

WEST DES MOINES
JORDAN CREEK

MAY 2023

Living

MAGAZINE

Up in the AIR

Residents share their
experiences as pilots

Meet Leslie Perrigo

EDUCATION

Harvest bowl salad with balsamic vinaigrette

RECIPE

Triggs chronicles life — with some embellishment

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THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.



I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough.

Thanks for reading. ■

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Up in the AIR

Residents share their
experiences as pilots

Zach Stubbs of West Des Moines obtained his pilot's license 12 years ago and enjoys the freedom of flying a plane and using all his senses.

By Jackie Wilson

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.



Zach Stubbs of West Des Moines and his girlfriend, Christie Kafer, fly frequently across the Midwest in his Beechcraft Bonanza.

Freedom of flight

Zach Stubbs of West Des Moines got “bit” by the aviation bug early in life. He and his father often drove to the Des Moines airport, near the “blue lights” and parked, watching airplanes land and take off. His childhood toys were often airplane related.

Zach’s dad’s friend was a pilot, and Zach was excited to fly as a passenger at a young age. He dreamed of flying his own plane someday.

Yet life, between college and his career, delayed his dream. More than a decade ago, however, Zach finally completed training and obtained his pilot’s license.

“That was 12 years ago,” he explains. “I realized I wasn’t getting any younger.”

Since then, he’s progressed, obtaining his instrument, complex and high performance ratings, which allow him to fly under regulated circumstances. He likes how he can progress with flying.

“Getting your pilot’s license is like a gateway. Once you get it, it snowballs, and you keep adding on.”

Zach flies mainly for leisure and personal use. With a Beechcraft Bonanza F-33 A, he and his girlfriend, Christie, fly around the Midwest, along with frequent trips to Texas and Florida.

He enjoys flying and sharing his passion with others. Yet, not all folks feel confident flying in a small plane.

“There’s a stigma in aviation, that if you fly a small plane, it’s dangerous,” he says. “I won’t take someone up in the plane if they’re terrified of flying. I won’t force the issue. It’s my responsibility to make passengers feel safe and give them a good experience.”

Safety is of utmost importance. He keeps updated on his licensing requirements. Each time he flies, he checks instruments and ensures all maintenance is updated.

“Unlike a vehicle, maintenance for an airplane isn’t optional. I’m not sure folks realize what goes into the safety checks before flying a plane. We’re trying to get away from the stigma that flying small planes is dangerous,” he explains.

Zach is constantly seeking out ways to improve his flying. After each flight, he completes his own personal debriefing. He seeks out other pilots if he has questions after a flight.

“I’m studying constantly. I’m always in pursuit of how I can be a better pilot,” he says.

He cautions that flying only becomes a problem if the pilot’s ego gets in the way.

“It’s a dangerous mindset if you convince yourself that you are a perfect pilot. There will be learning experiences, and pilots who let their ego get ahead of them can get into trouble. I always remind myself that other pilots are smarter and better than myself. I’m always overly cautious, which is a good thing,” he says.

Once he’s in the sky, he feels a sense of freedom and adventure.

“When I’m up in the air, I’m separate from what’s going on in the rest of the world. I have to be in the moment. It requires all my senses. It’s a hobby which uses maximum potential of my brain. I love all the senses firing at once,” he reflects.

Because of his love of flying, he hopes to eventually obtain his commercial and multi-engine ratings. He says that the aviation

community is a welcoming group, helping out other pilots and encouraging people to get into flying.

“There’s a misconception that to get into general aviation, it’s a brick wall. That’s further from the truth. There’s so many great pilots who share their knowledge. I’m happy to talk to anybody who wants to learn how to fly or has questions.”

He looks forward to each time he’s up in the air.

“Aviation is one of the most rewarding parts of my life. It’s the freedom, the people, the experiences and the joy. It’s been very special to me. I wish I would have done it earlier in life,” he says.

Flying since 15

Dave Kalwishky is well known in the Des Moines-area aviation community.

He coordinates planes, hangars, fueling and customer service and is a flight instructor at the Ankeny Airport, as well as a pilot employed by Exec 1 Aviation there.

He’s logged more than 2,800 hours in the air. He owns a Cessna 182 built in 1965.

Dave’s flown for 40 years and has had a passion for planes since childhood.

“When I was 7 years old, I looked up at the air and saw an airplane. I thought that was so neat,” he recalls.

His family wasn’t involved in aviation. He started out with building model airplanes at age 8. When he was 10, he flew a gas-powered model airplane, and then a radio-controlled airplane. When he turned 15, he took lessons and obtained his pilot’s license.

FEATURE

He's flown leisurely while working in an IT department for 26 years and only recently became involved full-time in aviation. Through the years, he has studied many aspects of aviation and now is a flight instructor with instrument and commercial ratings. He flies for charities with his own airplane. With Lifeline Pilots, he has transported people who need a helping hand and patients who can't fly commercially or drive. He is a pilot for Angel Flight, which is also a medical, non-emergency transport service.

