

WEST DES MOINES
JORDAN CREEK

JULY 2025

Living

MAGAZINE

Dream YARDS

Residents share how they
make the best of their
outdoor spaces.

SWAP promotes water quality
COMMUNITY

Smith stays busy giving back
NEIGHBOR SPOTLIGHT

Broccoli and friends salad
RECIPE



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

BUSINESSES GET RESULTS

when they
advertise in

WEST DES MOINES
- JORDAN CREEK
Living
MAGAZINE

iowalivingmagazines.com



West Des Moines - Jordan Creek Living magazine is the most read publication in the area.

Our readers are your potential customers.

80%

of households say they read West Des Moines - Jordan Creek Living magazine.

67%

of readers say they purchase products and services seen in West Des Moines - Jordan Creek Living magazine.

63%

of readers visit the advertiser's website after viewing an advertisement.

CALL ME TODAY!

**I would love to help
grow your business.**

**MARTHA
MUNRO**

Advertising Account Executive

martha@iowalivingmagazines.com

Cell: 515-321-5246

WELCOME

LAWN striping

I vividly remember the pride that Jolene and I had in owning our first home. That was more than 30 years ago, but, in many ways, it still feels like yesterday.

One of the most satisfying aspects of home ownership, at least for us, was having a yard to care for. We couldn't wait to mow our own lawn, do our own landscaping, plant our own trees, etc. It was a matter of pride, and we enjoyed it. It was also a time before becoming parents when we had more hours and more energy to devote to such things. What we didn't have back then were two dimes to rub together, and that's why we begged and borrowed from family members for used mowers and used trimmers and all the other stuff necessary to take care of a lawn.

I remember when I decided I should apply fertilizer to our lawn. This was new to me, as my frugal parents never spent their hard-earned money on such frivolous things. Mom simply had my siblings and me pull weeds by hand. But, as a first-time homeowner, I wanted my lawn to look nice. So, I bought the fertilizer and the spreader and I went to work, making paths throughout my yard like the instructions said to do. What I didn't do was have the dial set to the right number for my fertilizer spreader, and I burned my entire yard with stripes. This was obviously not what I had hoped for, but it did provide fodder for some good-natured ribbing from my neighbors during the years that followed. I gladly gave that fertilizer spreader to my sister-in-law, and I hired a company to do the fertilization from that point forward. And, in time, my lawn took shape — just in time to sell the property and start all over again at our new home.

Today, I still enjoy taking care of my yard — mowing, trimming, gardening, mulching, landscaping, tree trimming — and I am even fertilizing again. But, as I have aged, these tasks became overwhelming, especially when doubled. A few years ago, Jolene and I bought a home on a nearby lake, which meant we now had two properties to care for. It didn't take long before we realized the benefits in owning a townhome and having those yard tasks handled by someone else. I continue to get my fill of yard maintenance enjoyment at our lake home, but I do smile when watching the pros take care of our townhome property. And, thankfully, neither place has lawn stripes burned into the yards.

Thanks for reading. ■



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

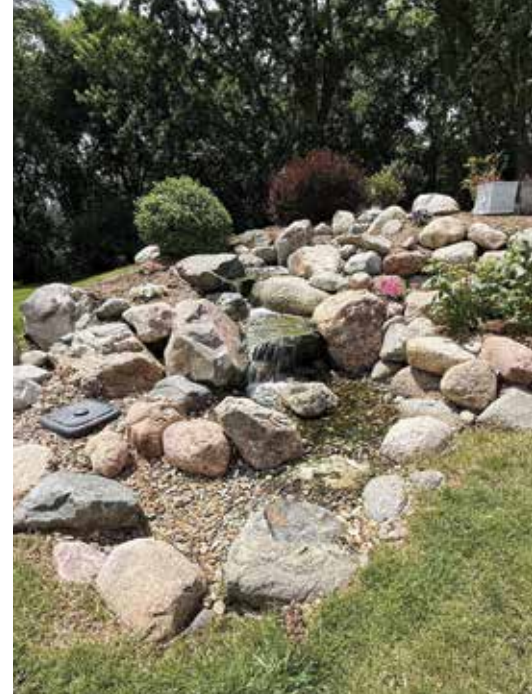
Dream YARDS

Residents share how they make the best of their outdoor spaces.

By Jackie Wilson

Give 10 people the blank slate of a spacious yard, and you are likely to see those yards evolve into 10 different visions. Some will be a fenced-in oasis for dogs and kids to run, roll and play. Others will have pools and fire pits for summer fun. A few may even feature makeshift ballfields, sledding hills, playgrounds, ponds. And most all will provide a scenic setting for enjoying sunrises and sunsets. Whatever the vision, area residents share how their outdoor spaces have become their dream yards.

Missy Parton of West Des Moines enjoys her family's expansive lawn, swimming pond and waterfall.
Photo by Jackie Wilson



Missy and Travis Parton built a swimming pond and double waterfall in their backyard. Photos by Jackie Wilson

Waterfall features

When driving up to Missy and Travis Parton's place in West Des Moines, a large home with an expansive lawn greets visitors.

