it, we need to get that information out in the open." ■



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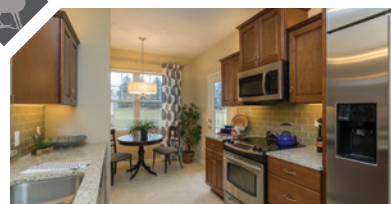
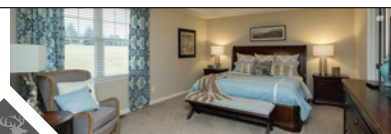


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Grab and Go

THE RIGHT SNACKS
CAN BOOST YOUR HEALTH
INSTEAD OF SABOTAGE IT.

WRITER: KARLA WALSH
PHOTOGRAPHER: DUANE TINKEY



Here's a new nosh rule you're sure to welcome: Rather than sticking to the Whole 30 (for a whole 30 hours) or catching the keto flu, many dietitians are advising clients to eat more and restrict less. That's right: You hereby have our permission to lean in to your hunger cues. In fact, 94 percent of your fellow Americans do it daily, according to a Mintel report.

"It's OK to snack. I suggest planning for them," says Molly Heims, a registered dietitian with Elite Health and Performance in Bondurant. "If you're not hungry you don't have to eat, but it's so important to keep ahead of your hunger." When we shift from mildly stomach-grumbly to hangry, we're all too likely to reach for handful after handful of M&Ms or Cheetos.

While you're shuttling kids to school and from practice, then running from meeting to gym to meeting, keep these store-bought, easily-edible on-the-go healthy snacks and mini meals in your back pocket (or purse, glove compartment, briefcase ...). Some are better to tide you over for a meal, while others can stand in for one when you're in a rush. And don't worry: None tastes like cardboard. They're not only dietitian-approved, but flavorful as well.



HY-VEE

Various locations

1 package Oh Snap! Dilly Bites Dill Pickle Snacking Cuts with one 1-ounce bag Enlightened Sriracha Roasted Broad Bean Crisps

Just finished a sweaty workout? Replenish your salt supply with this crunchy combo of calorie-free pickle slices and chili-seasoned fava beans. *100 calories for one bag bean crisps: 3 grams fat, 7 grams protein, 15 grams carbohydrates.*

Siggi's 4% Milkfat Strained Whole Milk Vanilla Yogurt with 1 packet Sahale Trail Mix Classic Fruit and Nut Blend

Instead of a milkshake or fast-food ice cream cone, get your sweet fix with this thick and rich yogurt paired with fruity trail mix. The whole milk yogurt supplies enough fat to ensure this creamy treat satisfies for hours. *310 calories for 1 cup yogurt and 1 packet trail mix: 14 grams fat, 14 grams protein, 34 grams carbohydrates.*

Justin's Classic Almond Butter 1.15-ounce Squeeze Pack with 1 grab-and-go cup of celery sticks

Kids and adults alike will go nuts for a squeeze-and-snack option. Add a box of mini raisins for the full ants-on-a-log treatment. *210 calories for one squeeze pack: 16 grams fat, 8 grams protein, 11 grams carbohydrates.*

TRADER JOE'S

6305 Mills Civic Pkwy., West Des Moines

Smoked Salmon Poke Bowl

Drizzle the blood orange dressing on top of the brown rice, lox and veggies, and all that stands between you and a healthy makeshift meal is a set of chopsticks. *240 calories for one bowl: 5 grams fat, 11 grams protein, 39 grams carbohydrates.*

1 Organic String Cheese with 1 medium banana

Peel the banana, then peel open the cheese stick for an affordable matching duo that provides a reasonable macro mix. *195 calories for cheese and banana: 5.5 grams fat, 9 grams protein, 27 grams carbohydrates.*

Just a Handful Simply Almonds, Cashews and Cranberries Trek Mix

Hit the road with this dried fruit and nut snack. The best part, besides the sweet and salty flavors, is that these packets are pre-portioned so you don't accidentally demolish an eight-serving bag in one sitting. *210 calories for one pack: 13 grams fat, 7 grams protein, 18 grams carbohydrates.*

CASEY'S

Various locations

1 package Blue Diamond On-the-Go Almonds with 1 Babybel Light Cheese and Crackers

Build your own snack pack with a bag of salty almonds, plus a wedge of semisoft cheese and a handful of whole-wheat crackers. It's like a mini cheese plate! If you like, round out the happy hour-inspired snack with a glass of wine when you get home from your afternoon errands. *190 calories for almonds, cheese and crackers: 13 grams fat, 11 grams protein, 10 grams carbohydrates.*

1 Epic Bar Beef Apple-Uncured Bacon with 1 medium apple

Certain jerkies make you feel like you're gnawing on leather rather than legitimate food. Not this beef and bacon bar. It's similar to a shelf-stable burger and makes for a filling snack when paired with a piece of fruit. *265 calories for one bar and apple: 13 grams fat, 9 grams protein, 29 grams carbohydrates.*

100-calorie Pack Wonderful Pistachios Salt and Pepper with a single-serving bag Skinny Pop popcorn

Rip open the package of pistachios. Pour them into the bag of popcorn. Commence the ultimate volume snacking session. *250 calories for one pack pistachios and one bag popcorn: 19 grams fat, 6 grams protein, 20 grams carbohydrates.*



GATEWAY MARKET

2002 Woodland Ave.

Chocolate Sea Salt Rx Bar

This all-natural pick is about as close as you'll get to a brownie's flavor in the snack bar aisle. Don't be turned off by the sea salt: That addition showcases the sweetness of the chocolate and dates.

210 calories for one bar: 9 grams fat, 12 grams protein, 24 grams carbohydrates.

