

A portrait of a young man with dark, curly hair and light-colored eyes, looking slightly to the side. He is wearing a dark jacket and a large, white, ruffled collar made of crumpled paper. The background is dark.

dsm

JULY | AUGUST 2019

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RESTAURANT
WEEK 2019
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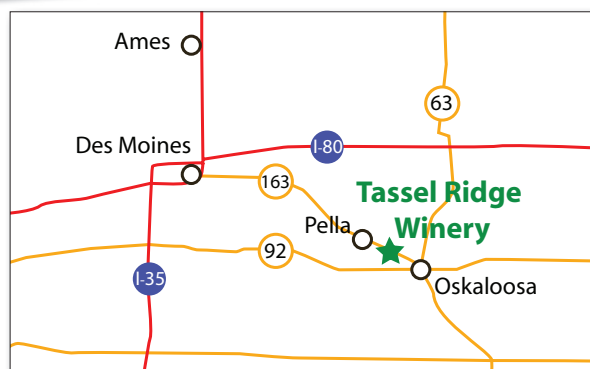
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2019**

A record 44 restaurants will offer delicious dining deals Aug. 16-25, when you can get two lunches or one three-course dinner for only \$28.

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Artful fashion unfolds from careful tearing, creasing and cutting.

118**WHO RUNS THIS TOWN?**

Step lively, Des Moines. Getting fitter can be fun. Runners of all abilities prove just that.



On the Cover:
Paige Peterson's photography and artist Molly Spain's paper collar created a Rembrandt-esque effect for our cover image. Stylist: Courtney Conlin. Hair: Brianne Cummins. Makeup: Kelsi Ziemann. Model: Nathan Boehmer.

In addition to the image on the cover and this page, more photos from the project are featured in the story starting on page 108.



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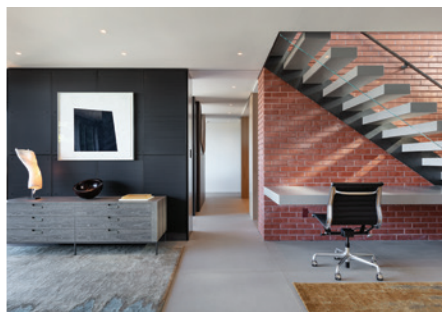
The curtain rises on the new Lauridsen Opera Center, home of Des Moines Metro Opera.



New Kids On the Blocks:
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PHOTOGRAPHER: AUSTIN HYLER DAY

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Next Unveiling

Please join us for the unveiling of the September/October issue of *dsm* on Aug. 27, when Lincoln Savings Bank hosts the party at River Center, 340 S.W. Third St. The fun runs from 5 to 7 p.m., with a short program and distribution of the magazine at 6 p.m. We'll see you there!

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Runner Jason Laughlin. See story, “Who Runs This Town,” page 118.



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Listen Generously

Listening generously starts by meeting someone where they are. It doesn't matter what past decisions have been made or what actions have been taken, we are here to help provide clarity to those choices and give you the confidence to move forward. We are not here to judge but to provide support and acceptance while we walk along beside you down your path of abundance.

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Our online events calendar will get you where you want to go.

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Linda Flynn at Strands of Strength's spring luncheon May 1. Find more photos from local events at dsmMagazine.com.

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THE STUFF OF FAMILY LORE

After my four grandparents died, I recall chatter among their 12 children and 45 grandchildren of what would become of their stuff. Everyone, it seemed, wanted *something* they had. And, like most immigrants, my grandparents, who came from an impoverished region of Calabria in Italy, had very little to spread around. I ended up with a few handmade lace doilies from one grandmother, a Lazy Susan from the other, and from a grandfather—a spittoon, of all things.

Fast-forward a few generations, and the times, they are a changin'. My mother has plenty of stuff she's accumulated over her 94 years, and yet my siblings and I—and our children—want almost none of it. And my daughter, an only child, doesn't want to be burdened with anything from previous generations, save for a chronicle of family history and a couple of small items.

Turns out, my family's story is more typical than atypical these days. In "Looming Heirlooms" (page 126), Managing Editor Larry Erickson explores the conundrum baby boomers

are facing as they try to shed their stuff, and how succeeding generations view keepsakes differently than did their forebears.

The past isn't being completely shunned, of course; given the essential role food plays in all of our lives, who *doesn't* cherish family recipes? From *braciole* to *quanti*, meatballs to cannoli, recipes are central to my family's entire identity. For Vicki Goldsmith of Des Moines, her grandmother's berry kugen, a fruit and custard pie, not only is a crowd-pleasing dessert, but a tangible link to her grandparents' midcentury farmhouse kitchen. Find the recipe on page 51.

This issue also spotlights another link to the past, a revival of a tradition largely ignored by boomers: quilting. Millennials are embracing the art form, rejuvenating it with a fresh approach and beautiful contemporary designs (see story, page 150). These new quilts may themselves one day become heirlooms for a generation not yet born who, while undoubtedly impressed by the craft of their ancestors, will face the same inescapable question, "Now, what do we do with *this*?" ■

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BACKSTORY BEHIND THE SCENES AT *DSM*

HAIL AND FAREWELL

Veteran journalist **Mike Kilen** spent 19 years covering all manner of Iowa news for the Des Moines Register, and he recently has helped us out here at *dsm*. But he never encountered a story subject quite like “The Bottle Baron” (page 142). Here, his reporting career ran into the epicenter of Iowa liquor—an Ankeny warehouse that is the mother ship of the state’s booze business.

Mike was stunned, he says, “by the sheer variety of liquors out there, everything imaginable, including flavors like hibiscus and cucumber.”

Alas, Mike is moving to Phoenix, where he’ll write about college life for Grand Canyon University. We are dismayed he’s leaving our city, but we wish him all the best in Arizona.

CREATIVE FUN

We’re often reminded how fortunate we are for the skilled contributors who make *dsm* magazine look so good. Hair and makeup are vital to our covers and fashion stories. Hairstylist **Brianne Cummins** and makeup artist **Kelsi Ziemann** have helped produce some of the best.

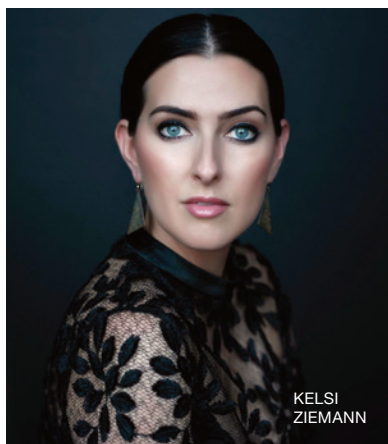
You can see their work once again in the story “Paper Chase,” on page 108. The two frequently team up with photographer **Paige Peterson**, as they did for this compelling photo feature.

“Working with *dsm* magazine is a huge creative outlet for me,” Kelsi says. “It’s always an opportunity to challenge myself artistically.”

And they challenge one another. “One of us will come up with a concept and we get a whole team involved in the idea,” Kelsi says.



MIKE
KILEN



KELSI
ZIEMANN

Kelsi and Brianne have been working together since a cover story in 2011. “We clicked immediately and have been friends and collaborators since then,” Brianne says. In fact, they often work together on-site at weddings.

But the magazine projects are special, they say. “As much as I love my salon work and my clients,” Kelsi says, “I crave the creative experience I get from the magazine.” Brianne is quick to add, “I live for those moments of creative freedom.”

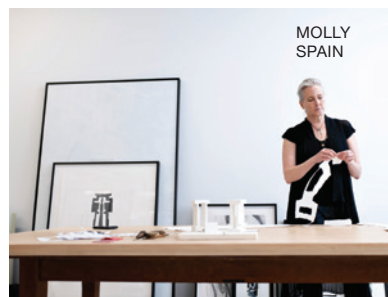
FASCINATED WITH FOLDS

Artist and residential architect

Molly Spain created the paper clothing and accessories for “Paper Chase”



BRIANNE
CUMMINS



MOLLY
SPAIN

(page 108), which, she says, “was new territory for me. I’m not a fashion designer, but my process involves discovery.”

For this project, that process called on her skills in origami. “I’ve been studying origami for a long time; I’ve always been fascinated with the science and art behind it,” says Molly, who has used the technique in her sculptures and other works.

Molly has a busy summer ahead: In addition to participating in this year’s Art Week (artweekdesmoines.com), she is collaborating with the artist Oyoram (who was featured in a *dsm* story in the May/June issue) for an exhibit opening July 26 at Olson-Larsen Galleries’ OL Guild. ■



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Looking for a coffee shop that does not have the best coffee in town?

Of course not. But are you looking for a coffee shop that satisfies you in other ways, that makes you feel good for just being there, plus has a pretty good cup of coffee?

Then between the hours of 8:30 a.m. and noon, Monday through Friday, head over to Plymouth Grounds, located in Plymouth Church at 42nd and Ingersoll, to see for yourself what makes the place special. It's not the shop itself, which is clean, nice and so quiet that you never have to raise your voice to be heard. No, it's the baristas, all of whom have intellectual disabilities and who are there in what could be called a work experience program to learn basic job skills.

The shop is the brainchild of Melinda Collins, a retired teacher who was a work experience coordinator in the public schools. Melinda was aware of an unused space in the church and kept thinking, "What a perfect spot that would be to teach kids." She was also intensely aware of how difficult it is for these young people to find employment, so she came up with the idea of using the place as a combination educational facility and coffee shop.

It took about a year of meetings and planning, but finally, in January 2011,

Plymouth Grounds became a reality as a project in cooperation with all metro public high schools and special programs. As for the kids, be assured they are paid during non-school hours.

Melinda is the shop's program coordinator. Joining her is Sue Hoss. Sue, whom you may have seen on public TV, has a culinary background and is manager of the coffeehouse. Together they make a good team. In addition, the kids are supported and mentored by adult volunteers.

So is this whole thing about teaching the skills of coffee-making? Of course not. Think about what's required of staff in any retail business, then add some of what Melinda calls "soft skills" that may especially challenge these young people, simple things we adults take for granted such as calling in if they are going to be absent, making eye contact, smiling, speaking clearly, taking orders, making change and, oh yes, learning to make lattes, cappuccinos and such. Or tea. Or Italian sodas. Let's also add some not-so-soft skills like wiping tables, stacking dishes and so on.

I think the main thing is learning how to interact comfortably with other people in any setting and how to adapt to any kind of job.

So is it working for the young people? Since the opening of the shop, 57 have "graduated," 46 of them now employed in other places. With several still in school, that's over 90% employment.

So if you have a business and need a good employee, drop by the shop and get a cup of coffee as well as a sense for yourself of these good workers. You might just hire the best employee you ever had.

I don't usually make recommendations in this column, but let me say that I often meet friends or clients at Plymouth Grounds, and I've never heard a complaint about the coffee or the service.

But understand this is not charity work. This is simply going for a cup of coffee and contributing to the futures of young people at the same time.

I hope to see you there. ■

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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KARLA
WALSHTHE SANDWICH
OF LIFE

I grew up watching my mom, a teacher, and dad, a mechanical engineer, struggle with it. I've had relationships fizzle out because of it. I've watched friends shed tears about it. I've battled it in corporate life myself.

The work-life "blend," as I like to call it. Why "blend," not "balance"? Because even the most talented yogis fall down eventually after teetering on one leg in yoga—even if they practice daily. Balance—be it in life, relationships, finances, food—is simply not possible.

Case in point: One-third of Americans work weekends and holidays, two-thirds of us claim a total imbalance, and the U.S. ranks in the bottom 20 percent of all countries in terms of its work-life blend, according to the results of a 2018 survey reported by Entrepreneur magazine.

OK, so that firm and strong Warrior III pose (or that 9 to 5 job and 5 to 9 home schedule) isn't something we should aim to achieve. But we *can* strengthen our muscles—be it core muscles or our hearts to care for ourselves—with time. As cheesy as that sounds. And we need to.

Those who work 55-plus hours per week are at higher risk for a whole host of ailments, including depression, heart disease, anxiety and stroke.

Personally, I battled this while working for a corporation and trying to intermix several side gigs, my family, a relationship, charity work, friendships, my health and sleep. Eventually, while trying to excel at juggling all of the balls, I felt like I was dropping each and every one. My sleep suffered. I was losing weight. I bailed on plans. My nerves were frayed.

So I did what felt right in my gut, and I did what I don't ever remember doing in my previous 31 years: I quit. I left my safe corporate home of 10 years and struck out on my own. It was so scary, but I realized that my

SO I DID WHAT
FELT RIGHT
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I DON'T EVER
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I QUIT.

Dagwood sandwich of life was overstuffed and spilling in my lap.

Let me explain. Bread is good, right? But what happens when you add a slice of cheese between two pieces? Thumbs up. And if you butter the bread and griddle said sandwich? Even better! Toss in a few pickles, a couple slices of ham and turkey, and slather on a condiment or two? You have a masterpiece.

So while having one thing you dedicate yourself to (the bread; your job) can be OK, the symphony of flavors that can occur when you curate the just-right blend (a sandwich built on wholesome bread with quality ingredients; your job + family + partner + volunteer work + friendships + wellness + spirituality + rest) can be downright euphoric.

Admittedly, I struggle with this to this day, even as my own boss. But each day is a new chance to build a more delicious, well-balanced sandwich.

So tell me: How's your lunch looking? ■

Karla Walsh is a freelance writer and restaurant brand manager who has happily called Des Moines home for seven years. Contact her any time at karlaswalsh@gmail.com when you need a break and want to play hooky.

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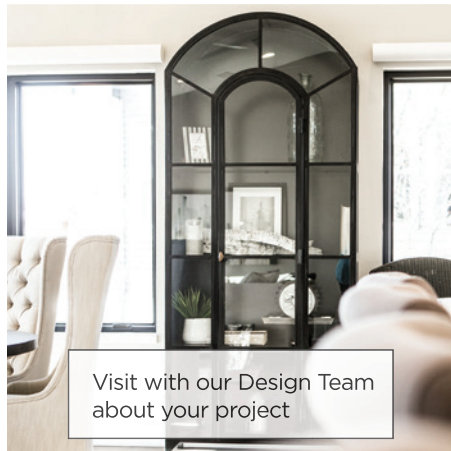
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FOCUS

OUT AND ABOUT // FROM THE ARCHIVE // NEW AND NOTABLE
WHAT WE LOVE // HIGH 5

Lino Lago, "Untitled (Fake Abstract);"
acrylic on canvas. Lago is represented
by the newly opened Liz Lidgett Gallery
and Design. See page 44.

OUT AND ABOUT

WHAT WE'RE DOING IN JULY

1 JAZZ IT UP

We're impressed by the talent that will be showcased at the revived **Jazz in July** and at Civic Music

Association's new **CMA Jazz Festival**, both at **Hoyt Sherman Place**.

The previous Jazz in July—which ran for some 40 years and featured concerts at parks throughout the city—ended in 2017 after organizer Metro Arts Alliance ceased operations. The new version of the event will be on three dates: **July 11, 19 and 24**. Local musicians will play at 6 p.m. on the Hoyt Sherman lawn, then the headlining acts will perform in the auditorium starting at 7:30 p.m. They include Charmin Michelle, a Minneapolis-based singer whose style is said to recall Billie Holiday, July 11; Minneapolis vocalist Debbie Duncan, who blurs the line between jazz and pop, July 19; and acclaimed Iowa City saxophonist and composer Damani Phillips, July 24. All concerts are free; find more details at hoyshtsherman.org.

Civic Music's new festival will be **July 20**, beginning at 1 p.m. The free portion will consist of seven concerts by local and regional musicians, who will perform on the lawn or in the gallery. That evening, the ticketed concert (\$36) inside the auditorium will



feature two dynamic stars who are shaking up the jazz world: Canadian trumpeter, singer and songwriter Bria Skonberg and Los Angeles-based pianist Connie Han.

The Connie Han Trio will open the show at 6:30 p.m., followed by Skonberg at 8:30 p.m. Han, 22, has gained fame for her fresh approach of blending modern and traditional jazz, while the 35-year-old Skonberg, the *Wall Street Journal* praises, “plays trumpet like a red hot devil and sings like a dream.” More info: civicmusic.org.

2 POP IN THE PARK

A new free concert series and a new venue: That's what you'll get

this summer when the Des Moines Symphony performs at the just-completed Lauridsen Amphitheater at Water Works Park. The Symphony's inaugural **Water Works Pops Season** opens **July 14** with vocalist **Renée Elise Goldsberry**, who won a Tony Award for her portrayal of Angelica Schuyler in "Hamilton." She'll sing Broadway, pop and soul tunes; the show will conclude with a fireworks display. Then on July 28, the Symphony will celebrate iconic movie composer John Williams by performing music from film favorites such as the Star Wars series. General admission is free, but you can pay \$45 (\$35 for YPs) or \$125 (\$85 for YPs) for premium seating and other perks. Details: dmsymphony.org.

RENÉE
ELISE
GOLDSBERRY



FOCUS



CELSE
PIÑA

3 LOVE SOME LATIN

If you haven't checked out the annual **Warren Morrow Latin Music Festival** yet, then you just need to do so this year, on **July 20** at Brenton Plaza. The fest started in 2012 as a memorial concert to honor Morrow, who was a highly respected advocate of the city's Latino community. Since then, it has evolved into an all-day event that showcases a variety of Latin styles and offers family-friendly activities, art, food and more.

Celso Piña, a world-renowned and Grammy-nominated Mexican accordion player and singer and a major figure in cumbia music, will make his Iowa debut in headlining this year's festival. Booking Piña for the festival "is a huge deal," says Goizane Esain Mullin, one of the festival organizers. "He is one of the most popular Latin artists in the world."

The festival runs from 4 p.m. to midnight. Tickets are \$35 general admission and \$50 for VIP, available through MidwestTix. More info: warrenmorrowmusicfest.com.

4 ROCK IT OUT

80/35—the progressive indie rock festival that each year draws about 30,000 music lovers—this year is expanding its ticketed area to two stages that will feature 16 national and international acts. The downtown fest, **July 12 and 13** at Western Gateway Park, will also include a free area with three stages hosting more than 30 performances, a kids' zone, art installations, and food and drink vendors.

As always, the music promises to be stellar, with this year's headliners including Portugal The Man, an alternative rock band known for its critically acclaimed albums and the hit single "Feel It Still"; and Americana blues vocalist **Elle King** of "Ex's & Oh's" fame. Other top performers: Liz Phair, Metric, MisterWives and Noname.

Doors open at 4 p.m. Friday and 11 a.m. Saturday. Advance two-day tickets are \$80 for general admission and \$220 for a VIP pass. Advance single-day tickets start at \$45 for Friday and \$55 for Saturday. Buy tickets and find more information, including the new festival grounds map, at 80-35.com.





FROM THE *DSM* ARCHIVE

In 2012, we asked some of our top contributing photographers to re-create their favorite iconic photos. Photographer Garrett Cornelison chose to portray Audrey Hepburn as Holly Golightly in the 1961 film “Breakfast at Tiffany’s,” inspired by the character’s “smirky charm,” he told *dsm*. Staging the shoot at Centro, Cornelison asked fellow photographer Jami Milne to take on the Hepburn role: “Jami’s wide-eyed look and the restaurant’s expansive layout ... the two came together easily.”

The duo had as much fun creating the shoot as we did sharing the captivating result. “There are certain photos that are scorched in our memories,” Cornelison said, “and dreaming up ways to bring them to life with your own friends is a blast.”

NEW & NOTABLE

ART FOR EVERYONE

Downtown's art scene continues to thrive, with two new additions in the East Village.

"In-the-Loop," a 60-foot-long, 2,500-pound public artwork, commands attention on the east side of the Metro Waste Authority building (300 E. Locust St.). Created by award-winning artist and urban designer Dennis Reynolds, the work serves as both a functional gate between the sidewalk and the agency's parking lot and an interactive sculpture with movable pieces. "In-the-Loop," consisting of colorful circular forms and wheels, is made from industrial and agricultural equipment found at local landfills and salvage yards.

Metro Waste commissioned the piece to honor its 50th anniversary and to reflect its mission of preserving resources. "As I researched [the agency's] mission, I found a diagram of circles on their website showing the importance of recycling," Reynolds says. "I started to look for anything that was circular and could be repurposed into a public art piece while representing the circular cycle of sustainable practices."

To find the right materials and pieces for the work, Reynolds says he spent a lot of time in industrial salvage yards, "wading through the weeds, meeting feral cats and hearing colorful stories." He praises Lou Rizzuti and the craftsmen at Artistic Iron Works for



"IN-THE-LOOP"

"figuring out how to build it." Wes Jarnigan Painting and Ferris Construction also contributed to the project.


Reynolds says he wanted the piece to "fit the context of the East Village and the mural [by artist Chris Vance] that Metro Waste had commissioned earlier. I hope people enjoy [the sculpture's] playful character and the opportunities for interaction with various 'widget' wheels. We were still installing it and people were taking selfies and group pictures, while moms stopped so their kids could explore it and spin the widgets."

A block north and west of the sculpture, **Liz Lidgett Gallery and Design** opened in May. The 1,100-square-foot gallery, owned by art

adviser Liz Lidgett, represents 15 emerging and midcareer local, national and international artists, all of them newly represented in Iowa.

"We're very excited to introduce Iowa audiences to these artists and the artists to Iowa," Lidgett says. "So far, the artists have been blown away by the reaction they've received and how engaged and interested people are in their work."

Artists represented include Hunt Slonem, Kevin Brent Morris (see page 12), Lino Lago (see page 39), and Des Moines-based Olivia Valentine. An exhibit featuring the work of Georgia artist Angela Chrusciaki Blehm (see opposite page) will open July 19. "It's going to be a colorful, fun exhibit with



Angela Chrusciaki Blehm, "Red Ribbon;" acrylic on wood. An exhibit showcasing her work will open July 19 at Liz Lidgett Gallery and Design.

a lot of design," Lidgett says.

"She's definitely one of our biggest-name artists."

Lidgett notes that the gallery's representation will consist of at least 50 percent female artists. She adds that every quarter, a portion of revenue will be donated to local or national arts organizations.

Most of all, Lidgett is "passionate about making people feel welcome in the art world and in this space," she says. "Too many people have a fear of looking stupid because they don't know about art or how to buy it. We want everyone to know they are welcome here."

The gallery is located in the new four-story mixed-use building at 111 E. Grand Ave.



WHAT WE LOVE

ALL KEYED UP

There may be no single key to happiness, but 88 keys can get you there. That's the number on a standard piano keyboard, and it makes us very happy that 11 pianos are stationed around town for **City Sounds**, the public piano project founded in 2014 by Kathryn Dickel and Larry James.

New locations this year are the Kum & Go headquarters at 1415 Grand Ave. and Captain Roy's, the popular riverside stop along the bike trail at Birdland Marina. You'll also find pianos at nine additional locations, including

the Des Moines Social Club, Cowles Commons, Raygun, the Shops at Roosevelt and Woody's Smoke Shack. All locations (find the list at citysoundsdsm.com) are typically available from 10 a.m. to 8 p.m., seven days a week.

This year's pianos were freshly painted in grand style by 12 local artists, among them Ted Lyddon Hatten, Iven P. Jones, Sue Weiser Pen Wood and Trey Reis.

Pianos will remain through September. Anyone is welcome to

noodle around on the keys, play a little riff or launch into an impromptu performance.