Yet when turning the corner to the backyard, visitors are treated to whole different view. Behind the house is a pond with two waterfalls, a vast lawn and greenspace, and fruit trees adjacent to a grove of trees.

The Partons moved into the home 19 years ago when Missy was pregnant with their fourth daughter. At the time, the backyard sloped down from their home.

Several years later, they built a walkout patio and then a deck. Finally, they wanted to figure out what to do with the angled yard. They thought a pond might fit in the area.

The Partons contacted Just Add Water. The experts came up with an idea to build up the land and add two different waterfall features in addition to the pond.

"We trusted their expertise and haven't regretted that decision," Missy says.

The couple specifically wanted a pond suitable for swimming. Their four kids enjoyed jumping in the 4-foot pond to cool off.

"We wanted a swimming area, but not a pool. If it was a pool, you'd have a lot of maintenance," Missy explains.

They also wanted to keep an expansive greenspace.

"We had a kickball field," she says. "We hosted a lot of family functions. It has a park-like feel to it."

Travis owns his own lawn work service and construction business and completed most

of the outdoor projects. With more than 2 acres to mow, Missy says he doesn't mind the maintenance.

"He enjoys the 45 minutes to zone out. It doesn't take too long to mow. The lawn always looks great, and it's an instant gratification when he's done," she explains.

Now that the kids are grown, Travis has been planting fruit trees and raspberry bushes. He also secured two beehives. They have experimented with growing nectarines and numerous varieties of apple trees.

"We have the room," Missy says. "There's nothing better than pulling fresh fruit off the tree and eating it right there."

The couple likes living close to nearby amenities, such as Jordan Creek Mall. Yet, they like that their property is shielded from noise and traffic congestion. One of their favorite things to do is sit on the screened-in porch and listen to the waterfall or to eat dinner.

"It's a nice space to read a book, watch nature and the birds. I just enjoy it," Missy reflects. "Everyone loves to come here and spend time."

Missy says it was a great space and enjoyable for their kids while growing up.

"We'll be here for a while," she says.

"Eventually, we'll have grandkids who can come and enjoy the space, too."

"Chaos" garden

When Scott and Michale Hansen moved into their West Des Moines home, the new development only included one tree and had no landscaping on the properties.

The couple previously lived in Ames in a



Scott and Michale Hansen felt it was important to plant native trees and plants in their West Des Moines home's backyard. Photo by Jackie Wilson

1920s home with numerous mature trees. They had a blank slate to make the backyard their own and wanted to add several elements. It was important to include native plants and drought-tolerant landscaping but without an over-crowded feel of too many plants.

They hired a landscaping company, Manscapes Lawn and Garden, that made

recommendations with regards to trees and plants. One problem they encountered was the West Des Moines soil.

“The yard is all clay. It was a new challenge, but we thought we could figure it out with some help,” Michale says.

Plants and trees that bloom all seasons were high on their list. Yet, Michale’s main focus was to simply plant things she likes.

“I call it my ‘chaos’ garden. It’s a little of this and that,” she explains. “I want to fill it with things I love.”

The couple had the clay replaced with soil for a 2-foot by 5-foot rectangle for planting. Drainage was also added among the rocks where rain water from the home’s downspouts runs into a trench. There, swamp milkweed thrives.

“The drainage provides good water and works well, but it also adds visual interest to the garden,” Michale explains.

Native flowers were also important. She has planted cone flowers, red clover, orange butterfly weed and black-eyed Susans. Hydrangea plants are a favorite, as she likes to bring colorful cuttings inside. They also planted numerous trees, such as birch, blue spruce, honey locust and white pine.

Both Scott and Michale brought seeds from previous gardens. They dug up Michale’s mom’s rosebush before she moved. Scott brought rattlesnake, columbine and coneflower seeds from farm ground. A rhubarb plant continues to come back each year.

“It’s a garden experiment,” Scott explains.

With an open-air feel, they wanted to avoid crowding elements. Michale built a fairy garden for her young granddaughter. She is also teaching her about plant care.

“We do it like a classroom. We learn about plants and nature. We teach her that, if we take care of it, it grows. Butterflies, hummingbirds and gold finches all come by,” she says. “It’s nice to see it all pay off.”

In the three years since they moved into their new place, the couple has been surprised at how the new trees have grown and how other plants came back from last year.

The couple likes hanging out in their patio to view nature.

“It’s a good creative outlet. We love to sit on the porch and listen to the birds. We’re creating a habitat for birds and butterflies. There’s a certain level of beauty to our backyard,” Michale says.



Raj Iyer is passionate about finding new plants and keeping her backyard natural, without using chemicals. Photos by Jackie Wilson

Labor of love

In Raj Iyer’s expansive gardens, hundreds of plants, flowers and vegetables surround her family’s West Des Moines home. Throughout her gardening, she is focused on one important aspect: native planting.

For Iyer, it’s important to avoid chemicals and let plants grow — even dandelions. Yet, she says she doesn’t even have dandelions, because of the rest of the ground nurtures growth of native plants.

Iyer grew up in India then lived in Chicago and California. She left 40 rose bushes at her California home. When she moved to West Des Moines in 2011, the new development was all lawn.

“I replanted everything,” she says. “It’s a labor of love.”

