

WEST DES MOINES
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JUNE 2024

Living

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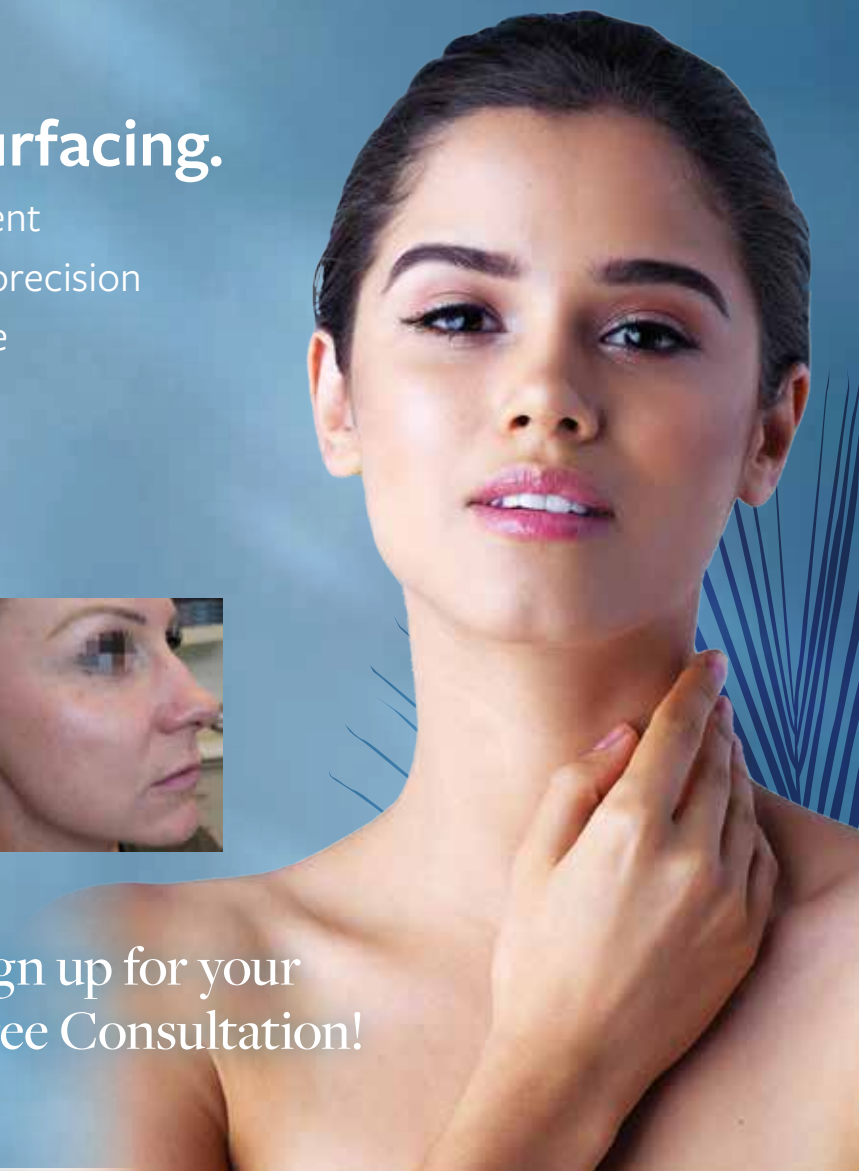
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WELCOME

FOUR reasons to participate in community theatre

Have you thought about getting involved in community theatre? If you want to participate, organizers will surely find a place for you. But what's in it for you personally? How about...

1. You can develop your creative talents.

Community theatre provides a supportive environment for people to explore their creative abilities. Whether you enjoy acting, singing, dancing or working behind the scenes, community theatre has opportunities for you to develop your skills and grow as an artist.

2. You can build confidence and self-esteem. Performing in front of an audience can be nerve-racking, but it can also be empowering. Participating in community theatre can help build confidence and self-esteem while learning to overcome fears and take risks. Through rehearsals, performances and feedback from peers and mentors, performers gain a sense of pride and accomplishment that carries over into all areas of their lives.

