

# dsm

FEBRUARY | MARCH | APRIL 2012

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RAW**

**THE WHITE  
ALBUM**

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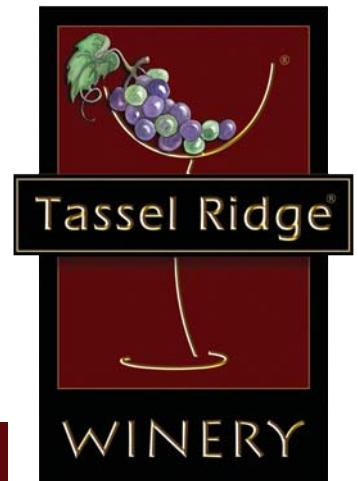


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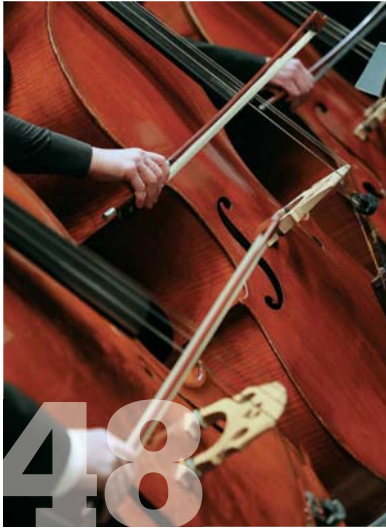
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february, march, april 2012



## features

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Here's to the people, places and things we love about our city. Happy Valentine's Day, Des Moines!

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### 71 LIVING RAW

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### 79 PERFECT PAIRINGS

Should you serve bittersweet chocolate with port? Creamy milk chocolate with dried apricots? Host a chocolate-tasting party and let your guests discover the answers.

### 84 HOUSE OF TREASURES

Salisbury House & Gardens is chock-full of hidden gems, including a jar that's more than 2,500 years old and letters written by Abraham Lincoln.

### 90 FEED YOUR BRAIN

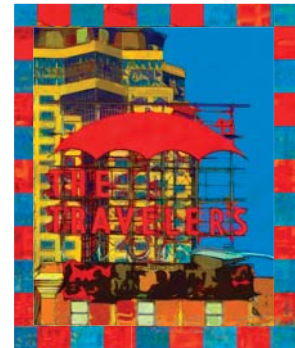
From writing radio shows to participating in archeological digs, the 50-plus set is continuing to learn—and having plenty of fun in the process—at classes and programs throughout the metro area.

### 94 CULTURAL CROSSROADS

Get out of your rut and explore some of the region's dynamic, yet lesser-known, arts and cultural offerings.

### On the Cover:

"4th and Grand" (No. 1 in a limited edition of 5), by Des Moines artist Bill Luchsinger (2011), digital image on canvas, 48 x 48 inches. More information: [moberggallery.com](http://moberggallery.com).



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## web exclusives

### **dsmMagazine.com**

**Dress Rehearsal:** More photos of wedding style and fashion, plus a behind-the-scenes video of the shoot. Videography by Jacob Moyer of Luminary Creative.

**Raw Foods:** Additional recipes, plus Sheree Clark's view of why breakfast isn't always good for you.

**Home:** More ideas from local designers.

**Favorite Finds:** More items from the white album.

**Treasures:** The folks at Terrace Hill, Hoyt Sherman Place and the State Historical Museum share their favorite treasures. ■

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VOLUME 11 NUMBER 1

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## editor's note

CHRISTINE RICCELLI

# Mixing It Up

**A**t a recent editorial meeting, we started kicking around ideas for *dsm*'s 10th anniversary next year. But we got so charged up we decided we didn't want to wait. Besides, waiting for the 10th year would be a little ... expected. And if there's one thing we strenuously try to avoid at *dsm*, it's predictability.

So, to celebrate our *ninth* year, we've made some changes that we believe make *dsm* an even more enticing reading experience. If you've gotten this far into the magazine, you've already seen the first change: We boosted *dsm*'s format by more than a half inch, figuring it would provide more design flexibility and add to the magazine's distinction.

We didn't stop there, though. You'll also notice some changes in content. For starters, take a look "First Things First" (page 20). Though the table of contents provides a list of what's in the magazine, this section tells you, at a glance, *why* you should read the issue, from the cool people you'll meet to catchy conversation starters.

A few other changes:

- The new "Look" department replaces "Insider" (page 26). We revamped this section to provide more space for the striking two-page photo, with the story on the following page. In this issue, we spotlight **Brendan Dunphy**, a talented and energetic producer-actor.
- Everyone knows the old cliché about a photo being worth a thousand words. But numbers tell stories, too. Check out our new numbers page in the fyi section (page 22).
- You'll get to know a few of our contributors better and learn about the story behind their stories (page 16). This issue, we were lucky to once again have photographer **Ben Easter**—a dynamo driven by an intense passion for visual storytelling—shoot our style piece (page 62). Easter came up with the idea and then beautifully executed his vision. I was also pleased that food writer **Stephen Exel**, who produces *dsm*'s Savor e-newsletter, agreed to tackle the topic of wellness for this issue (page 71). His first-person account chronicles working with local raw-food expert **Sheree Clark**, an experience that he says was a "game-changer" in terms of how he eats and views nutrition.



You'll also find this issue full of additional features—covering everything from chocolate to education. Last year, a piece on what we love about Des Moines generated so much reader response that we decided to revisit the topic. Starting on page 48, we tell you about the people, places and things that have captured our hearts—a mix of the old (Floppy!) and the new (The Cheese Shop!)—since last year's story was published.

Our cover, by well-respected Des Moines area artist **Bill Luchsinger**, also combines the old with the new. He turned one of the city's most enduring icons, the Travelers Umbrella, into a focal point for a vibrant, bold cityscape. As we strive to do throughout the magazine, Luchsinger takes the familiar and makes it entirely unexpected. ■



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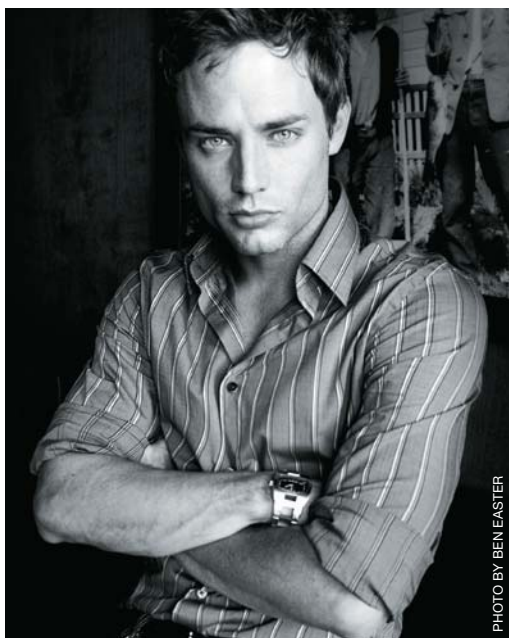
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## contributors



### Ben Easter

Dress Rehearsal, page 62

For this issue's photo shoot on wedding fashion, Des Moines photographer and actor Ben Easter drew inspiration from classic movies. "I'm a huge old movie guy," says Easter. "There's a lot of elegance and a lot of sexual energy in those films. But the sexiness is implied; it's not in your face." He says he wanted to capture that feeling of sensuality and refinement, plus a sense of playfulness, in the photos for this issue. "I wanted to tell the story of the bride before the formality of the actual ceremony," he says. "She's all by herself, embracing the giddiness and the excitement she's feeling on the day she's always dreamed of. I see the fashion as a backdrop to that story."

### Stephen Exel

Living Raw, page 71

"When I started researching the raw foods story, I thought I was on a healthy eating track. Now I'm 10 times more conscious about what I eat. That doesn't mean I'm throwing cooking under the bus. The delight is in making the food interesting and figuring out what goes together in a raw state."

Exel is contributing food editor to Meredith Corp.'s Traditional Home magazine and produces Savor, *dsm's* monthly food e-newsletter.



### Lisa Holderness Brown

Perfect Pairings, page 79

A freelance food and travel writer, Lisa Holderness Brown started her food adventures young. She still has a stash of county fair ribbons for the baked goods she entered while in grade school (her favorite was homemade fortune cookies) and a high school diary describing countless kitchen experiments. During college, she attended food classes by day and waited tables at night, often blowing her tips on raw oysters, espresso with anisette, and anything chocolate. Now she's trying to teach her own two semi-picky teens the art of cooking and eating well. Though skeptical about some of her creations, the whole family shares her enthusiasm (obsession) for chocolate.



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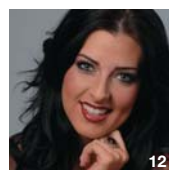
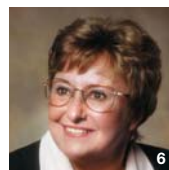
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## contributors



1. **Jessica Brown** is a freelance writer and director of marketing and communications at the Community Foundation of Greater Des Moines. For this issue, she explored the hidden treasures in some of the most historic venues in town. (Treasures, page 84)

2. **Brianne Cummins**, a local hair stylist, has dreamed about her wedding since she was a girl. But after participating in this issue's wedding style shoot, she may have to change a few things. Cummins' love of beauty and style has made her well known within the fashion and artistic communities. (Dress Rehearsal, page 62)

3. **Sharon Hatten** hasn't been so excited about white since the Beatles' "White Album." White can be an interior default color. However, white layered intentionally and thoughtfully produces stunning style. (Favorite Finds, page 41).

4. **Jessica Miller**, *dsm* magazine's stylist, may or may not have a secret container with tear sheets and ideas for her dream wedding. We can't confirm this because no one has ever seen it, but it exists...somewhere. Having the opportunity to work with wedding dresses on the style shoot helped her fill that secret container just a bit more. (Dress Rehearsal, page 62)

5. **Jacob Moyer** is the driving force behind Luminary Creative, a Des Moines-area company specializing in video and website development. Moyer shoots short films, music videos, and commercials. For this issue, Moyer captured the behind-the-scenes excitement of the wedding fashion shoot. (*dsmMagazine.com*)

6. **Linda Ryberg**, a freelance writer from Urbandale, retired as senior travel editor of *Midwest Living* magazine. But she still loves to write and learns something new from every story. So she was thrilled to find that there are so many learning opportunities in Des Moines for the 55-plus set. (Education, page 90)

7. **Heather Starr**, a real estate agent and freelance writer, shares her passion for horses with the breeder/trainer she interviewed for this issue. But the only income she earns from her two quarter horse geldings and rescue pony is an enriched soul. (Passions, page 30)

8. **Chad Taylor**, a Des Moines freelance writer, went to his first museum when he was 8. This led to a lifelong passion for telling people about the museum he went to when he was 8. Now, he gets to put that lifetime of experience to good use by telling you where to go to experience arts and culture in the Capital Crossroads area. (Arts, page 94)

9. **Duane Tinkey** has been the main photographer for *dsm* since its inception nine years ago. That's just part of his role as photo director for Business Publications Corp. Inc., which has him taking both editorial and advertising photos for the magazine, the *Business Record* and custom publications.

10. **Wicker Van Orsdel**, who sings and entertains at charity events and soirees, writes a column on the metro area's philanthropic and social scene for *dsm* and the magazine's website. She's looking forward to hosting the Orchard Place Spelling Bee in March as "Queen of the Bee." (Wick's Dish, page 131)

11. **Annabel Wimer** has designed every issue of *dsm* magazine in her fifth-floor walk-up design studio in the warehouse district south of downtown Des Moines. Annabel Wimer Design counts among its clients a number of Des Moines-area organizations whose focus is on arts, culture and related interests.

12. **Kelsi Ziemann** of Des Moines is a freelance makeup artist with more than eight years of experience with various makeup companies. She especially enjoys working with brides to bring out their best features on their special day. (Dress Rehearsal, page 62). ■



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# first things first

## Why this issue of *dsm* is essential reading

### Who Was Where

Suku Radia and Steve Zumbach at Des Moines University's 2011 Glanton Scholarship Dinner (page 142).

Joseph Giunta at his wedding (page 32).

Rich Willis at the Festival of Trees and Lights (page 131).

Ellen Hubbell at the Des Moines Art Center gala (page 152).

Lisa Kruidenier at *dsm*'s first annual Sages Over 70 event (page 154).

Dr. Richard Deming at Mercy Hospice Art of Life. (page 148).

Janis and John Ruan at Mercy Medical Center's Gilead Circle Ceremony (page 156).

Steve and Cathy Lacy at the United Way of Central Iowa's Tocqueville Society Celebration (page 158).

### Catchy Conversation Starters

D.H. Lawrence was as controversial a painter as he was a novelist (page 87).

You should delay breakfast for as long as possible in the morning (page 71).

A new sculpture in Clive tells the evocative story of the old Schuler mine (page 48).

### Cool People You'll Get to Know

Brendan Dunphy, the dark knight of theater (page 26).

### Stuff You'll Learn How to Do

Make raw foods that are as tasty as they are good for you (page 71).

Host a chocolate-pairing party (page 79).

### Things to Put on Your To-Do List

Act in a old-time radio drama (page 93).

Tour the World Food Prize Foundation building (page 57).

Go to an exhibit at Faulconer Gallery in Grinnell (page 94).

### Great Photography You'll Show Your Friends

A bride in Sherman Hill (pages 62-68).



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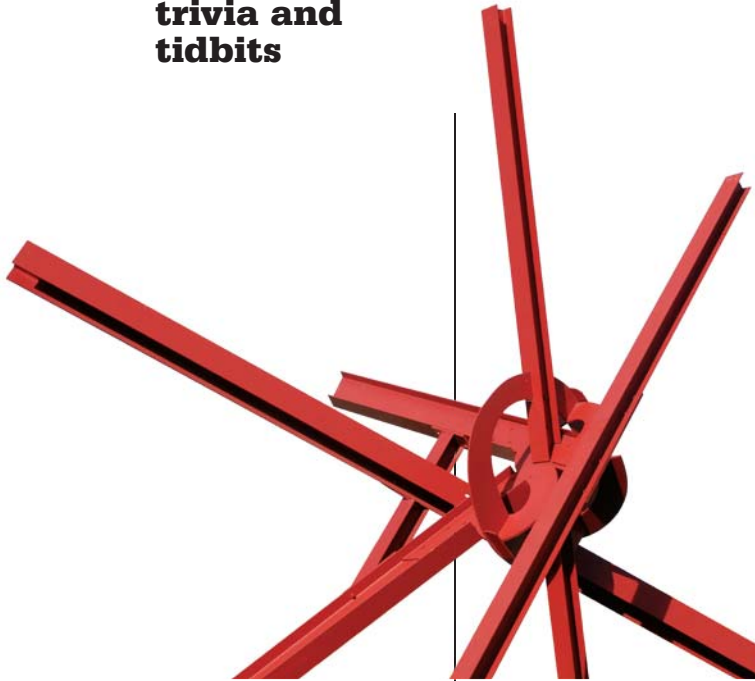


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**64**

Number of languages offered on the Iowa International Center's new website, [welcometoiowa.org](http://welcometoiowa.org). The site covers employment, housing, laws and other topics to assist immigrants with limited English skills.

**130+**

Floats expected to participate in the St. Patrick's Day parade March 17 in downtown Des Moines. Around 22,000 spectators typically attend the event.



**776**

Members of the Tallgrass Grocery Co-op (as of press time), which formed last August as Greater Des Moines' first grocery cooperative.

**7+**

Tons T8 by Mark di Suvero weighs, making it the heaviest work in the John and Mary Pappajohn Sculpture Park.

**\$200 million**

Annual economic impact of the metro area's arts, cultural and heritage organizations, according to Bravo Greater Des Moines.



**\$105**

Price of the Civic Center of Greater Des Moines' Dance Series three-show package. The series kicks off with Diavolo Feb. 18, followed by "Moulin Rouge—The Ballet," performed by the Royal Winnipeg Ballet, March 31, and Parsons Dance April 19.

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HOME

Ideas to Steal

We asked local designers: What was your favorite splurge or steal of the past year? They were all far more excited about their steals than their splurges:

“A console table that converts into a dining table, game table or desk with storage to boot that was purchased for a small multipurpose room. A steal at \$1,000 for high style and function!”

Becky Rogers, The Mansion

“My biggest steal was the current sofa in my loft. I purchased the vintage chrome-framed sofa with orange crushed-velvet seat cushions in Kansas City at River Market Antique Mall for \$500. It’s thought to be designed by famous furniture designer Milo Baughman. The sofa is in mint condition and could be worth up to \$5,000 in the right market.”

Hal Davis



“My most recent favorite find was an industrial powder coat painted rolling cart on sale for \$325 at City Design showroom in West Des Moines. I locked the wheels, added a wonderful contemporary square sink I found on the floor (literally) on sale for \$198, and a chrome faucet for \$125. Installed with chrome plumbing and a couple of wicker baskets for drawers, it’s an eye-catching vanity of found objects!”

Carrie Schuler, Schuler & Stone Interior Design

“Birdhouses from Jo-Ann Fabric for 99 cents. I bought a cart full of these miniature houses, painted them apple green with pink peg posts and lined them on a nursery wall. For a finishing touch, we hung a birdcage chandelier. So cute!”

Nichole Staker, Nichole Staker Design

EVENT

Skin Deep



Dr. Zein Obagi, a famous Beverly Hills dermatologist, will make a rare public appearance Feb. 9 when he stops in Des Moines to tell those of us who want to keep our skin young-looking (and wouldn’t that be all of us?) how to do so. Obagi, who developed the Obagi Nu-Derm and ZO Skin Health skin-care product lines, will speak about the next generation of skin rejuvenation and treatment at 7 p.m. at Hoyt Sherman Place.

After the talk, Schooler Medical Professionals P.C., which is presenting the event, will host a reception in Hoyt Sherman’s art gallery, where you can meet Obagi and enjoy cocktails and hors d’oeuvres. And if you know the folks at Schooler, you know they know how to throw a good party.

Tickets, available through the Hoyt Sherman box office, are \$35; \$45 for VIP seating. The reception costs an additional \$40. A portion of the proceeds will benefit Broadlawns Medical Center’s Family Birthing Center. ■



Chris F. - Des Moines    Kelli C. - Ankeny    Dennis D. - West Des Moines    Michelle S. - Ankeny    Becky B. - West Des Moines    Jill G. - Johnston    Travis S. - Altoona  
 Heather H. - Grimes    Rod A. - Des Moines    Jennifer O. - Des Moines    Case B. - Ankeny    Joel J. - West Des Moines    Melody S. - West Des Moines    Jan K. - Waukee  
 Matt B. - Ankeny    Karen C. - Des Moines    Ari A. - Urbandale    Crystal C. - Grimes    Josh S. - N. Ankeny    Travis S. - West Des Moines    Ryan C. - Waukee    Paula F. - Ankeny



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**Brendan Dunphy, 27**

After even a short conversation with  
Brendan Dunphy, you realize that he's  
talented, thoughtful, smart, intense, dark.  
Turn the page to find out why.





PHOTO BY DUANE TINKEY

## Five Things to Know About Brendan Dunphy

**1 He's an artist and a scientist.** Dunphy is an accomplished actor and producer who will star in "The Cripple of Inishmaan"

March 15–25 at the Des Moines Social Club, the finale in an ambitious three-year project to stage seven works by Irish playwright Martin McDonagh. He's also an entomologist at Iowa State University, the pesky mosquito his specialty. As an ISU student, the Ames resident racked up bachelor's degrees in zoology, entomology and animal ecology.

Unlike many people, though, Dunphy doesn't view his left- and right-brain endeavors as incompatible. "I don't want to have mutually exclusive interests," he says. "I want to always be an artist and a scientist."

**2 He embraces the tragic side of life.** Child abusers, torturers and psychotics with missing hands populate McDonagh's disturbing works. "I've always been more oriented to the darker side," Dunphy explains. "I don't like comedies.

I don't like clowns." Then he tries to convince a dubious listener that McDonagh's plays are, in fact, humorous. "They're really dark but really funny," he says. "When you can laugh at (tragedy), it can be the best therapy."

**3 He has dual citizenship.** After making several trips to Ireland to research the McDonagh plays—"Authenticity is very important to me," he says—Dunphy became an Irish citizen. "I got in touch with my roots," says Dunphy, whose grandfather emigrated from the Emerald Isle. "The Irish significance of the plays and my heritage came together, making the project more personal." Dunphy's production company—Mooncoin Entertainment—is named after the town in County Kilkenny where his grandfather lived.

Calling himself an "old-fashioned guy," Dunphy says he has "an appreciation for antiquity. ... I'm one of those annoying guys who doesn't really like all the new tech stuff that comes out all the time. I like to delve into past times; they're more poetic."

**4 He's a self-described lone wolf.** "If you mean are there any girls in my life right now, no," he said when asked if he had any time for fun. "I don't do drugs and I don't drink. I spend most of my time alone—I like to think about what I want to pursue. I don't like the mundane. ...I can be quite mute in social situations."

**5 He dreams of being a rock star.** "If I could, I'd rather be a rock star than anything else," he reveals. "Music is the most powerful form of art." A fan of grunge, Dunphy says he's currently working on developing his vocal skills.

Before becoming the next Eddie Vedder, though, he's collaborating on a Web film series, called "Valentine Road," about Iowa during Prohibition.

Whatever his pursuit, he's determined to accomplish it on his own terms. "I need to always stay true to my principles and to my heart," he says. "I won't sell my soul to anyone." ■

WRITTEN BY CHRISTINE RICCELLI

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# ALAN 'DOC' RAUN CHAMPION HORSEMAN

Just west of Norwalk, behind cul-de-sacs lined with two-story family homes and backyard jungle gyms, lies 300 acres of rolling fields framed with dark brown rail fence, clusters of white metal barns and grazing horses. This rare spread of land so close to Des Moines is home to one of the nation's most acclaimed horsemen: Dr. Alan "Doc" Raun. The farm he dubbed Reedannland (derived from Reed and Ann, his and his wife's middle names) is where Raun's show horse hobby evolved into a famed and profitable business.

Raun had a vision for the property when he and his wife, Dottie, purchased it in 1961. They had sold his thriving veterinary practice in Ottumwa—where

he had treated animals ranging from dogs and cats to cattle and skunks—and moved to Cumming so Raun could focus on his true calling: horses.

"The reason I chose this place was it was not far from Des Moines, where I knew there would be horses; and within a five-mile radius, there were 1,000 mother cows," says Raun, a native of Storm Lake. "I knew I could make a living with the cattle if the horse practice didn't go."

While the Rauns managed their business and raised six children, the couple's show horse hobby took off. They bred, trained and showed champion saddlebred horses and Hackney ponies. Raun fell in love with these breeds when he worked as a groom on the show circuit, after serving in the Army during World War II and prior to attending veterinary school at Iowa State University.

In 1976, Raun took a risk and sold his practice again, this time to pursue his passion full time. "The horse business is the shakiest business there is," Raun says. But his eye for quality and his ability to train top performers resulted in a barn office loaded with trophies and photographs spanning three decades of horses that won world and national titles in the show ring and earned Raun several six-figure paychecks.

Raun is personally decorated as well. His numerous honors include induction into the United Professional Horsemen's Association's Tom Moore Hall of Fame, and recognition as "Breeder of the Year" and "Trainer of the Year" by the U.S. Equestrian Federation in 2009 and 2010, respectively.