Nona Lim Turmeric Chicken Bone Broth with 4 GFB Gluten Free Bites Chocolate Cherry Almond

There are many reasons why broth is hot (and in more ways than just the temperature!). It's high in protein and low in calories, yet it feels like a meal. For a mini meal, warm up a cup—it comes with a lid designed with a sip spout—to enjoy alongside chocolate energy bites.

245 calories for broth and bar: 9 grams fat, 15 grams protein, 25 grams carbohydrates.

Organic Valley Sharp Cheddar Cheese and Beef Summer Sausage with Stone-Ground Wheat Crackers

For a grown-up spin on a Lunchable, snag this snack pack from the refrigerated section near the produce. We promise you can pronounce every ingredient on the list.

230 calories for one snack pack: 16 grams fat, 13 grams protein, 10 grams carbohydrates.

STARBUCKS

Various locations

Spinach, Feta and Cage-Free Egg White Breakfast Wrap

Cheese, please! Salty feta makes this egg white burrito excel over the breakfast sandwiches topped with plain ol' American slices.

290 calories for one wrap: 3.5 grams fat, 19 grams protein, 33 grams carbohydrates.

Egg White and Red Pepper Sous Vide Bites

Our nutrition experts don't have anything against the yolks since they're full of vitamins, but these yolk-less mini omelets still make for a smart snack because they offer a balanced mix of protein and carbs.

170 calories for one omelet, 7 grams fat, 13 grams protein, 13 grams carbohydrates.

Tall Whole Milk Cappuccino with 1 bag Hippeas Far Out Fajita

Yes, order your java with whole milk! That means this coffee with chickpea combo has enough fat and protein to quash your hunger pangs—without all the sugar that often comes with blended lattes and whipped cream-dolloped drinks.

240 calories for coffee and one bag chickpeas: 11 grams fat, 10 grams protein, 26 grams carbohydrates.

WHOLE FOODS MARKET

4100 University Ave., West Des Moines

9 Siete Sea Salt Grain Free Tortilla Chips with 1 Truitt Family Foods Grab-and-Good Tasty Traditional Hummus

Made with cassava flour, coconut flour and chia seeds (rather than corn or white flour), these tortilla chips are among the most allergen-friendly snacks around. Pair them with a garlicky hummus to make a lighter trade for ketchup and fries.

230 calories for chips and hummus:

11 grams fat, 5 grams protein, 30 grams carbohydrates.

Refrigerated Overnight Oats Cup

Swing by the refrigerated section near the salad bar for this grab-and-go option. It's naturally sweetened with fresh strawberries and blueberries and studded with almonds for a satisfying crunch factor.

240 calories for one cup: 10 grams fat, 7 grams protein, 32 grams carbohydrates.

Refrigerated Salmon and Quinoa Cup

Eat clean (and high protein) with this premade whole grain salad topped with steamed salmon. If that's too plain for your taste buds, drizzle with a bit of olive oil and vinegar or your favorite all-natural salad dressing.

180 calories for one salad: 5 grams fat, 18 grams protein, 17 grams carbohydrates.





DIETITIANS TALK SNACK

NUTRITION PROS OFFER TIPS TO GET THE BEST EFFECTS FROM YOUR SNACKS.

Plan on produce plus protein.

"Snacks are a super-good way to fill in nutritional gaps," says Jen DeWall, a, sports dietitian and nutritionist in West Des Moines.

If you're not into counting calories or points, remember this easy menu math: "Produce will provide you with good carbohydrates, fiber and water to get you full now," say Molly Heims, a registered dietitian with Elite Health and Performance in Bondurant. "Then add a protein source to keep you full for hours."

For example, try these diet-friendly duos:

- A. One banana with a single-serving pack of almonds.
- B. One cup of sugar snap peas and one cheese stick.
- C. One cup of strawberries with one hard-boiled egg.

Fill in gaps with fruits and vegetables.

Stop starving yourself! Adding snacks is actually a smart strategy to help you reach the seven to 13 servings of produce recommended each day. If you think these foods are too boring to eat

on their own, DeWall has a solution:

"Fruit can be dipped in yogurt, and veggies are perfect for dunking in hummus."

You don't even need to make a special stop at the farmers market or produce section, Heims adds. "Gas stations really have stepped up their game," she says. "Head for the open-air coolers—that's where the fresh stuff is always kept," from carrots and dip to mini lettuce and grilled chicken salads.

Master your macros. If you're into crunching the numbers, here are your approximate grub goals from Heims and DeWall:

- A. 150-250 calories.
- B. 15-25 grams of carbohydrates.
- C. 10-20 grams of protein.
- D. 5-10 grams of fat.

But keep in mind that balance is more important than calories. A 2018 study from the Journal of the American Medical Association discovered that you'll make a bigger impact on your weight loss goals by pooh-poohing processed foods and swapping in whole food instead. Simply put, "you want a combination of complex carbohydrates with a bit of lean protein and fat," DeWall says.

Steer clear of added sugars.

Speaking of those processed foods, our pros agree that a waistline's Public Enemy No. 1 is added sugar. So soothe your sweet tooth with the natural sugars found in fruit and all-natural yogurt.

"If it contains more than five to six grams of added sugars, put it back," Heims says. (Starting in 2021, you'll be able to find this listed on every nutrition facts panel.)

You'll probably want to skip the substitutes, too. "Sugar alcohols such as maltitol, erythritol and sorbitol are commonly used in low-carb sweet snacks and can lead to gastric bloating and discomfort," she says.

