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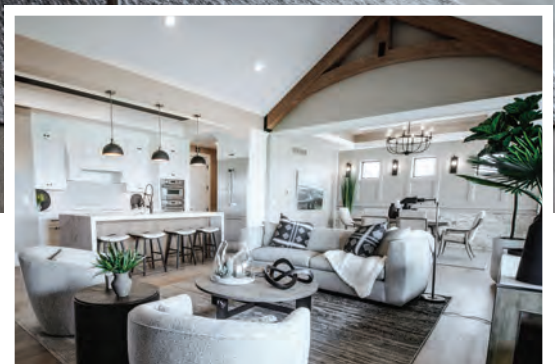
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John Ruan III
Robert Shaw
Pam Williams

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A recent renovation transforms a Grand Avenue condo into a sky-high showstopper.

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A 'CELEBRATION OF BLACKNESS'

A new Des Moines Art Center exhibit focuses on collaboration and connection as it explores the Black experience.

Grand Avenue condo renovation: page 74.

On the Cover:

Known primarily for her beadwork, Joyce J. Scott often addresses cultural stereotypes, racism and sexism through her sculptures and mixed-media pieces. The Art Center will showcase "Mistaken Identity" in its upcoming exhibit "Black Stories." See story, page 80.

Joyce J. Scott (born 1948), "Mistaken Identity" (2018); blown glass, beads, thread; 18 3/4 x 21 x 10 inches. Des Moines Art Center Permanent Collections. Photographer: Rich Sanders.

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Photographer Janae Gray's new storytelling project seeks to amplify the voices of Central Iowa's Black community.

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in support of the Food
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The wedding of Lindsey Liu and
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PHOTOGRAPHER: KATIE LINDGREN PHOTOGRAPHY



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BE REQUIRED
TO TEND A
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Dr. Robert Shaw, a 2020 Sage Over 70. See page 64-65.



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Chef Aaron Holt partners with winery and event-venue owners to stage dinners in rural and other locales. A wild berry crisp, topped with granola crumble and vanilla bean ice cream, is just one of his seasonal offerings. Read the story in the new issue of *ia* magazine or at iapublication.com.

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TUNE IN

Check out *dsm*'s CultureCast weekly podcasts featuring arts and cultural organizations and local restaurants. Recent podcasts have included the Des Moines Film Society's plans to renovate the former Varsity Theater, and Full Court Press' new Drake-area restaurant. Subscribe to our feeds on Apple Podcasts, Spotify, Google Play Music and Stitcher; search for *dsm* magazine or *dsm* CultureCast.

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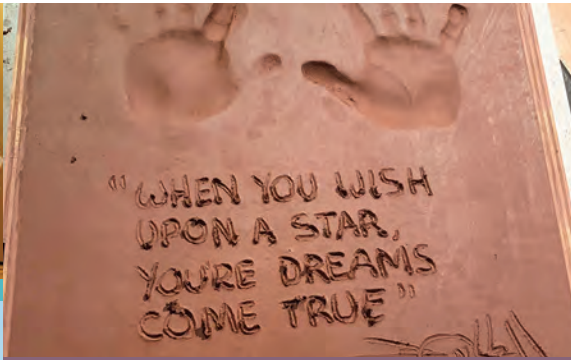
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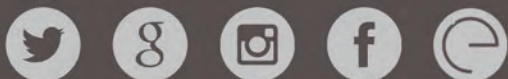


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HOME**

Design Awards

dsm is welcoming nominations through September 18 for our inaugural Home Design Awards, which will recognize Greater Des Moines' best interiors, exteriors and landscaping, detail work and residential construction and renovation projects. Winners will be chosen by an independent panel of architecture and design experts.

Learn more at dsmmagazine.com.

EDITOR'S NOTE CHRISTINE RICCELLI

THE ART AND SCIENCE OF STORYTELLING

Our brains, neuroscientists tell us, are hard-wired to crave story. Storytelling is the language of experience, an evolutionary necessity critical to both physical survival and social understanding.

That bit of science kept popping into my own brain as we produced this issue. Of course, as a local magazine, our purpose is to share the tales of our community and the people who live here. But in this issue, the importance of telling stories as a way to make sense of the world and our place within it kept recurring.

For example, for the upcoming exhibit called “Black Stories” at the **Des Moines Art Center** (page 80), the focus not only is on the stories the artworks convey, but also on the stories each visitor has to help illuminate and celebrate the Black experience. As **Mary Chapman**, a member of the exhibit’s advisory committee, said, “Storytelling is such an art in the Black community. Hopefully the art will inspire personal stories of [visitors’] own memories and experiences.” What’s more, the Art Center will publish a book of these stories to keep them alive forever.

Elevating the voices and capturing the stories of the Black community are also the goals of a new initiative spearheaded by Des Moines



photographer **Janae Gray** (page 120). Gray and others involved in the project, called Black Lives DSM, are interviewing individuals about what it means to be Black in Iowa and publishing those narratives on various platforms. Gray says she seeks to show

“what people have overcome and the hard work they’ve done to get where they are.”

TO HELP US CHRONICLE all our community’s stories, **Beth Eslinger** has joined **Luke Manderfeld**, our digital and content editor, and me on the *dsm* editorial team. Before being named managing editor in July, Beth served as the contributing editor for this year’s editions of both *ia* and *Inclusion*. Beth’s wealth of experience includes more than 20 years in senior editing positions at Meredith Corp., where she honed her considerable skills at magazines such as *Country Home* and the *Better Homes and Gardens* brand, as well as in the company’s custom publishing division.

Beth jumped into the role with vision, enthusiasm and energy—and with a passion for Greater Des Moines and all of Iowa. I am eager for you to meet and work with Beth, although for now, your interactions may be primarily virtual; because of the pandemic, *dsm* will continue to operate remotely at least until the end of the year.

Until we can again all gather in person, know that our entire team is working to uncover the stories in our community that not only will inform and entertain you but also help us all make sense of the world around us. Sharing these stories—*your* stories—is not just our job; it’s our privilege. ■

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**ONE WORD
AFTER
ANOTHER**
JAMES A.
AUTRY



THE INANIMATE OBJECT CONSPIRACY

Friends and relatives have questioned my sanity or simply dismissed me as “quirky,” but at last I have been vindicated. And by the not-failing New York Times, of all places.

You see, I believe there exists a very silent conspiracy that has an impact on the daily lives of all of us. It is the Inanimate Object Conspiracy. This was first identified by my late older brother who was a highly regarded Associated Press bureau chief, thus an impeccable source.

He took me aside one evening after our usual quota of Tennessee bourbon had been consumed, then with a furtive glance around the room, said, “Jimmy, I have discovered why so many so-called inanimate objects seem to mysteriously malfunction.”

I needed more information. “What do you mean?” I asked.

“Think about it. Ever had a zipper that never failed, then one morning when you’re late, it grabbed your shirttail and jammed?”

“Well, yes.”

“And how about all the electronic devices that mysteriously stop working, such as the TV remote?”

I nodded.

“Or tried to lower blinds and found them stuck in the up position and the cords hopelessly tangled?”

I admitted it has happened to me.

“Or those times you call a repair person to fix something that, when the person shows up on the \$100 service call, the device, whatever it was, works just fine?”

I couldn’t argue with him.

“And how about when you spill a small cup of milk and when cleaning it up, discover it has transmogrified into a gallon of milk?” (He liked to use words like transmogrified.)

Then he delivered his coup de grâce. “And coat hangers. Don’t get me started on coat hangers.”

Out of love for my brother, I decided to change the subject. But he made me promise I would stay alert for signs of the conspiracy. He died many years ago, but I have kept my promise and have learned to recognize the mischievous inanimate objects. When an object, such as a shoehorn, disappears I know it will never be where I think it ought to be. It has somehow secretly migrated.

A few years ago, my wife asked me to let the subject drop, so I no longer mention it when bedeviled by some object. I could not help pointing out to her, however, this from the New York Times, May 5, 2020, edition: “In a variety of experiments, social psychologists have found that when people are longing to socialize, they are more likely than usual to perceive humanlike traits in inanimate objects.”

There. Take that, you doubters and unbelievers!

Now I can openly divulge who leads the inanimate object conspiracy: coat hangers. Yes, those pesky, constantly entangling, falling-to-the-floor coat hangers. And when the door is closed and the closet is dark, I am convinced that they breed and multiply. ■

James A. Autry of Des Moines is a well-known author, poet, musician and business consultant who has written 15 books on such topics as gratitude, servant leadership and his Southern boyhood. His newest book, “The White Man Who Stayed,” will be published in September (see page 34).



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A BEAUTIFUL VIEW



Drive within your headlights.

About one month into the social distancing mandates, I was listening to a podcast and was struck by these words a chef used to explain how he was handling the “new normal” of leading his team to create carryout fare instead of gourmet, multicourse cuisine. He compared his daily tasks to how his dad taught him to drive in severe weather, be it a blizzard or a torrential downpour. Learn from the lessons behind you (say, where the brake pedal is; how to negotiate with your landlord) and look forward to the future (reaching the destination; opening the dining room for service once again).

But with those thoughts in mind, attempt to be as much in the moment as you can. Tackle what you see lit up in your headlights, then do that again. And again. And all of a sudden, you’ll be home.

This relates really well to something I had been attempting to practice earlier in 2020 pre-coronavirus. While I’ve gotten better in my 30s at not ruminating so much about little mistakes made in

the past, I often found myself leaping ahead and dreaming about the next “carrot.” That next vacation. The nice dinner out on Saturday. That night when I’ll finally decide it’s occasion enough to open that special bottle of wine I’ve been saving.

TACKLE WHAT YOU SEE LIT UP IN YOUR HEADLIGHTS, THEN DO THAT AGAIN.

This can pop up in small, subtle ways too. In conversations, we are often thinking about what we’re going to say next instead of fully, actively listening to the words coming out of the other person’s heart and mouth.

What I missed, though, with this future-focused mindset, was the now. So I had declared “wonder” my word of

2020 to try to inspire me to find the awe-inspiring moments of each day. Come to find out, that strategy works pretty well in times of chaos or upset as well.

Whatever challenges you encounter, focus on one day and task at a time. Feel exactly everything you need to feel along the way. Then all of a sudden, you’re conquering some tough things without feeling so overwhelmed.

The world moves fast and life is preciously short. Living in the present can help slow down time and make little moments more educational, memorable, meaningful and beautiful.

I’m fascinated to see where we’ll be when this issue arrives in your hands. For now, though, I’ll be focusing on enjoying the view in my headlights—and opening that bottle of wine. ■

Karla Walsh is a freelance writer, restaurant brand manager and spin instructor. Follow along with her on her most recent drives within the headlights on Instagram @karlawalsh, and feel free to contact her at karlawalsh@gmail.com.

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Thank you to our sponsors and all who attended one or more of our six *dsm* Lifting the Veil: Life Interrupted by COVID-19 virtual discussions.

Your support makes these important events possible. Local experts touched on how the pandemic is affecting mental health in children, parenting, the workplace, equity and inclusion, and more. Thank you for contributing to the conversation and making it a priority to combat stigma surrounding mental illness. We hope this series was as informative for you as it was for us.

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FOCUS

NEW BOOKS // OUTDOOR RESPITES // ILLUSTRATOR LAURA PALMER

PHOTOGRAPHER: DUANE TINKEY

Roseman Bridge in Madison County provides a scenic start to a kayaking or canoeing excursion.
See story, page 35.

WHAT YOU'RE WRITING

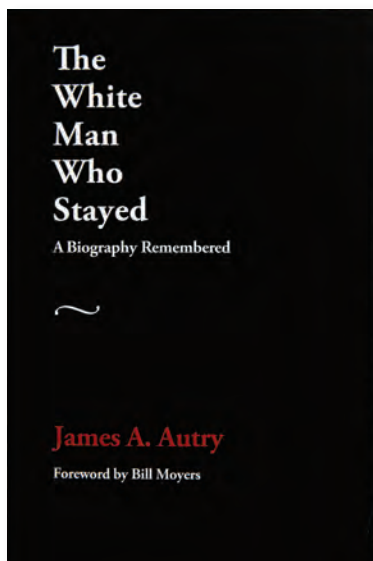
CHECK OUT THESE
NEW BOOKS BY
LOCAL AUTHORS.**"The White Man Who Stayed" by
James A. Autry (Ice Cube Press):**

About two decades ago, when author and *dsm* columnist Jim Autry first approached book publishers with the story of his uncle Douglas Autry, he was shrugged off. Publishers said the story already had been told.

Fast-forward to now, and it's apparent those publishers were mistaken; given that the country's epic struggle with systemic racism is again in the forefront of the nation's consciousness, the story of Douglas Autry—an ordinary white man born in 1926 in rural Mississippi—seems as relevant today as ever.

A World War II veteran and the first person in his family to earn a college degree, Douglas Autry returned to Benton County in Mississippi and was elected county superintendent of education. That was the start of his long journey to help bring integration and equality—quietly, incrementally, persistently—to a place where even the smallest changes were virulently and violently opposed. Thus, along the way, Douglas Autry endured false imprisonment, Klan cross burnings, and life-threatening intimidation—not from outsiders but from people in his own community.

While the story certainly has modern-day pertinence, what makes it truly captivating is the way it's told. Never hyperbolic and never preachy, Jim



Autry draws on his own Southern storytelling roots, deft prose skills, and conversational style to create an engaging picture of the type of everyday heroism that's easily overlooked and typically forgotten. You feel like Autry is recounting the tale as you sit on a porch swing and sip spiked lemonade.

"The White Man Who Stayed" is scheduled to be released Sept. 15.

"Unstoppable: The Nine Lives of Roxanne Barton Conlin" by William B. Friedrichs (Business Publications Corp.): In this newly released biography, Bill Friedrichs, a professor of history at Simpson College, chronicles how well-known attorney and public figure Roxanne Conlin has broken barriers throughout her life, overcoming everything from poverty and abuse as



a child to blatant sex discrimination and alcoholism as an adult.

Although the media has covered Conlin extensively over the years, Friedrichs, who also has written biographies of Bill Knapp, John Ruan and other leaders, delves into details that create an intriguing portrait of Conlin and her passionate determination to make a difference. Her devotion to justice and equality, love of family and animals, sense of humor, and courage on the campaign trail and in the courtroom have made her an influential and inspirational role model to many.

As attorney and former Iowa Attorney General Bonnie Campbell so aptly says in the book's foreword: "Very few people accomplish so much against such formidable odds and make it all look easy."
—Christine Riccelli



HIGH 5 MOLLY HANSON

Molly Hanson, conservation and community outreach specialist at RDG Planning & Design and a guide with Wander Women Iowa, turns to these outdoor respites to “get away from the stresses of the world and let my five senses take over.”

1. HIKE WALNUT WOODS STATE PARK: I love hiking the equestrian loop—it winds along the river, there is evidence of beavers, and it’s just long enough to get the blood pumping and forget where you are for a minute.