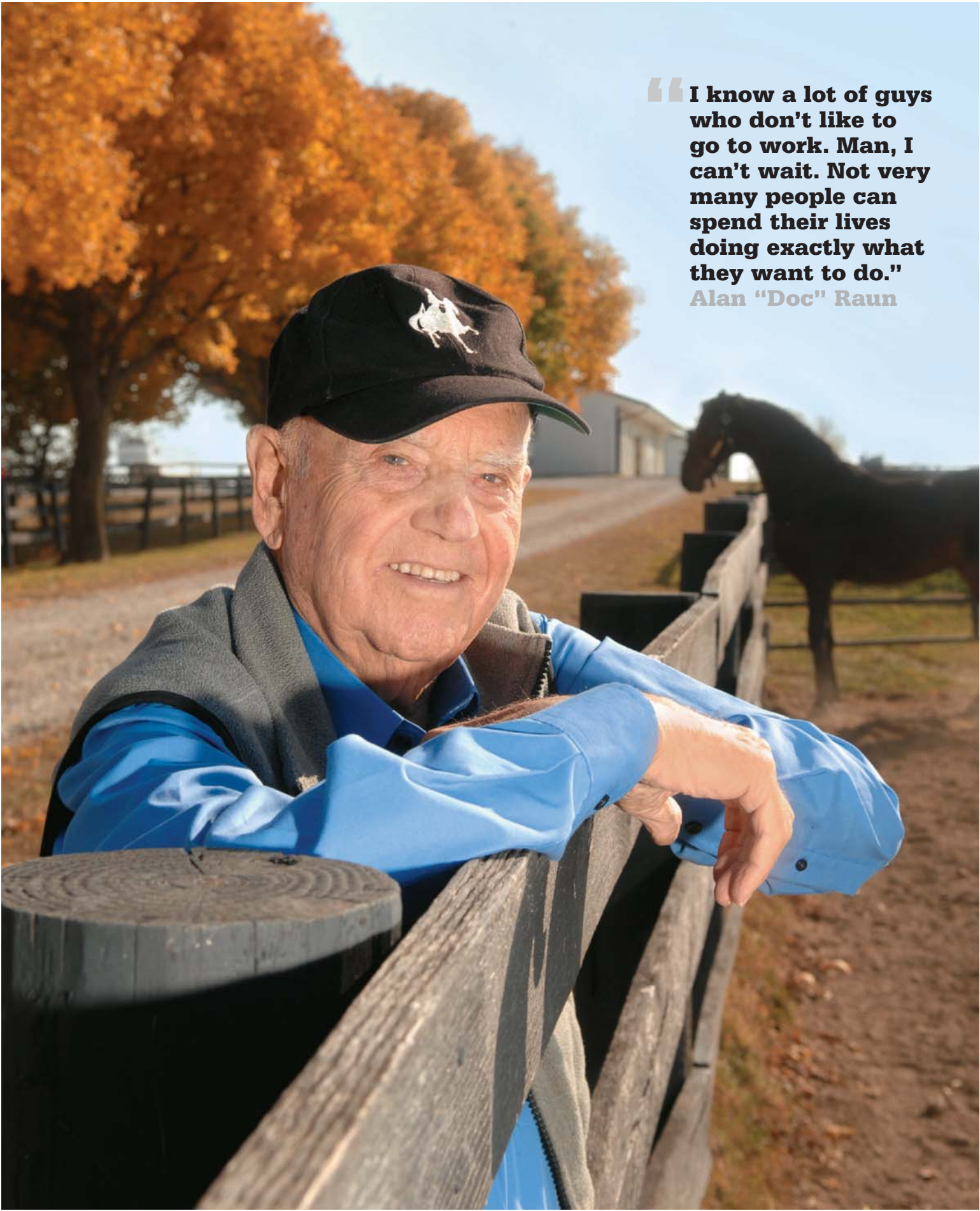
Every spring, nearly 100 foals are born on Reedannland farm. But not all of the babies will become champions.

Training a horse to compete at the national level takes a lot of time and money. Raun takes a calculated approach to choosing which foals are worth that investment. "We like a horse that will relax his back, tip his nose and raise his head," he says. "And, he needs to use his ears and have a good expression."

At 84, Raun is still actively involved in daily operations of the farm, including the veterinary care, breeding and training. He meets his son, Jeff, who is one of his trainers, at the barn by 7 every morning. Each horse in the barn—sometimes there are as many as 30 or more—is worked five days a week, he says. Although Raun stopped riding four years ago, he still personally breaks the horses to drive.

If retirement is doing every day what you love to do, then maybe Raun will call himself retired. "I know a lot of guys who don't like to go to work. Man, I can't wait," he says. "Not very many people can spend their lives doing exactly what they want to do." ■

WRITTEN BY HEATHER STARR  
PHOTO BY DUANE TINKEY



**“I know a lot of guys who don't like to go to work. Man, I can't wait. Not very many people can spend their lives doing exactly what they want to do.”**  
Alan “Doc” Raun

## weddings

**Carrie Ellen Mineck**, soprano, and **Joseph Giunta**, music director and conductor of the Des Moines Symphony

July 17, 2011

**Venue:** The ceremony was held at a private lake in Waukee, with only family members attending. “We couldn’t have asked for a more lush environment (with) the garden in full bloom,” Carrie Giunta recalls.

**Reception:** About 125 people attended the reception—“flawlessly run by Kelly Adair,” Carrie Giunta says—at Sbrocco restaurant. Guests feasted on the culinary creations of local chefs Andrew Meek and Cyd Koehn, as well as chocolates from Christopher Elbow Artisan Chocolates in Kansas City, Mo.

**Music:** “Musically we were determined to keep it simple, and I had the privilege of coming in and out to unaccompanied Bach, played by the concertmaster of the Des Moines Symphony, Dr. Jonathan Sturm,” Carrie Giunta says.

Photo: Amy Allen Photography





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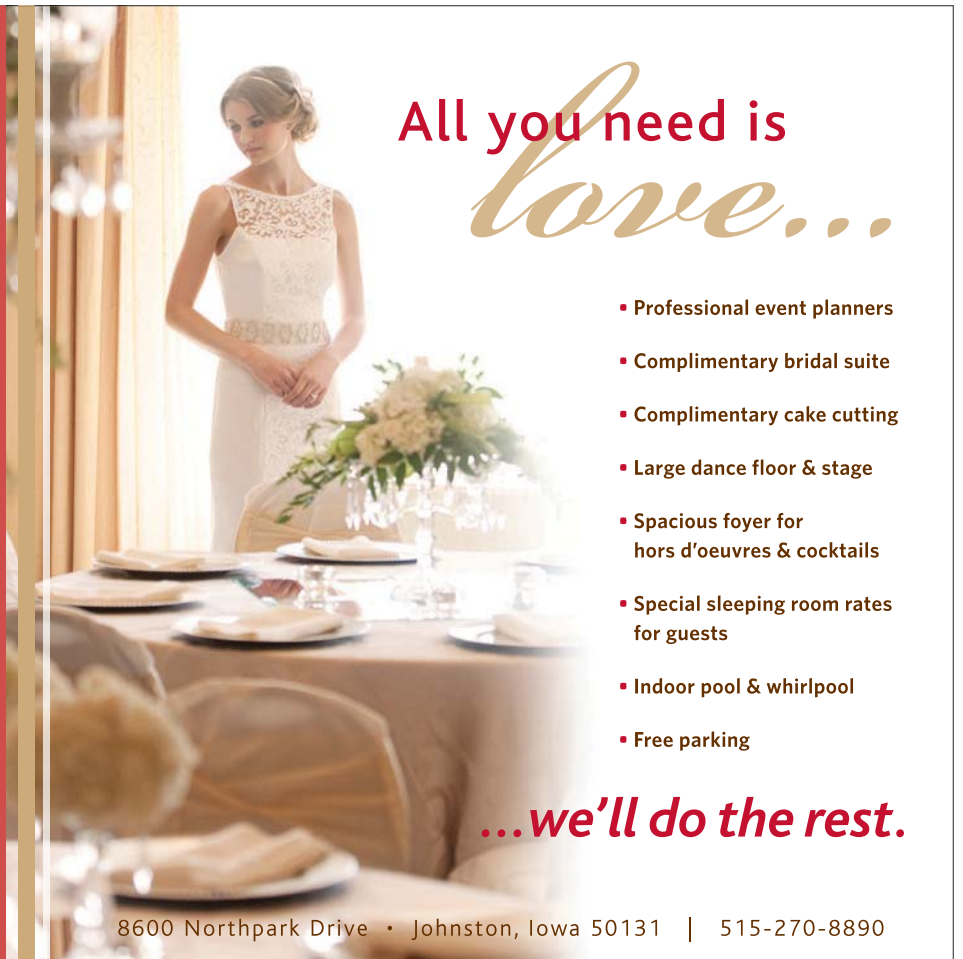
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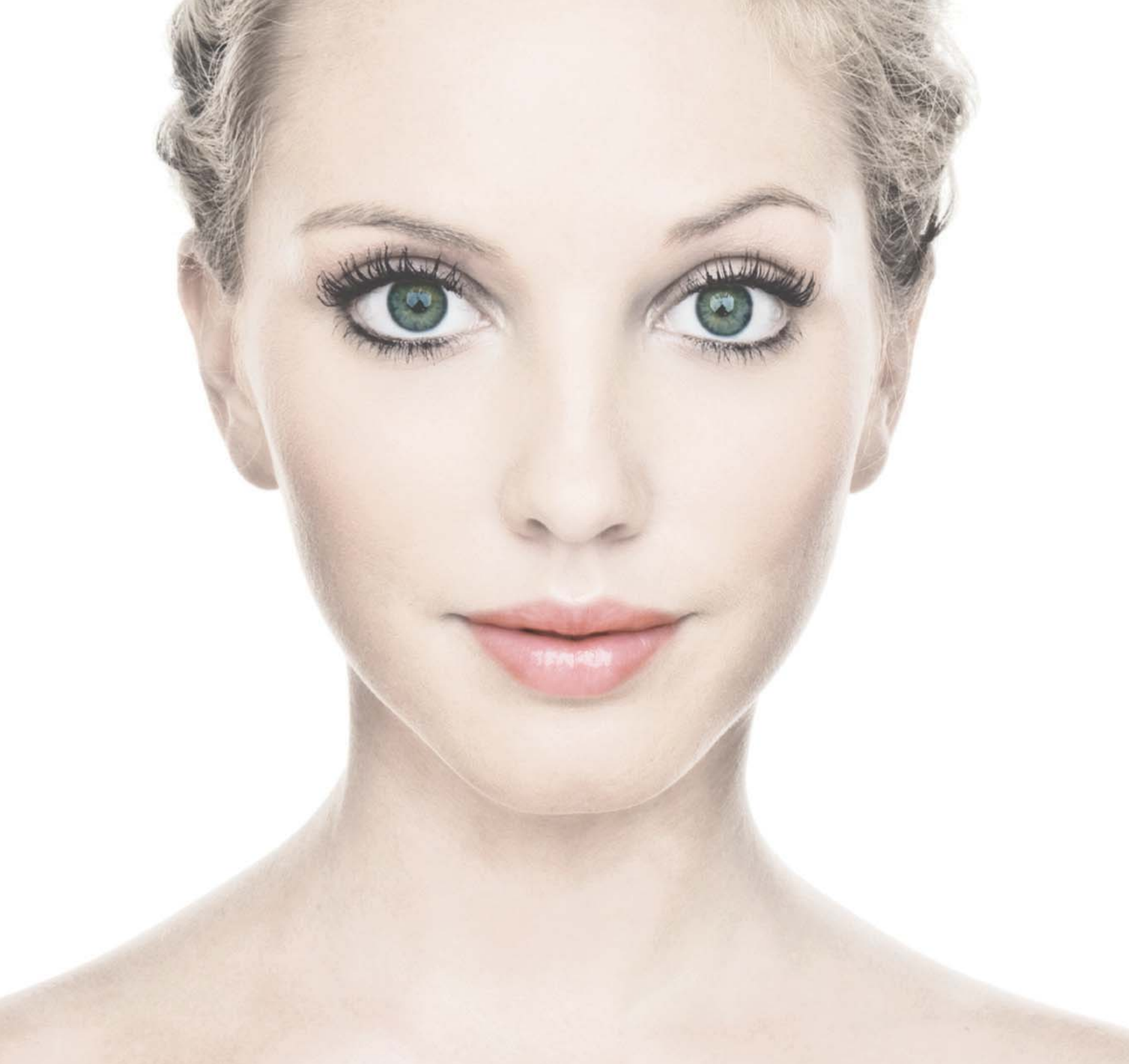
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# weddings



1. Hania Alshash and Kit Curry  
Oct. 8, 2011  
Photo: Anna Jones Art of Photography
2. Sophia Ahmed and John Helmich  
Aug. 12, 2011  
Photo: Joe Crimmings
3. Christine Stearns and Lance Eddie  
May 20, 2011  
Photo: Demasque Photography
4. Maya Pratt and Colin FitzRandolph  
Aug. 27, 2011  
Photo: Sarah Ripperger, Dixie Lane Photography



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# weddings



1. Ruth Ann Brown and Timothy J. Zarley  
Sept. 23, 2011  
Photo: East Court Atelier
2. Cassidy Bos and John Riemenschneider  
Aug. 20, 2011  
Photo: Aaron Borchers Studio
3. Rachel Sivi and Ron Wagner  
Oct. 21, 2011  
Photo: Jeanna Hayes
4. Denise Ditto and Christopher Vernon  
Sept. 17, 2011  
Photo: Michael Bird Photography

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

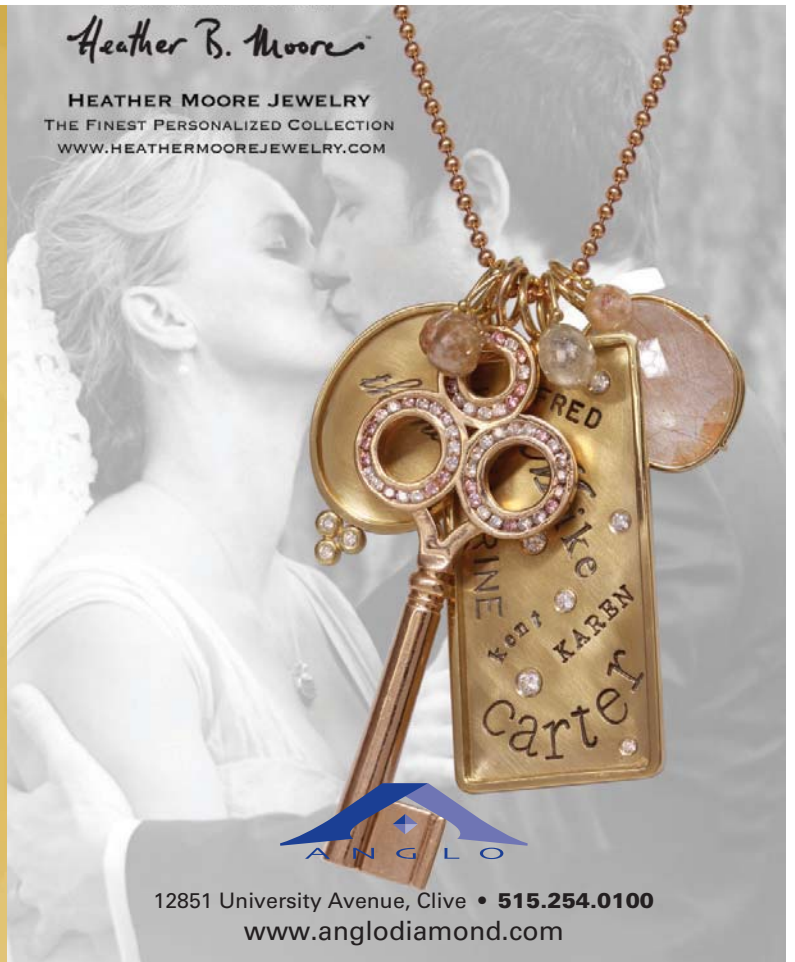
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Mitchell Gold white lacquered Turner side table (\$435 at R Home, West Des Moines). Imagine your copy of *dsm* on this table. OK, throw in the remote if you must.

PRODUCED AND WRITTEN BY SHARON HATTEN  
PHOTOS BY DUANE TINKEY

favorite finds



White artichokes (\$7.75 at Accents & Interiors, Urbandale). These put the “art” in “artichoke”!

“Minimum,” by John Pawson (Phaidon Press, 2006) (\$39.95 at the Museum Shop, Des Moines Art Center). Put this on your to-read list if you can find your list ... buried somewhere, someplace ... I know it’s here ...

Hand-carved white opal “gratitude” stones (\$10 each at Mhuka Designs, West Des Moines). “Out of Africa” meets Valley Junction sans Robert Redford. Stop in say hi to Ginger; you’ll love her and the store.



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## favorite finds

Original design necklace by Mary Jane Long, druzy agate, keshi pearls and moonstone (\$950 at Eye Beads and Gemstones, West Des Moines). This is truly a statement piece. And that statement is, "I've got really great taste."

Vintage German pottery (cylinder \$165, square \$130, round \$130, at A Okay Antiques, West Des Moines). White and vintage! Love it. I feel a collection coming on. ■



### On the Web:

More items from the white album.

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# dsm Menu Guide

Page 115



From left to right, back row, Jennifer Beal, Mary Kramer, Lauren Burt, Janette Larkin, Martha Willits, second row, Kyndal, Jo Oldson, bottom row, Kamryn, Natalie, Allison

## The year was 1912.

Most women worked in the house, taking care of the children, their homes, their husbands. There were few female accountants, bankers or business owners, and far fewer female diplomats. A woman running for office was unheard of, and as many of us might recall from our early days of history class, women did not have the right to vote.

**1912** was a typical year in a number of ways as women simply filled the roles intended for them... yet a remarkable year in ways no one had ever imagined.

**1912** marked a milestone.

While most were dusting china and pressing trousers, a 51-year-old Savannah, Georgia woman was starting something that would help change the long-standing traditions and circumstances women had endured for hundreds of years.

It was that year, a woman named Juliette Gordon Low, known to many as "Daisy," founded what would come to be the largest girl-serving organization in the United States, the Girl Scouts.

With the passion to persist, Daisy was a pioneer who paved the way for women across the nation. 100 years later, women continue to reap the benefits of the groundwork she laid, the organization she built, and the legacy she left.

Martha Willits and her sister Jo Oldson, both Girl Scout Alumnae, are no exception.

Both women have taken full advantage of their potential in the great state of Iowa, thanks to many of the opportunities provided by the Girl Scouts in Iowa, which was founded in 1919.

Willits, who served as the CEO for both the United Way and the Greater Des Moines Partnership, and Oldson, a state representative, both said Scouting gave them a world of knowledge they carried with them throughout their careers. They said Scouting taught them the value of team participation, skill development, friendship building and community leadership.

"Young women develop self-confidence and a belief in all the opportunities available to girls and women. We all benefit from the leadership honed in Girl Scouts," Willits said.

In this day and age, they said it's important all young people have the opportunity to explore and develop their talents.

"Our world depends on great leadership, including the leadership of women. In this fast-paced world, leadership preparation needs to be intentional and ever-present."

Living in a fast paced world can serve as a challenge for anyone, and often brings forth an agenda that can be distracting for young women.

Mary Kramer, a former president of the Iowa Senate and U.S. Ambassador, is also a Girl Scout Alumnae. She said the need for Scouting today is greater than ever.

"Girls need involvement in things that have meaning and worth. The temptation fed by advertising and television role models can lead to lifestyles that are not the best the world has to offer," she said.

A large part of resisting those temptations is attributed to the advice and guidance provided by strong female leaders within the Girl Scout community.

Now a prominent leader herself, Girl Scouts of Greater Iowa Board Member Jennifer Beal said many of the strong female mentors who showed her the way, helped shape the woman she is today. She said she feels it's imperative to show others the kindness she was shown.

"I believe mentoring young women is extremely important. I always have. I had some very influential women in my life, and I believe in paying it forward, as they did," she said.

Business Publications Publisher and Girl Scout Alumnae Janette Larkin said her mom was a Scout leader as well as some of her girl friends' mothers, which she felt was tremendously valuable. She said mentoring girls is a great way to give back, and has helped her recognize how many people did it for her when she was young.

"I receive telephone calls from young women, young professionals in the community wanting to get together," she said. "Whether it's career advice or

organizational-type civic advice, I win. I get exposed to all of these high enthusiasm, high energy level, young people in the community, and I love it," she said.

Over the past 100 years, the lessons and skills so many have acquired through Scouting, have factored largely into the role women play today. Junior League of Des Moines President Lauren Burt, the youngest League President in the history of the organization, works to help build successful leaders in the community, and said she thinks it's incredible how far we have come.

"Right now we have more women in the workforce than ever before. We have more women in college, more women in med school, law school, so I really think women are representing the workforce very well," she said.

"I really think the page is turning for women in leadership roles, and I think that's phenomenal for our country, and I really think that translates into our communities as well."

The page has turned thanks to trailblazers like Lauren, Martha Willits, Jo Oldson, Mary Kramer, Jennifer Beal, Janette Larkin, and of course, thanks to the woman who started it all, Juliette Gordon Low.

We have come farther than many thought possible in the last 100 years, thanks to their courage, passion, and dedication to lead the way.

## The year is 2012.

In celebration of Girl Scouts' 100th Anniversary, 100 women community leaders and Girl Scout Alumnae will gather with hundreds of others at the Forever Green Gala on March 16. Join us in honoring those who have led the way in years past and those who will carry on the mission to build courage, confidence, and character into the next 100 years, and counting...



### Girl Scouts of Greater Iowa

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HAPPY VALENTINE'S DAY,  
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WRITTEN BY CHRISTINE RICCELLI

## Black Diamond

Artful Clive? Sure, some may consider that an oxymoron, but we don't. That's because Clive in 2007 launched an inspired public art program to add touches of beauty and distinction to an otherwise nondescript suburban landscape. Prairie Engine, a two-piece sculpture by Marc Moulton, commands the corner of Northwest 86th Street and University Boulevard, while Sarah Grant's colorful tile installation brightens the crossing guard/bus shelter at Northwest 86th and Franklin Avenue.

But our favorite is Black Diamond (*pictured*) by Rebecca Eskstrom and Thomas Rosborough, which was dedicated last fall at Douglas and Berkshire parkways. The polychrome steel sculpture honors the people who worked in the Schuler coal mine from 1921 to 1948 on what is now Alice's Road.

Some of us didn't even *know* about Schuler mine until this sculpture was unveiled. We've since learned that during its existence, the mine employed more than 500 people and that many of the workers' families lived nearby in houses without running water in what was known as "Schuler's mining camp." And at a time when diversity was neither widely acknowledged nor desired, the camp was home to many Croatian, Swedish and Italian immigrants as well as African-Americans.

The design and materials of Black Diamond—such as the four beams that suggest a mining tippie and the ringed images at the top that represent the energy released by the coal—create a fitting remembrance of an evocative piece of local history.





PHOTO BY DUANE TINKEY



PHOTO COURTESY OF MEREDITH CORP.

## Dog Parks

All hail the dog parks! They make for happy hounds—who get to run off their excess energy—and therefore even happier owners. In the past year, the metro area’s pooch-friendly quotient got a big boost with the opening of three new dog parks: the 8.5-acre Ewing Dog Park on the city’s South Side, the 7.5-acre Ankeny Dog Park near Somersby Park, and the Windsor Heights Dog Park, south of Colby Park and Interstate 235. They join the Raccoon River Dog Park in West Des Moines, which opened about seven years ago. Now dogs have—wait for it—the pick of the litter of places to dash around off-leash and frolic with their canine companions.

Left: Ewing Dog Park opened in 2011.

## Better Homes and Gardens Test Garden

Located behind walls to the east of Meredith Corp.’s corporate headquarters, it’s easy to overlook or forget about this downtown oasis. So allow us to remind you that a stroll through the Test Garden can provide a welcome respite from the busyness of your day, a place where you can lose yourself in a colorful palette of seasonal plantings. Open to the public noon–2 p.m. on Fridays from May 4 through Oct. 5, the garden showcases 22 distinct areas within the space, such as a shade garden, ornamental grasses, a vegetable and herb garden, and an inviting courtyard with a fountain and a few tables.

We also love the Test Garden because it’s not just *any* garden; it’s associated with Better Homes and Gardens, reminding us that our city is home to one of the nation’s biggest and most successful magazines and publishing companies. Take *that*, New York.



## Jeff Chelesvig

Year after year, Chelesvig keeps the Civic Center of Greater Des Moines' programming exciting and fresh, often by taking risks others would eschew. One of his biggest coups was nabbing the premiere last fall of the national tour of "La Cage aux Folles," beating out bigger markets. In addition, Chelesvig spearheaded The Dance Series, a resounding success that brought nationally acclaimed troupes to the Civic Center's stage last winter and spring. (The series returns this year with performances Feb. 18, March 31 and April 19.) Also under his direction, The Temple for Performing Arts' programming and the Civic Center's community outreach efforts have significantly expanded. On the national stage, Chelesvig, the Civic Center's president and CEO since 1995, is Iowa's only voter for the Tony Awards and serves on the board of governors of the Broadway League.

