

WEST DES MOINES
JORDAN CREEK

APRIL 2025

Living

Homes

AWAY FROM HOME

Local families share experiences
hosting foreign exchange students

Pan fried catfish
RECIPE

Meet Lindsay Grosse
EDUCATION

Design the new WDM Public Library cards
LIBRARY

PSRST STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

C E L E B R A T I N G

125

YEARS OF BLESSINGS, BUILDING FOR THE FUTURE!



Easter Sunday, 1949



Original church location



Shelter gathering

HELP MAPLE GROVE RAISE MONEY TO REFURBISH & REBUILD.

In 1989, David Smith and Robert Russell built a shelter house and later on dedicated it in memory of Irene Cramer. For years, the shelter hosted events, uniting the community. Sadly, a derecho destroyed it in 2022, but the spirit of Maple Grove remains strong.

This summer marks the 125th anniversary of Maple Grove Church, and a celebration will be held on June 29th, featuring activities in the morning and a service later.

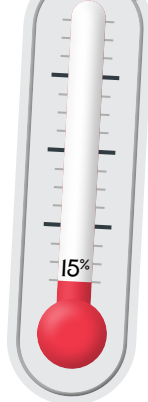
To refurbish the Historic Church and rebuild the shelter before the celebration, Maple Grove Church is raising \$50,000.

Want to help? Scan the QR code to donate today and support this cause!



Shelter remains from 2022 derecho winds

\$50,000



**DONATE
TO OUR
GOFUNDME
PAGE**



Support us reaching our goal!



www.maplegroveiowa.org

9155 Ashworth Rd, West Des Moines | 515.987.4002

125 YEARS OF FAITH

March 6, 1900

Incorporated as a Methodist Episcopal Church

July 8, 1900

Original church is built

1906

50 class members Mrs. Ellen Cassatt was class leader and Loren Burt was superintendent.

1910

Basement addition

1937

Cover to the basement added

1947

Dr. Maurice Cramer starts Midnight Chirstmas Services

1949

Kitchen addition is built

1976

David Smith constructs the cross on the front of the church with 100 year old walnut wood. The plaque is created by Joe Cunningham

1989

Smith and Robert Russell build the shelter house

2025

Celebrating 125 years

2022

The shelter house is destroyed by a derecho

WELCOME

WHY DO Norwegians have bumps on the backs of their heads?

Imagine being a teenager and spending the bulk of one of your teenage years in another country where you didn't know a single person, had never been to a single place, and could barely speak the language. For most teenagers — including me — that would have been unthinkable. Meanwhile, students from around the globe are foreign exchange students and are thankful for the memorable opportunities and lifelong friendships.



I have been fortunate to know one of them. His name is Jone Helgeson, and he was from Norway. He lived with a family in my hometown, and we spent our senior year of high school together.

I got to know Jone as we both ran on our high school cross country team. He took his running very seriously. I was there mostly to lose a few pounds before wrestling season. As such, he didn't fully appreciate the myriad of practical jokes I played on him during the season, most of which happened in the locker room, and I can't write about them here.

I did share many of my favorite Norwegian jokes with Jone, most of which were simply Pollock jokes I converted. My most favorite, and his least favorite, asked why Norwegians had bumps on the backs of their heads. The answer, of course, was because the toilet lid always hit them on the head when they would get a drink of water. "Stupid American jokes," he would tell me.

I thought Jone should feel what it was like to go 125 mph on a county blacktop. Looking back, this clearly wasn't a wise decision. Fortunately, we made our way through it safely. The look on his face? That was great. Jone having to change his underwear? Not so great.

When the winter season rolled around, Jone decided to join the wrestling team. He had never wrestled before, so this was entertaining in itself. The highlight of the season for him, though, was an exhibition match when he tied up with a foreign exchange student at a nearby school who was from France. It was a back and forth match, but Jone won, and he — and the crowd — went nuts. This was during a time when the "Rocky III" movie was in theaters, and Jone looked and acted the part of Rocky Balboa, at least a Norwegian version.

Jone became a good friend, albeit for a short time. I regret that we have not stayed in touch. I haven't thought about him in years, but writing this column inspired me to reach out. And, of course, I asked, "Do you know why Norwegians have bumps on the backs of their heads?"

I am eagerly awaiting his reply. ■

SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Martha Munro
Advertising Account Executive
515-953-4822 ext. 314
martha@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

Experience senior living
at it's finest



Walnut Ridge | Mill Pond

Independent and assisted living apartments are now available at two of Iowa's finest senior living communities — Walnut Ridge in Clive, Iowa and Mill Pond in Ankeny, Iowa. Start your journey toward a supportive lifestyle in a Presbyterian Homes & Services senior living community, today!

Walnut Ridge



Newly renovated apartments | Refreshed common areas | Updated amenities

For more details, scan the QR code, visit walnut-ridge.seniorliving-phs.com or call 515-457-1111.

Mill Pond



**Beautiful grounds | On-site rehab services
Private movie theater**

For more details, scan the QR code, visit mill-pond.seniorliving-phs.com or call 515-964-2273.

 **presbyterian
homes & services**
freedom to live well®

Senior Apartments | Assisted Living
Memory Care | Long Term Care

Equal housing opportunity. All faiths welcome. © 2025 Presbyterian Homes and Services

Homes

AWAY FROM HOME

Local families share experiences
hosting foreign exchange students

By Jackie Wilson

The decision to host a foreign exchange student can come with a myriad of worries. Will the student want to eat the food we make? Will everyone get along? How will we keep the student entertained? Will he or she get homesick? However, many of those who decide to give it a try find their fears to be unfounded as they gain an appreciation of the student's homeland and culture, see their own country from a new perspective and build bonds that endure. Local residents share their stories about the adventure of being a host family.

On one outing, Ava and Alli Khoo enjoy smoothies with their German exchange student, Merle.

FEATURE

German student

The Khoo family of West Des Moines hosted 15-year-old Merle from Wetter, Germany, in 2024.

Merle (pronounced Merla) came through the German exchange program for a two-week experience. Alli Khoo, 14, is a student at Waukee Timberline who is now in her fourth year of taking German language classes. The exchange is part of a program with Waukee Northwest High School.

Alli says she had the option to study either German or Spanish and wanted to learn more about the German culture. Alli's mom, Kristin Khoo, adds, "My grandma immigrated from Germany."

Students who take German can apply to be matched with German students.

Alli filled out a questionnaire and was matched with Merle based on personalities. The two communicated by video chat prior to her arrival to the U.S.

When Merle arrived, she traveled with about 25 students going to other schools in the Des Moines metro. Their American families held up signs welcoming the students after a long trip.



Because it was a late evening arrival, Alli and Ava Khoo, at left, welcomed Merle with a traditional American meal: a McDonald's Happy Meal. Next to the Khoos is their Waukee classmate, who also hosted a student.

Merle attended school with Alli, participating in various school activities and trying new classes such as an art class.

"She helped with my German class," Alli says. "She tried out some of the machines in woodworking class."

BE THE **LIFELINE** CENTRAL IOWA needs.



FIRST-TIME DONORS NEEDED

Every blood donor counts.

Every blood donation
can save up to 3 lives.

First-time donors get a
special thank-you gift.

**Your donation stays where it's needed
most—right here in your community.**



**Scan to schedule
a donation and
save local lives**

Ankeny | Downtown Des Moines
Johnston | Urbandale | West Des Moines

lifeservebloodcenter.org | 800.287.4903

They shared stories of their cultures, and the family — Alli; her mom, Kristin; her dad, T.K.; and her sister, Ava — treated her like another member of the family. Wherever they went, Merle came along.

“We picked apples. She’d never seen that before,” Alli says. “We jumped in a corn pool and picked pumpkins.”