2. KAYAK ROSEMAN BRIDGE TO PAMMEL PARK: For a scenic and relatively simple paddle, put your boats in at one of the famous covered bridges of Madison County and end up at the ford in Pammel Park.

3. CAMP AT WHITEROCK CONSERVANCY: With over 5,000 acres and active conservation practices on the land, this is a place to fall in love with the heartland all over again.

4. ROLLERBLADE AROUND EASTER LAKE: I’m a ’90’s kid, and a chance to bust out the blades always provides the endorphins I need. The Mark C. Ackelson Trail is 6 smooth miles around the lake.

5. WALK DOGS AT IZAAK WALTON LEAGUE: When I’m in the mood for a quick nature break in the middle of the city, my dog, Lola, and I head to the Izaak Walton League building adjacent to Water Works Park and walk around their prairie. —*Karla Walsh*

DES MOINES MAKER

LOVE YOU LIKE XO

As a child, illustrator Laura Palmer was practically able to peer into a Magic 8 Ball when asked, “What do you want to be when you grow up?”

“‘Artist’ was my consistent answer,” says Palmer, “although back then the artist I imagined—and drew—wore a smock and a beret and carried a paint palette. I feel like I’m living out my childhood dreams daily, just without the beret.”

Similar to the way someone’s handwriting just flows out, Palmer says she’s always felt connected to the way she doodles. It wasn’t something she ever learned; it’s more of an extension of who she is.

While working in the corporate world her first few years post-grad, Palmer launched XO-LP Etsy shop as a side hustle and in 2008 began selling

handmade postcards. She eventually added coloring pages, notepad sets, calendars, greeting cards, stationery and custom designs like restaurant kids’ menus (see: Bubba, Django, Centro, Malo). In 2015, Palmer became a full-time illustrator.

While greeting cards and custom stationery are always top sellers, Palmer also enjoys designing coloring pages, table runners and more with young budding artists in mind. “Kids are my favorite art critics,” she says. “They offer great advice and direction for my next projects.”

To get into her creative flow, Palmer aims to draw daily: “Once I get my pen going on an idea, I like to put my head down and go, go, go.” She carries a few of her go-to drawing pens—black Paper Mate Flair—and small sketchbooks with her everywhere. This comes in handy when she’s hustling to and from Rod & Rivet, a fly fishing shop she owns with her

husband, Kevin Hansen.

“Having the tools with me helps to make sure I can create when inspiration strikes,” Palmer says. “Like anything else, drawing takes practice. I’m practicing every day.”

All that practice is paying off, as she’s been asked to team up with the Iowa Finance Authority for something a little bigger than what might ship with a Forever stamp: She’s customizing a design that will be featured on a water tower in her hometown of Muscatine.

She hopes everyone who spots that tower or receives one of her cards feels a flicker of youthful joy:

“You know that feeling of wonder we experienced regularly as children? My goal as an artist is to recreate that sense of curious, childlike wonder for adults, even for a fleeting second. Kids have this way of seeing the world with fascination, with curiosity. I want my work to help reignite that perspective.” ■ —Kara Walsh

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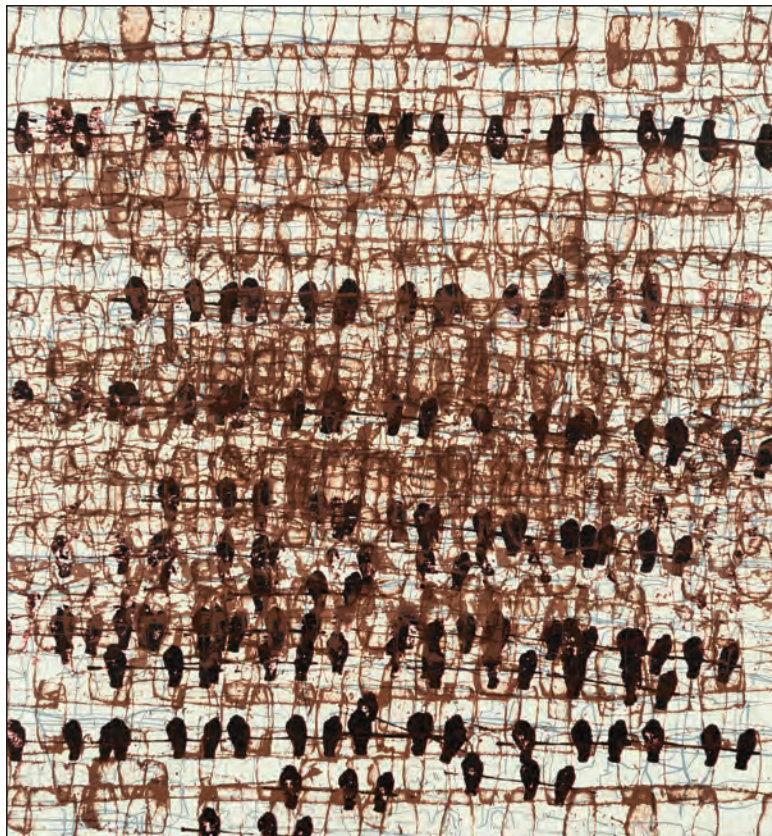


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Mark Bradford (American, born 1961)
Untitled 2003 (detail)

Lithograph on paper / 32 11/16 x 32 3/4 inches
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SAVOR

HONEYNUT SQUASH SALAD // BLACK-OWNED RESTAURANTS // PINCH OF WISDOM

Honeynut squash anchors a salad recipe by Jenny Quiner of Dogpatch Urban Gardens.
See story on the next page.

I SNAGGED THE RECIPE**FALL SALAD STARS HONEYNUT SQUASH**

WRITER: KARLA WALSH

STYLIST: JACOB SHROEDER

The idea of feeding her community has been growing on Jenny Quiner since the spring of 2016, when she planted her first seed at Dogpatch Urban Gardens (DUG).

“The ability to watch a seed develop into something you harvest after weeks to months of nurturing the land is such an amazing experience,” she says. “I also love being able to provide my community with food that’s grown using agricultural practices that sustain and also regenerate the land.”

Before digging into all things DUG, an acre plot of land on the northwest side of Des Moines, Quiner was a high school biology and environmental science teacher. Teaching her students about local food systems was the first nudge toward working more with the land. Later, after she and her husband, Eric, added three sons to the family, “I felt like my heart was no longer into teaching like it once was.”

In addition to tending to her prolific gardens, supplying local restaurants, managing an on-premises farm stand, and helping with family duties, Quiner enjoys cooking and feeding family and friends—especially during late fall.

“This is the time when greens are abundant and beautiful. Summer crops



JENNY QUINER

like tomatoes, peppers and cucumbers are on their last leg yet still delicious, and roots like carrots, beets and radishes are also abundant,” she says.

Whether she’s hosting or attending a group meal, “you can place money on me including a salad,” Quiner says, such as this one that includes one of her new favorite crops: honeynut squash. This sturdy squash is like a petite butternut with more concentrated flavor and natural sweetness.

HONEYNUT SQUASH SALAD WITH BLUE CHEESE*Serves 4***Ingredients**

5 slices of bacon

One 1 1/2-pound honeynut squash, washed, sliced in half lengthwise and seeded

1 tablespoon butter

5 ounces salad greens, washed and dried

1/2 red onion, thinly sliced

4 ounces Maytag Blue Cheese Crumbles

2 ounces pepita seeds

1 ounce hemp hearts

Citrus vinaigrette, to taste

Instructions

1. Fry bacon. When cooked, place on a paper towel to absorb excess grease.

2. Preheat oven to 425 degrees.

3. Place honeynut squash cut-side up on a foil-lined baking sheet. Place 1/2 tablespoon butter in each cavity and season with salt and pepper.

4. Roast squash for 25 minutes or until tender. Set squash aside to cool. Once cool enough to handle, slice the squash into cubes. (Quiner prefers to leave the skin on, but you can scoop out the flesh if you prefer.)

5. Assemble the salad: In your favorite salad bowl, layer lettuce, onion, cheese, pepita seeds, hemp hearts, roasted squash and bacon. Add all ingredients and top with your favorite citrus vinaigrette. (Dogpatch sells its own Lemon Garlic Vinaigrette.) Mix and enjoy.



SECRETS FOR SUCCESS

After putting this dinner side dish through the paces, Quiner has discovered a few tips that make it stand out from the salad competition.

Go local. “Most local growers are selling their product within days of harvest so the freshness and shelf life are superior to store-bought greens,” Quiner says. She suggests you buy greens grown in the Midwest rather than the basic bagged varieties at the supermarket, which typically come from California, Arizona or Mexico and “have quite a bit of food miles before they reach the shelves of a store.”

Crank up the heat. Roasting the squash at a high temperature causes caramelization, which enhances the natural sweetness of the vegetable.

Don't be blue about blue cheese. Sharp and salty blue cheese is a lovely complement to the sweetness of the honeynut squash, Quiner explains. She gives Maytag a thumbs up for being local and for its top-notch quality.

Pick the right pork. Quiner likes to use Berkwood Farms bacon because it's local and “the thickness of their bacon slices is perfect.”

Start small. The ideal dressing-to-fixing ratio varies by person. To ensure the dressing doesn't overpower the flavors of the other ingredients, “err on the side of less,” Quiner suggests. “You can always add more, but you can't take away if you pour on too much.”

42

SAVOR

Aaron Byrd started Street Eats DSM six years ago. "I do everything," he says.



PHOTOGRAPHER: BOB BLANCHARD

DES MOINES DINING TRY THESE 9 BLACK-OWNED RESTAURANTS

Throughout the summer, we at *dsm* have made a concerted effort to include a more diverse mix in our local food coverage and beyond. Sign up for our *dsm*Weekly email newsletter at dsmmagazine.com/newsletters to follow along as we highlight food businesses owned by people of color—watch for the “At the Table With ...” section. To kick things off, we focused on Black-owned businesses (more to come!). Support them now and often in the months and years to come, because where we spend our money and how we use our voices matter.

1 STREET EATS DSM
Known for owner Aaron Byrd’s mac and cheese grilled cheese, this popular food truck was launched on the heels of Byrd’s varied career working in the restaurant industry. “I named it Street Eats DSM because I didn’t want to specialize in tacos, burgers, pizza—I do everything,” he says. “I needed the concept to be flexible.”

The truck entered the scene six years ago, and since then, Byrd has been rocking the catering and wedding circuit and serving at

breweries and office buildings during lunch breaks. We might be even more excited about Byrd’s latest flight, Sugarfoot Mobile Bar, which, at press time, was expected to take off in July. (facebook.com/streeteatsdsm)

2 COACHES KOLACHES
Opened by former Iowa State University and Iowa Barnstormer football player Brent Curvey, the kolaches (a stuffed yeast bread pastry) at this shop are a savory delight. For breakfast, you’ll find steak, sausage, bacon, egg and/or cheese hiding inside the fluffy dough, and come lunch, ham and sausage are on the menu. (8257 University Ave., Clive; another location was expected to open late summer in the Drake neighborhood; facebook.com/coacheskolaches)

3 FAT TUESDAY
While most of us are staying closer to home these days, it is still possible to enjoy a taste of the Big Easy. New Orleans-inspired Cajun fare is front and center at Fat Tuesday, where generous portions of jambalaya, etouffee, gumbo and po’ boys *almost* but *not quite* make it impossible to save room for the sides of greens, coleslaw and more. (6112 S.W. Ninth St.; fattuesday-restaurant.com)

4 ARTIS T’S CATERING AND EVENTS
Chef Art Moore has worked in the culinary industry since he was 15. Eventually, Moore landed at Fat Tuesday, where he was lead cook and assisted with the catering division as the brick and mortar opened. Those days of stirring pots of gumbo and frying catfish helped Moore spot a hole in the market. “At the time, Patton’s [which is now closed] and Fat Tuesday were the only soul food restaurants here that were serving fried chicken, fish, red beans and rice, and chicken and waffles,” he recalls. “I wanted to offer more options that offered that cuisine, and mix in some classic Kansas City barbecue.”

So in the summer of 2013, Moore pulled together a business plan for Chef Artis T’s Catering and Events with the help of his wife, Jessica, who is the business manager. They cater and host private cooking classes, and Moore has his sights set on launching a food truck and a barbecue trailer. (chefartis.com)

5 G.G.’S CHICKEN AND WAFFLES
What started as a disappointing meal turned into a business opportunity for Garrison Goodlett, owner of G.G.’s Chicken and Waffles. “In 2018, my wife and I went to the West Coast and waited in line at a famous

chicken and waffles place for over an hour. My wife was getting hangry!" Goodlett says, laughing at the memory. "Once we got the food, we were like, 'Is this it? I've made chicken at my church better than this.' That planted the seed."

In 2019, he officially launched his business and applied for a vendor spot at the Downtown Farmers' Market, and later, at the Valley Junction market. Their worthy "cheat day" food may someday be sold in its own brick and mortar, Goodlett hopes, but in the meantime, find their upcoming schedule on Facebook (where he shares entertaining recipe demo videos) and Instagram @ggschickenandwaffles. (ggschickenandwaffles.com)

6 WINGZ ON WHEELZ
With its fried catfish, homemade mac and cheese, and wings (naturally), this food truck is known for its comfort food. Every Wednesday, wings are 50 cents each. Feeling really hungry? You can order 100 at a time. (1817 University Ave.; find menus and more on Facebook)

7 VEGGIE THUMPER
Vegan comfort food does exist! With creative and colorful twists on classic recipes like a Philly "Cheesesteak," Smoky Red Bean Burger and Hot "Sausage" Open-Face Sandwich, every homemade recipe served from this food bus is 100% vegan. Get your fix at the Beaverdale Farmers Market, Tuesdays from 4 to 7:30 p.m., and at Franklin Junior High (4801 Franklin Ave.) and Ace Hardware (4808 University Ave.) on Thursdays, Fridays and Saturdays. (veggiethumper.com)

8 MUSTANG GRILL
Named after the Dallas Center-Grimes mascot, this neighborhood bar and grill offers loaded breakfast plates, saucy ribs and more. If you're craving a few fried snacks, flip to the appetizer menu and consider sharing some fried pickles, pretzel bites or crispitos (stuffed and fried tortilla rolls). (213 S.E. Main St., Grimes; mustanggrillgrimes.com)

9 PALM'S CARIBBEAN CUISINE
Known for specialties including Jamaican jerk chicken and jollof rice, Palm's Caribbean Cuisine has been acing fusion fare since early 2020, thanks to Amara Sama, the cook and co-owner, along with his wife, Dionne Sama. Liberian and Jamaican cuisine meet in one made-from-scratch package that you can taste through catering (for groups of 10 to 150) and at festivals, farmers markets and other large gatherings.

Each menu item is based on those Sama enjoyed as a child raised on a steady diet of Liberian food cooked by his stepmom and Jamaican fare from his uncle's kitchen. At press time, the pickup menu available at the Mickle Center twice a month included \$20 preorder meals for two with one entree, two sides and two Jamaican beef patties; and \$40 meals for four to six with two entrees, two sides and four beef patties. (1620 Pleasant St.; palmscaribbeandsm.com).