She studies and researches planting and growing techniques and listens to a horticulturist talk show. She has adapted to Iowa’s different growing zone.

“I’ve learned over the years what grows here and what doesn’t. One way to learn is to kill a lot of plants,” Iyer laughs.

A path to her backyard includes a row of lilac bushes leading to a French clover meadow rather than a grassy lawn.

“The clover takes care of fertilizing the lawn, so there’s no chemicals,” she explains.

In the backyard, Iyer hosted her daughter’s graduation party. She’s designed various sitting areas, which are all shady, where she and her



family view numerous flowers and trees.

Most of the flowers are perennials, which come back each year. Dahlias, irises, roses, clematis, hydrangeas and wisteria are just a few of the varieties.

She has also planted dozens of trees, including varieties of fruit trees.

“I grew an apricot tree. I’ve never tasted something so good. It’s like candy in your mouth,” Iyer reflects.

Maintaining a wildlife habitat by planting goldenrod and milkweed is equally important. She plants densely, so weeds may get edged out. At the end of the season, she doesn’t cut back dead plants.

“I don’t cut it back until May. Since we did this, it’s brought so much bird activity,” she says. “Every year, something takes over and it (the garden) decides what it wants to do. It’s all about finding the right plant in the right place.”

A water tank collects rain water, which helps plants thrive better than tap water, she says.

Each year, Iyer plants something new. She says having a garden and greenspace offers several benefits.

“It’s like therapy. It’s an addiction,” she reflects. “It’s also about hope. When you plant a seed, you expect it to grow and to feed you. A garden is happiness, and it teaches patience.” ■

IOWA Adventure Pass returns



Thanks to the hard work of librarians around the state, we now have a new Adventure Pass ticketing system in place. You can reserve Adventure Passes by visiting www.iowaadventurepass.org.

Just like before, Adventure Passes through the West Des Moines Public Library are only available to library card holders who are residents of West Des Moines or Cumming (contract city). Each patron is allowed to reserve passes from each of our participating venues once each calendar year (previously it had been once every 365 days).

Passes can be reserved for The Blank Park Zoo, Brenton Skating Plaza (seasonal), Des Moines Children's Museum, Greater Des Moines Botanical Garden, Nelson Pioneer Museum, Reiman Gardens and the Science Center of Iowa.

West Des Moines

Public Library

www.wdmlibrary.org

515-222-3400

4000 Mills Civic Parkway,

West Des Moines

Mon.-Thu. 9 a.m. to 9 p.m.

Fri. 9 a.m. to 6 p.m.

Sat. 10 a.m. to 4 p.m.

Sun. closed

UPCOMING EVENT HIGHLIGHTS

Teen Picture (Frame) This! Wednesday, June 11, 3:30-4:30 p.m. (grades 6-12). Join us for a crafternoon in the Community Room. We will be making Perler bead picture frames and "maximalist"-style frames. Registration required.

Endangered Species with Polk County Conservation. Monday, July 21, 1:30-2:15 p.m. (ages 4-12). Join a Polk County Conservation Naturalist to identify the factors that cause animals to become an endangered species. Registration required.

Adult Summer Reading Party. Friday, July 25, 6:30-8 p.m. (adults). Join us for our adults-only, end-of-summer celebration. We will play bingo. Prizes and refreshments will be provided. Registration is required. This party is intended for adults who completed the Summer Reading Challenge.

Summer Finale: Water Party! Saturday, July 26, 10 a.m. to noon (all ages). Come and celebrate the end of Summer Escape 2025. This year's finale will feature a variety of water-based games and activities, from a foam machine to a giant inflatable slip-n-slide to a dunk tank and more. No registration required. ■

Summer Lovin' with a summer bouquet!

Bellflower
FLORIST & GIFTS LLC

For Any Occasion!
515-410-2397
2251 Sunset Drive Suite C
Norwalk, Iowa 50211

Veteran Owned

bellflowerfloristandgifts.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

TRANSFORMING LANDSCAPES

ONE HOME AT A TIME!

LANDSCAPE DESIGN & INSTALLATION

- Concrete Edging • Retaining Wall • Patios
- Fire Features • Irrigation • Weed Control Programs

Brilliant BORDERS

515-236-5214

www.brilliantborders.com • 1585 NW Vicksburg Ct, Waukee

HOSPICE care may be a gift to your family

For Linda's family, summer had always meant joy — a season of togetherness, with loved ones traveling from near and far to reconnect and celebrate.

But last year was different. Linda's health was steadily declining due to several chronic conditions, and although she still cherished the idea of seeing her family, she and her husband, Tom, weren't sure how they could fully take part in the usual reunion activities.

Support from an in-home hospice team helped shift the focus from what they couldn't do to what was still possible — allowing the family to create lasting memories during a meaningful summer.

"Hospice began caring for Linda just after Easter," Tom recalls. "They gave her the support she needed to enjoy a few very good months, and she was able to take part in our June family gathering. It might sound unusual, but that



summer felt full of life."

When you're exploring hospice care for someone you love, it may feel difficult — even paradoxical — to associate it with the idea of living. But that's exactly what hospice is meant to support: living well, with dignity and comfort, even as health declines.