Stay real. When in doubt, choose real food whenever possible, DeWall says. It's way more important than figuring out macros or dissecting the milligrams of this and teaspoons of that. "Synthetically fortified foods are not the same as whole, nutritious foods. The synergistic effect of food is important. Keep it simple," she says.

DIY FUEL FORMULAS TO CURE ANY CRAVING

If you have time to build your own snack, you can customize to suit your palate—and your diet preferences. Here are three toss-together recipes that will satisfy kids and adults alike.

Salty: 2 tablespoons salted peanuts + 3/4 cup honey nut cereal.
215 calories: 11 grams fat, 7 grams protein, 25 grams carbohydrates.

Sweet: 2 whole-wheat waffles + 1 tablespoon peanut butter + 1/2 small banana, sliced.
280 calories: 13 grams fat, 9 grams protein, 40 grams carbohydrates.

Chocolaty: 3 cups popcorn + 1/4 cup chocolate-covered cranberries.
235 calories: 7 grams fat, 5 grams protein, 38 grams carbohydrates. ■

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Health Information Management **Online**

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L-R, FRONT: Jody Horstman ARNP, Alissa Kruger ARNP, Todd Eibes MD FACS, Jon Hardersen PA-C **L-R, BACK:** Isabel Rodriguez-Nurse Coordinator, Paige Harnish LISW, Travis Havens-Exercise Specialist, Annette Snyder RD LD, Elsey Strube RD LD, Lia Bahls RD LD, Hillary Vogt RD LD

IOWA WEIGHT LOSS SPECIALISTS

Why do we keep hearing about obesity in the media?

Iowa now ranks as the fourth heaviest state per capita with an obesity rate of 36%. The excess weight can cause diseases such as type 2 diabetes, hypertension and sleep apnea. For businesses, the economic impact is staggering. Not only are there increased work absences but employers also face decreased workforce productivity from carrying this weight.

What is medical weight loss? At Iowa Weight Loss Specialists, we believe it takes a comprehensive team approach to treat the complex disease of obesity. We use tools such as meal planning, metabolic rate testing, appetite

suppressing medications, exercise and on site mental health counseling. For most patients, cost for treatment is an office visit copayment compared to expensive weight loss programs that can cost hundreds of dollars.

Is weight loss surgery an option? For patients that are nearly 100 pounds overweight, we offer state of the art surgical options. The sleeve gastrectomy is the most common weight loss surgery in the world because it's less complicated and lower risk than previous procedures. This is often the most powerful tool for long term weight loss, curing weight related diseases, and ultimately increasing work productivity.





L-R: José Laracuenta, Board of Directors Chair; David Stark, President and CEO

UNITYPOINT HEALTH - DES MOINES

What are some trends you're seeing in the healthcare industry? There is an industry-wide shift from volume to value. Health care organizations are taking on more risk and focusing on prevention in the total cost of care for a population. Additionally, efforts around mental health treatment are significant. In 2018, we developed a closer alignment with Eyerly Ball Community Mental Health Services to connect our community mental health center with our hospitals, clinics and homecare.

How should people be proactive in taking care of their own health? Make sure you are receiving an annual physical, including the standard screenings/immunizations

associated with your age and gender. Focus on 5-2-1-0 for children's health: Five fruits/vegetables per day, two hours or less of screen time, one hour of physical activity and zero sugary drinks.

What are some recent changes people should be aware of? In 2018, Grinnell Regional Medical Center (GRMC) joined UnityPoint Health. Through this affiliation we are seeking ways to build on the outstanding reputation of GRMC and enhance their opportunities to better serve their community. We believe it is important for systems to collaborate and partner in order to provide quality affordable care.



UnityPoint Health
Des Moines



L-R: Executive Health Team: Jodi Schweiger, Director of Employer Health Services; Amanda Hoverson, Executive Health Services Coordinator; Lena Rydberg, DO; Sara Tallman, DO; Benjamin Monson, MD; Christina Taylor, MD; Narasimha Palagummi, MD; Heather Mohr, DO; (Kevin Cunningham, MD not pictured)

THE IOWA CLINIC

What is Executive Health? The Iowa Clinic's Executive Health program offers a comprehensive health assessment and review of results with a board certified Internal Medicine physician. We understand that time is at a premium for busy leaders, so our program is streamlined into a 6-7 hour timeframe. All of the necessary appointments and testing is coordinated and performed in one day at one location. Our Executive Health Coordinator will escort the patient to and from all appointments. If the need should arise for a consultation, the patient will receive expedited access to all of The Iowa Clinics specialists and sub-specialists.

Why should a company consider this healthcare option? We know companies rely on a healthy team to meet the