One requirement is that exchange students be fluent in speaking English. They begin English classes in elementary school.

Alli noted several interesting differences between their cultures.

“They can drink (alcohol) and don’t have a speed limit on the autobahn. When she travels, she takes the train a lot. The sport she plays is handball.”

Merle wanted to experience American spots, including Walmart, Raising Cane’s and Crumbl Cookies.

“When she was at Crumbl, she was taking pictures and sending them to her friends back home,” Alli says, adding that attending a Halloween party was also new for Merle. “She never experienced it. They don’t do Halloween over there.”

As they discussed culture, one thing Merle noticed were various American stereotypes.

“We eat a lot of food, and our serving sizes are big in America,” Ava explains.

Both parents noticed that teens are teens no matter what country they are from.

“They love their snacks, shopping and going to Starbucks,” T.K. says. “They are on their phones all the time. It seems they were more similar than dissimilar.”

Kristin says her experience taught her about differences in people.

“We learned to be more tolerant of people and culture,” she reflects. “It’s important in today’s society to recognize that.”

Alli hopes to apply next year and go to Germany when the opportunity becomes available.

The family keeps in touch, and Merle hopes to return to the U.S. with her family.

Kristin says she treated Merle like a family member. Ava said it was nice having an “extra” sister to hang out with.

“It was sad saying goodbyes. There were lots of tears,” Kristin reflects. “We’d do it again. It’s amazing the connection we had in just a few weeks’ time. Lots of friendships were formed.”

Iowa Resource for International Service

A nonprofit for bringing foreign exchange students to Iowa has placed more than 900 students from 30 different countries over the past 25 years. The Iowa Resource for International Service (IRIS) was established 32 years ago — not only to bring students, but also adults to connect with business leaders for leadership training and volunteer efforts.

The IRIS office located in West Des Moines is headed by Executive Director Del Christensen. He has also hosted more than a dozen students at his home throughout his 30 years at IRIS.

The IRIS program coordinates the Kennedy-Lugar Youth Exchange and Study Program through the U.S. Department of State. The program started after 9/11 with a goal to expose youth to Muslim populations and show the welcoming nature of families in Iowa.

Students are placed at various Iowa schools, depending on school funding.

“Some schools might only provide for one exchange student a year due to reduced funding. Additional students are an added



broadlawns
MEDICAL CENTER

Together a Healthy Community Experience Exceptional Care at Broadlawns Medical Center

At Broadlawns Medical Center, we are more than just a hospital; we are a cornerstone of the community. For 100 years and counting, Broadlawns has strived to build a healthy community in which there is accessible, cost effective, and high-quality patient care for every individual who enters through our doors — empowering them to achieve their best health.

www.broadlawns.org

FEATURE

expense and not counted on the school's tax roll," he explains.

Christensen says students benefit from learning different cultures.

"This might be the only chance for you to meet someone from Tanzania, Morocco or Indonesia. It opens up the eyes of people living here in Iowa."

Christensen coordinates with locating Iowa families. IRIS is one of the only exchange programs that places in Iowa exclusively. Other organizations may place in different states.

"We want to keep the spirit of Iowa nice and be welcoming to them," Christensen says.

He and other staff reach out to people who are connected in the school community.

"Usually, we talk to a local church secretary, and they know everyone in town," he explains.

When a family is selected, a vetting process occurs. Adults need to go through a background check, and staff meets with families in their home. They complete an orientation with regards to managing expectations for both the student and the family.

"Families don't need to be rich. They just need an extra bedroom, a place to study and a loving home," he says.



Del Christensen, far left, with a group of Iowa Resource for International Service (IRIS) exchange students visiting local sites.

People also don't need to have kids in school to host a student.

"It's OK if families don't have kids in high school. Kids usually make that connection in the school. We've had a host family who had six kids, and we've had a widowed grandma. It runs the whole gamut."

The best cases are when exchange students feel like they are part of the family.

"Usually, the first month with the host is like a honeymoon period. Then, in a month, they feel like they're part of the family and might have their first disagreement. But that happens with any family," Christensen explains.



A+ LAWN & LANDSCAPE
The Educated Experts

CALL NOW!
515-289-2020



A+ NATURAL LAWN CARE
The Educated Experts
"Our Organic Program!"

FREE 1st LAWN APPLICATION

Call for details!

New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/25.

IRRIGATION FROM THE LAWN EXPERTS!



A+ IRRIGATION & LIGHTING
The Educated Experts

Call Now!
515-289-2020

50% OFF SPRINKLER STARTUP

New customers only. With full season program. Must pre-pay. Good up to 12 zones. Not valid with any other offer. Expires 5/31/25.

\$300 OFF ANY NEW IRRIGATION SYSTEM INSTALL

Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/25.

FEATURE

Exchange students are required to be proficient in English. Foreign students who arrive through IRIS are awarded a scholarship from their own country. Not all students get to come to the U.S., as it's a competitive process. Other programs and travel can be costly for students wanting American experiences. Christensen has traveled to Tanzania and Nigeria to complete one-on-one interviews and judge essay competitions as part of the selection process.

Students get a small stipend for school-related costs and personal expenses. Families embrace the students as just another family member with regards to expenses.

The family is encouraged to share and expose the students to the local culture on an everyday basis.

"Students love making meals from their country," Christensen says. "Their favorite food here — from every country — is always pizza."

There's no expectations with regard to taking students on spring break or other activities.

"A lot of students show up in August," he says. "They pick up the kids and go right to the Iowa State Fair. That's not necessarily



Del Christensen, executive director of Iowa Resource for International Service, with two students participating in the program.

representative of what Iowa is like, as there is so much going on. They quickly realize it's not all like the fair."

One important aspect of the student program is the opportunity to do volunteer work and bring ideas back to their home country.

"We had one student from Iraq who did a canoe float and helped clean up the Des Moines River. When he got back to his home in Baghdad, he cleaned up a river there. He sent us a video. He was so proud of what he had done," Christensen explains.

He said another family in Hampton has hosted 10 different students. Their own son is

now studying international relations in college.

"The parents have plans to visit their host children around the world once they retire," he says.

Christensen's daughter was an exchange student in France. He likes how families can embrace differences and experience other cultures.

"It's like experiencing another part of the world without the cost of flights. It's a rewarding experience and more than you can imagine by making them a part of the family. It's life-changing for both the student and family," he says. ■

LAWN NOT HEALTHY? NEED A BETTER SERVICE?

*Take your lawn to the next level
in 2025 with our custom programs!*



**Fertilization &
Weed Control**

**Pest Control &
Mosquito Control**

Irrigation Services

**Aeration &
Overseeding**

**Call Your Brilliant Experts
Today For A Beautiful Lawn
Year Round!**



www.brilliantborders.com

**Brilliant
BORDERS**

Landscape Design & Outdoor Solutions.

515.236.5214

1585 NW Vicksburg Ct, Waukee

DISCOVER THE ART OF LIVING.

Coming soon to Ingersoll!



Artesa on Ingersoll will offer a blend of historic charm and modern convenience in one of Des Moines' most desirable neighborhoods. With 52 private residences and 6 villa-style townhomes, Artesa allows you to maintain pride of ownership with a personalized home in an amenity-packed community.

- ✓ Outdoor rooftop patio & fire feature
- ✓ Grand Fireside Lobby & game room
- ✓ Business hub & shared workspace
- ✓ Solarium & Wellness Studio
- ✓ Café-style gathering space & more

JOIN US TO LEARN MORE!

**Tuesday, April 22
2:00PM at
Either/Or Restaurant
6222 Grand Ave., DSM**

**RSVP to
(515) 745-4478 or
nathan@thislifestyle.com**

*Seating is limited!
Door prizes and giveaways.
Complimentary apps
and beverages.*

Scan to learn more!