Hospice care isn't one-size-fits-all. It can be provided at home, in a dedicated hospice facility, or in a blended care model — and the right choice depends on your family's unique situation and needs.

Whatever form of care you consider, one of the most important questions to ask is: "How can this help my loved one live fully during this stage of life?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person has received a diagnosis of a life-limiting condition. Early access to hospice can improve comfort and quality of life for weeks or even months, providing space and peace to focus on what matters most.

If you're navigating a loved one's illness this summer, consider how you want to spend that time together. Hospice providers can often deliver care in a person's home, helping preserve familiar surroundings while supporting both the individual and their family.

While reaching out to a hospice team can feel daunting, having compassionate, expert care in place can ease stress and allow for more meaningful moments — especially during treasured family traditions.

"Once we had hospice involved and a plan in place, it lifted a huge burden," Tom says. "We could concentrate on celebrating the season with Linda, knowing she was comfortable and cared for. We'll never forget that summer — it was a gift." ■

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.



Healthy Kids Iowa
from Iowa HHS

Healthy Kids Iowa Starts With Healthy Choices!

Learn more and find a
Healthy Kids participating
pantry near you.



YOUR emergency fund: How much is enough?

Have you ever had one of those months? The water heater stops heating, the dishwasher stops washing, and your family ends up on a first-name basis with the nurse at urgent care. Then, as you're driving to work, you see smoke coming from under your hood.



Bad things happen to the best of us, and sometimes it seems like they come in waves. That's when an emergency cash fund can come in handy.

One survey found that more than two in three Americans are not confident that they have enough emergency savings to cover a month's worth of expenses. Another survey found that 43% of Americans said they wouldn't be able to cover an unexpected \$1,000 expense with money from their savings account.

How large should an emergency fund be? There is no "one-size-fits-all" answer. The ideal amount may depend on your financial situation

and lifestyle. For example, if you own a home or have dependents, you may be more likely to face financial emergencies. And if a job loss affects your income, you may need emergency funds for months.

If saving several months of income seems unreasonable, don't despair. Start with a more modest goal, such as saving \$1,000, and build your savings a bit at a time. Consider setting up automatic monthly transfers into the fund.

Once your savings begin to build, you may be tempted to use the money in the account for something other than an emergency. Try to avoid that. Instead, budget and prepare separately for bigger expenses you know are coming.

Many people open traditional savings accounts to hold emergency funds. They typically offer modest rates of return. The Federal Deposit Insurance Corporation (FDIC) insures bank accounts for up to \$250,000 per depositor, per institution, in principal and interest.

Others turn to money market accounts or

money market funds in emergencies. While money market accounts are savings accounts, money market funds are considered low-risk securities. Money market funds are not backed by any government institution, which means they can lose money. Depending on your particular goals and the amount you have saved, some combination of lower-risk investments may be your best choice.

Money held in money market funds is not insured or guaranteed by the FDIC or any other government agency. However, it is possible to lose money by investing in a money market fund.

The only thing you can know about unexpected expenses is that they're coming. Having an emergency fund may help to alleviate the stress and worry that can come with them. If you lack emergency savings now, consider taking steps to create a cushion for the future. ■

Information provided by Travis Gaule, founding partner/financial advisor, Trust Bridge Wealth Advisors, 4090 Westown Parkway, Suite 108, West Des Moines, IA 50266, 515-207-4346.

SAFEGUARD THE FUTURE

SO YOU CAN **FOCUS ON THE NOW!**

Travis takes a well-rounded approach to your financial well-being, looking beyond just investments or retirement accounts.

He addresses essential tools like life insurance and estate planning, so no part of your financial future is left unmanaged.



Travis Gaule

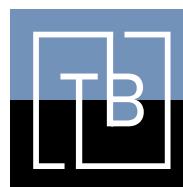
Founding Partner/Wealth Advisor

515.207.4346 • Travis@TrustBridgeWA.com



TrustBridgeWA.com

4090 Westown Pkwy, Suite 108, West Des Moines



Trust Bridge
WEALTH ADVISORS

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

BROCCOLI and friends salad

Step aside, “Trees and Raisins.” It’s 2025, and there is a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.

Salads and slaws have come a long way in the past 75 years. I’ll admit, I wasn’t a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

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



Broccoli and friends salad

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

Ingredients:

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

Dressing:

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2 tablespoons poppy seeds

Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with



lemon juice to prevent browning; add to bowl.

- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.

WINE BAR & GRILLE

Featuring modern décor & American cuisine

Great selection of salads, sandwiches, pastas, steaks, seafood and pizza.

JOIN US ON SATURDAYS FOR BRUNCH- 10AM- 3PM

Indulge in Mouthwatering Favorites & Sip on Refreshing Mimosas!



640 S 50th St. Ste 2110 • West Des Moines • 515-226-3230

A locally owned family restaurant & market

SOCIAL HOUR | Mon-Fri 3-6pm

\$3 Domestic Beer

\$4 House Wine

\$5 Signature Cocktails

\$6 Cellar Old Fashioneds
and Cellar Manhattans

1/2 off Starters

See our menus
& weekday
specials!



EVENTS IN THE AREA

Check for cancellations

Upcoming in the West Des Moines / Jordan Creek Living magazine:

RV Camping: Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email tammy@iowalivingmagazines.com with your stories.