With his impressive knowledge and clout, he'd have every reason to be an intimidating theater snob. Far from it. Chelesvig, who grew up on a farm near Eagle Grove, possesses a personable, approachable style, engaging in easy conversation on any number of topics. He's the type of guy you'd like to have as your next-door neighbor. *Bravo.*

PHOTO BY DUANE TINKEY

## The Cheese Shop of Des Moines

Des Moines had been missing a top-notch specialty cheese shop until C.J. and Kari Bienert opened The Cheese Shop of Des Moines at the Shops at Roosevelt last November. Since then, the shop has been generating all sorts of buzz, and with good reason. It not only offers

premier artisan and farmhouse cheeses—including such Iowa-made brands as Prairie Breeze Cheddar from Milton Creamery and Farmstead Gouda from Frisian Farms—but also wine, craft beers, cured meats and other items that pair well with cheese. The shop's appeal goes beyond the

products, though; the Bienerts infuse the place with such energy and enthusiasm that you'll find yourself wanting to linger—which you can, in fact, do. Although seating is limited, plan to order a cheese sampler and enjoy the ambience.





## CORPORATIONS ARE PEOPLE TOO.

### Raygun

We appreciate the sly sense of humor that permeates this East Village shop. What other small retailer has the moxie to proclaim itself “the greatest store in the universe”? Where else can you find a “Welcome to Iowa” postcard picturing palm trees and a beach? Raygun’s cleverly chosen merchandise also includes wallets, watches, notebooks and bags. The shop is best known, though, for its clothing, primarily its eponymous brand jeans and timely, smart screen-printed T-shirts. When we stopped in last August, for instance, we found a T-shirt proclaiming “Corporations are people too” a day after Mitt Romney made a similar statement during a campaign stop at Iowa State Fair.

### AllSpice

As the dreary economy drags on and on, AllSpice offers a welcome bit of luxury without taking a big bite out of your wallet. The store’s 300 freshly ground herbs and spices, plus freshly pressed balsamic vinegars and extra virgin olive oils, add kick to your cooking and zest to your palate. A big part of the fun of shopping at the East Village store is chatting with owner Alex Rhoads. He’ll eagerly share his knowledge and ideas—did you know lime fresco salt will add a hint of citrus to your salad and a touch of black truffle oil will transform a humble egg into a divine feast? Rhoads deep-sixed his law career to follow his foodie passion because “it’s fun to work with something positive.” We couldn’t agree more.



PHOTO BY JUSTIN SALEM MEYER

## The Floppy Exhibit at the State Historical Museum

What's the biggest pencil in the world? All together now: PENNSYLVANIA. Why are we chuckling at such a sorry excuse for a joke? Because Floppy, the lovable dog puppet we grew up with, was asked that riddle again and again during his 30-year reign on WHO-TV. We remember what a thrill it was to be in the audience of "The Floppy Show," eagerly hoping that Duane Ellett, the show's host and Floppy's creator, would choose us to "beep" the beagle's nose. From 1957 to 1987, Ellett and Floppy entertained countless children (and adults) not only on TV but at live performances throughout the state.

So if you're too young to remember Floppy, are new to the area or just want to relive a part of your childhood, stop by the Floppy exhibit at the State Historical Museum. You'll see not only the puppet, but also photographs, the suitcase Ellett carried Floppy in and other artifacts. It's a nostalgic and fun reminder of a time when silly jokes and a goofy puppet with big white eyes and a red sweater were entertainment enough.



# THE FLOPPY SHOW

## Neil Hamilton

We love really smart people, and Hamilton possesses one of the metro area's best brains. The director of Drake University's Agricultural Law Center has advanced a progressive, cogent and sensible approach to sustainable agriculture. Despite his considerable influence at the highest levels—he's advised President Obama—Hamilton has a down-to-earth demeanor and remains tolerant of and open to differing opinions, encouraging his students to think for themselves. Raised on an Adams County farm and initially taught in a one-room country schoolhouse, Hamilton maintains the type of steadfast civility we avidly yearn for in our public sphere.





## World Food Prize Hall of Laureates

When we went to the World Food Prize Foundation building's open house last fall, the splendid artistry of the restoration left us awestruck. There's so much to love about the reborn 1903 beaux arts building that we hardly know where to begin (or where to stop). Maybe we should start with the rotunda's original stained-glass skylight, which contains 10,000 individual pieces of glass. Or perhaps the four murals tracing Norman Borlaug's life and work, or the metal sculptures of wheat, rice, corn and soy,

also all in the rotunda. Then there's the striking 20-foot-high stained-glass window at the top of the grand staircase that depicts harvest during classical times.

Another of our favorite spots is the Iowa Gallery on the second floor. Kudos to the World Food Prize Foundation for commissioning well-respected Iowa artists, such as Richard Kelley and Mary Kline-Misol, to create 20 new works for the gallery that focus on Iowa's agricultural and humanitarian heritage.

We also were struck by how superbly the restoration maintains the building's historical integrity yet incorporates modern-day green construction practices. And we can't wait for spring, when the gardens will be in bloom.

The fact that the building houses the World Food Prize Foundation adds even more meaning—at both an intellectual and an emotional level—to the restoration. We doubt we'll ever tire of boasting about it to visitors and fellow residents alike.



## The Des Moines Symphony's "Beyond the Score"

When we heard—and saw—"Beyond the Score: Pictures at an Exhibition" last fall, we couldn't stop talking about it afterward. Before attending the concert, we didn't know anything about Modest Mussorgsky or his music. We didn't know we *wanted* to know anything about him. But the program, developed by the Chicago Symphony Orchestra, was so compelling that we became fast fans of the troubled 19th-century Russian composer—and of the format the Symphony used to tell his story.

The first act's captivating presentation, consisting of live narration, documentary video clips and snippets of the music, explored how Mussorgsky created his 1874 piano suite, "Pictures at an Exhibition," and how French composer Maurice Ravel turned it into a work for a full orchestra in 1922. In the second act, the Symphony performed the entire piece uninterrupted. We were surprised, amazed even, at how much the first act deepened our understanding and enjoyment of the second-act performance.

The Symphony will present another "Beyond the Score" program this fall as it celebrates its 75th season. When this issue went to press, the Symphony hadn't yet decided on the specific program, but whatever the work and whenever the date, we'll be there. So should you. ■

**On the Web:**  
Find out what we loved  
(and *still* love) in 2010.

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PHOTO BY CHRISTOPHER MAHARRY



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# Dress Rehearsal

Before the ceremony and the celebration,  
a bride has her special moments alone.  
A photo essay of wedding fashion and style.

PHOTOS BY BEN EASTER  
STYLED BY JESSICA MILLER

Veil (\$150 at Dornink, Des Moines).







Martina Liana wedding dress (\$1,599 at Weddings by Design, West Des Moines).



This page:

BB-Collection wedding dress  
(\$2,187 at Bridal Boutique, Des Moines).

Bling! necklace and earrings  
(\$250 at Weddings by Design, West Des Moines).

Right page, clockwise from top left:  
BB-Collection wedding dress  
(\$1,605 at Bridal Boutique).

La Sposa belt  
(\$195 at Bridal Boutique).

Floor-length veil  
(\$150 at Dornink, Des Moines)

Malis-Henderson bracelet  
(\$160 at Bridal Boutique).

Malis-Henderson tiara  
(\$174 at Bridal Boutique).

Four-band diamond ring  
(\$4,250 at Josephs Jewelers, three Des Moines  
area locations).

Earrings  
(\$25 at Dornink).

Diamond engagement ring  
(\$25,000 at Josephs Jewelers).

Emily wedding dress  
(\$3,095 at Dornink).

Saugus special occasion shoes  
(\$79 at Bridal Boutique).





**Model:**  
Kristen Thompson

**Video:**  
Jacob Moyer, Luminary Creative  
([luminarycreative.com](http://luminarycreative.com))

**Hair:**  
Brienne Cummins  
([hairbybrienne.com](http://hairbybrienne.com))

**Makeup:**  
Kelsi Ziemann  
([makeupbykelsi.com](http://makeupbykelsi.com))

**Flowers:**  
Steve Kohtz, Flowerama

Additional on-location lighting  
provided by IKONIX Studio  
([ikonixstudio.com](http://ikonixstudio.com))

Additional digital production  
provided by Eric Brockob

**Location:**  
The Sheurman House in Sherman  
Hill, courtesy of York Taenzer  
([SheurmanHouse.com](http://SheurmanHouse.com)). ■

**On the Web:**  
View a behind-the-scenes video of  
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# Living Raw

**Find out what happens  
when a raw-food  
nutritionist advises a  
meat-eating food writer.**

WRITTEN BY STEPHEN EXEL  
PHOTOS BY DUANE TINKEY

**T**here's truth in the adage "there are no mistakes in life." You are where you're supposed to be; you meet the people you are supposed to meet; and you (hopefully) learn the lessons these situations are meant to teach you.

Such was the case for me with a recent assignment for *dsm*: Spend some time with holistic health and nutrition counselor Sheree Clark and have her teach me some raw-food recipes. Pretty uncomplicated. But what happened from there was a game-changer.

But first, let's back up bit. Raw food is food consumed in its natural state: uncooked and barely manipulated. If that

sounds like sustenance for tree-huggers, in Sheree's hands it also happens to be sophisticated, recognizable, easy to prepare and delicious.

My first meeting with Sheree took place at a class she teaches through her company, Fork in the Road LLC, on how to use a dehydrator, a boxy machine a bit larger than a microwave oven that blows warm air through food to remove its moisture and concentrate flavor. The students were amazingly ordinary—West Des Moines moms and housewives there to learn more about healthier ways to eat.

The recipes Sheree prepared for class intrigued. Onion bread made from yellow onions and sunflower and flax seeds had a slightly chewy texture somewhere between pumpernickel and a cracker, and it wasn't baked. There was almond milk and granola similar to muesli and dense, chocolatey macaroons made in a food processor. This was a new way to look at food for me. It's not cooking. For lack of a better term, the operative verb here is "preparing."

More interesting than the food was the teacher. Sheree was engaging, funny, practical and definitely not preachy. After class, we talked about how to approach the story. We chatted, discovering mutual interests—food, design—and a similar sense of humor.

Eventually we talked about the life of a food writer, at least this one. Sheree started offering advice, off the cuff. The approach seemed obvious then: Go through the process. For the purposes of a looming press deadline, we decided on an accelerated program.

## Getting Started

The first step was completing a questionnaire regarding my health and lifestyle. It contained in-depth questions about how I live my life: what I eat, my activity level, relationships, my approach to alternative medical practices. I decided not to hedge, regardless of what might be revealed in this public magazine forum.

On our first consultation, Sheree arrived questionnaire in

hand, with extensive notes. She started with a definitive statement. "I'm a Lutheran, raw-food vegan," she said. "You don't have to be. I'm not here to convert you."

"I'm Jewish, and a carnivore," I responded. "We'll get along fine."

Sheree explained her approach: The road to good health is a continuum. It's not about going vegan or becoming a "raw-foodist" overnight. Rather, it's about opening your eyes to choice, making smart decisions, repairing questionable ones. It's about incorporating healthy change into your life without giving up your life.

The fact is my life involves and revolves around food. I travel frequently, mostly for stories and events that are food- and wine-centric. For example, I recently attended the first Los Angeles Food and Wine Event. (Imagine Winefest Des Moines writ large, spread over five days.) By the third day, my stomach and liver were in complete revolt, done in by sipping this fine vintage and tasting that newest idea and consuming meals on a "gastro-normous" scale. When I returned home, getting back to a more reasonable diet and exercise routine was difficult. This is a frequent scenario for me.

"My goal for you is to help bring your diet back into balance when you return from a trip," Sheree began as she pushed slices of watermelon, rind and all, through a juicer, followed by whole limes. (The end result was a tasty essence of both.)

Sheree suggested a three-step approach. The first is to "juice, juice, juice," she said. "With juicing, you set yourself straight. It gives you a flood of nutrition. It also gets you in the 'I'm starting out good and gonna stay good' mind-set. It's fluid energy without being weighed down."

The best juices consist mostly of vegetables; if you use fruits, dilute them with water by 30 to 50 percent to tame the sugar rush, she said. Both fruits and vegetables should be fresh and organic.

We talked about the difference between using a juicer and a high-power blender, which doesn't extract the fiber

CONTINUES ON PAGE 75

## Easy Asian Carrot Cabbage Salad

Yield: 6-8 servings

### EQUIPMENT

Food processor  
Blender (optional)

### SALAD

1 pound carrots, tops removed  
1 head red cabbage  
1/2 cup unhulled sesame seeds,  
as garnish

### DRESSING

1/3 cup olive oil  
1/3 cup fresh lemon juice  
1/3 cup nama shoyu or tamari  
1-2 cloves minced garlic, to taste  
1/2-1 teaspoon ginger powder, to taste

Shred carrots and cabbage in food processor, using shredding blade. Place vegetables in a large bowl. In a blender, combine dressing ingredients. Immediately before serving, shake dressing well and toss with shredded vegetables. Start with half the dressing and adjust to taste, adding more as needed. Top with sesame seeds.



## Greek Dates

Yield: 4 servings

8 medjool dates, pitted  
2 tablespoons raw walnuts, chopped  
2 tablespoons raw almonds, chopped  
2 tablespoons honey  
1/2 teaspoon orange zest

Place the walnuts, almonds, honey and orange zest in a mixing bowl and stir to combine. Press 1 teaspoon of the mixture inside each date and reshape the date around the filling. Serve immediately or chill in the refrigerator for at least two hours before serving.

Store in a sealed container in the refrigerator. Greek Dates will keep for five days.



## Juice

Process all ingredients in juicer.  
Vegetables are not peeled unless indicated.

### ORANGE

3 medium oranges, peeled  
1 pear  
1 small sweet potato

### GREEN

Freshly pressed wheatgrass

### RED

1 small beet (optional to include greens for extra nutrition)  
1 medium cucumber  
1 red apple  
3 leaves kale  
1 stalk celery



CONTINUED FROM PAGE 72

from vegetables and fruits.

“Juices are concentrated and immediately assimilated nutrition,” Sheree explained. “Smoothies are more like meal replacements. They don’t have to be mutually exclusive. ... Variety is key so you get the benefit of different nutrients, and the fiber in smoothies is very important.”

## Bread and Breakfast

The second step was to examine my eating habits. I consider myself a sane, healthy cook. I reserve butter and cream for the occasions I bake; olive oil is my cooking fat of choice; my sodium intake is low; chips, puffs, crackers, cookies and candy have no place in my cupboard. My go-to snack is a

slice of bread, usually multigrain and fresh-baked. I’ll eat it plain or toasted with butter. It makes me happy without a lot of guilt.

But now I know: Bread is my junk food.

OK, my world didn’t collapse when Sheree pointed this out. But what I did learn is not so much about what to substitute, but to examine why I might be craving bread—or anything else. Once again, choice became the operative factor.

As far as breakfast is concerned, I thought I was on a healthy track, and by a traditional nutritionist’s standards, I am. Most mornings I have oatmeal, blueberries, Greek yogurt

**On the Web:**

Sheree Clark explains why you should try to delay breakfast on most days. Plus, more recipes featuring raw foods.

[dsmMagazine.com](http://dsmMagazine.com)

and honey, all carefully measured. I call it my “little old man breakfast,” I guess because it feels more sedentary; I’m no longer grabbing a bagel and coffee on the way to work, or for that matter, wolfing down eggs and hash browns to soak up damage from the evening before. Those days are long gone.

But according to Sheree, the overnight fasting period should be extended as long as possible to give the body ample time to properly digest food, especially if you typically end the day with a large meal. Start the day with a concentrated, non-processed food in a reasonable serving size—a juice, a smoothie, a fruit plate. “Sometimes the ‘hungry in the morning’ is habit, or an emotional thing,” Sheree said. “But whatever you choose to do, make sure what you eat is whole and organic—definitely not processed.”

### Keep It Raw

The third step Sheree suggested can be the most challenging: Maintain a raw diet when I’m not traveling or doing something food/work-related. “My personal eating style is 100 percent raw, 95 percent of the time,” Sheree told me. In fact, she will indulge in a cocktail or glass of wine and an occasional cooked food. “I don’t let the bad things dominate my lifestyle,” she said.



To find out more about the classes and services Sheree Clark offers, go to [fork-road.com](http://fork-road.com). Her fee for an initial personal consultation is \$50.

A raw diet means eating mostly fruits, vegetables, nuts and seeds, not heated to over 105 degrees. “These are all nutrition-dense, easy to digest things!” she said. “They’ll feed and fuel your body and give you concentrated energy without a lot of effort.”

I asked about things like ceviche, tartare, carpaccio, sashimi—technically raw foods. “Those are all right, if you make sure the sources are organic and sustainable,” Sheree responded. “While most raw foodists are vegan, you don’t have to be.” Could I live on steak and salmon tartare, alternating with evenings at a sushi-ya? Yes, I guess I could.

Her other advice was more common sense and what we’ve all been hearing for years: Read labels; avoid refined and processed foods, caffeine and alcohol; drink water in the amount of half your weight in ounces daily; question the side effects of medications and seek a natural alternative.

“Ultimately, if you want to change your life, change your lifestyle,” Sheree concluded.

### How I Changed

I’ve started juicing and incorporating smoothies into my everyday diet. This required an investment; a good juicer typically costs \$400. But I do feel a change in energy, and I no longer drink processed juices. I’ve given up coffee for the most part. The “little old man breakfast” is still around, mostly because I like it. My workouts are more productive.

I’m more raw by day—for example, salads have replaced sandwiches (goodbye bread!) and I make a mean mushroom carpaccio—but still cook dinner. Because processed foods were never a part of my diet, that wasn’t difficult. Raw zucchini tastes just as good as sautéed. I appreciate the flavor of a steak more, now that I have one less frequently. The same holds true for a piece of cake.

Overall, working with Sheree provided that knock on the door, that tap on the shoulder—the reminder that everything you do contains an element of choice. It’s the ultimate question: Why choose bad when you can choose good? “Eating healthier is a series of small steps towards a bigger goal,” Sheree says. “Be deliberate about your decisions.” ■

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Studio photograph of Houdini in white trunks and chains, c. 1905. Modern photograph, 5½ x 4 inches. Harvard Theatre Collection, Houghton Library, Cambridge, Massachusetts.

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## Perfect Pairings

Should you serve bittersweet chocolate with port? Creamy milk chocolate with dried apricots? Host a chocolate-tasting party and let your guests discover the answers.

WRITTEN BY LISA HOLDERNESS BROWN  
PHOTOS BY DUANE TINKEY

The chocolate bar has grown up. Like wine and coffee, it's now a sophisticated, luxury splurge with complex flavors and compelling stories. The origin of the cocoa bean is a distinguishing selling point, as are the percentage of cacao it contains, whether the bar is organic and how it's produced (large company or artisan). Don't let all this intimidate you. Instead, embrace it as an opportunity for some tasty research with friends—code words for a chocolate-tasting party. Here's a guide to get you started.

## Hosting a Chocolate Tasting

Think of your tasting as an enticing excuse to bring together friends. To avoid any snob factor and to put your guests at ease, let everyone know up front that there are no right or wrong judgments, just personal preferences.

## Planning and Supplies

Decide whether you want the tasting to be a casual affair, with a table set up where people can visit and taste when they choose, or a more formal, sit-down tasting conducted as a group.

Supply everyone with a little notebook or note cards and a pencil for jotting down tasting notes. For a more casual tasting, you may want to have a notes page next to each chocolate so people can jot down tasting comments that everyone can see.

Have a pitcher of water and glasses available, as well as something mild such as plain crackers or cubes of angel food cake, to cleanse the palate.

Because chocolate can be messy, provide a stack of paper napkins nearby. Also place a trash can by the table in case guests choose not to finish a whole piece of chocolate.

## How Much Chocolate to Buy?

Choose five or six different types of chocolate to serve. Because you will be comparing chocolates, you want to keep the number of selections manageable so taste buds don't get overwhelmed.

For a basic tasting with pairings, consider selecting different styles of chocolate, such as milk, dark, bittersweet or semisweet (see page 81). These can be all the same brand or different brands. Another option is to focus on a single type of chocolate—a 70 percent cacao or milk chocolate, for instance—and select different brands. This allows tasters to discern variations attributed to the origin of the beans and production style.

Plan on roughly two ounces of chocolate per person. Cut the chocolate bars into small squares, about one to two bites each. Make sure you have enough chocolate squares so that everyone will be able to taste the chocolates first plain, then with pairings (see page 82).

Have the chocolate wrappers near each type of chocolate so tasters can identify the chocolates and read about them.

## Tasting the Chocolate

Before you introduce any pairings, have your guests sample each chocolate plain to reveal its true characteristics.

**Looks:** Though you can't judge chocolate by its look, differences in varieties and origin can result in variations in appearance, from milky light brown to reddish dark brown to very dark. If the bars have a powdery white substance on their surface, they are still edible. This substance is called "bloom" and can be a sign of temperature change or poor storage.

**Aroma:** Consider the smell first, since it is an intrinsic part of tasting chocolate. Maricel Presilla, author of "The New Taste of Chocolate," says she rubs a piece of chocolate

## What is Cacao?

Cacao (kah-KAY-oh) refers to the tree, its fruit and the seeds inside the fruit. The seeds are the cocoa beans, also called cacao beans, which are used to make chocolate. When you see the percentage of cacao listed on the chocolate bar label, it refers to total cocoa bean content in the chocolate.

CONTINUES OF PAGE 83



## The Chocolate Defined

### Milk Chocolate

This variety has a milder flavor and softer texture than dark chocolate varieties and a lower percentage of cacao. Made with milk solids, it often has notes of caramel. Milk chocolate is usually eaten plain instead of in baked goods.

### Semisweet

The terms semisweet and bittersweet are used interchangeably and range in cacao solids from 35 percent to around 90 percent. They contain very little or no milk solids and are usually full-flavored. The more cacao, the less sugar and the more intensity.

### Bittersweet

Though there is no official distinction for bittersweet chocolates, they are typically higher in cacao than semisweet bars (around 65 to 85 percent), especially when a company carries products with both labels.

### Cocoa Nibs

These are roasted, hulled and crushed cocoa beans. They are crunchy, unsweetened, somewhat bitter and ideal for tasting every nuance of the beans. You can eat the nibs plain or cook with them.

### White Chocolate

Good white chocolate contains cocoa butter and has a rich custardy, cooked-milk flavor. Because it isn't really considered "chocolate," the official name is white confectionery coating.

## Pairing Ideas

### Fruits

Berries, such as raspberries, strawberries or blueberries

Candied citrus peel or ginger

Dried fruit such as apricots, pineapple, cherries or mango

Sliced pears or apples

Tropical flavors such as banana slices or fresh coconut chards

### Toasted Nuts

Whole almonds

Pecan halves

Hazelnuts

### Beverages

Red wine such as cabernet sauvignon or merlot

Sherry

Port

Champagne

Coffee or espresso

Jasmine or Earl Grey tea

### Miscellaneous

Snipped cooked bacon

Rich cheeses such as brie or camembert

Sea salt

Pinch ground cinnamon

Pinch ground chile





CONTINUED FROM PAGE 80

between her fingers to release the aromas then sniffs it. Try it. Do you smell caramel? Fruit? Coffee?

**Flavor:** Take a small bite of chocolate into your mouth and let it melt on your tongue. Does it take a while for flavor to build or does it come on strong? Does it have a lingering finish? What do you taste? Think of flavors that are common to you. Some descriptors to consider are nutty, earthy, bitter, smoky, floral, spicy and acidic. More specific flavors include vanilla, coffee, milk, caramel, berry and tropical fruits such as coconut or banana.

**Texture:** Though creamy or satiny may be what you associate with fine chocolate texture, some producers choose to make bars that are a bit gritty, and others are almost waxy.

## Pairings

After everyone has tasted the chocolates plain, bring on a variety of pairings. This is a great conversation starter. The idea is for guests to taste each type of chocolate with a variety of other flavors to find out which combinations they deem best. Are milk chocolate and raspberries a heavenly match? What about salty pretzels with extra-rich white chocolate?

