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MAY 2024

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WELCOME

MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.

Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■



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Simon and his dad, Clint Gentry, of West Des Moines, play disc golf together.

COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Jackie Wilson

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades,

personal bests and other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it's always a win.

Hiking with three boys

As a family with three boys, Katy and Kevin Laurin know their young sons need to burn off heaps of energy.

The boys play school sports and other activities. However, their parents desired family time and found that hiking is the perfect family activity.

When the COVID pandemic hit in 2020, the West Des Moines family looked for things to do outdoors, with hiking being their best social-distancing activity.

They hiked local parks, such as Ledges, then hit other state parks and national parks. The boys participate in the National Parks Junior Ranger program, where they were awarded a badge for exploring the parks. They have received badges from places such as Zion, Smoky Mountains, Crater Lake and more.

The boys, Chance, 12; Grant, 10; and Brian, 8; began family hikes early on and now travel well.

“We once drove 26 hours. Ever since then, we knew that they would be good travelers,” Kevin says. “When Brian was just a year old, we carried him on my back carrier.”

The family searches for family-friendly spots to explore.

“When we go to museums, they have to be quiet. When we go hiking, they can be loud and run around and have fun,” Katy says.

Their hikes have taken them to different countries, including hiking glaciers in Iceland and Table Mountain in Cape Town, South Africa. The boys all chime in on their favorite hikes and memories.

“In Iceland, we had to cross a river to get to the other side. Brian fell in,” Chance recalls.

Part of the allure of the sport is the boys are playing together.

“The brothers bicker at times, but then they help each other get up steep elevations,” Kevin says.

The hikes average anywhere from 5 to 8 miles. A few times, they completed 10-mile hikes.

“We try to challenge them,” Kevin says. “Brian used to say, ‘My little legs are tired’ during a few hikes.”

Along the way, the family finds ways to keep busy if the hikes are too long, such as playing scavenger hunt or “dance hikes.”

“They walk and dance — we call them dance hikes,” Katy explains, while Brian demonstrates the dance.

Kevin says the kids are good listeners when coming across potentially dangerous terrain.

“If things are tight on the trail or walking next to a cliff, they know to pay attention,” he says.

The parents have just two rules when hiking. “The first rule is, we can’t see you if you run ahead. They have to stop where we can see them,” Kevin explains. “The second rule is to have fun. Really, we don’t have a lot of rules when we hike. Sometimes we make one up, like they have to skip when crossing a bridge.”

The family received a wall map and are keeping track of places that they’ve been to or a new place each one wants to visit. All family members are enthusiastic about hiking.

“I like it. The whole family reconnects with nature,” Kevin says. “It gives me a restart, and I like challenging these guys.”

Katy says hiking provides quality family time.

“I like that it feels like a family adventure. It’s fun. The kids get to be kids, and we’re still exploring the world together and staying active.”

Kevin knows his kids will soon grow up and might not cherish family time as much.



The Laurin family has enjoyed hiking in a variety of state and national parks.

“They’re at a good age. When they get older, we’re not sure,” he reflects. “Right now, we’re taking advantage that they still like hanging out with Mom and Dad.”

All the boys agree and list reasons why they like family hikes.

Chance says, “It’s the adventures that we discover.”

Grant says, “I like the exercise.”

Brian sums it up. “I like hanging out with my family. That’s the best part.”

Disc golf

Like other families, Clint Gentry and his son, Simon, were looking for ways to social distance during the pandemic. So, in 2020, they started playing disc golf together.

Clint played occasionally as a student while attending Iowa State University. Yet, teaching and raising a family prevented him from playing. Simon, who was 11 at the time, was eager to learn.

They played at Southwoods Park Disc Golf in West Des Moines. I wasn’t very good to start. I’ve learned a lot since then, but I’ve lost a few discs,” Simon says.

“He’s picked it up naturally,” Clint adds.

Disc golf consists of discs that resemble Frisbees. The game is scored like a traditional golf game, and most holes are par three, up to a par five. Different sized discs can be used for long throws or for “putting” short-distance shots.

Clint owns about 20 discs, whereas Simon uses three. Clint says it’s

FEATURE

not about how far you can throw it.

"It's how accurate you get," he explains. "I've learned it's like any other sport. The power comes from using your core and legs. It's all about the core."

Both have improved tremendously since they started playing together.

"I started watching YouTube tips on how to throw further," he says. "I bought a basket to practice putting in the backyard."

As the pair played more, Clint suggested to his dad, who lives on a farm near Bonaparte, that he could use some land to construct a disc golf course.

"I jokingly suggested it," he recalls.

His father took him seriously and got to work, using materials to fashion an old barrel cut in half to form the basket. He used scrap iron to construct the remaining structure and bought some chains.

Over Christmas, his brother and sister, along with their families, put together a prototype of the disc golf basket. Once the design was final, they made eight disc golf baskets. Now a nine-hole course is set up on his dad's farm.

"It was really a fun family thing to make something together. Every time we visit, we bring our own discs, and we all play together."

One advantage of the sport is that it's low cost. He recently volunteered for the Southwoods Park disc golf course when the city increased the course from a nine- to an 18-hole course. Clint helped cut underbrush and is proud to bring the course back to life.

"If you threw it in the weeds, you might lose the discs," he says. "Now the holes are super fun and easy to play. The redesign is cool."



Clint's Gentry's dad, Gene, built a disc golf course on his farm near Bonaparte, and family members enjoy playing the course together. Enjoying a round are Clint; Clint's son, Simon; Gene; Clint's nephew, Scot; and Clint's brother, Jonas.

Both like being outdoors and the athletic aspect of playing disc golf. Clint likes the chance to improve each time.

"It's better than just taking a walk," Simon says. "It's good family time. I can take a walk with my dad and play a sport."

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Pickleball for adult family

As a family, the Kolzes often spent vacations pursuing athletic-type adventures, such as skiing and playing tennis. When they were kids, Kylie and Nick Kolz played team sports, such as roller hockey, while their parents, Shelley and Rick, attended their activities.

As an adult, Kylie still enjoyed hanging out with her family. Yet, when the COVID pandemic hit, they were at a loss for indoor activities. The family remembered playing pickleball at a hotel about 10 years prior, and someone suggested they start playing it for an outside sport, since indoor tennis courts were closed.

Since all four had played tennis, the skill set was an easy transition to pickleball. The family then spent most of the summer playing pickleball outdoors.

“My dad and mom loved it. My brother is a natural athlete and good at every sport,” Kylie says. “Once you get better at it, it becomes more addictive.”

The four usually play on Sundays together. Each family member has also been on different teams and leagues, as well as participated in



Kylie and her brother, Nick, along with parents, Shelley and Rick Kolz, spend time together playing sports such as pickleball.



tournament play. The family plays doubles with male/female combinations. Usually, Kylie plays with her dad or brother.