And this fall, look for even more from City Sounds: Dickel has spearheaded a collaborative project in which top local photographers are shooting portraits of Des Moines musicians in ways, we promise, you've never seen before. We'll debut the portraits, and share more details, in the next issue of *dsm*.

HIGH 5

RAYGUN OWNER MIKE DRAPER LETS US IN ON HIS FAVORITE LOCAL SPOTS.

I should start by mentioning that I have four kids (ages 10, 8, 5, and 1), so while my 2007 list would have been the Lift, Mews, Continental, High Life Lounge, and Court Avenue Brewing Co., my 2019 list is way more wholesome:



MIKE DRAPER



Brenton Arboretum ▲

(Dallas Center)

I wasn't sure about mentioning this place because it is amazing yet not very crowded. It has an awesome natural playscape, great trails, a stream to play in, a covered area for eating. It's nice and quiet, and it's breezy and dry so it doesn't get too buggy. The trees are labeled if you're into tree identification. Everyone should go experience the arboretum, but not on the days I'm there, please.

Grounds for Celebration ▼

(Windsor Heights)

This spot is two blocks from my house, so I'm there a lot on the weekends. The employees are really nice and help my kids with their LONG Italian soda orders. My 8-year-old once asked for an Italian soda with 10 flavors, and they made it for him!



Sycamore Trails at

Sycamore Park (Johnston)

We go on a lot of walks to air the kids out, so picking one trail is tough, but last year we started spending more time along Sycamore Trail. It weaves through trees and runs along the Des Moines River, and there are spots where the kids can walk down the bank to the water.



Gong Fu Tea ▲

This place is slightly older than my store, so I have been going here regularly for 14 years. It's still one of the best things in Des Moines. And I still pay them to make my tea even though I have enough tea gear at home to open my own Gong Fu Tea—I can't resist Mike Feller's smile, I guess.

State Historical Museum

The museum is free, has a great play area for kids, and the animals can't eat you. The giant woolly mammoth is just the icing on the cake. During the winter months, I'm probably here with one of the kids every other week. A little indoor exercise keeps my house from turning into "The Shining" in February. ■

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WHAT NEW TRENDS ARE YOU SEEING IN YOUR INDUSTRY?

Pacific rim flavors, sustainable seafood and interest in the cannabis craze.

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Grilled octopus with chipotle romesco and potato puree

SHARE WITH US A MEMORABLE MOMENT OR HIGH LIGHT OF YOUR CULINARY CAREER?

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I love to cook anything, as long as it's with friends

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SAVOR

BERRY KUGEN // TANGERINE // MOCKTAILS // KITCHEN GADGETS
NEW GOURMET MARKET // MOBILE DRINK SERVICE

For the love of tomatoes: Tangerine at the Art Center's Tomato Five Ways features baked, charred, fresh, dried and marshmallow tomatoes, dressed with basil oil, micro greens and flowers. Turn to page 53 to read more about the restaurant.

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SAVOR



PHOTOGRAPHER: DUANE TINKEY

I SNAGGED THE RECIPE

CENTURY-OLD BERRY KUGEN

Growing up in midcentury Ohio, Vicki Goldsmith lingered often in the farmhouse kitchen of her grandmother, Laura Keck. Her grandparents lived on a 10-acre farm, complete with a garden, an orchard, two cows, two pigs, 20 chickens in the yard, one dog and a bunch of cats.

Over the years, Goldsmith has traveled far from that Ohio farmstead. Launched in 1962, her teaching career took her to an Army post in the Utah desert, New York state, Upper Michigan, Taiwan, Warsaw and Ohio. In 1989, she began teaching English at Roosevelt High School in Des Moines, and in 2005 she was named Iowa Teacher of the Year. She retired from teaching in 2006.

While it's been more than six decades since she spent time in her grandparents' farmhouse, Goldsmith keeps one cherished culinary tradition alive: She makes her grandmother's Berry Kugen often.

The dessert, a fruit-and-custard pie, was originally the recipe of Laura Keck's mother-in-law, Manno, who hailed from Germany. Goldsmith guesses that the pie was a "farmwife's last resort."

"It was likely something my great-grandmother came up with when she didn't have quite enough fruit to make a double-crust fruit pie," Goldsmith says.

I first tasted the pie when Goldsmith brought it to a potluck in 2006. When compared with the endless crème brûlées, flourless chocolate torts, gooey molten cakes and other ultra-rich desserts I encountered back in those days, Vicki's bright fruit-filled, sweet-and-tangy pie was a revelation and the kind of dessert I always long for: one that makes you feel better for having eaten it, not worse. It's perfect for summer—especially when you spot some plump, ripe berries at a farmers market. Best of all, it's easy enough to help you get in and out of the kitchen fast on a beautiful day.

A word on the name: Goldsmith calls the recipe a "kugen," which, she surmises, is simply the way her family pronounced the German word "kuchen." Never mind that German kuchen are usually more akin to a cake. The pie and its name have passed through at least one century of family lore, ever since Laura Keck married Manno's son in 1919. The errant moniker reminds me of the way my own grandmother called a roux a "goo"—back when each family had its own kitchen language, back when there were no smarty-pantses with cellphones and Google to correct anyone.

Let's hold on to this lovely dessert's name as it sweetens the next century, shall we? —Wini Moranville



Vicki Goldsmith's Berry Kugen

Pastry for a 9-inch pie (Goldsmith uses a purchased refrigerated pie crust, such as Pillsbury)

- 2 cups fresh berries (such as raspberries, blackberries or blueberries) or 1 15-ounce can tart red pitted cherries (not cherry pie filling), well drained
- 1/2 to 1 teaspoon cinnamon (to taste)
- 2 eggs
- 1/2 cup sugar*
- 1 teaspoon vanilla extract
- 8 ounces sour cream

1. Heat the oven to 350 degrees. Line a pie plate with a crust and crimp the edge. Scatter the fruit evenly over the bottom of the crust and sprinkle with the cinnamon.
2. In a medium bowl, beat the eggs, sugar and vanilla until combined. Beat in the sour cream until well blended. Pour this mixture over the fruit in the crust.
3. Bake in the preheated oven until the center is set and slightly puffed, about 40 minutes, covering the edges of the crust during the last 20 minutes of baking to prevent overbrowning.
4. To serve warm, cool on a wire rack 1 hour. You can also serve this pie chilled. Whichever way you serve it, be sure to cover and chill the pie within 2 hours of baking. Makes 8 servings.

* If using the canned tart cherry option, increase sugar to 3/4 cup total.

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SAVOR



PHOTOGRAPHER: DUANE TINKEY

WHAT'S FOR LUNCH?

TANGERINE

Tangerine, a respected local catering company that took over operations of the Des Moines Art Center's restaurant last February, is serving the kind of ambitious, modern and fine-tuned food that you'd hope to find in an important art museum.

Though my initial visit fell on a chilly, bleak day, the longing for warmer weather made me say, "Yes, please" to the cream of asparagus soup (pictured right). What I loved was the way subtle-but-insistent za'atar seasoning added a toasty warmth, while still letting the produce's brightness shine through. The woodsy cream of mushroom soup felt equally alive.

Who orders a burger at the Art Center? From now on, I'll be eyeing it. The Dave's Burger #1 (pictured left) brought an artful stack of beef, pepper-bacon, slow-roasted tomatoes, garlic-herb and cheddar cheeses and fried leeks. I can hardly wait to find out what Dave's Burger #2 will bring.

Ultimately, my dining companion and I floated out the door on a high note thanks to both the ultra-moist almond

cake with burnt orange marmalade and the chocolate marquise (an insanely decadent chocolate dessert that's denser than mousse but more elegant than a flourless chocolate cake).

Who are these people? Tangerine owners Cherry Madole and Susan Madorsky have quite the culinary pedigree. Madole trained at New York City's Culinary Arts Pastry and Baking Program and honed her craft in the pastry kitchen at Cafe Bouloud, among other spots. Madorsky has worked from Portland, Oregon, to Chevy Chase, Maryland, with stops in San Francisco (to train under famed pastry chef Jim Dodge at the Stanford Court) and Washington, D.C.'s Willard Hotel.

The chef is Dave Malfara, who has worked at Bistro Montage, Grand Piano Bistro, 801 Chophouse and Baru 66. The pastry chef is Kelsey McCreight Williamson, who spent the last decade perfecting her craft in Minneapolis, including stints at Rustica Bakery, Spoon & Stable and Bellecours.

—Wini Moranville



WHAT TO DRINK NOW A MUST-TRY MOCKTAIL

If you're pregnant, the designated driver or tackling a "dry month" challenge, your options at metro bars and restaurants are growing beyond "water or club soda?" Echoing national trends—Pinterest searches for all things nonalcoholic jumped by 746 percent last year—creative bartenders are embracing the booze-free mocktail movement.

"I love the mocktail trend. It lets people who don't drink or aren't drinking feel like they're part of the group," says Jason Garnett, the managing partner and general manager at Juniper Moon. "We are all for supporting and encouraging healthy decisions for our guests."

From a business standpoint, it makes sense to champion complex no-spirit quaffs. Besides being bigger earners than water, they're a unique challenge for Garnett and his team,

including bartender Dave Murrin-von Ebbbers, who helped develop a few mocktails for the bar's summer menu.

One new made-for-warm-weather Juniper Moon mocktail is *They're All Going to Laugh at You* (pictured, opposite page), consisting of coconut, cinnamon, passion fruit, lemon, ginger and soda. Another one is *Arturo Arturo* (pictured, this page), which features tepache—a traditional Mexican drink made from pineapples—as well as vanilla, macadamia orgeat, banana and club soda.

The drink is "named after an international student living with my sister's family and his father, both named Arturo. Arturo Sr. lives in Mexico, and our tepache recipe is inspired by his secret family recipe," Garnett says.

—Karla Walsh





"I LOVE THE
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TREND. IT LETS
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DRINKING FEEL
LIKE THEY'RE
PART OF THE
GROUP."

JASON GARNETT

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SAVOR



Using a chitarra (which means "guitar" in Italian) is a simple and fast way to make homemade spaghetti.

PHOTOGRAPHER: DUANE TINKEY

TOOL KIT

GO-TO GADGETS

A well-stocked kitchen is key to making meals at home easier—and less stressful. Luckily, you don't need mountains of pricey equipment. The culinary pros we spoke with swear by a sharp knife and these affordable yet indispensable products. Find them at Kitchen Collage (430 E. Locust St.), Cooking with Alessandra (33 E. Grand, Suite 103), and other kitchen and restaurant supply stores.

JAY WANG, OWNER OF THE WASABI RESTAURANT GROUP:

"We always have **Chinese cast-iron woks** in our kitchens. Once woks are properly seasoned, they become nonstick and we can use them for stir-fries, of course, as well as steaming, deep-frying, roasting and braising. The Chinese wok holds much higher heat than a traditional pan—that's why this kind of wok makes a lot of Asian dishes taste unique."

ALESSANDRA MESCHINI, OWNER AND INSTRUCTOR AT COOKING WITH ALESSANDRA:

"I swear by my **chitarra**, a classic Italian pasta cutter [pictured, opposite page]. It's one of those kitchen tools that's also beautiful to display—and it doesn't make any noise. It's a simple and fast way to make the best homemade spaghetti. There's no need to be an expert or have a secret recipe when you have a chitarra."



"THERE'S NO
NEED TO BE AN
EXPERT OR
HAVE A SECRET
RECIPE WHEN
YOU HAVE
A CHITARRA."

ALESSANDRA MESCHINI

TROY TROSTEL, EXECUTIVE CHEF AND OWNER OF TROSTEL'S GREENBRIAR:

"I use a **mandoline slicer** daily to score perfectly even and thin vegetable slices."

LYNN BLANCHARD, TEST KITCHEN DIRECTOR AT MEREDITH CORP.:

"Having a good **meat thermometer** helps me cook and grill meat with confidence. It's definitely worth the investment to help me avoid overcooked steaks or undercooked chicken. Some models can even be programmed with alerts to notify you when your food has reached a certain temperature."

BRIAN DENNIS, 801 CHOPHOUSE EXECUTIVE CHEF:

"A **digital scale** helps our team create consistent recipes, since we can weigh and measure ingredients."

—Karla Walsh

WHAT'S BUZZING

VEG OUT

Cauliflower-powered cuisine. Spiralized squash-a-palooza. Brussels sprouts and beet salad bounty. It's clear that produce is having a moment in 2019. Still not convinced about plant-based plates? Enroll in the Aug. 14

"Vegetables That Don't Suck" course at the Des Moines Social Club's Culinary Loft. You'll learn how to make vitamin-rich twists on comfort foods, including cauliflower fried rice, zucchini pizza boats and breaded cauliflower. In lieu of fad diets, the focus of this class, according to its promoters, is to "help you be the person you believed you were when you bought all that produce." Sounds like the perfect antidote to our habit of overbuying at the farmers market.

WHEELY GOOD DRINKS

Coffee culture continues to gain buzz in Des Moines. Northern Vessel (@northernvessel on Instagram), the latest new spot to cure your java jonesing, drives onto the scene bearing alcohol-free mixed drinks, too. With a slow launch that was expected to start early this summer, T.J. Rude, 26, and Aaron Yahi, 28, aim to use their coffee cart to "serve creative drinks at events around the Midwest to feed the growing coffee and creative community," Rude says.

The duo put their woodworking skills to use to build the cart. They envision Northern Vessel pulling up to



T.J. RUDE AND
AARON YAHİ

local corporations to caffeinate employees after they reach a business milestone or fueling wedding revelers through the reception with mocktails, then sending them home with upscale coffee drinks. "Our cart and charisma can help take a beautiful event and throw it over the top," Yahi says. Northern Vessel can be booked for private parties or impromptu tastings through northernvessel@gmail.com.

CURATED CUISINE

"In Paris, there are all kinds of shops where you can wander in and grab a baguette, charcuterie and a bottle of wine—and that's the basis of a great meal," says Michael LaValle, president and CEO of the Des Moines Embassy Club and co-owner of Port of Des Moines LLC with his wife, Lisa. Come July, LaValle and his Port of Des Moines team are aiming to add a

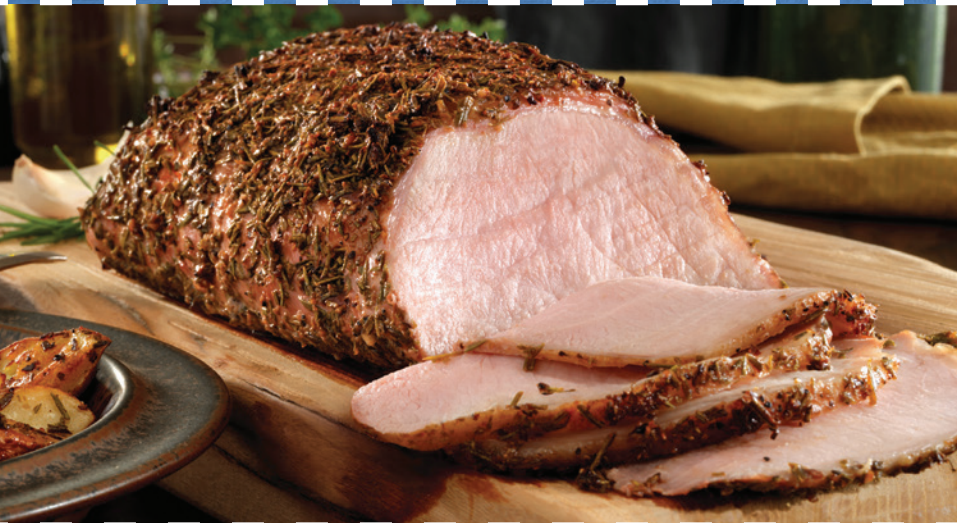
similar, French-feeling market to the East Village with Purveyor (505 E. Grand Ave.). It will join their sister properties the Riverwalk Hub, Trellis at the Greater Des Moines Botanical Garden, Doré Bakery and the River Center.

"We plan to be very Iowa-centric, with local meats and in-house accoutrements like pates, rillettes and pickled vegetables, but with a European approach, including some great wines from our friends in the winery business," adds Jake Miller, general manager of Port of Des Moines. So whether you're throwing a dinner party and want to outsource everything but the entree or you're planning a picnic during a Nitefall on the River concert, Purveyor will have grab-and-go goodies for everything from prosciutto to pâte à choux. We're already booking our schedules with workouts to balance out all of the indulgence to come. ■ —Karla Walsh

HIGH IN PROTEIN. LOW IN CALORIES.



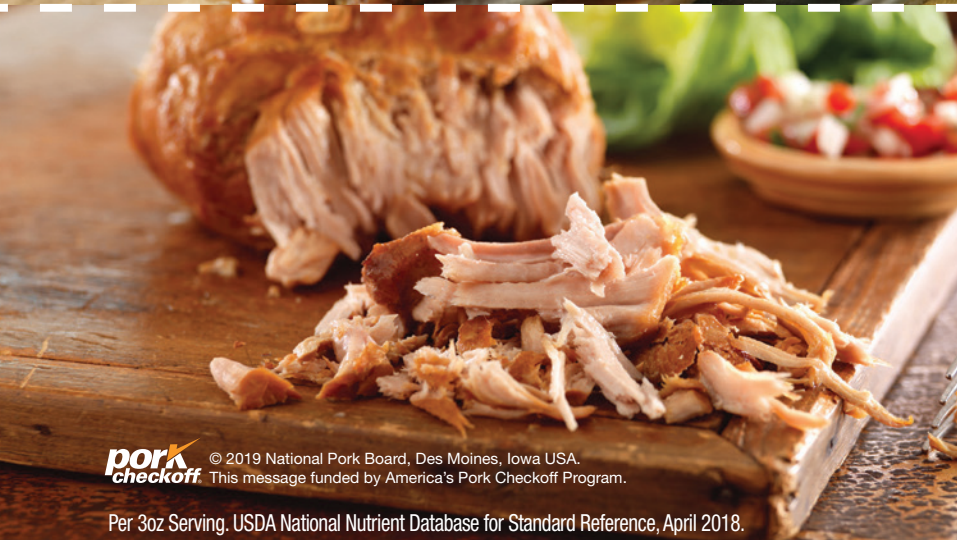
pork.org/cooking



PORK LOIN
24g PROTEIN
159 CALORIES



PORK TENDERLOIN
22g PROTEIN
122 CALORIES



PORK SIRLOIN
24g PROTEIN
173 CALORIES

pork
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This message funded by America's Pork Checkoff Program.

Per 3oz Serving. USDA National Nutrient Database for Standard Reference, April 2018.



IOWA
PORK
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ASSOCIATION

**SHAWN JARRETT II**

(who goes by the name "sqvce" when performing)

Age: 23

Profession: Artist

How would you describe your style?
Different, blessed, versatile.

The piece of clothing or accessory you couldn't live without: There's no material item that I can't live without. Also, I make the clothes/accessories; I don't let the clothes/accessories make me.

The part of your style you're most known for: I just let the fashion speak for itself.

Any fashion regrets? I don't regret anything. Ever.

Hobbies or passions: Making music, modeling, gettin' buckets and looking good.

PHOTOGRAPHER: JOELLE BLANCHARD



'SMITTEN'
SANTA FE'S
CULTURE
AND HISTORY
CAPTIVATE
ELLEN AND
JIM HUBBELL.

WRITER: LISA LAVIA RYAN

Jim and Ellen Hubbell's love affair with Santa Fe, New Mexico, happened by accident.

"Jim and I had both been to Santa Fe, independently and together, earlier in our lives and in visiting friends while we were dating, and we both had a positive impression of the city," Ellen Hubbell says. "It just so happened that as time went on, many of our friends ended up owning homes there."

On one of their visits, when they were at breakfast, one of those friends

"suddenly said, 'Ellen and Jim, you have one more day in Santa Fe, and I know a real estate person. Let's go!'"

The Hubbells immediately staked their claim, Ellen says: "We saw a particular house, liked it, came back to Des Moines, and I was in a meeting one day when Jim texted me—he never texts me, so I knew it was a big deal—and said, 'It's ours.'"

"It took me a moment to realize he was talking about the house. I didn't even know he was putting in an offer—



PHOTOGRAPHY COURTESY OF TOURISM SANTA FE



Opposite: Above Santa Fe, Sun Mountain beckons hikers to explore the region's natural beauty.

This page: Strolling among abundant downtown shopping opportunities offers a different "hiking" experience.

INSIDER'S GUIDE

but you either 'get' Santa Fe or you don't, and he knew I was smitten."

Five years later, the Hubbells remain smitten, spending half the year in Des Moines and the other half in the arts-and-culture destination whose full name remains *La Villa Real de la Santa Fe de San Francisco de Asis*—"The Royal Town of the Holy Faith of Saint Francis of Assisi."

Here are some of Ellen Hubbell's recommendations for ways to enjoy Santa Fe like a local.

Immerse yourself in history: The oldest capital city in North America and the oldest European community west of the Mississippi, Santa Fe "builds quite the cultural study," Hubbell says.

She advises researching the 400-year-old city before you visit. "From the history of Native American populations there to Spanish Colonial history, there is so much to learn," she says. "There are many museums that pay homage not only to Santa Fe's history, but to its arts and culture. Museum Hill has four world-class museums, and we have been enthralled by all of them."

The Museum Hill cultural area is home to the Museum of Spanish Colonial Art, the Museum of Indian Arts and Culture, the Museum of International Folk Art, and the Wheelwright Museum of the American Indian. The Santa Fe Botanical Garden also is located there.

Get your art on: The annual International Folk Art Market is July 12-14 this year, and Hubbell, who's on the board of the Des Moines Art Center,



The Santa Fe Plaza downtown is a National Historic Landmark.

"thought it might be fun to organize a 'field trip' to the festival," she says. "I'm delighted that people from our own Art Center in Des Moines will be able to experience this incredible array of arts and crafts from all over the world."

"The best folk artists on the planet are here," she adds, "creating everything from jewelry to ceramics to the most amazing textiles you will ever see. Folk art from Mexico has a huge presence here, and it is wondrous."

Hubbell also is a fan of the Santa Fe Indian Market, held annually in August (17-18 this year), but she recommends getting there early: "It's one of the most beautifully curated markets I've ever seen, but it's so popular that if you go at 7 a.m., some of the stands are already sold out." It's still a must-see, she says, whether you're a collector or simply want to learn more about Native American art.

Hubbell also recommends visiting



The city has nearly 250 art galleries.

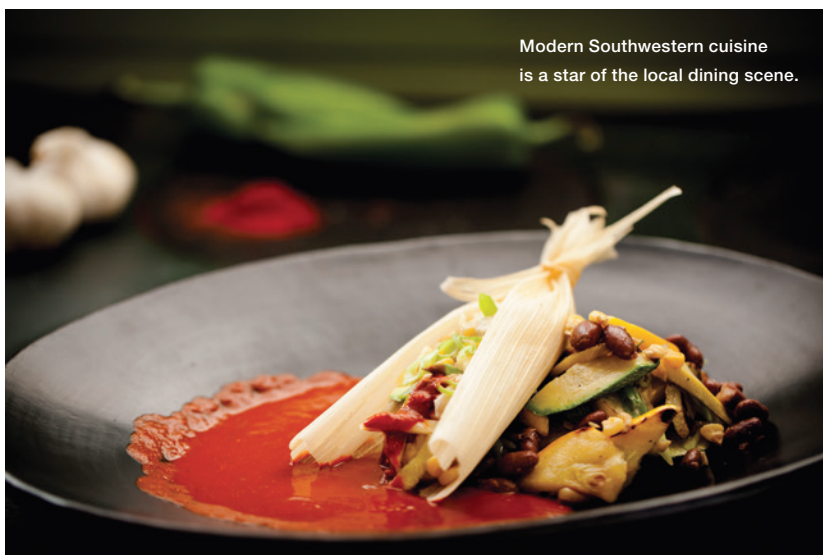
the city's renowned art galleries. No matter what type of art you prefer, you'll find it in Santa Fe, she says, adding that you'll likely make friends with an artist or two. She favors Gerald Peters Gallery for contemporary ceramics—"It's pottery heaven there"—King Galleries for "examples of any type of pottery you could ever think of purchasing," and Adobe Gallery for Southwestern pieces.