On the adjacent page is a listing of some pairing ideas to provide. Keep the number manageable because guests may want to try a micro-bite of each type of chocolate with every pairing.

By the end of your tasting, you may have created a room full of connoisseurs or at least a group of friends with an increased appreciation for chocolate. Toast the evening with chocolatinis (about two parts vodka and one part chocolate liqueur to taste, shaken and strained into a martini glass with a cocoa-covered rim) and send everyone home with a chocolate goodie bag. ■

## Where to Find Chocolate in Des Moines

The chocolate bars featured in this article are from:

### Campbell's Nutrition

4040 University Ave., #D, Des Moines  
277.6351

### Gateway Market

2002 Woodland Ave., Des Moines  
243.1754

Other places that carry a variety of specialty chocolate bars include:

### Tallgrass Grocery Co-op

116 Fifth St., West Des Moines  
277.7550

### Trader Joe's

6305 Mills Civic Parkway,  
Suite 2111, West Des Moines  
225.3820

### World Market

4100 University Ave., West Des Moines  
267.8666

### Chocolaterie Stam

2814 Ingersoll Ave., Des Moines  
282.9575

# HOUSE OF TREASURES

WRITTEN BY JESSICA BROWN

PHOTOS BY DUANE TINKEY

**W**hen Executive Director Mark Heppner and curator Leo Landis joined the Salisbury House & Gardens staff a few years ago, they found boxes of treasures collected by Carl and Edith Weeks, the mansion's original owners, stacked chest high on the third floor.

"For a historian and simply someone who is passionate about our world heritage, this was akin to a kid in a candy store," Heppner says. "The fact that this rich world history—a real link to what has made humanity what it is today—was sitting here both untapped and rarely shared was both exhilarating and overwhelming.

"The question was how to make this accessible for the benefit of our community," he adds. "That is our goal today, and we continue to work hard to ensure that lowans understand what is in our own back yard."

The following are five of the collection's highlights, from a jar that's more than 2,500 years old to letters written by Abraham Lincoln.

## KELMSCOTT CHAUCER

One of about only 60 in the world, the "Kelmscott Chaucer" is a capstone of the Salisbury collection. The work, valued at \$150,000 and locked away in the library, is described as an equal to William Shakespeare's "First Folio" and the Gutenberg Bible, Landis says.

Published in 1896 at William Morris' Kelmscott Press, the Kelmscott Chaucer was immediately hailed as a masterpiece of book production. Morris intended it to essentially be a work of art.

"The book represents the pinnacle of Morris' career as a typographer and designer," Landis says, adding that Morris nearly put his last breath into the work. "The medieval-style 'Chaucer' font, lavish ornamental borders, decorative capitals and frames he created, combined with the stunning woodcut illustrations of Edward Burne-Jones, provide an exquisite setting for the poetic works of Geoffrey Chaucer."

## BOOK OF HOURS

Some 15th-century monks apparently were gifted artists. The medieval "Book of Hours" is a prayer book from the early 1400s that divided the day into eight segments, or "hours." Gold illuminations and hand-painted illustrations accompany the Latin text.

Monks likely created these "hours" books that were then purchased by wealthy patrons, Landis notes. Created in England and France, the works contain some of the finest examples of miniature art, he says.



The "Kelmscott Chaucer" features medieval-style font, lavish ornamental borders and beautiful woodcut illustrations.



## CYPRUS JAR

The next time you tour Salisbury House, be sure to look up. The Grecian Cyprus jar tucked away on a top shelf of the library is believed to be the oldest piece in the Weeks' collection, dating from 500 to 1500 B.C.E. The decorations on the clay jar were stamped and painted on before it was fired, Landis explains.

As the curator carefully but confidently handles the jar, he notes that the classic term for the earthenware is "amphora." These pieces are rare except at museums with collections from Greece or other ancient Near Eastern cultures, he says. Carl and Edith Weeks were extremely interested in Greece and Rome, and Landis says this piece in particular reflects the classics that were part of Western culture.

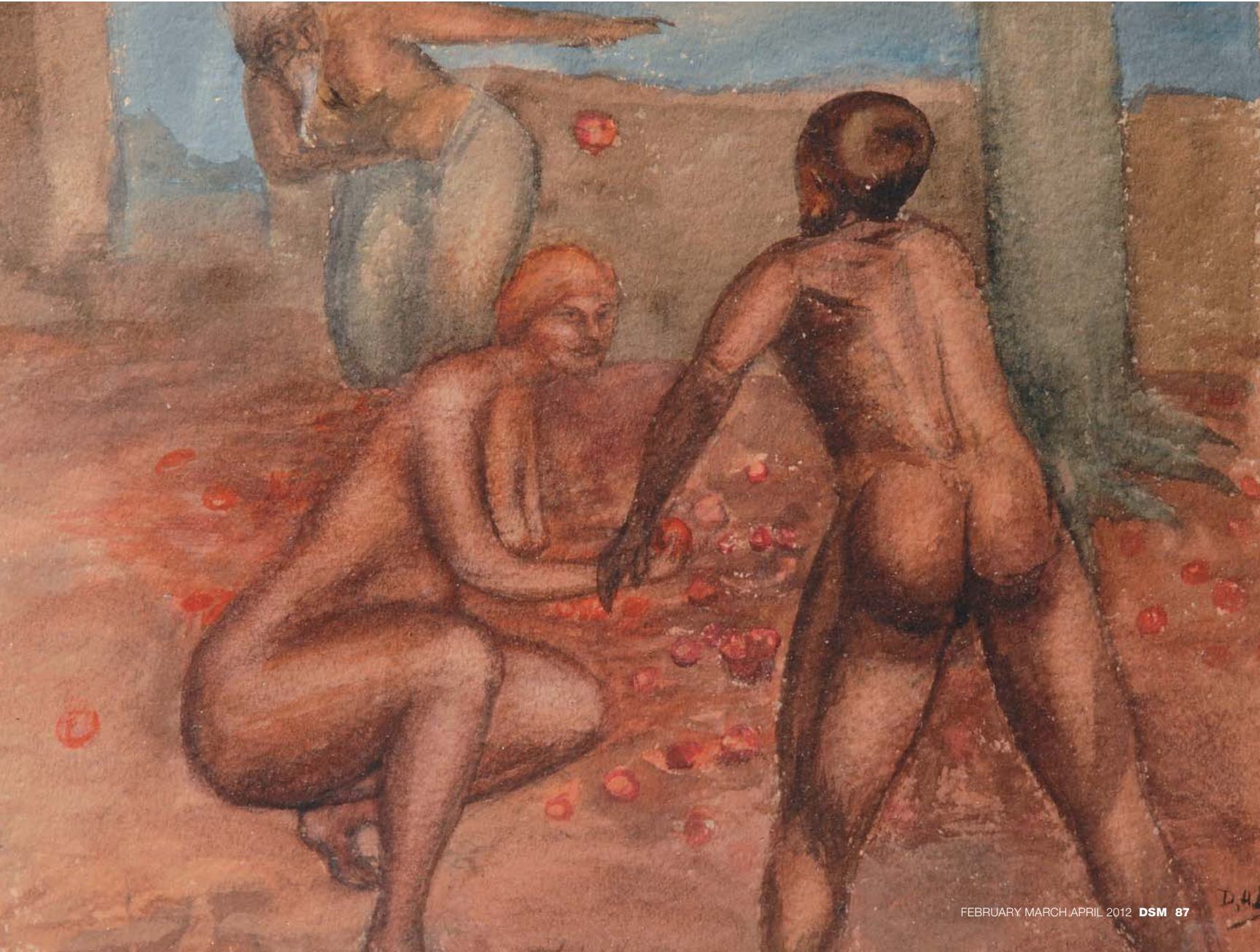
## FORBIDDEN FRUIT

A painting by controversial English novelist, poet and artist D.H. Lawrence (1885-1930) found a home in the mansion. Lawrence's works—including his most famous novel, "Lady Chatterly's Lover"—were largely censored and banned during and even after his lifetime. But Lawrence's widow, Frieda, befriended Carl Weeks, and Lawrence's 1928 watercolor on parchment "Forbidden Fruit" became part of his collection.

"Lawrence was not a great painter, but his work received a lot of recognition due to the controversial nature of his

literature," Landis says. "Like his writing, he often featured erotic subjects. At the inaugural show of his work in 1929, the London police seized 13 of his works."

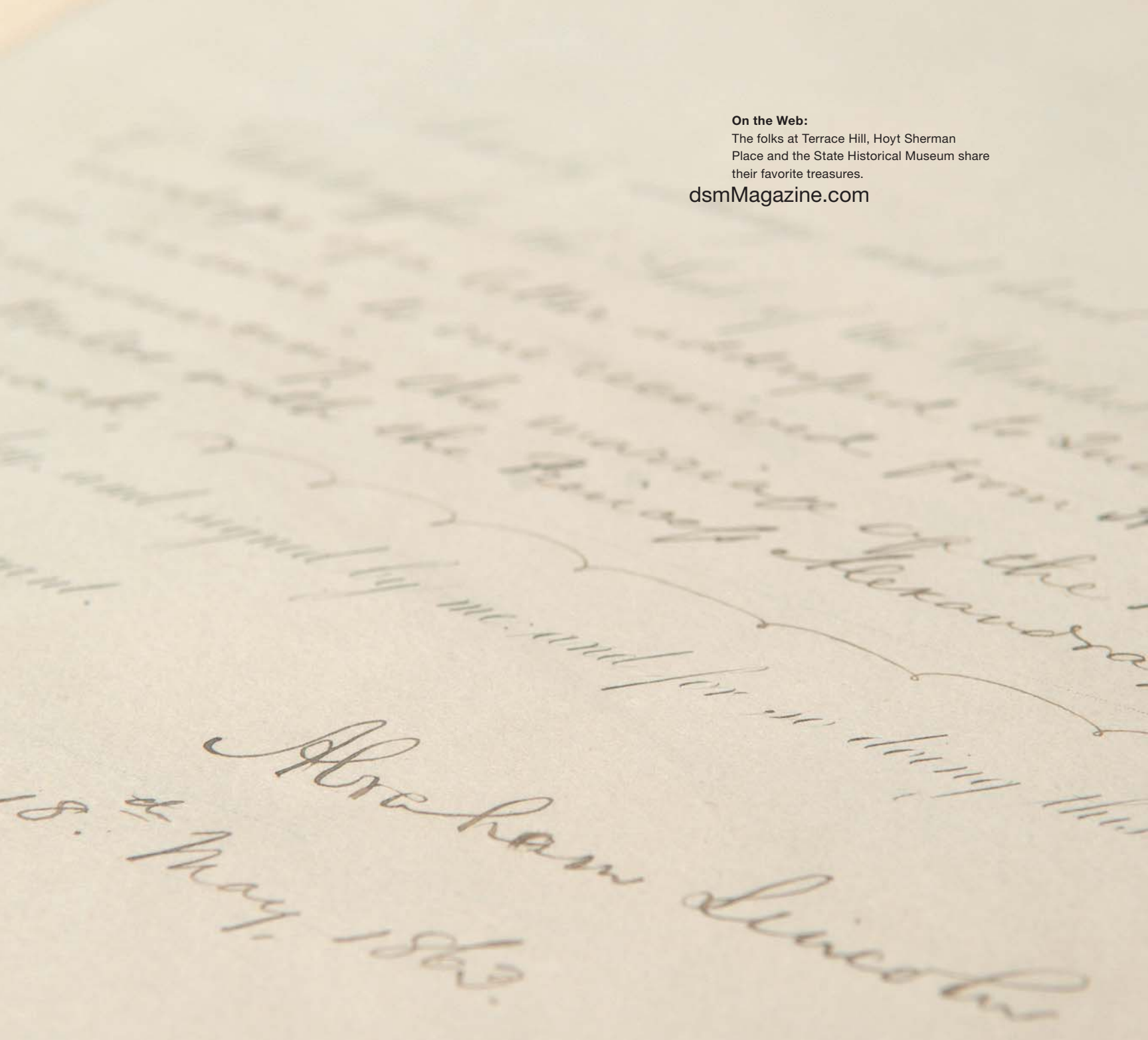
What is additionally unique about "Forbidden Fruit" is that it was rediscovered in the collections during an appraisal in 1978, Landis says. It was literally tucked inside a copy of the rare book "The Paintings of D. H. Lawrence" in the Salisbury House library.



**On the Web:**

The folks at Terrace Hill, Hoyt Sherman Place and the State Historical Museum share their favorite treasures.

[dsmMagazine.com](http://dsmMagazine.com)



## LINCOLN LETTERS

At age 10, Carl Weeks became interested in the Civil War when he received "Uncle Tom's Cabin," the first book that would become a part of his collection. Later, he collected letters from Abraham Lincoln; there are three in the collection, most notably a letter the president sent to Queen Victoria in 1863 acknowledging the marriage of Prince Edward of Wales to Princess Alexandra of Denmark.

Other items of note include a postcard from Ernest Hemingway to Weeks about fishing off Key West and documents signed by Queen Elizabeth I, King Ferdinand of Spain, King Louis XVI, John Hancock, Thomas Jefferson and Napoleon Bonaparte.

Weeks also acquired documents by 19th-century literary luminaries such as Mark Twain, Edgar Allan Poe, Elizabeth Barrett Browning and Washington Irving. ■

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Susan L. Schooler, PA-C

Stephanie A. Ganske, RN

**WHERE** Historic Hoyt Sherman Place. 1501 Woodland Ave., Des Moines

**TICKETS** Tickets: \$35, VIP seating: \$45, Cocktail & hors d'oeuvre reception with Dr. Obagi: \$40 (cash bar). Available at Hoyt Sherman Box Office (515.244.0507) or [www.ticketmaster.com](http://www.ticketmaster.com)

- Cocktail and hors d'oeuvre reception to follow with Zein Obagi MD
- Limited number of tickets available to reception
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# Feed Your **BRAIN**

**Can an older brain learn? In a word, yes. Over the past decade, studies have consistently shown that our brains continue to develop through middle age and beyond. But many Greater Des Moines retirees don't need scientists to tell them *that*. From writing radio shows and giving art tours to studying world religions and participating in archeological digs, they're continuing to learn—and having plenty of fun in the process—at classes and programs throughout the metro area. Here are four to check out.**

WRITTEN BY LINDA RYBERG

# 1

## The RaySociety

If you blend meaningful college-level classes, special events on the Drake University campus and social gatherings, you come up a winning combination: the RaySociety. Formed in 2003, the organization has mushroomed from 25 students its first year to 400 members now.

"It's not unusual for people to take six or seven classes each term," says Ed Peterson, 75, the RaySociety's program chair. Some of Peterson's favorites include courses on the atomic bomb and on books that didn't make the Bible.

Classes, which meet from one to eight times, also have covered Venetian architecture, the Middle East, health-care reform and philosophy. This spring, participants in an ecology class will do an archaeological dig to look for Native American artifacts, such as arrowheads and pottery shards, at a

Guthrie County farm where such treasures have been found.

"We're one of Des Moines' best-kept secrets and we want to get the word out," says Jim Wise, a retired administrator for the Des Moines Independent Community School District who was one of the five founding members. He notes that the organization was named in honor of former Gov. Robert Ray and his wife, Billie, both Drake graduates who have been strong supporters of the

program. They've both taken classes and Ray, a former Drake president, has taught some.

For a yearly membership fee of \$50, you can take as many classes as you wish. Another option is to pay \$25 per class. The group is now open to adults of all ages.

In addition to classes, the RaySociety offers special activities, such as a tour of the Better Homes and Gardens test kitchen and a look behind the scenes at Blank Park Zoo. Members are enthusiastic about socials on campus that include Madrigal dinners, tailgate parties before Drake football games and lectures from such notables as Garrison Keillor, host of "A Prairie Home Companion."

"The spirit of this thing just keeps going," says Joyce Smith, the RaySociety's marketing chair. "Most of all, it's really fun."



# 2

## The Senior College

No pressure, no homework, no tests. Just the fun of learning. That's what the Senior College of Greater Des Moines has been about since it began in 2007. Residents over age 50 can choose classes on subjects such as the Iowa caucuses, international crimes and prosecutions, and the Renaissance. Classes aren't limited to weighty subjects, though; you can, for example, learn how to play mah-jongg or the harmonica, get advice on pairing wines and chocolates or visit the Neal Smith Wildlife Refuge.

The college was started with help from area colleges and universities "because there was a big need among seniors who want to continue learning," says Barbara Kirk, the college's marketing chair. Classes, all

college level and taught by experienced instructors, typically meet one to four times at different venues around the city, such as colleges, residential complexes and community centers. During any semester, about 25 classes are offered, with the cost ranging from \$15 for a one-time session to \$48 for a four-session class. About 350 people enroll each semester.

Mary Kay France, 67, says she especially enjoyed a class on alternative medicine, which included a demonstration of acupuncture and massage techniques. "We even did massages on each other," she says.

The classes also provide a social outlet, France adds. "I attended one class recently and met two other gals," she says. "We ended up all going out to lunch together."

Kirk also enjoys the camaraderie. "We had one Spanish class that went for five semesters and then the group decided to go to Spain," she says. "A lot of lasting friendships are formed."

# 3

## Docent Training

Roy Nilsen believes that it's a "grand thing to share the world of art with young and old alike." That's why the semiretired Lutheran pastor decided to become a docent at the Des Moines Art Center in 2004. "I especially like taking the fourth-grade groups through the Center," says Nilsen, 73. "It's wonderful to get thank-you cards from them, often with their own drawings of Picasso and Georgia O'Keeffe classics."

Becoming a docent takes extensive training, says Jill Featherstone, the Art Center's museum education director. She noted that people of any age can become a docent, although most are retired or semiretired. Docents also give tours of the John and Mary Pappajohn Sculpture Park.

Prospective docents are required to take five months of classroom



# 4

## The Final Act Ensemble

training before shadowing another docent. Even after they start leading tours, they attend additional classes to learn about new exhibits and to further explore the art world. There's no charge for the training, although docents must be Art Center members.

"It's an ongoing, wonderful experience to keep learning," Nilsen says.

Prepare to be scared silly, laugh heartily and be totally entertained when The Final Act Ensemble hits the stage. This group of some 30 people working in conjunction with the Des Moines Community Playhouse performs old radio shows live on stage about 25 times a year at the Playhouse, the Iowa State Fair, schools, senior living communities and other venues.

The group started performing in 2007 after taking a radio program class through the Senior College of Greater Des Moines. "We just couldn't stop," says Susie McCauley, 68. "I would never have imagined having this much fun. Older people love to be taken back, and kids get very into it."

Part of the fun is the sound effects, and the audience often helps out. "In one play, we needed the sound of a burglar getting away, so we had

the children all run across the stage," McCauley recalls.

John Wetherell, 81, is the genius behind many of the sound effects for old-time favorites such as "The Shadow" and "My Friend Irma," plus newer shows that cast members write themselves. "I've come up with sounds like thunder and shoes on gravel," Wetherell says.

John Viars, executive director of the Playhouse, says the group is a boon to his organization. "They're very creative and love what they're doing," he says.

Wetherell agrees. "First of all we have fun," he says. "But we've also developed a great comradeship with each other. We all want to do a good show." ■

# ON AIR

Faulconer Gallery at Grinnell College. Photo by Daniel Strong.



# CULTURAL CROSSROADS

THE CAPITAL CROSSROADS PLAN ENCOURAGES US TO THINK BEYOND OUR COZY GREATER DES MOINES BORDERS TO A MORE EXPANSIVE REGION THAT ENCOMPASSES A 50-MILE RADIUS AROUND THE CITY. SO WE DID. AND THOUGH THE INITIATIVE PRIMARILY FOCUSES ON ECONOMIC DEVELOPMENT, WE DECIDED TO EXPLORE SOME OF THE REGION'S DYNAMIC, YET LESSER-KNOWN, ARTS AND CULTURAL OFFERINGS. HERE'S WHAT WE DISCOVERED.

WRITTEN BY CHAD TAYLOR

## **FAULCONER GALLERY GRINNELL**

On the eastern edge of the Capital Crossroads' circle of influence, Faulconer Gallery is probably best known to many Des Moines residents as "that gallery that sponsors 'Talk of Iowa' on Iowa Public Radio." This would be a shame, because the gallery—7,400 square feet, nestled in the rotunda of the Bucksbaum Center for the Arts—has been home to an impressive array of regional, national and international exhibits since 1999.

With three curators, Faulconer Gallery manages to keep its shows fresh and thought provoking, thanks in no small part to healthy student interaction and strong relationships with sister galleries worldwide. Faulconer boasts a permanent collection that includes some 5,000 works of art, including pieces from Grant Wood, Pablo Picasso and Salvador Dali, as well as extensive written archives. (You need a first edition Book of Mormon? THEY'VE GOT A FIRST EDITON BOOK OF MORMON.) Exhibits typically run between four and 13 weeks.

### **CURRENTLY SHOWING**

"Bare Bones: Art as Social Satire," through Feb. 28;  
Sandow Birk's "American Qur'an," through March 18.



## PELLA OPERA HOUSE PELLA

Quick: Say something about Pella that doesn't include "tulips" or "windows." You CAN'T. But don't worry; we're here to help you change that.

Opened in 1900, the Pella Opera House, located a half block from the square, is a staple of the town's landscape. After the building's original intent as an exclusive venue for stage productions had fallen by the wayside, it housed, at various times, a farmers market, a bowling alley and office space. A four-year renovation project that began in 1986 focused on returning the building to the arts, and for the past 22 years, the 324-seat theater has hosted top-notch live performances. In addition to the schedule of shows (usually 20 or so a year), the space can be rented for weddings, fund-raisers and business events.

### NEXT UP

The Missoula Children's Theatre performs "Alice in Wonderland" Feb. 3-4.



## BRUNNIER ART MUSEUM AMES

We've all been to Iowa State Center for a show at Hilton Coliseum or Stephens Auditorium. But do you know what's on the second floor of the Scheman Building? Art, plenty of it amazing. Iowa State University's art collection showcased within Brunnier's walls is impressive both in scale (about 30,000 pieces) and scope, spanning 4,000 years of human history. Notable, too, is the variety. The collection contains a little of everything—paintings and photographs, glass and sculpture, textiles and furniture—and includes works from such well-known artists as Émile Gallé and Dale Chihuly.

Exhibitions range from 12 to 21 weeks, Tuesday through Sunday, with additional musical and artistic performances running throughout the week.

### CURRENTLY SHOWING

"Relationships: Spheres of Influence," featuring the works of Iowa State University's faculty, through May 6.

Above image: "Red Lipstick," by Teresa Paschke (2010), 40 x 39 inches. Digital photography, wide-format ink-jet printing on cotton canvas with hand embroidery. Image courtesy of the artist.

## SIMPSON COLLEGE OPERA INDIANOLA

You tell someone that you want to take them to Indianola for opera, and they'll likely assume you're talking about Des Moines Metro Opera (DMMO), which has called Blank Performing Arts Center home since 1973. That's when you get to be the savvy one and tell them about Indianola's *other* opera company.

Since it began in 1958, the Simpson College opera program has been producing top-level vocal talent. In fact, this little-school-that-could has helped nurture what new Opera Director Bernard McDonald calls "a number of professionals disproportionate to its small size" and the school's list of alumni include respected names both on stage and behind it, as well as instructors, educators, and DMMO's very own founding managing director, Douglas Duncan, and current artistic director, Michael Egel.

The college's performance schedule usually consists of two major productions a year, with smaller recitals and performances by both students and faculty taking place weekly.

### NEXT UP

Mozart's "Così fan tutte," Feb. 17-19.

