

WEST DES MOINES

Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

NATIONAL SUICIDE PREVENTION LINE ANSWERED BY LOCAL CENTERS

The Iowa Department of Health and Human Services (HHS) announced the launch of 988, The National Suicide Prevention Line (NSPL) three-digit number to call for individuals in suicidal crisis or emotional distress. Iowans who contact 988 will be directly connected to trained crisis counselors who provide crisis de-escalation and connect individuals to the services and supports they need, when they need it.

An easy to remember three-digit number will not only make it easier to connect to support in a crisis, it will also:

- Reduce the burden on law enforcement and emergency medical resources so they can better respond to other public safety needs.
- Provide access to mobile response through warm handoffs,



reducing confusion on how to access the service and enhance mobile response efforts statewide.

- Increase the number of contacts answered by Iowans knowledgeable about local behavioral health services, providing a personalized experience during a time of crisis and allowing for in-state quality assurance.

“The national launch of 988

coincides with the significant work we’ve been doing here in Iowa since I took office to enhance and improve our historically fragmented crisis response system. Iowa families — all families — should have quick and easy access to necessary mental and behavioral health care resources when they need them, and 988 will serve as a centralized resource for Iowans to utilize during their times of need.” said Gov. Kim Reynolds.

Iowa has two NSPL Centers, CommUnity and Foundation 2. Foundation 2 is staffing to answer the majority of 988 calls, and CommUnity is staffing to answer the majority of 988 chats and texts. Both centers will be equipped to answer calls, chats and texts. Iowa’s Lifeline Centers will provide

988, CONTINUED ON BACK

WEST DES MOINES

WEATHER FORECAST

THURSDAY HIGH 93 | LOW 68

Sunny; breezy, warm and humid



FRIDAY HIGH 95 | LOW 80

Warm; a shower in the morning



SATURDAY HIGH 100 | LOW 71

Showers and a heavier t-storm



SUNDAY HIGH 85 | LOW 66

Cooler with clouds and sun



MONDAY HIGH 82 | LOW 69

Partly sunny



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FROM THE PUBLISHER

SLEEP AND SLEESTACKS

Did you get a good night's sleep? Most statistics say you probably didn't. In fact, according to businesswire.com, 83% of Americans say they do not get a good night's sleep on a regular basis.

If nothing else, it is good to know that I am not alone. I remember my father getting by on very little sleep. He would be up before dawn every day, and I don't think he owned an alarm clock. He did own a recliner, though, and was known to use it for Sunday afternoon naps. Me, too.

Many people have told me that, the older they get, the less sleep they seem to need. At 53 years old, I am beginning to relate. I do have an old alarm clock, but I am not really sure how to set it. Despite the reported dangers of having cell phones near you for too long, like many of you, I rely on my phone for alarms when I need them.

I do value sleep, as I know how it is a necessary part of feeling my best. That's why these

statistics from sleepfoundation.org are especially alarming.

Almost half of all Americans say they feel sleepy during the day between three and seven days per week. That's just those who say they "feel sleepy." The rest must consume a large amount of coffee or energy drinks.

More than 35% of all adults in the U.S. report sleeping, on average, less than seven hours per night. For adults, that doesn't surprise me. Teenagers? That's an entirely different story.

Does where we live impact how much we sleep? Apparently, yes. Hawaii has the highest percentage of adults (43%) who get seven or fewer hours of sleep per night. South Dakota has the lowest (26%). Scenery might have something to do with it. If you were in Hawaii, would you want to spend your time sleeping?



Females seem to struggle with this sleep thing more than males. Women have a lifetime likelihood of insomnia that is as much as 40% higher than that of men. Maybe it is because the men are snoring? My wife says I sound like a Sleestack.

You may think this is all something worth talking about. Well, it is — even in your sleep. Up to 66% of people say they have talked in their sleep, but only 17% of people say it has happened in the last three months. Yes, more Sleestack.

So what is the point of all this? Grab a cup of coffee and get your day started. Then get to bed early and rest. You will be glad you did, and others will likely notice, too.