Dance to la musica: From classical to mariachi, Santa Fe's music scene is as diverse as its history. Hubbell says attending a performance of the world-acclaimed Santa Fe Opera, which was established in 1957, is "one of the most phenomenal experiences you'll ever have; the big opera house is out in the desert, and the sun sets behind the stage."

She also suggests planning a trip around the Santa Fe Chamber Music



Visitors will find well-curated selections of pottery and jewelry.



Modern Southwestern cuisine is a star of the local dining scene.

Festival; the season runs from mid-July to mid-August and includes a variety of performances. Other considerations: The New Mexico Performing Arts Society is recognized as one of the state's top music presenters, bringing artists of all disciplines to Santa Fe for concerts, educational programs and immersive experiences. The Santa Fe Bandstand is a destination, as are the city's many theater-performance centers; street musicians are numerous and worth a stop-and-listen.

Grab a bite: The Hubbells' home is within walking distance of three top restaurants, including the famous Coyote Cafe, which was one of the progenitors, in the 1980s, of the fresh-and-local movement. "They serve modern Southwestern cuisine that is like nothing you'll ever taste," she says. "We're also big fans of Geronimo, which serves American cuisine in some really unique ways, and Compound, which is my favorite place for lunch." (Her go-to meal there? Chicken schnitzel with a side of onion rings.) Other Hubbell honorable mentions: the Shed, the Plaza Cafe and Tomasita's.

Shop: A shopping destination, Canyon Road has more than 100 shops, galleries and restaurants. Hubbell's picks: Cicada Collection ("one-of-a-kind [women's clothing] in an incredibly lovely setting"); Santa Fe Dry Goods ("high-end, with fine jewelry and a lot of the brands that I look for"); and La Boheme ("well-curated with a wonderful aesthetic"). ■

Find more info: Tourism Santa Fe, santafe.org.

'NATURE DOESN'T JUDGE'

WRITER: KARLA WALSH
PHOTOGRAPHER: DUANE TINKEY

"A sense of wonder is so important—for kids and adults," says Jenn Riggs of Des Moines.

That sense of wonder includes the need to wander for Riggs, who, as the founder of Wander Women Iowa, is now devoted to getting women outdoors, where they can explore nature on hikes and weekend campouts with other women.

As a child of the 1980s, the now-37-year-old Riggs first found that wonderment along the Mississippi River and in local parks near Wilton, a town of about 2,800 people in eastern Iowa.

"A lot of my childhood was spent outside," she says. "My cousins and

I entertained ourselves biking around the neighborhood and fishing at creeks and ponds around town."

The wonder continued in college, where Riggs majored in cultural anthropology and environmental studies. That's also where she met Jake Larson, who enjoyed all things outdoorsy, too. "We got into hiking and camping together, [though we] admittedly started out very much as amateurs," Riggs recalls. "One time we forgot utensils and had to make them out of sticks and tin foil—but we loved the freedom and the fresh air."

Eventually, Riggs and Larson, who works in environmental policy, got married and started a family. Nine years ago, Nena arrived, and Hugo joined her three years later. "It was very important to me that Nena and Hugo be outside as often as possible," Riggs says. "Seeing it through their eyes was very cool."

Through those awesome moments, however, Riggs struggled with postpartum anxiety and depression and felt like her sense of wonder was lost. Seeking to feel more like herself, she tried everything from exercise to therapy to antidepressants. Eventually she realized she hadn't spent time outside by herself since having her children.

"Going outside solo again—whether it was walking through the neighborhood or hiking through the woods—was a turning point for me," she says. "I feel like I'm home when I'm outdoors. Honestly, nature healed me."

Riggs returned to school at Des Moines Area Community College to study more about science and the environment, which led to an internship with a water quality education program at Iowa State University and eventually to a position with DMACC's Urban Campus as its sustainability coordinator.

In the spring of 2018, Riggs gathered a handful of friends to pitch the idea of Wander Women Iowa after

she was inspired by Trail Women, a California group she heard about on the podcast "She Explores."

Her friends wholeheartedly supported the concepts promoted by Wander Women Iowa, which aims to expose more women to the outdoors in a welcoming, nonintimidating way through all-inclusive trips. Riggs founded it specifically for hikes and adventures in Iowa.


"By December 2018, we launched the website [wanderwomeniowa.com] and it's taken off. Our first five weekend trips have sold out. It's been a wild, crazy and fun ride," Riggs says.

In addition to all food and drink, Wander Women guides provide sleeping pads and bags, tents, camp chairs, and hands-on outdoors skill instruction to eliminate some of the common barriers to entry.

"I want to challenge the norms of what an outdoorsy person is," Riggs says. "People may feel out of place outdoors because of their experience level, abilities, skin color or size. But nature doesn't judge."

After the slate of summertime weekend trips sold out, Riggs and her three fellow guides began planning cabin trips for late fall and winter (including snowshoeing and winter hiking) and day hikes as a lower-cost, shorter-term option.

"Our hope is that after a Wander Women trip, women then organize a trip or hike on their own," she says. "We fall into our roles as parents and employees, and being outside helps adults find delight in experiences again."



"I WANT TO
CHALLENGE
THE NORMS OF
WHAT AN
OUTDOORSY
PERSON IS."

JENN RIGGS

"I feel like I'm home when I'm outdoors," says Jenn Riggs, who strives to share that feeling through Wander Women Iowa.

A POLYMATH'S PURSUITS

WRITER: CHAD TAYLOR
PHOTOGRAPHER: DUANE TINKEY

"I was born on a bathroom floor in Noblesville, Indiana."

Talk to Betsy Rudicil for any length of time and you'll find that this is not the only facet of her life that sounds like it belongs in a Nick Cave song. Nevertheless, that's how we start: in the middle of Indiana, with Rudicil's mother lying on the bathroom tile.

"I was late," Rudicil explains. "I was the third kid. My mom was flustered that I was taking my own sweet time coming out. She had always

wanted a home birth, so one night she just woke up, went into the bathroom, had me, then woke up my dad."

From that semi-chaired introduction to the world, and for most of the 39 years since then, Rudicil has been a genuine polymath—someone whose talent in a variety of fields is excelled only by her curiosity and passion for exploring new challenges.

That alchemy of innate ability and seemingly boundless enthusiasm has served Rudicil well in a life that took her from Indiana and Medford, New Jersey, before settling in Des Moines in 2004. Along the way, and often simultaneously, Rudicil has been a ballet dancer, model, actor, photographer, poet, carpenter, wife and mother of two.

Rudicil was in fifth grade when she landed her first modeling gig, posing for a department store catalog—she forgets which one. The shoot was taking place at a friend's house. Rudicil went over to play, and the art director decided he had found his new cover model.

For Rudicil, modeling is something that has come and gone in her life with little effort on her part. Her nascent acting career is similar—"I didn't get that job because I auditioned," she says of a 2016 national commercial for Gordman's, in which she rappels down a large storefront. "I got asked to do it because I was willing to jump off a building."

Beyond a sense of daring, though, Rudicil also possesses natural physical aptitudes. Lithe of build and erect in posture, she moves with an almost casual fluidity, even while in the throes of mundanity. That she was a dancer isn't surprising, but whereas most accomplished dancers begin almost before they can walk, Rudicil didn't

begin serious study until she was a teenager. During her freshman year of high school, she began studying with the Joffrey Ballet.

"It was intense," she says. "Practice six days a week, monitoring food, monitoring activities. At one point we were told that we weren't allowed to run in gym class anymore, because running activates different muscles than dancing."

While with the Joffrey, Rudicil danced in the company's annual performances of "The Nutcracker," as well in "Sleeping Beauty" and "The Adventures of Dorothy," a take on "The Wizard of Oz."

Rudicil had plans to forestall college so she could pursue a dance career, but a back injury during her junior year forced her to reevaluate, and she eventually attended the University of Dayton, where she graduated with degrees in psychology and photography.

Of all her interests, with the possible exception of carpentry, photography is the one that most occupies Rudicil's mind and heart. She's the official photographer for First Fleet Concerts; her work has been published in the Des Moines Register;



“WHEN SHE
TAKES
SOMETHING
ON, SHE CAN
SEE IT
THROUGH
FROM START
TO FINISH
WITH LITTLE
TO NO
GUIDANCE.”

SAM SUMMERS

Betsy Rudicil has a passionate curiosity about life that has led her take on jobs as diverse as ballet, photography and carpentry.

and her photos have been featured in commercial work for companies ranging from Willowsong Midwifery to Interstate Battery.

"I love having a creative flow that can go from very hard work—the manual labor—to capturing the results of that work on film for other people to enjoy," she says, explaining her various interests. "I like having that fluidity."

That manual labor has included working on the construction teams for a variety of entertainment venues. "Wooly's, Grateful Chef," Rudicil says, listing off projects she has helped build, "xBK, Hinterland, Big Country Bash, Up/Down ..."

Her first major project in the city was Wooly's. From there, Rudicil has worked on the crews that have built Up/Down arcade bars in five different cities. On every job she works, Rudicil serves as a kind of jack-of-all-trades: One day she'll do demo and knock down interior walls; the next will see her finishing trim work or laying tile. She's even remodeled every room in her own house.

Rudicil also spends a long weekend each summer in St. Charles at the Hinterland Music Festival, climbing scaffolding, putting out fires (usually metaphorical; occasionally literal), and roaming the backstage area, ensuring everything goes smoothly. (The festival is Aug. 2-4 this year.)

"Betsy has a ton of pride in the projects she does for us," says Sam

Summers, founder of First Fleet Concerts, Hinterland, Wooly's and Up/Down. "When she takes something on, she can see it through from start to finish with little to no guidance."

Most of the guidance she *does* get on a job site comes from her friend and business partner, Brad Brotherton. The pair met when Rudicil enrolled in a fitness class that Brotherton was

"I LOVE HAVING A CREATIVE FLOW THAT CAN GO FROM VERY HARD WORK—THE MANUAL LABOR—TO CAPTURING THE RESULTS OF THAT WORK ON FILM FOR OTHER PEOPLE TO ENJOY. I LIKE HAVING THAT FLUIDITY."

BETSY RUDICIL

teaching. Brotherton was working on what would become Wooly's, and asked Rudicil to come down and photograph the job site. Once there, however, Rudicil became more interested in

helping with the construction than with documenting it.

"She was just always there," Brotherton says. "She started out as an extra hand, and it grew from there."

"I've done construction for 20-some years," he adds. "I honestly don't see a whole lot of females doing the jobs I do. For her to take that initiative and even want to try jobs like that, I respected that."

"It can be intimidating being the only female" on a construction site, Rudicil admits. "There are 35 men walking around with more experience and ..."

She lets her voice trail off, then adds: "I don't feel like I have the luxury of messing up because it's like I'm representing my entire gender. That's what gets in my head the most. Because if I'm the only woman you've ever seen on a construction site, then if I mess up, I've ruined it for women."

Outside of her construction work, Rudicil takes photos as time allows. She's raising her son, Jackson, 10, and daughter, Leelia, 13. She still models from time to time, and this past fall she enrolled in a dancing class downtown.

"I have one job," Brotherton says with a laugh. "I'm a carpenter. She's got a *ton* of jobs. I don't know how she does it."

"I think the reason I still do all of them is simple," Rudicil says after a half-second's thought. "I want to still be excited by all of them. By life." ■

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WEDDINGS



1. Stefan R. Gailans and Catherine Rosson DeLong
Sept. 22, 2018
Photographer: Benjamin Sandness
2. Hilary Holmes and Paul Lacy
Dec. 31, 2018
Photographer: Aly Carroll Photography
3. Jake Underwood and Clara Haneberg
Aug. 18, 2018
Photographer: Aly Carroll Photography

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



Doré, the word for golden in French, symbolizes excellence. In baking this represents the artistry and passion that makes each dessert the best it can possibly be. Our emblem is a variation of a honeycomb, inspired by the hardworking and industrious honeybee.

Doré is Des Moines finest high end bakery featuring custom, made to order desserts. Chef Nik Pugmire creates everything from scratch and customized specifically towards your event. From decadently unique cakes to seasonal macaroons or rustic tarts, schedule your private consultation and get your orders in today!

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Do you find it tricky to give your outdoor space a cohesive design? Does your patio set look bare? The key is to approach it as if you are decorating your living room. Look for throws, candles and pillows that you would normally imagine in your home. Once you have the color palette, design style and furniture picked out, accessorizing will bring your space to life.

Personalize it! Add a few pillows in your favorite color. Throw down a chevron weather-resistant rug to create the sense of a "room." Choose some funky pottery to set on your coffee table. These might seem like small details, but the little things

reflect who you are the most! Your outdoor sectional can't do that as easily - even though we love it.

Set the table. Fresh salads, sliced watermelon and mojitos are best enjoyed under the bright, summer sun. Dine alfresco with a trendy outdoor dining set from Homemakers. Decorate the center of your table with potted plants, lanterns and succulents. You'll be surprised how much it changes your dining experience.

Outdoor accessory shopping at Homemakers is a breeze. Our seasonal marketplace is filled with summery accents like potted plants, WoodWick candles, pillows, throws, lanterns and statuettes. Talk about inspiration! Then, stroll to the outdoor department and you'll find room set-ups that feature more great accessories. Decorating outside is smooth sailing with Homemakers. Drop by the showroom and make your dream outdoor space a reality.





76

HOME

Summerize

DESIGNERS OFFER WAYS TO BRING THE SEASON INTO YOUR HOME'S DECOR.

WRITER: KELSEY BATSCHELET
PHOTOGRAPHER: DUANE TINKEY

Ah, summer. When the days are sweetened by fresh lemonade on porches and long evenings at barbecues and baseball games. Don't let that summertime feeling stay confined to the outdoors, though. Bring the bright, sun-drenched vibes of the season inside with these tips from local designers.




Lighten Up

KATHY SORBE, THE ELEMENTS

At the Elements, owner Kathy Sorbe preaches authenticity. “A home should represent your personality, not a trend,” she says. And to freshen up that personality for the summer months, Sorbe recommends decluttering to open up a space, while bringing in light colors and earthy materials.

“Pull the drapes back, let the light in and get rid of all the tchotchkes that warm up the space in the winter,” she advises. “Bring in fresh, clean fabrics, such as linen, in natural shades of tan, off-white and foam.” By pairing natural textures, such as ceramics and cotton, with clear, sparkling glasses, you can recreate the refreshing sensation of the season.



Add Bright Colors

JULIE YOUNGBLADE, JY DESIGNS

When *dsm* spoke with Julie Youngblade, owner and designer at JY Designs, she had just returned from market, where she got the lowdown on the newest design trends. "Richer color palettes are coming onto the scene, paired with more natural textures, like unpolished wood and matte finishes," she says.

For summer, she suggests "changing out an accent color to something bright and reminiscent of vacation." Those accent colors can come in the form of throw pillows, dining room placemats—or even a plant. "Adding a vibrant plant to the space can make the indoors feel as lively as the outdoors," she says.



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TOUCH TO
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through the Design Place
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Use Functional Accents

JEN HAYWOOD, TEXTURIOUS DESIGNS

The way we decorate a space has power, according to Jen Haywood, owner of Texturious Designs. “The colors, materials and textures we decorate with can be powerful influencers on our mood,” she says. In the summer, she recommends bringing the feel-good, smell-good vibes of the outdoors in.

“Most people put flowers on their dining room table, but placing a pot of herbs in the center of the space is both functional and a creative way to bring the season inside,” she says. “Then you have the herbs right there where you’re cooking with them.” Adding a pot of rosemary or mint to the center of the table brings fresh, earthy smells to the room and gives you easy access to a garnish for your drink or flavor for a dish. ■



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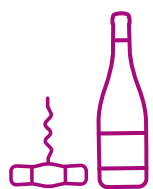
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TASTE THE TOWN

2019 RESTAURANT WEEK AUGUST 16–25, 2019

WRITER: KARLA WALSH

PHOTOGRAPHER: DUANE TINKEY

It's back—bigger, better and, dare we say, *tastier* than ever! That's *dsm's* Restaurant Week, Aug. 16-25.

BIGGER? 44 participating restaurants, the most ever.

BETTER? Restaurant Week opens this year with a new fun kickoff event Aug. 15 from 5 to 7 p.m. with food and music in Ankeny's District Town Square at Prairie Trail on Southwest Main Street.

TASTIER? Our photo sessions confirmed what we suspected based on our sneak peek at the menus—a week of exceptionally flavorful meal choices.

And of course we're **keeping the best aspects** of past Restaurant Weeks:

- 10 days of specialty meals and special deals.
- \$28 for two lunches.
- \$28 for a three-course dinner.
- A \$600 prize-package drawing (see details, page 23).

Many restaurants will offer both lunch and dinner; some are just offering lunch or dinner, but all are excited to host you and share their latest and greatest.

Craving more details? Visit dsmRestaurantWeek.com and follow the fun on facebook.com/dsmrestaurantweek and on Instagram ([#dsmrw2019](https://twitter.com/dsmrw2019)). We also have a handy app (search "dsm restaurant week") and are tweeting while we eat at (@DMRestaurantWk). Participating restaurants are profiled on the following pages; they're also listed on the website, where the complete Restaurant Week menus will be added early in August.

ON THE COVER: GREENS REACH NEW FLAVOR HEIGHTS AT THE REPUBLIC ON GRAND, THE RESTAURANT AND LOUNGE ATOP THE EAST VILLAGE AC HOTEL. PICTURED: CHARRED APPLE SALAD WITH SPRING MIX, WHITE CHEDDAR, CHIVES, ROASTED APPLES, LA QUERCIA PROSCIUTTO, PICKLED ONION, SPICY PECANS AND HONEY-LEMON VINAIGRETTE. THE REPUBLIC ON GRAND WILL OFFER THE SALAD ON ITS RESTAURANT WEEK MENU.

ON THE MENU

PEACH PANZANELLA WITH BLUEBERRY-PROSECCO VINAIGRETTE

VINO 209 WINE CAFE

Situated along the main street of the Valley Junction Farmers Market, this bistro and wine bar recently opened a new patio out back. And when it's nice out, the owners can pull up the garage door-style window near the entrance to bring a bonus breath of fresh air into the historic space. So it only stands to reason that chef Andrew Phelps is all about seasonal ingredients for his Restaurant Week menu. Fresh melon, mint and Iowa corn are featured in an appetizer and an entree. A standout for all things summer is the panzanella, a play on a classic bread salad from Italy with juicy peaches and more traditional tomatoes. It also includes what Phelps calls "the Ferrari of mozzarella cheese," fresh burrata. The final flourish is an ultra-appropriate vinaigrette for Vino 209, as it starts with a splash of Italian sparkling wine that's then mixed with simmered blueberries, balsamic, fresh herbs and olive oil.



RESTAURANT WEEK PARTICIPANTS

ALBA

524 E. SIXTH ST.; 515-244-0261

albadsm.com

Chef Mason Altheide and his kitchen team have mastered the Alba classics, including heavenly light gnocchi and perfectly flowing chocolate lava cake. (Both are adored by fans so much, owner Jason Simon claims they can't leave the menu.) Still, the crew at this East Village bistro finds savvy ways to mix things up, such as their recently added homemade bread program, a rotating crop of cast-iron creations, and a constantly expanding wine list designed by general manager Garrett Dotsch. Look for the fan favorites, plus new twists on salmon, beef and pasta. No matter what you order, settle in for comforting flavors and locally sourced ingredients.

AMERICANA

1312 LOCUST ST.; 515-283-1312

americanadsm.com

With a dining room that overlooks the John and Mary Pappajohn Sculpture Park, this two-story restaurant occupies a former car dealership on Locust Street. While it may be known most for its all-you-can-eat brunch, Americana offers much more than mimosas and omelets. The lunch and dinner menus include a selection of comfort foods with a twist, featuring options on the lighter (avocado wedge salad, Asian chicken lettuce wraps) and indulgent (lobster mac and cheese, bacon-wrapped meatloaf) ends of the spectrum. Watch for a similar theme on their Restaurant Week menu, and pair your order with a classic cocktail.

APOSTO

644 18TH ST.; 515-244-1353

apostodm.com

Aposto, an Italian term, roughly translates to "everything is right." That's what you can expect if you're seeking a romantic, Mediterranean meal. Located in a classy yet cozy 1880s Sherman Hill Victorian mansion, Aposto focuses on Italian pastas, braises and snacks, although French, Latin, and other flavors every so often sneak into chef Shawn Bennigsdorf's thoughtful recipes too. Visit Aposto's website to reserve a table for dinner; they're open Wednesdays through Saturdays. Feel like fresh air? Ask for a table on the wrap-around patio that's lined with petunias that originated in the garden of owner Tony Lemmo's mom, Lou Ann. (Also, don't miss her recipe for mascarpone-frosted walnut Italian Wedding Cake on the dessert menu. It has a cult following for good reason.)

BAH BRAZILIAN STEAKHOUSE

2301 INGERSOLL AVE., NO. 500

515-705-0085

bahbraziliansteakhouse.com

One of two new Brazilian steakhouses on the Des Moines dining scene this year, BAH has joined Ingersoll's growing restaurant row. Its all-you-can-eat format flaunts an array of churrasco meats cooked over an open-fire grill and delivered to your table until you say "uncle!" Beef, pork, lamb, chicken and sausage are parts of their signature dinner. Feeling a bit less ravenous? You can opt for seafood or the salad bar only, or peruse the tapas menu for small plates to share, such as salads, empanadas and polenta fries. You can also stop by for a dessert like Brigadeiro (Brazilian chocolate fudge, which will appear on their Restaurant Week menu).

BONEFISH GRILL

650 S. PRAIRIE VIEW DRIVE,
 WEST DES MOINES; 515-267-0064

bonefishgrill.com

Based in Florida with more than 200 locations nationwide, Bonefish Grill reels in diners with a promise of market-fresh seafood cooked over a wood-burning fire. Everything from their brunches to their bar menu complements the ocean vibe (see: ahi tuna steak and eggs and Coral Reef Punch). Dinner menu mainstays include scallops, shrimp and sea bass, which can be dressed up with a choice of sauces, such as lime tomato garlic, mango salsa or lemon butter.

BUBBA—SOUTHERN COMFORTS

200 10TH ST.; 515-257-4744

bubbaDSM.com

The polished Southern parlor-inspired lounge at owner Chris Diebel's downtown locale is so beautiful, you might want to cozy up on one of the couches all night. But make your way to a table in the dining room and you'll be rewarded with seafood-loaded crab cakes, crunchy chicken-fried steak, or a saucy Kentucky Hot Brown open-faced sandwich. Oh, yes, and buttery Bourbon Bananas Foster, a variety of classic Southern pies, and maybe even a homemade ice cream sandwich. If you're in the mood to imbibe, check out the drink menu for one of the largest selections of brown liquors in town.