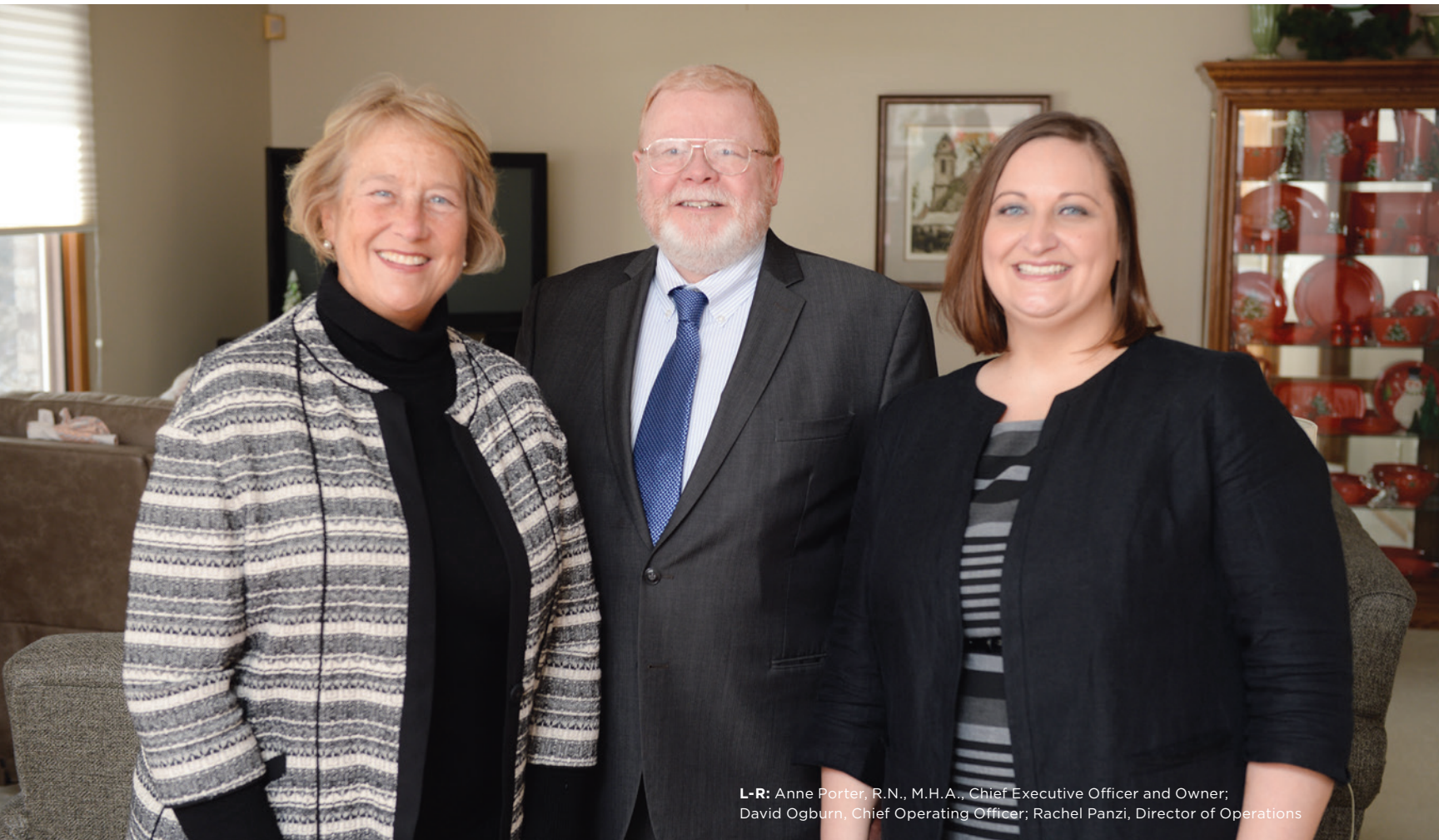
demands of a productive work environment. To ensure your staff stays healthy, it is important to lead by example and invest in a culture that promotes prevention and wellness. We felt that offering an executive health benefit could help local companies take charge of their teams' healthcare.

Why Choose The Iowa Clinic for Executive Health?

Three things set us apart from our competition. Quality, convenience and our commitment to delivering an exceptional patient experience. The Iowa Clinic has a team of more than 250 board-certified physicians and healthcare providers practicing in 42 specialties. You don't have to travel to receive access to top-tier specialists; we are proud to say they are working right here in your community.



**THE IOWA
CLINIC®**



L-R: Anne Porter, R.N., M.H.A., Chief Executive Officer and Owner; David Ogburn, Chief Operating Officer; Rachel Panzi, Director of Operations

A PLUS HOME CARE SERVICES & SUPPLIES

What trends are you seeing in healthcare? There are so many more options today in home care than there were years ago in both services and equipment. Services can range from companionship and meal prep to hospice.

How does home care work? Having the freedom to remain in your own home is important as you age or face long-term health concerns. At A Plus Home Care Services and Supplies, we specialize in assisting with personal care and household tasks, giving you the ability to stay where you feel safe and comfortable. A geriatric nurse case manager will conduct an assessment to identify your specific needs

and develop a personalized care plan. We'll establish a customized schedule and assign personnel based on your needs and requests.

What is unique about A Plus Home Care Services and Supplies? A Plus Home Care Services and Supplies collaborates with a senior living home that redefines senior living. Sutton Senior Home (*Pictured above*) provides an alternative option for those who want to live in a smaller, family-like atmosphere. We are also excited to announce a second senior living home will be coming in 2019.

Aplus

HOME CARE SERVICES
& SUPPLIES

Legs on Lease



L-R: NAPRC multi-disciplinary team: Ryan Buss, M.D.; Kim Carstens, R.N.; Matt Andres, D.O.; Shankar Raman, M.D., rectal cancer program director; Jody Wilson, ARNP, rectal program coordinator; George Voynov, M.D.; Brian Freeman, M.D. Not pictured: Richard Deming, M.D.; Roman Mirsky, M.D.; Clinton Crowder, M.D.; Soren Kraemer, M.D.; Abdelaziz Elhaddad, M.D.

MERCYONE DES MOINES CANCER CENTER

Health care is continuously evolving, but one constant is MercyOne Des Moines Cancer Center's commitment to providing our patients and their families with high-quality, comprehensive cancer care. Our highly-trained, compassionate physicians and staff provide state-of-the-art treatment options and personalized care plans centered around you.