Home Improvement: Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email tammy@iowalivingmagazines.com with your stories.

Yoga in the Park

Saturdays, July 12, Aug. 9,
Sept. 13, Oct. 11, 9-10 a.m.
Railroad Park Stage, 425
Railroad Ave., West Des Moines

Yoga in the Park offers a unique blend of tranquility and community, set against the backdrop of Historic Valley Junction. Led by local yoga instructor Lindsay Bordwell, each session is designed to harmonize your energy and enhance your practice, whether you're a beginner or a seasoned yogi. Share this journey with like-minded individuals, creating bonds that transcend the mat.



Hands On History Camp

Aug. 11-15

History campers will experience hands-on activities and old-fashioned fun, including learning about prehistoric Iowa, making an artifact, shooting atlatls, churning butter, making paper, dissecting owl pellets and starting fire with flint and steel. Find out more and register at www.wdmhs.org/events-3/history-camp.

Schoolhouse Story Time

Tuesdays, July 22, Aug. 5, Aug. 19,
10:30-11:30 a.m.

Bennett School Museum, 4001 Fuller Road, West Des Moines

It's a storytime party at Bennett School Museum this summer. Pre-K-first graders will enjoy an hour of stories, songs and crafts. All children and their adults are welcome. An adult must accompany the children.

- July 22: A Cloudy Day Storytime.
- Aug. 5: Alligators and Crocodiles.
- Aug 19: Party Time

CITYVIEW Summer Stir

Friday, July 25, 5-9 p.m.
East Village, Des Moines

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>. ■



Let's Create Your Outdoor Oasis.

Central Iowa's Premier Landscaping Services

Bring your vision to fruition! We are there from start to finish. Creative Nature designs the backyard of your dreams and does the installation to complete the project.

- ✓ Landscaping Design
- ✓ Retaining Walls
- ✓ Pools
- ✓ Patios
- ✓ Firepits/Fireplaces
- ✓ Annual Pot Plantings
- ✓ Landscape Bed Maintenance
- ✓ Irrigation



\$150 OFF

CHRISTMAS LIGHT INSTALLATION

of \$1,000 or more w/ 3 year contract.

\$500 OFF

NEW IRRIGATION SYSTEM

with Full Season Contract

"Customer care is top priority for the team at Creative Nature! They keep the customer informed on everything going on throughout the process."

— Allen W.

20  16
CREATIVE NATURE
LANDSCAPE & DESIGN

LET'S GET STARTED TODAY. >>>

515-979-6868 • Clayton@creativenatureiowa.com



CBD + THC
American Shaman

Beat The Heat This Summer!
WITH THC DRINKS!

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

Map showing locations at 50th St and Mills Civic Pkwy, West Des Moines, IA.

HEALTH

By Ashley Powell

BEAT the heat with CBD

Summer brings sunshine, outdoor activities and, unfortunately, heat-related soreness and fatigue. Whether you're hiking, gardening or chasing kids around the pool, your body can feel the effects. CBD offers natural support to help you recover, recharge and keep going strong.



CBD works with the body's endocannabinoid system to help manage inflammation, pain and stress. When used regularly, it can ease swelling in muscles and joints, making it easier to bounce back after long, active days. It also supports pain management without the side effects linked to many medications.

CBD drinks and tinctures are great for hot weather, offering hydration and relief in one. Topical products like creams and roll-ons are perfect for targeting sore areas after outdoor activity or long hours on your feet.

Recent research supports this, too. A 2022 randomized study found that CBD and CBG in a recovery drink helped reduce soreness and improve muscle recovery after exercise. A 2023 review also showed CBD's ability to regulate inflammation markers like IL-6 and TNF-alpha, both tied to soreness and fatigue.

Shopping in-store gives you access to high-quality, lab-tested products and knowledgeable consultants who can help you find the best option for your needs. Plus, you can sample products and learn how to use them. ■

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. References: Muroph, M. L., et al. (2022). Pilot study on CBD and CBG beverage use for DOMS recovery. Mayeux, J. P., et al. (2023). Cannabidiol's effect on inflammation: A review. Frontiers in Pharmacology.

SUMMER'S HOT.
Hydrate with IVs!

50% OFF
on select IV Drips

Valid June 26-July 31. Must mention this ad to receive promotion.

JOIN THE 4EVER YOUNG FAMILY!

4Ever Reserve \$99 a month	✓ Any Service, Any Time ✓ Up to 20% off most services ✓ Up to 10% off all products ✓ Pause 3x per year	4Ever You \$149 a month	Everything in 4Ever Reserve + ✓ One facial or IV drip every month ✓ Share your benefits with a friend ✓ Unused credits roll over for 12 months
--	---	---	---

4EVERYOUNG
ANTI AGING SOLUTIONS

Look Your Best. Feel Your Best.
1180 SE University Ave, Waukeez • 515.304.2324

See all services here!

WELLNESS

By Lauren Lohse, MSN, FNP-C

BENEFITS of IV therapy

IV therapy has gained significant popularity as a wellness treatment offering a direct route to deliver essential nutrients, vitamins and hydration directly into the bloodstream. This method bypasses the digestive system, ensuring maximum absorption and immediate benefits.