—Karla Walsh

PINCH OF WISDOM SECRET SAUCE

"After boiling 1 pound of pasta in a pot of water, reserve 1 cup of the pasta cooking water. It's filled with starchy, salty goodness that adds a silky richness to any sauce—especially any white sauce, like the base of Cacio e Pepe. Just put your water in the pan before you add your sauce ingredients, mix, add the pasta and toss to combine."

Alessandra Meschini, owner of
Cooking with Alessandra

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LOCAL LOVE

GEORGE WINN
AND
LINDSEY LIU



Married in Shanghai, **George Winn** and **Lindsey Liu** held a reception in Des Moines last September at the Conservatory in the East Village. “Our marriage is a unique blend of East and West, so it was fitting that our reception also embody this idea,” George says. “We wanted to share our own traditions with our family and friends, and it turned out to be a spectacular evening. Living in Shanghai, we know to always cherish these precious moments spent with those we love, and to make the most of every encounter.”

Photographer: Katie Lindgren Photography

To submit your wedding photos for consideration in *dsm*, send them 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 photographs or have the photographer's permission to submit them for publication. Also provide your phone number in case we need to contact you. ■



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A VOICE FOR THE HUNGRY

WRITER: CHRISTINE RICCELLI

PHOTOGRAPHER: DUANE TINKEY

Several years ago, as Simon Estes was tooling down Interstate 35, he was shocked by a billboard stating that 1 in 5 children in Iowa struggled with hunger.

"I just could not believe it," says Estes, a global opera superstar and humanitarian. "I kept thinking, 'Is that really true?' Here we are in Iowa, the breadbasket of the world, and no child should be hungry. It weighed on my heart."

That weight only has grown heavier this year as COVID-19 and the faltering economy have made demand soar at food banks and pantries in Greater Des Moines and across the state. As of press time, the Food Bank of Iowa's partner agencies had been ordering twice as much food compared with pre-pandemic levels. "We've seen a significant uptick in our distribution numbers and expect them to continue increasing," says Michelle Book, the Food Bank's president and CEO, adding that in June, the organization distributed a record 2 million pounds of food.

In response, Estes decided to rerelease a compilation CD, "Save the Children, Save Their Lives," with proceeds benefiting the Food Bank of Iowa. (Part of the proceeds also will benefit the United Nations Foundation's Nothing but Nets program, which focuses on malaria prevention among children in Africa).

Book says she is "thrilled" to partner with Estes on the project.

"When I answer my phone and hear that distinctively deep bass-baritone voice on the other end, I know my day is about to be enriched," she says.

Whatever the reason for the call, "inevitably the conversation broadens into a discussion about humanity," she adds. "Simon epitomizes the definition of great humanitarian: compassionate, sympathetic and generous of disposition. Simon's motivation is

**"AT AGE 82,
I SHOULDN'T BE
ABLE TO SING AS
I DO, BUT I FEEL
GOD IS SINGING
THROUGH ME TO
SERVE PEOPLE."**

SIMON ESTES

singular—departing this human world better off than when first placed in his mother's arms. I am honored Simon is putting his exquisite compilation ... to work for hungry Iowans."

In addition to the title track, which Estes performed at the 2010 World Cup in South Africa, the CD contains compelling renditions of 19 other songs covering a variety of genres, including stirring spirituals ("Nobody Knows the Trouble I've Seen"), show tunes ("Old Man River") and inspiring standards

("You'll Never Walk Alone").

Showcasing Estes' powerfully luminous bass-baritone voice, every tune sinks into your emotional core and won't let go, making it impossible to listen to this music and *not* be moved.

Estes isn't a stranger to hunger. The Centerville native grew up in a family of modest means, then attended the University of Iowa, graduating in 1963. As a struggling student paying his own way, "there were times when there was not enough food to eat; breakfast could be just a handful of cereal, if that," he recalls. "I slept on a wooden floor without a mattress and worked any job I could—washing windows, scrubbing toilets, cleaning floors. I told myself then that if were ever blessed with [success], I would help children and students."

Success indeed followed those years at Iowa: Over his long and distinguished career, Estes has sung with 84 opera companies on six continents and with 115 symphony orchestras. He's also performed for the heads of 23 countries, including six U.S. presidents, as well as Hollywood A-listers and world leaders. In addition, he's sung at major world events; he's the only artist to have performed at the 25th, 50th and 75th anniversaries of the United Nations, the latter virtually this past June.

Along the way, Estes also has devoted his energy to philanthropy, with

Simon Estes is
rereleasing a CD to raise
money for the Food Bank
of Iowa. Combatting food
insecurity is one of the
opera star's
philanthropic focuses.





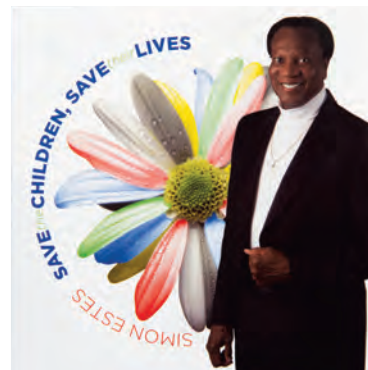
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his foundation focusing on hunger, health and education concerns for children and students, both in Iowa and worldwide. For example, he raised \$432,000 for the United Nations Foundation and recently has given more than \$200,000 in college scholarship money to Iowa high school students, funded by proceeds from performances in 56 Iowa counties.

Estes, who lives in Ankeny with his wife, Ovida, plans to continue performing around the state to benefit hunger-relief organizations. "God has granted me good health—at age 82, I shouldn't be able to sing as I do, but I feel God is singing through me to serve people, especially children," Estes says. "I will sing to raise money for the rest of my life." ■



"Save the Children, Save Their Lives" is available for \$15 as a CD or a digital download. As of press time, the complete CD, as well as individual songs from the compilation, was expected to be available on all major digital platforms, including iTunes, Amazon and Spotify. For a copy of the physical CD, send a check for \$15 to the Simon Estes Foundation, 3803 N.W. Greenwood Lane, Ankeny, Iowa, 50023, and it will be mailed to you.

Iowa Stops Hunger is a yearlong initiative by Business Publications Corp. to raise awareness of hunger in Iowa and inspire action to combat it.

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SAGES OVER

70

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e are pleased to present the 2020 Sages Over 70, role models who have lived their lives with wisdom, grace and a dedication to community leadership. Without a doubt, Greater Des Moines is a better place because of their tireless work and mentorship.

Because of COVID-19, this year's event honoring the Sages will be virtual. Please join us for a Zoom celebration Sept. 23 from noon to 1:30 p.m.; register

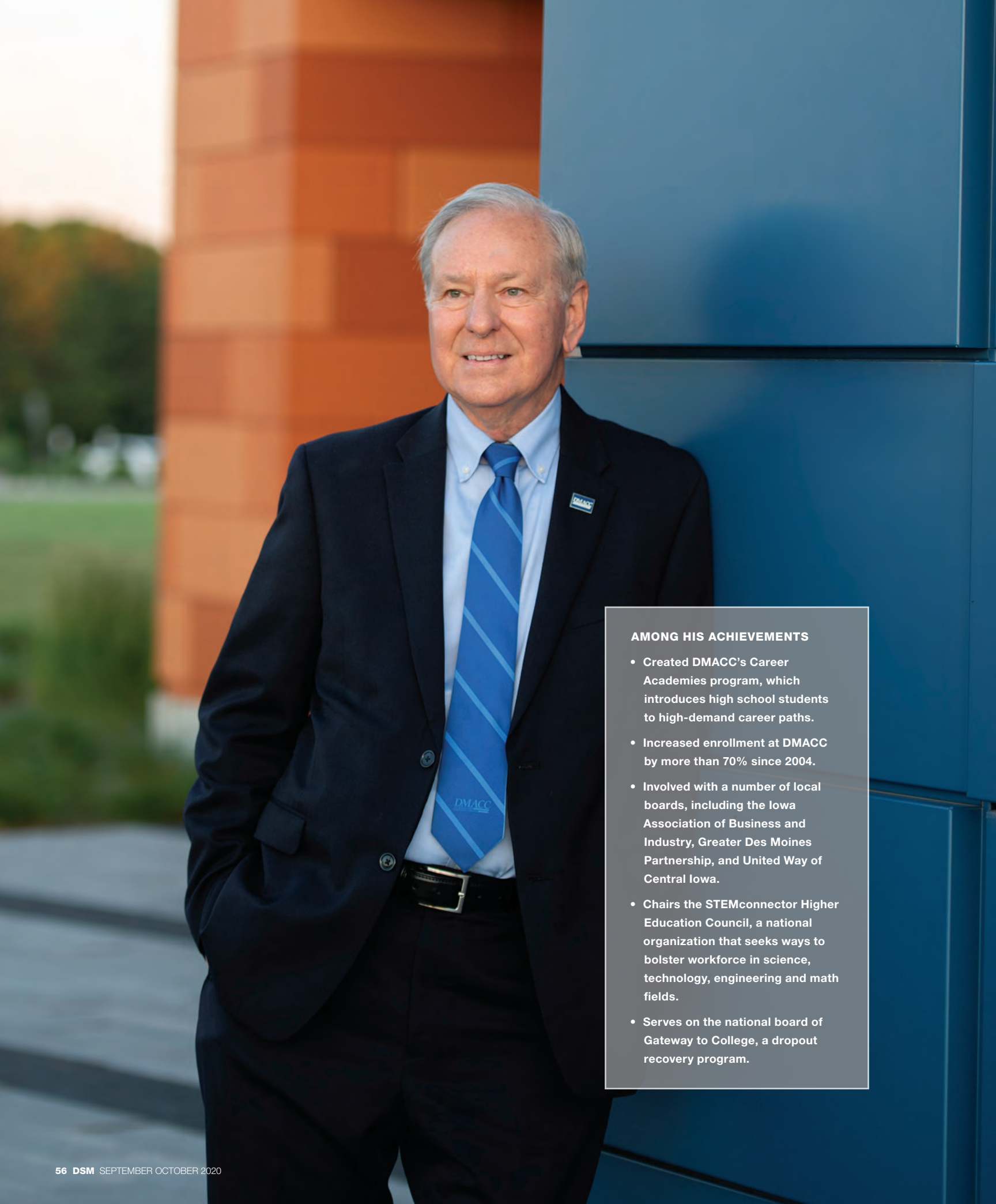
through our website, dsmmagazine.com. Also on our website, you'll find an uplifting video, created by Duane Huey and Dylan Huey with Good Plan Productions, in which the honorees share their experiences and insights.

As in previous years, we ask that you help us support the Community Foundation of Greater Des Moines, our presenting sponsor, through donations to the organization's Sages Over 70 Fund. The fund addresses some of our community's most pressing needs. To learn more, visit desmoinesfoundation.org.

Read more about each honoree on the following pages. You'll be inspired. We promise.

WRITER: LUKE MANDERFELD

PHOTOGRAPHER: DUANE TINKEY



AMONG HIS ACHIEVEMENTS

- Created DMACC's Career Academies program, which introduces high school students to high-demand career paths.
- Increased enrollment at DMACC by more than 70% since 2004.
- Involved with a number of local boards, including the Iowa Association of Business and Industry, Greater Des Moines Partnership, and United Way of Central Iowa.
- Chairs the STEMconnector Higher Education Council, a national organization that seeks ways to bolster workforce in science, technology, engineering and math fields.
- Serves on the national board of Gateway to College, a dropout recovery program.

ROB DENSON

Perhaps Rob Denson was destined to make a mark in Iowa. After all, he was born at the University of Iowa, grew up on a farm in Iowa Township in Iowa County and graduated from Iowa State University.

Nonetheless, he left Iowa as he pursued his career, which has included insurance and law. In fact, by the 1990s, Denson's law practice had done so well he planned to retire. But a call from nearby Santa Fe Community College in Gainesville, Florida, where he was living at the time, drew him into education. He returned to Iowa in the late 1990s when he became president of Northeast Iowa Community College in Calmar. In 2003, he was named president of Des Moines Area Community College.

Denson's work at DMACC and in the Des Moines community has resulted in thousands of students finding their own career paths. He also has contributed to dozens of organizations through his time and expertise. "I think anyone who is blessed ... [has] an opportunity to give back what we can and stay engaged," Denson says.

Denson, 72, has been married to his wife, Pam, for more than 50 years. They have two children and five grandchildren.

HIS ADVICE

The secret to life is hard work. "That's something I always tell my grandkids, and it's what has gotten me to where I am today."

"You have to be present to win." Show up ready to work and hit it hard.

"We all have opportunities to improve other people's lives. And if you can improve the lives of others, that will usually improve your own life."

"If you don't feel appreciated, there is always someone looking for high-performing, driven talent."

COMMUNITY VOICES

"Rob is a tireless leader and unwavering advocate for DMACC and the many other organizations with which he is connected."
Dennis Albaugh, founder of Albaugh LLC

"Rob is an approachable and collaborative leader—well-regarded in educational, legislative and business circles."
Joyce Chapman, former director of West Bank and a 2017 Sages Over 70 honoree

"Rob has a way of making everyone feel special. In less than a year after he came to DMACC, the faculty and staff were not only proud of working there but they were enthusiastic about the future." *Suku Radia, retired CEO of Bankers Trust*



AMONG HER ACHIEVEMENTS

- Served as chair for the National Coalition for Juvenile Justice, testifying in front of four different United States congressional subcommittees.
- Co-founder of the Greater Des Moines Child Abuse and Neglect Council.
- Led a number of local organizations, including president of the Junior League of Des Moines, chair of the Community Foundation of Greater Des Moines, and chair of the Greater Des Moines Botanical Garden.
- Named Prevent Child Abuse Iowa Outstanding Child Advocate honoree in 2010 and a Business Record Woman of Influence honoree in 2005.
- Led the Capital Campaign Committee for the \$2 million public funding portion of the Jester Park Nature Center and leads the current \$117.5 million campaign for the Central Iowa Water Trails.

ALLISON FLEMING

Allison Fleming believes her parents didn't explicitly try to instill philanthropy into her values but instead preferred to lead by example. Whatever their intentions, Fleming evidently gleaned plenty from them, becoming one of the city's foremost volunteer leaders.

Fleming grew up in Des Moines, and after graduating from Purdue University in 1971 with a degree in mathematics and computer science, her goal was to climb the corporate ladder. But life had other plans, she says. Fleming married her husband, Jim, and moved back to Des Moines. They had their first child, Jenny, in 1975, and Fleming never returned to the workforce. She instead focused on community service.

In the late 1970s, Jenny struggled with health issues. While the Flemings had good insurance and Jenny made a full recovery, Fleming knew others weren't as fortunate. "I had all this support, and it was still very hard for me," she says. So she promptly called the United Way of Central Iowa office and signed up to volunteer.