Our dedication to improving patient outcomes is exemplified by our recent accreditation by the National Accreditation Program for Rectal Cancer (NAPRC). We are one of just five programs in the nation — and the only center in Iowa — to earn this accreditation. Receiving care at a NAPRC-accredited center ensures you receive coordinated and comprehensive treatment options, and that patients have access to:

- Streamlined, advanced evaluation and treatment
- A multidisciplinary team approach for optimal care
- Quality cancer care close to home

Our NAPRC accreditation is the result of many months of hard work by representatives from several disciplines. To earn the voluntary accreditation, our program met 19 standards, including the establishment of a rectal cancer multidisciplinary team which includes specialists from medical oncology, radiation oncology, radiology, pathology and surgical oncology. Our team-based care approach assures you one-on-one support throughout every step of your journey. Because at MercyOne, no one faces cancer alone.



A FRESH START

WRITER: CHRISTINE RICCELLI

After community advocate Loretta Sieman toured the Bernie Lorenz Recovery House last spring, she couldn't sleep for two nights. Thirty years ago, as a member of Junior League, she helped establish the transitional residence for women recovering from substance abuse.

"I thought, 'What did we do?'" she recalls, her distress stemming from the state of disrepair the facility had fallen into. "You can't just start something like this and then walk away and ignore it."

The residence offers a 60- to 90-day program, run by Prelude Behavioral Services, for women who have completed primary drug or alcohol treatment and are preparing for independent living. With space for 17 residents, it serves about 80 women a year.

Living at Bernie Lorenz "helped save my life," says Jessica Thorne, who was addicted to alcohol and drugs, including meth, for 25 years before getting treatment in 2017 and launching her own business, Maid in the Heartland. "It's a safe haven. They want you to succeed, and they give you the tools you need to stay sober for life. Someone is always here for you."

But while the programs, services



Carolyn Jenison and Loretta Sieman

and treatment have proved effective, the house hadn't been updated, and general maintenance hadn't been kept up, since 1989, when Junior League opened the facility in the century-old home on Kingman Boulevard. Walking through the residence today, you see dingy walls—painted in pale pink, blue and yellow shades reminiscent of a 1960s-era hospital—shabby furniture, worn floors, threadbare carpeting, dilapidated ceilings, and an obsolescent kitchen and bathrooms.

"We tell the women, 'You can start a great life here,' but how can they

believe that when the ceiling is falling in?" Sieman asks. "It's even harder when the environment is worse than where they came from."

Research has consistently shown that "your environment affects your mental and physical health," adds Carolyn Jenison, CEO and partner of Speak PR, who works with Prelude. The home's state of neglect prompted Jenison to invite Sieman to work with her in launching a campaign to repair and renovate the 3,463-square-foot space.

About \$170,000 is being raised to remodel the kitchen and four bathrooms, including making them more accessible. The project also includes installing new mechanical and electrical systems; refurbishing and updating the common areas and the eight bedrooms; acquiring all new furniture and window treatments; repairing and painting the exterior; adding landscaping; and replacing fire escapes for accessibility and safety.

As of press time for this issue of *dsm*, the plan called for most of the work to be started in March and completed in April. During that time, residents will live elsewhere. Rowland Construction is the general contractor

Continues on page 166

Continued from page 165

for the renovation, but Sieman and Jenison are turning to individual volunteers, community service groups such as Junior League, and in-kind donations for all the other aspects of the makeover. Volunteers will, for example, paint, help with landscaping, and create “hope chests” to give the women when they leave the residence. Interior designer Becky Rogers with Daffodil Homes is creating a plan to ensure the overall look is inviting, cohesive and calming.

Interest in the project has been strong among community volunteers and service groups, Jenison and Sieman say. “So many people have approached us and said, ‘What can we do?’ ” Sieman says. “We want this to be a true community endeavor.”

And not an endeavor that ends with the end of the project. Jenison and Sieman are determined that, unlike when the facility was started 30 years ago, community involvement with the Bernie Lorenz Recovery House will continue long after the last paint brush is put away. An endowment has been established at the Community Foundation of Greater Des Moines to fund ongoing maintenance costs, and a major goal of the project is to foster long-term relationships and support.

“We don’t want the women here to feel like they’re a short-term charity case,” Sieman says. “But there are people who genuinely care about them, and people in the community will have a lot of opportunities to be involved on an ongoing basis.”

EVENTS

FILM PREMIERE TO BENEFIT DOROTHY’S HOUSE

“Gridshock,” a documentary about the sex trafficking industry in Iowa, will premiere at the Des Moines Civic Center April 2 at 7:30 p.m. Directed by award-winning Des Moines filmmaker Vanessa McNeal, the documentary explores the disturbing reality of sex slavery—who the buyers and sellers are and why they remain hidden and protected. The film features sex-trafficking survivors, local and federal law officials, advocates and others.

Proceeds from the premiere will benefit the nonprofit Dorothy’s House, which serves survivors of human trafficking. McNeal says she wanted to make the film because “I realized that most people don’t understand that sex trafficking is happening in our community. I wanted to give the survivors a voice and bring light to this egregious crime. I am also a survivor of sexual violence, so my purpose in my work is to talk about things that are difficult to talk about.”

McNeal adds that she hopes the film will increase the “overall awareness and understanding of how and why this crime happens. I also want to shine a light on the buyers of this crime—the people living in this community purchasing people for sex. When we realize that sex trafficking is driven by the demand from buyers, the sooner we can eradicate it.”

Last year, McNeal raised \$45,000 from 300 people to make the documentary. Others on the filmmaking team are cinematographer Taylor Bluemel, set photographer Josh Berendes and sound engineer Reese Reimers. Tickets to the premiere are \$35-\$100 and are available through the Civic Center or gridshockdocumentary.com.

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 July/August issue is April 15.

MARCH

Des Moines Metro Opera

WINE, FOOD AND BEER SHOWCASE

When: March 1, 6 p.m.