Have a great week, and thanks for reading. ■

Shane Goodman

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WEST DES MOINES PUBLIC LIBRARY NEWS

• **Summer Reading Finale:** Come celebrate the end of the 2022 Summer Reading Challenge from 10 a.m. to noon on Saturday, July 30. 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. Come ready to get wet and have a blast. For all ages. No registration required. Meet in the library's backyard.

• **Teen Pottery Event with Five Monkeys Inc.,** Wednesday, July 27, 2-3 p.m. Grades 6-12. Join your WDMPL librarians and Dina from Five Monkeys Inc. in Valley Junction for pottery painting in the Teen Center. Paint at the library, staff will take care of transporting/glazing, then they will call you when your item is ready to pick up at the library. Teens only. Registration required.

• **Great Books Showcase,** Thursday, July 28, 7-8 p.m. "Can you suggest a great book?"

This is a question librarians get all the time. Consider this event our answer. Staff will highlight some new titles you'll love. Whether you're a mystery fan or want to find out about the hottest cooking trends, you'll find something new and fresh in their book previews.

A few fun activities are in store as well, giving you the opportunity to win free books as prizes. At the end of the program, enjoy light refreshments and talk about some of your favorite recent reads.

• **Color Connection: Adult Coloring Club,** Tuesday, Aug. 9, 1:30-2:30 p.m. Relax, unwind and color your stress away. Studies show that coloring can have a calming effect on the mind and help promote wellness. It's also a way to connect with others, even if it's in a quiet environment. Whether you're looking to spend an hour or take a short study break, you're welcome to join the group on the second Tuesday of each month in the Millie Knee Classroom. You are welcome to bring your own supplies or use those provided. ■

JORDAN HOUSE MUSEUM TOURS

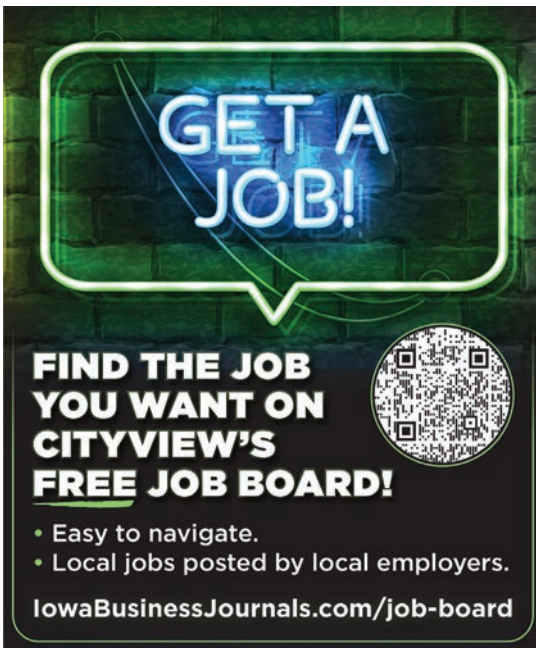
Walk in the footsteps of history at the historic Jordan House Museum, 2001 Fuller Road, West Des Moines. It was the home of the Jordan family and is the only Underground Railroad stop open to the public weekly. Learn about the history of West Des Moines, beginning with rocks and fossils, through the indigenous peoples, early settlers and the development of railroads and Valley Junction. For more information, visit www.wdmhs.org/visit. ■

VOLUNTEERS NEEDED FOR CLOTHING CLOSET AND FOOD PANTRY

West Des Moines Human Services is in need of volunteers to help with the Clothing Closet and Food Pantry as well as with food distribution. Opportunities are available Monday through Friday, between 8 a.m. and 3 p.m. The office is located in Valley Junction at 139 Sixth St. To learn more, or to set up a time for a brief interview and tour, visit www.wdm.iowa.gov/government/human-services. ■