3. You can develop important life skills at any age. Community theatre is more than just a hobby; it is also an opportunity to develop life skills. From time management and teamwork to problem-solving and communication, the skills that performers learn through theatre can help them succeed in many aspects of life. In addition, community theatre provides a sense of belonging that is often difficult to find elsewhere. Performers build lasting friendships with their peers and develop connections with mentors and volunteers who share their passion for the arts.

4. You can make a difference in your community. The arts have the power to bring people together and make a positive impact in the community. By participating in productions, people have the opportunity to inspire, entertain and educate audiences of all ages. Community theatre programs strive to make the arts accessible to all people in the community, regardless of background or financial resources.

Are you inspired enough now to want to get involved? You can start by reading this month's cover story. Then take the leap and reach out to organizers and say, "How can I get started?" You will be glad you did.

Thanks for reading. ■

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Curtain call

Residents share their
experiences on stage

By Jackie Wilson

For many people, public speaking is their worst fear. They recall suffering from butterflies in the stomach or worse before stepping out on the stage for their elementary school programs and the terror of having to speak in front of their peers in high school speech class. For them, the thought of performing before the public in a stage production sounds as appealing as being tarred and feathered. Others actually seek the spotlight, volunteer to memorize lines and create play props, eagerly awaiting the day the curtains are drawn back and the show begins. Some of these people share their reasons why center stage is the place they want to be.

Bob Baskerville serves as president of the board of directors for Tallgrass Theatre Company, located in West Des Moines. As a working board member, he has also acted in and directed plays. Photo by Jackie Wilson

Tallgrass Theatre Company

Tallgrass Theatre Company (TTC) of West Des Moines formed in 2004. Shows were formerly hosted at the Rex Mathes Auditorium at a West Des Moines elementary school. However, the group lost its lease in 2020 at the height of the COVID pandemic.

TTC found a new space to call its own at 2019 Grand in West Des Moines in the former Skate West building. The theatre debuted at its new venue in December 2021.

Bob Baskerville, president of the TTC board of directors since 2017, says the move was much needed. During productions, they can sell beer and wine in an air-conditioned facility, which wasn't the case at their previous location.

"We ran a theater box office and had to pack up our stuff. We're happy for a permanent location with room for costumes, a greenroom and bathroom fixtures," he says.

TTC consists of an all-volunteer staff, actors and directors. The front house is paid a small stipend. The board of directors is a working board.

An artist trust selects the season's productions and directors and sends them to the board for approval. TTC typically puts on six shows a season, ranging from comedies to dramas and musicals.

Baskerville has directed and acted in several productions at Tallgrass. He has been participating in musicals since he was 5 years old. He likes how the community theatre is supportive of one another.

"This is a very safe place. We take care of each other," he reflects. "That's a special place by design."

The theatre is small, and he recognizes it's not a good fit for everyone.

"We all coexist. This is a thriving arts community — a little haven," he says.

The theatre space is rented out for other events such as dance recitals, films and more. In the lobby, works from a local artist are displayed.

"It's another way to pay it forward in the community," Baskerville explains.

Crowds have enthusiastically embraced local theatre. Depending on the production's setup, the theatre can seat 80 to 135 people.

"It's positive — folks who have been with us are super appreciative of what we're doing," he says. "People leave here smiling. That's a cool thing to see."

Besides plays, the venue offers Broadway Karaoke. A wide range of people attend, from



Dan and Kim Haymes act in a production at Tallgrass Theatre in West Des Moines. Photo by Dylan Heuer Photography

young folks with no experience getting up on stage to seasoned performers. Baskerville says that, because of the event, people have returned to audition for a show.

"One man came who was too nervous to sing. He left and later went on to get a lead in one of our shows," Baskerville says.

He's witnessed growth among actors, along with camaraderie and friendship. A volunteer-run community theatre takes many hands to run a smooth show.

"People don't realize that, for each person on stage, there's at least four behind stage that are just as vital — even though they don't get accolades. Everyone is here by choice."

There's a high level of professionalism on stage, even when actors are unpaid, he says.

"We've got people with advanced degrees who have decades of theater performances, along with first-timers. There's a vast knowledge base. It's really cool."

Providing a community theatre is important, and the City of West Des Moines is supportive of the venue. As a director, Baskerville says actors are allowed to create and the freedom to think, feel and explore.