Where: Downtown Des Moines Marriott

Details: Unlimited tastings from more than 40 local restaurants, wineries and breweries in addition to a silent auction. \$45 in advance or \$55 at the door; dmmo.org/events.

Big Brothers and Big Sisters of Central Iowa

BOWL FOR KIDS' SAKE

When: March 7, 3 p.m.

Where: Multiple bowling centers in Des Moines.

Details: Annual fundraiser welcoming all individuals, teams and companies to bowl. Includes two games of bowling, shoe rental and a BBBS T-shirt. \$500 per team; bbbsia.org.

Variety—The Children's Charity TELETHON

When: March 9-10

Where: Broadcast live from the Community Choice Credit Union Convention Center Ballroom.

Details: Local, national and international personalities will perform to support the children of Iowa. Free to attend, goodwill donations accepted; varietyiowa.com/variety-telethon.

Chrysalis Foundation

CHRYSLIS CONVERSATIONS

When: March 27

Where: Wakonda Club, 11:30 a.m.-1 p.m.

Details: Lunchtime presentation on activism and philanthropy featuring Latina activist Vanessa Espinoza and female veteran Miyoko Hikiji. \$40, includes lunch; chrysalisfdn.org.

APRIL

ChildServe

BUBBLE BALL

When: April 6, 7 p.m.

Where: Grand Ballroom at the Iowa Events Center

Details: Dinner and a themed runway show featuring bubble wrap creations. \$250 or \$2,000 for a table of eight; childserve.org/bubbleball.

American Lung Association

FIGHT FOR THE AIR CLIMB

When: April 7, 8 a.m.

Where: Downtown Des Moines in EMC Insurance Cos., the Financial Center, Hub Tower and the Ruan building.

Details: A climb taking place in four buildings totaling 85 floors and 1,796 steps. \$25 registration fee and minimum of \$100 raised funds; lung.org/get-involved/events/fight-for-air-climb.

Robert D. and Billie Ray Center AN ALL-STAR EVENING

When: April 12, 6 p.m.

Where: Ron Pearson Center, West Des Moines

Details: Dinner to benefit the Ray Center at Drake University. Includes the presentation of the 2019 Robert D. Ray Pillar of Character award. \$250, or \$2,000 for a table of eight; allstarevening.org.

Young Women's Resource Center ANNUAL GALA

When: April 13, 5:30 p.m.

Where: Ron Pearson Center, West Des Moines

Details: Silent auction, dinner and program honoring the 2019 Louise Noun Visionary Woman. \$125, \$65 for young professionals, or \$1,000 for a table of 10; ywrc.org/events/gala.

Chrysalis Foundation

CHRYSLIS CONVERSATIONS

When: April 17

Where: Wakonda Club, 11:30 a.m.-1 p.m.

Details: Lunchtime presentation on public and political leadership with Christine Hensley, former Des Moines councilwoman; and Shekinah Young, public information officer for the city of Des Moines. \$40, includes lunch; chrysalisfdn.org.

United Way of Central Iowa

LIVE UNITED LUNCHEON

When: April 24, 11 a.m.

Where: The Meadows Events & Conference Center, Altoona

Details: Luncheon to recognize "Live United" award winners. \$20, or \$180 for a table of 10; unitedwaydm.org.

Foundation for Children and Families of Iowa

TANGO GALA

When: April 26, 6:30 p.m.

Where: Ron Pearson Center, West Des Moines

Details: Event includes hors d'oeuvres, live and silent auctions, and music by Final Mix. \$125, \$105 for young professionals, or \$750 for a group of six; cfiowa.org/all-cfi-events/gala.

Animal Rescue League of Iowa

RAISE YOUR PAW AUCTION

When: April 27, 5 p.m.

Where: Iowa Events Center

Details: Live and silent auctions, with more than 450 items total, will benefit homeless pets. Also music by Company B and appetizers. \$65, or \$550 for a table of 10; arl-iowa.org/events. ■



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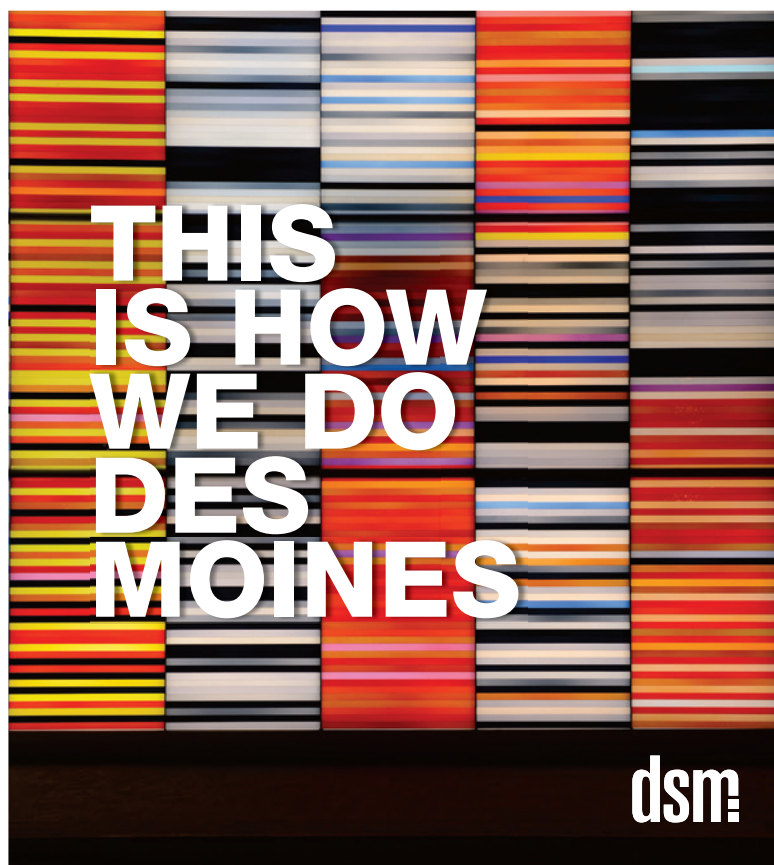
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RSVP



Lindsey Mollenhauer and Toby Rains celebrate the season at a fundraiser for ArtForce Iowa. For more photos, turn to page 176.

