

Liz Lidgett  
Liz Lidgett Fine Art  
1719 Grand Ave. #38  
Des Moines, IA 50309

December 15, 2014

Des Moines Business Record  
100 4<sup>th</sup> Street  
Des Moines, IA 50309

Dear Forty Under 40 Committee,

It is my pleasure to recommend Eric West for the Des Moines Business Record's Forty under 40 honor.

Eric is proud to be from Des Moines and is a wonderful advocate for our city. After going to college in Colorado and traveling the world, he came home to create his business. Eric is the founder and director of business development of E3 Work Therapy Services. His company provides work therapy to those that have been injured on the job and preventative therapy. E3 Work Therapy Services helps workers get back on the job sooner and safer.

In addition, in 2010 he wrote and published the book "Truck". His quarter-life crisis memoir details his experience as a truck driver for one year. It is beautifully written and was the runner-up at the Indie Awards for Memoir of the Year.

Talented in many areas, he lends these talents to the community as a board member for the Des Moines Art Center's Art Noir and Rotary Club of Greater Des Moines. Eric was in my small group in last year's class of the Des Moines Leadership Institute. After getting to know him there, I knew he would be a perfect candidate when an open spot on the Art Noir board arose. The other board members could see that clearly as well, and he has since become an integral part of the organization. He is the type of guy that is quietly getting things done while others are patting themselves on the back. He is the type of smart, hard worker than any board would welcome with open arms.

We are lucky to have Eric in Des Moines. As a business leader and volunteer, he is a wonderful candidate for Forty Under 40.

All my best,

A handwritten signature in cursive script, appearing to read "L. Lidgett".

Liz Lidgett