CENTRO

1003 LOCUST ST.; 515-248-1780

centrodesmoines.com

For almost 20 years, chef-restaurateur George Formaro and his team have been delivering consistently craveable takes on Italian-American food (massive meatballs, crispy portobello fries, wood-fired pizzas and more). Feeling fancy? Take a look at the entrees spotlighting Angus steak and seared scallops. You'll be glad dessert is included in the Restaurant Week dinner lineup, as Centro excels in that category, too. Be sure to book a return visit to sample Formaro's gelato, chocolate and toasted marshmallow sundae if you don't do so during Restaurant Week.

CEVICHE

223 E. WALNUT ST.; 515-770-9795

cevichebardsm.com

Can't take a summer vacation this year? Travel to the East Village and you'll feel practically transported to Havana at this corner cafe. Open since 2015, Ceviche is often piping out music and shaking up mojitos that will help complete the scene. In addition to the aforementioned drinks, you can sample ceviche (naturally), pressed Cuban sandwiches, and several slow-cooked meats paired with rice and beans.

DES MOINES MARRIOTT DOWNTOWN MASH & MARROW

700 GRAND AVE.; 515-245-5691

[marriott.com/hotels/travel/](http://marriott.com/hotels/travel/dsmia-des-moines-marriott-downtown)

dsmia-des-moines-marriott-downtown

Handy for business travelers and Des Moines Civic Center patrons alike, this hotel restaurant-lounge focuses on giving guests a bit of local flavor. Graziano Sliders are garnished with Confluence beer-braised peppers and onions, the Midwest Flatbread is sprinkled with Berkwood Farms bacon, and the M + M Burger comes with beer-battered onion rings made with Exile Brewing Co.'s Ruthie lager. The dessert menu follows suit with a Cedar Ridge Bourbon Milkshake.

ON THE MENU

ADOBO CHICKEN STREET TACOS

REPUBLIC ON GRAND

Small plates are the name of the culinary game for chef Pete Kiger and his team at the Republic on Grand since you can order them ad hoc as your hunger hits—or as that second beverage kicks in. Kiger's Restaurant Week menu features many of the Republic's regular fan favorites, including Goat Cheese Terrine, his play on a charcuterie plate, and the just-right-sized Sea Salt Dark Chocolate Cremeux that's the definition of decadence. On the savory side, he suggests you try the street tacos. Sure, they sound pretty tame, but these corn tortilla-based creations are more complex than you might expect. First, they're stuffed with chicken thighs that have been marinated in a combo of lager beer, smoked paprika, lemon, black pepper and olive oil, then slow-cooked. In addition to salsa, these dressed-up tacos come with homemade adobo sauce. "We blister dried Ancho chiles, soak them to rehydrate, rinse and combine them with vinegars, fresh garlic, oregano, black pepper, cumin and ground cloves," Kiger says. "We stir in sugar and molasses before pureeing it into a sauce with a few other spices to balance the flavor."



RESTAURANT WEEK PARTICIPANTS

DISTRICT 36 WINE BAR & GRILL

1375 S.W. VINTAGE PARKWAY, ANKENY
 515-261-2502

district36winebar.com

Now part of Dave and Jean Thompson's three-location Urban Restaurant Group (see Urban Grill and Urban Cellar for more about the other two), this Ankeny grill creates American fare with an upgrade. A basic BLT gets better with grilled salmon, while beef tenderloin is stuffed with sausage and caramelized onions, then wrapped in bacon. Enjoy it all in the spacious dining room or bar area, or take it outside on the patio when the conditions are right.

DJANGO

1420 LOCUST ST.; 515-288-0268

djangodesmoines.com

Back after a hiatus during its move from Hotel Fort Des Moines to its current sculpture park-adjacent spot, George Formaro brought over former Centro chef Derek Eidson to lead the kitchen at Django 2.0. In addition to a new space and new chef, the menu has new daily specials, bonus vegan options, Moules Frites (mussels and fries—splurge on the duck fat-fried version), and extra creative cocktail options by mixologist C.J. Ryherd. Don't worry: The Croque Madame and cheese and charcuterie platters remain.

EATERY A

2932 INGERSOLL AVE.; 515-282-8085

eateryadsm.com

What started as a popular happy hour spot on Ingersoll—yes, they still sell pizza, wine and beer for half-price from 3 to 6 p.m. daily—Eatery A continues to evolve and expand. In early 2019, owner Jason Simon and executive chef Keith Johnson (who stepped up from sous after Nic Gonwa departed to open Motley School Tavern with Simon) added lunches, which join weekend brunch and the daily dinner menu as part of its wide-ranging Mediterranean offerings. This is a stellar option if you're dining with a large family or group with specific preferences: Wood-fired pizzas please picky eaters, and the eclectic small plates take spice inspiration from Spain, Morocco, Egypt and Italy to satisfy the more adventurous diners.

FLAVORY BISTRO

1450 S.W. VINTAGE PARKWAY, ANKENY
 515-443-7272

flavorybistro.com

You'll feel the warm, familial vibes the moment you step into this husband-and-wife-helmed eatery in Ankeny's booming District at Prairie Trail. Besides a friendly welcome, paella, pitas and piled-high platters of homemade Mediterranean goodies await. The menu also includes gyros, falafel, paninis and salads, and is designed and often whipped up by Lisa Morales, who co-owns the bistro with her husband, Hector. Enjoy a drink from the juice or wine list, or bring over a bottle from WineStyles next door (the corkage fee is just \$10). Flavery's Restaurant Week menu will wrap up with your choice of Lisa's flavery baklava or her gluten-free chocolate chip cookie. See page 12 in this section for one of the dishes the Moraleses plan to plate for Restaurant Week.

HARBINGER

2724 INGERSOLL AVE.; 515-244-1314

harbingerdsm.com

Harbinger (noun): A forerunner of something; a person or thing that announces the approach of another. James Beard Award-nominated chef Joe Tripp has been a harbinger himself of the ever-diversifying and innovative food scene in Iowa. The menu at his Ingersoll hot spot fuses local, seasonal components with Southeast Asian flair inspired by his travels to the area. Get a taste of what's to come on his four-course Restaurant Week menu, or any Tuesday through Saturday for dinner or Sunday for recently introduced brunch.

HARVEY'S AT HOTEL PATTEE

1112 WILLIS AVE., SUITE A, PERRY

515-465-3511

hotelpattee.com/dining

Since its move from Redfield to the historic Perry hotel, Harvey's has been drawing in record numbers of customers. The appeal might be the rooms designed to resemble train cars, but we're betting it's the comforting cuisine designed by culinary director Katie Harvey. From breakfast (eggs Benedict, egg burritos) to dinner (pot pie, bacon-wrapped pork), the entire experience will transport you to another time. The desserts, including cookies and milk, will take you right back to grandma's kitchen.

HEAVENLY ASIAN CUISINE

225 FIFTH ST., WEST DES MOINES
 515-274-9156

tianluowa.com/heavenly-restaurant

Sichuan and Gansu creations are the specialties of the house that will have your taste buds buzzing at this Valley Junction restaurant. A massive mural paying homage to China's Silk Road trading route welcomes you in. The, well, heavenly aroma of Shanghai Steam Buns (soup dumplings—this is one of the few locations you can find them locally), Tea-Smoked Half Duck, and Stir-Fried Lamb with Cumin sneaking out of the kitchen will inspire you to take a seat. If mild's more your style, the large menu also features the likes of orange chicken and Mongolian beef.

HOQ

303 E. FIFTH ST.; 515-244-1213

hoqtable.com

Farm-to-table can be found in fine form at Suman and Cynthia Hoque's airy and bright East Village restaurant. The frequently shifting menu showcases the farms and growers whose organic or chemical-free produce appears on your plate. Free-range chicken, grass-fed beef and bison, and other carefully sourced proteins, plus seafood and vegetarian options, can often be found on the entree menu. Recent offerings have been heavy on comfort food vibes, but light on additives (for example, crab cakes with potato tots and homemade ketchup or airline chicken breast with barley risotto).

HY-VEE MARKET GRILLE

555 S. 51ST ST., WEST DES MOINES

515-225-1001

1005 E. HICKMAN ROAD, WAUKEE

515-216-2772

8701 DOUGLAS AVE., URBANDALE

515-251-5286

2510 S.W. STATE ST., ANKENY

515-963-3140

marketgrille.hy-vee.com

Hy-Vee is out to convince you that it's not just where you stock up on groceries and spy helpful smiles. Four of their local Market Grilles have signed on for Restaurant Week. If their immense menu is any signal of things to come, you can anticipate enough variety to please the whole family, including pastas, steaks, flatbreads, burgers, Asian-inspired entrees and salads.

ON THE MENU

PORK TENDERLOIN WITH DUCK FAT POTATO AU GRATIN AND ARUGULA PESTO

TROSTEL'S DISH

Chef Jacob Demars toes the line between innovation and approachability with creations like Chinese-inspired chicken nuggets, an appetizer option for Restaurant Week, and a play on pork and potatoes with duck fat-richened au gratin and a peppery arugula pesto. For this all-star entree, the pork is dry-rubbed with coriander, black pepper, smoked paprika and brown sugar, then rolled tight to hold its shape while it's seared in a cast-iron pan and finished in the oven. The side might just get center-stage treatment here, though. The au gratin is not just a couple of layers; it's 10 thoughtfully stacked levels of thin potato sheets with garlic, onion and Parmesan cheese in the mix. Then, instead of cream and butter, Demars substitutes duck fat so the tater tower holds its shape once cut.



RESTAURANT WEEK PARTICIPANTS

MALO

900 MULBERRY ST.; 515-244-5000
malodesmoines.com

Salsa on over to the Des Moines Social Club and grab a table at Malo, another venue under the George Formaro/Orchestrate Management umbrella. The colorful Mexican cantina is best enjoyed with a basket of chips and dip, a Latin American-influenced cocktail like a mojito or a margarita, and a big platter of tacos, fajitas or nachos. If you happen to have room after the ample portions of all of the above, finish with churritos, cinnamon-sugar dusted delights served with Mexican chocolate and dulce de leche sauces for dunking.

MOTLEY SCHOOL TAVERN

1903 BEAVER AVE.; 515-279-8075
motleyschooltavern.com

The latest in Jason Simon's growing group (joining Alba, Eatery A, and Harbinger), the newly opened Motley School Tavern is on a mission to become Beaverdale's hangout for family breakfasts, game watches, date nights and beyond. Chef Nic Gonwa designed the offerings to both pay tribute to the owners of the space's previous restaurant, Chef's Kitchen, and to push your expectations of the food you can score at a neighborhood tavern. The Restaurant Week menu, in line with the regular menus, will showcase elevated comfort food.

PARK STREET KITCHEN

435 PARK ST.; 515-645-4065
hiltondesmoinesdowntown.com

Chef Nick Marino comes by his Italian cooking skills honestly. Growing up in New Jersey with a big Italian family, Marino was no stranger to hourslong Sunday suppers that included homemade pastas and slow-simmered meatballs. From there, he honed his craft at award-winning restaurants in Chicago and now brings his Mediterranean meals to Park Street Kitchen, the restaurant at the downtown Hilton near the Iowa Events Center. Neapolitan pizzas, Iowa pork entrees and fresh-made pastas attract visitors and locals. Whet your appetite with a look at one of Marino's Restaurant Week dishes on page 10 of this section.

PROOF

1301 LOCUST ST.; 515-244-0655
proofrestaurant.com

At this Western Gateway restaurant Time magazine claims is Iowa's best, chef-owner Sean Wilson is going back to his Southern roots with concepts such as a salad with hush puppy croutons and ham and clam fritters. On his Restaurant Week lineup, you might also find hints of the time he spent serving with the Coast Guard in Italy, Greece and Spain, and his later adventures cooking in Spain and Morocco. Whatever is in store, it will be boldly spiced—and nicely complemented by a wine recommended by bar manager Jared Giunta.

RANGE GRILL & GOLF

11865 HICKMAN ROAD, URBANDALE
 515-252-7500
rangedesmoines.com

Tee up a new dinner experience at this sports bar that feels like a modern country club. Beyond the golf simulators, you'll score par-beating grill favorites. Some have an eye toward nutrition (elk tenderloin medallions, mountainous salads and bison steaks), while others are right on path for what you'd crave at a bar—but with a slightly upscale twist (Iowa beef filet de Burgo, a chicken-bacon sandwich with garlic aioli).

REED'S HOLLOW

2712 BEAVER AVE.; 515-777-3625
facebook.com/reedshollow

The quirky ambiance matches how playful chef Zach Gutweiler's cuisine can be, but the similarities stop there. You might expect burgers and fries when you see the eclectic mix of art and the retro tables, but this Beaverdale restaurant offers some of the most inventive recipes in the area. The menu, which changes often, is loaded with locally sourced ingredients. Fans rave about the smoked chicken (served in a Mason jar so you get a nice fireside smell as you open and enjoy) and a larb-inspired Bison Maid Right with curly beet fries.

REPUBLIC ON GRAND

401 E. GRAND AVE.; 515-518-6070
therepublicongrand.com

Known for its stylish lounge spirit, its Des Moines-themed drinks and its small plates menu, this top-floor restaurant in the East Village AC Hotel welcomes a wide swath of guests, from locals celebrating birthdays to travelers popping up for a cocktail after work and before settling in for the night. Open for brunch on weekends and from lunch until bedtime on weekdays, salads, snacks and sweets (Sea Salt Dark Chocolate Cremeux!) reign supreme at the Republic. For a peek at dishes executive chef Pete Kiger will be serving during Restaurant Week, see this section's cover and page 6.

RōCA

208 COURT AVE.
 515-282-3663
rocadsm.com

This Restaurant on Court Avenue—get it?—is a dinner crawl dream with shared plates, sliders, flatbreads and cheese boards. (For those who prefer to call dibs on their own dinner, entrees are available, too.) Come Restaurant Week, make a meal from a mix of their creations by combining several for one satisfying supper. Wine, beer and cocktails are available to quench your thirst and keep you lingering after you finish your last bite of dessert.

SPLASH SEAFOOD BAR & GRILL

303 LOCUST ST.; 515-244-5686
splash-seafood.com

Stellar sea fare always makes a splash on the Restaurant Week menu of this downtown date night spot. Chef Dominic Iannarelli and his team are renowned for lunches and dinners made with "jet fresh" seafood in raw (live oysters), rare (seared tuna steak), and sizzling-hot (seared scallops with Sriracha butter) formats. Steaks, salads, charcuterie and pasta round out the menu if fish doesn't really float your boat.

ON THE MENU

BONE-IN PORK CHOP WITH ROBIOLA POLENTA, BURNT ONION PUREE, AND SPRING RHUBARB CONFITURE

PARK STREET KITCHEN

For Restaurant Week, Chef Nick Marino is mingling his Italian roots with more recent hits in an Italy-meets-Iowa entree that's a steal: The pork and polenta dish, which comes topped with preserved rhubarb, is normally \$28 on the Park Street Kitchen dinner menu. It's worth every penny. But for that price during Restaurant Week, you can sample this meal, plus an appetizer and dessert. The pork is cooked sous vide (translation: low and slow in a temperature-controlled water bath), then pan-seared in butter and basted with garlic and thyme. "The burnt onion puree adds a mild bitter note, while the confiture adds a touch of sweetness and the robiola lends a creamy, mildly tart flavor," Marino says. "Dragging the pork through all of these components creates a very special bite."



RESTAURANT WEEK PARTICIPANTS

ST. KILDA

300 S.W. FIFTH ST.; 515-369-7854
stkildadsm.com

All-star service, #Instagrammable brunches, and Counter Culture Coffee have become the trademarks of St. Kilda, the bright, trendy cafe helmed by husband-wife team Alex and Whitney Hall. The character of the space and the cooking combine to make you feel like you're in a big city, but you can find it all right downtown near Principal Park. St. Kilda has signed on to show off their seasonal toasts, bowls and sandwiches as part of the Restaurant Week lunch lineup. (See the next listing for what's for dinner.)

ST. KILDA SURF & TURF

111 E. GRAND ST.; 515-288-1086
stkildasurfturf.com

Ride the wave into the booming East Village to try one of Alex and Whitney Hall's two new-for-2019 restaurants—the other is a cafe in the Temple for Performing Arts. Alex and his team designed the menu for the appropriately named Surf & Turf based on popular fish and chips shops he frequented during visits back to his native Australia. The focus: healthy-ish, modern spins on fish and chips, souvlaki and bowls to keep you swimming from breakfast to dinner. Coffee, cocktails and Australian wines are available with all of the above.

TABLE 128

12695 UNIVERSITY AVE., SUITE 140, CLIVE
 515-327-7427
table128bistro.com

A new social hour showcasing deals on bites and beverages from 4 to 6 p.m. A unique three-course chef's menu tasting each Saturday. It's safe to say chef Lynn Pritchard and his wife, front-of-house manager Sarah, aren't resting at their table. Their Clive bistro continues to display fresh, local ingredients—an homage to Lynn's childhood on an Illinois farm. Wine Spectator crowned Sarah's wine list with an Award of Excellence for 2018, so you'll surely find an ideal pairing on the extensive drink menu for your Restaurant Week order.

TANGERINE AT THE ART CENTER

4700 GRAND AVE.; 515-271-0332
desmoinesartcenter.org/visit/restaurant
 You may have heard about Tangerine as a catering option. As of 2019, they're also catering to appetites of those perusing exhibits at the Des Moines Art Center. Tangerine's compact, curated lunch menu generally includes a soup, salad and a burger, plus a few bonus sandwiches and pastas. As of press time, they were still planning their Restaurant Week lunch menu, but chef/co-owner Susan Madorsky told us one dish will feature Iowa heirloom tomatoes, burrata, olive oil and sea salt. Save space to cap off your meal with a masterpiece from pastry chef Kelsey McCreight Williamson.

TEDDY MAROON'S

2301 INGERSOLL AVE.; 515-212-4900
teddymaroons.com

The name for this Ingersoll neighborhood bar and grill is a hat tip to the co-owners' respective high schools (Chris Diebel, a Roosevelt grad, and Kolby Jones, who called Dowling home). Its family-pleasing offerings hark back to the days of school lunches—made way better by executive chef Zach Gaskel, a veteran of fellow Orchestrate restaurant Centro. Come Restaurant Week lunch, chow down on a Chicago Dog or Cuban sandwich, and at dinner, Sloppy Joe Dip and slow-cooked barbecue ribs await.

TRELLIS CAFE

909 ROBERT D. RAY DRIVE; 515-323-6288
dmbotanicalgarden.com
 Matching its verdant backdrop at the Greater Des Moines Botanical Garden, Trellis Cafe under chef Lisa LaValle sprouts up a new plant-inspired, seasonal menu each month. Open for lunch only, the cafe isn't just about leafy greens. It has entrees that will please everyone from staunch vegetarians to the heartiest meat-and-potato mavens. Enjoy either in the airy dining room or on the terrace that overlooks the outdoor gardens and the downtown skyline in the distance.

TROSTEL'S DISH

12851 UNIVERSITY AVE., SUITE 400, CLIVE
 515-221-3474
dishtrostels.com
 Chef Jacob Demars made a splash (literally, many of his plates had artistic splatters and swooshes) when he landed at Marlene's at Sevastopol Station after stints at top-notch restaurants in Denver and Chicago. After Marlene's served its final plate in early 2018, Demars briefly relaunched his innovative Open Circuit pop-up dinner series, then settled in as executive chef at this popular west-side restaurant. With both large and small plates, he's revamped the menu to mix Dish standards like Boursin mushrooms with his modern dishes including roasted cauliflower with toasted sesame vinaigrette, crushed pistachios and charred cipollini onion. To see what he's cooking up for Restaurant Week, turn to pages 8 and 14 of this section.

TROSTEL'S GREENBRIAR RESTAURANT & BAR

5810 MERLE HAY ROAD, JOHNSTON
 515-253-0124
greenbriartrostels.com
 Since 1987, family-run Greenbriar has been hosting couples for special occasions and families for casual feasts. You can splurge on the Gunpowder-Crusted Ribeye or keep it more relaxed with a chicken taco pizza. Chef Troy Trostel is always developing new seasonal specials (a recent roster contained Sriracha-spiced rotisserie chicken on citrus pho and oven-roasted lamb chops over spring pea risotto), and the Restaurant Week menu is sure to follow suit.

UNION 29

101 JORDAN CREEK PARKWAY, SUITE 12520
 WEST DES MOINES
 515-274-3045
union29iowa.com
 Iowa, the 29th state in the union, works its way into nearly every item on the menu at this newly opened Jordan Creek Town Center tavern. Culinary director Bradley Gilmore and executive chef Adam Pepe joined forces to build a menu strong on Iowa pork products and entrees with local ingredients or inspiration, such as the La Quercia flatbread and a beef tenderloin steak de Burgo.

ON THE MENU

MEDITERRANEAN FEAST FOR TWO

FLAVORY BISTRO

Essentially everything that leaves the kitchen, from the paella (call ahead to order) to the Restaurant Week-featured Mediterranean Feast for Two, is as much of a treat for the eyes as it is for the stomach. The Mediterranean dish comes with 24-hour marinated grilled chicken and lamb, Greek salad, hummus, falafel, roasted veggies, bread and pita (whew!), but co-owner Lisa Morales touts its customizability. She's happy to swap in any of her five homemade salads—"no bottled dressings or sauces here," she vows—or substitute the proteins for salmon, steak or cordon bleu. Everything just so happens to be healthy, too, so you can eat it all and still feel ready to reach for the gold medal—or at least go for a post-dinner stroll around the neighborhood.



RESTAURANT WEEK PARTICIPANTS

URBAN CELLAR

640 S. 50TH ST., WEST DES MOINES
515-226-3230
urbancellarwdm.com

At Urban Cellar, which opened this year as part of the Urban Restaurant Group, chef Aaron White and general manager/mixologist Andrew Mery have crafted lunch and dinner menus that borrow from other Urban establishments and infuse them with modern flair. See: The complex craft cocktails, the fried cauliflower appetizer, a Quinoa Power Bowl, and avocado cheesecake for dessert. The building also houses the restaurant's Urban Market, where you can buy wine and a curated selection of cheese and gourmet goods.

URBAN GRILL

3651 86TH ST., URBANDALE
515-278-1016
theurbangrilldm.com

You can feel the family-owned climate at this Urbandale haunt. Cozy, separate dining spaces are decked out in mahogany touches with tavern-like lighting, and the kitchen's creations will please those who prefer American, Asian and Italian eats. Work your way from appetizer (crab Rangoon dip) to entree (chicken-bacon carbonara) to dessert (espresso fudge cake) on the regular menu for a flavor of things to come during Restaurant Week. Urban Grill, a sister property to District 36 and Urban Cellar, welcomes neighbors for lunch and dinner Mondays through Saturdays.