Since then, the now-72-year-old Fleming has served on dozens of local boards and fundraising campaigns and is still active with Junior League of Des Moines, United Way and more. She and Jim have two daughters, both of whom live in Des Moines, and four grandchildren.

HER ADVICE

"Treat others the way you want to be treated."

Take a chance on people. "An awful lot of people took a chance on me when things were outside my comfort zone and gave me support."

"Always be willing to try new opportunities." You never know when you'll need new skills later in life.

"Behave so you can look at yourself in the mirror every morning." If there's any time when you have to look away, reevaluate your behavior.

COMMUNITY VOICES


"Allison is a much sought-after board director. Why? Allison contributes wisely and wholeheartedly. ... She gets it right."

Michelle Book, president and CEO of the Food Bank of Iowa

"Her commitment to service, impressive track record and generous heart make Allison more than deserving for consideration as a Sage. Allison is a community gem." *Kristi Knous, president of the Community Foundation of Greater Des Moines*

"Allison is a true model of what someone who has been blessed in many ways does to pass the blessing forward."

Rob Denson, president of Des Moines Area Community College and a 2020 Sages Over 70 honoree

A full-page photograph of a middle-aged man with white hair, smiling slightly. He is wearing a navy blue blazer over a light blue button-down shirt and khaki trousers with a brown belt. He is standing outdoors in a garden setting with various plants, including a prominent red-leafed tree on the left and green foliage in the background.

AMONG HIS ACHIEVEMENTS

- Built his own company, All-State Industries, which supplied products for numerous Fortune 100 companies, and served as CEO for 45 years.
- Has paid full college tuition for 15 individuals and sends three Iowa State University students to Europe every year for study abroad opportunities.
- Was instrumental in the expansion of West Des Moines through the development of Glen Oaks and West Glen.
- Served as emeritus board chair and capital campaign chair (1999-2001) with Blank Children's Hospital.
- Donated a lead gift of \$500,000 to Iowa's Development and STAR Centers, which serve the state's most vulnerable children.

ROBERT PULVER

In 1961, with only \$300 in his pocket and a hole in the floorboard of his car, Robert Pulver strapped two suitcases to the top of his Chevy and set out for his next adventure. He had grown up in the Bronx and attended college there, but now he had accepted a position with Goodyear Tire and was heading to Lincoln, Nebraska, to start his job with the company.

Coming from a metropolis, Pulver found adjusting to Lincoln tough. When he was reassigned to Des Moines in 1972, the adjustment was even harder. "I thought for sure they were going to send this New York kid to Los Angeles or something," he says with a laugh.

But Des Moines quickly became his home. He started a business, All-State Industries, in 1974 and discovered his love for philanthropy, particularly helping young children in need. Pulver joined the Blank Children's Hospital board of directors and played a key role in helping grow the organization, eventually chairing a committee that raised \$15 million. Now 72, Pulver spends about six months out of the year at his ranch in Arizona. But whenever he returns to Des Moines, much of his time is dedicated to community work.

Pulver and his first wife, Ginny, who died from a brain tumor, had three children. Pulver married his second wife, Deb, in 1993.

HIS ADVICE

"Don't look back; you're not going that way." Learn from your mistakes and move on.

It's OK to change course. "I grew up New York, so you [learn] that when you're on a train going in the wrong direction, you get off."

"Be willing to wait. Many younger people want instant gratification. I think that's one of the biggest issues we have today."

COMMUNITY VOICES

"Central Iowa is a better place because Bob Pulver decided to live here." *Bill Knapp, chairman emeritus of Knapp Properties*

"Bob has many passions in life, none of which is greater than giving back to our community and our state." *Peter Cownie, executive director of the Iowa State Fair Blue Ribbon Foundation*

"I have leaned on him many times throughout my life for advice and direction. His words were invaluable as I headed down a path that made me a better person." *Brad Winterbottom, president of West Bank*



AMONG HIS ACHIEVEMENTS

- Chairman of Ruan Transportation, which employs more than 5,000 people.
- Served as chairman for the U.S. Chamber of Commerce in Washington, D.C. (the only Iowan to ever do so), and is currently the Midwest Region vice chair.
- Heads the John Ruan Foundation Trust, which provides funds for local arts and culture organizations.
- Was integral in bringing the World Food Prize to Des Moines while transforming the former library building into the World Food Prize Hall of Laureates.
- Named one of Central Iowa's "25 Most Influential Leaders" by the Business Record and inducted into the Iowa Business Hall of Fame in 2012.

JOHN RUAN III

John Ruan III has always looked to his father, John II, as a mentor. Growing up, Ruan remembers the work his father invested in his company and the vision he had for Des Moines.

His father launched Ruan Transportation Systems in 1932, and as a teenager Ruan absorbed the lessons of hard work as he washed trucks and performed basic mechanical tasks.

It didn't take long for Ruan to fall in love with the business. After graduating from Northwestern University in 1965, he held various positions within the company. He also watched closely as his father developed some of downtown Des Moines' most recognizable buildings and worked with him on some of the projects, including Two Ruan Center and the skywalk system. He also helped his father bring the World Food Prize Foundation to Des Moines in 1990.

In 1998, Ruan took over the business and continued the family's dedication to community service. "I was always sort of in training," Ruan says. "At some point in time, I needed to step into his shoes. They were a little oversized for my feet, but I did my best."

Ruan, now 76, has contributed to Des Moines in numerous ways. The John Ruan Foundation Trust provides grants to arts and culture organizations, and Ruan serves on a number of nonprofit boards. He and his wife, Janis, have two children and five grandchildren.

HIS ADVICE

"Only do things you have a passion for. If you like what you're doing, you'll probably do it well. You won't perform your best if your heart or soul isn't into it."

"If you plant the seed, things grow."

When the Ruan family first started developing commercial buildings in Des Moines, it created a spark for more growth in the city.

Get your feet wet. When Ruan was young, he started at the bottom of the company and moved up from there, learning the value of hard work along the way.

COMMUNITY VOICES

"John leads a complicated life very well. I know no one who loves Des Moines more." *Jim Cownie, well-known real estate developer, community leader, and a 2017 Sage Over 70*

"John and Janis are quiet and unassuming people. They just go about their work of creating a better community and world for the rest of us." *Don and Margo Blumenthal, community leaders and former Sages Over 70*

"John understands that families that experience success have a responsibility to give back. ... As a result, the Ruan Foundation has provided support for important causes in the Greater Des Moines community and will continue to provide generous support for decades to come." *Steven Zumbach, partner at Belin McCormick*



AMONG HIS ACHIEVEMENTS

- The fourth neonatologist brought on at Blank Children's Hospital. During his tenure as medical director, the famous McCaughey septuplets were born on Nov. 19, 1997.
- Supported Blank Children's Hospital's Neonatal Intensive Care Unit, Blank Children's Endowment, new donor walls, and Festival of Trees and Lights. Also serves on Blank Children's Hospital Governing Board.
- Active with Planned Parenthood, the Des Moines Symphony, DMARC Food Pantry and more.
- A master gardener. He and his wife, Rebecca, maintain a garden in their backyard.

ROBERT SHAW

Medicine may run in Dr. Robert Shaw's family, even if surgery doesn't. His older brother was a surgeon, and during his brother's residency, the then-17-year-old Shaw watched a procedure to remove a neck abscess. Shaw promptly blacked out. "I woke up surrounded by nurses who had turned their attention from the patient to me," he says with a laugh.

But he loved everything else about doctors, particularly helping people. Shaw grew up in Des Moines and graduated from the University of Iowa College of Medicine. After a stint in the Air Force, he began a career in neonatal care, launching a private practice in 1982. Eleven years later, Blank Children's Hospital bought his practice, and Shaw was instrumental in helping the neonatal intensive care unit grow at the hospital. He eventually became medical director of the department before retiring in 2003.

Shaw, 71, has been involved with numerous nonprofit boards, including Blank Children's Hospital, Planned Parenthood, the Des Moines Symphony and more. He and his wife, Rebecca, who is a retired OB-GYN physician, are also master gardeners.

HIS ADVICE

"If you do what you love, you will never work a day in your life. I laugh at that sometimes because I would come home from the hospital exhausted. I'm not sure it's entirely true, but I understand the sentiment."

"Life is about relationships. I've had the best experiences and partners, which made all the difference."

Carefully choose the people you surround yourself with. "When I think back on my professional work, I was surrounded by people I knew and trusted to make the best decisions in medicine and life."

"Be a lifelong learner."

"Before attempting to rule the world, one should be required to tend a small garden. Lessons learned [would] serve mankind well."

COMMUNITY VOICES

"I cannot tell you how many times people have asked me if I know Dr. Shaw and [wanted] to express the amazing care their child, grandchild or loved one received." *Stephen Stephenson, president and chief operating officer of Blank Children's Hospital*

"[I have] only had the privilege of knowing him well for three years. Nonetheless, in this short period of time I have become convinced that Dr. Shaw is one of the finest people I have ever known." *Sarah Stoesz, president and CEO of Planned Parenthood North Central States*

"He values others' opinions, thinks before he speaks and says what he means. He is bright, diverse, a family man and a gentleman. I'm proud to call him my friend." *Loree Miles, community leader and co-founder of Anawim Housing*

AMONG HER ACHIEVEMENTS

- Created the Isiserettes Drum Corps, which has performed all over the country, including at President Barack Obama's 2009 and 2013 Inaugurations.
- Awarded the National Black Child Development Institute Award in 1994.
- Unanimous choice by the Des Moines Human Rights Commission as the 2012 Porter Dimery Sr. Youth Award honoree.
- Received the 2000 Urban Dreams Quarter Century Award.
- Member of the board of directors of the John R. Grubb YMCA.



PAM WILLIAMS

In 1980, there were few artistic outlets for young African Americans in Greater Des Moines, something Pam Williams experienced firsthand. She watched as frustration built in her son, who was interested in the French horn but was told to play basketball “because that’s all he was going to do anyway,” Williams recalls a teacher telling her son. “I was very angry,” she says. “There were so many barriers keeping Black kids from being part of the band.”

So Williams created her own group. At first the organization started under the Black Shriners, also known as the Prince Hall Freemasonry, a national African American organization. By 2000, Williams relaunched the organization under the name Isiserettes Drill and Drum Corps, centering the nonprofit group on helping youths develop musical as well as life skills.

Since then, the group has performed at presidential inaugurations, NBA games and state fairs. The mission of the Isiserettes goes beyond music to include tutoring, computer access and study sessions. “All of this is to help them develop important skills and encourage them to continue [their] education,” Williams says.

Williams, 75, has four children and 10 grandchildren.

HER ADVICE

“Be someone’s support system.

It makes a big difference when you have someone encouraging you to achieve your dreams. I’ve had that my whole life.”

“Live your life as an example. I hope my life encourages others to give back to the community and support young children.”

“Take things day by day. We’re living in some of the toughest times I’ve ever seen. Control what you can control.”

“There’s more to life. Strive for the dream.” Williams encourages kids to finish their education and push forward.

COMMUNITY VOICES

“She is a leader, but she’s also a team member. Kids come first for her, and that’s all kids. She deserves every bit of recognition.” *Janice Bannister, retired nurse and longtime friend*

“She’s loving, and she can be hard, but you’re going to get the same person every time. For the kids, they might think she’s being strict. But those kids come back when they’re 25 or 30, and that says a lot.” *Jonetta Sue Douglas, longtime officer and treasurer for the Isiserettes Drum Corps*

“If you look at anyone who has been through [Williams’] program, and look at what they’ve accomplished, that’s one of the greatest testimonies of her work. The majority of them became leaders.” *Wayne Ford, legislator in the Iowa House of Representatives and founder of Urban Dreams*

EMBRACING 'GENERATIVITY'

WRITER: JANN E. FREED

It's no secret that this year has been turbulent, with several crises converging to upend how we live and even how we think. While we don't know what the new reality will be after COVID-19 is contained, most health care and other experts are telling us the world will not return to the expected "normal."

How will we respond? Will we rise to the occasion? Will we make the personal sacrifices and lifestyle changes needed to make a difference? Will leaders emerge who are concerned about all of us?

Now is the time for the wisdom of sages.

Sages have the benefit of time, talent and life experience to help understand the crises we all currently face and can be leaders in shaping positive change for future generations. This is the focus of "generativity," as proposed by the late Erik Erickson (1902-1994), who was a noted psychologist and a professor at both Harvard and Yale universities.

The theory of "generativity" revolves around the idea of making our mark, of contributing what we've

learned to younger generations as well as back to the community. Erickson believed we grow stronger as we move through midlife and as we are faced with our own mortality. That strength enables elders to become activists for the benefit of generations to follow.

Everyone at this stage has had plenty of life experiences, of course. But when these experiences are translated into wisdom and shared

**"I AM
WHAT
SURVIVES
OF ME."**

ERIK ERICKSON

with others, people truly become sages. As the late Irish poet and philosopher John Donohue said, "We ought to measure a wise life based upon the impact we have on those around us."

One organization made up of sages actively embracing generativity



and helping to improve the world is the Elders. Founded in 2007 by Nelson Mandela, the Elders consists of independent global leaders working together for peace and human rights.

Two other organizations that provide excellent resources for being generative are:

Sage-ing International, which is committed to transforming the current paradigm of aging to sage-ing through learning, service and community.

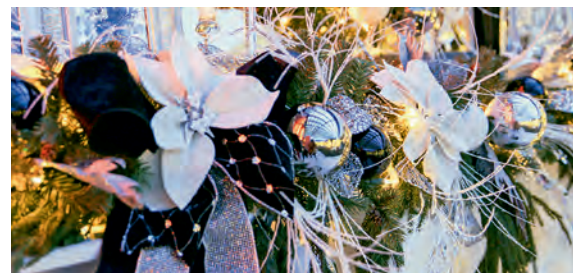
Elders Action Network, which seeks to build a movement of elders to address the social and environmental crises of our time.

These organizations have shifted into high gear during the current pandemic. As the Sage-ing International website puts it: "Sages face COVID-19 with wisdom, compassion and courage." ■

Jann Freed, Ph.D., is a leadership development consultant and the author of "Leading with Wisdom: Sage Advice from 100 Experts." She is also a Sage-ing Leader with Sage-ing International.

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Rob Denson

PRESIDENT- DES MOINES AREA COMMUNITY COLLEGE

John Ruan III

CHAIRMAN - RUAN TRANSPORTATION/BANKERS TRUST BOARD OF DIRECTORS

Allison Fleming

COMMUNITY VOLUNTEER AND PHILANTHROPIST

Robert Shaw, M.D.