As a member of Central Iowa Pilots and Paws, he has transported dogs from kill shelters for delivery to AHeinz57, an animal rescue shelter. For these charitable endeavors, he donates his time, plane and fuel.

"I'm up in the air, any chance I can get," he says.

He says safety protocols are vital to keeping a plane in the air. He had one close call with an engine failure in flight. The vintage plane went into idle power, and he was forced to land on a gravel road. He credits his safe landing to training.

"My first thought was 'crap.' I was mad I

had to deal with this. My next thought was 'holy crap.' My hands started shaking. We practiced for this. It should be a non-event. It's not an everyday occurrence," he says.

He left the plane with a farmer and came back to repair it.

"It's my only experience in 40 years," he says. "I've got a good track record."

He spends most of his free time up in a plane. He says there's a misconception about pilots.

"People think you have to be rich to be a pilot. There's nothing further from the truth. It's all about life choices. We have a small house and older cars. I don't golf or boat. Instead of a big car payment, I funnel my money to be able to enjoy flying," he explains.

His wife is patient about all of his time spent in the air and enjoys flights as well.

"I've got an understanding wife who doesn't mind my pursuit and passion."

He hopes to help others — especially youth — learn how to fly.

"There's a slight decline in pilots — about 600,000 pilots in the U.S. Only 9.5% are women. We're looking to get more ladies



Dave Kalwishky is involved with nearly every aspect of flying, including volunteering his time, flying patients and rescue dogs and discovery flights with youth.

involved as well," he says.

His company offers a discovery flight, where an individual pays to go on a flight with an instructor to see if they'd like to pursue a pilot's license or a flying career. He also does

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Flying provides a spectacular view of Big Creek/Saylorville. Photo by Jackie Wilson

volunteer work with the Experimental Aircraft Association, where pilots take youth through a Young Eagles program and a free plane ride for kids interested in aviation.

So, why fly? Dave says it's in his blood.

"It's hard to explain. It's a feeling of

freedom. Being up in the air, you turn your brain off. Up there, you're in control, doing your own thing and can go wherever you want. I'm more comfortable flying than being on the ground," he says.

Dave wishes he had been in the profession

longer and encourages people to talk to the pilot community or go up for a discovery flight.

"Flying is my passion," he says. "Next to my family, nothing is more important than flying. I wish I could have pursued this career earlier on. It's not a job if you love it." ■

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

PWWIS

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SOME IOWANS will lose coverage during Medicaid unwinding

What is Medicaid?

Medicaid is a state and federally funded program that provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. Medicaid is administered by the states, according to requirements of the federal government. Medicaid should not be confused with Medicare, which is a federal program for seniors older than 65 or for disabled individuals.

During COVID, Congress enacted the Families First Coronavirus Response Act that had a requirement for states to keep people continuously enrolled in Medicaid. The end date for this provision was March 31, 2023.

What is Medicaid unwinding? Medicaid unwinding or redetermination is the process used to confirm people still qualify for Medicaid. Medicaid eligibility is based on financial and other criteria, and redetermination helps ensure people meet the criteria.



There will be phases of the unwinding that will happen over several months. Medicaid has been preparing members with social media, postcards and mailings. Members will get letters saying they may lose their Medicaid benefits. In many of these cases, they will just need to reapply to affirm they still qualify for the program. Other cases will show they no longer qualify.

If you currently have Medicaid, make sure your address and contact information are up to date with the Iowa Medicaid department. Watch your mailbox and carefully read any notices or letters you receive in the mail about your Medicaid coverage. Make sure to quickly respond to any request for information. Someone who is eligible for Medicaid could be dis-enrolled if the redetermination paperwork is not returned or the paperwork is incomplete. You may be able to appeal the decision if you receive a notice saying your coverage has been terminated.

If you no longer qualify for Medicaid, you will want to review other coverage options. Those may include health coverage through the Affordable Care Act (ACA) Marketplace (Healthcare.gov), a group health plan offered by

your employer or, if you qualify, a Medicare plan.

Losing Medicaid will make you eligible for a special enrollment period (SEP) with any of the coverages mentioned above. Employer-offered plans typically have special enrollment periods limited to 60 days in cases where the applicant has lost Medicaid coverage.

Children under age 19 may qualify for the Healthy and Well Kids in Iowa (Hawki) program. Hawki information can be found at <https://dhs.iowa.gov/Hawki> or by calling 1-800-257-8563.

Iowa Health and Human Services has created a member guide for the Medicaid unwinding that can be found at https://hhs.iowa.gov/sites/default/files/FINAL_Member-Unwind-Guide_0.pdf.

Members can contact Medicaid if they need assistance completing their form by calling 1-800-338-8366 or 515-256-4606 in Des Moines. ■

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Iowa Files: UFOs in Iowa

Sunday, May 21, 2:30-3:30 p.m.

West Des Moines Public Library, 4000 Mills Civic Parkway

UFO sightings in Iowa are not just a modern phenomenon; the first inhabitants spoke of "Star People," and there have been more than 1,156 reports recorded on the National UFO Reporting Center. Join Greg Anderson, Iowa MUFON (Mutual UFO Network) state director, for a discussion of unidentified aerial phenomenon, both historic and modern. The Iowa Files is livestreamed on the West Des Moines Historical Society's Facebook page and YouTube channel, thanks to support from the Friends Foundation of the West Des Moines Library and the EMC Insurance Foundation.