VINO 209 WINE CAFÉ

209 FIFTH ST., WEST DES MOINES
515-865-6755
vino209.com

Since the summer of 2017, Vino 209 owners Kelly and Denny Sharp have been welcoming Valley Junction shoppers, private event guests and others to their brick-walled wine bar. Last year, chef Andrew Phelps joined the team and revamped the menu to showcase more European-inspired small plates and entrees. His multicourse dinners and updated menu reflect his classical training and experience at top-notch Denver eateries. He'll show off even more of his creative, seasonal plates during Restaurant Week 2019, as Vino 209 has signed on to offer lunch and dinner deals. Flip to page 4 and see right for two of the offerings, both primed for pairing with a glass of wine, of course.

WAHLBURGERS

7105 MILLS CIVIC PARKWAY, NO. 160
WEST DES MOINES; 515-225-4885
wahlburgers.com/westdesmoines
"Blockheads," the most dedicated fans of New Kids on the Block, aren't the only ones who think Wahlburgers, a fast-casual chain owned by Donnie, Paul, and Mark Wahlberg, has the right stuff. Vegans swing by the Jordan Creek-area restaurant for the Impossible Burger, and kids appreciate the grilled cheese sandwich made with "government cheese," which is a nod to the Wahlberg brothers' humble beginnings in Dorchester, Massachusetts. This is the Hy-Vee-linked restaurant's first year participating in Des Moines Restaurant Week.

WASABI ANKENY

1615 SW MAIN ST., NO. 100, ANKENY
515-264-5210
wasabidsm.com

The most recent member to join the Wasabi family comes with a stellar pedigree: Owner Jay Wang hired chef Yu Satokawa from Seattle. Satokawa moved here after working in and leading the kitchen at ramen, pho, and Izakaya restaurants on the West Coast for 25 years. Izakaya, a Japanese street-style way of cooking, makes him an ideal fit for Wasabi Ankeny, as their M.O. will be "Asian-style tapas," according to Wang. For the time being, "we will be the only Asian restaurant [serving] this style of food in the city." After its scheduled opening in July, the Wasabi Ankeny team plans to get on a roll with an extensive lunch and dinner Restaurant Week menu, featuring yakitori, sushi rolls, sashimi, ramen, poke and more.



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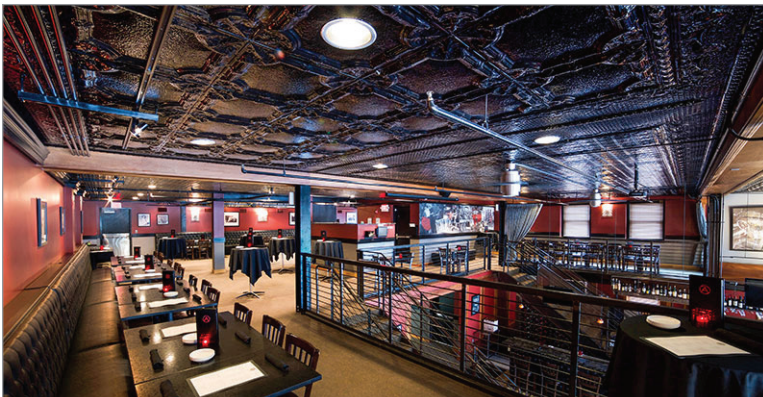
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UNION 29



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HOW TO ENTER

Winning couldn't be easier: Save meal receipts dated between Aug. 16-25 from any four participating Restaurant Week restaurants. Staple them together or insert in an envelope (**receipts must be entered together to qualify**), and leave at the front desk or mail to Business Publications Corporation Inc., The Depot at 4th, 100 Fourth St., Des Moines, Iowa, 50309, postmarked no later than noon, August 30. Include your clearly printed name, address, phone number and e-mail address for notification purposes. Winner will be selected and notified by email on or before September 9, 2019.

Rules: No purchase is necessary. The odds of winning shall be determined by the total number of entries submitted. Only one entry per person is allowed. You must be 18 years of age or older to win. Contest is limited to U.S. residents only. Winner shall be notified by e-mail on or before September 5, 2019. The winner will be announced on the *dsm* website on September 5, 2019. The name of the winner may also be obtained by written request to Business Publications Corporation Inc. at The Depot at 4th, 100 4th St., Des Moines, IA, 50309. If prize is not claimed within 7 days of notification, prize shall be forfeited and another winner will be drawn. Winner shall be required to sign an affidavit of eligibility and a publicity release that releases sponsors and Business Publications Corporation Inc. from liability in connection with the winner's use of any prize and permits the sponsors and Business Publications Corporation Inc. to use the winner's name and image to promote the contest.

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A close-up photograph of a person's hand holding a black marker, drawing a comic strip panel on a piece of paper. The panel shows a hand holding a glass. Other panels in the background show a hand holding a glass, a hand holding a glass, and a hand holding a glass. The text "MORE THAN A MAJOR" is overlaid on the image in large, white and yellow letters.

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PAPER CHASE

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PHOTOGRAPHER: PAIGE PETERSON
PAPER CLOTHING AND ACCESSORIES: MOLLY SPAIN
STYLIST: COURTNEY CONLIN

“PAPER HAS SO MANY POSSIBILITIES,”

says artist Molly Spain. “Depending on how you fold it, it takes on a whole new life.”

Indeed, a leftover roll of paper sitting idly in Spain’s Mainframe studio was transformed into the clothing and accessory creations featured in this story, the result of Spain and photographer Paige Peterson “bouncing ideas off each other,” Spain says. “When I said it could be fun to do something with paper clothing, Paige said, ‘Great idea; let’s do it!’ ”

Influenced and inspired by origami artists, Spain created many of the pieces by tearing or folding paper; the collar on the cover, for example, started as three long sheets of tissue paper that Spain then repeatedly folded. “Once you fold paper, it takes on memory,” she explains. “At first, you force [the paper] to do what you want it to do, but after a while, it does it by itself. ... It springs to life.” For some of the work, such as the hat on the opposite page, she used scissors.

The biggest challenge, she says, was “knowing when to stop. I uncovered so many possibilities, and it was such a playful process. I feel I barely scratched the surface of what could be done.”

Strappy camisole from
Banana Republic.



J. Crew body suit.



David Learner pants
from Blond Genius.



H&M leather pants.



BCBG blazer from
Dillard's BCBG.



LACA USA black tank
from Preservation;
David Learner pants
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WHO RUNS THIS TOWN?

STEP LIVELY, DES MOINES. GETTING FITTER CAN BE FUN.

RUNNERS OF ALL ABILITIES PROVE JUST THAT.

WRITER: KARLA WALSH

PHOTOGRAPHER: JOE CRIMMINGS



CHICAGO MARATHON 2017

Attorney Jason Laughlin, who's completed six marathons, enjoys trail running, including in Greenwood Park.

DRIVEN TO RUN **JASON LAUGHLIN, 44**

Goodbye to the Bike: Laughlin is a cyclist and sports teammate by nature. When he moved to Chicago, however, he traded his cycling shoes for sneakers. “Riding a bike in Chicago was like a ‘Hail Mary’—it just felt way too dangerous to ride on the city streets,” he says. “So I pounded the pavement along Lakeshore Drive.”

He started with just a mile or two. “I slipped on my shoes and saw how far I could go,” he recalls. “It hurt really bad, but I knew it was the only way I could probably stay fit in [that] environment.” Two miles turned into four, which turned into eight. Then he started running races to feed his competitive nature.


“The crowds are electrifying—the positive energy, the cheering, the clapping,” says Laughlin, who moved to Des Moines in 2005. “Ten-mile races and half-marathons once seemed crazy, but I worked up to it and eventually they felt within reach.” So far, he has completed six marathons, and he’s recently picked up trail running.

Up With the Sun: When the alarm rings, Laughlin gears up. “Every morning I work out first thing. I heard an octogenarian say one time: ‘I leave my shoes by the bed; then my feet just need to hit the floor.’ I try to live by that philosophy,” he says.


That natural drive in fitness matches his drive as a lawyer. “I’m a fortunate guy and my problems are first-world ones,” he says. “If all I have to do is roll out of bed with my achy joints, I can get that done.”

Craving Challenge: Because he initially felt inept at running, Laughlin told himself he needed to tackle it, to overcome the seemingly insurmountable challenge. Rather than joining his brother (who also competes in races) or a training team, Jason prefers to run solo “because my inner drive comes out. I can burn energy and do it under my own terms. I don’t have to explain anything, which is a nice break from my workday,” he says. “I’m an endorphin junkie, too, so after a while, I realized exercise was as addictive as a drug. I need it every day to be able to function, almost.”

3 YEARS: HOW MUCH LONGER THE AVERAGE RUNNER LIVES, COMPARED WITH A NON-RUNNER.

A man with short dark hair and a light beard is standing in a wooded area with autumn foliage. He is wearing a blue t-shirt with the text "BANK OF AMERICA Chicago Marathon 2017" and four stars above it. He has his hands on his hips and is looking slightly to the left. The background is a soft-focus forest with warm, golden light filtering through the trees.

"I'M A FORTUNATE
GUY AND MY
PROBLEMS ARE
FIRST-WORLD
ONES. IF ALL
I HAVE TO DO IS
ROLL OUT OF BED
WITH MY ACHY
JOINTS, I CAN GET
THAT DONE."

A full-page photograph of a woman with dark skin and short, curly hair, captured in a side profile as she runs. She is wearing a black zip-up athletic jacket and dark-colored pants. Her expression is focused and determined. The background shows a brick building with several windows, and the scene is bathed in the warm, golden light of late afternoon or early morning, creating a soft glow and some lens flare effects. The overall mood is one of perseverance and achievement.

“THE GOAL OF ALL
OF MY RUNS IS
TO FINISH AND
FINISH KNOWING
I GAVE IT MY ALL.
IF ‘MY ALL’ IS
LIMPING ACROSS
THE FINISH LINE
OF A 5K BECAUSE
I COMPLETED A
TOUGH TRAINING
RUN THE DAY
BEFORE, SO BE IT.”



A WILL TO SUCCEED **ANTOINETTE STEVENS, 26**

Trading Twirls for the Treadmill:

Stevens has been a lifelong dancer, most recently as a member of the Barnstormers Dance Team. “I’ve tried other activities, such as tennis in high school, martial arts and a little gymnastics after moving to Des Moines,” she says. “I’ve also done small-group physical training at the gym at Principal [where I work] for about two years. But dance has been a mainstay in my life.”

Around the time she “retired” from dance, Stevens started dating Eric Cheatham. “He’s the runner in our relationship, and I hoped that one day I could get fast enough to run with him. It’s a way for us to bond,” she says.

Going it Alone (and in a Pack):

In March 2018, Stevens started running consistently with a Fleet Feet running group (see “Gear Up,” page 125). At first, she had trouble running solo. “I would get tired quickly or give up and start walking,” she says. “Now, I can run alone without stopping and I learned to control my pace so that I don’t tire myself out.”

Stevens says the hardest part about running is getting up to go do it, whether in a crew or individually. “I prefer to run in a group because

having people around helps me to moderate my pace, but if I don’t have anyone, I like to run while listening to podcasts,” she says. “People tend to speak at a fairly steady pace so I can run to their voice.”

Inner Strength: On her solo runs, Stevens discovered that tough love is a top motivator. Before she started running consistently, the first time she ran three miles was on a treadmill; she willed herself through it by saying, “You’re not weak!”

“I still push myself in similar ways—unless I feel real pain. Then I stop because I don’t want to hurt myself—but now I also tell myself to finish the race and not to give up,” she says. “The goal of all of my runs is to finish and finish knowing I gave it my all. If ‘my all’ is limping across the finish line of a 5K because I completed a tough training run the day before, so be it.”

Stevens wrapped up her last running season with a five-mile event, so her 2019 goal is to work up to a 10K (6.2 miles). “Running is my opportunity to clear my mind,” she says. “I feel better after a run, and surprisingly, I have more energy to get things accomplished throughout the day.”

5 MINUTES: THE MINIMUM DAILY RUNNING TIME REQUIRED TO INCREASE YOUR LIFE SPAN.



**“I WAS NEVER
A RUNNER.
EVER. AT FIRST,
MY GOAL WAS
‘CAN I RUN
TO THE NEXT
LIGHT POLE?’”**

NEVER TOO LATE **THERESA LEWIS, 62**

Running Start: Lewis always has enjoyed spending time outside and has stayed active walking her dogs and sweating with a trainer. About five years ago, she picked up speed when a friend guilted her into signing up for her first 5K.

“I was never a runner. Ever,” she says. “At first, my goal was ‘Can I run to the next light pole?’ I was so unprepared for that first race. It was pretty miserable, but I finished with a mix of jogging and walking. The three years following, I completed about five 5Ks—all were pretty difficult jog/walks.”

Support Team: Then Lewis and her husband, Doug, tried a session with a

Fleet Feet running group (see “Gear Up,” page 125). “That really spurred me on. Fleet Feet has different levels of running groups, each filled with folks at the same level, plus coaches and mentors who provide training, pacing and step-up strategies that aren’t too painful,” she says. The group hosts three sessions a year—spring, summer and fall—each lasting 10 weeks and culminating with a race.

The Lewises have participated for two years. “The last two sessions, it’s been pretty surreal, but I’ve been a running mentor to others,” Lewis says. “I’ll never be the kind of runner who will complete 10 marathons, but I’ve picked up speed. I’m stronger. I’m healthier.

And I no longer have to talk myself into running just to the next light pole.” Today she can make it through an entire 5K at a running pace.

Brain Benefits: To date, Lewis has finished about a dozen 5Ks. She has gained more than strength, speed and endurance, she says: “When I push myself, it’s an emotional process. At times, I want to give up. I want to sit down and cry. But when I stick with it, it’s easier to push through the tough parts of a race—or in any area of life. I reflect on others who can’t run. I accept what my body can handle and feel very grateful that I am able to run at all.”

1 HOUR: MINIMUM TIME SPENT RUNNING EACH WEEK THAT CAN HELP PROTECT AGAINST DEPRESSION.



Bear and Nemo, 13-year-old Scottish terrier brothers, get their own exercise, and sometimes set the pace, running with Theresa Lewis.

GEAR UP

Get fitted for your get-fit plan at these local specialty shops:

Fleet Feet: Every third Thursday of the month, this East Village shop welcomes a shoe manufacturer to host a demo run so runners can test out new products before buying. Fleet Feet also offers a range of training groups and a 100 percent guarantee on all purchases—no receipt required. (521 E. Locust St.; fleetfeetdesmoines.com)

Fitness Sports: Find your new shoes among the store's 125 options, then join the Fitness Sports/Capital Striders training group to test it all out. (8810 Swanson Road, Clive; fitnesssports.com)

Heartland Soles: Before you buy, ask for a complimentary video “gait analysis.” An associate will examine it to help you select the just-right sneakers, socks and insoles, if necessary. (5525 Merle Hay Road, Johnston; heartlandsoles.com)

THINGS ARE ABOUT TO GET HAIRY

Bored by solo sidewalk running? Join the Des Moines Hash House Harriers Meetup group. Currently more than 300 members strong, the group gathers to “hash” together, which is a competition-free combo of trail running/walking, compass-less orienteering, beer drinking and “getting lost” along a three- to five-mile course. A “hare” peppers the trail with clues while the pack tries to track them down by spotting the flour, chalk or paper marks. Learn more: meetup.com/DesMoinesH3. ■



Many millennials bring a use-it-or-lose-it attitude to old family china, which they lack space to store or time to wash by hand.
Opposite: But who could decline the 1930s "whoopie-car" toy that delighted the future father of Kent Mauck?



LOOMING HEIRLOOMS

YOUNG ADULTS ARE DECLINING
THE BURDEN OF OLD FAMILY TREASURES.
NOW WHAT?

WRITER: LARRY ERICKSON
PHOTOGRAPHER: DUANE TINKEY

YOU CAN'T TAKE IT WITH YOU.

That truism often has an even darker corollary: Nobody else wants it.

It's our stuff, our treasures—the keepsakes of our lives and heirlooms of our forebears.

And as baby boomers are finding as they plan bequests to their kids, the answer all too often may be “No, thanks.”

‘THE ALBATROSS’

According to antiques dealer and estate-sale specialist Steve Mumma, boomers and millennials see the world differently.

“We face that difference at every tag sale,” Mumma says, shaking his head wearily. Items that were prized when he entered this business some 30 years ago are largely shunned by young adults today.

“The albatross,” he says, “is that huge china cabinet and dining room set.”

The Victorian era, apparently, just isn't what it used to be. Instead of the large, dark brown furniture their parents inherited and preserved, young adults today are most receptive to midcentury modern.

Oh, and in addition to the china cabinet, the china has lost its heirloom luster, too. Mumma's associate at A-Okay Antiques, Peggy Perkins, has a ready explanation: “Young people don't want old china or glassware because you can't put it in the dishwasher.”

Another practical reason millennials steer clear of older furnishings, Mumma and Perkins agree, is space. More live in apartments and smaller homes, so that grand walnut dining room set has no place to go.

One aspect of this is remarkably consistent between generations: Most are drawn to things from their grandparents' era, Mumma says—boomers to the Victorian and Craftsman styles, millennials to the midcentury look.

In addition to changing tastes and space, millennials in general seem less hooked on the sentimental value in preserving pieces of the past, Mumma says.

Preserving family treasures has some urgency, too. By 2030, the U.S. population over 65 will soar by 80 percent from its level in the 2010 census. And by 2030, one in five Americans will be 85 or older, with potential heirs spread out much farther afield than in the past.

POLITE SMILES

Dipping a toe into the murky waters of estate planning, I invited my two 30-something kids to scan the treasures of my life and make lists of what splendid items they would like to receive. My daughter likes a painting. Her brother? My old rocking chair and maybe a few random bits.

“OK, what else?” I asked in the uncomfortable silence. Nothing.

“But what about your great-great-grandfather's ornamental mustache cup? What about this 1870s chair from the family homestead?”

They smiled politely.

Demographics play a role in all this, too. Families are smaller, so heirlooms have to be spread among fewer recipients. Compact pieces have a better chance of staying in the family. Photos, documents and jewelry, for example, are very personal, even intimate connections to ancestors.

A NEW DIRECTION

The issue can be emotional, as retirees look at downsizing their homes with no one in sight to accept family treasures. So where does the baby boomer turn?

The primary options have always been:

- Give things away as a gift or bequest.
- Leave it for your heirs to sort out after you're gone.
- Clear it out yourself, through sales, charity donations or the trash barrel.



2

Heirlooms preserved by Kent Mauck include treasures paired with photos.

1. The photo shows Mauck's mother as a wee lass with a whimsical, musical plush bear of 1920s vintage.

2. Now a rare antique, the clown-costumed bear provides a physical link to that time.

3. Mauck retains a penguin figure from the 1930s, when his father taught at Iowa Wesleyan College.

4. A flock of the penguins posed with women of the college, where they were part of the decor for a reception honoring a visiting dignitary, an Iowan who had been second in command on Admiral Richard Byrd's second Antarctic expedition.



Today, there's even a National Association of Senior Move Managers, created to help seniors downsize their possessions. The group's list of associates includes Anne Nieland in Urbandale.

Increasingly, retirees are opting to reduce their accumulations through sales, often in tandem with moving into smaller apartments or condominiums. "They don't want their kids to have to deal with it," Perkins explains.

The process can be heartbreaking as well as liberating. When Mumma manages a tag sale, he discourages the client family from attending. "No crying at the pay tables," he insists, then adds gently, "but it happens."

Hard choices came with Kent and Shelia Mauck's decision last year to downsize from a South of Grand home to a condo at the Plaza. With three daughters in college, long-term decisions loomed large.

"We sold 80% of the furnishings, but kept some heirlooms and collections," says Kent Mauck, 60. Things that appealed to their daughters were put in storage for their future homes. "It's kind of a time capsule of their youth," Mauck says.

One clever decision was to photograph the girls' artwork, awards and other documents in a seamless white box. "It's their life in photography, and I can see it on my phone anytime," Mauck says.

When Des Moines native Tenny Dewey's parents died, he spent many weekends going through generations of accumulation. The process helped him grieve, Dewey says. Emotions ranged from excitement at the discovery of old documents to the pain of sentimental longing. "It was tough," he says. But it helped that he had permission; his parents had told him to deal with the property in any way that worked for him, as an only child with obligations to his late parents and to his own son and daughter.

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"We saved some things from the early 1900s, such as favorite pieces from a Tiffany glass collection, an Oriental rug and some furniture," he says. His daughter selected some items; his son saved less. The rest was sold in a grand tag sale and on consignment.

STARTING EARLY

This downsizing business isn't all about seniors. At 36, Susan Hatten has moved four times, always into a smaller space. "Each time I've shed multiple items," she says. Family artifacts and memorabilia are mostly confined to a small chest.

She recalls collections and keepsakes prominently displayed in the homes of older relatives. At her friends' homes, however, the interest is "more feng shui, more minimalist in style," she says. "You don't see the collections."

But, she adds, "we may select *one* of something." For instance, her father had a massive record collection. She selected just a few album covers and displays them as art. Similarly, her parents received a spectacular wine set as a wedding gift; Hatten kept only the decanter, which reminds her of them and their home without taking up much space in hers.

Hatten says she and some of her friends have honored ancestors by using pieces of their collections and clothing

1



1. A kitchen chair from a family homestead has sat through five generations.

2. A mustache cup passed through four generations to the writer, a descendent with a mustache.

3. Albums selected from the large collection of Susan Hatten's father, which she displays as artwork.

4. A young child long ago must have cherished this raggedy doll, but its fate today is unknown.

5. Valuable Tiffany glass, some of which was kept by an heir who chose to sell the rest.

2



3



4



5





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“that fit our lifestyle, and that you can tell a story around.” So an article of her grandmother’s clothing “that represented her in my mind was made into something that I would wear.”

Consider a blazer from a grandfather’s closet: “Why not have a clutch made out of it and carry that to remember them?” Hatten asks.

Another thought, she offers, is to photograph “legacy pieces” and print them in a “memory book,” a service available on multiple websites and social media platforms.

ON THE OTHER HAND

Of course, there are always exceptions. At 59, architect Michael Simonson is still collecting on a grand scale. In 2005, he was able to buy his grandmother’s family farm in the wooded hills of Pennsylvania.

“I grew up hearing stories about life there,” Simonson says. His ancestors acquired the property in 1799 from a nephew of Daniel Boone.

Since Simonson bought it, he says, “it’s had a proper restoration—it’s a museum, like walking back in time.” That effect is enhanced by purchases of antiques appropriate to that bygone era and to that region of Pennsylvania.

Relatives had committed oral histories to text and created a catalog of the family’s personal property that has found its way back to the farm, including a spinning wheel, documents, dishes and textiles.

Simonson visits the farm about once a month—“I have a whole set of friends there,” he says—and admits he wonders what will become of it all. His advice to anyone with heirlooms—or farms—to share: “Observe who might have the interest and the wherewithal to maintain it.”