RETIRED NEONATOLOGIST - BLANK CHILDREN'S HOSPITAL

Robert Pulver

RETIRED FOUNDER, PRESIDENT & CEO - ALL-STATE INDUSTRIES

Pam Williams

CO-FOUNDER & DIRECTOR - ISISERETTES DRILL AND DRUM CORPS

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CONGRATULATIONS TO

ROB DENSON, president of Des Moines Area Community College

ALLISON FLEMING, community volunteer and philanthropist

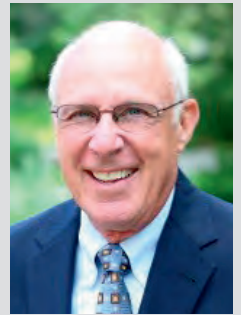
ROBERT PULVER, retired founder, president and CEO of All-State Industries

DR. ROBERT SHAW, retired neonatologist, Blank Children's Hospital

JOHN RUAN III, chairman of Ruan Transportation and Bankers Trust board of directors

PAM WILLIAMS, co-founder and director of the Isiserettes Drill and Drum Corps

Congratulations Dr. Bob Shaw and Bob Pulver. We are extremely proud of your recognition and appreciate your dedication to the health and well-being of our community and across our state.



Dr. Robert Shaw



Robert Pulver

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ROOMS WITH A VIEW

WITH VISTAS—AND BREEZES—FROM UP
HIGH, THIS GRAND AVENUE CONDO
EXUDES A MODERN VIBE, THANKS TO
A RECENT RENOVATION.

Once an enclosed galley, the kitchen today is open to the main living area, allowing expansive views to the south (as far as Gary's Lake and Norwalk) and to mature trees and architecture to the west. Homeowners Tracy Lewis and Rick Gubbels fell in love with the vistas and the potential of the ninth-story condo at 3660 Grand Ave. The couple worked with architect William Anderson and designer Kelli Linnemeyer of Projects Contemporary Furniture to reinvent the midcentury space with an open plan decked with contemporary Poliform cabinetry, Miele appliances and modern lighting, including the 1958 chandelier design by Flos in the dining area. Surprisingly, several of the condo windows open. "One of the things I absolutely love are the breezes," Lewis says. "It's so calming and relaxing."

WRITER: BETH ESLINGER

PHOTOGRAPHER: NATHAN SCOTT PHOTOGRAPHY

STYLING: PROJECTS CONTEMPORARY FURNITURE





Dark wood surfaces extend throughout the condo. Designer Kelli Linnemeyer ordered panels to wrap the two kitchen columns, which house mechanicals on one side and a cabinet on the other. Lacquered cabinetry in a high-gloss finish provides sparkle above the sink. The television area features the same dark wood finish as the kitchen for consistency. While a majority of the condo's furnishings are new, including the matching Montis sofas and nesting

glass tables by Ligne Roset, the couple did bring the barstools and dining table and chairs from their previous home South of Grand. Big art collectors, Lewis and Gubbels display works by several local artists, including Chris Vance and even their architect, William Anderson. While the space is sleek and modern, it functions well for everyday life. In fact, their two cats love the windows and ledges.



From the swivel chairs in their living area, homeowners Tracy Lewis and Rick Gubbels can easily pivot from the flat screen to the sunset views filling their west-facing bank of windows. The Fourth of July traditionally has been another highlight, when fireworks from Principal Park, Norwalk, Jordan Creek Town Center and other Des Moines-area communities light their ninth-story windows. And on any given day the couple can look out and see the bridge spanning Gray's Lake.

The views were a top reason the retired couple purchased the condo at 3660 Grand Ave. Built in the mid-1950s and tucked behind some of the street's mature trees, the 10-story building offered a number of amenities—including a pool and a recently renovated common room for entertaining—as well as the epic vistas to the south and west.

But when the couple discovered the condo in October 2017, it was in a time warp. An enclosed galley kitchen, complete with rounded white laminate cabinetry, created a claustrophobic feel. Surfaces such as gridded paneling, beige carpet and glass block were showing their age.

To reinvent the space into an open plan, the couple brought in designer Kelli Linnemeyer of Projects Contemporary Furniture and architect William Anderson. The design team removed interior walls and shifted the kitchen orientation so it's open to the main living areas and perfect for entertaining. And to create a seamless look, the designers used consistent materials such as Carrara marble and dark wood cabinetry. Warm gray, taupe and blue accents enhance the look. "The color palette is very easy on the eyes," Linnemeyer says.

In their previous home on Muskogee Avenue, South of Grand, the couple enjoyed big closets and plenty of furniture in their three bedrooms. Downsizing to the condo



A dark gray wall anchors the Poliform Arca bed; its mattress lifts up to reveal sneaky storage. Lewis and Gubbels love showing off the design. “I wish [designers] could design more things like that,” Lewis says. “It always gets oohs and aahs.” Flanking the bed are Kelvin wall-mount lamps. The wall of cabinetry is also from Poliform and provides a sleek alternative to built-in closets.

“was a process,” Gubbels says. The couple gave away furniture to family, friends and local charities, and have continued to edit their collections during the pandemic. “We’ve been able to go through a second wave and get rid of things we haven’t used in a year,” Gubbels says.

Their condo furnishings often serve double duty. The entry cabinet serves as a cocktail bar; the master bed flips up to reveal hidden storage. “That bed is one of my favorite things—it does hold a lot,” Lewis says. “It’s like a whole closet under the bed.”

And new amenities such as a built-in coffeemaker and steam oven contribute everyday luxury. But perhaps the best perspective has come during the pandemic. “We wanted to downsize. We’re both retired now and wanted to be able to lock up and leave for several months,” Lewis says of the space, which took a year to renovate. “Little did we know we’d be locked in. ... I told Bill and Kelli both, because of COVID and being in seclusion, we can’t think of a more beautiful place to live.” ■



Once a dated space with a rounded vanity and built-in platform tub, the bathroom today is a modern showstopper. Carrara marble from Virginia Tile extends throughout the condo, and the contemporary tub from Wetsyle is like a piece of architecture. The shower features a body sprayer.





PHOTOGRAPHER: RCH PHOTOGRAPHY, COURTESY OF THE ARTIST AND MONIQUE MELOCHE GALLERY, CHICAGO

A 'CELEBRATION OF BLACKNESS'

DES MOINES ART CENTER
EXHIBIT FOCUSES ON
COLLABORATION, CONNECTION
AND CONVERSATION.

WRITER: CHRISTINE RICCELLI

Known for her large colorful tapestries, Jamaica-born Ebony Patterson often explores questions of identity, gender norms and the human body. The Art Center will debut "...among the blades between the flowers..." a favorite of both co-curator Mitchell Squire and Art Center Director Jeff Fleming, in the upcoming exhibit, called "Black Stories."

Ebony G. Patterson (born 1981), "...among the blades between the flowers..." (2018) detail; hand-cut jacquard-woven photo tapestry with glitter, applique, beads, trim, brooches, feathered butterflies, fabric, silk flowers, and hand-embellished owl on shelf, on artist-designed fabric wallpaper; 10.8 x 14.6 feet. Des Moines Art Center Permanent Collections.



very picture tells a story, but so does every person who sees that picture.

And it's those stories that the Des Moines Art Center hopes to showcase as much as the artwork on display during the upcoming exhibit "Black Stories," opening Oct. 7.

Drawn from the Art

Center's permanent collections, the exhibit features a compelling mix of works—paintings, photos, mixed-media pieces, sculptures, drawings, artifacts—by a wide range of international, national and regional Black artists, including such well-known names as Jean-Michel Basquiat and Kerry James Marshall, noted up-and-comers like Jamaica-born Ebony Patterson, and acclaimed Central Iowa-based artists Jordan Weber and Mitchell Squire.

The exhibit promises to be a "celebration of blackness and about turning a predominantly white space into a space where black people, brown people and indigenous people can feel comfortable," says Weber, a co-curator of the exhibit along with Squire.

Indeed, the driving motivation for the show is the Art Center's desire to form a deeper and more vibrant connection with the local Black community. From the time the exhibit was conceived more than a year ago, Art Center Director Jeff Fleming says his goal has been to "listen, make sure we were involving the Black community in what

we're doing, and provide an opportunity where there could be partnership and collaboration."

To that end, Fleming decided to stay out of the decision-making process and invite Weber and Squire to co-curate the show. "They are both incredibly knowledgeable and have come up with some extraordinary ideas," he says. (See "Sharing Stories," page 86.)

Planning for the exhibit began before George Floyd was killed, before the Black Lives Matter movement reemerged, and before many in the white community were jolted out of complacency about systemic racism and the need to end it. While the vision for the exhibit has remained the same, it's now more relevant, necessary and urgent, those involved with the project agree.

"We would seem tone deaf if we didn't address what's been happening in 2020," Squire says. "The things that have happened—COVID-19, the economy tanking—have affected Black people disproportionately. It would be hard to have a show and ignore that."

The exhibit "is needed now more than ever so we can have these spaces to celebrate ourselves," Weber adds. "The vision has become magnified."

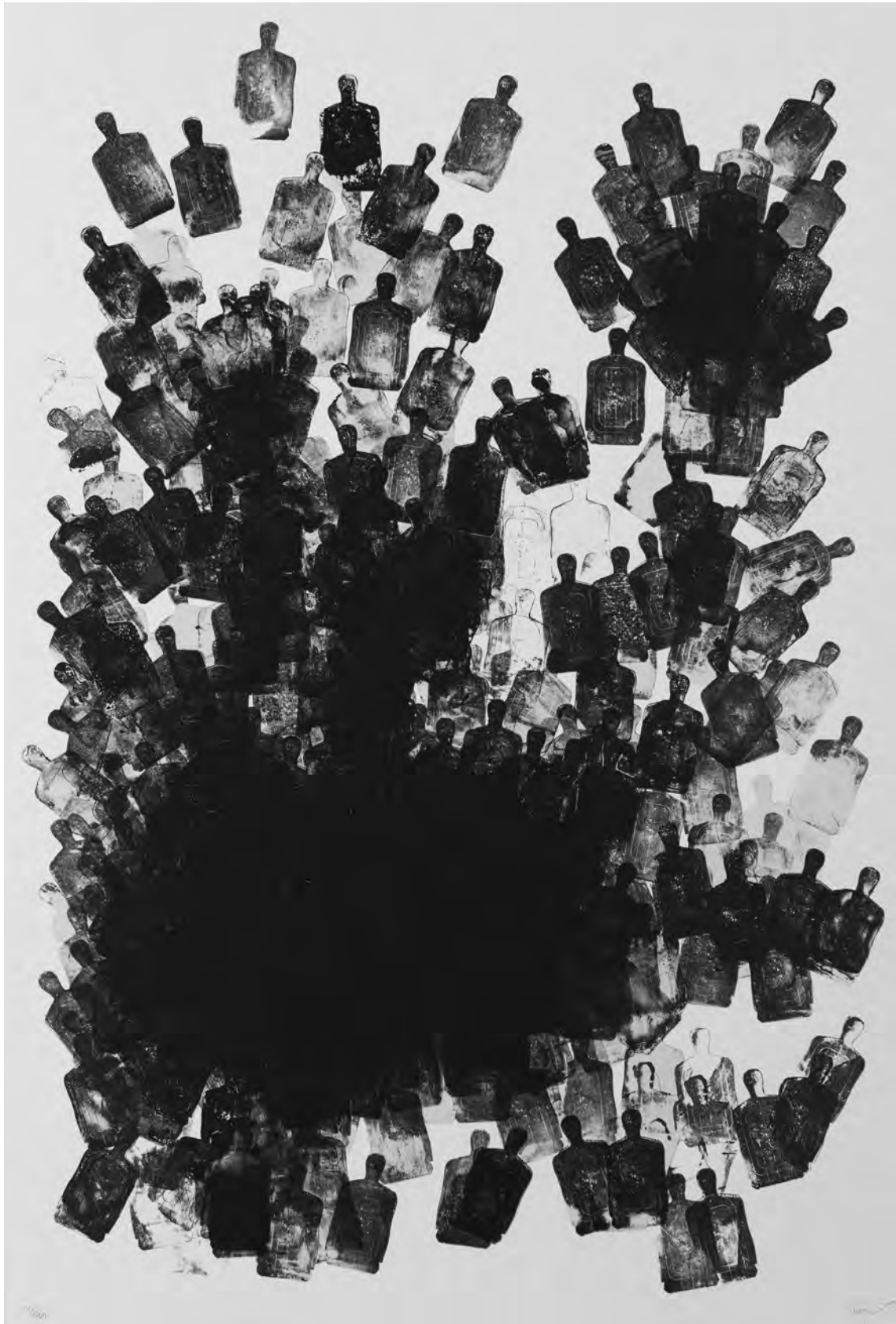
To help bring that vision to life, an advisory committee of 15 local Black leaders and artists was formed to provide "advice, support, participation and guidance," Fleming says. (See list of members, page 85.)

"The local Black community is very diverse in and of itself," says committee member Mary Chapman, vice president emeritus of Des Moines Area Community College.

Opposite: This lithograph by Mitchell Squire depicts miniature silhouettes of the black torso figure used on law enforcement training targets. "From afar, the ... lithograph seems to depict a collection of elegant translucent perfume bottles," the Minneapolis Institute of Art wrote of the work. "Upon closer inspection,

the black silhouettes reveal themselves as law enforcement targets ... in an arbitrary pile suggestive of a mass grave, the bodies too numerous to count."

Mitchell Squire (born 1958), "Gladiators" (2013); lithograph on paper, printed from two aluminum plates; 43 1/2 x 28 5/8 inches. Des Moines Art Center Permanent Collections.





PHOTOGRAPHER: RICH SANDERS

Above: Wangechi Mutu is an internationally renowned Kenyan artist whose work has been exhibited worldwide. “Water Woman” is a sculpture of a “nguva,” an aquatic being of East African folklore that’s part human and part “dugong,” a relative of the manatee. In contrast to Western depictions of women with pale

skin and light hair, the “Water Woman” siren is “represented by the luminous, charcoal-colored female body, which is a vein of inquiry central to Mutu’s work,” according to the Art Center.

Wangechi Mutu (born 1972), “Water Woman” (2017); bronze; 36 x 65 x 70 inches. Des Moines Art Center Permanent Collections.

“The purpose of the committee is to be intentional in reaching out to these various Black communities not only to [draw] them into the Art Center but to make them feel welcome there. As they share their perspectives and stories, the artworks become activated ... and the experience becomes interactive.

“Storytelling is such an art in the Black community,” Chapman adds. “Hopefully the art will inspire personal stories of [visitors’] own memories and experiences.”

A major part of the project involves capturing those personal stories through a variety of means and platforms, such as one-on-one conversations, social media, online forms, interviews, and pencils and paper in the galleries that visitors can use.

The advisory committee will then select stories to appear in a book the Art Center will publish, which will serve as the show’s documentation. “Temporary exhibits come and go and can be quickly forgotten,” Fleming says. “This allows the project to have an extended life, to have a permanence.”

In addition to the book, an array of public programs will accompany the exhibit, all planned by the committee and co-curators. At press time, the committee was brainstorming ideas that could work if the pandemic continued through the exhibit’s run. “We’re trying to figure out what the engagement could look like,” Chapman says. “We want to frame whatever we do in ways that will help keep the conversation going.”