How to Submit Party Photos

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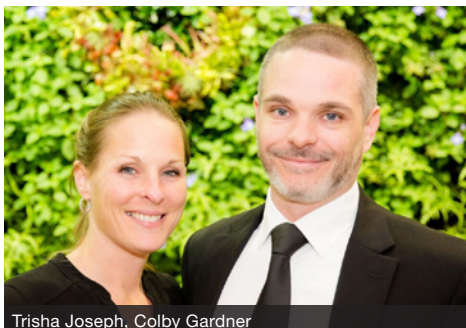
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John Schmidt and Deb Wiley



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Trisha Joseph, Colby Gardner



Martha Henrichs, Elvin McDonald



Allison and James Fleming



Mike and Katie Abbott, Jess and Tim McCulloh

GREATER DES MOINES BOTANICAL GARDEN CHAMPAGNE AND CHOCOLATE

Date: Nov. 16, 2018

Venue: Greater Des Moines Botanical Garden

Main Attraction: An unveiling of the Botanical Garden's sixth annual Holiday Exhibition. Proceeds benefit year-round educational and outreach programming.

Unique Touch: An art exhibit in partnership with Moberg Gallery.

Music: John Krantz

Photography: Ivory House Photography

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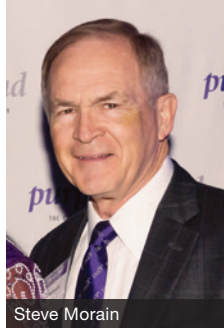
Angela Walker Franklin and Thaddeus Franklin



Erna Morain



Paul and Jean Groben



Steve Morain



Renee Hardman, Arthur Angove



Kim and Rich Willis



S. Ahmed and Kaukab Merchant, Michael Hubbell, Mayor Frank Cownie, Sue Huppert

DES MOINES UNIVERSITY GALA

Date: Dec. 8, 2018

Main Attraction: DMU launched the public phase of a \$25 million fundraising campaign. "Purple & Proud: The Campaign for Des Moines University" will fulfill priorities in supporting students, investing in faculty and optimizing facilities.

Photography: Rich Sanders, Sanders Photographics; Brett Roseman

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Angie Dethlefs-Trettin, Rosemary Parson



Bob Riley



Steve Lacy, Teresa Van Vleet-Danos, Mark Rupprecht



Debbie Hubbell, Franklin Codel, Jill Oman



Michael Gartner, Joseph Jones



Fred Buile, Lynette Rasmussen

COMMUNITY FOUNDATION OF GREATER DES MOINES HOLIDAY SOCIAL

Date: Dec. 13, 2018

Venue: Finkbine Mansion

Main Attraction: The Community Foundation celebrated a successful year of promoting charitable giving.



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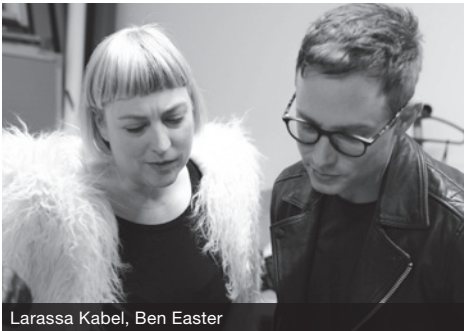
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Larassa Kabel, Ben Easter



John Solarz, Lucy Shay, Christopher Draper



Megan Evans



Rachel Rolfes (seated), Lindsey Mollenhauer



Ivy Boyd



Onna Lee, Whitney Warne, Sid Juwarker



Tatiana Gia, Angela Rauch



Carissa Stout

ARTFORCE IOWA A VERY CHERRY HOLIDAY PARTY

Date: Dec. 6, 2018

Venue: Elevencherry

Main Attraction: Elevencherry tenants—elevencherry salon, Art Terrarium, Now Now, Studio Preservation and Firat Erdim—collaborated to host a holiday open house to benefit ArtForce Iowa, an organization that challenges at-risk youth to channel creativity into marketable skills.

Music: Pianist Carissa Stout

Photography: Michael Watson



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DSM MAGAZINE
**JANUARY/
FEBRUARY
ISSUE
UNVEILING**

Date: Jan. 8, 2019

Venue: Sheraton West Des Moines

Main Attraction: Celebrating our first issue of the new year. Some 400 guests filled a hotel ballroom and enjoyed excellent food served by our Sheraton hosts.

Photography: Duane Tinkey



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A photograph of a large, two-story house with a mix of brick and dark siding, featuring a prominent gable and multiple windows. The house is illuminated with warm outdoor lighting, including uplights and recessed lighting under the eaves. The scene is set at dusk, with a colorful sky in shades of blue and pink. A curved driveway leads towards the house, and the surrounding landscape is landscaped with trees and shrubs.