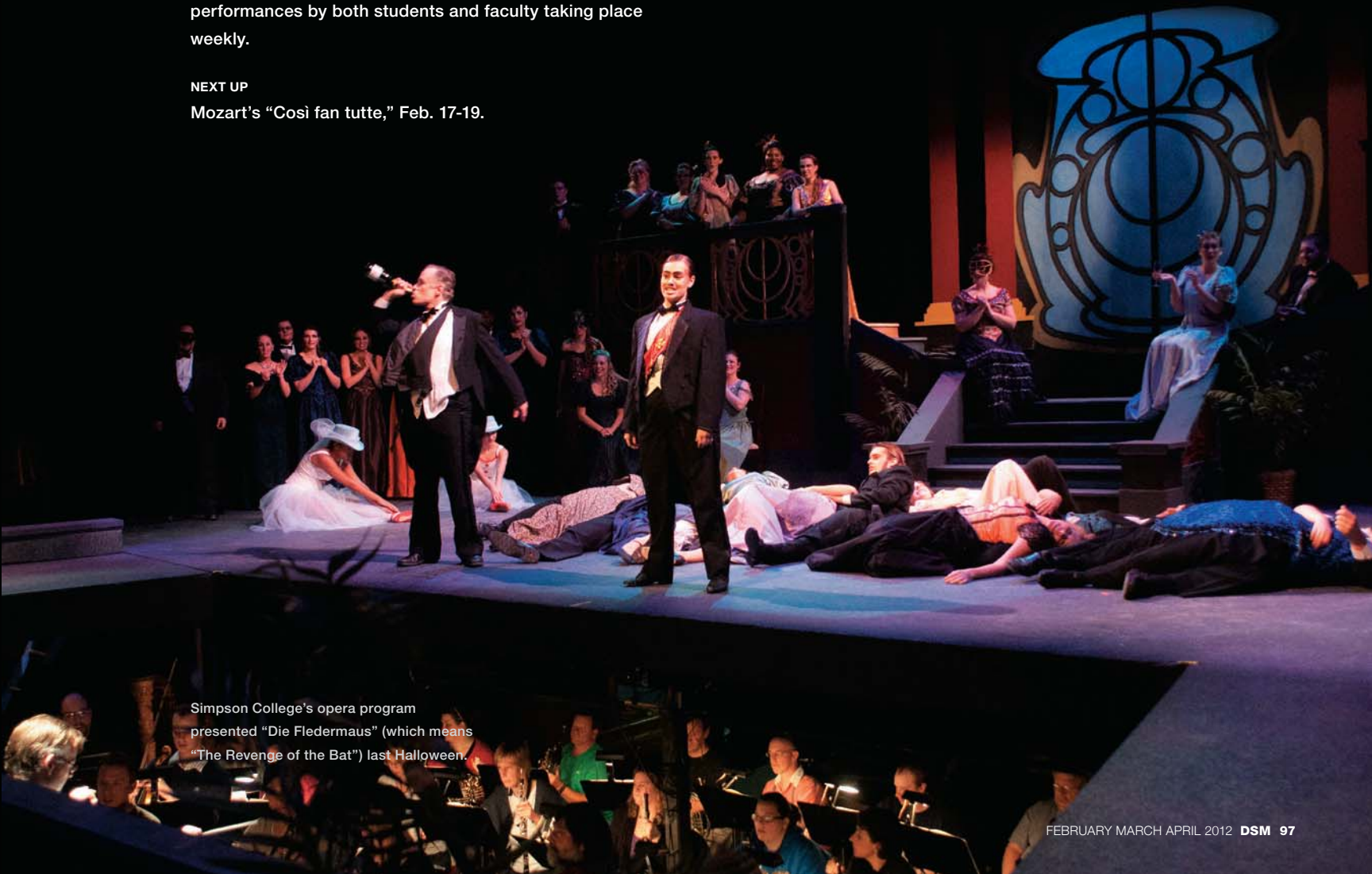
## WRITERS@GRINNELL GRINNELL

Book readings have long been the most direct way for people to connect viscerally with the books they read and the writers who create them. Serving this end is Grinnell College's Writers@Grinnell program. Inviting nationally and globally recognized novelists, journalists and poets to read and discuss their work, the program provides a way for people to connect with books they love, to discover new works and even to learn ways to hone their own creative writing skills.

Best of all, the edutainment experience is cost effective: All Writers@Grinnell readings are open to the public and free to attend. Readings are generally held on Thursdays during the spring and fall semesters, though the schedule is subject to change and is listed on the Grinnell College website.

### NEXT UP

Marty Dobrow, Feb. 16; Kevin Brockmeier, Feb. 24. ■



Simpson College's opera program presented "Die Fledermaus" (which means "The Revenge of the Bat") last Halloween.

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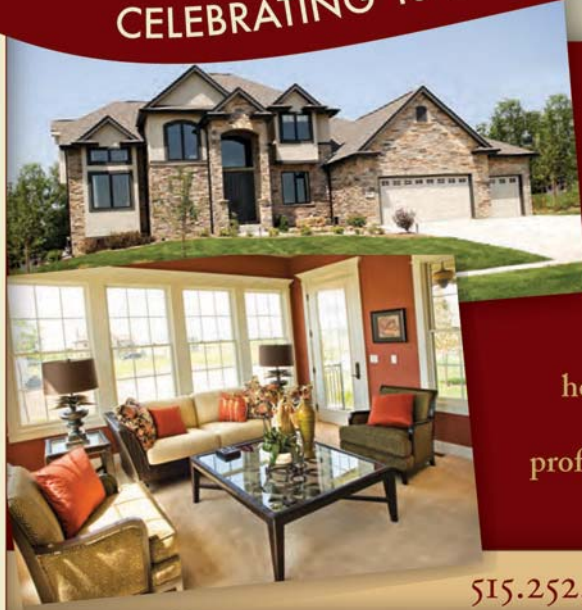


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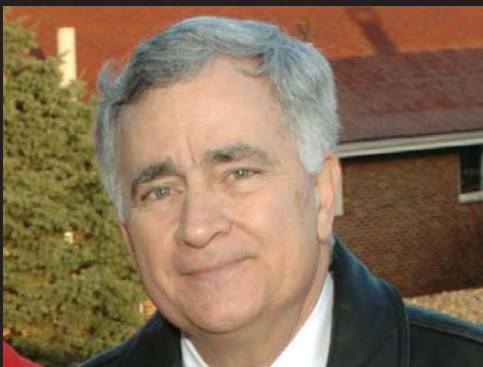
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# Faces of EDUCATION

*Profiles of the catalysts for our colleges, universities and schools*



# Darrel D. COLSON

*Ph.D.,  
President of Wartburg College*

## **WHAT ARE NEW TRENDS IN EDUCATION? HOW ARE YOU ADAPTING TO THOSE TRENDS?**

One trend I see is the expectation that students acquire both “book learning” and the skills to wield a positive influence on their workplace. Wartburg always stresses both a splendid liberal arts preparation and an equally intense concern for usefulness and careers. We adopt several educational practices to ensure holistic preparation.

## **TO WHAT DO YOU ATTRIBUTE YOUR SCHOOL'S SUCCESS?**

A sincere, thoroughgoing commitment to mission. Wartburg's mission is to challenge and nurture students for lives of leadership and service as a spirited expression of their faith and learning. What you realize after only a few minutes on campus is that everyone can tell you the mission, everyone believes in the mission, and that mission serves as the guide for all decisions made on campus.

## **WHAT ATTRACTED YOU TO WARTBURG?**

Both the mission and the deep support of the mission, of course, but also the Lutheran heritage out of which that mission grows. Although I'm not a Lutheran myself, and many of our students are not Lutherans either, we all share Martin Luther's commitment to some basic principles: for example, that we are all duty-bound to our neighbors to do what we can to make the world a better place and that each of us is called to perform some important roles of leadership and service amidst our neighbors.



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Read Pres. Colson's complete  
responses to the questionnaire  
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# Steven LEATH

*President, Iowa State University*

## **WHAT ATTRACTED YOU TO IOWA STATE?**

It's one of the nation's best land-grant universities; it provides students with an educational experience that is second-to-none; it makes discoveries important to our nation's future; and is unmatched in the quality of its extension/ outreach programs. I'm proud to be its 15th president. While Janet and I have spent the past 26 years in North Carolina, I was raised in the Midwest. I am a plant pathologist very familiar with agriculture, which makes coming to Iowa even more exciting.

## **WHAT ARE IOWA STATE'S MOST IMPORTANT RESPONSIBILITIES TO IOWA?**

Educating its students to be life-ready is Number One. Next is helping strengthen Iowa's economy and quality of life through its varied scholarly activities and business and industrial assistance programs. In North Carolina, I led efforts to create and grow public /private partnerships, and I want to build similar initiatives in Iowa.

## **WHAT IS THE BIGGEST CHALLENGE FACING THE UNIVERSITY?**

Student accessibility - making the cost of attending Iowa State manageable. Iowa State already has a tremendous academic reputation so adequate support from the state lawmakers and our commitment to be as efficient as possible will be needed to make this achievable while maintaining quality.

# IOWA STATE UNIVERSITY



# Angela WALKER FRANKLIN *Ph.D.*

## **WHAT ATTRACTED YOU TO DES MOINES UNIVERSITY?**

I have spent my entire professional career in academic health centers, on faculty and in full-time administration. Along the way, I gained a genuine desire to pursue a college presidency. DMU was similar to other smaller institutions I'd worked at that have a mission of training competent and compassionate health care professionals. I also was attracted to DMU's accomplished students and faculty, state-of-the-art facilities, global health focus and commitment to community service.

## **TO WHAT DO YOU ATTRIBUTE YOUR SCHOOL'S SUCCESS?**

Des Moines University has existed for over 100 years with the primary mission of training health care providers who are committed to a holistic approach in meeting the health needs of our citizens, with a focus on prevention and wellness.

## **WHAT SETS YOUR SCHOOL APART/ WHAT'S DISTINCTIVE ABOUT YOUR UNIVERSITY?**

Des Moines University is the second oldest osteopathic medical school in the country. In 1980 we became a health sciences university with the addition of the College of Podiatric Medicine and Surgery and the College of Health Sciences. We are the only U.S. college or university to earn platinum status for our wellness program, the highest recognition granted by the Wellness Councils of America, and we were named the 2010 Iowa Psychologically Healthy Workplace.

## **AS PRESIDENT, WHAT GIVES YOU THE MOST PERSONAL SATISFACTION?**

It gives me considerable satisfaction knowing that my efforts in leading this institution will have a direct impact on the training of the future health care professionals for this region, this country and the world.

  
DES MOINES UNIVERSITY

3200 Grand Avenue | Des Moines, IA 50312  
515-271-1400 | [www.dmu.edu](http://www.dmu.edu)





# Rob DENSON

*President of Des Moines  
Area Community College*

## TELL US ABOUT THE LATEST HAPPENINGS AT YOUR SCHOOL

DMACC was recently recognized by *Community College Week* as the 15th fastest growing two-year college in America. While the report focused on enrollment, it also underscores the many initiatives taking place across the College that drive enrollment and our success.

We are on the Leadership Council and heavily involved with Opportunity Nation, a national coalition to advance economic opportunity and mobility in America. DMACC is also planning to expand its presence in south-central Iowa through opening a new Career Academy in Southridge Mall. There are many more announcements taking place this year.

## WHAT ARE YOUR PLANS FOR CONTINUED GROWTH?

We are excited about the Southridge Mall expansion and additional student housing in Boone and Ankeny. We are now focusing on remodeling and improving our current facilities. One example of that is a multimillion-dollar renovation on both the Ankeny and Urban Campuses last year.

## TO WHAT DO YOU ATTRIBUTE YOUR SCHOOL'S SUCCESS?

DMACC employs 2,341 outstanding faculty and staff who work hard to help students achieve their goals. Earlier this year, the *Des Moines Register* recognized DMACC as one of Iowa's "Top Workplaces," an accolade resulting from an employee survey. Great employees who love their work make us a success.

For more insights about DMACC, watch the "President's Perspective" at [www.dmacc.edu/about/welcome.asp](http://www.dmacc.edu/about/welcome.asp)

**DMACC**  
DES MOINES AREA  
COMMUNITY COLLEGE  
**Life's Calling**

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# Dr. Mark PUTNAM

*President, Central College*

## **ELEVATING THE DISCOURSE**

Our nation's ability to engage in civil discourse has eroded. Colleges must lead the way to intellectual renewal. The future of our global society depends on inquiry and examination. It's why I started blogging. Civil discourse is encouraged by all – not just members of the Central College family. You, too, are invited. <http://blogs.central.edu/president>

## **GLOBAL EXPERIENTIAL LEARNING**

Internationally known for its study abroad programs since 1965, Central has been a leader in global experiential learning and boasts academic programs in eight locations worldwide. To ensure studying abroad is an intentional growth experience, and to include Pella more inclusively in the global campuses, we've focused planning efforts around making our experiences even better. <http://www.central.edu/abroad/>

## **THE NEXT GENERATION**

Here are ideas substantially different from the model of conformity and constraint generally presented to young students:

- **Slow down. Don't be in a hurry.** Try a different approach. Encourage students to not settle on a major until they've really explored.
- **Focus on the "being" question.** We are completely preoccupied with doing. Just "being" is critical to sustained success in adulthood.
- **Prepare for an uncertain future; don't follow a script.** Life's journey takes many unexpected turns. Failure is as important as success. <http://blogs.central.edu/president/2011/09/22/the-next-generation/>



**Central**  
COLLEGE



# Jerry DEEGAN

*President of Dowling Catholic*

## WHAT IS DISTINCTIVE ABOUT DOWLING CATHOLIC?

It's Iowa's largest faith-based Catholic High School. We have state champions, all-state musicians, a national speech and debate team and a Blue Ribbon School of Excellence recognition. Our students give 45,000 hours of service annually. Financial aid from donors, endowments and the Catholic Tuition Organization ensure that DCHS is an inclusive school for all faiths and socioeconomic levels.

## WHAT ARE THE NEW TRENDS IN EDUCATION AND HOW ARE YOU ADAPTING TO THOSE TRENDS?

DCHS has the largest certified Project Lead the Way engineering program in Iowa and has increased the focus on preparing students for STEM careers (Science, Technology, Engineering, Mathematics). Partnerships with Mercy College of Health Sciences, Mercy Medical Center, Kemin Industries, Goodrich Technologies, and Fawn Engineering give our students the opportunity to explore real-world health science and engineering experiences.

## WHAT'S CHANGED IN RECENT YEARS?

Dowling Catholic has transformed into a 21st century state of the art technology-rich campus through \$21million in renovations made possible by more than 1,000 donors to the *We Believe Capital Campaign*.

## WHAT ARE YOUR PLANS FOR CONTINUED GROWTH?

To build a new chapel at the school as another project of the campaign. We plan to continue our mantra of constant improvement by continually adapting our curriculum and instruction to meet the growing demands of the global community and economy.



**DOWLING**  
CATHOLIC HIGH SCHOOL  
*Leaders for life. Centered on Christ.*



# St. ANTHONY'S SCHOOL

## TELL US ABOUT THE LATEST HAPPENINGS AT YOUR SCHOOL

St. Anthony School will be the first Catholic school in the Des Moines area to celebrate its 100th Anniversary in August 2012. We will be hosting a variety of Anniversary events throughout this year to celebrate.

## WHAT MAKES YOUR SCHOOL UNIQUE?

St. Anthony School now offers Spanish Immersion beginning in Kindergarten. With this program being only the second of its kind in Iowa, we have stepped out of the box in teaching a second language to our students at a young age.

## WHAT ARE YOUR PLANS FOR CONTINUED GROWTH?

With the addition of Spanish Immersion into our school, there will be an added section to each grade level each year. In time, we hope to double our enrollment. We plan to market our school as the Catholic Downtown School as St. Anthony School is located just two minutes from the downtown business district, and offers the opportunity for parental involvement in school activities during the day.

## TO WHAT DO YOU ATTRIBUTE YOUR SCHOOL'S SUCCESS?

St. Anthony School recognizes that as times change, so must our school. Every classroom has a smart board and our students visit our technology lab weekly. Our Spanish Immersion students will be fluent in 2 languages by 5th grade. All of our teachers are licensed by the state of Iowa. Our parents and alumni are always welcome and are an integral part of the school.

## WHY DOES YOUR SCHOOL HAVE SUCH A STRONG REPUTATION?

We have a strong Catholic faith base along with great academics. We are rooted in strong family values and community service. Many of our graduates have become successful community leaders.



# Cynthia BECHER

Owner of La James  
International College

# Travis BECHER

Vice President of La James  
International College

## TELL US ABOUT THE LATEST HAPPENINGS AT YOUR SCHOOL

La' James International College is the first in the nation to have a fully accredited Distance Education Program for Cosmetology. Experience the Hybrid of Blended Learning by attending 3 days for practical training while simultaneously completing theory training online. Students can be a part of our Master Accelerated Cosmetology by taking the Health & Beauty Management courses. Only at LJIC, can you earn an A.A.S. Degree in Health & Beauty Management PLUS a Cosmetology license or dual license in Massage & Esthetics in about 1 year.

## WHAT MAKES YOUR SCHOOL UNIQUE?

LJIC is one of the few schools with travel opportunities. The principle of Global Learning opens the students' eyes to all the advantages available to them and provides networking opportunities, cultural exposure and education from national/international educators across the world.

## WHY DOES YOUR SCHOOL HAVE SUCH A STRONG REPUTATION?

We have a commitment to our students. For over 75 years, with seven locations across three states, the standards of excellence, consistency, and successful graduates continues.

## WHAT ARE YOUR PLANS FOR CONTINUED GROWTH?

To Enroll, Educate, Graduate and Place. We are dedicated to leadership in the health and beauty industry.





# Alan G. WALKER

*President of  
Upper Iowa University*

January 2012 marks 155 years since Upper Iowa University began helping men and women achieve their dreams and transform their lives through higher education. Established in 1857, UIU began with one building on a plot of land in rural Iowa and has grown today into a national and international ascending institution of higher education.

Through the use of extension activities and technology, UIU allows students the flexibility to earn a college education anywhere, at any time—yet still embodies the character and virtue of a traditional, private liberal arts university.

I am particularly pleased to serve Upper Iowa at this time in its rich history, as we have just embarked on our first-ever capital campaign, Transforming UIU. This campaign will help shape our future by providing additional funding for capital improvements, endowment, special projects, and the annual fund.

Since 2009, our Fayette residential campus has undergone \$75 million in capital improvements; is currently building a new multi-use football complex, thanks to alumni Steve and Diane Harms; and we opened new centers in Des Moines, the Quad Cities, New Orleans, and Malaysia.

We look forward to a future of ever ascending excellence. It's a great time to be a Peacock!

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1-800-553-4150 | [www.uiu.edu](http://www.uiu.edu)

# Kent HENNING

*President of  
Grand View University*

**AT GRAND VIEW, STUDENTS ARE THE FOCUS OF WHAT WE DO EVERY DAY.**

Grand View University serves nearly 2,300 students from 30 states and 15 countries. With 38 undergraduate majors and master's programs in business, education and nursing, Grand View takes advantage of its location in Des Moines to offer students internships and other experiential programs supported by the Des Moines business community. More than 800 students live on campus and are involved in 24 sports, more than 40 clubs and organizations, service learning and leadership programs.

Kent Henning, the thirteenth president of Grand View, has led the university in unprecedented growth in virtually every area, including enrollment, facilities and academic programs, since 2000. For the past several years, Grand View has been the fastest-growing private university in Iowa. Henning, who received his undergraduate degree from Wartburg College and his master of business administration degree with honors from the Fuqua School of Business at Duke University, is active on many boards and community organizations in the metro area; he currently serves as Chair of the Iowa Association of Independent Colleges and Universities.

"While it's tempting to point to our recent successes in athletics with great pride – and I do – Grand View's strength is in offering a rich and challenging academic experience to every student. Our growth and our location in Des Moines have given us the opportunity to offer a diverse and vibrant campus experience that few smaller Iowa colleges can match."

**GRAND VIEW**   
UNIVERSITY

1200 Grandview Avenue | Des Moines, IA 50316  
515-263-2800 | [www.grandview.edu](http://www.grandview.edu)  
[www.admissions.grandview.edu](http://www.admissions.grandview.edu)



# Raynard S. KINGTON

M.D., Ph.D.

*President, Grinnell College*

## **WHAT ATTRACTED YOU TO GRINNELL?**

Grinnell has a distinctive place among premier liberal arts colleges because of its pursuit of academic excellence, advancement of a diverse community, and promotion of social justice. It is that distinctive identity that drew me to this place, and I have felt at home here quickly. For those fortunate enough to attend a top-tier liberal arts college, particularly one with Grinnell's wonderful heritage, the experience can be transformative, opening pathways for students to become citizens who make a difference and improve society for the benefit of all.

## **WHAT SETS YOUR SCHOOL APART?**

Grinnell has many distinct advantages including academic rigor, high quality of teaching, and innovation and flexibility in the curriculum. The college has only one required course — the First-Year Tutorial — so each student works closely with a faculty mentor to develop a unique educational plan. Our legacy of social engagement also defines us and provides Grinnell students with valuable educational opportunities.

## **HOW DO YOU KEEP HIGHER EDUCATION AVAILABLE TO STUDENTS AND FAMILIES?**

Grinnell's need-blind admission policy means that students are admitted without regard to their ability to pay the cost of attending. Additionally, the college meets the full institutional demonstrated need of all domestic students and provides substantial financial aid for international students. Recent tuition and fee increases have been offset by corresponding budget increases in financial aid, which this year amounted to \$41 million in scholarships and grants.



**GRINNELL  
COLLEGE**

P.O. Box 805 | Grinnell, IA 50112  
641-269-4000 | [www.grinnell.edu](http://www.grinnell.edu)



# AIB ATHLETICS

## Reclaiming a Tradition

### WHY THE AGGRESSIVE EXPANSION OF AIB'S ATHLETIC PROGRAMS?

By adding basketball, volleyball, golf and cheerleading – with soccer, baseball, softball and competitive dance to come – AIB offers students a more well-rounded collegiate experience. Sports enhance school spirit, add excitement and promote college unity, attracting multi-talented students and heightening interest among alumni and community members. AIB is an associate member of the Midwest Collegiate Conference (MCC) in the National Association of Intercollegiate Athletics (NAIA).

### WHAT'S KEY TO ESTABLISHING COMPETITIVE NEW ATHLETIC PROGRAMS?

AIB has a strong tradition of athletics. From 1929 to 1952, AIB's powerhouse women's basketball team was known nationwide. Now AIB programs are led by seasoned coaches who are well-known throughout the sports community, and recruits include first-team All-State high school players and experienced community college transfers.

*From left: Women's Basketball Coach Jerry Kindhart; President Nancy Williams; Soccer Coach Brandon Ermels; Vice President for Student Life and Athletic Director Terry Wilson; Volleyball Coach Jodi Butler; Vice President for Academic Affairs Susan Cigelman, Ed.D.; Golf/Men's Basketball Coach Tony Giannetto.*

### WHY IS AIB ATTRACTIVE TO SPORTS-MINDED BUSINESS STUDENTS?

AIB awards athletic scholarships, and it provides opportunities for immediate collegiate playing time. Athletes can earn bachelor's degrees in three years in AIB's "Degree in 3" program, or extend college time to participate in athletics for four years. AIB's more than 20 majors include Sports and Event Management – Business Administration. Students also can play in a variety of indoor and outdoor intramural sports.