“We’ve done girls versus boys, but it’s rare. Dad is the best player,” she says.

They play various parks and public courses. When the weather is bad, they discovered the indoor courts at Dinks Pickleball located at 3800 Merle Hay Road, Suite 100, Des Moines.

“We are so grateful they opened Dinks before winter. It was hard to find indoor courts. This was a game changer,” she says. “We know winter is a hard time to stay in shape.”

She says she’s fortunate to be able to hang out with her family and stay active as adults.

“We have a lot of fun. We’re all very competitive, but not too serious,” she says. “We laugh and make jokes. It’s a good family time. Pickleball is a good social way to get exercise without even knowing it. It keeps you healthy and checks all the boxes.”

Kylie’s dad, Rick, says the family has been close throughout the years.

“We really enjoy participating in athletics together,” he says.

The family doesn’t keep track of wins or losses.

“We’re all big exercise fans,” Rick says. “We love the competitive aspect, and we’re all pretty good at it.” ■



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REVIEW estate planning documents periodically

Do you need to update your will or trust? It is a good idea to review your estate planning documents periodically. Through a strategic analysis of your documents, you can ensure that your loved ones continue to be provided for appropriately. There are certain major life events that require you to do a legal check-up.



Have the right executor

Your executor or trustee will help settle your affairs. If your plans were made some time ago, the person you named may no longer be able to serve or may no longer be the right person for the job.

Provisions for children

If your children are beneficiaries, you may wish to delay their inheritance so they receive money when they are older and better able to manage assets. If you have nominated a guardian to care for minor children, you want to ensure that the agent is still willing and able to assist you.

Loved ones with different needs

Over time, the needs of your heirs may change. Age or illness may require restructuring your estate plan to provide asset protection.

Recently moved to Iowa

Each state has its own laws governing the

settlement of estates. Your will or trust may have been drafted under the laws of your former state of residence. You may wish to have them reviewed to be sure they are appropriate under the laws of the state of Iowa.

Real estate in another state

If you own real estate in another state, the laws of that state may apply to its disposition. You also have the potential for probate in two different states, doubling the time and expense of settling your affairs.

With thoughtful and periodic reviews of your will or trust, you can make certain that your estate planning documents reflect your current situation and goals. Make an appointment with an experienced estate planning attorney to help you update your estate plan. ■

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

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Life and Hope After Stroke

Ankeny man shares his inspiring story of rehabilitation, recovery

It was 3:00 in the morning and Brian Clark couldn't sleep. He felt off, so he made his way to the kitchen to retrieve his smartwatch, which was charging there. As he fumbled to put his watch on, he couldn't get his left arm to respond. He went back to his bedroom to awaken his wife, who thought he was sleepwalking when he mumbled a garbled request for help.

Suddenly Brian's left leg went out from underneath him, and he couldn't get back up. His wife called 911, and paramedics were on the scene within minutes. As Brian rode in the ambulance to the hospital, he couldn't help but think, "Is this it? Am I done with my life? Is there more, or not?"

Brian said he resolved then and there that he wasn't going to let this be the end for him. When he arrived at the hospital, they quickly determined he was having a stroke and by 4:30 that morning, he was in surgery having the blood clot in his brain removed.

For Brian and the one in four adults over the age of 25 who will experience a stroke in their lifetime, there is life – and hope – after stroke. Rehabilitation can build strength, capability and confidence. It can also help someone who experiences a stroke continue daily activities, despite the effects of their stroke.

There are more than 7 million stroke survivors living in the U.S. today. But

not all strokes – and not all stroke survivors – are the same. Finding the right rehabilitation plan is vital to recovery after stroke. The American Stroke Association has developed standards to help rehabilitation facilities provide consistent, high-quality care for individuals as they recover from stroke.

Facilities that have agreed to participate in the Association's post-acute stroke standards program agree to follow the Association's treatment guidelines and have made a commitment to providing care that is based on standards aligned with American Stroke Association science and vetted by stroke rehabilitation experts.

Thanks to a wonderful team that included PT, OT, and speech therapists at On with Life in Ankeny, one of several Iowa facilities participating in the Association's post-acute stroke standards program, Brian has experienced a nearly full recovery. While he still has challenges with his left hand and arm, he is back to running his own business and the life that he loves.

"I told myself when I arrived for in-

patient rehab that I was walking out on my own," Brian said. "It's a really long journey. Progress is literally measured in 1/16th of an inch, one step a week."

Brian said that his care team took the time to get to know him as an individual and what motivated him, which in his case included a desire to get back onto the golf course. As a result, golf became a large part of Brian's unique rehab plan. Brian also has incorporated strength training and cross-fit to help him continue his progress.

Nearly three years after his stroke, Brian says he continues to work on his recovery and revisits his care team for "tune ups" every few months. Together they work to map out a program for his continued recovery.

"In the rehab experience, you have a lot of time to think to yourself," Brian said. "You think about how precious those moments you have with your kids and grandkids are, and you want more of that time. So now you cherish every minute you've got with your son, your daughter, your wife, your grandkids. It becomes so much more important."



Brian dancing with his daughter at her wedding.



Congratulations to the following Iowa facilities who have joined the American Heart Association and American Stroke Association's post-acute stroke care initiative.

These providers have agreed to follow the Association's treatment guidelines and have made a commitment to providing care that is based on standards aligned with American Stroke Association science and vetted by stroke rehabilitation experts:

- Community Memorial Hospital, Sumner
- Finley Health Foundation, Dubuque
- Genesis Medical Center, DeWitt
- Guttenberg Municipal Hospital, Guttenberg
- Jackson Country Regional Health Center, Maquoketa
- NewAldaya Lifescapes, Cedar Falls
- Jones Regional Medical Center (UnityPoint Health), Anamosa
- West Ridge Care Center, Cedar Rapids
- Good Samaritan Society- LeMars, LeMars
- Sanford Sheldon Medical Center, Sheldon
- St. Lukes (UnityPoint Health), Sioux City
- Cedar Ridge Village (Pivotal Health Care), West Des Moines
- Hearthstone, A Ministry of WesleyLife, Pella
- Kennybrooke Village (Pivotal Health Care), Grimes
- Mary Greeley Medical Center, Ames
- On With Life, Inc., Ankeny
- Prairie Vista Village (Pivotal Health Care), Altoona
- Encompass Health Rehabilitation Hospital (University of Iowa), Coralville
- Kahl Hom, Davenport
- Lone Tree Health Care Center, Inc., Lone Tree
- Van Buren County Hospital, Keosauqua
- Audubon County Memorial Hospital, Audubon
- Midlands Living Center, LCC, Council Bluffs
- Myrtue Medical Center, Harlan
- Hegg Health Center, Rock Valley
- Lucas County Health Center, Chariton
- Davis County Hospital, Bloomfield
- Buchanan County Health Center, Independence
- Solon Retirement Village, Solon
- Independence Village, Waukee
- Gundersen Palmer, West Union



Brian working on his golf game with a therapist.