ARTESSA
ON INGERSOLL

— A LIFESTYLE COOPERATIVE —

ArtesaLiving.com

Maintenance-Free

55+ Ownership

Amenity-Rich

Built-in Social Network

NAVIGATING market volatility

Market volatility has arrived in force. The slowdown in the economy and more policy-driven volatility was the consensus expectation coming into 2025. What was not expected, however, was how much the Trump administration would lean into tariffs. During President Trump's first term, investors observed the administration delaying, reducing or even removing tariffs when the stock market expressed disapproval. It appears this new Trump administration is more committed. The resulting uncertainty in terms of where tariffs will eventually land has caused investors angst, despite potential long-term benefits such as bringing some production back onshore, enhancing national security, and raising revenue. In such an uncertain environment, it is very difficult for economists to forecast economic growth, for analysts to predict profits, and for companies to plan.

A massive amount of capital investment in artificial intelligence is still very likely to happen this year, but markets had anticipated changing regulations would spur additional business investment. Well, tariff uncertainty appears to be foiling that plan, at least for now. Add some near-term inflation uncertainty among consumers and a potential negative wealth effect (when stocks go down, consumers spend less), and the economy may slow a bit more than many had anticipated. Conditions look good enough to put recession on the backburner, but there has been



enough of a slowdown to raise recession fears.

Our first piece of advice is don't panic. Volatility is normal. It's like a toll investors must pay on the road to attractive long-term returns. The stock market corrects once per year on average (a drop of 10-19%) and has still achieved a 13% annualized return including dividends since 1980. Here's another way to think about the value of staying invested. If you miss the best day of the year — and that usually comes during volatile market environments when stocks are in a correction — your annualized return takes nearly a 4% hit. Miss the best two days of the year and the hit is nearly 7%. A recent Dalbar study revealed that investors generate returns about 5% below the overall industry because of excessive trading. Trims and adds with guardrails make sense for active investors. But going all in or all out is a recipe for falling short of your long-term investment goals. Market timing can be costly. Expectations for economic growth and corporate profits still need to come down more. And from a technical analysis perspective, we'd like to see more evidence of indiscriminate selling. When the sellers are exhausted, buyers can more easily lift the indexes. Investors are understandably anxious. We suggest fighting off the temptation to sell and let those long-time horizons work for you. As always, please reach out to your financial advisor with questions. ■

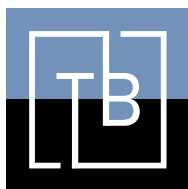
Information provided by Travis Gaule, Founding Partner/Financial Advisor, 4090 Westown Parkway, Suite 108, West Des Moines, IA 50266, 515-207-4346.



ARE YOU PUZZLED WHAT WEALTH MANAGEMENT MEANS TO YOU?

Travis can help with a comprehensive approach to your financial well-being, not just focusing on a single aspect. While investing in the stock market or contributing to retirement accounts like a Roth IRA, Traditional IRA, or 401(k) is important, true financial freedom goes beyond that. Without proper life insurance to protect your home mortgage or strategic estate planning for your later years, you risk overlooking key components of your financial future.

CALL TRAVIS TODAY to ensure that every piece of your financial puzzle fits together for long-term success.



Trust Bridge
WEALTH ADVISORS

Securities and advisory services offered through LPL Financial (LPL), a registered investment advisor and broker/dealer (member FINRA/SIPC).



Travis Gaule

Founding Partner/Wealth Advisor
515.207.4346 • Travis@TrustBridgeWA.com



TrustBridgeWA.com

4090 Westown Pkwy, Suite 108, West Des Moines

SCHOLARSHIP program awards college funds

Forty-three Iowa high school and college students have each received \$1,000 for college as part of the ISL Education Lending Scholarship.

Local winners include: Parents/Guardians - Bradford Cox, West Des Moines. In its second year, the program has now awarded \$123,000 as college savings deposits for Iowa students.

The winners were chosen from among more than 11,000 registrations from Iowa parents, high school students and college students during the fall 2024 registration period. While registering, the parents and students were able to view and interact with relevant financial literacy tips to learn more about paying for college.

"This program is designed to benefit more Iowa families, through the awards themselves and through education," said Steve McCullough, president and CEO, Iowa Student Loan Liquidity Corporation, which sponsors the scholarship under the name ISL Education Lending. "Awarding ISave 529 deposits allows the winners to use the money for education expenses when it's most suitable for them. In addition, the information provided to parents and guardians and to students helps them plan for future college financing."

The financial information provided with the scholarship is always available to the public at www.IowaStudentLoan.org. In addition, families can visit the website for additional resources and to sign up for other services, like the parent email service Student Planning Pointers for Parents.

ISL offers two registration periods each year for the scholarship, and eligible students may enter each registration period for which they meet the eligibility requirements. The spring 2025 registration period is open through March 31. Details for the ISL Education Lending Scholarship are available at www.IowaStudentLoan.org/Savings. ■

Let us help you plan your big day!



With the right floral touches, your wedding day is sure to be as beautiful and unique as your love story.

Bellflower
FLORIST & GIFTS LLC

515-410-2397

CALL US TO PLACE YOUR ORDER
Custom made flower arrangements, plants, beautiful gifts and home decor.

ORDER TODAY!
ONLINE 24/7

2251 Sunset Drive
Suite C, Norwalk, IA
Local delivery available

VETERAN OWNED



DESIGN the new WDM Public Library cards

Submissions accepted until April 30.

Calling all artists. Do you love the West Des Moines Public Library? Show your creativity and library love by designing new library cards. In celebration of National Library Week this April, we're inviting community members of all ages to submit their best designs for a chance to have their artwork featured on official, limited-edition library cards.



Our library director, Traci, will select one winning design from three different age groups: kids (0-11), teens (12-17) and adults (18 and older).

How to participate:

Pick up a blank library card template at any of our service desks or download one from our website. Use any art style or theme that showcases what the library means to you. Once your design is complete, submit it by either turning it in at one of our service desks or emailing it to us at library@wdm.iowa.gov.

Submissions are due by April 30. The winning designs will be printed on real library cards for our patrons to use, so grab your pencils, markers or digital tools and start designing today. Full eligibility and guidelines can be found on our website.

UPCOMING EVENTS

Reminder: The library will be closed on Sunday, April 20, for the Easter holiday.

Adult Craft Supply Swap

Saturday, April 26, 10:30 a.m. to 2 p.m. (Adults)

Do you have extra supplies taking up space in your home? You won't want to miss our supply swap. Drop off items on Friday to get early bird access to the swap. You can participate with or without donating supplies first. No registration required.

The Three Keys to Writing a Successful Children's Book that Sells to Publishers (and Readers)

Monday, April 28, 6:30-8 p.m. (Adults)

Award-winning author and publisher, Brooke Van Sickle, will share how to sell your children's book based on her industry insights from over 10 years. No registration required.

Teen Board Games and Puzzles

Thursday, April 29, 5:30-7 p.m. (Grades 6-12)

Board games and puzzles will be available for use in the Teen Center, but participants are welcome to bring along their own games and/or puzzles to share. No registration required. ■

The Entire Mortgage Process In One App

Apply for a home loan from Bank Iowa through the convenience of our Mobile Mortgage app.



Introducing
Mobile Mortgage
FROM BANK IOWA

- Calculate payments easily
- Securely scan & upload docs from your phone
- Message your loan officer instantly
- Get updates as you go

*Download & find a
Local lender today!*



Bank Iowa

www.bankiowa.bank | Member FDIC

Johnston
(515) 727-4484

West Des Moines
(515) 225-0710

Altoona
(515) 967-7283

Upcoming in the West Des Moines / Jordan Creek

Living magazine:

Pampered Pets: Do you enjoy pampering your pet(s)? We are looking to interview people whose cats, dogs and other animals live a life of luxury. If you are one of those spoiling their critters rotten and proud of it, reach out to be included in our May issue. We want to hear your story! Email tammy@iowalivingmagazines.com.