“I think about that.” He pauses, then adds, “I have a nephew who might be interested.” ■



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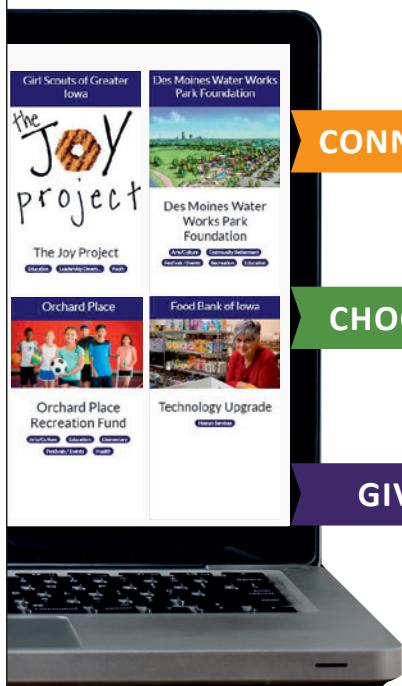
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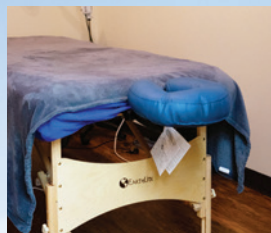
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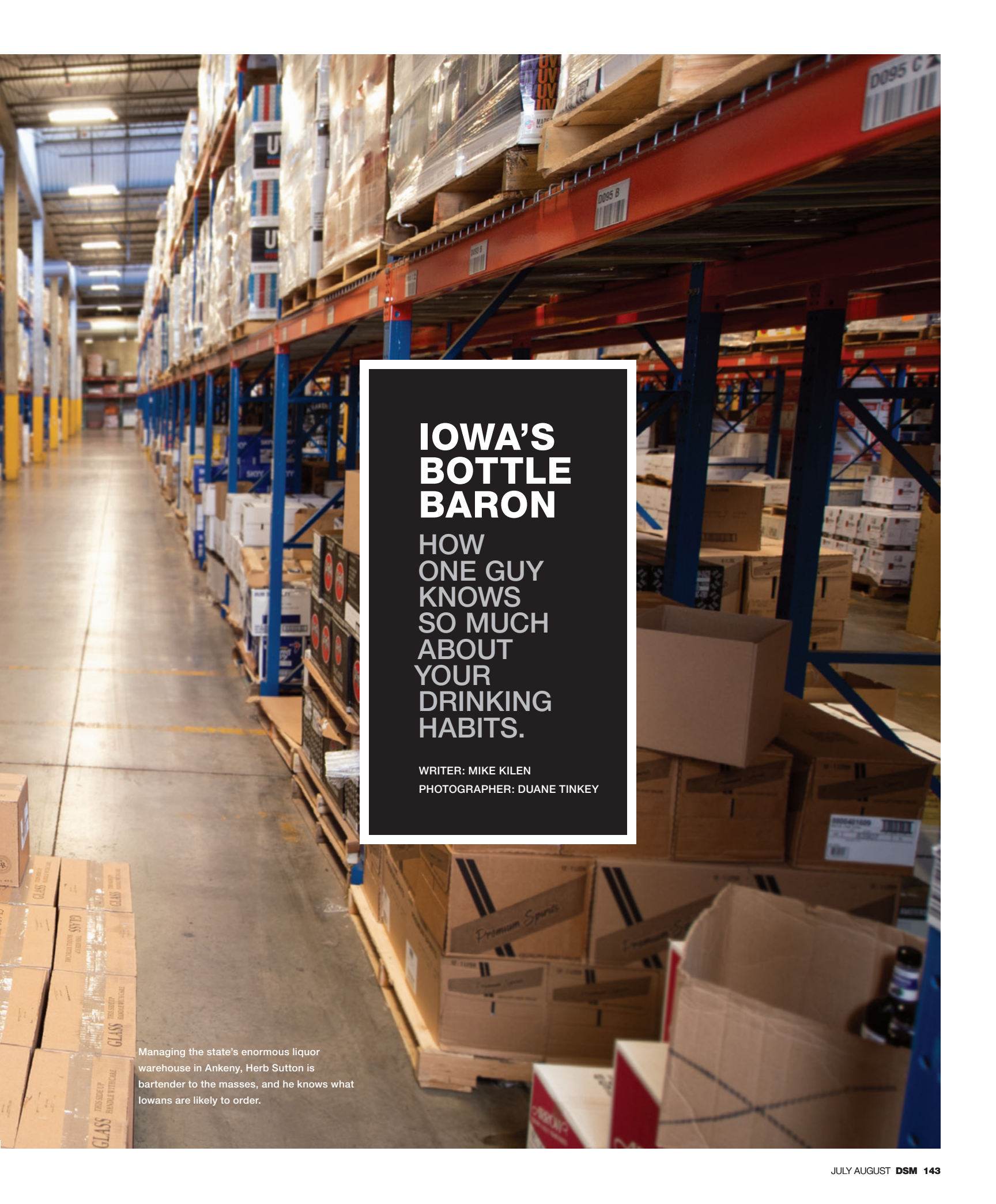
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IOWA'S BOTTLE BARON

HOW
ONE GUY
KNOWS
SO MUCH
ABOUT
YOUR
DRINKING
HABITS.

WRITER: MIKE KILEN

PHOTOGRAPHER: DUANE TINKEY

Managing the state's enormous liquor warehouse in Ankeny, Herb Sutton is bartender to the masses, and he knows what Iowans are likely to order.

T

his is less a warehouse than 175,000 square feet of pure party.

Three million bottles of booze are stacked so high at the Ankeny warehouse—the temporary home of every drop of distilled spirits sold in Iowa—that the rows create a welcome tunnel of all your

diverse friends, such as erudite Johnny Walker and gentleman Jack Daniels.

Leading the way down the aisle is Herb Sutton, 51, the bottle baron of Iowa. He knows every brand you drink like the back of his hand. The bureau chief of operations at the state's Alcoholic Beverages Division cut his teeth running this warehouse and can tell you the season of the year simply by walking past the inventory.

Iowa is one of 17 states that control distribution of distilled spirits. That means it all comes through here, under Sutton's watchful gaze. The first thing you learn from him is that Iowans have evolved into adventurous drinkers.

There was a time when old codgers lugged around a fifth of their favorite brand like an extra appendage. But today, young and old, men and women, try so many new concoctions of alcohol and in smaller sizes that just in Sutton's dozen years here, the options have grown fivefold to more than 2,300.

"I have a great job," he tells his friends seeking booze advice, "but that doesn't include cracking the caps and taking a sip of everything that is listed in the warehouse."

He learned long ago that giving them tips led to too many guilt-ridden offers to buy when they didn't like the

recommended liquor. But it's no wonder they want advice. The choices are head-spinning.

You want peach flavor in your Crown Royal? Done. ("I never thought that would work," Sutton says.) A booze infused with hibiscus? Cucumber in vodka? Well, sure.

"Choice is what people want," he says. "We have to change and keep up with what people are drinking."

When Fireball Cinnamon Whisky became a trend a few years ago, he would never have seen it rising all the way to second place in sales (134,233 cases) in fiscal year 2018, right behind the all-time champ.

"Black Velvet Canadian Whisky has been the favorite in the state for years," he says. "Because it's inexpensive like Busch Light, Black Velvet has no challengers."

Near the rear of the warehouse, Black Velvet is stacked high on four pallets, next to the state's other big sellers such as the surprising comeback of Captain Morgan Original Spiced Rum (No. 3), perennial cheapo favorite Hawkeye Vodka (No. 4) and its serious new challenger, Tito's Handmade Texas Vodka (No. 5).

Forklift drivers zoom in and out of the aisles in orchestrated chaos, wearing wrist scanners to fill orders for the 15 trucks that depart daily, laden with liquor for hundreds of retailers. The state owned 220 liquor stores in 1987, but in the 32 years since privatization, the number of retail outlets has grown to 1,569, including the fastest-growing category—convenience stores, which have been allowed to sell liquor since 2011.

Going down the aisles in March, you could tell it was just after St. Patrick's Day by the leftover stacks of Jameson Irish Whiskey. Already, the tequila and flavored vodka piles were growing in anticipation of summer for margaritas and fruity drinks, while stacks of rum and expensive gift liquors for winter months were dwindling.

Continues on page 148

POLK COUNTY'S FIVE FAVORITE IOWA BRANDS

(FISCAL YEAR 2018)

1



2



3



4



5





TITO'S HANDMADE
TEXAS VODKA

\$4.37M



FIREBALL
CINNAMON WHISKY

\$3.86M



CAPTAIN MORGAN
ORIGINAL SPICED RUM

\$3.21M



CROWN ROYAL
CANADIAN WHISKY

\$2.82M



JACK DANIEL'S BLACK
LABEL WHISKEY

\$2.52M

TOP 10 BRANDS IN RETAIL SALES IN POLK COUNTY

(FISCAL YEAR 2018)

SOURCE: IOWA ALCOHOLIC BEVERAGES DIVISION

HENNESSY VS
COGNAC
\$2M



BLACK VELVET
CANADIAN WHISKY
\$1.97M



JAMESON IRISH
WHISKEY
\$1.94M



ABSOLUT VODKA
\$1.53M



SMIRNOFF VODKA
\$1.48M





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Continued from page 144

Add local distilleries, such as Templeton and Cedar Ridge, and you can see why it's popular to gaze at the top-50 display case of bottles at the warehouse entrance that change position according to sales, just to keep up with trends.

Iowans spent \$320 million on booze in 2018; the amount has increased each year from \$255.8 million in 2013. The 2,044,523 cases last year came in all colors and flavors, and Sutton studies those trends closely as retailers bug him to order all the new varieties. So much has changed that the warehouse, once a maze of boxes on the floor, is today a grid network of towering metal shelves. And they still need to bust out the walls for a 20,000-square-foot expansion in the coming year. Apparently, Iowans love to party with variety.

"What's hot today is not necessarily hot in six months," Sutton says.

State regulators investigate and approve any new liquor brands, but it falls on Sutton to work with retailers on their requests, especially bars and restaurants that have ventured into the growing art of mixology.

Edgar McGuire says that's Sutton's strength as Iowa's "bottle baron."

"There is no brand loyalty, so it's hard for the state to know what to bring in," says McGuire, one of the owners of Bootleggin' Barzini's in Coralville. "But he's changed the warehouse to understand our need for special orders. With Herb, we are able to communicate back and forth. He's a stand-up guy and not one to blow smoke."

So what is the bottle baron's go-to brand at the end of a hard day in the booze warehouse?

"Johnnie Walker Blue," he says, smiling at the thought of the Scotch whisky.

If ever there was a warehouse that produced smiles, this is it. ■

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This page: Riane Menardi Morrison is making her mark as a quilt designer. She hopes to bridge interior design and quilting by pursuing a modern aesthetic accessible to beginners.

Right: Crib-sized quilts are a common entry point for beginners. "First Blush" is a design that utilizes some of the same elements that Morrison incorporated into the first quilt she made with her grandmother.



**NEW
KIDS
ON
THE
BLOCKS** A
YOUNGER
GENERATION
IS
EMBRACING
QUILTING,
GIVING
IT A
FRESH
AND
MODERN
SPIN.

WRITER: BRIANNE SANCHEZ PHOTOGRAPHER: AUSTIN HYLER DAY STYLIST: LAUREN DAY

RIANE
MENARDI
MORRISON



FROM ABOVE, IOWA IS A QUILT. Varied shades of green stitched together by highways, vibrant towns and cities pieced in at intervals between.

That patchwork of tone-on-tone fields creates a minimalist aesthetic embraced by modern quilters whose take on the functional folk art is more West Elm than Cracker Barrel.

Many of the quilts in Riane Menardi Morrison's "Inheritance" collection, for instance, look like Iowa in winter. She favors neutral backgrounds—snowy whites and creams in cotton and linen—populated with pops of color, and hand quilts with a Japanese Sashiko style in contrasting cotton thread.

At 29, Morrison is part of a new generation creating and connecting through quilting—and making a career of it. The heirloom-quality materials, simple designs and labor-intensive techniques she chooses reflect her embrace of quilting as a productive antidote to scrolling and screen time.

"Having something to do with my hands after a full day at the computer is so rewarding," Morrison says. "A lot of the good ideas I have come when I'm stitching. You let your mind wander, and your hands stay busy."

Morrison's grandmother taught her the basics of quilting when she was struggling to find her way as a freshly minted journalism school graduate. The Wyoming native and Drake alumna was living with her grandparents in Des Moines; her primary job prospect had evaporated when Meredith's ReadyMade magazine folded just as she was transitioning from intern to full-time employee.

"At night, I'd go sew and drink wine and think about what's next," Morrison says.

'BIG METAPHOR'

She dug through her grandmother's fabric scraps and, although the prints weren't her style, she found solace at the sewing machine.

"I went block-by-block during that time, and by the end of the summer I'd finished the quilt, had a job and a new boyfriend who is now my husband," she says. "It just became this big metaphor for my life coming together."

Morrison held a series of positions in the creative startup world before landing her current role as communications manager for the Modern Quilt Guild, an online community and global membership network. Her

goal in publishing her work in a 168-page book, "Inheritance: Minimal Quilts for the Modern Home," is to make quilting accessible and to bridge the gap between interior design and handcrafted goods.

Deb Gore Ohrn, a former crafts editor at Better Homes and Gardens, met Morrison at the beginning of her quilt journey, when they both worked for Goodsmiths, a now-defunct online craft marketplace. The two traveled together to the inaugural QuiltCon in 2013, which has become the largest modern quilting show in the world. Part of Morrison's role with the Guild now involves putting on the show in the United States and traveling internationally for quilting conventions in places like India and Australia.

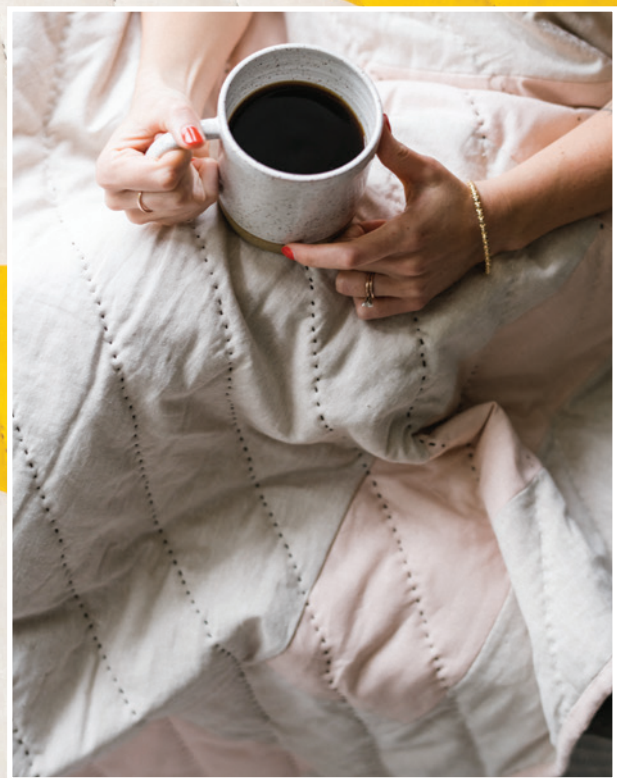
"Riane has the opportunity to meet the foremost quilters, makers and artists because they're coming to QuiltCon," Ohrn says. "As she goes to different countries, we're going to see her work evolve. She's going to blend styles and make it her own."

INCLUSIVE COMMUNITY

Ohrn sits on the board for the Iowa Quilt Museum in Winterset, and recognizes that although the modern quilt movement is a reinvention of a craft that's been around for ages, it's refreshingly representative.


"The modern quilt community is so inclusive and diverse," Ohrn says. "It's not just millennials—you'll see every color and ethnic group."

Morrison was instrumental in starting the Central Iowa chapter of the Modern Quilt Guild, which meets monthly in local libraries to talk techniques and collaborate on contemporary designs. The craft has much in common with



Several quilts in Morrison's "Inheritance" collection, such as this one called "Prince," are designed to be double-sided. The crown-inspired motif is perfect for a beginning quilter who wants to build confidence in the craft.

Inset: Quilting inspires a slowdown, whether you're stitching or relaxing under the finished project.



The "Counterpart" quilt is Morrison's take on the traditional wedding ring quilt design, meant to honor all relationships that can be held dear. The concentric rings are achieved through an appliqué method, where contrasting fabric is stitched on top of the base fabric.

traditional quilting, but fabric choice and design trend toward large-scale blocks, negative space and contemporary themes.

"We all kind of coalesced around the same aesthetic," says co-founder Jessie Zeigler, who owns Threaded Quilting Studio in Adel. "I wanted to talk with people in person about what we were inspired by online."

At a recent Guild meeting, the topic was transparency, and members practiced designing to create optical illusions wherein fabric pieces appear to float over one another. They brought works in progress, like an enormous, intricately pieced quilt with an elephant design, and planned squares for a charity quilt.

Carol Noyes, one of the Central Iowa group's other founders, loves to use recycled denim, wool and cotton in her quilts and calls longarm quilting (which requires a special type of sewing machine) her "doodle therapy." Her daughter, Nyah, is featured in many of the images of "Inheritance," which was photographed and styled in Des Moines by Austin Hyler Day and Lauren Day.

MEANINGFUL HERITAGE

The modern quilter's quest to make something meaningful is in keeping with a heritage that's about much more than style. Noyes draws inspiration from the women of Gees Bend, an African American community in Alabama where generations of women have honed an art for improvisational quilting. And she's involved her daughter in quilting, too.

"The use of old clothes of loved ones, repurposing sacks that held household goods and sustainability captured my interest and continues today, especially in the modern quilting community," Noyes says. "Modern [quilts] are meant to be used and loved, which carries on the traditions of ancestors."

Quilts are also a way for their creators to speak out and find a voice through craft.

From the political activism of Civil War-era quilts, which purportedly held codes to guide enslaved people along the Underground Railroad toward freedom, to the feminist and "resistance" quilts of today, each generation of quilters finds designs that feel relevant—even urgent. And then they take it slowly, pouring dozens of hours into each quilt. The results speak for themselves. ■



RIANE MENARDI MORRISON'S BOOKS:

- "Modern Quilts: Designs of the New Century" (Stash Books, 2017).
- "Inheritance: Minimal Quilts for the Modern Home" (Material Goods, 2018).

Modern quilts are meant to be used. Spread them out for a picnic in the park or encourage kids to use them for forts and other imaginative fun.



SHINING STAR

THE CURTAIN RISES ON NEW LAURIDSEN OPERA CENTER,
HOME OF DES MOINES METRO OPERA.

WRITER: LUKE MANDERFELD PHOTOGRAPHER: DUANE TINKEY



A two-story glass atrium is the showpiece of the renovation and expansion at the Indianola home of Des Moines Metro Opera.

Michael Egel gets stopped around Indianola much more frequently these days. At the grocery store, community functions or downtown on a walk, the general and artistic director of Des Moines Metro Opera has been approached by strangers

who gush about the renovation and expansion of the company's offices in the onetime Carnegie Library there.

Located down the street from Simpson College and in the heart of Indianola's business district, the newly named Lauridsen Opera Center—completed in late May—has a way of commanding attention to its glass atrium addition. Floor-to-ceiling windows frame a view of the original building's red brick exterior, now under glass, and of opera costumes held aloft on display.

"First they ask, 'Are you the guy who runs the opera company?'" says Egel, who has directed DMMO since 2013. Then he smiles. "They say, 'Every time I walk or drive by, I see the windows. I love them.' There's so much interest around town."

The renovation was some six years in the making. In 2012, DMMO, which has owned and operated its offices out of the 115-year-old Carnegie building since the mid-1980s, looked into the long-term viability of the space and considered moving elsewhere in Indianola.

But for a locally minded organization like DMMO, the Carnegie building was the right place to be, Egel says. Its historic significance and emotional ties to the community were the anchors that held DMMO there. In 2016, the company launched a \$3.5 million fundraising campaign to renovate the space and add the atrium.

The decision to stay in place was a big win for the community and the widely acclaimed DMMO, which is considered a hidden gem by critics and opera enthusiasts nationally and abroad.

"The building is unique in its origin, and it's appropriate that something as unique as [DMMO] is housed there," says Ryan Waller, city planner for Indianola. "For them to invest in the long-term future here is extremely exciting for us. The feedback from the community has been exceptional."

WIDESPREAD SUPPORT

When DMMO asked Ardene Downing if she'd help chair the fundraising committee for the renovation and expansion, she was hesitant. As an active community leader, Downing was already involved in several local organizations in addition to her commercial real estate business.

But after a little encouragement from her husband, she took the role. And she's glad she did.

"It was so exciting to work on the campaign because it was so well received," Downing says. "We're really proud of [DMMO], and raising money for the renovation wasn't difficult at all. People were very responsive."

Individual donations during the campaign ranged from as little as \$25—sometimes as unexpected checks in the mail—to \$1 million, donated by Virginia and Nix Lauridsen, who became the building's namesakes.

The city of Indianola was in step with DMMO all along the way. Egel says the city helped raise more than \$1 million. All told, DMMO raised more than \$4 million, breaking its \$3.5 million goal. Ground was broken in April 2018.

"The most remarkable part," Egel says, "was the generosity, passion and speed that people stepped up and said, 'Yes, we believe in Des Moines Metro Opera.' "

NEW AND OLD

In addition to adding space, an important goal of the project was to blend the charm of the 1904 library building, which is on the National Registry of Historic Places, with modern architecture and contemporary style. That focus is

Continues on page 162



1



2



3

1. This newel post and banister bear witness to the touch of generations of visitors to the historic building. 2. Stenciled quotations and elegant original woodwork surround the offices. 3. The 1904 building's classical entry endures. 4. The renovation process preserved elegant details of the original interior, such as its transom windows and ornate hardware.



4





Above: Modern glass doors mark the transition from the new addition into the original building.



Below: Old and new merge in the furnishings and decor of the opera's offices.



The new atrium is all dressed up in opera costumes, ready for visitors to a series of events here this summer.

Michael Engel found hundreds of original paintings and drawings stuffed in drawers. He framed and hung them all over the offices.



Continued from page 158

evident in the atrium, which added 1,800 square feet of event space to the building.

The two-level expansion shines. Des Moines Metro Opera's logo hangs on one wall, lit up with the rest of the atrium at night. Display cases on the ground floor and above the two stairways showcase opera costumes and memorabilia. A new ground-level entrance and large elevator ensure that the building is accessible to everyone.

The original structure remains intact. As you stand in the atrium looking at the red brick edifice, it's easy to think you're outside—and you would have been before the expansion.

"We wanted to keep that original building as intact as possible," says Scott Allen, an associate at OPN Architects in Des Moines. "We ultimately decided to keep the expansion and building separate with a doorway, and I think that provides a unique experience."

Inside the original building, the style is minimalistic. Collaborative tables are focal points of the various rooms, and the surrounding desks are adjustable in height. The conference room features a table original to the building. A sleek new downstairs kitchen offers space for events or for employees to relax. The rehearsal room on the south side of the building now has soft flooring, providing more comfort for performers.

Outside, the foliage complements the expansion. A rain garden—which doubles as a stormwater collection system—sits at the northwest corner of the building and provides an organic touch.

"The building is very tastefully done," Waller says. "When you walk through, you can see it's been renovated, but the historic nature of it is still extremely prevalent. It's a great blend of the history and future."

Throughout the Lauridsen Opera Center, visitors will find artwork, displays and collections steeped in history. Egel says it was important for the building to pay homage to DMMO's roots while also looking toward the organization's future.

"My hope is that is that this building will speak to a mature organization going into a new phase of its existence," Egel says. "The organization is mindful of its history, but we are also very forward-looking."

'WELCOME MAT'

As this issue went to press, DMMO was making plans for several events this summer, including a grand opening gala, a barbecue and an open house. When the Register's Annual Great Bicycle Ride Across Iowa comes through Indianola in July, the Lauridsen Opera Center will play a key role in the city's planned activities.