Learn more about this initiative at
heart.org/PostAcuteStroke

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NEW public art sensory wall unveiled at Raccoon River Park playground

City of West Des Moines officials gathered with members of the West Des Moines Public Arts Advisory Commission on April 23 to unveil a new sensory wall at Raccoon River Park playground located at 2500 Grand Ave.

The unveiling was held during Autism Acceptance Month at the park's inclusive playground, which opened to the public last October. The addition of the sensory wall marks the completion of the playground.

At the unveiling, Belgian-American artist Hilde DeBruyne shared how she worked with The Least of These Foundation to encourage individuals with autism to incorporate their ideas into the creation of the blue tiles that adorn the wall.

The Foundation is operated by Kunzler Studios and Gallery, 324 Fifth St. in West Des Moines. DeBruyne is based in Iowa and excels in art and design in clay, metal and bronze. She was inspired to create this sensory wall by the children's book "What is a River?" by Monika Vaicenaviciene.

Melissa Clarke-Wharff and Kristine Dreckman, members of the Playground Public Art Work Group, discussed how sensory play involves activities that stimulate the senses and help individuals with autism regulate sensory input and improve their sensory processing abilities. Sensory play also promotes cognitive, social and emotional development.

The West Des Moines Public Arts Advisory Commission and the Raccoon River Park Playground Public Art Work Group focused on ensuring the sensory wall would be a playful and inclusive addition to the park. The 14-foot wide by 8-foot tall sensory wall was inspired by natural elements of the park and features tactile elements such as marbles, clay tiles, beach pebbles, rope, acrylic and driftwood.

Parks and Recreation Director Ryan Penning said this project was well planned with users "top of mind" throughout the entire process.

"We are so excited to add this unique sensory wall to our public



art collection because it adds visual interest to the park and playground while encouraging meaningful interaction for visitors," he said. "The wall blends seamlessly with the surrounding play structures, allowing for a cohesive feel while inviting park-goers to pause and appreciate the interplay of light, color and texture."

Artist Hilde DeBruyne said the sensory wall public art project was a highly rewarding experience because it was a collaborative effort involving the neurodivergent community. "The art created is now being reintroduced back into the community. It is truly gratifying to witness children engaging with the art project," she said.

The project's total budget was \$75,000 and included a contribution of \$29,000 from BRAVO Greater Des Moines. ■

BANK IOWA announces new commercial lenders

Bank Iowa announced the addition of three local lenders to the bank's fast-growing commercial lending team. All three bankers will serve businesses operating within the \$2 billion community bank's West Des Moines region.

Jake Brower, Erik Moen and Aaron Patterson, all seasoned professionals with collective local banking experience of more than 30 years, are joining Bank Iowa as relationship managers. Each brings with him a deep understanding of the financial needs of growing businesses.

The new lenders are all native Iowans with degrees from Midwest colleges. Brower,

of West Des Moines, graduated from St. Ambrose University; Moen, of Inwood, graduated from Augustana University; Patterson, of Vinton, graduated from the University of Iowa. The men are also avid volunteers, having contributed to a wide range of Iowa nonprofits, including Big Brothers Big Sisters, YMCA, Meals from the Heartland, FCA Central and several youth sports teams.

The lenders each shared the following regarding entering the next chapter of their lending careers at Bank Iowa:

"Bank Iowa is not just a bank; it's a local institution that actively fosters growth in our

community," Brower said. "I'm thrilled to be part of a team that shares my values and is dedicated to our local economy."

"I am excited to work with a local bank that has such an outstanding reputation in the industry," Moen said. "Serving local customers alongside a bank that supports my values is critical."

"Simply put, I am excited to work with the people here at Bank Iowa," Patterson said. "I'm looking forward to building new relationships. It's clear right from the moment you walk through the door at Bank Iowa that people are behind the purpose of everything that is done here." ■

MEET Jasmine Spann

Returns "home" to cherished school



Five Westridge teachers attended the school as students: Jasmine Spann, Troy Ellerbroek, Rachel Bakey, Maddy Baier, and, not pictured, Alex Dvoark.

Author's note: *Jordan Creek Living discovered five former Westridge students who are now teachers at Westridge Elementary School. Jasmine Spann is the fourth teacher featured.*

Jasmine Spann has nearly completed her first year of teaching third grade at Westridge Elementary School. She has wanted to be a teacher since she was in fourth grade.

"My teacher, Miss Wheatley from Westridge, was the main reason I wanted to get into teaching. She was such a light at school and made learning fun. She was truly a gift," says Jasmine.

Although she had many schools to choose from, she wanted to "return home" to West Des Moines to teach.

"I actually chose Westridge when I was substituting," she says. "The staff was so welcoming and kind to me. It was nice to come back to a school that already felt like home and be treated with so much respect and kindness. I knew I found the place I wanted to be a part of."

Jasmine spent kindergarten through sixth grade as a student in the school. One big change is the current reward system with Tiger tickets. She's happy to teach alongside her third-grade teacher, Julie Kauffman.

"It is amazing to teach with her," she says. "Julie is a great resource for ideas involving behaviors or to motivate the entire classroom. I am so lucky to have had her as a teacher."

Other favorite teachers still teach, including her P.E teacher, Mr. Chapman, who is a "school favorite" who makes her laugh.

Jasmine's sixth-grade teacher, Mrs. Tjeerdsma, is now the principal.

"I am so honored to serve with her this year," she says. "She is a great resource and is a fantastic principal and cares for the students. She is always witty and funny and makes for a great role model and teammate."

As a teacher, Jasmine enjoys working with kids.

"One of my biggest reasons for wanting to teach is seeing their smiling faces and stories each day," she says. "I'm fortunate enough to work with future doctors, presidents, coaches, CEOs and more. It is truly a work of heart getting to work with these kids."

Jasmine says she is lucky to teach at Westridge and says being a teacher is one of the most rewarding and challenging jobs in the world.

"My kids are the funniest and brightest kids who have such a passion for learning," she says. "I love my job, and I wouldn't want to do anything else in the world. It is truly a joy to be in this profession." ■

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- **June 3-7:** Spring cleanup on regular trash day. Watch for details. No appliances accepted (see June 8 event).
- **June 8:** Scrap appliance, metal drop off, 8 a.m. to noon, West Des Moines Public Services East, 560 S. 16th St.
- **Sept. 7:** Scrap appliance, metal drop off, 8 a.m. to noon, West Des Moines Public Services East, 560 S. 16th St.
- **Dec. 30 - Jan. 11:** Winter yard waste and Christmas tree collection.

Applications accepted for Leadership Academy

Deadline to apply is May 31

The West Des Moines Leadership Academy, a program of the West Des Moines Chamber of Commerce, announced the opening of applications for the 2024-25 program. The West Des Moines Leadership program is designed to help aspiring leaders develop their leadership skills and capabilities to make a positive impact on the community.