Cancer Survivors: In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email tammy@iowalivingmagazines.com.

WDM Elks Spring Style Show Fundraiser

Saturday, April 26, 10 a.m. to 3 p.m.
West Des Moines Elks Lodge #2752,
2060 NW 94th St., Clive

The Elks Spring Style Show will feature many fantastic vendors including K.A.B.E. & Co. clothes and accessories. Tickets are \$15 each or reserve a table for eight for \$130 or reserve a table for four for \$70. The style show starts at 11 a.m. followed by the salad luncheon at 12:30 p.m. Door prize drawing will be at 2 p.m. Funds raised will benefit Veterans Children's Christmas and other Elks approved charities and outreach.



Athene Black & Brown Business Summit

April 16-17

Sheraton West Des Moines Hotel

The West Des Moines Chamber of Commerce's fifth annual Athene Black & Brown Business Summit in April will bring everyone from entrepreneurs to seasoned professionals together in a hybrid setting at the Sheraton Hotel in West Des Moines. The Summit includes a pitch competition, breakout sessions led by top experts, Mel Essex Award Entrepreneur of the Year Award, inspirational keynote speakers and more. The goal is to help build economic growth for all business owners across the country and position Iowa as the best place in the nation to start and lead a business. For information and registration, visit <https://wdmchamber.org/bbbsummit>.

Story Time! Des Moines

April 19, 10 a.m. to 4 p.m.

Valley Community Center, 4444
Fuller Road, West Des Moines

Storytime! Des Moines is a free community event for kids ages 4-12 featuring all-day readings by a variety of children's book authors and illustrators, fun activities, inflatables to jump on and candy. The first 200 kids will receive a free book bag (with completion of event passport). Special guest Astronaut "Hoot" Gibson will present at 11:30 a.m. and 2:30 p.m. There will be four Build a Book sessions, which are writing and drawing workshops where kids will create their own books.

Jordan House Tours

Fridays and Sundays, 11 a.m.
and 1:30 p.m.

Jordan House Museum, 2001
Fuller Road, West Des Moines

Weekly guided tours are offered at the Jordan House. The cut off for purchasing tickets is noon Thursday for Friday tours and noon Friday for Sunday tours. If you have missed that cutoff, please call 515-225-1286 to find out if walk up tickets are available. To reserve a ticket, see the schedule and links at <https://www.wdmhs.org/openhousevisit/>. All tours will be guided by a docent. Please arrive at the Jordan House Museum at least 10 minutes before the tour begins. The tour will involve taking stairs to the basement and the second floor, as well as walking and standing for at least one hour. If you have a group of eight or more, call to schedule a private tour.

Community band concerts

Wednesdays, May 7, June 4,
July 30, 7 p.m.

Jamie Hurd Amphitheater,
4100 Mills Civic Parkway,
West Des Moines

Enjoy free live music this summer with the West Des Moines Community Band. Bring a blanket and a picnic and unwind to the tunes of this talented local band. It's a wonderful way to connect with the community and celebrate the joy of music. If you're a musician, the band welcomes new members. Visit wdm.iowa.gov/WDMCB to learn more and consider joining the fun.

Iowa Files: The History of Women's Correction in Iowa

Sunday, May 18, 2:30-3:30 p.m.

West Des Moines Public Library, 4000 Mills Civic
Parkway, West Des Moines

Iowa began building its first prison before achieving statehood, and women were sentenced to penitentiaries prior to the establishment of plans for their own housing. Early in Iowa's correctional history, women disproportionately served time for crimes considered to be against public decency, such as prostitution, lewdness and incorrigibility. Over time, their conditions and crimes evolved, but incarcerated women continually faced obstacles, such as access to treatment and programming, adequate facilities and opportunities for reentry and reform. Author Erica Spiller will explore the history of incarceration that began even before Iowa was a state.

Des Moines Performing Arts

Des Moines Civic Center, Cowles Commons, Stoner
Theater, Temple Theatre, 221 Walnut St., Des Moines
desmoinesperformingarts.org

- April 11-13: "Hometown"
- April 17: Chicago Tap Theatre
- April 23: Neil Degrasse Tyson: "An Astrophysicist Goes To The Movies"
- April 26: Des Moines Symphony, "Music From Final Fantasy"
- April 27: 360 ALLSTARS
- April 30: The Rock Orchestra by Candlelight



Check for cancellations

Kate Goldman's Family Series presents "Knuffle Bunny: A Cautionary Musical"

April 11-13, 7 p.m. Friday and 1 p.m. and 4 p.m. Saturday and Sunday
Des Moines Playhouse,
831 42nd St., Des Moines

How far would you go to save a stuffed animal? Based on the popular book by Mo Willems, "Knuffle Bunny: A Cautionary Musical" is a silly story about young Trixie, who loses her Knuffle Bunny on a family trip to the laundromat. Will she find him, or will Knuffle Bunny be lost for good? Tickets, starting at \$14, may be purchased online at dmplayhouse.com and by phone at 515-277-6261.

The Playhouse can provide for those who have the need for audio description or ASL translations with advanced notice. These services are free and reasonable accommodations will be made. Requests should be made through The Playhouse ticket office.

Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, April 13, 8 a.m. to noon
West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and, of course, all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for \$3.50.

Cost is \$11 for adults and \$5 for children 10 and younger. Proceeds support the Elks Hoop Shoot Program, other youth activities and veteran support activities.



Furry Friends Refuge "chilli" cookoff

Saturday, April 12
Tonic Bar, 5535 Mills Civic Parkway, West Des Moines

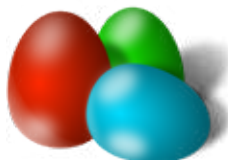
Chili, free drinks and excellent prizes will be at this "chilli" cookoff that raises funds for animals at Furry Friends Refuge. With your ticket comes one free Confluence Brewing Company beer, chili tasting, prizes and giveaways. For information, visit furryfriendsrefuge.org.



I-Spy An Egg

Sunday, April 13
Ewing Park/ Lilac Arboretum, 5300 Indianola Ave., Des Moines

Join the City of Des Moines' Environmental Education team on this traditional egg hunt with a modern twist. Learn to use a handheld GPS to find eggs and hidden prizes in the park. For more information, visit dsm.city/departments/parks_and_recreation-division/index.php.



Earth Day at the Botanical Garden

Saturday, April 19
Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Celebrate Earth Day and explore the vital connections between plants, people and the natural world at the Greater Des Moines Botanical Garden. Participate in family-friendly activities, explore the garden, and engage with a variety of community partners that promote environmental awareness, sustainability and Earth-friendly practices, all for free. For more information, visit dmbotanicalgarden.com/event/earth-day/.



Monster Jam

Saturday and Sunday, April 12-13
Wells Fargo Arena, 730 Third St., Des Moines
monsterjam.com/en-us/

Combining three distinct competitions — racing, two-wheel skills and freestyle — into one incredible package, the Monster Jam offers a little something of everything to entertain monster truck fans.



Covered Bridges Winery events

2207 1700th Trail, Winterset
coveredbridgeswinery.com
See website for tickets and any last minute changes.

- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover

Vendor Markets

April 19, 10 a.m. to 6 p.m.
Outlets of Des Moines, 801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information. ■

CELEBRATE spring's arrival with a skillet fish fry

I am a fan of fish and seafood in general. Healthy and light, it satisfies my hunger every time. Grilling is typically my preparation method, as it is easy with little clean-up and no “fishy” smell.