FARMERS MARKET/ MUSIC IN THE JUNCTION

The Farmers Market/Music in the Junction series features live music and a beverage garden Thursdays through September, 4-8:30 p.m., at Railroad Park at Historic Valley Junction, Fifth Street, West Des Moines. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: July 23, Sons of Gladys Kravitz; July 28, Jake Simon. August features: Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede. September performers are Sept. 1, Cover That; Sept 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept 22, Gimmick; and Sept. 29, The Matt Woods Band. ■

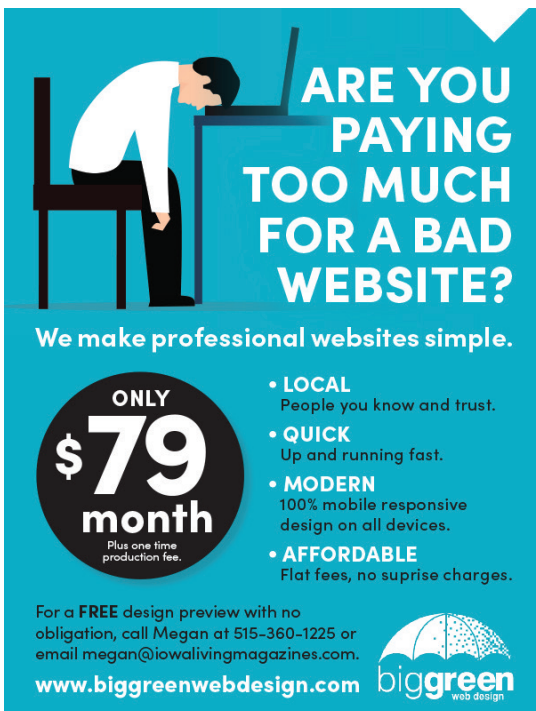


GET A JOB!

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

JUDITH ELAINE BOAT

Judith “Judy” Elaine Boat, 82, died July 11, 2022. Born in Yale, Judy was the youngest of 10 children. She graduated from North High School in 1957 and married Dale later that year. Although she worked periodically throughout her life, she enjoyed being a homemaker and focused her attention on raising their three children: Randy (Stephanie) Boat, Paula Ziems, and Laine (Tom) Buck. She also adored being a grandma to nine grandchildren and eight great-grandchildren. Dale and Judy moved to Grand Living Assisted Living in West Des Moines five months ago after living their entire adult lives in the Des Moines area.



Funeral services were held on Friday, July 15 at McLaren’s Resthaven Chapel, 801 19th St., West Des Moines. Memorial contributions are encouraged to be given to the Alzheimer’s Association, Hospice of the Midwest or the American Cancer Society. ■

STEVEN LEE LOGSDON

Steven Lee Logsdon, 40, died July 9, 2022, following a swimming accident. Steven was born to Michael and Gale Logsdon in Humboldt. He was a 2000 graduate of Valley High School and graduated from Iowa State University with an ethics and business background. Ronald McDonald’s House and Adopt-A-Family were some of his passions for community involvement.



He leaves behind his mother; brothers, Justin (Megan) and Andrew (Melissa); two grandmothers; four nephews; numerous aunts, uncles and cousins; and a host of friends. Steve was preceded in death by his father. A memorial service was held Monday, July 18 at Hamilton’s, 3601 Westown Parkway, West Des Moines. Online condolences may be expressed at www.HamiltonsFuneralHome.com. ■

FILM REVIEWS

By Michael C. Woody

'OBI-WON KENOBI'

(Disney +)

A short catch up of the Disney+ series. One word: WOW! What a great way to show up part of the back story between Obi-Won and his nemesis Darth Vader.

Grade: A-



"Obi-Won Kenobi"

'UNDER THE BANNER OF HEAVEN'

(Hulu)

I also finished the Hulu series based on the Jon Krakauer book about a horrible murder in the Mormon community. Another spectacular performance by Andrew Garfield. Rough subject matter for sure but still worth watching.