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Emily, James and Caden Lahart



Scott Sams



Tiffan Yamen, Janet Petersen, Jan Caruthers



Dan Keough



Megan Landolt



Kirk Ferentz, Cindy Hurley, Mary Ferentz, John Hurley

HEALTHY BIRTH DAY INC. COUNT THE KICKS FUNDRAISER

Date: July 12, 2018

Venue: Dan and Nicolette Keough's home, West Des Moines

Main Attraction: An event co-hosted by Kirk and Mary Ferentz with special guests Emily, James and Caden Lahart. Caden is a "Count the Kicks" baby save.

Photography: Mike Tice

Civic Music Association



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Christopher and Stacey McDonald



Tony and Kim Dickinson



Riley and Julie Larson



Becky and David Stark



Lauren Burgeson, Lori Willis, Aimee Dietzenbach, Erin Krehbiel, Jenn Willis, Sarah Heinrich, Jamie Secory, Marcy Klipfel, Jessica Meisner, Liz Ariano

BLANK CHILDREN'S HOSPITAL FESTIVAL OF TREES AND LIGHTS GALA

Date: Nov. 20, 2018

Venue: Veteran's Memorial Community Choice
Credit Union Convention Center

Main Attraction: A kickoff to the 35th annual
Festival of Trees and Lights including more than
84 decorated trees, children's activities and
local entertainment.

Music: The Brazilian 2wins.

Bottom Line: \$700,000

Photography: Maharray Photography



Wildwood Hills Ranch is a 400-acre safe haven located 25 minutes south of West Des Moines that serves over 1,000 vulnerable youth and veterans and their families annually. Through leadership and spiritual development, life readiness training, job skill building and equine therapy – The Ranch changes lives by breaking cycles, building leaders and transforming communities. You can make an impact in the lives of youth in the community today by becoming a dream builder, volunteering or renting our gorgeous conference center and retreat facilities for your next corporate, school or church event!

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IowaCharacterAwards.org



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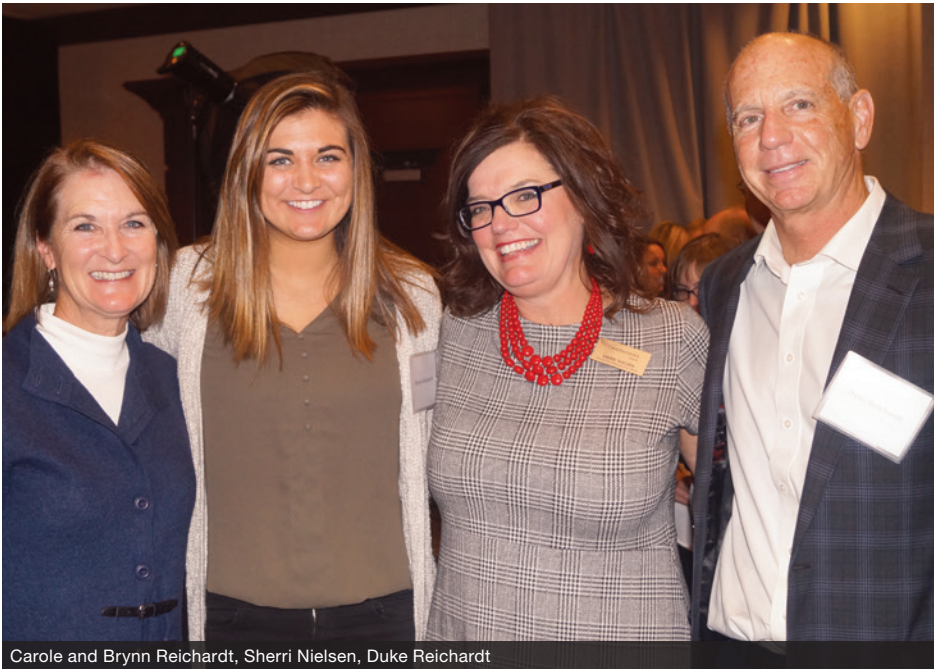
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Carole and Brynn Reichardt, Sherri Nielsen, Duke Reichardt



Ashley Mason, Nicole Reynolds



Threase Harms, Rochelle Burnett



Shelby Boyd, Amanda Brunkhorst



Lou Sipolt, Ashley Kuonen, Jackie Schmillen

EASTERSEALS IOWA ANNUAL CELEBRATION

Date: Nov. 8, 2018

Venue: Des Moines Marriott Downtown

Main Attraction: Sherri Nielsen, president and CEO, shared accomplishments from the past year while recognizing clients, team members, volunteers and community supporters.

Unique Touch: Lou Sipolt and Jackie Schmillen with "CW Iowa Live" were emcees.

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Terry Snyder, Gary Eastridge, Grazia Aiello



Deon Pitsor



Mike and
Kim Whalen



Jay Byers, Chris Whalen



Theresa Corcoran, Sara Kurovski



Derek Johnson, Craig Shannon



Deb Flagg, Elaine Estes



Brandon Uehran, Michelle Sparkman

DSM MAGAZINE VIP OPEN HOUSE HEART OF AMERICA GROUP

Date: Nov. 15, 2018

Venue: Heart of America Group

Main Attraction: Heart of America Group hosted a VIP Open House to celebrate the opening of a second headquarters in the East Village.

Unique Touch: Mike Whalen shared why he continues to choose our city in which to invest, and his creative vision of what's yet to come, introducing the new development project of Tower 601.

Photography: Duane Tinkey

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“MANKIND MUST REMEMBER THAT
PEACE IS NOT GOD’S GIFT TO HIS CREATURES;
PEACE IS OUR GIFT TO EACH OTHER.”

ELIE WIESEL

Mary Koenen Clausen, “Islands in the Heart of God;” mixed media, 40 x 26 inches. Clausen is a Des Moines artist who specializes in mixed media collages; to view more of her work, visit Marykoenenclausen.info or olsonlarsen.com.



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