The benefits of IV therapy are diverse. It can provide rapid hydration, which is crucial for overall health, and can alleviate symptoms of dehydration like fatigue and headaches. IV therapy also supports the immune system by delivering immune-enhancing vitamins directly to cells. Furthermore, it can enhance energy levels by providing essential nutrients that support cellular energy productions.

4Ever Myers – Alleviate chronic inflammation, muscle pain, fatigue and stress with this blend of multi vitamins and essential hydration.

4Ever Shield – Boost your immune system if you are feeling under the weather.

4Every Refuel – Multiple vitamins and amino acids to assist with the flushing of lactic acid and toxins while increasing athletic performance, cardiovascular health, muscle recovery, hydration and combating fatigue.

4Ever Detoxify – Recuparate your hangover with a special cocktail to treat nausea, dehydration and headaches.

4Ever Glow – Your beauty go-to fights free radicals and improves vital organ defense. Enhance and regenerate your glow.

4Ever Young – An ultimate IV cocktail that combines all essential vitamins and nutrients into one treatment. ■

Information provided by Lauren Lohse, MSN, FNP-C, 4EVERYOUNG, 1180 S.E. University Ave., Waukeez, 515-304-2324, www.4everyoungantiaging.com.

SWAP promotes water quality

Coffey uses rainwater for native lawn.

The front lawn of Evelyn Coffey's West Des Moines home reveals a prairie-like garden, with wildflowers and native plants. The best part of it? She hasn't watered her plants once this year with the garden hose — even during the near-drought conditions in early June.

Coffey took advantage of the City of West Des Moines' Stormwater Assistance Program (SWAP), which provides cost-share funding to residents who install native landscaping, rain gardens, rain barrels and other stormwater best practices that promote water quality.

Coffey and her family lived in both Hawaii and California, where lawns weren't a big deal. Once she moved to Iowa in 2021, she didn't want a manicured lawn.

"Lawncare didn't feel good to me," she explains. "I wanted flowers."

She bought a bag of wildflower pollinator mix and direct-sowed the seeds in her front yard. Yet, it wasn't what she planned, as it was covered in thistles and weeds.

She learned about WDM's SWAP program and began the application process to discover how to use rainwater resources and to plant a rain garden.

She worked with a landscaper familiar with water mitigation efforts, who suggested directing run-off from the house's downspout into a holding space when it rains. She told the landscaper her desire to keep the area natural and feature a variety of native flowers and prairie plants.

"They did an incredible job. The contractors provided a plan by surveying the roof run-off, how much it soaked up and they calculated the space for landscaping."

Now, her front yard consists of coneflowers and other native Iowa plants. For two summers, nearly all plants sprouted red. Every year, a different variety of flowers bloom.

One concern she had for her front lawn was for it to look appealing in her WDM neighborhood.

"We live in the suburbs. I didn't want it to look like an overgrown weed patch. Thankfully, nobody has complained," she explains. "I want to show people that a natural garden can be beautiful."

Neighbors stop to admire the space.



Evelyn Coffey's yard features a prairie-like garden, with wildflowers and native plants.



"I want to provide intentional stewardship so others can be inspired. If people are willing to pay for a lawn service, try something else instead," she reflects. "I'd love to change the perception about what a lawn could look like."

As she's concerned with loss of habitats, her small garden helps support the environment, rather than control it. "Anything

we can do that works with nature can help bring back birds and butterflies. It's rewarding to see butterflies," she says. "It's such a joy to come out early in the morning and see nature."

For more information about the SWAP program, visit www.wdm.iowa.gov/residents/stormwater-assistance-program-swap. ■

INHERITANCE tax phased out in Iowa

Are you worried about your family paying taxes when you die? There is some good news that can affect your estate planning.

Every estate is liable for a few different kinds of tax. Whether it is federal estate tax, income tax, inheritance tax or capital gains tax, your heirs may be writing checks to the government. Iowa was one of six states that had inheritance tax. But Iowa has now phased out its inheritance tax law with a complete exemption effective Jan. 1, 2025.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the state of Iowa. Some beneficiaries have always been exempt: a spouse, children, stepchildren, grandchildren, and parents all



have a 100% exemption from inheritance tax.

Other beneficiaries previously had no exemption, like siblings, sons- or daughters-in-law, nieces and nephews, and friends. The tax rate could be as much as 15%. For this reason, some clients avoided leaving money to individuals because of the negative tax implications.

Legislation changed this in 2021 by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate was reduced by 20%. The rate continued to be reduced by 20% each subsequent year until Jan. 1, 2025 when the exclusion became 100%.

Now, no inheritance tax is owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

Inheritance tax is still in effect — at the reduced rates — for deaths prior to 2025. The phase-out was not retroactive.

This change to the law presents an estate-

planning opportunity for many clients. Clients can include a sibling or beloved son-in-law or daughter-in-law in their Will or Trust without worrying that the State of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a last will and testament or a revocable trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

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

EVERYONE NEEDS A PLAN.

WE'RE HERE TO HELP.

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

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

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

LIVING to give

Smith stays busy giving back.