DMMO is now turning its attention to the organization's 50-year anniversary in 2022. The Lauridsen Opera Center is the ideal kickoff point for DMMO as it heads toward that milestone.

"At every turn, every aspect has exceeded my wildest expectations," Egel says. "I'm very excited to feature the legacy of this building while bringing in the atrium and the welcome mat it provides to the community of Indianola. We can reintroduce ourselves to a new generation of Indianola as we move toward 50 years as an organization."

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DES MOINES METRO OPERA'S 2019 SEASON

"LA BOHÈME"

Composer:

Giacomo Puccini

Dates: June 28, 30;

July 5, 11, 13, 21

"La Bohème" follows a group of struggling bohemian artists in 19th-century Paris. A hundred years after its premiere, the popular opera was adapted into the musical "Rent," a Broadway blockbuster.

"CANDIDE"

Composer:

Leonard Bernstein

Dates: June 29;

July 7, 10, 12, 20

Based on a French satire first published in 1759 by Voltaire, "Candide" is a witty operetta described as "part opera, part musical and entirely irreverent."

"WOZZECK"

Composer: Alban Berg

Dates: July 6, 14, 16, 19

Taking place in rural Germany in the early part of the 20th century, the opera tells the story of a poor soldier who's afflicted with horrific visions and consumed with jealousy over his lover's lie, which ultimately leads to tragedy.

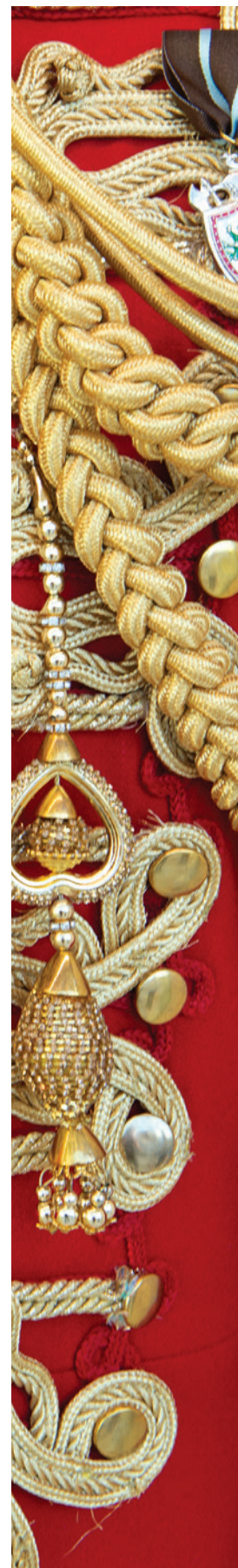
"BON APPÉTIT!"

Composer: Lee Hoiby

Dates: July 18, 19, 20

(Sold out)

As part of its Second Stages Series, DMMO is collaborating with the Iowa Culinary Institute at Des Moines Area Community College to provide dinner, dessert and a performance of Lee Hoiby's "Bon Appétit!," which is based on a televised 1961 cooking lesson by Julia Child on how to make decadent chocolate cake. ■



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(L-R): Shelby Boyd - Marketing Manager; Cheryl Brashear - Office Operations Manager; Terry Frederick - Assistant Vice President Commercial Surety; Therese Wielage - Vice President Marketing & Executive Committee Member; Kate Kreis-Claflin - Human Resources Manager; Andrea Coon - Commercial Underwriting Manager; Stacey Cale - Assistant Vice President Human Resources; Kim Lee - Underwriting Operations Consultant

HOW DO YOU DEFINE SUCCESS?

Success means our ideas have impact, our work is valued, our voices are heard, our pay is fair, balancing careers with life is possible, and when we lift up others, we find that we are lifted as well. It is fulfillment, having a positive effect on others and creating opportunity for the next generation.

WHAT IS THE MOST CRITICAL TALENT YOU POSSESS IN YOUR ROLE?

Confidence – a “yes we can” attitude. Avoiding hubris, while building faith in yourself and others goes hand in hand with earning the trust of others.

WHAT IS THE BEST PIECE OF ADVICE YOU'VE EVER RECEIVED?

Culture eats strategy for breakfast! It's a Peter Drucker quote often heard at Merchants. Part of our mission is an engaging culture for all associates; one of cooperation and collaboration.

WHY IS IT IMPORTANT TO SUPPORT WOMEN IN BUSINESS?

Merchants is part of the EPIC Corporate Challenge working to advance women at all levels of company leadership. The data proves that having more women leaders means better outcomes for the bottom line, for the company culture and for reaching the highest economic potential.



Women Who Mean Business

2019

In the business world, we know that women have much to contribute. Be inspired by these leaders.



Seated L-R: Lori Fenton, Elizabeth Alexander

Standing L-R: Shirlyna Richter, Maureen Henderson, Natalie Delaney, Leah Hoppe, Shellie Peters

Global Atlantic Financial Group

Women's Network giving Global Atlantic an edge

When you're looking to take a different approach in a centuries-old industry, a balanced view with a variety of perspectives is vital. To gain this competitive edge, Global Atlantic is working to recruit and advance more women in insurance.

In 2017, we established the Global Atlantic Women's Network. The group is a community of like-minded women and their supporters working to enhance their careers and influence at the company. Through the Women's Network, Global Atlantic is driving initiatives and activities across the organization with local chapters, including in Des Moines, where more than 200 of our 1,100 employees are based.

The Women's Network is helping to empower and engage women through mentorship programs, seminars and networking opportunities. As a result, the women of Global Atlantic are building the relationships and gaining the tools they need to advance and succeed in the workplace.

Among the notable events in 2018, the Women's Network sponsored a seminar from women's leadership expert and bestselling author Sally Helgesen, who shared insights from the book, *How Women Rise: The 12 Habits Holding You*

Back from Your Next Raise, Promotion or Job, which she co-authored with Marshall Goldsmith. Among her insightful topics were how to avoid traps like building a network but failing to leverage those relationships, and prioritizing a job over long-term career progress.

In partnership with Human Resources and business leadership, the network is also helping to cultivate talent, and develop diversity and inclusion strategies to ensure Global Atlantic remains an attractive environment for women to work and grow.

The company's focus on achieving greater gender balance is evident across the organization. Women hold senior roles throughout the organization, including in Sales, Investments, Operations, Finance, Risk, Legal and Compliance, Business Development, Marketing and Human Resources. Many of these leaders have been recently hired or promoted from within, and we're focused on continuing the trend.

Global Atlantic is a leading retirement and life insurance company. Our growing downtown Des Moines office supports many corporate functions, in addition to being the center of company's life insurance business.





Lincoln Savings Bank

Emily Girsch

CHIEF FINANCIAL OFFICER

Emily Girsch is a dichotomy of herself. The Chief Financial Officer of Lincoln Savings Bank doesn't care to be in the spotlight. However, after receiving American Banker's 2019 award for Most Powerful Woman in Banking: Next, it's easy to see why this is difficult for her to avoid.

Being successful in banking is a difficult feat; and Girsch has not only risen to executive leadership of a \$1.3 billion-asset community bank since her mid-20s, but has done so with integrity, authenticity, and while prioritizing her family over her work. It's not surprising that she has naturally become the source of inspiration, encouragement and wisdom for many women at Lincoln Savings Bank.

While many would find the dated stereotypes of banking to be daunting, Girsch's desire for progress makes her the perfect person to drive Lincoln Savings Bank forward to digital success. She notes that banking needs to catch up with the use of technology and has made LSB a pioneer in the Financial Technology (Fintech)

field. In five years, she has been involved in bringing in 1.5 million new customers to LSB through partnering with Fintechs like Acorns, MoneyLion, Square and Qapital.

Additionally, she successfully ran a major capital-campaign last year to compensate for loan growth of more than 18% in 2017 and almost 12% in 2018. After raising capital through a private common stock offering, she went on to pursue investors across the country to double the funds raised, allowing LSB to grow with their success.

While Girsch is not one to draw attention to her being a woman in a male-led industry, she notes that it is important for women to support each other in roles of leadership and ownership as they are often surrounded by men with different interests and perspectives. The stereotypes that go along with working mothers are, in and of themselves, enough to be overwhelming, but her persistence and motivation as a mom and a CFO have proven to be a conquering force and an inspiration.



Member FDIC



Front (L-R): Susan McCann, Knead Massage Therapy | Valerie Sutton, Harvey's Greenhouse | Chasity Davis, Texture Salon | Tina Krug, Red Fern Landscape Design | Julie Young, Teal Creek Homes | Crystal Macallister, Arch. Brow and Beauty | Kendra Kasischke, Country Lane Lodge | Jacque Johnson, Adel Quilting & Dry Goods Co. | Tasha Garlick, Garlick Real Estate Team; **Middle (L-R):** Michelle Davison, Timberline Designs | Jane Clausen, Adel Health Mart | Kristie Anderson, Azalea Lane Boutique | Barbara Scheetz, Adel Vision Clinic | Lindsey Grife, Let's Dance | Eva Helps, Helps Homestead | Shannon Lee, Blessed Births of Iowa | Megan Garrett, Heartland Handcrafted | Rebecca Zoet, This New Old House | Angela Schrad, Restoration Harmony; **Back (L-R):** Lisa Payne, Lovely Locks Salon | Billy Nuzum, Billy's Icecream Store | Bre Forret, Hazel Mae Floral Events | Amy Lucht, REMAX | Julianna Cullen, Iowa Realty | Elizabeth Holland, Adel Veterinary Clinic & Iconic Apparel | Amy Keiderling, Modville | Robin Todd, Wilder Flowers; **Not pictured:** Amy Skogerson, The Law Shop by Skogerson McGinn LLC

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adelquilting.com

Adel Veterinary Clinic Medicine - Acupuncture - Boarding
adelvet.com

Adel Vision Clinic Quality eye care on the square.
adelvisionclinic.com

Amy Lucht, REMAX Painting the town Red, one door at a time.
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Arch. Brow and Beauty Big city skincare talent, education, and training.
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Blessed Births of Iowa Supporting families through pregnancy, birth and after baby.
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Red Fern Landscape Design Creating gorgeous spaces that bring the party outside.
redfernlandscape.com

Restoration Harmony Homes & Harmony Hall on Riverside
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Teal Creek Homes Relationship-driven building for a personal journey through the process.
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Texture Salon A professional inviting salon, dedicated to providing beautiful healthy hair!
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The Law Shop by Skogerson McGinn LLC. Customized Client Services for All.
lawshop.net

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thisnewoldhouse.net

Timberline Designs Rustic-built home furnishings and fixtures for your home style.
timberlinedesignsiowa.com

Wilder Flowers Grows specialty cut flowers in Adel.
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L-R: Melissa Clarke-Wharff, Sherry Gupta, Renee Shull-Harmon, Renee Hardman, Melanie Brown, Leisha Barcus, Teree Caldwell-Johnson, Susan Scharnberg, Keshia Meissner, Sherri Nielsen

10 Incredible Nonprofits and

Melissa Clarke-Wharff, *Courage League Sports*

What drives you to do what you do every day? Seeing the smiles on the faces of our special kids. Watching them figure out what their bodies can do with what they have been given to live with. Changing their mindsets from “I can’t,” to “I can and I will.”

Sherry Gupta, *CultureALL*

What is the most rewarding part of leading a non-profit? I’m drawn to the groundbreaking work of non-profits. We create solutions that improve society. Our cutting-edge creativity inspires our humanity. Every day we get to produce valuable services that lift people up.

Renee Shull-Harmon, *Science Center of Iowa*

What drives you to do what you do every day? Making a difference in our community motivates me every day. I have always been driven by the idea that each interaction can empower others, inspire learning or spark a change.

Renee Hardman, *Big Brothers Big Sisters of Central Iowa*

Best advice you have ever received? As Mahatma Gandhi says: “Never let anyone walk through your mind with their dirty feet.” Don’t be defined by others, stay true to yourself and live life boldly, with no regrets. Defend potential of others; especially our youth.

Melanie Brown, *Leukemia and Lymphoma Society*

Share your favorite quote or words you live by. “My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” – Maya Angelou



the Women Behind Them

Leisha Barcus, *YMCA of Greater Des Moines*

How can we encourage women to go after more leadership roles? Don't be shy about your ability to make a difference. Trust yourself and your experience. Take a risk, work hard, and success is inevitable.

Teree Caldwell-Johnson, *Oakridge Neighborhood Services*

Most rewarding thing about your job? Oakridge is more than just a home. It's a neighborhood where affordable housing and wrap-around services support a diverse community of 1,200 residents working to achieve economic independence. My reward comes in seeing children achieve and families thrive.

Susan Scharnberg, *Friends of Iowa Public Television Foundation*

Why decide to get into our philanthropic community? It's exciting to serve as a catalyst between the elements – viewers, donors, volunteers and staff – and bring together a reaction that creates incredible programs for the people of Iowa.

Keshia Meissner, *Beacon of Life*

Best advice you have ever received? Two things: 1. Don't wait to use or see something wonderful until later. Tomorrow is never promised and you don't want to miss out! 2. You can't control other people's actions, but you can control your reaction to them.

Sherri Nielsen, *Easterseals Iowa*

Best advice you have ever received? The best advice I have ever received was from one of my mentors, Doug McAninch. It was at a time when Easterseals Iowa had to downsize due to funding changes at that state level with less than a 30-day notice. The advice was be thankful every day for everything, make your decisions quickly, communicate it, and be transparent about how you made your decision. Not only was it good then, but every day.



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Fleming Construction

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Home Builders Association of Greater DSM

Making DSM the greatest place to work & live!
dsmhba.com

Kitchen & Bath Ideas

Melissa Garrett-Nelson,
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kbideasiowa.com

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Standing (L-R): Melissa Garrett-Nelson, Kitchen & Bath Ideas | Kate Arnest, Arnest Architecture | Melisa Cox, HBA | Amy Hayes, VیزیPay | Keelie Lawson, Moehl Millwork | Jen Haywood, Texturious Designs | Jodi Peterman, Elizabeth Erin Designs | Rebecca Zoet, This New Old House | Rachael Harms, RE/MAX Concepts | Jenni Pierce, State Savings Bank | Leslie Mayo, Next Step Advertising | Tasha Millard, The Flooring Guys | Amy Smith, UICCU | Mary Henss, Best Portable Toilets **Seated (L-R):** Kristin Stamp, Waukee Cabinet Works | Megan Roettger, Synergy Homes/RE/MAX Precision | Donna Alley, Fleming Construction | Sarah Kavalier, Coldwell Banker | Steph Reed, Partners By Design Homes | Kari Sebern, Sebern Structural Services

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Waukee CabinetWorks

Specializing in: custom cabinetry, countertops, fabrication, decorative hardware, accessories, refacing and more.
waukeecabinetworks.com





(L-R): Melanee Stanbrough | Tammy Heckart | Summer Clark | Micole Van Walbeek | Kim O'Connor

Renowned Women of Real Estate

These 5 Realtors have achieved high levels of work life integration while supporting women in business and in Real Estate. We celebrate their collective successes.

What is the most rewarding thing about your job?

Summer Clark

Definitely finding the perfect home for someone! A home is such an important part of your life. It doesn't matter if it's your first or 5th home, it's always exciting finding the perfect fit!

Kim O'Connor

I have the pleasure of meeting new people and making new friends, from all walks of life, every day. They enrich my life and make me happy.

Melanee Stanbrough

Working with the Homes for Heroes program allows me to give back to Teachers, Military, Police, Fire and Medical Heroes. Curious?

How do you define success?

Tammy Heckart

Success isn't a numbers game. It's made through continued learning and experiencing as much life as possible along the way.

Micole Van Walbeek

At the end of the day, success in real estate is all about being respected by your peers and valued by your clients.





Grand Homes & Renovations

Carrie Norris | CO-OWNER

Carrie Norris is the co-owner of Grand Homes & Renovations with David Kruse. Carrie is an award winning builder and kitchen designer that has been in the construction industry for 20 years. "When we started Grand Homes & Renovations 13 years ago our idea was to offer our clients unique perspectives, incredible workmanship and timeless designs."

Best advice given: It doesn't matter that this is a male dominated industry. Regardless of your gender or race you possess the power to be anything you want in life. On your way to the top, remember to treat others how you want to be treated.

Best advice given to young entrepreneurs: I think the world needs more female contractor's,

sub contractors, architects and engineers. Brining new perspective through different eyes, regardless of age or gender creates an untouchable team.

What does it mean to be a mentor: Teach, learn and pay it forward. You must never stop learning and you must always give back to the community. Find your passion outside of your career and help others. Open your eyes and learn from those around you, even a competitor. Most importantly...be you.

What is your motivation: My motivation is showing my kids that a successful life doesn't come from the title I hold but rather the love I give back to those around me. I want to be a game changer. I want my kids to see that anything is achievable if you work hard, never lose sight and have faith in yourself.

GRAND HOMES
& Renovations



Girl Scouts of Greater Iowa

Beth Shelton

CHIEF EXECUTIVE OFFICER

How do you define success? I define success as a feeling of wholeness and contentment with the space and season I occupy in life.

Why is it important to support women in business and women-owned businesses? I'm really passionate about underrepresentation in all facets of life. As a whole, we experience better outcomes when we utilize all available perspectives. We see this hold true from scientific research to boardroom effectiveness to the quality of consumer goods. I make it a priority to support women owned businesses because it directly and indirectly advances equality; in the marketplace, politics, wealth acquisition and beyond.

What motivates you? Recognizing the human side of the workplace and being a true partner in making incremental improvements that benefit people. I get excited when I speak about it, research it and strategize on ways to improve.

Who do you turn to for advice? I turn to those people who show up for me in life. At the top of the list is my mom. She's a natural leader, extremely intelligent and great at seeing the big picture in both life and work.

What is the most critical talent you possess in your role? The ability to lead and strategize with love and compassion.





Photo By: Paige Peterson Photography

Abbey Robertson

Century 21 Signature Real Estate

REALTOR®

Abbey Robertson is a relationship and community-driven Realtor®.

Since beginning her residential real estate career eight years ago, Robertson has become one of the top producers for Century 21 Signature Real Estate in the Des Moines metro, recently inducted into the exclusive Corporate C21 Centurion Honor Society. Her client base is created primarily through referrals, and she has received the C21 President's Producer Award the past five years.

But Robertson is most proud of connecting her business with something more. She dedicates her time and also a portion of every home transaction to Jonathan's House for Orphans, a

Marshalltown-based nonprofit organization providing shelter, medical care and schooling to hundreds of African children.

Jonathan's House for Orphans was established in late 2012 in the Central African Republic, a country ravaged by instability and civil war. Robertson's two daughters — Grace and Abigaëlle — were a part of that orphanage until 2017 when they traveled home with her to Iowa.

Supporting Jonathan's House for Orphans is an essential part of Robertson's business, and she's proud of the hard work and dedication the organization devotes to children in the Central African Republic. Find out more at jonathanshouse.org.

abbey robertson
REAL ESTATE





Des Moines University

Angela L. Walker Franklin, Ph. D.

PRESIDENT & CEO

What motivates you? Hands down, building and supporting effective teams. I am always exhilarated when I surround myself with smart and effective leaders who work in lockstep as a cohesive team. Watching team members collaborate to move an organization forward and resolve complex issues is extremely rewarding, and it builds a high performing culture.

How do you define success? I have always taken the long view regarding success. I view success as a journey versus a destination. Success is evolutionary and can be realized often on a progressive scale as goals are achieved and new ones articulated.

What is the biggest challenge you have had to face? Given recent, bold developments at DMU, I want to reframe that question to address the biggest current and future challenge our University faces. I announced in March that we will build a new campus on what is now farmland in West Des Moines. We have purposely decided to adhere to an ambitious timetable for bringing that campus to life: we have every expectation of moving to the new location in 2023. We are proud of our new partnerships with the City of West Des Moines. It is rare for a university to dream this big and build a new campus.





(L-R): Sarah McCoy, The Permanent Collection Letterpress + Design Studio | Carol Wyckoff, Reclaimed: A Junklady's Philosophy | Alessandra Meschini, Cooking with Alessandra | Kate Best-Shaw, Porch Light | Heather LaPorte, Amour | Cassie Sampson, East Village Spa | Karen Brady and Arin Hummel, Ephemera | Ellen Martinson, Leona Ruby | Jennifer Coughenour, Wanderlust Fashion | Heather Ann Parker Roe, KIN

Entrepreneurs of the East Village

Collectively, we create and curate one-of-a-kind services, experiences, and goods. Support your local female entrepreneurs by shopping the East Village — 50+ neighborhood businesses founded and owned by women!

Amour

An award-winning lingerie shop featuring everyday bras, panties and special occasion lingerie. Fitting 30-38, A-J.
amour-is-love.com

Cooking with Alessandra

Offering exciting, fun and memorable cooking classes as well as culinary and wine tours across Italy!
cookingwithalessandra.com

East Village Spa

A Des Moines staple since 2008 for skilled massage, facials, natural nails, and gifts.
evdayspa.com

Ephemera

Custom Wedding Invitations, Personalized Stationery, Gifts and All Good Things. Send Something Worth Keeping.
ephemeradesign.com

KIN

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kindsm.com
f @kindsm
i @kin.dsm

Leona Ruby

Our jewelry store is a collection of your current jewelry obsessions, ever-changing and vast.
leonaruby.com
f @LeonaRubyJewelry
i @leonaruby_dsm

Porch Light

Eclectic mix of vintage & new furniture, home accessories, jewelry, stationery and house plants!
porchlightiowa.com
f i @porchlightdsm

Reclaimed: A Junklady's Philosophy

This little antique shop showcases the hunted and found, styled and curated...all things vintage.
f i @reclaimeddsm

The Permanent Collection Letterpress + Design Studio

Retail Shop with letterpress printed cards, stationery, art prints and custom graphic design.
thepermanentcollection.net
i @thepcpress

Wanderlust Fashion

Fashion for wherever life takes you! Providing locally made goods and new wardrobe styling services.
wanderlustiowa.com
f i @wanderlustiowa

i @shopeastvillagedsm
#shopeastvillagedsm



(L-R): Morgan Schmall | Amy Boe | Keynote Speaker Rachel Hollis | Tiffany O'Donnell | Emily Comer | Amy Eaton | Bobbi Segura

Women Lead Change

With the mission of developing, advancing and promoting women, their organizations and impacting the economy, Women Lead Change means business. That is the business imperative of advancing women leaders at all levels. Our laser focus on workforce development viewed through a gender lens is evident in annual programming and education designed to be tactical for individuals and strategic for organizations.

Women Lead Change began 12 years ago with a women's leadership conference, and has now grown to host five annual conferences across Iowa featuring internationally-known keynote speakers and hands-on breakout sessions led by local experts. The Central Iowa Conference returns on Oct. 9-10, 2019.

2019 signaled expansion and immense future growth beyond Iowa's borders with the launch of the Ascent Leadership Program, a 12-month virtual class focusing on leadership development and designed to advance mid-level, high potential women leaders.

Women Lead Change is honored to lead the Women of Achievement Awards as the humble shepherd of the Iowa Women of Achievement Bridge. We continue to partner with key stakeholders on valuable research projects and encourage participation in the EPIC Corporate Challenge and Women Connect programs.