Bankers Trust Summer Branch Celebration

Thursday, June 1, 11 a.m. to 1 p.m.
West Des Moines Branch, 620 S. 60th St., West Des Moines

Bankers Trust is showing its appreciation to its customers with Branch Celebrations, featuring free food while supplies last and giveaways.

History Camp

Various dates, Monday through Friday, 9 a.m. to 12:30 p.m.

Explore crafts, games and skills from times gone by, including paper-making, fire-starting, archery, fishing and more for ages 9-13. To register, go to www.wdm.iowa.gov/government/parks-recreation. Cost is \$100/camper. Camps are June 12-16, July 10-14, Aug. 14-18.

Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.

Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. May 25, Dick Danger Band. June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatiks; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

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Beginning June 13, second and fourth Tuesday, 10:30-11:30 a.m.

Bennett School Museum, 4001 Fuller Road, West Des Moines

This event is geared for pre-K, kindergarten and first grade students to enjoy an hour of stories, games, music and fun, with a historical element. While the program is geared toward younger students, all ages are welcome. Registration is not required, and there is no charge, but freewill donations are accepted. Parents must stay with their child(ren) during this storytime. Do not bring food or drink. Dates are June 13, June 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

Jordan House Museum tours

Daily

Jordan House Museum, 2001 Fuller Road, West Des Moines

Walk in the footsteps of history at the historic Jordan House Museum, the home of the Jordan family and 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.

EVENTS IN THE AREA

Check for cancellations



Greenbelt Music Festival

Horizon Events Center, 2100 N.W. 100th St., Clive
May 19-20

The annual music festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.



Gary's Ride

Waukee Raccoon River Valley Trailhead
Saturday, May 20

Gary's Ride is a fundraiser for MercyOne Richard Deming Cancer Center for terminal brain cancer patients. Riders and non-riders are invited to the celebration at The Handlebar Restaurant in Dallas Center. It will feature great food and entertainment for the whole family. For more information and to register, visit garysrideiowa.org.

CelebrAsian

Western Gateway Park, 1205 Locust St., Des Moines
May 26-27

Celebrate the largest Asian American event in Iowa as this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience what Asian culture has to offer.

Wild Lights Festival

Wednesday to Sunday evenings through May 29
Blank Park Zoo, 7401 S.W. Ninth St., Des Moines

The Wild Lights Festival returns to Blank Park Zoo with 50 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. Presented in partnership with Tianyu Arts & Culture, this year's festival will include a 75-foot-long sunflower tunnel, giant 33-foot-wide octopus, and more animals and mythical creatures. The festival runs 7:30-10 p.m. on Wednesday to Sunday evenings, plus Memorial Day, through May 29. Tickets are \$19-\$25 and may be purchased at www.blankparkzoo.com/wildlights.



Camp Dodge Summer Concert Series 2023

These free concerts are held Thursdays in June from 7-9 p.m. at the Pool Complex at Camp Dodge. Food trucks will be serving starting at 6 p.m. Entertainment on June 1 is Jason Brown; June 8, Standing Hampton, along with a car show; June 22, Pianopalooza Dueling Pianos; and June 29, 34th Army Band will perform for Alumni Night. ■

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MUTUAL FUNDS vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were fewer than 500; by the latter half of 2021, there were more than 8,000 investing in a wide range of stocks, bonds and other securities and instruments.¹



At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds and other securities is professionally managed by an investment

company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.²

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).³

Determining whether an ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful. Amounts in mutual funds and ETFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost. Mutual funds and exchange-traded funds are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. The Standard & Poor's 500 (S&P 500) Index is a free-float weighted index that tracks the 500 most widely held stocks on the NYSE or NASDAQ and is representative of the stock market in general. It is a market value weighted index with each stock's weight in the index proportionate to its market value.



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TLC for your air conditioner

Ah, spring. The flowers are blooming, the birds are chirping, and the weather is finally starting to warm up. And while you might be busy cleaning out your closets and getting your garden ready, don't forget about your air conditioner. After all, it's about to start working overtime to keep you cool in the coming months.



That's why it's important to take the time to give your air conditioner a little TLC this spring. Here are some easy maintenance tips to help prepare your AC for the warmer weather ahead:

- **Change your air filter.** This is probably the easiest and most important step you can take to maintain your air conditioner. A dirty air filter can restrict airflow and cause your AC to work harder than it needs to, which can lead to higher energy bills and even system breakdowns. So make sure to replace your air filter regularly.

- **Clean the outdoor unit.** Over the winter months, leaves, dirt and other debris can accumulate around your outdoor AC unit. This can hinder airflow and cause your system to work less efficiently. Take a few minutes to clear away any debris and make sure the area around your unit is clean and clear.