AIB College of Business  
2500 Fleur Drive | Des Moines, IA 50321  
515-244-4221 | [www.AIB.edu](http://www.AIB.edu)

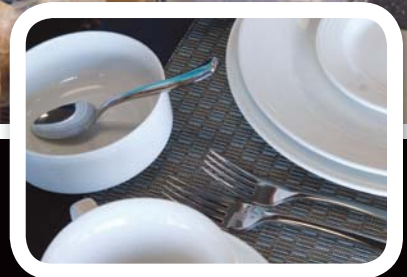
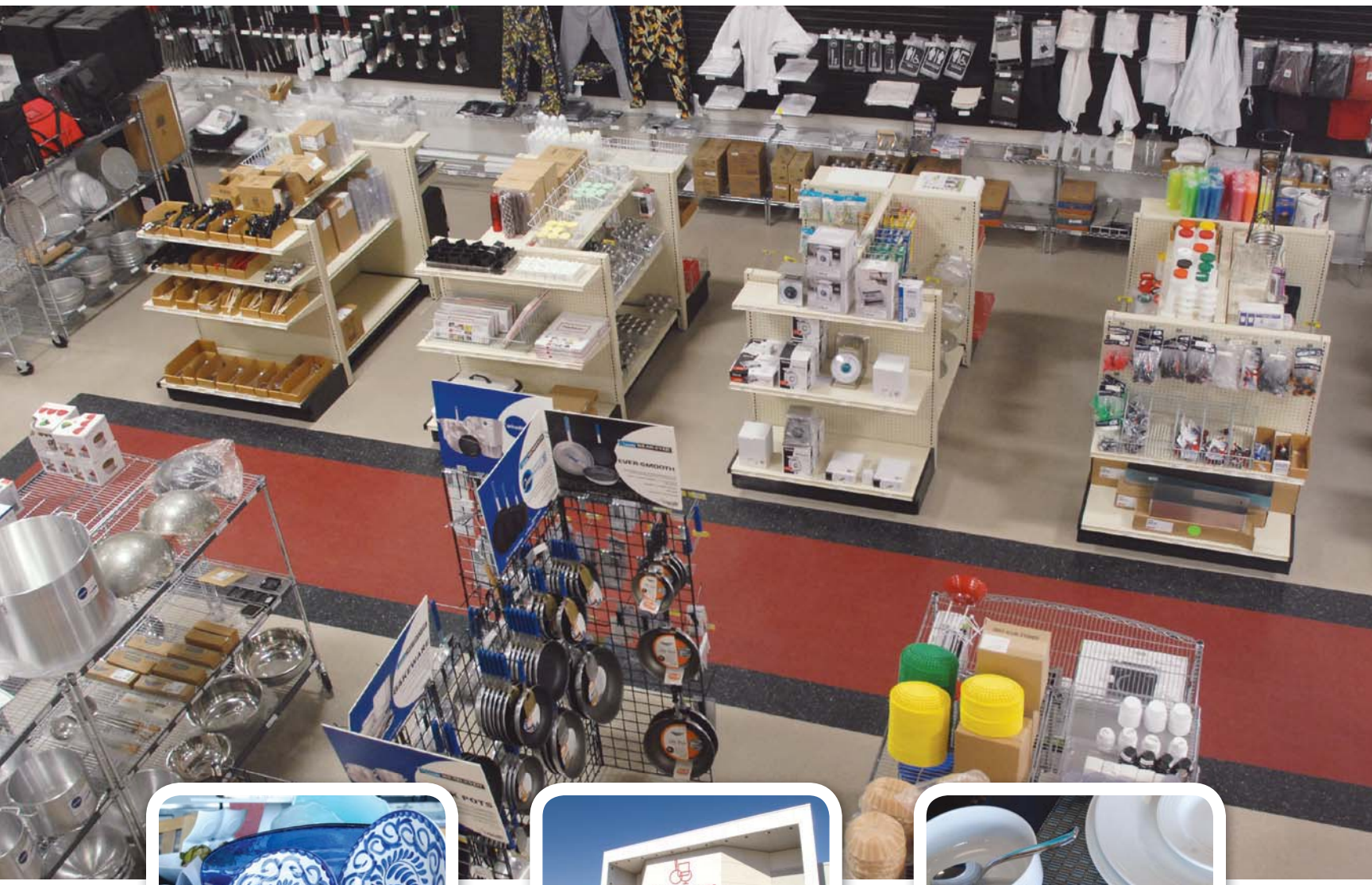
# dsm: Menu Guide

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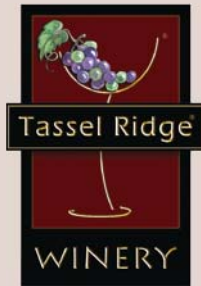
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## FROM OUR SPONSORS



**T**assel Ridge Winery focuses on producing red, white, and rosé wines that complement foods Iowans like to eat. They include big red wines that pair well with steaks and other grilled meat, white wines that complement chicken and fish, and rosés that are perfect with spicy Asian stir fries and Mexican dishes. And, our dessert wines are a perfect way to end a meal.

All Tassel Ridge wines are made at our Winery in Leighton, Iowa, and many are made from grapes grown in our Mahaska County vineyards.

Look for Tassel Ridge wines the next time you dine out.



**T**he local Des Moines restaurant scene is thriving and Hockenbergs is proud to be an integral partner helping create your dining experiences for over 100 years.

Hockenbergs specializes in layout and design services, new and used equipment, small wares, and disposables. With new restaurants opening this year like Jethro's Jambalaya and BBQ, The Cheese Shop of Des Moines, and NYC Pizza to established restaurants like Skips, Felix & Oscars, and Waterfront Seafood Market, Hockenbergs provides the commercial quality products these restaurants require and the experience they rely on. Hockenbergs is open to the public and with eight locations in the Midwest. When you need it, Hockenbergs has it.

# dsm Menu Guide

Special Advertising Section

Featuring:

**SPLASH**

**JETHRO'S BBQ**

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**LUNA**

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**DJANGO**

# SPLASH

seafood  
bar & grill

303 locust...downtown des moines  
515.244.5686...splash-seafood.com

# happy hour

monday, tuesday  
wednesday, thursday,  
friday, saturday...  
4:30-6:30...9:00-close  
in the lounge...  
in the oyster bar

## \* 2 for 1 oysters

### on the 1/2 shell\* ...

daily selections from the cold clear waters of puget sound, british colombia, connecticut, long island, and nova scotia

### moscow\* ...

horseradish cream and black and red caviar

### rockefeller\* ...

broiled with bacon, caramelized onions spinach, and hollandaise

### bienville\* ...

broiled with shrimp, mushrooms and bacon

### shooter\* ...

with vodka and spicy tomato juice

## \$5 cocktails

pain killer...greyhound...caribbean dream...

key lime mojito...cucumber margito...

margarita...cosmopolitan...dirty martini...

splash martini...sensual chocolate martini

## \$5 appetizers

### splash crab cake...

lobster sherry cream sauce

### kung pao shrimp...

spicy sweet chili with roasted peanuts

### cioppino...

san francisco style with mussels, shrimp, and clams

### p.e.i. mussels...

roasted with garlic butter

### cocktail platter...

gulf shrimp and alaskan king crab with cocktail sauce

### sesame tuna\* ...

seared with wasabi, pickled ginger, seaweed and wonton

### grilled calamari...

wakame, cucumber, carrot, scallion, miso turmeric vinaigrette

### bbq shrimp...

bacon wrapped with chipotle bbq sauce served over slaw

### arancinis...

gorgonzola cream sauce

beet chips...jalapeno goat cheese



# NOW WORLD FAMOUS!!!



As seen on the **Travel Channel's**  
**MAN vs FOOD**

**Men's Health Magazine**  
**MANLIEST RESTAURANT**  
**MIDWEST**

**Better Homes & Gardens Magazine**  
**FAVORITE BBQ**

*America's 100 Best BBQ Restaurants*



**Jethro's BBQ**  
**n' Jake's**  
**Smokehouse Steaks**  
Your Altoona Neighborhood Sports Bar

## SLOW SMOKED STEAKS!!!

NO AUSTRALIAN OR TEXAN SPOKEN HERE. THESE STEAKS ARE CORN FED, IOWA RAISED, USDA CHOICE MEAT, HICKORY SMOKED OVER A CAMPFIRE AND BROILED TO PERFECTION IN OUR 1600 DEGREE JETHRO N' JAKE'S FIRE MACHINE—THE HEAT SEALS IN THE JUICES AND FLAVORS. ALL OUR STEAKS ARE SEASONED WITH BLACK PEPPER, SALT AND FINISHED WITH A TOUCH OF SMOKED GARLIC



**Jethro's BBQ**  
**n' Jambalaya**  
Your Waukee Neighborhood Sports Bar

**Jethro's is now serving**  
**all your favorite Cajun**  
**Creole Creations!!!**

## CAJUN & CREOLE FAVORITES

### Chicken & Sausage Gumbo

A spicy Cajun classic. Start with dark roux and vegetables. Jasper adds a heaping helping of andouille sausage & smoked chicken, a pile of steaming white nice rice and corn bread muffin.

### Shrimp Jambalaya

Jasper starts with fresh vegetables & ripe plum tomatoes, slowly simmers them with Buster's Big Bad Shrimp, Jethro's smoked andouille sausage & nice rice to make this Creole Casserole.

### Crawfish Etouffe

The French finally got it right... Jasper's rich, thick, smothering Creole crawfish gravy, ladled over a pile of steaming white nice rice. This will take you down... back to the French Quarter.

### Red Beans and Nice Rice

A Louisiana tradition. Our pot of red beans spends all day simmerin' on the stove with Jethro's smoked andouille sausage, pit ham, thick cut bacon & Jasper's herbs & spices. When the beans are tender & creamy we ladle them over a pile of steamed white nice rice.

**Open Everyday for Lunch and Dinner...Brunch on Saturday's and Sunday's**

**DRAKE**

3100 Forest Ave.  
515.279.3300

**ALTOONA**

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515.957.9727

**WAUKEE**

9350 University Ave.  
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JOIN OUR NIGHTLY CELEBRATION OF FOOD, WINE & MEMORABLE TIMES

**APPETIZERS**

- FRENCH ONION SOUP baked with gruyère and parmesan cheeses
- ROASTED MUSHROOM RAVIOLI portobello and shiitake mushrooms, porcini butter sauce
- LUMP CRAB LOUIS WRAPS butter lettuce, avocado, bacon, egg, tomato
- TENDERLOIN CARPACCIO° caper creole mustard sauce and red onion
- SWEET CHILE CALAMARI lightly breaded and tossed with sweet chile sauce
- WICKED CAJUN BARBECUE SHRIMP marinated with a flair of garlic and spices
- SHRIMP COCKTAIL jumbo shrimp, Grey Goose infused chipotle horseradish cocktail sauce
- SEARED AHI TUNA° on a fresh vegetable salad with spicy mustard sauce
- JUMBO LUMP CRAB CAKES roasted red pepper and lime butter sauce
- CHILLED SEAFOOD TOWER° for 2 or more  
lobster, shrimp, crab and seasonal selections, with traditional accompaniments

**SMALL PLATES**

- SLICED FILET MIGNON° on shiitake risotto, chili oil, drizzled with porcini butter
- JUMBO SHRIMP SCAMPI SKEWERS chimichurri dipping sauce, avocado citrus salad
- NEW ZEALAND PETITE LAMB CHOPS° pistachio-mint pesto, "F17" sauce, polenta fries
- AHI TUNA SKEWERS° wasabi aioli, sweet tomato vinaigrette, homemade wonton chips
- NEW BEDFORD SCALLOPS° meyer lemon-honey glaze, baby carrots, green beans, asparagus
- FILET MIGNON SKEWERS° gorgonzola-bacon fondue, mozzarella and sweet tomato salad
- FLEMING'S LOBSTER TEMPURA soy-ginger dipping sauce, arugula, jicama and apple salad

**SALADS**

- FLEMING'S SALAD candied walnuts, dried cranberries, tomatoes, onions and croutons
- THE WEDGE crisp iceberg lettuce with grape tomatoes, red onions and blue cheese
- FRESH MOZZARELLA & SWEET TOMATO drizzled with balsamic vinegar, olive oil, fresh basil
- CLASSIC CAESAR hearts of romaine, fresh parmesan, croutons baked with whole-grain mustard

**SIDES**

- FLEMING'S POTATOES our house specialty with cream, jalapeños and cheddar cheese
- BAKED POTATO plain or loaded
- MASHED POTATOES blue cheese, parmesan peppercorn or roasted garlic
- HALF AND HALF double-cut shoestring fries and our signature onion rings
- CHIPOTLE CHEDDAR MACARONI & CHEESE smoked cheddar and leeks
- SAUTÉED OR CREAMED SWEET CORN
- SAUTÉED OR CREAMED SPINACH
- GRILLED HIGH COUNTRY ASPARAGUS seasoned with olive oil, salt and pepper
- SAUTÉED MUSHROOMS fresh button and portobello sautéed in butter with whole garlic
- ROASTED BABY CARROTS tossed with golden raisins and toasted california mission almonds
- SAUTÉED FRENCH GREEN BEANS shiitake mushrooms, porcini essence

**MEAT**

- MAIN FILET MIGNON°
- PETITE FILET MIGNON°
- LITE FILET MIGNON° served with Fleming's potatoes
- PRIME RIBEYE°
- PRIME BONE-IN RIBEYE°
- PRIME NEW YORK STRIP°  
peppercorn, béarnaise, chimichurri and madeira sauces served with steaks upon request

*Fleming's* **NEW CLASSICS**

- PORCINI RUBBED FILET MIGNON° center cut, grilled high country asparagus spears, gorgonzola cream sauce
- PEPPERCORN STEAK° prime new york strip, cracked black and white peppercorns, proprietary "F17" steak sauce on the side

- NAGLE VEAL CHOP° broiled to perfection, béarnaise sauce
- DOUBLE THICK PORK RIB CHOP° julienne of apples and jicama, apple cider and creole mustard glaze
- DOUBLE BREAST OF CHICKEN° baked in a white wine, mushroom, shallot and thyme sauce
- STEAKHOUSE COBB SALAD° filet mignon or north atlantic lobster, blue cheese, bacon, avocado, egg and tomato, with tarragon ranch or red onion balsamic vinaigrette dressing

**SEAFOOD**

- ALASKAN ROCK PETRALE SOLE crab beignets, lemon butter sauce
- BARBECUE SCOTTISH SALMON FILLET° slow roasted mushroom salad, barbecue glaze
- NORTH ATLANTIC LOBSTER TAILS with drawn butter
- ALASKAN KING CRAB LEGS with drawn butter

**PRIME RIB DINNER° — AVAILABLE ON SUNDAYS**

Prime rib served with a trio of sauces. Includes your choice of The Wedge, Fleming's or Caesar salad, one side dish and dessert.

**DESSERTS**

- CHEESECAKE new york style cheesecake with a graham cracker crust, blueberry sauce and white chocolate shavings
- CHOCOLATE LAVA CAKE rich chocolate cake with a molten chocolate center of belgian chocolate, served with vanilla ice cream and chopped pistachios
- CRÈME BRÛLÉE creamy tahitian vanilla bean custard served with fresh seasonal berries
- WALNUT TURTLE PIE homemade caramel, walnuts and chocolate baked in a chocolate pie crust
- CARROT CAKE three layer cake with cream cheese frosting topped with a drizzle of dark rum caramel
- FRESH BERRIES & CHANTILLY CREAM
- ICE CREAM & SORBETS

150 South Jordan Creek Pkwy., West Des Moines Reservations 515-457-2916 [www.FlemingsSteakhouse.com/DesMoines](http://www.FlemingsSteakhouse.com/DesMoines)

° Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. These items may contain raw or undercooked ingredients. © 2011 Fleming's Prime Steakhouse & Wine Bar.

**Prix Fixe – \$37**

**Starters**

- Mussels + Clams.** *messina style with white wine, butter + tomatoes*  
**Wild Mushroom Potage.** *creamy mushroom soup baked with crispy pastry*  
**Escargot.** *with garlic lemon cream + toast points*  
**Grilled Romaine House Salad.** *with bacon, white cheddar, tomatoes, onions, crushed croutons + dijon vinaigrette*  
**Spinach Salad.** *with strawberries, red onion, candied walnuts, goat cheese + white balsamic vinaigrette*  
**Charcuterie.** *a rotating selection of artisanal cured meats + cheeses*

**Entrees**

- Caldillo.** *chilean consomme with fresh vegetables + grilled halibut brochette*  
**Polenta Batonette.** *with shaved grana padano + sauce arrabiata*  
**Hanger Steak Frite.** *with root vegetable fries + maytag butter*  
**Seared Duck Breast.** *with chive gnocchi + dijon cream*  
**Bone in Pork Chop.** *with white cheddar spaetzle + chasseur sauce*  
**Tandoori Chicken Thighs.** *with lemon scented jasmine rice and cilantro puree*

**Desserts**

- Pecan Pie.**  
**Baklava.** *with cumin honey*  
**Honey Lemon Creme Brulee.**  
**Toffee Bread Pudding.** *with cinnamon ice cream*

**Lunch:** 11- 3 M-F

**Dinner:** 5:30 - close W- F + every other Sat.

**Brunch:** 11 - 2 Sat.



# Caché Bake Shoppe is Des Moines' one-stop-confectionery shoppe for all events, weddings, birthdays, anniversaries, occasions, office gatherings, gestures, or just your everyday sweet tooth satisfaction.

## WEDDINGS

Your special day is all about the things you love, why not have your cake reflect that? At Caché, they create a centerpiece that reflects your love, passion, and personality as a newlywed couple... along with tying together the theme, colors, and "feel" of your once-in-a-lifetime occasion.

## CATERING

Whether it's traditional or innovative, you define your wants and needs and Caché will execute a delectable work of art toothsome and impressively palatable to your guests. From corporate to home entertaining, think Caché.

## EVENTS

Observable occurrence events, small events, large events, extraordinary occurrence events, reoccurring events, every day events....make your event a Caché Event.

## MAKE YOUR DAY A CACHÉ DAY!

### CAKES

6" - \$18

8" - \$25

10" - \$35

12" - \$50

Custom decorated cakes - start at \$45

Tiered cakes - start at \$85

Smash cakes - \$10-25

Wedding cakes - \$3.50/person

### CAKE BALLS

\$1.25 ea

### CHEESECAKE

8" - \$30

11" - \$40

Pinups - \$3.50 ea

Custom Cheesecakes start at \$45

Sculpted Cheesecakes start at \$50

Tiered Cheesecakes start at \$50/tier

CHEESECAKE BITES - \$1.25 ea

COOKIES - \$1.25 ea

CUPCAKES - \$1.75-\$2.50

SINFUL DELIGHTS (turtle bites) - \$2.00 ea

TRUFFLES - \$1.50 ea

(all prices are starting prices, flavor and decorations may alter price)



2233 NW 111th St. Clive IA 50325  
www.cachebakeshoppe.com  
515.278-4900 Caché Bake Shoppe



## Brewpub Features

### Happy Hour:

Monday-Friday 4 pm-6 pm  
Friday & Saturday 11 pm-1 am

### Firkin Steak Night

Monday 4 pm-10:30 pm

### Sunday Funday

45¢ Wings  
11 am-10:30 pm

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MON - FRI  
3pm-6pm

BRUNCH BUFFET  
SAT & SUN  
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Braised beef short ribs, Sweet potato mash, Spicy Tobasco bbq, Tropical Salsa



## MAC & CHEESE

House baked mac & cheese, Rich white, cheese sauce, Truffle Oil, Herbed bread crumbs



## BONE-IN RIBEYE

Grilled Bone-in Ribeye, Sweet potato mash, Seared brussels sprouts, Peppered berry sauce

## TEMPURA SHRIMP COCKTAIL

Tempura battered Shrimp, Spicy cocktail sauce, Soy spiked tartar



## CHAMPAGNE SALAD

Mixed greens, Sliced Pears, Dried cranberries, Bleu cheese, Champagne vinaigrette



sbrowine.com  
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## Chef Andrew Meek / About The Chef

Two-time James Beard Award Finalist for Best Chef Midwest  
Named top 100 Farm to Table Chef by Gourmet Magazine / 4 Stars from  
Datebook Diner / Nominee for Anthony Bourdain's Golden Clog Award

### Lunch / Mon-Sat / 11am-2pm

Soups / Salads / Sandwiches / Entrees  
Full menu under \$10 / Fresh & local  
ingredients / Private meeting spaces  
available

#### A Sample From the Menu

Niman Ranch Tenderloin  
hand breaded & tenderized / onion / pickle

Fish Tacos  
corn tortilla / blackened fish / chipotle  
mayo cole slaw / black bean salad

Niman Ranch Picnic Burger  
prime grade ground beef / choice of cheese  
kaiser bun / onion / lettuce

**sip.share.  
savor.**

### Dinner / Mon-Sat / 4pm-10pm

Social Plates / Small Greens / Soups  
Entrees / Collaboration with local farms  
Walking distance to Downtown Des Moines  
Greatest Attractions, including The Civic  
Center / Private Party Space Available  
Reservations Recommended

#### A Sample From the Menu

Pan Seared New Bedford Scallops  
cauliflower puree / caramelized Maui onions  
watercress / apple cider syrup

Seared La Belle Farms Foie Gras  
whipped yukons / rhubarb-demi

Pan roasted Fox Hollow Farms Duck Breast  
medium rare / duck confit / shiitake & tart  
cherry risotto / duck demiglace

Braised Duroc pork ossobuco  
pork shank / bacon mashed potatoes  
green beans / braising liquid

## Catering & Private Events

Private dining room available on site / No room rental fees / Specialized menus  
We can make your event special!

**Coursed dinners** / appetizers / soup or salad / entrees / desserts / up to 40 guests

**Cocktail parties** / assorted appetizers / full bar available / accommodates up to 55 people  
Customize your event / Wine tastings Cheese & chocolate pairings / Dessert bar Call today to  
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## APPETIZERS

CALAMARI FRITTI	\$8.99
BRUSCHETTA CLASSICO	\$6.99
CRAB AND LOBSTER DIP	\$8.99
BACON WRAPPED DATES	\$7.99
JUMBO LUMP CRAB CAKES	\$9.99
MUSSELS IN TOMATO-GARLIC BROTH	\$9.99
TOMATO MOZZARELLA CAPRESE	\$7.99 L • \$8.99 D

## PIZZA & STROMBOLI

CHICKEN PICCANTE PIZZA	\$9.99
SAUSAGE PIZZA	\$9.99
MEDITERRANEAN PIZZA	\$8.99
MAINE LOBSTER PIZZA	\$12.99
MARGHERITA PIZZA	\$8.99
PEPPERONI & MUSHROOM STROMBOLI	\$9.99
SAUSAGE & CHEESE STROMBOLI	\$9.99

## SOUPS & SALADS

SHERRY TOMATO SOUP	\$4.99
CHICKEN FLORENTINE SOUP	\$4.99
LOBSTER CORN CHOWDER	\$5.99
HOUSE SALAD	\$4.99 • \$7.99
CAESAR SALAD	\$5.99 • \$9.99
SPINACH SALAD	\$5.99
ROASTED BEET & ARUGULA SALAD	\$7.99
WEDGE SALAD	\$5.99
MESSINA SALAD	\$5.99

### LUNCH HALF & HALF

Your choice of two of the following items. \$8.99

- Bowl of Soup - Unlimited refills.  
(Lobster Corn Chowder additional 50¢)
- Half Salad - House, Caesar, Spinach, Wedge or Messina. Unlimited refills.
- Half Sandwich.

CHOPPED CHICKEN SALAD	\$11.99 L • \$12.99 D
VENETIAN CHICKEN SALAD	\$11.99 L • \$12.99 D
FILET MIGNON SALAD	\$14.99 L • \$15.99 D
GRILLED SHRIMP COBB SALAD	\$13.99 L • \$14.99 D
SEARED SALMON SALAD	\$13.99 L • \$14.99 D

## PASTA

	LUNCH	DINNER
LASAGNA BOLOGNESE	\$10.99	\$13.99
FETTUCINI WITH LOBSTER	\$12.99	\$15.99
ZITI AL FORNO	\$11.99	\$14.99
PENNE SARDI	\$10.99	\$13.99
CHICKEN CANNELLONI	\$10.99	\$14.99
SHRIMP & CRAB CANNELLONI	\$12.99	\$16.99
CAPELLINI DI MARE	\$12.99	\$16.99
BUTTERNUT SQUASH RAVIOLI	\$11.99	\$13.99
FARFALLE ALFREDO	\$10.99	\$13.99
SPAGHETTI AND MEATBALLS	\$10.99	\$12.99
RIGATONI ALLA TOSCANA	\$10.99	\$13.99
RIGATONI ALLA BOLOGNESE	\$10.99	\$13.99
RAVIOLI QUATTRO FORMAGGI	\$10.99	\$13.99
SPAGHETTI MARINARA	\$8.99	\$10.99

## SANDWICHES & PANINI

AVAILABLE AT LUNCH ONLY

All sandwiches served with our old-fashioned cucumber & onion salad and your choice of french fries, sweet potato fries or homemade chips.