The Leadership Academy is an intensive nine-month program that provides participants with practical training, hands-on experience, and access to industry experts. The program includes modules on leadership styles, team building, communication, decision-making, and more. Participants will also influence the future of West Des Moines through strategic leadership development and workforce retention. For more information, visit <https://wdmchamber.org/programs/wdm-leadership-academy/>.

Iowa Take Steps Walk

Saturday, June 22, 9 a.m.

Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. A ribbon cutting ceremony is at 10 a.m. Learn more at cctakesteps.org.



Gary's Ride

Saturday, May 18, 10 a.m.

Waukee Raccoon River Valley Trailhead

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 end of the ride at the Handlebar Restaurant in Dallas Center. It will feature great food, vendors and entertainment for the whole family. For more information and to register, visit garysrideiowa.org.

Mixed Pickles

Sunday, May 19, 2-4 p.m.

Jordan House Museum, 2001 Fuller Road, West Des Moines

The West Des Moines Historical Society and Olson-Larsen Galleries have teamed up again. In the parlors and drawing rooms of grand homes, and amidst the flickering glow of gas lamps, Victorian women composed visual symphonies showcasing family in whimsical and fantastic settings. Thus, the exquisite art of Victorian photo collaging was born.

Participants in the Mixed Pickles activity will have the opportunity to learn about the history of photo collage and spend an afternoon creating their own personalized works with guidance from Olson-Larsen Galleries artist Mary Jones, all while enjoying tea and confections in the parlor of the Jordan House Museum. Some images will be provided, but participants should bring photographs, magazines or old books they don't mind cutting up and manipulating through coloring or combining with other images.

Tickets are \$20 per person and will cover supplies and treats. The event capacity is 20 participants, so get your tickets before they're gone. Ages 12 and up are welcome. For ticket link, visit www.wdmhs.org/mixed-pickles-the-art-of-victorian-photocollage/.



Memorial Day

Remembrance Ceremony

Monday, May 27, 11 a.m.

Resthaven Cemetery, 801 19th St., West Des Moines

This event is held outside so bringing a lawn chair is recommended. Music will be provided by Greater Des Moines Community Band.

Storytime Party

Various dates, 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 through first graders will enjoy an hour of stories, songs and crafts. All children and their adults are welcome. An adult must accompany the children. The events are free, but donations are gratefully accepted to help cover expenses. Dates and themes are:

- Tuesday, June 4: Let's Be Friends!
- Thursday, June 18: More Fairy Tales
- Tuesday, July 16: Library Fun!
- Thursday, July 30: Let's Catch some

Zzzzzs!

- Tuesday, Aug. 6: Rolling in the Dough; A Storytime About Cookies
- Thursday, Aug. 20: Scrub-A-Dub-Dub

Raccoon River Palooza

Saturday, June 8, 8 a.m. to 8 p.m.

Raccoon River Park, 2500 Grand Ave., West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.

Check for cancellations

Events at The Brenton Arboretum

Various dates
The Brenton Arboretum,
25141 260th St., Dallas Center

For more information or to register, visit www.TheBrentonArboretum.org/events.

- Nature Club, varying times, register by age group: May 16, June 6 and 20, July 4 and 18, Aug. 1 and 15, Sept. 5 and 19; Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.
- Wednesdays in May, 10-11 a.m., Nature's Healing.
- May 19, 1-4 p.m., Plein Air Art Festival.
- May 20, 10 a.m. to noon, homeschool field trip.
- May 30-31, Animal Odyssey camp.
- June 2, 1-3 p.m., Go Hug a Tree.
- June 3-4, Animal Odyssey camp, 9-11:30 a.m.
- June 6, 6-7 p.m., Outdoor Foraging with Polk County Conservation.
- June 8, 7-9 p.m., Wine on the Prairie.



Mother's Day breakfast buffet and bake sale

Sunday, May 12, 8 a.m. until noon
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and "all you can eat" pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee for \$10 — children younger than 10 \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran



Greenbelt Music Festival

May 17-18
Horizon Events Center,
2100 N.W. 100th St., Clive
horizoneventscenter.com

This music festival returns to the Horizon Events Center with double-digit musical acts to fill your weekend, starting Friday at 3 p.m. and going till Saturday at 11 p.m. Kids 12 and younger enter for free.

Vietnam War Living History Event

Iowa Gold Star Military Museum,
7105 N.W. 70th Ave., Johnston
Saturday, June 1, 9 a.m. to 5 p.m.
and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.



Ankeny Art Festival

May 11
Uptown Ankeny, Third Street and Walnut Street, Ankeny
www.ankenyardcenter.org/artfestival2024

Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

Strawberry Picking

May 25
Center Grove Orchard,
32835 610th Ave., Cambridge
www.centergroveorchard.com

Gather strawberries for some homemade jam, a strawberry pie, or whatever your heart may desire. ■

Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.
100-200 Blocks of Fifth Street,
West Des Moines
www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.



Des Moines Performing Arts

Des Moines Civic Center,
Cowles Commons, Stoner
Theater, 221 Walnut St.,
Des Moines
www.dmpa.org

May 18: The Peking Acrobats
May 19: Josh Gates LIVE!



Des Moines Symphony

Des Moines Civic Center,
221 Walnut St., Des Moines
dmsymphony.org

May 11-12: Season Finale:
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WAUKEE

Warriors

2024 SUMMER SCHEDULE

VARSIY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 14	7:00PM	Norwalk	Waukee Baseball/Softball Complex
May 15	5:00PM	Ames	Ames High School Softball/Baseball
May 20	7:00PM	Ankeny Centennial (DH)	Waukee Baseball/Softball Complex
May 22	5:00PM	Ankeny (DH)	Waukee Baseball/Softball Complex
May 24	5:00PM	Fort Dodge	Waukee Baseball/Softball Complex
May 28	7:00PM	Southeast Polk (DH)	Southeast Polk High School
May 29	5:00PM	Dowling Catholic (DH)	Waukee Baseball/Softball Complex
May 31	7:00PM	Waukee Northwest (DH)	Waukee Northwest High School
Jun 3	5:00PM	Urbandale (DH)	Urbandale High School
Jun 5	7:00PM	Johnston (DH)	Waukee Baseball/Softball Complex
Jun 6	5:00PM	WDM Valley (DH)	Valley High School
Jun 7	10:00AM	Multiple Schools	Harlan Rogers Sports Complex
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 13	7:00PM	Ankeny (DH)	Ankeny High School
Jun 14	10:00AM	Multiple Schools	TBA
Jun 17	5:00PM	Southeast Polk (DH)	Waukee Baseball/Softball Complex
Jun 19	7:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 20	5:00PM	Waukee Northwest (DH)	Waukee Baseball/Softball Complex
Jun 1	12:15PM	Multiple Schools	Johnston Middle School
Jun 24	7:00PM	Urbandale (DH)	Waukee Baseball/Softball Complex
Jun 26	5:00PM	Johnston (DH)	Johnston Middle School
Jun 27	7:00PM	WDM Valley (DH)	Waukee Baseball/Softball Complex
Jun 28	5:00PM	Des Moines Roosevelt	Roosevelt Baseball Stadium
Jul 1	5:00PM	Ottumwa	Ottumwa High School
Jul 8	7:00PM	Dallas Center-Grimes	Waukee Baseball/Softball Complex