- **Schedule a professional tune-up.** While there are some maintenance tasks you can do yourself, it's always a good idea to have a professional tune-up your air conditioner at least once a year. A trained technician can identify any potential problems before they turn into bigger issues, ensure that your system is running at peak efficiency, and help extend the lifespan of your AC.

- **Check your thermostat.** As the temperatures start to rise, it's important to make sure that your thermostat is working properly. If you have an older manual thermostat, consider upgrading to a programmable one to help save on energy costs. And, if you're not sure how to properly set your thermostat for optimal comfort and efficiency, don't hesitate to ask a professional for help.

Taking the time to perform these simple maintenance tasks can help ensure that your air conditioner is ready to handle the summer heat. And, not only will regular maintenance help keep your system running efficiently and effectively, it can also help save you money on energy bills and prevent costly repairs down the line.

So, this spring, show your air conditioner a little love and give it the attention it deserves. Your wallet (and your home's comfort level) will thank you. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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COMMUNITY

HADDEN named Chamber's Citizen of the Year

The West Des Moines Chamber of Commerce announced the 2023 Citizen of the Year Honoree is Tina Mowry Hadden. For the 78th consecutive year, the West Des Moines Chamber of Commerce has been recognizing outstanding individuals who commit their time and talent to bettering our community.



"Tina Hadden is a tremendous advocate for the West Des Moines community," said Jana Rieker, director of client services for Amplimark, in her nomination. "She is a member of several non-profit boards and committees which support human services, education and community development in West Des Moines and the entire region."

One of Tina's current volunteer roles is serving as the president of the West Des Moines Community Schools Foundation, a volunteer-led organization established in 1988 that raises funds to support the long-term success of the approximately 9,000 students and 1,300 employees in the 13 schools throughout the district. The WDMCSF works to provide all students with the opportunities and resources they need to succeed in the four As — academics, activities, arts and athletics. In 2022, Tina spearheaded the first annual Tiger Gala to create a community-wide fundraising event for the entire district. The event raised more than \$75,000 to be used for STEM education and student support across the entire district.

"Volunteering, at its core, is about helping the greater good, and I have been fortunate throughout my life and my career to have excellent role models showing me the best ways to give my time to help those around me," said Hadden, a long-time marketing professional in central Iowa who recently began a new position as executive director for In Harmony Farm. "This recognition is such an honor, and I am proud to represent the City of West Des Moines, the West Des Moines Community School Foundation, and the region."

Tina was honored at the WDM Chamber's Citizen of the Year Luncheon on May 4 at Valley Community Center in conjunction with an address on the state of the City from WDM Mayor Russ Trimble. The West Des Moines Community Foundation was featured as a nonprofit spotlight during the lunch. ■

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RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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TRIGGS chronicles life in retail, politics

As we go through life, our experiences, both challenging and humorous, remain etched into our memories. People often declare, “I should write a book.”

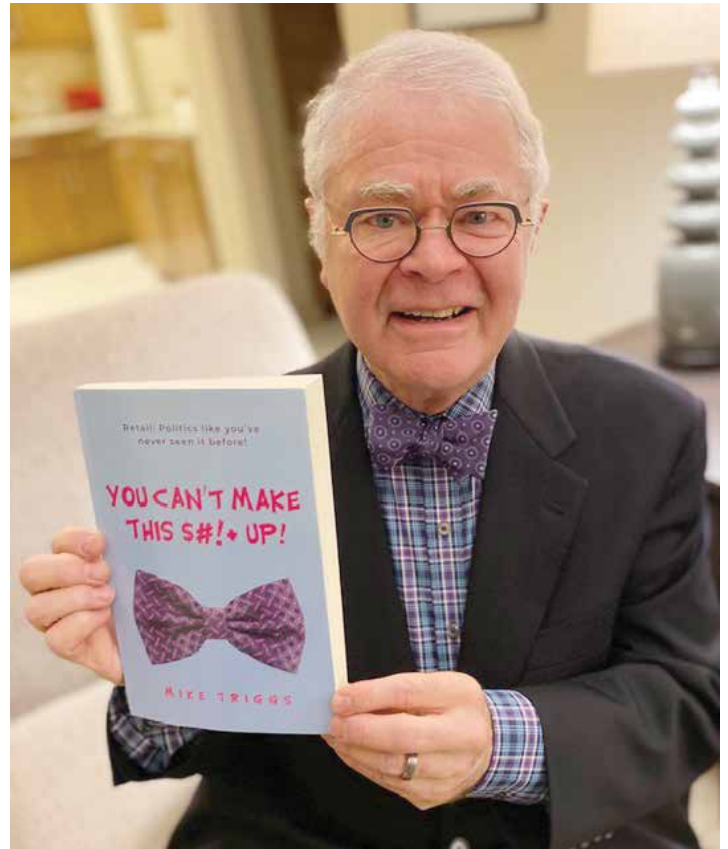
Mike Triggs of West Des Moines did just that. Triggs’ book, “You Can’t Make This \$#!+ Up” ranked third on Amazon’s list of best-selling LGBTQ+ humorous fiction.

The book is a “mostly true” account of important turning points in his life, tales of folks he’s encountered while working retail, along with his involvement in politics and being outed as gay.