Kay Smith is trying to enjoy every day of her life.

That's part of what drives her to give so much of her time to serving others.

The longtime West Des Moines resident (she has lived in town since 1985) is an active volunteer at Mary's Helping Hands, which "offers hope, love and support to expecting mothers, fathers and caregivers in need of assistance with their child's basic needs during the first two years of life."

There, Smith serves as a receptionist on Monday mornings and Wednesday afternoons and occasionally helps at other times when needed.

She also volunteers at the St. Vincent de Paul Conference at Sacred Heart Catholic Church, currently serving as the secretary.

Smith plays in two women's golf leagues: Willow Creek and Grandview. She currently co-chairs the golf events committee at Willow Creek and is the secretary for the Grandview league.

As if that did not keep her busy enough, Smith helps in the office at the St. Vincent de Paul Windsor Heights location and assists as needed with their golf tournament, Christmas events and other activities.

At Sacred Heart Catholic Church, Smith serves as an usher and eucharistic minister. She is also a member of the Women's Guild and bakes cookies several times a year for Connection Café, which serves lunches through St. John's Church in downtown Des Moines.

It doesn't stop there. Smith is a member of the Tau Chapter of Delta Kappa Gamma Society, an international organization of women educators, librarians, counselors and others. She has served as both secretary and president and was just elected as the state DKG secretary.

In addition, Smith is actively involved in the University of Northern Iowa alumni association and served on its board of managers for six years.

In the past, she was a regular blood donor with more than 100 donations, volunteered at Salisbury House, and served as secretary for both the Parish Council at Sacred Heart and the school board.

So, why does Smith commit so much time and energy to all this volunteer work?

"I retired from teaching at AIB College of Business in August 2012," she shares. "I love to stay busy and active and enjoy giving back to organizations important to me. It gives me an opportunity to make a difference and make new friends. I have been fortunate to have a good life and enjoy the chance to help others."

Smith has been recognized for her work, too. For her volunteerism with UNI, she received the Governor's Volunteer Award after being nominated by the university.

"In general, knowing my colleagues have faith in me to serve in elected positions is always wonderful," Smith shares.

Ultimately, she encourages others to volunteer as well and knows it will make them feel good.

"Every little bit of time helps. Whether you donate on a regular basis to an organization so many hours a week or help out now and then, the satisfaction you feel knowing you made a difference for others is truly a blessing," she says. ■



Ryan Mehalovich of Edward Jones presents Kay Smith with her Neighbor Spotlight certificate.

edwardjones.com/findyourrich | Member SIPC

Let's find your rich

Edward Jones

What does it mean to be rich?
Maybe it's less about a magic number and more about discovering the magic in life.

Contact me today, and let's find your rich.

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

CAT-16762-A-A1-AD © 2024 EDWARD D. JONES CO. ALL RIGHTS RESERVED. AECSPAD 12/2019/24

THANK YOU, Mom and Dad

Our mother died a few years ago after struggling through the late stages of Alzheimer's disease. Honoring her during this stressful time was our family's ultimate goal. And, then again, when she died, we wanted to honor her life in the best way we could. Well, we can tell you firsthand that having her preplanned funeral in place was extremely valuable in helping us achieve our goal. All of the information surrounding her death, visitation, service and burial were organized in a preplanning file at the funeral home. Knowing her wishes, having merchandise selections already made, having the details about what would be in her obituary already written down and having the information for the death certificate already recorded all helped to make the process of funeral arrangements so much easier for our family.

Since that time, our dad has been "tweaking" his own preplan, which is currently in place at the funeral home — and for that we are so thankful. While we certainly don't wish for his death any time soon, we are grateful that his thoughts and wishes are safely in a file at the funeral home so that, when that time comes, and our heads are spinning with grief, we won't have to wonder or guess — we will know exactly how best to honor him.

Thank you, Mom and Dad, for this gift. With love from your daughters. ■

Information provided by Sasha Mudlaff and Holly Peterson Miller, family owners, Hamilton's Funeral Home, 605 Lyon St., Des Moines, IA 50309, 515-243-5221.



MEET Brad Rose

Valley athletic director for 16 years retires.

With 30 team state championships, five all-sport trophies and hundreds of other accolades, Valley High School is at the top of high school sports, music and drama, thanks in part to Athletic Director Brad Rose.

Rose, who joined Valley High School as director of athletics and activities and managed 45 different clubs at Valley, retired on July 1 after 16 years of service. Zac Sinram takes over Rose's position.

Part of Rose's job is to hire directors and coaches. In turn, these coaches have gone on to coach winning teams. Last year, Valley won 18 of 23 state titles. Speech, music and drama students have won dozens of championships. Valley's football coach, Gary Swenson, has won more than 400 games in his career. The girls soccer coach, Rob Chapman, has won more than 600 games, plus six state titles. Valley hosts more than 200 events a year.

Rose was named State Athletic Director of the Year in 2016. He lists multiple accomplishments with numerous sports and other activities.

"I've been lucky to hire good coaches," he says. "We've had tremendous fine arts directors. Our coaches are dedicated to the students."

During his tenure, in spite of numerous championships, they haven't always won at state.