“It’s our strongest desire to have public activities,” Fleming adds. “We just won’t know the specifics until we’re closer to the opening as we’ll need to figure out what is appropriate and safe.

“But it is certainly our hope that we can have these opportunities to engage with one another on a human level.”



ADVISORY COMMITTEE MEMBERS

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MITCHELL SQUIRE
JORDAN WEBER

SHARING STORIES

ARTWORKS EXPLORE THE TRIALS AND TRIUMPHS OF THE BLACK EXPERIENCE.

For “Black Stories,” Des Moines Art Center Director Jeff Fleming gave artists Mitchell Squire and Jordan Weber access to the museum’s entire collection by Black artists and the freedom to decide which works to include and how to exhibit them.

“My intent was to listen to their ideas and not dictate anything in any way,” Fleming says, adding that the co-curators chose “wonderful, potent, powerful works that speak to our moment in time.”

To make the selections, Squire came up with an approach that divides the works into four categories, which, he says, “seemed to coalesce in ways stories of the Black [experience] might be told.”

Such organization “is more or less the way I tend to work,” adds Squire, a mixed-media, installation and performance artist who has had solo exhibitions throughout the country and in London. He’s also a professor of architecture at Iowa State University. “I tend to create an initial structure to the array of things I’m considering.”

Within this framework, the pieces within each grouping will be intermingled when they’re installed, displayed in ways that invite conversation and interaction.

Specifically, the four groups of works include the following:

“**In Black and White**” consists of works that “tell stories that might be told in black and white; they pull no punches,” Squire explains. “There are a number of artists whose aesthetic is about blackness and telling the story in stark reality.”

For example, Squire’s evocative lithograph “Gladiators” depicts miniature silhouettes of the black torso figure used on law enforcement training targets (see page 83).

Another group, “**In Living Color**,” focuses on stories and a vision told through “a vibrant expression of color,” Squire says, pointing to Ebony Patterson’s work, which is titled “... among the blades between the flowers,” as his favorite of this group. A recent Art Center purchase, the stunning woven tapestry (see pages 80-81) will be on display for the first time during the exhibit.

“I hope it stands for a promise among those blades and between those flowers,” Squire says, specifically a “promise of a commitment by the Art Center to acquire works by younger Black artists.”

He believes that often, “the more recent the work, the more it resonates with the public, especially the younger

Opposite: Nick Cave is a sculptor, dancer and performance artist who often utilizes found objects in his works. For his “Rescue” series, he connects rescuing pets and reclaiming discarded objects. “Dogs are associated with loyalty, commitment and protection,” noted the Denver Art Museum. “The inclusion of furniture and an elaborately adorned metal structure accentuate the dreamlike aura that

Cave likes to evoke in his work. The dog becomes the benevolent guardian of this self-contained forbidden world.”

Nick Cave (born 1959), “Rescue” (2013); mixed media with ceramic birds, metal flowers, ceramic Doberman, vintage settee and light fixture; 88 x 72 x 44 inches. Des Moines Art Center Permanent Collections.





Top: Over the past decade, artist and activist Jordan Weber has focused on social justice issues, historical and current events, and identity in a compelling range of sculptures, mixed-media works, and site-specific installations that have been exhibited across the country. One of his most well-known works is a partially deconstructed police car with plants growing out of the back seat, created in response to the 2015 police shooting death of Michael Brown in Ferguson, Missouri. His “Chapels” series uses materials from sites of historical significance, such as this one from Emanuel African Church, where a white supremacist killed nine African Americans during a Bible study in 2015.

Jordan Weber (born 1984), “Chapels” (series) (2017); marble, earth (Charleston, South Carolina, Emanuel African Church shooting), wood, plastic packaging and resin; 24 x 24 x 4 1/4 inches. Des Moines Art Center Permanent Collections.



Below: Jean-Michel Basquiat (1960-1988) first gained notice as a graffiti artist in Manhattan. Within a few years, he gained worldwide acclaim for his neo-expressionist paintings and mixed-media works, which fuse elements such as poetry, historical information, abstraction, figurative images, and contemporary critique. He died of a heroin overdose at age 27. In 2017, a Japanese billionaire bought a 1982 Basquiat painting for \$110.5 million.

Jean-Michel Basquiat (1960-1988); “Untitled” (1984); acrylic and oil stick on canvas; 42 x 40 inches. Des Moines Art Center Permanent Collections.

public.” He adds that he especially hopes “there can be more acquisitions of Black portraiture, which is on the rise. ... Viewers may have the knowledge of art history to fully appreciate abstraction, but when you stand in front of a portrait it resonates with you immediately. It can be like looking at a mirror.”

The third group, **“In Wakanda,”** consists of works that are largely material-based, including sculptures and mixed-media pieces created with found objects. Squire summarizes it as “a material reclamation of the past to move forward. ... There is a great versatility and variety of works, and they’re all different aesthetically. But they’re all primarily interested in a future crafted out of the past.”

For example, co-curator Weber’s mixed-media work in the “Wakanda” section, a part of his “Chapels” series, contains earth and marble from the site of the Charleston, South Carolina, church where nine African Americans were massacred in 2015 (see opposite page).

In his sculptures, paintings and installations, Weber often works on sites of significance—Malcom X’s birth home in Omaha, for example—or uses materials that have historic meaning. His interest in the historic and spiritual importance of objects is driving his curatorial focus for the unnamed fourth component of the exhibit, which will include traditional African artifacts such as furnishings, masks, spears, doors and other items.

“A lot of these artifacts have spiritual histories,” Weber says, adding that many of them will be displayed in a

“WE WANT PEOPLE TO BE FULLY IMMERSED IN THE HISTORICAL ASPECT OF BEING AFRICAN AMERICAN.”

CO-CURATOR JORDAN WEBER

separate, chapel-like room with seating. “We want to provide a space where you can really experience your ancestry or West African beginnings and origins. We want people to be fully immersed in the historical aspect of being African American.

“I think it’s really important right now to delve back into blackness without feeling like ... we’re being seen as a threat,” he adds. “It will be a great experience to be among a lot of Black and brown people in Des Moines and be surrounded by our elders and ancestors.”

No matter which artworks resonate the most with visitors, Squire hopes that everyone walks away from the exhibit having a better understanding of the “importance of Black artists telling their stories and that they will tell their stories in good times and bad,” he says. “They always manage to carve out a fresh expression of and for themselves. I think that that fact is an amazing story in and of itself, and provides a singular hope for the future.” ■

Bison were hunted to near extinction in the late 1800s; today's population on the continent is about 500,000. It takes two years for bison to reach full maturity. First-year calves are the color of light brown sugar; second-year calves turn the darker brown hue typically associated with the species.

A photograph of a herd of bison grazing in a lush green field. The bison are of various shades of brown, with some lighter-colored calves. The field is filled with tall grass and wildflowers. In the background, there are rolling green hills and a line of trees under a bright blue sky with scattered white clouds.

BRINGING BACK THE BISON

PLAN A FALL GETAWAY TO BARE BISON, A PICTURESQUE FARM IN MADISON COUNTY THAT HOSTS TOURS AND SPECIAL EVENTS THROUGHOUT THE YEAR.

WRITER: BETH ESLINGER

PHOTOGRAPHER: DUANE TINKEY

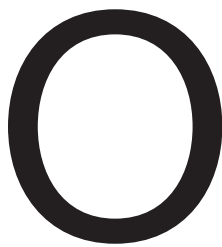
Female bison feature C-shape horns; males have larger heads and straighter horns. They molt their coats in the spring; visitors can touch one of the hides and see skulls on display in the event space.





Bison burgers are leaner than beef and are packed with protein and other nutrients.

Opposite page: Johnnie Kennel owns Bare Bison in Van Meter and ProteinHouse in Urbandale with Scott Sullivan, Nick Fiala, Dean Quirk and Josh Hoffbraur. Kennell, Fiala and Sullivan also co-own Royal Flooring in Urbandale.



n a sunny late spring day south of Badger Creek State Recreation Area near Van Meter, a newborn bison calf snuggles up to its mom before struggling to stand on wobbly legs. A passing car stops to study the scene, the driver rolling

down her window to snap photos for her social feed.

This calf, one of 50 this year at Bare Bison, is the newest member of the thriving 250-head herd. Owned by five Greater Des Moines entrepreneurs, the farm is a growing attraction in Madison County.

ATV tours cruise the rolling pastures to get up-close views of the animals and discover facts about the iconic North American species: They can jump 6 feet straight up, run 30-plus mph, swim across ponds and grow to 2,500 pounds.

On a tour, visitors study the nursing calves and large males, including Billie and his brother Blackjack. After viewing the bison, day-trippers can shop for ribs, steaks, ground meat and Aronia berry bars, as well as super-soft hoodies, T-shirts and onesies featuring the company's modern logo.

The idea started over drinks several years ago, says co-owner Johnnie Kennell, 39. "Bison are intriguing," he says. "They're hard to come by, especially in Iowa."

The owners, a group of friends and colleagues, had previous livestock experience but were new to bison. "We visited 10 different farms and learned how healthy it is. It's got more iron than any other meat," as well as fewer calories and less cholesterol than beef or chicken, Kennell says. Visitors to their shop discover other nutritional benefits, including high protein and vitamin B-12 levels.

Their first farm, located in Warren County, started in 2016 with 20 animals. The operation quickly grew to over 200 head with the purchase of their current 350 acres. At the farm entrance, a large building houses the retail shop and an event space with a full kitchen.



Bare Bison hosts monthly gatherings, including a 5K run that, at press time, was scheduled to be held in August. In late October, vintners from the Winterset area plan to pour samples in the modern rustic venue (check Facebook for details).

Kennell says the animals are relatively low-maintenance. They graze grass, live outdoors year-round, and require minimal veterinary care. Fencing keeps the animals enclosed in paddocks. Bison are better for the environment than cattle and have less impact on grasslands. "The farm is ever-changing," says Kennell, who visits with his young family every weekend. (His kids play outside the event space while Kennell maintains the vegetable garden.)

Bare Bison continues to expand the food production side of the business, as well. The company sells sticks and bars at several local service stations and Hy-Vee stores; packages of sticks are also available on Amazon. And for more dining experiences, their new Urbandale restaurant ProteinHouse offers bison and other lean proteins such as salmon in healthy wraps and bowls; they also have two of the franchises in Kansas City. ■



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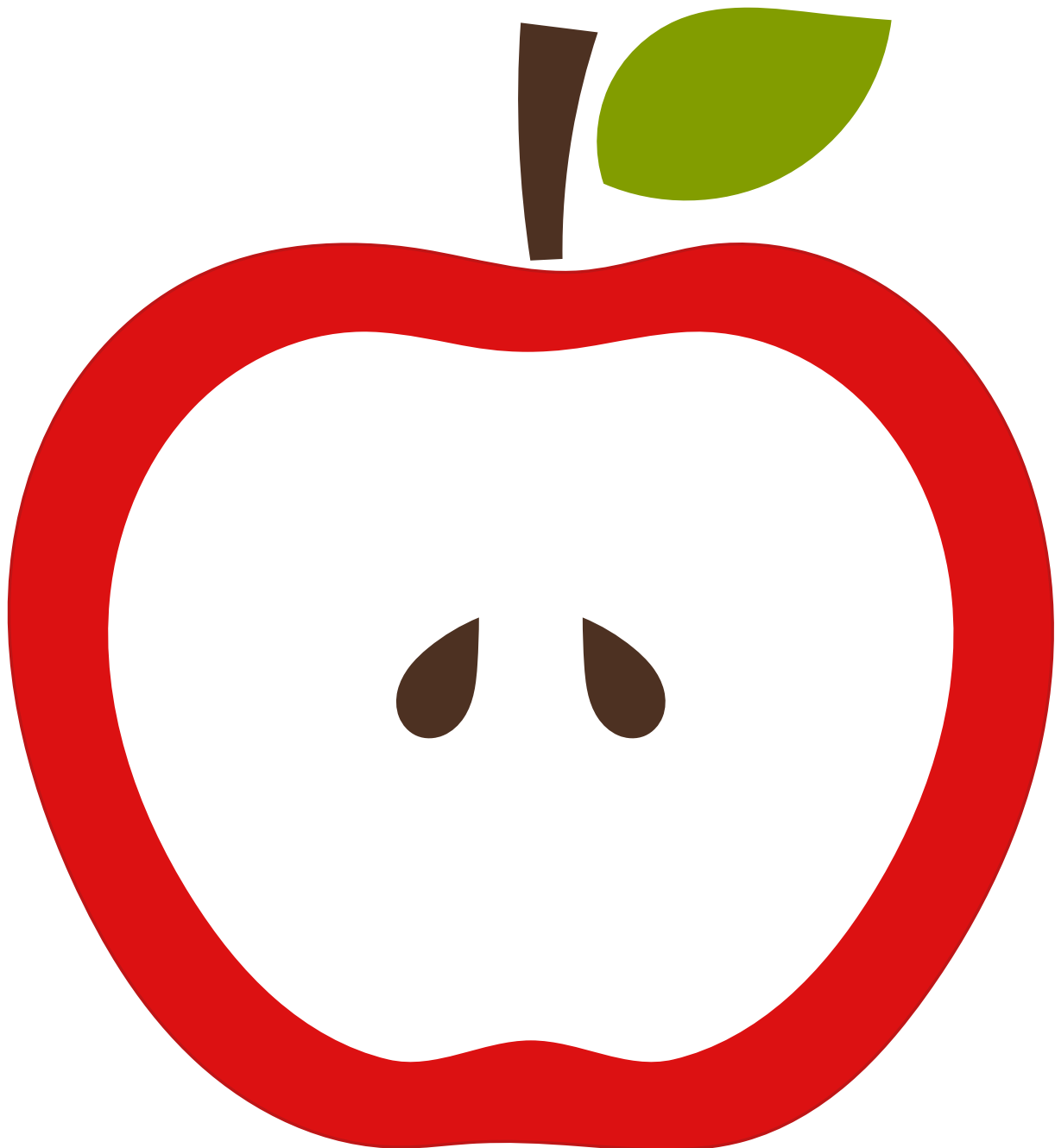
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STOP HITTING THE SNOOZE BUTTON AND START GETTING SOME MORE SOLID SHUT-EYE.

WRITER: KARLA WALSH





DISBELIEF. WORRY. ANXIETY. GRIEF.

This is likely the most uncertain time of our lives, with a health crisis akin to the 1918 pandemic, an economic situation that perilously recalls the Great Depression, and civil unrest like we haven't seen since 1968.

With all this change, it's tough to feel assured about anything—and easy to feel anxious, which can lead to insomnia, says Stephen Grant, an internal medicine and sleep medicine physician and the medical director of MercyOne Clive Sleep Center.

Even before the pandemic, sleep deprivation was a problem. Compared with the early 1940s, nearly four times as many of us are getting less than six hours of sleep per night, a recent Gallup Poll found, with Americans between ages 25 and 55 the most likely to fall short on sleep.