Triggs has been collecting notes for 30 years. After an unusual encounter at one of his jobs, he’d write it down and throw the scraps of paper in a bottom dresser drawer.

Then the pandemic hit. Triggs was furloughed from his retail job with time on his hands. He recalled the stack of notes in his drawer, pulled them out and began writing. About a year later, he submitted it to publishers. After rejection letters, he finally published the book in January 2023.

When coming up with the book name, he used the grawlix instead of the obscenity. The book outlines various stories and starts with when he worked as a political analyst for the Republican party in Wisconsin.



When the pandemic hit, Mike Triggs decided it was time to take 30 years’ worth of notes out of his bottom dresser drawer and write a book.

A candidate in the primary election went to the press with a list of gay people involved in campaigning, including Triggs.

“In 1994, I wasn’t comfortable saying that I was gay. My secret was out,” he recalls.

He felt his “golden” career was over and dove into retail, working at the Phoenician Resort in Arizona and Nordstrom’s, where he met several unusual characters.


He moved to Des Moines and began working at Von Maur. He also created a letter from a dog, “Letters from Trigsey,” and delivered it in 39 states and seven countries. It’s now a popular radio show on Kid’s Radio Mania in Des Moines.

He returned to politics, this time jumping in for Democratic candidates, and continues to work at Von Maur. He says he wrote the book as a fun way to share his life story. “Most stories are true, some are embellished. I have a right to do that as a writer. Everyone has a story to tell. You wouldn’t believe what some people say,” he says.

He encourages others to tell their stories.

“If you have things on your bucket list, such as writing, check it off and do it. Life is short. You may not have another chance,” he says.

Triggs’ book is available at Beaverdale Books or from Amazon. ■



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WHAT IS a revocable trust?

A revocable trust is an estate-planning vehicle that is similar to a Last Will and Testament but has many important differences. It becomes effective while you are alive, unlike a will. Property and assets are transferred to the trust to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your benefit. After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell and acquire assets, change investments and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust avoids probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, settling the trust should take less than three months.

Third, a revocable trust allows you to make private provisions with



respect to the disposition of your assets. Unlike probating your estate, your wishes will not become part of public record.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that aren't in the trust.

Most importantly, using a revocable trust has no particular tax advantages. A revocable living trust still faces taxes and settlement costs. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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

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HEALTH By Ashley Powell

COOKING with cannabis



The joys of cannabis seem endless, as it helps to provide us with happier and healthier lives, and we have no shortage of ideas when it comes to figuring out new ways to use it.

While it is fun to visit a shop and pick out tasty hemp treats and drinks, one might find an even higher experience by making them at home. Choose the best hemp flour to suit your needs and decide what you'd like to make. First, you'll need to decarboxylate the flour by heating it in the oven. The heat triggers the release of carbon monoxide molecules that convert the cannabinoid acids into the active phytocannabinoids that will give the consumer their desired effects. Grind up the flour and spread it on a baking sheet. Suggested temperature is 220-240 degrees for 45-60 minutes. Common amounts to cook with are 1/8th to 1/4th ounce of flour. Remember, the hemp flour will have a strong smell like marijuana. A simple way to cook with cannabis is to make butter. Use one cup of butter and one cup of water and heat it in a saucepan on low (no more than 200 degrees). Add the flour once the pan is simmering, stir frequently and let cook for three hours. Strain and refrigerate. Now you have butter to use on toast or pancakes, or use the butter as an ingredient to other delicious dishes. Healthier choices include salad dressings, guacamole and tea. You could even sprinkle de-carbed flour onto bacon in the frying pan. Time to get cooking. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.

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THE POWER of a smile

Have you ever seen the meme of a smiling guy missing his front tooth? The meme uses text to point out that the guy is also missing an eyebrow, but because a smile is the first thing you see, you don't even notice the eyebrow at first glance.



A smile is scientifically proven to make you appear more attractive, increase your confidence, and decrease your stress. If science isn't your thing, check out two interviews of patients regarding their smile and decide for yourself how powerful a smile can be.

Q: What made you decide to invest in your smile?

Jana: As I got older, my teeth started to shift, and I was extremely self-conscious about them. After years, I decided to get Invisalign. I felt it was finally time for me to do something for myself, and I believe I was worth it.

Angie: Before I sought treatment, I was not happy with my smile and was constantly talking about "one day" I would pull the trigger and seek treatment.

Q: Describe how your smile makes you feel now.

Jana: I feel absolutely amazing and couldn't be more pleased with my smile. It kind of seems silly that having straight teeth has the potential to make one feel so much better about themselves and can boost that much confidence, but it does. I have two little girls, and I want them to see me as a confident woman both inside and out so that one day they, too, will grow up to be strong and confident just like mom.

Angie: I love my smile now. It is an indescribable feeling to not want to hide behind a closed-mouth smile or refrain from taking pictures altogether. Really, it's not even all about the physical change — it's also about feeling happier and more confident every single day.

Q: What advice would you give to anyone considering orthodontic treatment?