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SPECIAL ADVERTISING SECTION
WOMEN WHO MEAN BUSINESS



Franke Miller Group

Deniz Franke CEO, PARTNER

Bianca Rowland CLIENT RELATIONSHIP MANAGER

What does it mean to be a mentor? Who do you turn to for advice? I believe a good mentor should always be leading by example. If you help others through their struggles, it will help you become a more successful person. I always refer back to the Golden Rule, do unto others as you would have done unto you. Currently I am mentoring my daughter in this business day in and day out and I believe by working together, not only helps myself succeed but it helps her succeed as well. I turn to my team, my husband and my kids for advice because through all of them I get different perspectives that help me figure out how I will handle decisions in my life.

What is the best advice you can give to your entrepreneurs in the city? The best advice I'd give to young entrepreneurs is the same I'd give to anyone, NEVER give up. You have to work hard to be successful, nothing is handed to you on a silver platter and don't expect it either. Always be open to advice from others and continuously learn from them and their experiences.

What motivates you? Every single day in this country motivates me. I thank God for each and every day. There are so many opportunities available here that can bring you success and challenges, you just have to believe in yourself, stay positive, be healthy and be an encouraging example to others.



Franke Miller Group
Ameriprise Private Wealth Advisory Practice



Iowa Home Care

Kimberly Weber

OWNER

Kimberly Weber's dream to provide a cost-effective healthcare solution that allowed individuals to enjoy the comfort, joys and security of their own homes, turned into a reality 15 years ago. The purpose was simple albeit challenging, but with Kim's passion, dedication, drive, and more than 400 committed nurses and healthcare providers, Iowa Home Care has become a top choice for in-home healthcare throughout Iowa.

In Kim's own words, "Home healthcare is the solution to many of today's healthcare deficiencies." Those suffering from age-related health decline, disabilities, injuries and even mental health-related issues can benefit from the expertise provided by the Iowa Home Care team. This team consists of nursing, physical therapy, occupational therapy, speech therapy, medical social work, home health aides and an administrative team dedicated to ensuring every patient has a voice and their care needs are not only met, but their self-love is restored.

Kim affirms "Rest assured when in Iowa Home Care's hands, you will receive expert care with compassion and love. We remain honored and privileged to be considered the ongoing leader in home healthcare services."



2500 University Avenue | West Des Moines
(515) 222-9995 | iowahomecare.com

Iowa Home Care, LLC. has locations in West Des Moines, Marshalltown, Boone, Fort Dodge, Ottumwa and Knoxville.



Cindy's Boutique

Cindy Lane | OWNER

I have been the proud owner of Cindy's Boutique for 21 years and my greatest success is empowering women to look and feel fantastic through fashion. Shopping at Cindy's is a fun and memorable experience, and if we can put a smile on another woman's face, we are fulfilled. I surround myself with a great team of awesome women who love clothes and love people.

Every day, we deliver on our promise: to provide unmatched service and help customers create the perfect look.



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(515) 274-0118

Follow us on [Facebook](#) @CindysBoutiqueVJ



AKS Farms

Alexis Scott | OWNER

What does it mean to be a mentor? Who do you turn to for advice? Mentoring, for me, revolves around four core values: honesty, loyalty, love and faith. I strive to provide my clients and students with a safe space to explore their goals, ideas and abilities. It is important they feel valued and inspired to do the same for others. I'm fortunate enough to still be able to work with my original coach and trainer, Lyric Laughlin-Phillips, and she's who I turn to for advice.

What was the biggest challenge you had to face? The biggest challenge I had and continue to face is garnering the same recognition as my male counterparts in a male dominated industry. I jumped right in to operating on my own as a trainer and instructor, rather than working for someone else and gaining notoriety that way. It's taken a long time, but the love I have for the process of developing true knowledgeable riders and seeing them reach their goals makes it all worth it!

Share your favorite quote or words you live by. "If you have a dream, fight for it. There's a discipline for passion; and it's not about how many times you get rejected or you fall down or you're beaten up. It's about how many times you stand up and are brave and you keep on going." - Lady Gaga



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L-R: Kelly Verwers Meyers, Susan Cameron Daemen



GovCom, Inc.

Susan Cameron Daemen | PRESIDENT

Kelly Verwers Meyers | SENIOR VICE PRESIDENT

What motivates you? Susan: The challenge of helping our clients to achieve their goals and protecting their businesses from burdensome regulations and mandates. Working successfully on legislative issues that are critical to our clients and our state. Knowing our efforts result in meaningful laws that positively impact the lives of Iowans.

What is the most critical talent you possess in your role? Kelly: As an attorney working in government relations, listening to fully understand all sides of an issue; thinking critically and being thorough on every project; and above all, maintaining my integrity and credibility with clients and decision-makers.

How do you define success? Susan: Balance between a successful career and family life. As a woman in business, it is sometimes difficult to achieve both without guilt. There were times when I was starting my business that I had to remind myself to prioritize my family. Work was demanding and energized me, but I wanted to be there for my daughter as she was growing up. When I learned it was okay to delegate and trust others in business, I became a better professional and mother. Success is the sum total of a life fulfilled.



Susan: (515) 480-4401 | Kelly: (515) 314-7721
susan@govcomiowa.com | kelly@govcomiowa.com | govcomiowa.com

Trixies

Tricia Rivas | OWNER

Best advice to young entrepreneurs?

You're not everyone's cup of tea. In my case, whiskey! Lol and you're not supposed to be. Stay true to your purpose, mission and passion. Those that are meant to be in your tribe will follow.

Do you mentor any women?

Yes, I mentor women starting their own businesses. It brings me so much joy seeing them excited to be following their dreams. Especially those that have had this dream for many years and finally see their worth in putting it out in the universe.

Words you live by?

Live the life you've imagined.



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Anani Salon & Spa

Abbey Lytle | OWNER

Why is it important to support women in business and women-owned businesses?

Women are consistently underestimated so it's important women drive change and show why we're strong, successful leaders. The key to women's empowerment is economic empowerment.

What's the best advice you can give to young entrepreneurs in the city?

Women are encouraged to view ambition differently, but my dad, a teacher and coach, instilled in me a relentless drive, competitive spirit and understanding that goals aren't singularly accomplished. Work hard, push limits but take care of yourself. Approach decisions with strategy and compassion. Challenge and break expectations to clear the field for other women.



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Pillar part of Accenture Industry X.0

Kelley McManus | MARKET CURATOR

What motivates you? Growth of people, really, people in general. I gain tons of energy and happiness by supporting others' professional and personal growth. I'm currently leading the launch of a new location for our business in Chicago, which allows me to do so much of what motivates me.

What keeps you excited about your work after 30 years in the business? After years working at corporations, my excitement reignited when I joined Pillar and was encouraged to break down corporate barriers and focus on my passions. There was a lot of nervousness leaving what I knew, but the new opportunities fueled me. Now, as Pillar joins Industry X.0, I'm experiencing a lot of that again. I had hesitations about joining another corporation, but we're in a great situation to maintain our small company culture and drive, with new opportunities to solve client challenges with cool, cutting-edge technologies.

Share words to live by. Life is too short not to be happy.

pillar

Part of Accenture Industry X.0

The Forge by Accenture Industry X.0

1420 Locust Street, Suite 200 | Des Moines | pillartechnology.com

TEEN JOB-TRAINING PROGRAM BRIGHTENS FUTURES

WRITER: SUZANNE BEHNKE



MARVIN
DeJEAR

Iowa's unemployment rate hit some record lows in recent months.

One population segment, though—teenagers and young adults—lags in job opportunities, with their employment down 20 percent in the past 15 years, according to United Way of Central Iowa.

Those figures bother Marvin DeJear, director of the Evelyn K. Davis Center for Working Families in Des Moines.

When DeJear started there in 2012, he realized there was a range of job training programs for adults but just one for youths, at Oakridge Neighborhood.

"With every state competing for workers, I felt that if we are really serious about making sure Iowa has the workforce we need in the future, we need to invest in the youth right here in our backyard, particularly in Des Moines Public Schools," he says.

That's where Des Moines Area Community College's Summer Youth Experience Program (SYEP) seeks to provide work-readiness training and workplace experience for youths as young as 14. Participants are then placed with an area employer for eight weeks.

In cooperation with DMACC, the Evelyn K. Davis Center has a community committee—many members

are retired educators—that played a big role in developing SYEP, especially for youths who face racial, social or other barriers to employment.

"We're going to have a diverse workforce in the future whether we're ready or not," DeJear says. For the 2018-19 school year, about 62 percent of the 32,789 students enrolled were from non-Caucasian populations, according to the district's website.

When it launched in the summer of 2013 there were 132 applicants, with 31 students being accepted. In 2018, 106 youths participated in the program; as of this issue's press time, 2019 program participants hadn't yet been chosen.

Funding initially came through United Way of Central Iowa and the Principal Charity Golf Classic. United Way and other groups knew job training

was imperative for the region.

"We know that first job is so important, and it's really important to have that first job when you're young, because you learn so much in that first experience—how to communicate, how to work in a team, and those soft skills," says United Way CEO and President Elisabeth Buck. "Also that's the time where it's OK to make a mistake. ... Usually your employer is in a position of mentoring and helping to grow your skills."

The Summer Youth Employment Program runs 10 weeks. In the first two weeks, participants receive training to be ready for their job; they must interview and be placed with a partner-employer. They are exposed to financial planning and budgeting so they know what to do with a paycheck once it's earned.

The real world comes in the next eight weeks. When students are placed with an employer, the youths work 20 hours a week and follow up at the center. There's an on-the-job component and there is classroom time as well to provide feedback, mentoring and reflection, DeJear says.

Mariama Corneh, originally from Liberia, is a "graduate" of SYEP from 2013. The program took her to the local

plant of tire-maker Bridgestone. She took tire treads from the assembly line and measured them to ensure they met specifications for details such as tread depth.

The experience taught her two valuable lessons she says she uses still: the importance of precision and the ability to work with colleagues of different ages.

These days she works in Oak Ridge, Tennessee, as a stress engineer for a uranium processing system. She has a degree in mechanical engineering from the University of Iowa and says she believes she landed the job because she had early work experience.

Her advice to anyone thinking of applying for SYEP: "Do it. The thing about this program is it exposes them to job opportunities."

Just over 700 youths have been through the program. DeJear wonders about the hundreds who applied and were turned away.

The barrier to expanding is funding. It costs \$2,500 per participant, with business partners paying the youths.

"It just seems like it's a win-win if an employer can help the young teenager that could potentially be an employee for them in the future," Buck says.

EVENTS

JULY

Des Moines Symphony VIEWING PARTY FOR YANKEE DOODLE POPS

When: July 3, 6:30 p.m.

Where: Terrace at the State Historical Building

Details: This Independence Day celebration features a cocktail reception, silent auction, picnic dinner and high-definition livestream of the annual Des Moines Symphony Yankee Doodle Pops concert. \$100; dmsymphony.org.

Children and Families of Iowa LADIES' INVITATIONAL GOLF TOURNAMENT

When: July 12, 7 a.m.

Where: Copper Creek Golf Club, Pleasant Hill

Details: An all-day golf tournament with a light breakfast and lunch, as well as a silent auction. \$75 registration fee includes green fee, golf cart and breakfast and lunch; cfiowa.org.

Variety—the Children's Charity Iowa POLO ON THE GREEN

When: July 13, 5 p.m.

Where: Powder River Ranch, Cumming

Details: A dinner, live and silent auctions, live music and dancing in addition to a polo match. \$375; \$187 for young professionals (ages 21-35); or \$3,000 for a table of eight; poloonthegreen.com.

Cystic Fibrosis Foundation

65 ROSES GALA

When: July 13, 6 p.m.

Where: The River Center

Details: Live music, a jewelry pull, a live auction, dinner and a signature cocktail. \$200; events.cff.org.

Orchard Place

MOONLIGHT CLASSIC BIKE RIDE

When: July 13, 9:30 p.m.

Where: The Iowa Taproom

Details: Ride the streets of downtown Des Moines and take in the live music and refreshments during this nighttime bike ride. \$40; orchardplace.org.

Food Bank of Iowa

SMOKE-OUT HUNGER

When: July 28, 11 a.m.

Where: Brenton Skating Plaza

Details: Featuring regional craft beers and barbecue from local restaurants, including Bubba, Jethro's and Teddy Maroon's. The New Mexicos will perform. \$45 for ages 21 and older; \$25 for ages 12-21; \$10 for ages 6-12; and free for ages 5 and under; foodbankiowa.org/events.

Continues on page 192

SAVE THE DATE

OCTOBER 24TH

VENUE: Temple for the Performing Arts.

dsm
L·G·B·T·Q
LEGACY LEADER AWARDS

Over the years, Iowa's LGBTQ population has had a strong and welcome influence on our state. Representing a wide range of vocations and avocations, these Iowans have led with creativity, vigor and compassion, solving problems and helping build a state that we all can be proud to call home. In tribute to such inspiring contributions, dsm magazine along with Presenting Partner, One Iowa will be featuring the LGBTQ Legacy Leadership Award Honorees in the September/October issue of dsm Magazine and through an awards ceremony on October 24th at the Temple for the performing arts.

PRESENTING PARTNER

oneiowa

SUPPORTING SPONSOR

WELLS
FARGO

Continued from page 191

AUGUST

Rebuilding Des Moines

ART OVER WINE

When: Aug. 6, 5-7 p.m.

Where: Jasper Winery

Details: Includes wine tasting, hors d'oeuvres, and silent and live auctions featuring works of local artists. \$25; rebuildingdm.org.

Junior Achievement

GOLF CLASSIC

When: Aug. 12, 6 a.m.

Where: Des Moines Golf & Country Club

Details: All-day golf tournament. \$250 to \$5,000; juuniorachievement.org.

Science Center of Iowa

BIG BLAST

When: Aug. 23, 6:30 p.m.

Where: Science Center of Iowa

Details: Celebrating the 50th anniversary of the Apollo 11 moon landing, the event will include more than 100 silent auction packages, dinner and cocktails, and live music. \$125, or \$225 for two people; or \$75 for young professionals under age 35; sciowa.org/bigblast.

Alzheimer's Association

WALK TO END ALZHEIMER'S

When: Aug. 24, 8 a.m.

Where: Iowa State Capitol

Details: A two-mile walk through downtown Des Moines to benefit Alzheimer's Disease research. Registration is free, but the organization encourages participants to make a donation and ask others to contribute as well; alz.org. ■

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

RSVP



Ryne Doughty performs at Joppa's South of Grand Social. For more photos, turn to page 206.

How to Submit Party Photos

Want your event pics in *dsm*? You'll find submission details on our website, dsmMagazine.com. But remember, we need your accurate input. For example, please make sure to provide the proper spellings of the names of all the people pictured. And please provide a phone number and an email address of a contact person in case we get confused. It happens.

Please note that by uploading/submitting photos, you are acknowledging you own the photo rights and grant Business Publications Corporation Inc. the right to publish the photos in its print and online publications.



Kim and Rich Willis



Peggy Fisher, Soozie McBroom, Jim Willer, Larry Stelter



Sarah Dornink, Aaron Clutts



Pete and Rebecca Cartwright



Steve and Cathy Lacy

BUBBLE BALL

Organization: ChildServe

Date: April, 6, 2019

Venue: Iowa Events Center

Main Attraction: A runway show and stationary display featuring bubble wrap creations by 90 local volunteer designers.

Music: Brazilian 2wins

Bottom Line: \$480,510 raised

Photography: Christopher Maharry, Maharry Photography

A photograph of a smiling couple. The man, Josh VanNess, has short brown hair and glasses, wearing a grey blazer over a white shirt. The woman, Lesley VanNess, has blonde hair and is wearing a red sleeveless top and a large necklace.

Josh and Lesley VanNess



Teri Wahlig, Ava Weitl, Eleanor Reynolds



Megan Grandgeorge, Erin Bailey

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Ruth Heithoff



Kelly Timmerman



Abbi Teel, Nicki Teel, Ali Teel, Rosalie Owens, Ann Gillotti

SPRING INTO PINK

Organization: The Iowa Army of Pink

Date: April 13, 2019

Venue: Hyperion Field Club

Main Attraction: Education on breast density, which can affect mammogram results and delay diagnosis of cancer. Approximately 50 percent of Iowa women have dense breast tissue.

Unique Touch: Fashion show by White House Black Market

Photography: Susan Manning



Melba Scaglione, JoAnn Manning, Phyllis Fasbender



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Jennifer Hraha, Jean Fisher-Hraha, Olga Dobbins Oliver, Jeff Oliver, Sharon Gaddy-Hanna, Alex Hanna



Keith and Kari Karpinske

ANNUAL GALA

Organization: Young Women's Resource Center

Date: April 13, 2019

Venue: Ron Pearson Center

Main Attractions: About 600 people attended to support the 1,700 local girls and young women the YWRC serves. Deidre DeJear was honored with the 2019 Louise Noun Visionary Woman award. Two YWRC participants, Natalie McDaniels and Zenaeciah Nevills, were honored with the Woman of Worth (WOW) award.

Unique Touch: A performance by the Heartland Youth Choir

Photography: Eric J. Salmon; Julianne Gregory Photography



Matthew and Katherine McClure



Kristen and James Moriarty



Loraine Hardin, John Hunter



Deidre DeJear

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queer abstraction

ON VIEW THROUGH SEPTEMBER 8, 2019
ANNA K. MEREDITH GALLERY AND I. M. PEI BUILDING

THURSDAY, JULY 25 / 6:30 – 8 PM

COMMUNITY LEARNING:

LGBTQ + IDENTITY AND HOW TO BE AN ALLY

Becky Smith, Director of Youth Engagement, Iowa Safe Schools

THURSDAY, AUGUST 8 / 6:30 PM

TANDEM GALLERY DIALOGUE + COCKTAILS WITH THE ARTIST

Join Toni and Tim Urban International Artist-in-Residence
Mark Joshua Epstein and Assistant Curator Jared Ledesma
for a discussion of the exhibition.

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PRIVATE COLLECTION / PHOTO: ALAN WEINER / COURTESY OF THE ARTIST

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ENTIRELYUNEXPECTED desmoinesartcenter.org

200



Rosie and Jim Aipperspach



Jim Bruno, Marta Codina



Scott Helverson, Suzette Clark



JJ Moses, Milan Moses



Gareth and Cesia Smith

AN ALL-STAR EVENING

Organization: The Robert D. and Billie Ray Center at Drake University

Date: April 12, 2019

Venue: Ron Pearson Center

Main Attraction: Presentation of the Robert D. Ray Pillar of Character Award to Danielle and Taylor Morris.

Photography: Tim Vorland Photography

A photograph of Shelley Smith, Taylor and Danielle Morris, and Gov. Kim Reynolds. Shelley is on the left, wearing a black top and a patterned scarf. Taylor is in the center, wearing a grey vest over a black shirt. Danielle is on the right, wearing a blue top with a patterned design. Gov. Kim Reynolds is on the far right, wearing a dark suit and a striped shirt. They are standing in front of a black backdrop.

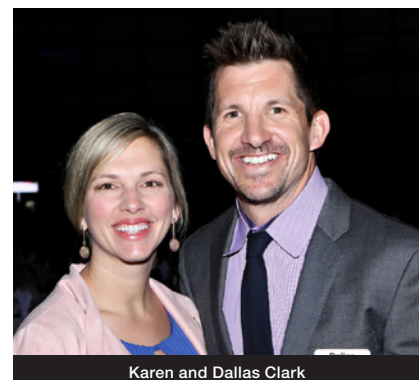
Shelley Smith, Taylor and Danielle Morris, Gov. Kim Reynolds



Casey and Abbie Blake



Kristi and Lauren Knous



Karen and Dallas Clark



Life Care at
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Margie Hawks



Bing Veiock, Victoria Veiock



Megan Myers, Maggie Baker



From left: Julie Swank, Mary Brooks, Denny Junius, Pam Netzel, Deb Milligan, Kathy Waller, Nancy Taylor, Katie Turner

ANNUAL SPRING LUNCHEON

Organization: Strands of Strength

Date: May 1, 2019

Venue: Glen Oaks Country Club

Main Attractions: Remarks from Dr. Jan Franko and a live charity auction with Bob Pulver, Andy Flynn and Margie Hawks.

Photography: Paige Peterson



Linda and Andy Flynn



Jack Morian, Deb Pulver



Jan Franko, Daniela Frankova



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Joseph MacDonald, Jonathan Swanson, Cindy Ding, Dan Berggren

BOWL FOR KIDS' SAKE

Organization: Big Brothers Big Sisters of Central Iowa

Date: March 7, 2019

Venues: Bowlerama Lanes, Great Escape, Merle Hay Lanes, Val Lanes

Main Attraction: About 750 people participated in BBBSCI's signature fundraiser, held at multiple bowling centers.

Bottom Line: Nearly \$170,000 to support youth mentoring in Central Iowa.



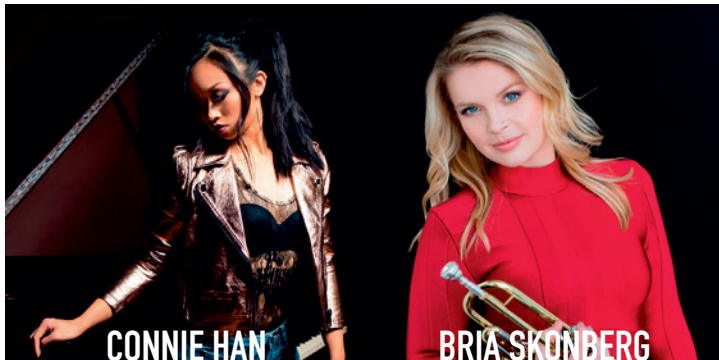
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Kelly Moore, Jill Dolan, Brook Wade, Christy Gooding



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Elise Reardon, Nicholas Donlin, Emily Donlin

SOUTH OF GRAND SOCIAL

Organization: Joppa

Date: April 13, 2019

Venue: Renovated residence at 3200 John Lynde Road

Main Attraction: Joppa representatives gave tours of their tiny home and discussed their tiny home village initiative.

Unique Touch: Three artists showcased their work in architecture, art and cuisine: builder Nicholas Donlin, Zenith Design + Build; artist Brent Holland, Studio Holland Art; and chef David Baruthio, Baru 66.

Photography: Table20, Kelly Baughman



Patrick Tape Fleming



Samantha Jones-Tweedy, Laura Travnicek, Erica Abell-Holland



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GRIDSHOCK

Organization: Dorothy's House

Date: April 2, 2019

Venue: Des Moines Civic Center

Main Attraction: Iowa filmmaker Vanessa McNeal (pictured) premiered her documentary film "Gridshock," exposing the hidden and disturbing reality behind sex trafficking demand in Iowa.

Unique Touch: Screening proceeds benefited Dorothy's House.

Photography: Christopher Maharry, Maharry Photography



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UNTIL
NEXT TIME



DSM MAGAZINE MAY/JUNE ISSUE UNVEILING

PARTY LIKE IT'S A NEW ISSUE OF *DSM* MAGAZINE

A rare and lovely spring evening greeted the crowd attending the unveiling party for the May/June issue of *dsm* magazine. Our host was the financial planning firm Gilbert & Cook, who opened their offices and broad patio to more than 300 guests. Cyd's Catering fed us, Jeremie Malotke entertained us, and your cheerful attendance warmed our hearts.

For the September/October issue, we hope you'll join the Aug. 27 party hosted by Lincoln Savings Bank, this time at the River Center, 340 S.W. Third St. Watch for details on Facebook and at dsmMagazine.com.



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