This time of year, I look forward to the local fish fries. I must confess, “fried” foods do delight my taste buds. So, when I saw this recipe recently, I wanted to give it a try. The Pan-Fried Catfish recipe is perfect for enjoying flaky fillets without the mess. Because this catfish is pan-fried instead of deep-fried, I recommend using butter and olive oil. The mixture adds a delicious, creamy flavor, and it is easy to work with. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Pan-fried catfish

Recipe courtesy of “Cookin’ Savvy”
Servings: 4-6

Ingredients

- 1/3 cup flour
- 2 tablespoons mesquite seasoning (or seasoning of choice, such as lemon pepper)
- 1 stick butter
- 1/4 cup avocado oil (or oil of choice)
- 1-2 pounds thawed catfish fillets (1/2 pound each)
- cooked rice, for serving

Directions

- In pie dish, mix flour and seasoning.
- In skillet over medium heat, melt butter and add oil. Coat fish fillets in flour mixture on both sides. Place fish in skillet and fry 5 minutes then flip and fry 5 minutes.
- Place fish on paper towel to drain excess oil then serve with rice.
- Tip: If skillet is large enough, fry two fillets at once. If frying more than four fillets, discard butter and avocado oil then start fresh before frying more.



Start your morning off right with an update from thedailyumbrella

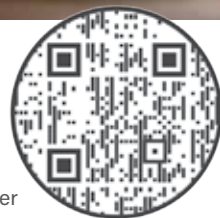
Brief updates on local news, weather, events, career opportunities and the morning chuckle — for free!



Delivered Mondays through Fridays to your inbox for FREE!

SCAN HERE

or subscribe at dmcityview.com



This free service is brought to you by the publisher of CITYVIEW and the Iowa Living magazines.



BIKE WORLD

TREK FEST

SALE

NOW - APRIL 13

***HUNDREDS OF BICYCLES
MARKED DOWN!***

WEST DES MOINES
5003 EP TRUE PKWY
515-222-1880

URBANDALE
6600 DOUGLAS AVE
515-255-7047

CLIVE
1710 86TH ST
515-223-6111

AMES
126 S 3RD ST
515-232-3669

PLAN AHEAD FOR PEACE of MIND

One of our five Advanced Planning consultants will take you every step of the process to lessen the emotional stress when the need arises.



Scott Eriksen Dave Cornter Kathy Dunbar Robert Christensen Sarah Masteller

Contact Hamilton's to start your plan.
www.HamiltonsFuneralHome.com 515-243-5221



HAMILTON'S
FUNERAL & AFTER LIFE SERVICES

6 Area Locations • Funerals • Cremation • Advanced Planning
Academy of Grief & Loss • Pet Services • Memorial Gift Shop

PLAN AHEAD

By Sarah Masteller

THE PERFECT celebration

We plan for everything: weddings, milestone birthday celebrations, that perfect trip, retirement. We even plan for those things that may not happen: the loss of a home, the loss of a vehicle or getting injured on the job.

Death is the one thing that we are guaranteed will happen to all of us. When you think of all that goes into planning life's special events, don't you think it would only make sense that we give the same consideration and preparedness to one's final celebration of life?

There are so many things that can contribute to making a service personal and memorable. What are the things I would want displayed that reflect who I am? What special songs do I want played for my service? Is there a special scripture or reading I would want shared? Are there special loved ones I would want involved?

Rather than leave these important and significant decisions to be made by your loved ones at a very emotional — and possibly stressful — time, why not give your family the gift of making some of these decisions now so that things will be easier for them?

It truly is the difference between the question, "What do you think Dad would have wanted?" and the statement, "This is what Dad wanted."

It is a gift...one that we encourage you to give to your family. ■



Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



DISCOVER THE BEST NATURAL SLEEP AIDS.

Our Certified Hemp Consultants are available to guide you to products that support peaceful nights and energized mornings.



Relief | Relaxation | Recreation

CBD American Shaman
www.cbdshamaniowa.com

3418 8th St SW, #3, Altoona • 515-967-4036
800 S 50th St, #106, West Des Moines • 515-380-5251

VETERAN & MILITARY DISCOUNT 15% OFF



VETERAN OWNED & OPERATED

HEALTH

By Ashley Powell

SLEEP better, live better

Good sleep is essential for overall wellness, but many people struggle to get the rest they need. Both CBD and THC have been shown to improve sleep quality by reducing stress, easing pain, and promoting relaxation. CBD can help manage chronic pain, which often disrupts sleep patterns.

Low doses of THC can help regulate the sleep-wake cycle, particularly for those struggling with insomnia or anxiety. THC enhances REM sleep, the restorative phase, and may promote deeper sleep with fewer awakenings. Additionally, functional mushrooms like reishi are known for their calming, sleep-promoting properties. Reishi helps balance cortisol levels and calm the nervous system.

Another cannabinoid, CBN (cannabinol), is also gaining attention for its sleep-promoting benefits. CBN has sedative effects, helping users fall asleep faster and enjoy deeper rest. When combined with CBD and THC, CBN can provide an enhanced, natural sleep solution.

Our customers find success pairing CBD, CBN, low-dose THC products for a more restful sleep. Together, these natural remedies work in harmony to reduce stress, alleviate discomfort and promote relaxation.

Sleep better and feel refreshed so you can live better each day. Visit your locally owned CBD store to discover the best natural sleep aids for you. Our certified hemp consultants are available to guide you to products that support peaceful nights and energized mornings. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. Sources: Shannon, S., Lewis, N., Lee, H., & Hughes, S. (2019). "Cannabidiol in Anxiety and Sleep: A Large Case Series." The Permanente Journal. Wasser, S. P. (2017). "Medicinal Mushrooms in Human Clinical Studies." International Journal of Medicinal Mushrooms.

WEST DES MOINES partners with Can Play to enhance access to youth sports

The City of West Des Moines and Can Play, a local nonprofit dedicated to providing adaptive and no-cost recreational programs for underserved youth, have been awarded the Youth Sports Equity Grant offered by Musco Lighting and the National Recreation and Park Association (NRPA). The grant's purpose is to increase opportunities for physical activity that are inclusive and welcoming for all, specifically for youth underrepresented in sports.

Can Play provides access to sports and recreation programming for thousands of underserved youth in central Iowa with financial, physical, cognitive, emotional or chronic health-care barriers to play. The partnership with the city is beneficial because, as one of the largest providers of youth sports and development services in the nation, park and recreation agencies like the city of West Des Moines are uniquely positioned to create opportunities for young people to engage in

sports at the local level.

With the support of Musco Lighting and NRPA, the City of West Des Moines will receive an in-kind donation (valued at approximately \$100,000) of a small, customizable, hard-court soccer space called a mini-pitch, which provides quality playing surfaces for children and adults.

Mini-pitches can be used for a variety of needs and sports. Parks and Recreation staff are currently working on the design for the space that will be installed at the MidAmerican Energy Company RecPlex, 6500 Grand Ave., West Des Moines.

This new addition to play further expands youth sports offerings in the area and gives local youth an additional avenue to experience the life-changing benefits of sports. The installation of the new infrastructure is expected to take place later this year after the city installs the concrete and other essential

components for the mini-pitch.

West Des Moines Parks and Recreation Director Ryan Penning said the city is excited to partner with Musco Lighting, NRPA, and Can Play to make these vital recreational facilities a reality. "This partnership will help us create more accessible spaces for youth sports, ensuring that all children can enjoy a safe, welcoming, and positive sports experience close to home," he said.

Can Play Executive Director Melissa Clarke-Wharff said her organization is thrilled for this recognition and support. "Our collaboration brings us one step closer to creating an inclusive environment where every child, regardless of background, can thrive through sports," she said.