"Eighteen times, we finished second. It's agonizing," he reflects. "You know how hard the kids worked to get that far."

Accolades for students go beyond the playing field.

"Kids in activities at Valley outscore academically," he says. "That's one thing I sell... is that Valley is a great place to be, whether it's coaching or attending school."

Rose began his career as a coach, as he always enjoyed playing sports. He coached in Ankeny and was the athletic director in his hometown of Fairfield. He joined Valley 16 years ago as it was an opportunity for him and for his kids to attend West Des Moines Community Schools. When he arrived, the position including overseeing both athletics and activities.

Rose is a constant cheerleader for various teams and attends as many events as possible.

"Sometimes I'm at three soccer matches in one night. I'm usually here three or four nights a week and don't get home until 10 at night," he explains. "I have an understanding wife."

Through the dedication to students, he appreciates the Valley families and staff he's worked with over the years.

"It's been an absolute honor and a privilege to work at Valley," he reflects. "It's the best high school in my opinion."

Rose doesn't have set plans after retirement. He's considered volunteering and wants to spend more time with his wife and family.

"When you're used to working 80 hours a week, I doubt I'll just sit and do nothing," he says. "I want to be an even better dad for my college kids and take better care of myself." ■



Brad Rose has retired as Valley High School athletic director and looks forward to more time with his family.

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 Cortner



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

OUT & ABOUT

VALLEY JUNCTION Pride

Valley Junction Pride was held June 29.



Sadakat Aliyeva, Hailey McKinney and Maggie Martin



Cindy and Dan Todd



Nicki Reed and Dina Bechman



Seth Bequette and Alex Strotman



Pattie and Jenny Klein



Nicole and Lena Waller

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT

AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

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

GET 8 FREE BURGERS
A \$22 value!

Scan Now To Order

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

MORE THAN JUST A JOB...

Have a meaningful career!

If you love our publications, you'll love working with us!

If you are a motivated sales representative with attention to detail and a solid work ethic who wants to work where you live, then we want to talk with you.

IOWA Living MAGAZINES

Benefits include unlimited earnings potential, health insurance, dental insurance, life insurance, AD&D, long-term disability, paid vacation and sick time in a casual, family-owned working environment.

Contact Jolene Goodman at 515-326-0082
or email your cover letter and resume to jolene@iowalivingmagazines.com

RIBBON cutting

West Des Moines Chamber of Commerce held a ribbon cutting for MidWest One Bank's new location at 1245 Jordan Creek Parkway, Suite 140, in West Des Moines on June 17.



West Des Moines Chamber of Commerce held a ribbon cutting for MidWest One Bank's new location at 1245 Jordan Creek Parkway, Suite 140, in West Des Moines on June 17.



Mike Torrez, Lauren Watson, Brendon Shaw and Mady Arndt



Allan Walz, Jim Carey, Steve Heimermann and Todd Means



D'Angelo Johnson and Ashlee Vieregger



Jared Galligan and Sean Presnall



Travis Gaule and Steve Rogers



Holly Rivas and Gared Hassel



Paul Schut and Deborah Harp



Renee Lupkes and Matt Risting



Live well, age well, and handle the *what-ifs* right at home.

WellAhead is an innovative membership program designed to enhance independence and well-being for those who intend to live at home as they age. WellAhead handles the major worry, ensuring your access to long-term care and covering the majority of its primary costs from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about WellAhead or RSVP for an upcoming seminar, call (515) 400-4715 or use this QR code.



Why WellAhead?



Remain at Home



Protect Your Assets



Maximize Your Well-Being



Plan for Future Health Needs

(515) 400-4715 | wesleylife.org/wellahead

This institution is an equal opportunity provider and employer.



IT'S
TIME
TO

Celebrate

OUR INDEPENDENCE WITH AMERICAN-MADE PRODUCTS!

Pricing valid July 1-31, 2025

\$1,099

\$1,049 EACH

MAYTAG®

\$1,049 EACH

\$699

5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR



MRT711SMFZ

33-Inch Wide Top Freezer Refrigerator With Evenair™ Cooling Tower- 21 Cu. Ft.



MVW6230RHW MED6230RHW

Washer New Electric dryer
4.7 CU FT. Deep 7.4 CU FT.
Wash option Hamper door

*Must purchase pair



MVWP586GW MEDP586KW
3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer. 7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control.

*Must purchase pair



MDB4949SKZ
Dual Power Filtration. PowerBlast® cycle. Heated Dry. Touch controls. Fingerprint resistant stainless steel.

Whirlpool®

\$999 EACH



WFW5720RR

4.5 cu ft
Smart front load

WED5720RR

7.4 cu ft
Wrinkle shield

*Must purchase pair

THANK YOU
to those who have
fought and are still
fighting for our
FREEDOM!

\$2,199

\$1,599



WRMF3636RZ

Maximum ice capacity,
Exterior ice & water,
Refrigerated exterior drawer



WSIS5030RZ

Induction slide-in range.
Air fry. Griddle zone.
6.4 cu ft oven.

**ADEL
& Winterset**

T.V. & APPLIANCE • HEATING & COOLING

Est.
1960

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-1

515-993-4287

www.adelwintersettv.com

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-1

515-462-2939