VARSIY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 22	5:00PM	Ankeny (DH)	Waukee Baseball/Softball Complex
May 23	7:30PM	Dallas Center-Grimes	Waukee Baseball/Softball Complex
May 24	5:00PM	Ames	Waukee Baseball/Softball Complex
May 29	5:00PM	Dowling Catholic (DH)	Waukee Baseball/Softball Complex
Jun 1	TBD	Valley	Valley High School
Jun 3	5:00PM	Urbandale (DH)	Urbandale High School
Jun 5	5:00PM	WDM Valley (DH)	Valley High School
Jun 7	TBD	Valley	Valley High School
Jun 10	5:00PM	Iowa City Liberty	Iowa City Liberty
Jun 12	5:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 14	TBD	Jack North Tournament	Waukee Northwest High School
Jun 15	TBD	Jack North Tournament	Waukee Northwest High School
Jun 17	5:00PM	Southeast Polk (DH)	Waukee Baseball/Softball Complex
Jun 20	5:00PM	Waukee Northwest (DH)	Waukee Baseball/Softball Complex
Jun 21	7:15PM	Winterset	Winterset High School
Jun 24	5:00PM	Sioux City East	Sioux City East High School
Jun 26	5:00PM	Johnston (DH)	Johnston Middle School
Jul 1	5:00PM	Prairie	Waukee Baseball/Softball Complex
Jul 2	5:00PM	Des Moines Lincoln	Lincoln Baseball/Softball Complex
Jul 8	7:00PM	Fort Dodge	Waukee Baseball/Softball Complex

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NORTHWEST

Wolves

2024 SUMMER SCHEDULE

VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
May 13	3:30PM	Des Moines East (DH)	Des Moines East High School
May 14	5:00PM	North Polk (DH)	Waukee Northwest High School
May 17	5:00PM	A-D-M (DH)	A-D-M, Adel
May 20	7:00PM	Des Moines Lincoln	Des Moines Lincoln High School
May 22	5:00PM	Johnston (DH)	Johnston Middle School
May 23	5:00PM	DCG (DH)	Dallas Center Grimes Baseball Field
May 28	7:00PM	WDM Valley (DH)	Valley High School
May 29	5:00PM	Southeast Polk (DH)	Southeast Polk High School
May 31	7:00PM	Waukee (DH)	Waukee Northwest High School
Jun 3	5:00PM	Ankeny (DH)	Ankeny High School
Jun 5	7:00PM	Urbandale (DH)	Waukee Northwest High School
Jun 6	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 10	7:00PM	Ankeny Centennial (DH)	Ankeny Centennial High School
Jun 13	7:00PM	Johnston (DH)	Waukee Northwest High School
Jun 15	TBD	Council Bluffs	Council Bluffs
Jun 17	5:00PM	WDM Valley (DH)	Waukee Northwest High School
Jun 20	5:00PM	Waukee (DH)	Waukee Baseball/Softball Complex
Jun 21	10:00AM 12:15PM	Van Meter Ballard	Ankeny High School Ankeny High School
Jun 24	7:00PM	Ankeny (DH)	Waukee Northwest High School
Jun 26	5:00PM	Urbandale (DH)	Urbandale High School
Jun 27	7:00PM	Dowling Catholic (DH)	Waukee Northwest High School
Jul 1	5:00PM	Ankeny Centennial (DH)	Waukee Northwest High School
Jul 3	11:00AM	Multiple Schools	Waukee Northwest High School
Jul 5	7:00PM	Southeast Polk (DH)	Waukee Northwest High School
Jul 8	7:00PM	Norwalk	Waukee Northwest High School

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 20	5:00PM	Des Moines East (DH)	Des Moines East High School
May 22	5:00PM	Johnston (DH)	Johnston Middle School
May 28	6:45PM	North Polk	Waukee Northwest High School
May 29	5:00PM	Southeast Polk (DH)	Southeast Polk High School
Jun 1	8:45AM	Multiple Schools	Greater Des Moines Softball Complex
Jun 3	5:00PM	Ankeny (DH)	Ankeny High School
Jun 6	5:00PM	Dowling Catholic (DH)	Dowling Catholic High School
Jun 7	7:00PM	Fort Dodge	Waukee Northwest High School
Jun 11	6:45PM	Indianola	Waukee Northwest High School
Jun 14	TBD	Jack North Tournament	Waukee Northwest High School
Jun 15	TBD	Jack North Tournament	Waukee Northwest High School
Jun 17	5:00PM	WDM Valley (DH)	Waukee Northwest High School
Jun 20	5:00PM	Waukee (DH)	Waukee Baseball/Softball Complex
Jun 21	7:00PM	Ames	Ames High School Softball/Baseball
Jun 26	5:00PM	Urbandale (DH)	Urbandale High School
Jul 1	5:00PM	Williamsburg	Williamsburg High School
Jul 3	5:30PM	Norwalk (DH)	Norwalk High School
Jul 6	5:00PM	Ankeny Centennial (DH)	Waukee Northwest High School
Jul 8	1:00PM	Multiple Schools	Valley High School
Jul 9	7:00PM	Humboldt	Humboldt High School
Jul 10	7:30PM	Dallas Center-Grimes	Dallas Center Grimes Baseball Field



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RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board

Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces



- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.



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FIVE directors added to the Wright Foundation

The Wright Foundation for Sustainability and Innovation (WFSI) welcomes Dr. Lisa Schulte Moore, Pete De Kock, Keegan Kult, Kacey Davis and Deidre DeJear to its board of directors.

Dr. Lisa Schulte Moore is a professor in the Department of Natural Resource Ecology and Management and co-director of the Bioeconomy Institute at Iowa State University. She conducts research and teaches in the areas of agriculture, ecology, forestry and human-landscape interactions. She works with teams of scientists, engineers, students, farmers and others to restore continuous living cover on the landscape and protect Iowa's soil. She also works with businesses to create new markets to support rural economies and meet society's goals for clean water, abundant wildlife and inspiring recreational opportunities.

Pete De Kock joined the city of Clive as assistant city manager in April 2018. He collaborates with colleagues, elected officials, business leaders and residents to promote community engagement and craft inspiring stories. He also helps lead government affairs, IT, grant writing and strategic projects, including water resources planning. De Kock graduated from Grinnell College and Harvard University, where he studied political and social ethics. After completing his degrees, De Kock started his community building and public service career, spending several years working for the U.S. House of Representatives. Before joining the city of Clive, he led civil society and arts nonprofits in Chicago and Des Moines.