Jana: If getting your smile corrected is important to you, and you can financially support it, then go for it, because you won't regret it. Invest in yourself. Your smile is something you wear every single day. You will have it for the rest of your life, and, for some, that could mean another 50-plus years. Don't ever minimize your self-worth.

Angie: Pull. The. Trigger. Just do it. Treatment will fly by, and you won't regret it.

If you have ever thought about improving your smile, there is no time better than now. Patients we have talked to always regret not getting treatment sooner. As you can see from our conversation with Jana and Angie, investing in yourself is worth the cost and effort. ■

Information provided by Dr. James Stork, DDS, MS, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-705-0644.

CELEBRATE YOUR SMILE Braces or Invisalign is a journey and we are here to help you every step of the way.

MEET JANA SEVERSON and her Smile Story

Tell me about your experience in Invisalign. Was it what you expected?

I had a great experience with Invisalign. I changed the trays each week and wore them about 20 hours a day. Originally I was told it would take 18 months of treatment but actually ended up being only 15! Taking them out to eat was something to get used to, but I got used to it and it wasn't so bad!

Why was Stork Orthodontics the right office for you?

When I interviewed Dr. Stork and his team, something in my gut knew this was the right place for me. He spoke to me about the quality of care I would receive and I put value in quality over quantity. If I was going to invest in my smile, then I wanted the best treatment and wasn't willing to compromise.

Describe how your smile makes you feel now.

I feel absolutely amazing and couldn't be more pleased with my smile! It kind of seems silly that having straight teeth has the

potential to make one feel so much better about themselves and can boost that much confidence, but it does. I have 2 little girls and I want them to see me as a confident woman both inside and out so that one day they too, will grow up to be strong and confident just like mom. I feel Dr. Stork and his team added to the beauty and happiness I feel from within.

What advice would you give to anyone considering orthodontic treatment?

If getting your smile corrected is important to you, and you can financially support it, then go for it because you won't regret it. Invest in yourself! Your smile is something you wear every single day. You will have it for the rest of your life and for some that could mean another 50+ years! Don't ever minimize your self worth.



Jana Severson, Realtor, Urbandale

Invisalign, 15 Months



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5 FUN activities for seniors

1. Creative writing: Whether it's a short story, poetry, or a story of their life, writing is a healthy way to stimulate the brain and keep your mind sharp.

2. Perform/sing/act: Through the arts, there are so many ways to improve memory and attention span.

3. Walking: Any form of exercise is great, and one of the most cost effective is walking. Walking with a friend can help give a boost of mental and physical health benefits.

4. Crafting: Increases eye coordination. Psychologists sometimes compare its effects to prayer and meditation.

5. Playing board and card games: We have seen that chess and cribbage with a friend can reduce the symptoms of depression and loneliness. ■

Information provided by Brooke Baker, Grace Estates, 801 N.E. Venture Drive, Waukee, 516-518-0977, www.graceestatesadc.com. Grace Estates Adult Day Center is excited to open its doors in June to provide opportunities for Seniors to experience life-giving activities and provide respite for caregivers.



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ENROLL TODAY!

MEET Leslie Perrigo

Family all in West Des Moines Community School District

As a teacher and instructional coach for elementary grades, Leslie Perrigo likes teaching all ages of kids.

"I haven't fallen in love with a certain grade level yet. I've liked all the grades so far," she says.

Leslie taught kindergarten in Grimes, second grade in Waukee and was an instructional coach for pre-k through fifth grades. Now in her 17th year as an educator, she teaches sixth grade at Jordan Creek Elementary School in West Des Moines.

She says she was happy to get back to the West Des Moines district where her husband, David, is an assistant principal at Stillwell and her children attend school.

"Now all of us can say, 'Go Tigers.' It's nice being in the same school district and being part of their world. I know their teachers and friends. There's a sense of community with that," she says.

Leslie was interested in a "helping" career early on and considered being a police officer. She eventually chose an education degree at Iowa State University.

Her first job was teaching kindergarten, then she became curious about an instructional coaching position and decided to continue her education.

"Coaching is more specialized — you think about solutions," she says. She says she chose to teach sixth graders because they can be in charge of balancing themselves and sharing their gifts in respectful and responsible ways.

"Kids are at an age where they experience more emotions in preparing for middle school or junior high. We teach kids how to manage and plan their day. When they get into seventh grade, they'll have to navigate a whole new building and classroom schedule," she explains.

She's been in the profession nearly two decades and has seen it evolve over the years.

"It's not just teaching content. We teach how to work with others and cooperate in groups. Especially with the pandemic and online learning — it restricted social skills and problem solving. They can go deep into content and use their thinking skills and build on that. It's fun to see them make connections."

She says the Jordan Creek Elementary School staff is a strong one.

"We teach kids how to be productive humans," she says. "We're fortunate to be surrounded with amazing professionals."

Leslie says she made the right choice in becoming a teacher.

"It's not a job — it's what I get to do," she reflects. "And now that I get to share that with my family in the same district, it's even better." ■



Leslie Perrigo says teaching is about more than content. It's also about helping students learn social and thinking skills.