The Youth Sport Equity Grant is a part of the ongoing commitment to enhancing access to sports and recreation, ensuring that all children can experience the joy of play. ■

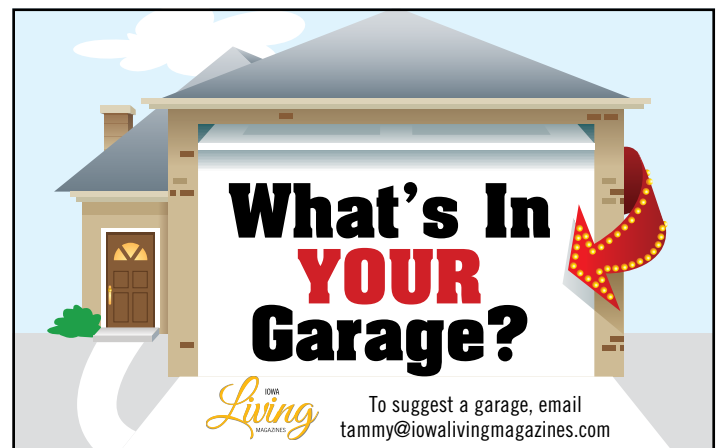
VIRTUAL tour of museum offered

The West Des Moines Historical Society announced a new online virtual 3-D tour of the Historic Jordan House Museum, located at 2001 Fuller Road. This tour is funded through a grant from the Iowa Culture Leadership Cohort, a partnership between the State Historical Society of Iowa and the Iowa Arts Council, which is a division of the Iowa Economic Development Authority.

"It is our mission to preserve and educate. While the Jordan House offers a unique opportunity to walk in the footsteps of history, the fact that the house was built between 1850-1870 means that the basement and second floor aren't easily accessible to everyone," said Gale Brubaker, executive director of the West Des Moines Historical Society. "Through the Iowa Culture Leadership Cohort, we discovered a system that would allow us to create a virtual 3-D tour of the interior. This will enable us to highlight objects and stories shared during our weekly tours. Visitors with limited mobility can now stay on the first floor and, using a provided computer, virtually explore all three floors. It will make the opportunities to experience history more equitable and approachable, which is always important."

The virtual 3-D tour is available on the Historical Society's website, www.wdmhs.org.

Brubaker says the grant also allowed the West Des Moines Historical Society to purchase a 3-D camera, so there are plans to scan the Bennett School Museum, a log cabin which will be reconstructed as part of the Legacy Woods Historic Campus and a new exhibit, Victorian Leisure, which opens March 21. ■



**What's In
YOUR
Garage?**

Iowa Living
MAGAZINE

To suggest a garage, email
tammy@iowalivingmagazines.com



**Ready to make your
dream home a reality?**

Apply Online!

USB **UNION STATE BANK**
Your Hometown Financial Advantage

USBIOWA.COM

NMLS #435185

Member
FDIC

6305 Mills Civic Pkwy, West Des Moines • 515-440-2265
611 W. Highway 92, Winterset • 515-462-2161

HAVE the conversation

Sometimes it is very difficult to have a conversation with your friends, family and loved ones about your estate planning. Even if you have a will, trust or powers of attorney in place, that may not be enough. Having the documents is the first step; having a conversation about the documents is important, too. Do your loved ones know what to do when you become ill or when you die? Do they know who to contact when something happens?

Make sure the executor named in your will, the trustee of your living trust, and the agents in your powers of attorney have the information to be able to assist you and carry out your wishes. You may want to share copies of your estate planning documents so that your agents know and understand the role.



Explain why you made certain choices in distributing assets.

Consider drafting and regularly updating a letter of instruction to your children and fiduciaries (the executor, trustee and agents). Give them information about your assets' important contacts. Your children may not know your investment advisor, tax professional or attorney. A list of names, addresses, phone numbers and email addresses of your estate planning team can save your family from headaches down the road.

Complete asset information is vital. Our firm has seen many cases where the family couldn't identify all of the assets owned by a deceased family member. Think about not only your bank account and investments, but your retirement benefits, inherited assets and unusual holdings. Oil and gas leases or partial interests in inherited farmland can be easily overlooked.

In addition to information about your assets, be sure to give your fiduciaries the appropriate power to manage those assets. Your financial power of attorney should be up to date and give the agents the authority to act on your behalf if something befalls you.

It is important to talk with the next generation and share information about your situation, your goals and your needs. Many estate plans no longer meet their original intent because they are outdated. But even some well-drafted estate plans fail because the people in charge — your fiduciaries — don't know what to do.

Your plan should evolve as your circumstances do. Contact an experienced estate planning attorney today to start the conversation. ■

Information provided Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

WHERE TO BEGIN?

YOU DON'T HAVE TO DO THIS ALONE.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 38 YEARS



EXPERIENCED ATTORNEYS

— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate
Probate & Estate Administration ■ Social Security Disability
Business Formation & Planning ■ Medicaid & Asset Protection



ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com

OVERSEEING volunteers

Hotovec says it is the best part of her job.

Although Mindy Hotovec's official title at West Des Moines Human Services is executive assistant to the director, her responsibilities extend far beyond that role. Her favorite? Coordinating the volunteers who support the department's various initiatives, all aimed at assisting low-income residents, seniors and individuals with disabilities in the community.

West Des Moines Human Services currently has 115 volunteers working across its programs, which include the food pantry, clothing closet, food rescue program, ELL program, and front desk.

"Our volunteers logged more than 15,000 hours in 2024," Hotovec shares. "We would not be able to offer these programs without them."

Beyond their time and skills, volunteers bring fresh ideas and perspectives on improving programs. Their insight and expertise are greatly valued by Hotovec and her team.

"They also play a huge role in creating a friendly, welcoming space for the people we serve," she says.

This month, West Des Moines Human Services is hosting a volunteer appreciation lunch during National Volunteer Week, April 20–26. This year's theme, "Our Volunteers Are the Grooviest," is a fun throwback to the 1970s.

While this event is a special way to celebrate volunteers, Hotovec notes that the department makes it a priority to recognize them year-round.

"We send cards for special occasions, recognize volunteers in newsletters and social media posts, and take time to get to know volunteers on a personal basis," she says. "In addition, a simple thank you can go a long way toward making someone feel appreciated."

One volunteer who stands out to Hotovec is Flo, a 93-year-old who has been helping in the Clothing Closet since 1997. She comes in twice a week and rarely misses a shift. Last year alone, she logged more than 500 hours.

"Her dedication and commitment is an inspiration to other volunteers, as well as staff," Hotovec says. "We truly have so many volunteers that make a difference here on a daily basis."

Hotovec recalls a volunteer who, a few years ago, helped transform the life of an unhoused client by connecting him with community resources and assisting him in finding housing.

"Her efforts on his behalf changed his life for the better, and he remains housed to this day," she says.

For those looking to get involved in the community, West Des Moines Human Services offers both ongoing and intermittent volunteer opportunities.

"Volunteering here — or anywhere — is a great way to meet new people who share your values," Hotovec says. "Many volunteers have



developed friendships that extend outside the walls of this building. Volunteering can also lead to improved mental and physical health and well-being. Most importantly, volunteering at West Des Moines Human Services is a way to make a positive impact in your community and in the lives of others."

If you're interested in volunteering, visit the West Des Moines Human Services website, www.wdm.iowa.gov/government/human-services, or email HumanServices@wdm.iowa.gov. ■



Mindy Hotovec displays her Neighbor Spotlight certificate.

edwardjones.com | Member SIPC

**Market swings making you uneasy?
Let's review your goals.**

Ryan P Mehalovich, CFP®
Financial Advisor
4601 Westown Pkwy Ste 218
West Des Moines, IA 50266
515-224-5284

MKT-58940-A-A1 AECSPAD poster

**Do you know a neighbor who
deserves recognition?**

Nominate him or her at tammy@iowalivingmagazines.com.