Keegan Kult is the executive director of the Agricultural Drainage Management Coalition (ADMC), where he coordinates efforts to speed the implementation of water management practice delivery throughout the United States. ADMC is an industry-led organization recognized as a leader in developing and deploying conservation drainage practices. Kult has been working with agricultural water management for more than 15 years and has contributed to 100-plus edge of field practice installations, development of new conservation practice standards, and to the scientific literature documenting practice performance and cost effectiveness. He also serves as the president of the Illinois Sustainable Ag Partnership, on the advisory committee for the Overholt Drainage School, vice-chair of the Conservation Drainage Network, and as a board member for the Iowa Agricultural Mitigation.

Kacey Davis, FNP-BC, is the director of health and wellness for Dordash Meredith Corporation. Her experience includes working at Rush University Medical Center emergency department and treating patients as a family nurse practitioner at Primary Health Care, Inc. Davis currently serves on the executive committee of the Broadlawns Board of Trustees. She was elected to office in November of 2022. Additionally, she is on the board of directors for the Young Women's Resource Center. Her past volunteer activities include Best Buddies, Cabrini Green Tutoring Program in Chicago, and volunteer medical missions to Guatemala and Haiti.

Deidre DeJear is a small business owner and voting rights advocate who is driven by her passion to create equitable, inclusive and accessible opportunities for all. DeJear spearheaded the opening of Iowa's first Financial Empowerment Center and has worked on projects such as One Economy and other financial empowerment efforts. In 2018, DeJear ran as the Democratic nominee for Iowa Secretary of State, and, in 2022, was the Democratic Nominee for Iowa Governor. She founded Vision

Leads and co-founded Back 2 School Iowa and LadyLike. DeJear is also a member of the Des Moines Chapter of the Links, Inc., board chair of Count the Kicks, board member of The Directors Council, City of Des Moines Housing Services Board and Interfaith Alliance.

"I'm excited to add these five new directors to our board," said Scott Packard, WFSI chairman. "Their knowledge and experience will help move the Foundation forward toward its vision to facilitate positive action toward sustainable and innovative solutions in agricultural and environmental sectors that reduce carbon footprints and minimize risk for our communities."

The additions come as Robert "Bob" Riley steps down from the board after serving four years on the board since WFSI's inception in 2020. In that time, WFSI has awarded \$525,000 to seven organizations.

"The Wright Foundation for Sustainability and Innovation would not be what it is today without Bob's support," says Packard. "His background in conservation, sustainability and regenerative agriculture practices has been invaluable to awarding our grants."

The new board members join Scott Packard, and directors Austin Kennedy, Ken Roberts and Dr. Sara Crawford. Learn more about all of our board of directors at <https://wrightfortomorrow.org/about/board-of-directors/>. ■



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BIRTHDAY hero delivers gifts

Trimble and friends provide 400 gifts a year to kids in need.

When Alana Trimble of West Des Moines watched her son open his birthday gifts 15 years ago, she felt blessed for the party goers' generosity.

Yet, it made her think about kids who didn't have gifts for their birthdays. People are generous at Christmas, but birthdays are often overlooked.

Trimble read about putting together party bags for kids in homeless shelters. Then, 13 years ago, she approached West Des Moines Human Services, offering assistance with giving birthday gifts to families in need.

WDMHS agreed to the program, naming it Birthday Heroes. Trimble also reached out to Ellipsis, a youth shelter, to give gifts to kids in temporary homes. In the 12 years since, she's given more than 3,500 gifts — about 400 gifts a year.

She purchases many of the gifts but credits a list of friends who also buy gifts.

"I email a list whenever I have a specific need for a gift. I've gotten boxes of gifts. My friends are amazing, and I feel blessed. I've never put out a need and not have it answered. I couldn't do it alone," she says.

She works with WDMHS, where parents fill out a request. Previously, she kept all the gifts in her home. However, her shelves were filled to the brim, and she now keeps larger items at WDMHS. The gift is given to the parent to give.

"Parents have ownership of the gifts," she explains. "I want it to be from the parents."

While volunteering with Ellipsis, she noticed some kids receiving birthday gifts for the first time.

"It's heartbreaking to see that," she recalls.

The gift exchange takes place at WDMHS. She used to drop off presents at parents' homes.

"One woman I met at the library. I could tell she was homeless. She couldn't wait to give her daughter a Barbie. It pulled at my heartstrings," Trimble says.

Trimble says she makes dollars stretch as far as she can, often buying items on sale, so she has a stock of gifts including Legos, Barbies,



Alana Trimble makes sure about 400 kids in need get a birthday gift over the course of a year.

craft kits and more.

"If we use donation money, I always look for the good stuff and things that kids actually want," she says.

One family, in remembrance of their 5-year-old who had passed away, asked people to give gifts in the child's memory.

As a busy mom of four, Trimble says it's time consuming to coordinate last-minute gift requests. However, she feels she's doing a small

part to help those in need.

"It's helped me get out of my comfort zone. If everyone did one small thing for others, what a big impact they'd make," she reflects. "I am making a difference."

People can drop off new, unopened gifts or gift cards to WDMHS. WDM residents can request or donate under programs/birthday heroes tab on the website, www.wdm.iowa.gov/government/human-services. ■

VELAZQUEZ honored with mentoring award

Indira Velazquez, West Des Moines, a volunteer with Big Brothers Big Sisters of Central Iowa, has been named a recipient of the Excellence in Mentoring Award.

Established in 2009, the Excellence in Mentoring Awards gives Iowa MENTOR-certified programs the opportunity to recognize outstanding long-time youth mentors. Individuals selected have served as a mentor a minimum of two years and exemplify both the spirit and positive benefits of mentoring. Mentors are selected based on their advocacy and leadership in mentoring, innovation, impact, commitment to their mentee, the match relationship and the program itself.

Many recipients possess a compelling mentoring story that illustrates the Excellence in Mentoring Award is the most prestigious honor that a youth mentor in Iowa can receive.

Nominations for the Excellence in Mentoring Awards are open year-round.

Indira Velazquez has been serving as a mentor with Big Brothers Big Sisters of Central Iowa's Community Based Mentoring program for more than two years. Her commitment to the mentoring program is unwavering. She is the ideal mentor and makes it her mission to share her passion for mentoring youth with the Big Brothers Big Sisters community.

When Indira initially met her mentee, America, she was very quiet. With Indira's patience, encouragement and consistency, her mentee began to find her voice. Indira provides a safe space for America to pursue her interest in art and music, allowing her to feel confident to do things out of her comfort zone. Indira encouraged America to participate in Girls on the Run, a program designed to inspire girls to embrace their inner strength and build community. They have also attended Hy-Vee's Indy car event together.