READY to retire? Now what?

You have spent decades of your life working hard, saving diligently, and now it's time to consider retiring. This is a huge accomplishment in and of itself, and the goal is to have the time and money to be able to do more of the things you love.

We believe an additional goal should be maximizing your hard-earned savings to the greatest extent. Of course, this can be easier said than done. In our experience, it requires much more time and expertise than the proverbial asset accumulation that has been your focus for the majority of your life.

Asset allocation is indeed a major part of the decisions that should be made, but equally, if not more importantly, is the priority in which you spend down different buckets of funds. With a quick Google search, you can find the conventional



wisdom strategy which recommends first spending your taxable account, then your tax-deferred, and finally, your tax-free bucket. The truth is that this is rarely the most efficient way, and the difference when making these decisions can mean years of spending longevity that have either been gained or lost. A withdrawal plan is a framework for making decisions. It includes how much and from where spending should happen in retirement. It needs to be revisited frequently to ensure it is fully optimized.

You've spent all this time building your race car, perfecting the engine, and are ready to go at the start of the race. However, without the right plan in place for the race, it will not be easy to perform at the level you are capable of. Take the first step toward optimizing your plan today. ■

Information provided by Michael Jiskoot, Valiant Wealth, 3408 Woodland Ave., Suite 204, West Des Moines, 515-223-6068.

Valiant Wealth is a Multi Family Office and Wealth Advisor in West Des Moines. They have been doing business with members of the community, and surrounding areas, since 2008. At Valiant Wealth, they *Do Wealth Differently*. They specialize in building financial plans and service solutions tailor-made for their clients aimed at helping their clients meet their goals and achieve peace of mind.

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2023 SUMMER SCHEDULE

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 16	7:30PM	Norwalk	Norwalk High School
May 17	5:00PM	Ames	Waukee Baseball/Softball Complex
May 22	5:00PM	Ankeny Centennial (DH)	Waukee Baseball/Softball Complex
May 23	7:00PM	Dallas Center-Grimes	DCG BB/SB Complex-Dallas Center
May 24	7:00PM	Ankeny High School	Waukee Baseball/Softball Complex
May 26	5:00PM	Fort Dodge	Fort Dodge High School
May 30	5:00PM	Southeast Polk (DH)	Southeast Polk High School
May 31	7:00PM	Dowling Catholic	Waukee Baseball/Softball Complex
Jun 1	5:00PM	Waukee Northwest (DH)	Waukee Northwest High School
Jun 5	7:00PM	Urbandale	Urbandale High School
Jun 7	5:00PM	Johnston (DH)	Waukee Baseball/Softball Complex
Jun 8	7:00PM	WDM Valley	Valley High School
Jun 9	10:00AM	Sioux City North	Harlan Rogers Sports Complex
	3:00PM	Spencer	Harlan Rogers Sports Complex
Jun 14	7:00PM	Ankeny Centennial	Ankeny Centennial High School
Jun 15	5:00PM	Ankeny (DH)	Ankeny High School
Jun 17	8:00AM	Lewis Central	
	10:00AM	Independence	
Jun 19	7:00PM	Southeast Polk	Waukee Baseball/Softball Complex
Jun 21	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 22	7:00PM	Waukee Northwest	Waukee Baseball/Softball Complex
Jun 23	12:15PM	Pleasant Valley	Ankeny Baseball/Softball Complex
	4:45PM	Saydel Community	Saydel High School
Jun 26	5:00PM	Urbandale (DH)	Waukee Baseball/Softball Complex
Jun 28	7:00PM	Johnston	Johnston Middle School
Jun 29	5:00PM	WDM Valley (DH)	Waukee Baseball/Softball Complex
Jun 30	7:00PM	Bondurant-Farrar	Waukee Baseball/Softball Complex
Jul 3	5:00PM	Ottumwa	Waukee Baseball/Softball Complex

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	5:00PM	Ankeny Centennial (DH)	Waukee Baseball/Softball Complex
May 25	7:30PM	Dallas Center-Grimes HS	DCG BB/SB Complex-Dallas Center
May 26	5:30PM	Ames	Ames High School Softball/Baseball
May 30	5:00PM	Southeast Polk (DH)	Southeast Polk High School
Jun 1	5:00PM	Waukee Northwest (DH)	Waukee Northwest High School
Jun 5	5:00PM	Prairie	Prairie High School
Jun 7	5:00PM	Johnston (DH)	Waukee Baseball/Softball Complex
Jun 9	9:00AM	Des Moines Roosevelt	Valley High School
	1:00PM	Des Moines East	Valley High School
Jun 13	5:00PM	Iowa City Liberty	Waukee Baseball/Softball Complex
Jun 15	5:00PM	Ankeny High School (DH)	Ankeny High School
Jun 16	TBD	Multiple Schools	Waukee Northwest High School
Jun 17	TBD	Multiple Schools	Waukee Northwest High School
Jun 19	5:00PM	Sioux City East	Waukee Baseball/Softball Complex
Jun 20	5:00PM	Des Moines Lincoln	Waukee Baseball/Softball Complex
Jun 21	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 23	7:15PM	Winterset	Waukee High School - West Gym
Jun 26	5:00PM	Urbandale (DH)	Waukee Baseball/Softball Complex
Jun 28	5:00PM	WDM Valley (DH)	Waukee Baseball/Softball Complex
Jul 3	5:00PM	Fort Dodge	Harlan Rogers Sports Complex
	7:00PM	Fort Dodge	Harlan Rogers Sports Complex
Jul 5	7:00PM	WDM Valley	Valley High School