HOOT Gibson, adrenaline junkie

Astronaut, pilot on children's book tour.

Robert "Hoot" Gibson's remarkable accomplishments include: astronaut for five space flights; fighter pilot for combat missions with 300 carrier landings aboard aircraft carrier; oldest pilot to win an Unlimited Championship airplane flying race at 488 mph; logging 14,000-plus hours of flight time in more than 160 types of military and civilian aircraft; and winning a book-of-the-year award for his children's book, "First Flight."

Hoot's astounding accomplishments include a career of being airborne, weightless and speeding through the sky. Yet he says one of his greatest successes is being a grandpa — his reason for writing his book, "First Flight."

Hoot will speak at the Storytime! Des Moines event on April 19 at Valley Community Center in West Des Moines. The free event features Hoot and other authors, along with kids activities and book signings.

Hoot grew up in a flying family. His mom was a pilot and air racer who raced in the Powder Puff Derby and owned an airplane with two other women in 1943. His dad was an aeronautical engineer and a pilot who took him flying at age 5.

"He was the hero of my life. I've been successful because of him and what he taught me," Hoot says.

He graduated college as an aeronautical engineer then joined the Navy as a test pilot in the Vietnam War. He completed Navy Fighter Weapons School and became a "real" Top Gun pilot. After that, he joined the NASA space program as an astronaut.

He completed five missions, with four of them as a commander. On his first mission to space, he had to acknowledge that he might not make it back.

"I knew it was risky. I firmly believed I was coming back, and I did — five times," he says. "I flew the last launch right before the Challenger explosion."

He says space flight has been the highlight of his life.

"The launch is spectacular. The view of the planet is definitely round; it's not flat. It's the most exciting ride. It spoils you for going on a rollercoaster."

His wife, Rhea Seddon, was an astronaut and flew three space missions.

"We never went to space together. After we had our first son, you can't put both parents on the same shuttle," he explains.

As an adrenaline junkie, he raced in air racing for 18 years.

"There's about eight airplanes racing at 480 to 500 mph at 70 feet off the ground all at once. Pilots have died in that race before," he says.

Between his air and space endeavors, he made time for his grandson, Andrew, who lived 10 minutes away. He's a significant part of his life, as Andrew's mom is single and the boy needed a male figure.

He takes Andrew flying and, while at a space festival, two women approached him about writing a book.

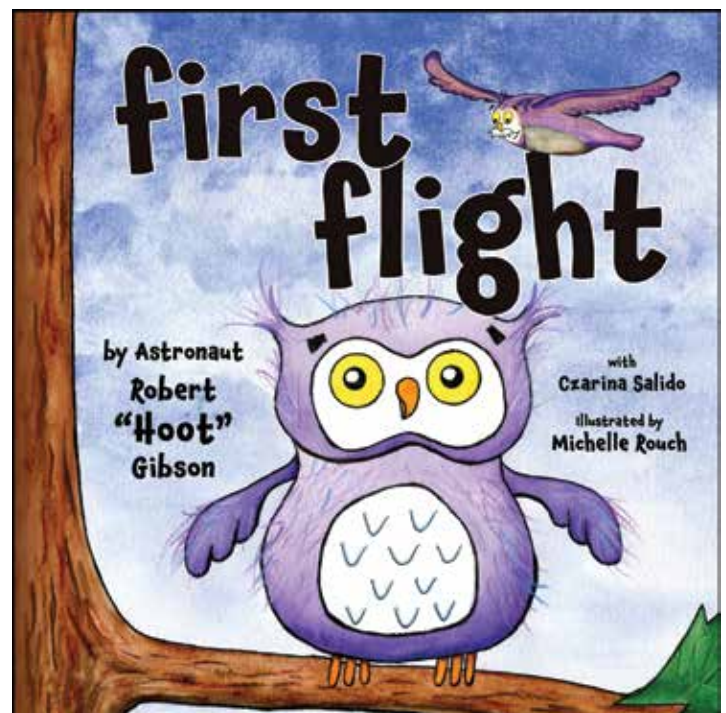
The book "First Flight" talks about an owlet who is afraid to fly gets inspiration from his Grandpa Hoot.

"We did a book signing together, and Andrew felt like a superstar," he says. "I wanted to glorify Andrew through this book."

For more information about the book event, visit www.bookpresspublishing.com/education/storytime-des-moines. ■



Robert "Hoot" Gibson, along with his children's book, "First Flight," will be featured at the Storytime! Des Moines event.



MEET Lindsay Grosse

Living History Farms teacher of the year

In 2024, Lindsay Grosse received the Living History Teacher of the Year award. The award goes to teachers who incorporate Living History Farms into their class curriculum.

Grosse began teaching in 2006 and currently teaches third grade at Westridge Elementary in West Des Moines. Her favorite subject to teach is the Oregon Trail.

"It's very fitting (the award) as I love history and all things old," she says.

She says she has known she wanted to be a teacher since third grade as her mom was a teacher. She recalls Mrs. Potratz, her third-grade teacher, used to walk the class to her house and serve them cookies in a Little Red Riding Hood-themed kitchen on the last day of school.

"I still visit her when I visit my hometown," she says.

Connecting with kids is one reason Grosse likes teaching.

"I have pretty high expectations for kids with academics and behavior, but I love showing them how hard work means you get to have fun, too," she says. "We do a lot of singing and being goofy."

Another highlight of her teaching career is that four of her own kids currently attend the same school where she teaches.

As she's taught for nearly two decades, she's witnessed significant changes over the years.

"Teaching was once a very respected job, and one where teachers could take their own talents and creativity to make teaching and learning fun, engaging, challenging and unique," she says. "Now everything is so scripted, so many more rules, requirements. Teachers are afraid of saying or doing the wrong thing in case they offend someone or it leads to them getting in trouble. Teacher burnout is a real problem right now, and it makes me sad thinking about what teaching has become."

Yet, she emphasizes a common theme: Teachers want the best for kids, so they can be knowledgeable and independent problem solvers.

"It's the number one reason teachers do this job. Giving high expectations for kids, letting them learn from their mistakes, giving consequences and constructive feedback is not teachers 'being mean,' but the exact opposite. No one is a true success without failure," she explains. "No one really wins by just being handed everything or smoothing everything over for kids when they have a bad moment."

She likes how her students are funny and honest and enjoys seeing kids learn and expand their minds.

"It's really all I've ever wanted to be," she says. "It's much harder than it used to be, but kids have a way of reminding you of what's really important." ■



Lindsay Grosse accepts the Living History Teacher of the Year award.

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT



GET 8 FREE BURGERS
A \$22 value!

Butcher's Classic Pack SAVE 57%

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

78237XDS separately \$300.93 **\$129.99**

SPECIAL INTRODUCTORY PRICE


Scan Now To Order



ORDER NOW! | OmahaSteaks.com/ClassicPack7199 | **1.833.897.4133**


Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC





Get an extra 25¢/gal cash back

The free Upside app earns you real cash back, even on debit purchases.



Get the app and use code **print46**.

Offers vary by user and location. Terms and conditions apply. Go to Upside.com for details.



Protect Your Baby's Health

Vaccines can help keep your child healthy

Did you know most childhood vaccines are very effective? Vaccines can help protect infants from many diseases including:

- Chickenpox
- Measles
- Polio
- Tetanus
- Whooping cough
- And more

IOWA
Health and
Human Services



Ask your child's
healthcare
provider about
vaccines.

Source: American Academy of Pediatrics 3/25

REMAINING independent at home as you age

Know your options

Michael is 70 and plans to remain in his home forever. He works out, eats well, and is healthy, but his children are concerned; each of the three lives several states away, and they wonder what will happen if their father ends up needing health assistance.