While it might seem time-efficient to complete just one more work task or stay up to read that final chapter, making this a habit is not doing your body any favors, says Melisa Coaker, an internal and sleep medicine doctor and the medical director of DSM Sleep Specialists in Clive.

"Sleep-tracking watches have enlightened people's interest in their sleep, and it's a critical component of your overall health," she says. "It goes together with eating, hydration, physical activity and mental wellness. Sleep will help each of the other individual components to make you your best version of you."

SLEEP DEBT

If you don't rest enough—even for just one night but especially chronically—you're at higher risk for cognitive impairment, difficulty with concentration, chronic diseases and weight gain. Coaker says. You start racking up "sleep debt," which is tough to pay back.

"It's like a bank account—if you take out every day and don't put any back in, you'll eventually bounce a check," she says. "The average person generally needs seven to eight and a half hours per night. You develop insufficient sleep syndrome if you're not getting enough rest and have impairment during the day and experience feelings of tiredness or [irritability]."

After just one night of poor sleep, your body produces hunger hormones that make you crave more salty, sugar-packed and carb-rich foods. Other stress hormones are pumped out that lead to more fat storage in the abdomen area, Coaker says.

The long-term impacts of sleep debt go a lot deeper than your poor disposition and pants size. A meta-analysis in the journal *Sleep* found that too little sleep is linked to a shorter life span, and other research has linked too few z's to increased risk for car accidents, cardiovascular disease, type 2 diabetes, depression and more.

But when we sleep, cerebrospinal fluid does the important work of "washing out" toxins from the brain, says Andrew D. Nish, an integrative medicine doctor and medical director of the John Stoddard Cancer Center in Des Moines. "Think of it like a street sweeper that comes at night after the metabolically active brain makes a mess all day."

"Sleep affects virtually every organ and cell in your body," Coaker adds. "Many processes and cells in the body are dependent on it, and restoration occurs during sleep."

FORMING GOOD SLEEP HABITS

Since "no amount of caffeine will replace sleep like sleep," Coaker says, you have to start shifting your schedule and strategies for better sleep hygiene.

"The most pressing issue and most stressful things that you need to do should be at the beginning of your day,

Continues on page 102

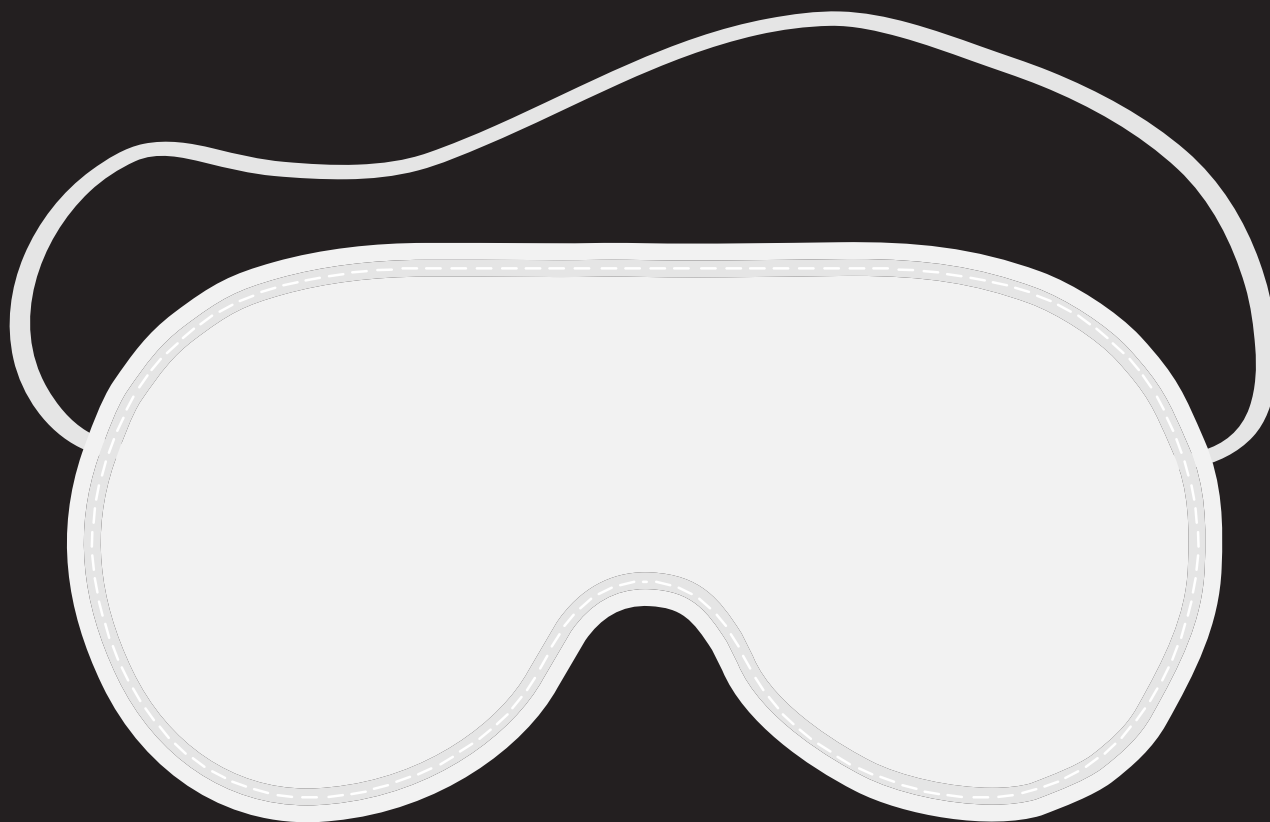
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The Ultimate Bedtime Routine

So many of us wind down just before tucking in by scrolling through Instagram once more or watching one last episode of our latest Netflix binge. Both of those, and other common just-before-bed habits, might be sabotaging your sleep, says Melisa Coaker, M.D., the medical director of DSM Sleep Specialists in Clive. Consider these snooze-better do's and don'ts:

Do create a worry list or a to-do list in the early evening. "Get any stresses out on paper," Coaker recommends, so they're not rattling around in your head as you try to turn in.

Don't nap too much. If you sleep too much during the day, you won't feel as tired when it's time to really slip under the sheets, says Stephen Grant, M.D., the medical director of MercyOne Clive Sleep Center.

Do distance yourself from light sources and noisemakers. "Your bedroom should be a quiet, cool and comfortable environment," Coaker says. "Don't look at your email right before bed and keep your cellphone out of the bedroom, if possible." Or at least silence any notifications and flip it over so it's not flashing and dinging with alerts at all hours.

Don't drink alcohol too close to bedtime. One drink with dinner should be fine, since the average body can metabolize one standard drink in an hour, Coaker says. But just have one, and stick with water or decaf tea for the hour or two before going to bed.

Do get out of bed if you find that you can't fall asleep. Move to another room and do something relaxing. Then when you feel tired and ready, attempt to sleep in your bed again, Grant says.

Don't put the clock right next to the bed facing you. Instead, flip the clock away so it's not staring you in the face if you happen to wake up in the middle of the night. "Clock-watching is very common and makes you think of all the things you have to do the next day and how you'll never be able to do them well if you don't sleep," Coaker says.



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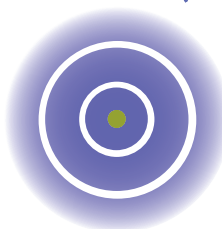
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The Best Snacks for Sleep

Eating a small nutrient-dense snack before bed can give your body the energy it needs to take care of metabolic functions while you are resting, as well as fight off any cases of the hangries come 3 a.m. or first thing in the morning, says Erin Thole-Summers, a registered dietitian and sports nutrition consultant in West Des Moines.

Aim for a snack of about 150 to 250 calories, she says, and include a mix of fiber-rich carbs and protein. The following pairings, in particular, contain calming and rejuvenating qualities.

- 1 slice whole-grain toast +
- 2 tablespoons hummus
- 6 ounces (3/4 cup) plain Greek yogurt +
- 1 small sliced banana
- 6 ounces (3/4 cup) 2% cottage cheese +
- 1/2 cup pitted tart cherries
- 2 medium kiwi fruit +
- 15 almonds
- 1 medium apple +
- 1 ounce of cheese

Continued from page 98

then start slowing down at the end of the workday," she says. "You should be physically tired then, and get less and less active as the day progresses. Then you can go to bed feeling like you gave it your all."

For many who work desk jobs, that means aiming to check the most cognitively taxing tasks off first, then moving to more administrative duties. After work, find ways to decompress. A few additional favorites of Coaker and Grant:

Ease off the caffeine. If possible, cut back on coffee or tea after 2 p.m.

Meditate. "Even five to 10 minutes after a stressful day is a great way to destress," Coaker says.

Move your body. Try yoga or go for a walk for a calming evening option.

Count your blessings. Jot down three things you're grateful for to appreciate all that's going right in your world.

Turn off the news. After briefly catching up on the latest current events, watch a lighthearted TV show or read to wind down.

Only use your bedroom for what it's designed for. "Don't use your bed as a sanctuary and watch TV, read or do anything else in bed. Use it just for sleep and sex," Coaker says. "The more time you spend in bed not sleeping, the harder it is to sleep well. You decondition your body from sleeping right away in bed that way."

Go to bed at a consistent time. This will train your body and brain to know when to turn in, Grant says.

And at least once a week, aim to do anything that makes you feel like you're treating yourself. "It doesn't take a lot of time or money," Coaker says, who dedicates Sunday as a "light day" to prepare food for the week and watch a few shows she enjoys. "We all need a break between work, life and ourselves." ■



Pictured l-r: Randall Hamilton, MD; Bruce Hughes, MD; Heike Schmolck, MD; John Wright, MD; Anne Lewis, ARNP; Paul Babikian, MD; Michael Jacoby, MD; Mark Puricelli, DO; Jacqueline Myers, PA-C; Keith Kohout, DO, MS

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Feed Your Brain

FOR A BETTER MOOD NOW AND LESS RISK FOR COGNITIVE DECLINE LATER, FILL YOUR PLATE WITH A “RAINBOW” OF WHOLE FOODS.

WRITER: KARLA WALSH



SHOCKING BUT TRUE:

One in 10 Americans over 65 has been or will be diagnosed with Alzheimer's disease, and about 1 in 3 seniors dies due to a dementia-related reason, according to the Alzheimer's Association. And many more of us struggle with concentration, anxiety and other more immediate brain pains starting early in life.

No one aspect of health—be it diet, exercise, sleep or stress level—can guarantee a longer life, so it's best to take a holistic approach to keeping your brain and body healthy, experts agree. Still, the dietitians and doctors we spoke to say that little decisions you make daily—like what you put on your plate—add up to make a big difference over time. In other words, that mango can be “medicine” for your brain.

“Daily habits can slow or maybe even reverse any cognitive changes that happen over the life span,” says Andrew D. Nish, an integrative medicine doctor and medical director of the John Stoddard Cancer Center in Des Moines. “We can heal just about anything with positive lifestyle changes.”

And the best news is that it's never too late to start tweaking your habits to be healthier for your brain, even if you're nearing or past retirement, experts say.

YOUR BRAIN, EXPLAINED

“The brain is probably the most sensitive organ in our body to nutrients, oxygen and chemicals in our environment,” Nish says.

The brain makes up about 2% of our body weight, yet it consumes 30% to 50% of the “metabolic demand,” he explains. That means that it needs a lot of calories—and the right kind of calories.

“I like to explain the brain as the ‘Ferrari of organs,’” Nish says. “It depends on a consistent supply of energy. In the standard American diet, 60% of our calories come from ultra-processed foods that are convenient but don't resemble anything real.

“Our nutrient intake is less than half of what it should be, and when this becomes a habitual eating pattern, you begin to notice neurological symptoms like depression, anxiety and an inability to concentrate,” he adds. “We aren't supplying the right nutrition for brains to function.”

The brain is highly susceptible to oxidative damage, or an imbalance of free radicals and antioxidants in the body. This can lead to inflammation, more rapid aging, neurodegenerative diseases, and even some cancers, explains Jessica Schroeder, a registered and licensed dietitian and the owner of Expedition Wellness in West Des Moines.

“It's important to consume foods that help slow down or reduce the amount of oxidative damage in our body, therefore protecting the brain from cognitive decline,” she says.

GUT MICROBIOME

We're also learning more about how gut hormones and health are connected to cognition. The gut microbiome is made up of 100 trillion(!) bacteria, so when your gut health suffers, your whole health suffers, Nish explains.

“Antibiotics can disrupt gut health for years,” he says. “Our gut needs whole foods, which changes that microbiome for the better, reduces overall inflammation, and improves brain health. By eating a whole food-based fiber-rich diet with some fermented foods, we're supporting the gut microbiome.”

Continues on page 110



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Your Better-Brain Diet

"Aim to eat a rainbow every day," says Jessica Schroeder, a registered and licensed dietitian in West Des Moines.

"That's because a plant-based, colorful, whole foods-focused diet is your best bet for brain health."

To help you put this into practice, Schroeder shares this example day in the life. Use this as a guide, but remember that variety is the best fuel for your brain—so mix up your fruits, vegetables, whole grain and protein sources throughout the week.

BREAKFAST:

2 eggs +
1 slice sprouted grain bread +
2-3 slices of avocado +
1/2 cup berries

SNACK:

1/2 cup salted and shelled edamame beans

LUNCH:

2 cups fresh spinach +
1/2 cup roasted beets +
1 ounce crumbled goat cheese +
1 ounce pistachios +
3 ounces grilled chicken +
2 tablespoons balsamic dressing

SNACK:

6 ounces Greek yogurt +
1/4 cup granola

DINNER:

6 ounces grilled salmon +
12 stalks roasted asparagus +
3/4 cup homemade baked sweet potato fries

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Continued from page 106

Several gut hormones also influence emotions and cognitive processes. Insulin, for example, helps the body digest sugar, and without it your system can't regulate normal blood sugar levels, Schroeder notes.

"If the body can't produce enough insulin, you'll experience hyperglycemia, or high amounts of sugar in the blood," she says. "Over the long term, this can damage brain vessels and lead to dementia."

NUTRIENTS AND NOSHES FOR YOUR BRAIN

So now that you know why what you eat is so influential to your brain, microbiome and beyond, how can you best feed your brain?

"Aim for a blend of slow-digesting carbohydrates, protein and fat in your meals and snacks to prevent spikes in your blood sugar," says Jennifer DeWall, a registered and licensed sports dietitian and the owner of Nutrition in Motion in West Des Moines.

The Mediterranean Diet is an example that has been proven to improve overall health and longevity, according to research published in the *Journal of the American Geriatrics Society*.

"Eat nutritionally dense foods and you'll naturally feel more satiated and will cut down on the amount of food you need," Nish says. "But it's not just about calories in and out. It's about the mix of micronutrients. You need 30-plus micronutrients, and one isn't better than others. Our brain is complex and it needs all of the nutrients."