Grade: B+



"Under the Banner of Heaven"

'ELVIS'

(in theaters)

Writer/director Baz Luhrmann's (The Great Gatsby and Moulin Rouge) biopic on the life of the legendary singer, Elvis Presley. Austin Butler gives the performance of his life as the singer, and he looks amazingly like Elvis. The movie is about 30 minutes too long and is also dragged down by a weird Tom Hanks performance as Elvis' manager Colonel Tom Parker. Priscilla Presley also doesn't add much to the picture. But, that being said, it is an excellent look at the man who became the legend, and the music is fabulous.

Grade: B+ ■



"Elvis"

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**NIGHTS IN THE HEIGHTS****Tuesdays at 7 p.m.
Colby Park,
6900 School St.,
Windsor Heights**

The Windsor Heights Foundation will host their Tuesday night concert series, with food trucks and free popcorn. July 26 will feature Sons of Gladys Kravitz. Aug. 2 will feature Dick Danger Band.



Photo courtesy of Windsor Heights Foundation

RENDEZVOUS ON RIVERVIEW**Fridays at 5:30 p.m.
Riverview Park,
710 Corning Ave.,
Des Moines**

This concert series returns with free entertainment at the historic Riverview Park, which now includes Des Moines' first accessible playground. Food trucks will be available: Ruby B's Kitchen & Catering, Dudley's Carnival and El Salvador del Mundo every week. More information is online at riverviewevents.org. Musicians will be: July 22, Malcom Wells and the Two Timers, and, July 29, Flying Solos with Brian Congdon.

**WARREN COUNTY FAIR****July 27 - Aug. 1****Warren County Fairgrounds, Indianola**

Enjoy all the favorites of a county fair: grandstand shows, contests, exhibits, food, kids' activities, and a variety of fun for all ages. For more information, visit www.warrencofair.com.

NATIONAL BALLOON CLASSIC**July 29 - Aug. 6****Memorial Balloon Field, 15335 Jewell St.,
Indianola**

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit www.nationalballoonclassic.com.

SUMMER STIR**Friday, July 22, 5-9 p.m.****East Village**

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the East Village's best establishments. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information is online at summerstirs.com.

DEW TOUR**July 29-30****Lauridsen Skatepark,
901 Second Ave.,
Des Moines**

The annual professional skateboard competition and festival returns to Des Moines, home to the largest skatepark in the nation. The event is free and open to the public, featuring a sponsor village, public skate pump track, food and drink, meet and greet with pro athletes, and other activities. More information is online at dewtour.com. ■

Photo by Brandon Lynch

NATIONAL CAROUSEL DAY 2022**Monday, July 25****Union Park, 1801 Pennsylvania Ave., Des Moines**

National Carousel Day is Monday, July 25, and the Heritage Carousel is celebrating with a National Carousel Day event from 4-7 p.m. at the Carousel in Union Park, Des Moines. Enjoy food, fun, entertainment and free Carousel rides. This event is free and open to the public. For more information and a schedule of events, visit www.heritagecarousel.org.

RECIPE

ELEVATE A FAMILY-FAVORITE SIDE DISH TO A FLAVORFUL, PROTEIN-PACKED MEAL

(Family Features) Taking the stress out of family meals at home can be as simple as turning your attention toward recipes that pack plenty of flavor without complicated prep. In fact, you can even turn an easy, everyday side dish into a full-blown dinner by simply adding your favorite protein.

This Greek Chicken Fried Rice, for example, transforms a traditional side dish into a filling meal for four in less than 30 minutes. Plus, it requires just one wok or skillet, leaving hardly any cleanup on those busy weeknights when homework, after-school activities and social calendars fill your schedule. ■

GREEK CHICKEN FRIED RICE

Recipe courtesy of Lori Yates of "Foxes Love Lemons" on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 13 minutes

Servings: 4

- 2 tablespoons vegetable oil
- 1 large chicken breast, finely chopped
- 1/2 cup chopped onion
- 3 cups prepared white rice
- 2 eggs
- 1 cup chickpeas, drained and rinsed
- 1/2 cup roughly chopped fresh parsley leaves
- 1/2 cup crumbled cow's milk feta cheese
- 1/2 cup grape tomatoes, quartered
- 1/3 cup Kalamata olives, halved
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

In wok or large skillet, heat oil over medium-high heat. Add chicken; cook until almost cooked through, stirring frequently, about 5 minutes.