BIAGGI'S CLUB	\$8.99
SMOKED TURKEY AND AVOCADO	\$8.99
PRIME RIB AND THREE CHEESE	\$9.99
TENDERLOIN SLIDERS	\$9.99
CHICKEN AND GOAT CHEESE PANINI	\$8.99
SMOKED TURKEY PANINI	\$8.99

## CHEF'S SPECIALTIES

CHICKEN PARMESAN	\$11.99	\$14.99
EGGPLANT PARMESAN	\$9.99	\$13.99
VEAL PARMESAN	-	\$17.99
SAITH ALLA SARDINIA	\$12.99	\$17.99
POTATO-PARMESAN CRUSTED TILAPIA	\$10.99	\$14.99
STUFFED PORK LOIN	\$10.99	\$15.99
GARLIC SHRIMP OREGANATA	-	\$15.99
SALMON & SHRIMP MILANESE	\$13.99	\$18.99
CHICKEN MARSALA	\$11.99	\$14.99
CHICKEN PIEMONTESE	-	\$14.99
GRILLED CHICKEN PIETRO	\$11.99	\$14.99
GRILLED PORK CHOPS WITH PARMESAN-GORGONZOLA BUTTER	-	\$16.99



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LUNCH | DINNER | CARRY OUT | DELIVERY to 50309, 50211, 50312, 50315, 50321  
 MON. - THURS., 11 A.M. - 10 P.M. | FRI. - SAT., 11 A.M. - 11 P.M. | SUN., 11 A.M. - 9 P.M.

## APPETIZERS

- Boursin Bruschetta** 9.50  
*Roma tomato, fresh mozzarella, basil, onion and garlic, served with melted boursin on South Union Baguette*
- Cheese Bread** 6.50  
*South Union Focaccia topped with parmesan and mozzarella*
- Fried Green Pepper Rings** 7.50  
*Hand-breaded, served with marinara*
- Onion Rings** 8
- Toasted Cheese Ravioli** 8  
*Hand-breaded, fried, served with marinara*
- Cheese Sticks** 8.50  
*Hand breaded, served with marinara*
- Grilled Gorgonzola** 8.50
- Polenta Cakes** with wild mushroom
- Spinach and Artichoke Dip** 9.50  
*Served with South Union Baguette*
- Stuffed Portabella** 9.50
- Mushroom** with vegetables and feta
- Boursin Stuffed Mushrooms** 8.50
- Fried Calamari** 10.50
- Shrimp Diavolo** 21 / 11.75  
*Sautéed with spicy chilé butter, tomato and mushrooms, with toasted baguette*

## PIZZAS

- Margherita** 13.75  
*Tomato sauce, fresh basil, Roma tomato and fresh mozzarella cheese*
- Formaggio** 13.75  
*Tomato sauce, Parmesan, asiago and mozzarella cheese*
- The Joe** 15.75  
*Italian sausage, roasted red peppers, hot peppers, fresh basil, mozzarella cheese and tomato sauce*
- Chicken Pesto Pizza** 15.75  
*Chicken, bacon, basil pesto, red onion and Roma tomato*
- Build Your Own Pizza** 11.75  
*With tomato sauce and mozzarella.*  
*Add toppings / \$1 each*  
*sausage, pepperoni, chicken, bell pepper, onion, mushrooms, bacon, olives, extra cheese, fresh basil, hot peppers, meatballs, Roma tomato, roasted red peppers, capicola, pineapple*

Two prices indicate a full portion and a petite portion are available.  
 An 18% gratuity will be added to parties of 8 or more.

## SOUP AND SIDE SALADS

- Potato Pepper Jack** cup 4.25 / 6.50
- Tomato Bisque** cup 4.25 / 6.50
- Caesar Salad** 4.25
- House Salad** 4.25  
*Creamy Balsamic, Caesar, Blue Cheese, Roasted Garlic Vinaigrette, Raspberry Vinaigrette, Ranch, Champagne Vinaigrette, Creamy Parmesan*

## ENTREE SALADS

- Roasted Pear and Walnut Salad** 11.75  
*With mixed greens, red onion, gorgonzola and champagne vinaigrette*
- Spinach Salad** 10.50  
*Spinach with warm bacon dressing, tomato, feta, red onion and croutons*
- Caesar Salad** 9.50  
*Romaine hearts tossed with Caesar dressing, parmesan and croutons*
- Raspberry Chicken Salad** 13.75  
*Mixed greens with raspberry vinaigrette, almond and pecan encrusted chicken, dried cherries, feta*
- Grilled Salmon Salad** 13.75  
*Mixed greens, garlic vinaigrette, tomato, cucumber, red onion and pine nuts*
- Steak Salad\*** 14.75  
*Mixed greens, balsamic dressing, sliced sirloin, gorgonzola, onion and bacon*

*Add chicken, salmon or shrimp to any salad / \$3 each*

## SANDWICHES

- Sandwiches are served with soup, fries or small salad*
- Meatball Sandwich** 9.50  
*Baked in a hoagie with marinara sauce and mozzarella cheese*
- Bistecca** 10.50  
*Sliced roast beef, roasted red pepper, tomato and mozzarella cheese on grilled South Union Country Italian*
- Italian Sausage Sandwich** 9.50  
*Italian sausage patty topped with roasted red pepper and mozzarella on grilled South Union Ciabatta*
- Half Pound Cheeseburger\*** 9.50  
*Cooked to order, with choice of American, Swiss, mozzarella or blue cheese, served on a South Union bun. Add bacon, sautéed onion or mushrooms / \$1 each*

*All of the following entrees are served with a cup of soup or a side salad*

## PASTA

- Pasta of the Day** 15.75
- Meatball Lasagna** 15.75  
*Layers of meatballs, spinach, mozzarella, parmesan and ricotta cheese, topped with marinara sauce*
- Manicotti** 15.75 / 12.75  
*Ricotta, mozzarella and parmesan cheese topped with marinara sauce*
- Hand-Made Ravioli** 15.75  
*Seven cheese or beef ravioli topped with marinara or Alfredo sauce*
- Smoked Chicken Penne** 17  
*Smoked chicken, mushrooms and roasted red peppers, tossed with sundried tomato cream sauce and penne pasta*
- Ricotta Gnocchi** 17  
*With classic Bolognese sauce of beef and pork, topped with fresh mozzarella*
- Wild Mushroom Risotto** 15.75  
*Creamy risotto with wild mushrooms, garlic and parmesan cheese*
- Build Your Own Pasta** 14.75 / 11.75  
*Pick your pasta, sauce and meat, topped with parmesan cheese and fresh herbs*  
*Pasta: spaghetti, fettuccini or penne*  
*Sauce: marinara, Alfredo, garlic-white wine*  
*Meat: sausage, meatballs, chicken, shrimp (shrimp is an additional \$3)*  
*Additional ingredients / \$.50 each*  
*spinach, mushrooms, green olives, black olives, bacon, basil, tomato, bell peppers, roasted red pepper, onion, broccoli, banana peppers, fresh spinach*

## SEAFOOD

- Mahi Mahi** 20  
*Almond and pecan encrusted and pan-fried, with sundried tomato cream sauce, garlic mashed potatoes and sautéed vegetables*
- Grilled Salmon** 19  
*With lemon butter sauce, steamed broccoli and creamy risotto*
- Shrimp Scampi** 20  
*Sautéed with butter, shallot, garlic and white wine, served over a bed of fettuccine*
- Sea Scallops** 23.25  
*Fried with crispy prosciutto, served with a basil pesto fettuccini*

## BEEF AND PORK

- New York Strip\*** 25.25  
*14oz strip with garlic parmesan mashed potatoes and sautéed vegetables*
- Pizziola Style New York Strip\*** 28.50  
*Topped with sautéed red onions and gorgonzola cheese*
- Filet Mignon\*** 26.25  
*8oz bacon-wrapped filet with sautéed vegetables and garlic mashed potatoes*  
*Add shrimp scampi / \$4.25*
- Steak de Burgo\*** 26.25 / 20  
*Twin 4oz tenderloin medallions, topped with garlic butter cream sauce and mushrooms, served with sautéed spinach and garlic mashed potatoes*
- 14oz Angus Sirloin\*** 19 / 15.75  
*With gorgonzola cream sauce, served with sautéed spinach and mushroom risotto*
- Italian Chops** 18 / 13.75  
*Two breaded boneless chops, with butter and garlic, topped with roasted red peppers, served with sautéed vegetables and garlic mashed potatoes*

## CHICKEN

- Chicken Florentine** 18  
*Chicken breast, rolled with ricotta, parmesan and mozzarella cheese, topped with spinach Alfredo sauce, served with steamed broccoli and fettuccini*
- Chicken Piccata** 18 / 13.75  
*Chicken breasts with capers, garlic, artichokes, lemon juice, served over sautéed spinach and fettuccini Alfredo*
- Chicken Saltimbocca** 18 / 13.75  
*Scaloppini of chicken in white wine and garlic, with artichoke, prosciutto, fresh sage, fettuccini Alfredo*
- Chicken Parmesan** 17 / 12.75  
*Sautéed breaded chicken breasts, with marinara and mozzarella, with a side of spaghetti and meatballs*
- Chicken Marsala** 18 / 13.75  
*Chicken breasts sautéed with mushrooms, served with fettuccine Alfredo*
- SIDE ORDERS**
- Garlic Parmesan Mashed 3.25
- Meatballs and Marinara 4.25
- Mushroom Risotto 4.25
- Sautéed Vegetables 4.25
- Sautéed Spinach 3.25
- Steamed Broccoli 4.25
- Spaghetti with Marinara 3.75
- Fettuccini Alfredo 4.25
- Gorgonzola Polenta Cake 3.25

\*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of food borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.

# SUNDAY BRUNCH



**JOIN US  
FOR  
BRUNCH!**

**10AM - 2PM  
SUNDAYS**

## APPETIZERS

- Crab Cakes** 11.99  
Served with celery root rémoulade and rouille
- Django Onion Rings** 4.99/8.99  
Thin cut onion rings with rouille and curry ketchup
- Poutine** 6.99/11.99  
Braised beef, mushroom onion hash, Milton Creamery cheese curds and demi glace over house fries

## SOUPS & SALADS

- Add chicken, salmon or crab cake to any salad 4/5/6
- Onion Soup Gratinée** 6.50
- Tomato Artichoke Bisque** 3.99/5.99
- Soup du Jour** 3.99/5.99
- Django Salad** 4.99/9.99  
House mixed greens with shaved fennel, radish, Roma tomatoes, red onion and cucumber tossed in classic vinaigrette and topped with feta cheese
- House Caesar** 4.99/9.99  
Crisp romaine, croutons and classic Caesar dressing topped with Manchego cheese

- George's Garden Chicken Salad** 14.99  
Seasonal greens, tomato, cucumber, red onion, smoked bacon, bleu cheese, hearts of palm and grilled chicken breast with buttermilk herb dressing

- Tuna Niçoise Salad** 14.99  
Pan-seared ahi tuna, green beans, potatoes, Roma tomato, cucumber, hard boiled egg, Niçoise olives, fennel, radish, red onion and anchovies over mixed greens with classic vinaigrette

## BREAKFAST

Served with choice of breakfast potatoes with peppers and onions, fresh fruit or hand-cut French fries

- Django Breakfast** 8.99  
Two eggs any way served with bacon or house made sausage and South Union toast

- Bananas Foster French Toast** 9.99  
Challah French toast with caramelized bananas, bourbon maple syrup, toasted pecans, and whipped cream

- Steak and Eggs** 12.99  
5 oz hanger steak with two eggs any way, red wine sauce and South Union toast

- Eggs Benedict** 10.99  
Two poached eggs and Niman Ranch ham on top of South Union ciabatta bread, topped with béarnaise sauce

- Benedict Florentine** 10.99  
Two poached eggs, spinach and tomato, on top of South Union ciabatta bread topped with béarnaise sauce

- Le Breakfast Burger** 11.99  
House ground burger with ham, cheddar cheese, bacon and a fried egg served on a South Union croissant

- Quiche Lorraine** 8.99  
Quiche with house cured bacon, caramelized onions and Swiss cheese

## OMELETS

Served with choice of breakfast potatoes, fresh fruit or hand-cut French fries

- Classic French Omelet** 8.99  
Swiss cheese and fresh herbs served with South Union toast

- Niman Ranch Ham and Cheese** 9.99  
Ham, Swiss cheese and béarnaise sauce served with South Union toast

- Fromage a Trois Omelet** 9.99  
Swiss, parmesan and gorgonzola cheese with spinach served with South Union toast

- Feature Omelet** 8.99  
Ask your server about today's chef selection, served with South Union toast

## STEAK FRITES

Served with hand-cut French fries and choice of au poivre, bleu cheese, béarnaise or bordelaise sauce. Additional sauce \$1 each

- 10 oz Hanger Steak** 15.99

- 7 oz NY Strip Steak** 15.99  
NY Strip served open faced on South Union country bread

## BURGERS

Our burgers are ground fresh daily and served on artisan a South Union bun with lettuce, tomato and red onion with choice of daily soup, tomato artichoke bisque, onion soup \$3, salad, hand-cut French fries or onion rings \$1. Add smoked bacon to your burger \$1

- Le Cheeseburger** 9.99  
With choice of white cheddar, Swiss or gorgonzola cheese

- Le Royale with Cheese** 10.99  
With white cheddar cheese and a fried egg on top

- Le Bleu Burger** 10.99  
With French bleu cheese sauce

- Burger au Poivre** 10.99  
With brandy peppercorn sauce and Swiss cheese

- The Burger Rossini** 15.99  
With foie gras, truffles, sauce bordelaise and Swiss cheese

- George's Veggie Burger** 10.99  
Grilled veggie burger with white cheddar, mayo and Django onion rings

- Mushroom Faux Poivre Burger** 10.99  
Portobello mushroom with Swiss cheese and vegetarian au poivre sauce

## SANDWICHES

Served with choice of daily soup, tomato artichoke bisque, onion soup \$3, salad, hand-cut French fries or onion rings \$1

- California Club Panini** 9.99  
Grilled chicken, smoked bacon, avocado, bleu cheese and mayo on South Union country bread

- Croque Madames "French Ham & Cheese"** 10.99  
Ham, Swiss cheese and Dijon mustard on South Union country bread, finished with béchamel sauce and a fried egg

- Grilled Cheese (for grown-ups)** 7.99  
White cheddar and Swiss cheese with mushroom onion hash and truffle oil on South Union country bread

## CREPES

- Wild Mushroom Crepes** 11.99  
Three crepes filled with wild mushrooms, goat cheese and spinach topped with roasted red pepper béchamel

- Crepes Madames "French Ham & Cheese"** 11.99  
Two crepes filled with Niman Ranch ham and Swiss cheese, topped with béchamel sauce and a fried egg

- Crepes Django** 9.99  
Five crepes topped with bourbon maple syrup, house cured bacon, toasted pecans and whipped cream

## PASTAS AND ENTREES

- Chicken & Bacon Penne** 12.99  
Grilled chicken breast, bacon, Swiss cheese, red onion and tomato with parmesan cream sauce

- Spinach & Goat Cheese Ravioli** 12.99  
Hand-made ravioli tossed with fresh thyme, tomato and béchamel sauce

- Macaroni Gratin** 11.99  
Baked macaroni with Swiss cheese, Niman Ranch bacon, topped with toasted bread crumbs

- Grilled Salmon** 13.99  
Grilled salmon filet over roasted potatoes with house vegetables and béarnaise sauce

## BEVERAGES

House cocktails and other beverages

- Django Bloody Mary** 8  
Vodka, house bloody mary mix, celery and a loaded skewer garnished with a poached shrimp  
Add house oyster \$1 / Add beer chaser \$2

- Le Petite Bloody Mary** 5  
Vodka, house bloody mary mix and celery

- White Peach Bellini** 9  
Risqué sparkling, peach liquor, white peach puree

- Pink Grapefruit Cocktail** 9  
Ruby red vodka, Aperol, grapefruit juice and a sugared rim

- Blood Orange Mimosa** 9  
Pierre Sparr sparkling and blood orange puree

- The Colonel** 9  
Peychaud's soaked sugar cube, Pierre Sparr sparkling and a lemon twist

- Premium Orange Juice** 3/5/9  
glass, ½ carafe, full carafe

## À LA CARTE

- South Union Toast** 1.99

- House Made Pecan Sticky Buns** 5.99  
(limited supply)

- Fresh Fruit** 2.99

- Hand-cut French Fries** 2.99/4.99

- House Made Sausage or Smoked Bacon** 1.99

- Breakfast Potatoes** 2.99  
with peppers and onions

- Croissant with Fig Jam** 3.99

**EGGS  
BENEDICT**

**BURGERS**

**FRENCH TOAST**

**MIMOSAS**

**SANDWICHES**

**STEAK  
FRITES**

**ONION SOUP  
GRATINÉE**

**SALADS**

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# Tassel Ridge® 2009 Iowa Marquette

**Savor** the aromas of dried figs,  
blackberry, and baking spices.

**Taste** the hints of blackberry,  
plum, dark chocolate, and  
white pepper.

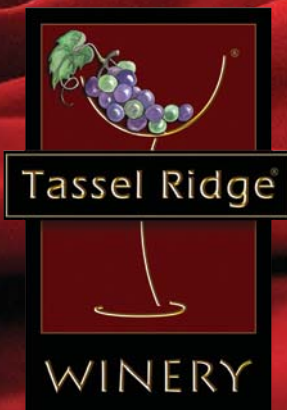
**Pair** this balanced,  
dry red wine with  
steak or prime rib.

**Serve** at room  
temperature.



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Tassel Ridge wines are sold at the winery and over 400 retailers in Iowa. For a complete list of retailers visit [www.tasselridge.com/retail](http://www.tasselridge.com/retail). Order wine by telephone at 641.672.WINE (9463). We offer shipping within Iowa and to select states. Adult signature required for receipt of wine.



Tassel Ridge 2009 Iowa Marquette... *Simply Extraordinary™*

## wick's dish

WRITTEN BY WICKER VAN ORSDEL

**W**ow, 2011 went by about as fast as a Kardashian marriage! Before the Holi-DAZE and fall events become another vague souvenir, I want to flash on several highlights of the latest doings that help make Des Moines so exceptional.

The Des Moines Community Playhouse's spooktacular **Hollywood Halloween** featured a parade of clever costumes. My favorites were **Connie Boesen**, who could have passed for Johnny Depp in her Edward Scissorhands get-up, and **Larry Stelter, Mike Hubbell and Lou Schneider**, who were *adorable* as Diana Rosses of the *Supreme Court*.

The **Festival of Trees and Lights** is *the* signature event for Blank Children's Hospital. The affable **Rich Willis**, the masterly auctioneer for the past seven years, has helped raise about \$500,000 in that time. Now that's some *ever-green*! Baconfest "hogged" all the fun when a table to that event was auctioned off, which came with a year's supply of bacon and a limousine ride to and from the fest.

Since its inception in 2007, **Bras for the Cause** has outdone itself every year. This colorful and creative event has raised more than \$750,000 for mammograms and related services. It was such wild fun, and this year, the all-male organization Testies for Breasties included **Allyn Dixon, Adam Emmenecker and Nick Miller**, who were handsome shirtless devils.



What would Des Moines be without **Jeff Chelesvig**, who brings such great theater to our burg! It was awesome to sit in the second row with **Eileen Gannon** and sisters **Bebe, Annie, and Maureen** for opening night of "Wicked." I needed a sock in my mouth to keep from singing along! The follow-up **Wicked Night Out** event at the Civic Center of Greater Des Moines' Stoner Theater was a special treat of talent from the "Wicked" cast. **Scott Dean and Mark Matteo** were the lucky winners of backstage passes and walk-on roles in a "Wicked" performance.

It was great to ring in the holiday season with many merry parties: **Janis**

and **John Ruan** hosted a cocktail buffet at the World Food Prize Hall of Laureates to celebrate its completion. It is truly a world-class venue; what a great addition to Des Moines. Thanks, Janis and John! Sleigh bell fever was running high at the annual Knapp holiday party at **Bill and Susan Knapp's** beautiful home in Waukee. So many trees were aglow; it was dazzling. **Arland Petersen and Rosalie Gallagher** have chauffeured me to this fun party for the last three years (which I so appreciate) so I can say "howdy" to friends I haven't seen in months—like **Mariann and Terry Moss, Sheri Horner, and Angela and Tom Connolly**—and enjoy the fabulous buffet. The Variety—The Children's Charity holiday party hosted by **Molly Young and Britt Baker** at their Powder River Ranch in Norwalk was an extravaganza. Of course, every **Reynolds** (of Variety fame) was in attendance. One of my not-to-be-missed parties is the Eggnog Bash at the home of **Gloria and Bob Burnett**. Bob holds court and ladles out his killer artery-choking nog, while Gloria masterfully orchestrates the fun.

More fun events are brewing in the winter wings. As this issue goes to press, I'm looking forward to the Bravo Gala, Variety's Black Tie, Baconfest, Chinese New Year parties, the Variety Telethon and Valentine's Day soirees. As you can see, I'll have a hard time staying home!

*Check out more doings around town on Wicker's "Wick's Dish" blog on the dsm website: [dsmMagazine.com](http://dsmMagazine.com). ■*

# rsvp

## BRAS FOR THE CAUSE BRAS FOR THE CAUSE GALA

### Date

Nov. 5, 2011

### Venue

The Meadows at Prairie Meadows

### Main Attraction

Silent auction

### Unique Touch

Katie Couric video and Beauty and the Beast competition

### Bottom Line

\$12,000

### Photos

1. Richard Deming, Stacey Voynov, George Voynov, Sheila and Robert Goebel
2. Bill Beltri, Laura Welch
3. Lt. Gov. Kim Reynolds, Loretta Sieman
4. Wanda Barkdoll, Jenna Carney, Steph Girard, Daphane Trevillyan, Paige Sanders, Marcia Munger, Linda Moore, Steph Kempf, Kitte Noble
5. Linda and Rus Hamilton
6. Julie Stewart, Maryann Kimbal



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## DSM MAGAZINE UNVEILING

### Date

Oct. 25, 2011

### Venue

La' James International College, Johnston

### Unique Touch

Students provided complimentary massages and the massage chairs were full the entire time.

### Music

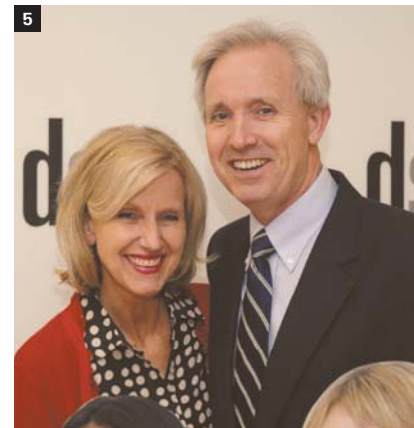
Time Well Wasted featuring Jessica Hummel and Sarah Nemitz

### Food

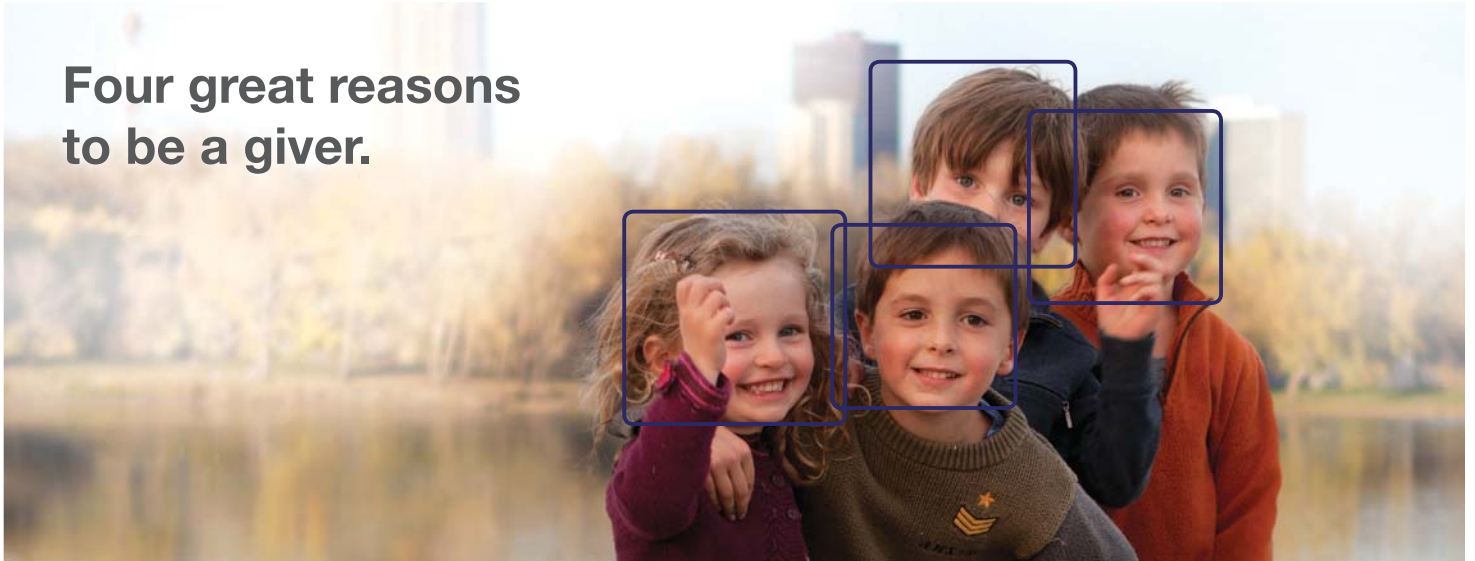
By Heather Wood

### Photos

1. Cynthia Becher, Stephanie Wood, Cindy Hummel
2. Mark Trost, Shawnie Denucce
3. Ryan Kolder, Jacob Moyer, Jenny Moyer, Krista Gorche, Liz Nead
4. Liz Lidgett, Nick Renkoski
5. Deb and Kevin Flagg
6. Jacki Bosley, Kelsi Ziemann, Jolene Hull, Andrea Otterman



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## DSM MAGAZINE FASHIONATION

### Date

Oct. 1, 2011

### Venue

Tuscany Event Center, Urbandale

### Main Attraction

Gorgeous local men and women modeled local fall fashion favorites, making for an event with a hot runway and cool crowd.