When America talks about her time spent with Indira, she will share about activities they have done but always ends with "I'm totally OK just spending time together." Over the years spent together, Indira has encouraged America to participate in activities that she might never have tried without the consistency of their mentor relationship and the trust that Indira has built.

In addition to her work as a mentor, Indira also is a member of the Big Brothers Big Sisters of Central Iowa Impact Board. This board focuses on planning match activities, mentor engagement and recruiting. Indira has been an integral part of planning mentor networking events, leveraging her community connections to encourage a local restaurant to provide snacks for the mentor networking events. Indira shares her devotion to the mentoring community by engaging with other mentors in the program, encouraging them to participate in the events and build relationships with their peers. Indira is exactly what mentoring needs. She shows up consistently for her mentee and her fellow mentors, making sure everyone feels welcome, supported and appreciated.

Indira has been a consistent source of support for her mentee, America, having encouraged her to explore her strengths and see her true potential. Throughout her mentor relationship, Indira has also fostered a supportive relationship with America's mother, Rebecca, who is grateful for their relationship and the positive impact that Indira has had on America.

Indira offers advice to other mentors, explaining how important it is to "treat mentees as equals and remember they are just little people." ■

WDM CHAMBER announces 2024 Citizen, Emerging Citizen of the Year

For the 79th consecutive year, the West Des Moines Chamber of Commerce and the city of West Des Moines have announced the annual West Des Moines Citizen and Emerging Citizen of the Year, Al Womble and Caitlin Clark.

Womble, a 1994 graduate of Drake University, has been an influential figure in academia, labor and community service. Womble excelled as a member of the football team and as a teacher's assistant before joining Laborers Local 353, where he rose to Union Stewart and political captain roles. Currently serving as chair of Iowa's 3rd District and a member of the Iowa Democratic Party State Central Committee, Womble also holds leadership positions in key organizations like the West Des Moines Democrats, NAACP Political Action Committee and the Asian and Latino Coalition.

"This is a tremendous honor," said Womble. "The most important thing to help improve your community is not being worried about whether someone is a good Democrat or a good Republican, but whether they are a good citizen and are they willing to do what is best for everyone in the community no matter who they are or what their background is? Everyone is my neighbor."

"Al Womble is the embodiment of what it means to be a citizen of West Des Moines — dedicated, passionate and always striving to make a positive impact," said Russ Trimble, mayor of West Des Moines. "His journey and community leadership is an inspiration to us all. Congratulations to Al on being named Citizen of the Year, a title that truly reflects his unwavering commitment to strengthening our city."

Caitlin Clark is a basketball player from West Des Moines. Known for her record-breaking career at the University of Iowa, Clark is regarded as one of the greatest collegiate players ever. She holds the NCAA Division I all-time scoring record and has earned multiple national player of the year awards. Clark played at Dowling Catholic High School, where she became a McDonald's All-American. During her tenure with the Iowa Hawkeyes, Clark became the all-time leader in scoring and assists while propelling Iowa to national prominence. Additionally, she's achieved success on the international stage, winning gold medals with U-16 and U-19 Team USA. Beyond her on-court achievements, Clark has played a significant role in elevating the popularity of women's basketball, setting attendance and TV viewership records during her college games.

"Caitlin exemplifies the spirit of our community," said Trimble. "Caitlin's achievements on the national and international stage have put West Des Moines on the map, but it's her character and leadership off the court that truly make her a standout individual. Congratulations, Caitlin, on this well-deserved honor. The entire city stands behind you as you continue to inspire and uplift us all."

The judging panel for this year's Citizen and Emerging Citizen of the Year consisted of Tina Mowry Hadden, Renee Hardman, Katherine Harrington, Britton Klomstad, Paul Schut and Russ Trimble.

Both award recipients will be honored at the 100-Year Celebration on May 16 at the Val Air Ballroom. Registration for the 100-Year Celebration is \$100 per individual or \$1,000 for a table of eight. Those interested in attending can learn more and register online at <https://members.wdmchamber.org/events/details/annual-dinner-100-year-anniversary-celebration-3564?calendarMonth=2024-05-01>. ■

PLAN AHEAD

By Sasha Mudlaff and
Holly Peterson Miller

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. 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 two daughters. ■

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

LIBRARY

SUMMER Reading at the WDM Library



Our annual Summer Reading Club is back and bigger than ever this year! Everyone who registers (yes, adults, too) will get an exclusive WDM Library Summer Reading sticker. Registration opens on May 20. The program runs through July 27. You'll track your reading through the handy Beanstack app or with paper trackers handed out at the Children's Desk. Readers of any age who log more than 30 reading days will win exciting prizes at the end of the summer. Learn more at wdmlibrary.org/summer.

Reminder: The library will be closed on Sunday, May 12, for Mother's Day as well as Sunday, May 26, and Monday, May 27, for Memorial Day.

UPCOMING EVENTS

• **Welcome to Medicare, Tuesday, May 14, 6-8 p.m. (adults)**

The public is invited to a free Welcome to Medicare seminar alongside the State of Iowa's Senior Health Insurance Information Program (SHIIP). Registration is requested.

• **Baking Blue Ribbons: Stories, recipes and more about the Iowa State Fair food competitions, Thursday, May 30, 6:30-8 p.m. (adults)**

Kay Fenton Smith and Carol McGarvey, the authors of "Baking Blue Ribbons" will talk about their book and what makes the Iowa State Fair Food Department the No. 1 in the nation. No registration required.

• **Final Friday Fiber Club, Friday, May 31, 10-11:30 a.m. (adults)**

All fiber artists are invited to the Final Friday Fiber Club, an informal opportunity to get together with other fiber artists to make new friends while creating your own handmade masterpieces. Registration required. ■

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WELLNESS

By Kaylin Sandy, BSN

HOW FUNCTIONAL nutrition helps improve health

What is functional nutrition, and how can it help improve your health? Functional nutrition focuses on using food as medicine to optimize health and prevent or manage chronic diseases. It considers individual differences in genetics, environment and lifestyle to create personalized nutrition plans. By addressing underlying imbalances and deficiencies, functional nutrition aims to support the body's natural healing processes, promote optimal digestion and nutrient absorption, regulate hormones, reduce inflammation and enhance overall wellbeing. Program options might include suggestions for dietary changes, like eliminating overly processed foods or entire food groups like gluten or dairy. This approach often incorporates whole foods, supplements, lifestyle modifications, and sometimes specialized testing to identify specific nutritional needs. The approach is not about quick fixes or trendy diets — it's about personalized, sustainable solutions that address the root causes of your health concerns and working with a team of dedicated professionals who take the time to understand your unique biochemistry, lifestyle and goals. With a comprehensive assessment process, personalized nutrition plans are tailored specifically to you. It's about providing you with the tools, support and guidance you need to make meaningful changes that last a lifetime. ■



Information provided by Kaylin Sandy, BSN, certified functional nutritionist, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive, Livin-Vivid.com, 515-415-1550.