Add onion; cook 1 minute, stirring frequently.

Add rice; cook 3 minutes, stirring constantly. Push rice to sides of wok, creating well in center of wok. Crack eggs into well and scramble vigorously with wooden spoon; cook 2 minutes, keeping eggs in well, or until eggs are fully cooked.

Add chickpeas, parsley, cheese, tomatoes, olives, lemon juice, salt and pepper; cook 2 minutes, or until warmed through, stirring frequently.

SAVE A LIFE: LEARN CPR

Knowing how to perform CPR can save a life. About 70% of out-of-hospital cardiac arrests happen at home, so you're more likely to perform CPR on someone you know. A cardiac patient's chance of becoming a long-term survivor are more than doubled if someone on scene administers prompt CPR.

If you are interested in becoming certified in CPR, West Des Moines Emergency Medical Services offers CPR courses. Call 515-273-0768 or email Julie.Powell@wdm.iowa.gov to register. ■

OPEN BURNING AND FIRE PIT RULES

The City reminds the residents of West Des Moines that open burning and recreational fires that produce smoke are not allowed within the city limits due to county air quality and West Des Moines Fire Department regulations. This includes fire pits, chimineas and other smoke-producing devices. Smoke from burning leaves, grass, brush and most plants contain high concentrations of pollutants, such as carbon monoxide, soot, toxic chemicals and reactive gasses that can contribute to smog formation. The smoke can be an immediate health concern for some people. ■

988, FROM FRONT

follow-up to individuals contacting 988 who are at risk of suicide and consent to follow-up. Crisis counselors will provide seamless coordination with other community-based crisis services, including warm handoffs to mobile response teams throughout the state.

HHS also operates Your Life Iowa, which provides free, 24/7 support available for anyone dealing with mental health concerns, thoughts of suicide, substance use, problem alcohol use, or problem gambling. In State Fiscal Year 2022, Your Life Iowa responded to 41,111 contacts that were received

via phone text and chat. These numbers represent 185% increase since 2020.

"The pandemic exposed and magnified the strain families are facing today. Connecting Iowans to quick and reliable support for emotional distress through 988 marks a sea change in how we approach crisis response," said Iowa HHS Director Kelly Garcia. "The need for these resources is increasing; we see it in our data and in our existing services. Your Life Iowa had a record number of contacts in May of this year. Our teams are ready to answer more calls, texts, and chats, and to be a lifeline when Iowans use 988." ■

CLASSIFIED ADS

FOR SALE: Dark bronze colored metal twin over twin bunk bed. Currently being used as a loft bed, so one mattress is included. \$150. In Adel, call or text 712-830-3638.

HELP WANTED: Love animals? Do you have animal handling experience? Handsome Hounds Boarding and Grooming in Adel, IA is hiring. Looking for the right candidates to join our team as a Kennel Attendant and a Bathing Specialist. Visit adelgroomingboarding.com to learn more and apply.

FOR SALE: Boyd's bears figurines with their boxes Mint condition located in Johnston 515-249-8664.

FOR SALE: 284 golf balls: Some new, some old. \$300. Call: 515-986-3299. Located in Johnston.

LAWN TRACTOR: Troy-Bilt Twin Bagger, 42-inch deck, 18 HP Twin Briggs and Stratton engine. \$400.00. Call 515-360-0931.

BICYCLES WANTED: Any age or condition for parts or repair. Phone 515-238-3343.

WANTED: Non-working lawn mowers & tillers, moped, etc. Will pick them up. Phone 515-445-6023.

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

WANTED: Broken appliances & A.C.'s, 10 years old & under, repair hopefuls. Call 515-238-3343.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disc CD player/DVD. 213,000 miles. Asking \$1,000. Call 515-238-3198. Located 5 miles from Grimes.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$175 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.