### Unique Touch

Mercedes Benz and BMW of Des Moines presented the show, with hair and make-up provided by La' James International College, food by Food with Flair, all hosted by Tuscany Event Center.

### Photos

1. Allyn Dixon, Lucas Bunning
2. Kenedi and Judi Kligopoulos
3. Cheryl Hayes, Becky Cooper, Char Hobson, Pepper Ricci
4. Stephanie and Hal Wilson
5. Anne Happel, Liz Tomlinson
6. Megan Kaniuk, Tony Bennum, Ashley Haager





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## DES MOINES METRO OPERA OVERTURE

### Date

Nov. 10, 2011

### Venue

Moberg Gallery

### Main Attraction

Metropolitan Opera star John Moore performed.

### Photos

1. Cathe Wilson, Frank Brownell
2. Jeanne and Jim O'Halloran
3. Bill and Nancy Main, Pamela Bass-Bookey, Harry Bookey
4. Karol and Lauren Nickell
5. Steven and Barbara Cappaert
6. Kim, Ethan, Larson and Anthony Udrovich

Photos by Jen Golay



the list

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KAHN  
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## DES MOINES COMMUNITY PLAYHOUSE HOLLYWOOD HALLOWEEN

### Date

Oct. 28, 2011

### Venue

West End Architectural Salvage

### Main Attraction

Costume party, auction, dancing

### Unique Touch

Parade of Playhouse costumes, tables decorated by local designers

### Food

Hors d'oeuvres and sweets catered by Mary Miller

### Music

Final Mix

### Bottom Line

\$31,000

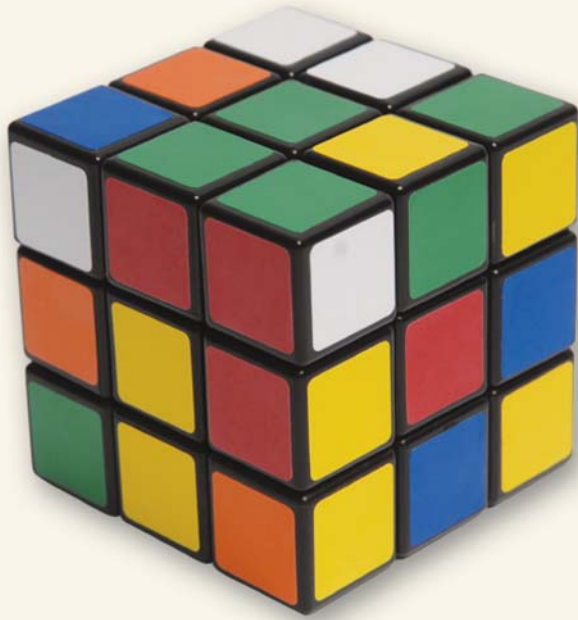
### Photos

1. Sherryl and John Viars
2. Derek Peterson, Elizabeth Klinge
3. Lee Ann Bakros, Steve Berry, Jessica Thornton
4. Emily Abbas, Jonathan Brendemuehl
5. Nikki Syverson, Megan Grandgeorge
6. Lindsay Trabing, Alisa Roth, Brent Heemsker, Adam Emmenecker

Photos by Steve Gibbons



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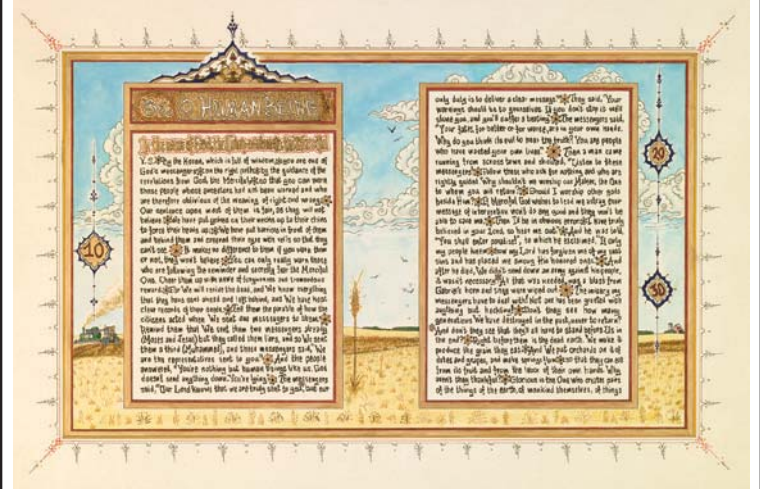
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Sandow Birk, *American Qur'an Sura 36 (a & b)*, 2005. Gouache, acrylic, and ink on paper. Falconer Gallery, Grinnell College Art Collection. Marie-Louise and Samuel R. Rosenthal Fund.

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# rsvp

## DES MOINES UNIVERSITY 2011 GLANTON SCHOLARSHIP DINNER

### Date

Oct. 6, 2011

### Venue

Prairie Meadows

### Main Attraction

Suku Radia was honored for his commitment to diversity and education in the community.

### Bottom Line

\$255,000

### Photos

1. Thaddeus Franklin, Margaret and Leo Hough
2. Michael and Linda Witte, Steven and Linda Berry
3. Former Gov. Bob Ray, Willie Glanton, Billie Ray
4. Francis Colston, Gov. Terry Branstad
5. Suku Radia, Steve Zumbach

Photos by Rich Sanders



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# rsvp

## DES MOINES SOCIAL CLUB FUNDRAISING DINNER

### Date

Dec. 1, 2011

### Venue

Rollins Mansion

### Food

Mojos on 86th, Sbrocco, Kirkwood Lounge, Centro, Django, Creme Cupcake, Proof and Catering by Cyd

### Special Touch

Decor by Divine Flowers by Saley

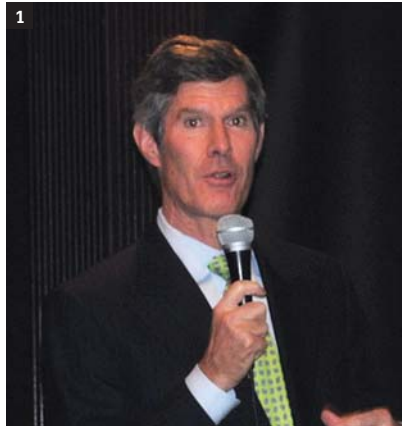
### Music

Max Wellman Trio

### Photos

1. Fred Hubbell
2. Zachary Mannheimer
3. Mona and Chris Draper, Christine Collinet
4. Becky Sheilds, Jeff Fleming
5. Nick and Lizz Nichols
6. Jami and Aaron Graves
7. Connie Newlin, Deb Conlin Anderson

Photos by A Thousand Words Photography



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## BLANK CHILDREN'S HOSPITAL FESTIVAL OF TREES AND LIGHTS GALA

### Date

Nov. 22, 2011

### Venue

Polk County Convention Complex

### Main Attraction

Kickoff of the holiday season with beautiful trees

### Unique Touch

Ice blue aqua and red decor set the tone for the holidays.

### Music

Roosevelt High School's Bridges2Harmony

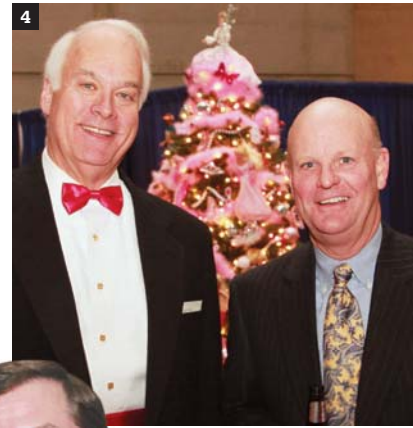
### Bottom Line

\$85,000

### Photos

1. Ainsley and David Stark, Denny and Barb Linderbaum, Stan Reynolds
2. Robbie, Ken, Thomas, Katie and Cyndi Bonus
3. Terry Greenley, Fran Fleck
4. Toby Joseph, George Milligan
5. Shawn Burke, Lisa and John Kenworthy

Photos by Chris Maharry



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## MERCY HOSPICE ART OF LIFE

### Date

Oct. 13, 2011

### Venue

Moberg Gallery

### Food

Red China Bistro

### Photos

1. Wendy and Lou Waugaman
2. Theresa Britt, Richard Deming
3. Susan Hatten, Amber Alley, Lauren Denison
4. Randy Hamilton, Bruce Hughes
5. Doug Parks, Marcia Young
6. Mark and Gail Stelmacher, Debbie Avitt

Photos by Anna Jones



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## SPECIAL OLYMPICS IOWA SUPER PLUNGE

### Date

Nov. 12, 2011

### Venue

Big Creek State Park

### Main Attraction

Fifteen SUPER Plungers jumped into Big Creek Lake once an hour for 24 hours.

The word SUPER stands for Some Unbelievable Plungers Enter Repeatedly.

### Bottom Line

A total of \$50,000 to benefit Special Olympics Iowa athletes

### Photos

1. Cassie Marvin, Kiley Spoth, Kellie Wong, Peri Benna, Taylor Steinfeldt, Rachel VanWyk, Haley Urness, Peyton Steinfeldt, Jennifer Zoutte, Amanda Veenestra
2. Michelle Heston
3. Elizabeth Gronert, Claire Strutzenberg
4. Barry Rhinehart, Rod Rhiner
5. Jill Olsen, Jake Cameron, Megan Crouch
6. Back row: Tyler Palmer, Matt Mertens, Cody Poffenberger.  
Front row: Jeff Foster, Vikki Palmer, Leesa Shoemaker



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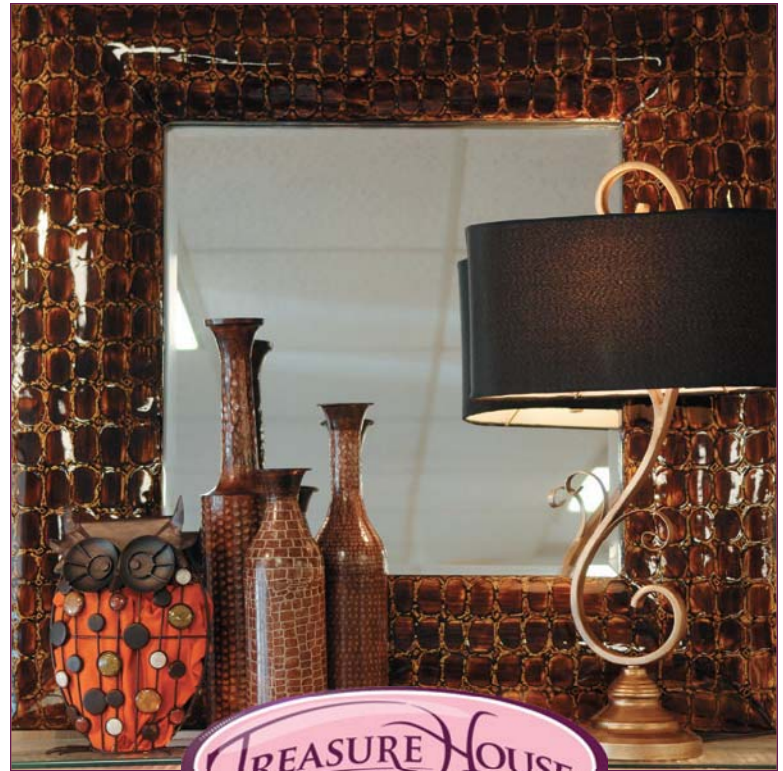
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## DES MOINES ART CENTER POSH PICNIC GALA

### Date

Sept. 24, 2011

### Venue

Des Moines Art Center

### Main Attraction

The event honored Melva Bucksbaum's many contributions to the Art Center and to the community.

### Unique Touch

The cocktail hour was held on the rooftop of the Art Center's new Museum Services Center.

### Food

Taste to Go Catering & Events

### Music

Del "Saxman" Jones and Final Mix Show Band

### Photos

1. Sarah and Zach Mannheimer
2. Mary and John Pappajohn
3. Laura Palmer, Liz Lidgett, Lindsey Mollenhauer
4. Melva Bucksbaum, Alan Zuckert
5. Ellen Hubbell, Mary Kelly
6. Louis and Lois Fingerman, Charlotte Elmets, Kimberly Shadur

Photos by Eric Salmon



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# rsvp

## DSM MAGAZINE SAGES OVER 70

### Date

Nov. 8, 2011

### Venue

The Temple for Performing Arts

### Main Attraction

The first-ever event honored eight of the metro's most respected men and women who have had a lasting impact on Greater Des Moines over the decades.

### Unique Touch

A special fund was established at the Community Foundation of Greater Des Moines to recognize the Sages' legacy of giving.

### Photos

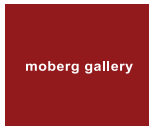
1. Grant Woodard, Andera Jansa
2. Terri Woods, Clarence Key Jr.
3. Valerie Griffis, Renee Hardman, Willie Glanton, Valeska Buie
4. Lisa Kruidenier, Kristi Knous
5. Marj and Miles Luchtenburg
6. Ed Kenny, Stan Thurston, Fred Weitz



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# rsvp

## MERCY FOUNDATION GILEAD CIRCLE CEREMONY

### Date

Oct. 27, 2011

### Venue

Mercy Medical Center-West Lakes

### Music

Steve Charlson and John Krantz—  
jazz duo, Susan Voss—soloist

### Photos

1. Peter and Mary Cownie
2. George and Deb Milligan
3. Steve Chapman,  
Mary and R.W. Nelson, Shannon Duval
4. Charlene and Don Lamberti
5. John and Janis Ruan
6. Shannon Cofield, Chris Littlefield

Photos by Paige Peterson Connolly



PUMPKIN armchair by Pierre Paulin.

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# rsvp

## UNITED WAY OF CENTRAL IOWA TOCQUEVILLE SOCIETY CELEBRATION

### Date

Nov. 3, 2011

### Venue

Bill and Susan Knapp's Red Barn at  
the Bluffs

### Main Attraction

Presentation of 2011 Tocqueville Society  
Award to Cara Heiden

### Food

Cocktails and hors d'oeuvres by Taste  
To Go Catering & Events

### Photos

1. Jill and Mark Oman
2. Steve Lacy, Bill Knapp
3. Tom Rupperecht, Pamela Heagle,  
TeAnna and Paul Rupperecht
4. Clark and Chris Bening
5. Ann and Steve Flood
6. Lori Iles, Carole Reichardt,  
Adele Zieser, Cathy Lacy, Erin Rundall



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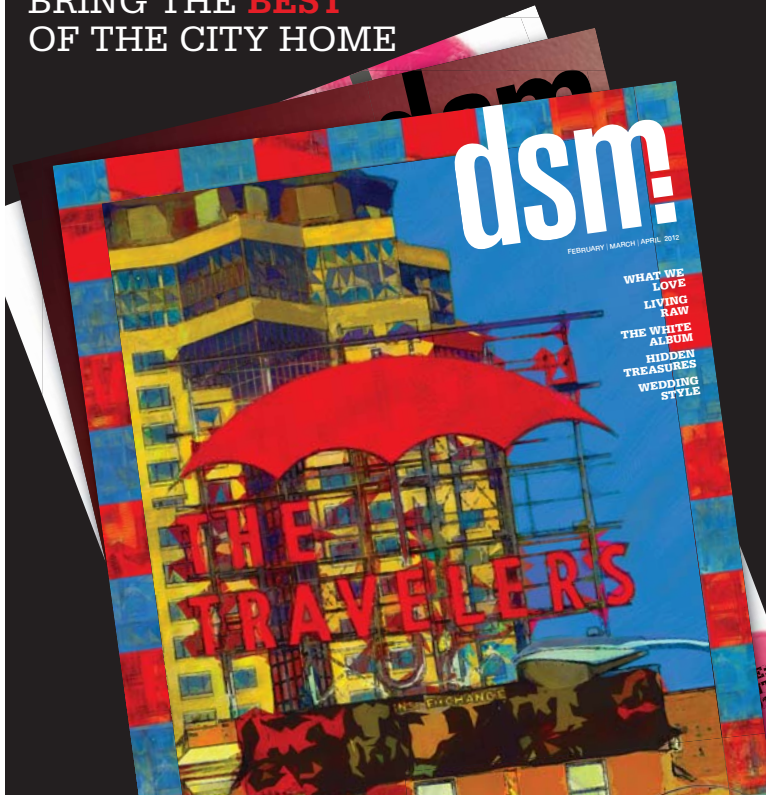


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# rsvp

## CIVIC CENTER OF GREATER DES MOINES LA CAGE AUX FOLLES LAUNCH PARTY

### Date

Oct. 12, 2011

### Venue

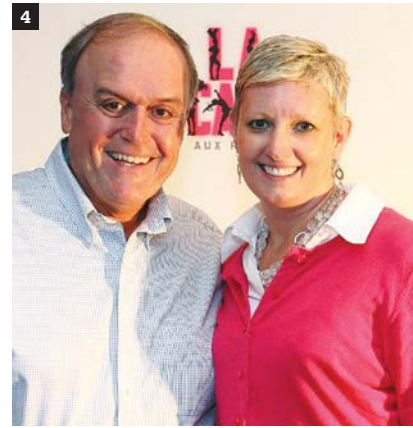
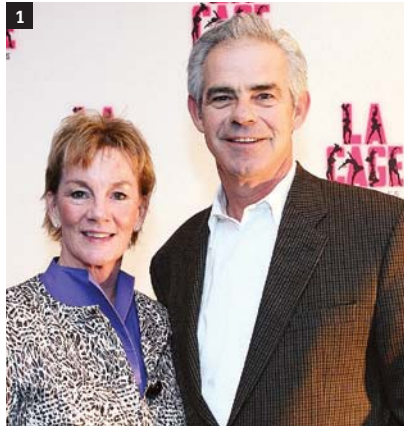
Splash Seafood Bar & Grill

### Main Attraction

The Civic Center of Greater Des Moines celebrated the opening of the national Broadway tour of “La Cage aux Folles” starring George Hamilton and Christopher Sieber with a lavish opening night party at Splash Seafood Bar & Grill. The cast and company of “La Cage,” Civic Center members, board of directors and special guests attended.

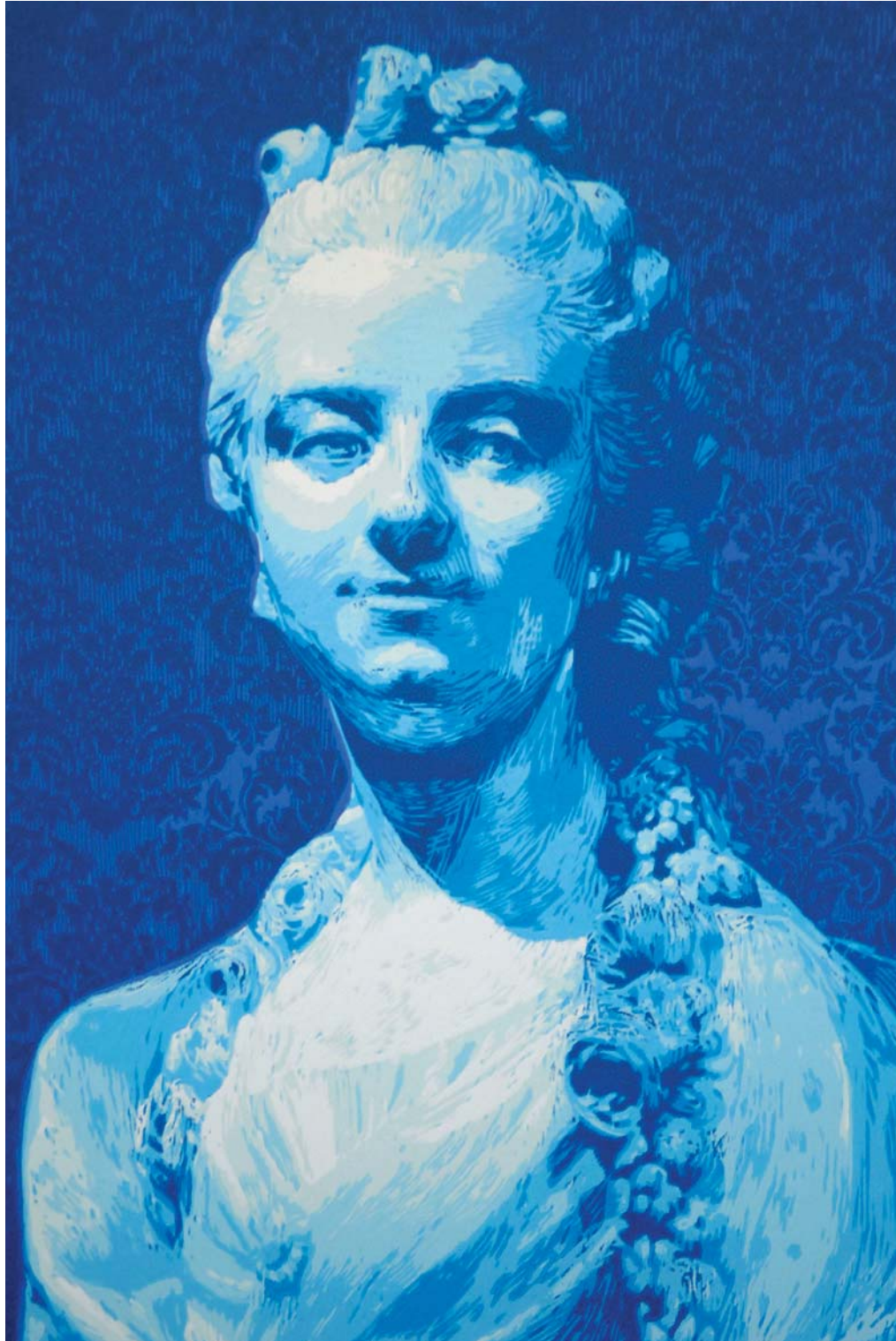
### Photos

1. Mary Lou and Gerry Neugent
2. Emma and Mary Stier
3. Sheila and Tom Stevens
4. Doug Mayo and Leslie Bryant-Mayo
5. Jim Usgaard, Becky Knutson
6. Doug and Deborah West
7. George Hamilton, Bruce Gerleman, Christopher Sieber



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## showcase



"The Learned Woman," by Catherine Dreiss, woodcut (2009). The work is part of series based on portrait busts of women from the court of Louis XIV. More information: [moberggallery.com](http://moberggallery.com).

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