Those concerns make sense. Continuing to live at home as we age is not always possible; chronic health challenges can make living independently ill-advised, and full-time care at home can be expensive.

So, you may wonder, either on your own behalf or on behalf of a family member: If moving into a community is not a desired option and there are concerns about potential health issues later on, what are my choices?

A Continuing Care at Home (CC@H) membership initiative, a program usually administered by an organization that serves older adults, is one potential solution. CC@H programs are designed to help people proactively focus on their health at home while enabling them to plan financially for potential services and care down the road.

If you're interested in learning more about a CC@H program, make sure to ask specifically what the program includes. A reputable CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.



Questions you'll want to ask about the program include:

Does it feature personal support, such as wellness coaching?

According to a variety of studies, people who embark on a life-enriching program or activity are more likely to succeed with encouragement from a trusted adviser or advocate.

Are care costs and options included? A solid program will help fund your care, if it's needed, whether through home health care or services in a community for older adults later on.

Regarding the organization that's backing the program:

What is its reputation in the aging services industry? Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. A reputable provider will have longevity and solid outcomes behind it.

Not all CC@H programs are created equal. If a program appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit wesleylife.org/wellahead.

Welcome to *The Revolution!*

WellAhead is a revolutionary membership program designed for the 93% of individuals who seek to remain at home as they age and lock in a plan for future care needs. With WellAhead, you receive the immediate benefits of enhanced independence and well-being at home, plus the financial assurance that any necessary future long-term care costs are 100% covered. WellAhead provides:

Independence at Home. WellAhead's well-being focus and customized programming help you continue to live healthfully in your home.

Asset Protection. If you ever need an enhanced level of care, WellAhead covers 100% of all primary costs.

Enhanced Well-Being. Your WellAhead coach will help you maximize your day-to-day wellness.

Care Planning & Access. WellAhead helps you navigate your health journey and provides you with access to WesleyLife's network of care services.

To learn more about WellAhead as a smart solution for staying right where you want to be, call **(515) 642-1726**.



Mary R. in Des Moines says, "I'm 77 and planning for my future. I want quality time with my family, not difficult decisions during difficult times. WellAhead offers me a holistic approach and a leading-age philosophy towards aging, with benefits for the future and for today."

CHAMBER Dinner

West Des Moines Chamber of Commerce held its annual dinner March 5 at the Val Air Ballroom.



Trish Krsek and Andrew Tomes



Jacob Wisel



Mady Arndt and Hayley Ellis



Chloe Bratvold and Jaden Adams



Norm Boaz



Jacob Repp and Ray Warner



Frank and Janet Hanson and Connie Blodgett



Marcia and Jeremy Treichel



Tricia Even and Kara Matheson



Jakob and Allison Barnes



Carey Stover and Mary Madison

OUT & ABOUT



Courtney Carr and Kyle Foote



Rudy Pineda and James Moore



Scott Speirs and Joseph Beedon



Dan Obley and Jenna Wheeler



Erin Knupp, Cole Amstutz and Crystal Edwards



Patrick Pollard, Dominic Chiovaro and Tyler Miller



Bobbie Areges and Gregory Roll



Emily McLain, Brett Braafhart and Rob and Deb Reinard



Christina Moffatt, Kassie Giardina, Summer Clark and Susan Vander Waal



Kathryn and Brendon Good and Catherine Schur



Katherine Harrington and Connie Blodgett



West Des Moines Mayor Russ Trimble and Urbandale Mayor Bob Andeweg.

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

MANUFACTURED HOMES, (2025, Vinyl/ Shingled. 2 Bedroom start at \$41,999). (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. Delivered Factory-Direct, East Of I-35, North of I-80. 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer **CENTURY HOMES** of **OSKALOOSA** 641-672-2344 (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

AFFORDABLE TV & INTERNET. If you are over-paying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call **NATIONAL DEBT RELIEF** and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/mid-west #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4410. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (mcn)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798(mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-833-641-6779. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for cus-

tomers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-877-201-4648 and mention code AGJF002 or visit www.GetOSWine.com/sip140. (mcn)

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-462-2330. (mcn)

REAL ESTATE

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-833-641-6646. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-833-641-7028. (mcn)

AUTOS/MISC

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

MISCELLANEOUS

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-305-1535 (GUP)

Inflation is at 40 year highs. Interest rates are way up. Credit cards. Medical bills. Car loans. Do you have \$10k or more in debt? Call National Debt Relief and find out how to pay off your debt for significantly less than what you owe! Free quote: Call 1-844-955-4930 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Don't let the stairs limit your mobil-

ity! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70c/day! 1-844-591-7951 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 6/30/25. 1-844-501-3208 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a free 5-Year warranty with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

SERVICE DIRECTORY

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809. Have zip code of service location ready when you call! (ACP)

HIGH YIELD SAVINGS ACCOUNT

4.120%^{*} APY

- Not locked in like a CD
- Easily transfer in and out
- HYS with local trusted bank

What is **YOUR** savings earning?

Call Meredith (515.223.2265)
to open this account.

Or open online here.



BANK

www.BANK.bank

*4.12% Annual Percentage Yield effective as of 7/15/23 and subject to change without notice. Minimum deposit of \$5,000 required to open account and must be maintained to obtain APY and avoid a minimum balance fee. Fees could reduce earnings under minimum. Other fees may apply if more than 6 withdrawals per month. Interest paid monthly.

Member
FDIC

Our **SPRING CLEANING** brings you extra **SPRING SAVINGS!**

**WHILE
SUPPLIES
LAST!**

FREEZERS



STARTING AT
\$349

REFRIGERATOR
OR FREEZER,
YOUR CHOICE!

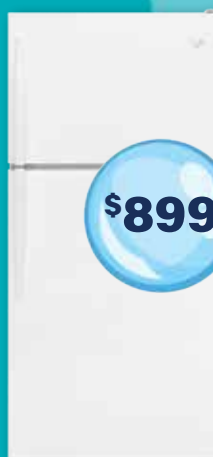
MZC5216LW

MZF34X16DW



\$2,099

25 cu ft, 36" wide French door
with external crisper drawer, LED
lighting and external ice maker/
water dispenser. Black stainless,
white, black only. WRX735SDHV



\$899

Whirlpool Refrigerator
18 CU FT. Dairy Bin.
LED Interior Lighting
WRT318FZDW



Samsung TVs 32" to 85"



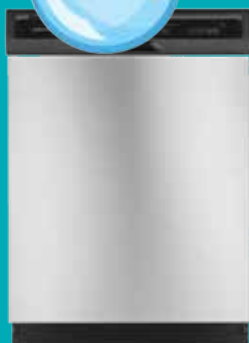
32" TCL
Roku
Smart TV

\$159



\$1,199

True convection. Power
element. 3 cooking racks.
6.4 cu ft. MER8800FZ



\$459

Amana Dishwasher
Triple filter wash
system. Quick wash
cycle. Heated dry
option. ADB1400AMS



\$2,099

Whirlpool French Door
Refrigerator 27 cu. ft.
Fingerprint Resistant
Stainless Steel WRF757SDHZ



\$599

Whirlpool
Refrigerator 11.6 CU
FT. 24" Top Mount.
Fingerprint Resistant.
WRT112CZJZ



\$1,299

6.4 cu ft. Frozen bake
technology. Convection
bake. 3 cooking racks.
WFE775H0HZ

**SURPLUS OF
GAS RANGES**



STARTING AT
\$599

We deliver,
hook up and
can convert to
LP if needed!

**GET
YOUR
SPRING
AC CHECK
NOW!**

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2

515-993-4287

**ADEL
& Winterset**

T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

Est.
1960

Always a good time to shop local!

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2

515-462-2939