That being said, there are some standout nutrients that are particularly important to incorporate into your diet for optimal cognitive functioning, Schroeder and DeWall agree. These include:

Omega-3 fatty acids, found in fish, flax seeds, chia seeds, walnuts.

Curcumin, found in turmeric.

Vitamin D, found in fatty fish, mushrooms, fortified cereals, milk, yogurt.

"IF THE BODY CAN'T PRODUCE ENOUGH INSULIN, YOU'LL EXPERIENCE HYPERGLYCEMIA, OR HIGH AMOUNTS OF SUGAR IN THE BLOOD. OVER THE LONG TERM, THIS CAN DAMAGE BRAIN VESSELS AND LEAD TO DEMENTIA."

JESSICA SCHROEDER

B vitamins, found in leafy greens, legumes, salmon, tuna, chicken, cottage cheese, nuts.

Folate, found in spinach, asparagus, beef liver, fortified cereals.

"Eat seven to 13 servings of fruits and vegetables each day and you should be well on your way," DeWall says.

Also think about deleting certain items from your diet. Remove refined carbohydrates and sugars, and replace them with whole foods that have more fiber. (For example, substitute sugary cereal with steel-cut oats.) Skip the pastries, processed snack foods and sugary drinks, and eat or drink these essentials instead:

- Fruits and vegetables
- Nuts
- Unprocessed whole grains
- Beans and lentils
- Grass-fed meat
- Seafood
- Eggs
- Olive oil
- Tea or coffee
- Plenty of water

Now start building that shopping list, and soon enough your memory will be so sharp you won't even need to write it down. ■



K. ALEX SMITH, DO
MEDICAL DIRECTOR

RECOVERY AND RESPONSE

Q: HOW ARE YOU KEEPING THE BLOOD SUPPLY SAFE DURING COVID-19?

A: From requiring appointments, face masks, and temperature checks, to disinfecting multiple times per day, we've taken every precaution necessary to ensure that safety is our top priority. We continue to enhance our processes as needed.

Q: HAS THE BLOOD SUPPLY SUFFERED DURING COVID-19?

A: The blood supply has been significantly impacted. Since March, more than 600 blood drives totaling 15,000+ donations have been cancelled. As many organizations and schools transitioned to virtual settings, we've had to adapt. LifeServe is actively looking for new blood drive locations and more blood donors.

Q: HOW ARE YOU HELPING TO PROVIDE TREATMENT FOR CURRENT COVID-19 PATIENTS?

A: More than 150 individuals who have fully recovered from COVID-19 have donated an invaluable gift: convalescent plasma. This plasma is being used as a COVID-19 treatment. We are now testing blood donations for COVID-19 antibodies to help understand the virus and identify more convalescent plasma donors.

Q: HOW DOES BEING A BLOOD DONOR HELP THE COMMUNITY?

A: When blood donors roll up a sleeve, they'll not just be saving local lives, they can find out if they have COVID-19 antibodies. As the only provider of blood products to all central Iowa hospitals, LifeServe depends on volunteer blood donors to ensure a safe and stable community blood supply.



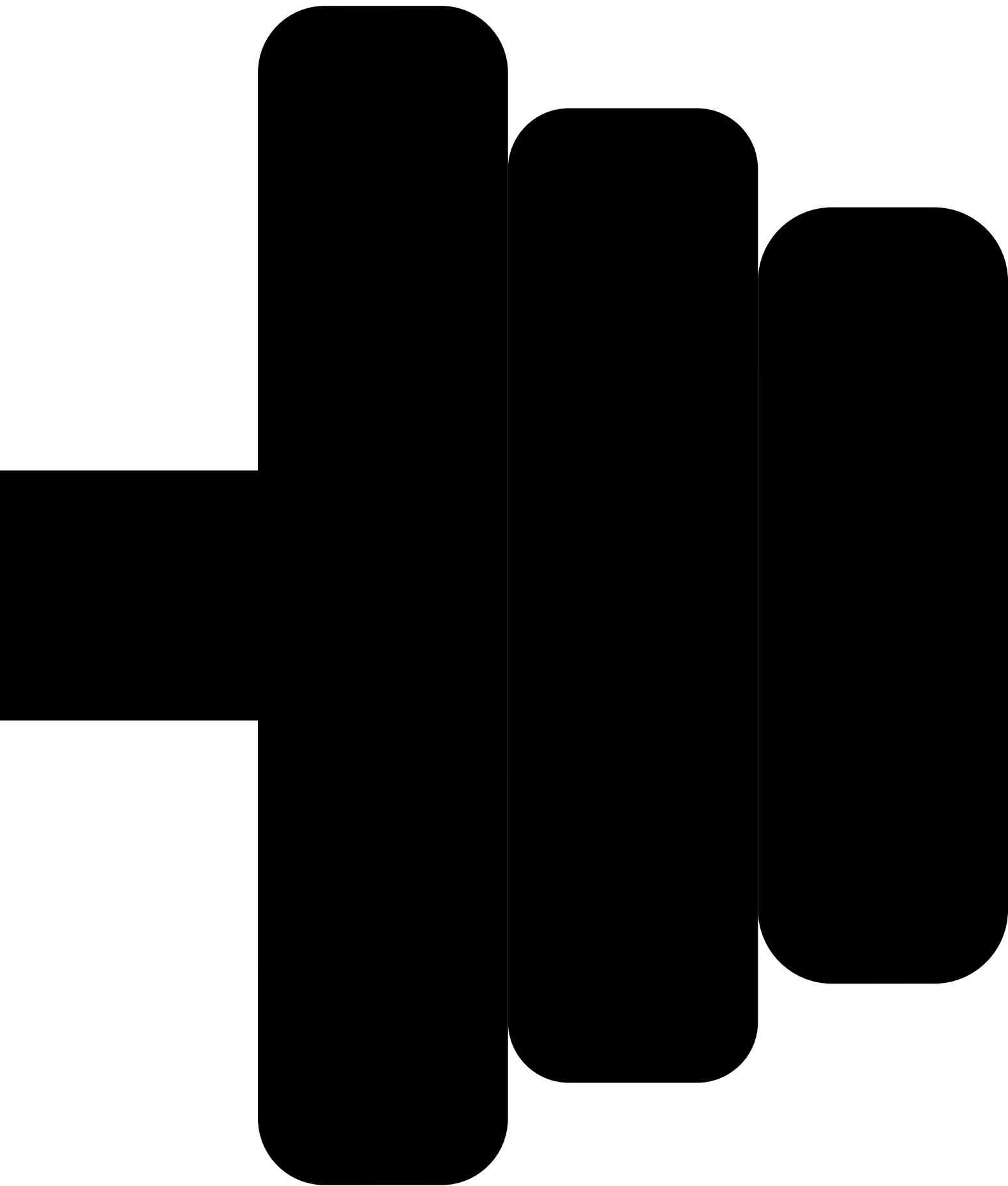
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Don't Sweat It

DURING THE PANDEMIC, YOU CAN GET FIT
AND STAY SAFE WITH VIRTUAL OPTIONS.

WRITER: KARLA WALSH



WHILE I'M PASSIONATE ABOUT ALL THINGS FOOD AND RESTAURANTS, MY LOVE OF FITNESS RUNS EVEN DEEPER.

I double majored in journalism and kinesiology (the study of human movement) in college, and my first adult job was at Fitness magazine. I've also earned certifications as personal trainer, group fitness instructor and indoor cycling class teacher.

So when my local gym closed during the pandemic, I didn't sweat it. I began sprinkling in an hour of yoga to fight off the stir-crazies of the stay-at-home recommendations. I also started each day with 45 to 60 minutes of strength training or circuits. With some willpower, a yoga mat and an 8-pound pair of dumbbells, I discovered that you don't need a fancy gym, expensive equipment or a trainer to stay fit. (Yep, I admit it!)

In fact, in July, the Texas Medical Association reported that working out at a gym is one of the riskier activities for virus transmission. What's more, Japanese researchers concluded that indoor activities are nearly 19 times more likely to lead to positive cases than their outdoor counterparts.

"COVID-19 upended the business model that is predicated on [delivering services to] people being in close proximity to each other," explains Graham Melstrand, the executive vice president of engagement for the San Diego-based American Council on Exercise. "Both large and small facilities have made significant efforts to engage members digitally with programs and other content that they can consume at home."

Locally, many gyms and studios that were allowed to reopen still offer virtual and outdoor options so their members can stay in shape while feeling safe and at ease. Brands like Pure Barre and Power Life Yoga quickly pivoted to online streaming classes and outdoor boot camps (see more examples on page 116). Other facilities rented out equipment so members could cycle, lift and pose at home just like they would in the studio.

"I predict home gyms and virtual fitness will continue to be popular, as people were able to spot the benefits of home workouts during the shutdown, like no commute time and no bras or shirt required," says Annie Brees, a West Des Moines-based personal trainer and co-founder of the wellness company Balance365. "A few resistance bands and a set of dumbbells go a long way."

As challenging as this new fitness landscape has been for Katie Bell, co-owner of Pure Barre in West Des Moines, she says she is a big fan of online options. Her studio livestreams classes for those who don't feel comfortable attending in person or who can't fit in the studio due to social-distancing capacity limits.

"The value of being able to work out where and when you can right now is exponential," Bell says. "We've found that our members still really treasure being able to tune in to a class taught by an instructor that they know and trust. It's provided a unique need for local boutique fitness studios to fill."

Kati Colby, co-founder of the local wellness app the Drop, views this year as an opportunity for growth and change. "Trying a new activity from the comfort of your own home takes away a level of stress," she says. "For those wanting to make the leap to change up your routine, this is a perfect time to get curious, shake off those first-timer nerves and try." The app she created with co-founder Natalie Dayton is designed to help users find and experience gyms, studios and health-related classes, shops and events.

With home workouts, "you might not have all the fancy equipment, heavy weights or the camaraderie of your friends," Brees says. "But when it comes to exercise, something is almost always better than nothing."

"It's possible to get and keep gains in even small spaces with little or no equipment; it just might require a bit more creativity," she adds. "Milk jugs and canned goods can substitute as weights, and dance parties in the kitchen totally count as cardio."

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Local Fitness Options

This list includes both virtual and socially distant classes. All details were accurate as of press time, but may have changed before this issue was published. Please visit the website or social media sites to confirm current availability.

Capital Row: Watch this East Village rowing studio's website and Facebook page for details about virtual challenges you can join from home, or hop on a safely distant rig in their studio. (capitolrowia.com)

Des Moines Parks and Recreation: Instead of offering Yoga in the Park classes at Gray's Lake this year, the city began offering free Yoga From the Park videos on Facebook and YouTube. Access them any time for a stretch session at home or outside in your own backyard. (facebook.com/DesMoinesParks; YouTube Des Moines Parks and Recreation).

Farrell's eXtreme Body Shaping: Hop into the boxing ring via taped-live, now-saved-on-Facebook videos to practice your punches and kicks. Then if you get hooked, you can join a 10-week challenge at one of their nine metro locations. Class capacity has been reduced to allow for social distancing. (facebook.com/pg/extremebodyshaping)

Campus Cycle: This locally owned spin studio limits each class to nine riders and one teacher to allow for ample spacing between bikes. (ridecampuscycle.com)

Power Life Yoga: To pair with their four locations across the metro, this yoga and barre facility now offers free online classes on YouTube. When the weather cooperates, Power Life also offers outdoor boot camps and outdoor yoga classes at their West Glen location. You can also join semiprivate classes that vastly limit capacity. (powerlife.com)

Pure Barre: Join PureBarre Go for \$29.99 per month to recreate the barre studio experience in your living room, or join a class that's been modified to include contactless check-in, less shared equipment and more space between members. (purebarre.com/go)

Shakti Yoga: Join this studio as an online member, and for \$110 (less than \$10 per class), you'll receive Zoom links to join real-time Zoom classes. The studio is also open for small classes with social distancing. (shaktiyogadm.com)

Yoga & Co.: Sign up for small group classes at this Drake neighborhood studio or attend al fresco flows for a free-will donation. (yogaandcodsm.com) ■



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About 1,000 people gathered for a call-to-action rally, "Together We Can Make a Change," at the Iowa State Capitol on June 1.

FROM MOMENT TO MOVEMENT

STORYTELLING PROJECT SEEKS TO
AMPLIFY THE VOICES OF
CENTRAL IOWA'S BLACK COMMUNITY

PHOTOGRAPHER: JANA E GRAY



As residents took to the streets this summer to protest the killing of George Floyd and rally for justice, Greater Des Moines photographer Janae Gray realized that each image she documented reflected a countless number of additional—and untold—stories.

“Everyone was coming together for a greater purpose, but I also saw that every single person there had their own story,” says the 31-year-old Gray. “I felt compelled to discover and share those stories.”

That drive led her to create Black Lives of DSM, a community storytelling project that seeks to amplify and chronicle the voices and stories of Central Iowa’s Black community. By providing intimate looks into the lives and experiences of Black residents, Gray hopes the project serves to build bridges within the larger community, providing a way to break down barriers in neighborhoods, public spaces and institutions such as schools and businesses.

Gray knows what it’s like to live in different worlds within the same city. Growing up in West Des Moines, “I learned to hide my Blackness early on,” she says. “There weren’t many outlets for culture or avenues for empowerment.

“When you hear and see something often enough, you start to believe it,” she adds, “like hearing negative comments about my hair. I would tend to straighten it as much as I could by nature of living in a predominantly white society.”



For Black Lives of DSM, Gray and others involved in the project are interviewing individuals about what it means to them to be Black in Iowa, including their experiences, passions and dreams. The project also has visual elements, such as photo portraits or other images participants provide.

Overall, “we want the project to have an uplifting vibe, showing what people have overcome and the hard work they’ve done to get where they are,” Gray says.

Currently, the stories are being shared through Facebook (facebook.com/blacklivesofdsm) and Instagram (@blacklivesofdsm), but as of press time, a blog was expected to be launched in early August (blacklivesofdsm.com). Also in the plans are a book, podcasts, murals and exhibits. In addition, Gray hopes to eventually form a nonprofit and raise money to support Black community initiatives and policy change.

“I want the project to be something that lives on,” she says, “bridging the gap in communities to carry the movement into the future.”

—Christine Riccelli



These pup protesters in West Des Moines joined their people to show support for civil rights.



Protesters marched down Valley West Drive in West Des Moines on June 8. Demonstrations have taken place across the metro area over the past several months.



B.Well (Billy Weathers), a local activist and hip-hop artist, used music and dance moves to rally for justice.





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Top: The demonstrations drew a multitude of white participants as well, who voiced their own frustration with systemic racism.

Photographer Janae Gray captured this sign during a stop in West Des Moines, where neighbors living on a cul-de-sac provided food and water to protesters on a hot June evening. ■



SAGES OVER 70

Join us in honoring these six community leaders for their lifetime of generosity, wisdom and grace. They've lived their lives humbly, but they deserve recognition. Together, we can listen and learn from some of our community's most insightful individuals.

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