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HEALTH

By Ashley Powell

UNVEILING the health benefits of CBG and CBN

Cannabis' therapeutic realm expands beyond CBD and THC, unveiling lesser-known yet potent compounds like cannabigerol (CBG) and cannabinol (CBN).

CBG, dubbed the "mother cannabinoid," demonstrates promising potential in various realms. Studies suggest CBG has anti-inflammatory, neuroprotective and antimicrobial properties. Research in the Journal of Pharmacology and Experimental Therapeutics discusses CBG's efficacy against inflammatory bowel disease and neurodegenerative conditions like Huntington's disease.

CBG offers benefits beyond inflammation and neuroprotection. Evidence suggests CBG aids focus, boosts energy levels and promotes gut health. Such attributes make CBG a holistic choice for those seeking mental clarity, vitality and digestive wellness.

CBN intrigues with its sedative effects, presenting as a potential natural sleep aid. Research shows CBN's ability to prolong sleep duration. In addition, CBN showcases antibacterial potential, suggesting a role in combating antibiotic-resistant strains.

As research unfolds, CBG and CBN are poised to revolutionize cannabinoid-based therapeutics. To explore their potential, consider consulting a certified hemp professional at your nearest CBD store. ■



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: Borrelli, Francesca, et al. "Colon Carcinogenesis Is Inhibited by the TRPM8 Antagonist Cannabigerol, a Cannabis-Derived Non-Psychotropic Cannabinoid." Carcinogenesis. Russo, Ethan B. "The Case for the Entourage Effect and Conventional Breeding of Clinical Cannabis: No 'Strain,' No Gain." Frontiers in Plant Science. Valdeolivas, Sara, et al. "Neuroprotective Properties of Cannabigerol in Huntington's Disease: Studies in R6/2 Mice and 3-Nitropropionate-Lesioned Mice." Neurotherapeutics.

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BOOK REVIEWS

Courtesy of Beaverdale Books

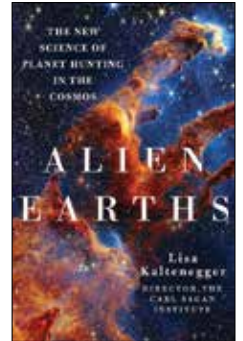
'Alien Earths: The New Science of Planet Hunting in the Cosmos'

I love space. I follow all the launches, the probes, the landers on Mars; I can't get enough of all the fascinating and paradigm-shifting discoveries that surround us in this era of technological wonders. If you've got a penchant for looking up at the stars and wondering, or just a love for "Star Trek," I've got a brilliant recommendation for your summer reading list.

Dr. Lisa Kaltenegger is a rock star in the science world for good reason. She has had a fascinating and glass-ceiling-shattering career and, along the way, has become a brilliant science educator with an effortless ability to teach complex topics with an infectious enthusiasm. Her skills are on full display in this overview of the vast, multi-disciplinary search for life on other planets. This very readable book explores the many different ways we are looking for any sign of life among the fascinating worlds we've discovered outside our own solar system and asks us to ponder what will happen if we find someone looking back at us.

Reading more like a conversation than a lecture, this is the epitome of what a popular science book should be. It's full of facts and context but never feels dry or boring. I was hooked from the first page. Be prepared to look at the night sky a little differently after this wonderful book. ■

— *Review by Julie Goodrich*



By Lisa Kaltenegger
4/16/24
288 pages
\$30
St. Martin's Press

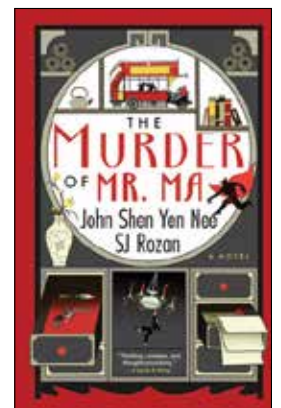
'The Murder of Mr. Ma'

Mash-ups, genre-benders, unexpected fusion: these are the things I look for after decades of reading. I like mystery books that bring something new to the same old game, and, this time, the game is afoot wearing an entirely different shoe.

"The Murder of Mr. Ma" is a rollicking, fast-paced adventure that weaves the grand tradition of a Sherlock Holmesan homage into traditional Chinese gong'an crime fiction with explosive results. Academic Lao She is adapting to Edwardian London as best he can when he chanches into a meeting with the notorious Judge Dee Ren Jie, a well-known figure in the Chinese diaspora and not a man given to quiet study. Lao is soon caught up in a disturbing and highly dangerous murder mystery that has him running for his life more than once.

Can he and Dee save themselves, along with the serial killer targeting immigrants?

This was such a fun book, with the beautiful writing and affections so well-known from the Holmes style but with intriguing history and a cultural influence I loved to learn about. Anyone with a need for a quick read that keeps you on your toes will love this one. ■ — *Review by Julie Goodrich*



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RIBBON Cutting

West Des Moines Chamber of Commerce hosted a ribbon cutting for HomeCare Advocacy Network of Des Moines on April 4 at Gilroy's Kitchen + Pub + Patio.



West Des Moines Chamber of Commerce hosted a ribbon cutting for HomeCare Advocacy Network of Des Moines on April 4 at Gilroy's Kitchen + Pub + Patio.



Madison Brown and Jakob Burke



Ruth Ebke and Terry Ebke



Katie Lind and Maria Mendoza



Frank Hanson and Everett Mullican



Paul Schut and Cody Stepanek



Tom Florian and Amy Luong



Frank Hanson, Mady Arndt, Allison Barnes and Mayor Russ Trimble



Kim Brannian, Sean Presnall, Kayla Heitz and Cody Stepanek

OUT & ABOUT

CHAMBER Luncheon

West Des Moines Chamber of Commerce hosted a luncheon at West48 on April 11.



Christopher Maharry and Julie Matternas



Penny Schmidt and Tina Smothers



Amanda Oleson and Jane Joiner



Rachel Allen and Abby Arndt



Danielle Bell, Tanya Gould and Marna Rath



Emma Ferris and Tess Lueck



Tanya Wenger and Kim Peter



Jill Crosser and Summer Clark



Celina and Leonardo Etcheto



Becca Novak and Marc Patterson



Sarah Sparks and Eric DeVries

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[†]Class is Medium Premium Utility



LINCOLN

Due to high demand and global supply-chain constraints, some models, trims and features may not be available or may be subject to change. Check with your local retailer for current information.

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^{**}Horsepower and torque ratings based on premium fuel per SAE J1349 standard. Horsepower, torque, and fuel economy are independent attributes and may not be achieved simultaneously.

^{**}EPA-estimated rating of 30 city/31 hwy/30 combined mpg. 2.0L GTDi FHEV engine/CVT Auto transmission/Power Shift Selecter transmission/AWD drivetrain. Actual mileage will vary.



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