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2023 SUMMER SCHEDULE

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 15	3:30PM	Des Moines East	Des Moines East High School
May 16	5:00PM	North Polk	North Polk High School
May 19	5:00PM	A-D-M (DH)	Waukee Northwest High School
May 22	7:00PM	Des Moines Lincoln	Waukee Northwest High School
May 23	7:30PM	Norwalk	Norwalk High School
May 24	7:00PM	Johnston	Johnston Middle School
May 25	5:00PM	DCG (DH)	Waukee Northwest High School
May 30	5:00PM	WDM Valley (DH)	Valley High School
May 31	7:00PM	Southeast Polk	Southeast Polk High School
Jun 1	5:00PM	Waukee (DH)	Waukee Northwest High School
Jun 3	9:00AM	Iowa City	TBA
	11:00AM	Iowa City	
	1:00PM	Cedar Falls	TBA
Jun 5	7:00PM	Ankeny High School	Ankeny High School
Jun 7	5:00PM	Urbandale (DH)	Waukee Northwest High School
Jun 8	7:00PM	Dowling Catholic	Dowling Catholic High School
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 15	5:00PM	Johnston (DH)	Waukee Northwest High School
Jun 17	8:00AM	Council Bluffs	Abraham Lincoln High School
Jun 19	7:00PM	WDM Valley	Waukee Northwest High School
Jun 21	5:00PM	Southeast Polk (DH)	Waukee Northwest High School
Jun 22	7:00PM	Waukee	Waukee Baseball/Softball Complex
Jun 23	9:00AM	Gilbert	Saydel High School
	1:00PM	Prairie	Saydel High School
Jun 26	5:00PM	Ankeny High School (DH)	Waukee Northwest High School
Jun 28	7:00PM	Urbandale	Urbandale High School
Jun 29	5:00PM	Dowling Catholic (DH)	Waukee Northwest High School
Jul 3	7:00PM	Ankeny Centennial	Waukee Northwest High School

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	6:00PM	Des Moines East (DH)	Waukee Northwest High School
May 24	5:00PM	Humboldt (DH)	Waukee Northwest High School
May 30	5:00PM	WDM Valley (DH)	Valley High School
Jun 1	5:00PM	Waukee (DH)	Waukee Northwest High School
Jun 3	8:45AM	vs. Multiple Schools	Greater Des Moines Softball Complex
Jun 7	5:00PM	Urbandale (DH)	Waukee Northwest High School
Jun 8	7:30PM	Dallas Center-Grimes	Waukee Northwest High School
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 15	5:00PM	Johnston (DH)	Waukee Northwest High School
Jun 16	TBD	Multiple Schools	Waukee Northwest High School
Jun 17	TBD	Multiple Schools	Waukee Northwest High School
Jun 19	7:00PM	Ankeny Centennial	Waukee Northwest High School
Jun 21	5:00PM	Southeast Polk (DH)	Waukee Northwest High School
Jun 26	5:00PM	Ankeny High School (DH)	Waukee Northwest High School
Jun 29	5:00PM	Dowling Catholic (DH)	Waukee Northwest High School
Jun 30	1:00PM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 1	9:00AM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 3	5:00PM	Williamsburg (DH)	Waukee Northwest High School
Jul 5	5:00PM	Norwalk (DH)	Waukee Northwest High School

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West Des Moines Chamber of Commerce hosts Rush Hour and a ribbon cutting at Iowa Weight Loss Specialists on April 13.



West Des Moines Chamber of Commerce hosts Rush Hour and a ribbon cutting at Iowa Weight Loss Specialists on April 13.



Anthony Kottke, Reonna Snyder and Debborah Harp



Jacob Wisel, Brandon Uding and Jacob Repp



Ruth Ebke and Dietrich Meyer



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Pat Onken and Jay Mathes



Kyle Davis and Laura Palmer



Tiffany Piper and Anna Doud



Dr. Todd Eibes, Mel Mackey and Steve Simonin

RIBBON Cutting

West Des Moines Chamber of Commerce hosts a ribbon cutting for Hy-Vee Health on April 6.



West Des Moines Chamber of Commerce hosts a ribbon cutting for Hy-Vee Health on April 6.



Kristin Williams and Nola Aigner Davis



Ruth Ebke and Tiffany Piper



Aaron Wiese and Dr. Dan Fick



Ashley Skokan and Anna Doud



Ruth Ebke and Anthony Kottke



Tori Glade and Connie Blodgett



Bill Groben, Haley Tessmer and Denise Chappellear



Anthony Kottke, Rob Reinard and Jay Mathes

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