He says he is passionate about theatre and quotes Red Skeleton:

"Whenever someone smiles, they forget about their problems. If I can do something fun — that helps me smile — that's awesome," he says.

Husband and wife actors

Kim and Dan Haymes are in a heated argument. As each accuses the other with a litany of wrongdoings, Kim reaches for Dan's neck, ready to choke him. Onlookers gasp, then applause breaks out for the couple.

Don't worry, readers; this was just a scene the couple performed together at a community theatre production.

The couple, happily married and living in West Des Moines, have been in community theatre productions since they were adults. The actors share their experiences and joy of being on stage.

The couple met in Chicago, doing theatre. Kim was producing a play, while Dan was the stage manager. Both attended college in Iowa for performance degrees and continued to take part in theatre.

Kim and Dan moved back to Des Moines and began auditioning for shows. Dan's first show was at Tallgrass Theatre in 2018 for "Rumors." Since then, between the couple, they've acted at eight shows at Tallgrass. For two shows, they performed together. They have also been in other plays in Chicago.

The pair have been cast individually and as a couple.

"We audition well together. Now that we've done enough shows, folks see us as a couple," Dan says.

The couple can prepare lines and work on auditions at home. Together, they produced a Dream Project, a play chosen once a year that is submitted for approval and is written, directed or acted by a local playwright, director or actor. The project was “God of Carnage,” a four-person show popular on Broadway.

To get into character depends on the show. The first week, they do tablework, where the character development is established and ideas are exchanged.

“I like to make a playlist of music specific to that character,” Kim says. “It helps me to get into character. Another play I played a very religious housewife. I observed films to see how they carry themselves.”

Growing up in Chicago, Dan recalls how he observed characters in the large city.

“When I was doing shows in Chicago, I’d take the train into the city to see how people carried themselves and how to be an adult,” he says. “I wasn’t a smoker, but I’d observed how some people smoke and looked at the details.”

Dan has learned various skills to get into character.

“I had to learn how to juggle. I learned pool tricks for one scene. I wore a dress and a wig,” he recalls. “You learn weird little things.”

Once it’s time to take the stage, both feel confident of their abilities.

“I don’t get stage fright — not anymore,” Kim says.

Dan agrees.

“I don’t get stage fright — rather, it’s excitement.”

Although he doesn’t get anxious about acting, he does about the possibility of forgetting his lines.

“I try to be sure on my lines to make it natural. It’s a lot of prep work. I could go on a run and practice them blinded. It allows me to feel comfortable on stage — to be present and not think about my next line.”

Once the play is over, the couple has mixed thoughts on the audience’s reaction. Kim says its subjective.

“I’m a recovering perfectionist. Some give you an A+ and others a C,” she explains. “I enjoy affirmation. I like it when people have a good time. My hope is that people had a good time and can escape and enjoy. That’s one reason I love theatre — is providing an escape.”

Dan says, when the play is over, he doesn’t need praise of a job well done.

“I don’t like the attention. I like to say thanks for coming to the show. I’m sometimes not sure how I feel about my performance. I’d like to be done with it and leave it at that.”

A live audience provides feedback regarding the performance.



A wall in the West Des Moines home of Dan and Kim Haymes is adorned with playbills of shows they have been in.

The Tallgrass Theatre Company is open to new people joining — whether it’s in the production, helping with events or volunteering. For a schedule of upcoming plays or volunteer opportunities, visit www.tallgrasstheatre.org.

“You can hear the audience reaction and have a good idea how they respond,” Kim says. “I’ve watched the audience watching the show, and you can see genuine looks on their faces. You get immediate feedback.”

The pair knows that theatre work — especially volunteering — takes time, and Dan likens it to any hobby. Rehearsals are nightly and take about five weeks. Musical practices take twice as long. The cast generally comes to rehearsals prepared.

“It’s a mutual respect. We make the most of the time we have,” Dan says.

When the show is over, emotions run high, Kim says.

“It takes a few hours to calm down. It’s such an adrenaline rush.”

Dan adds, “It’s like you’ve had 10 cups of coffee, and it takes a while to calm down.”

The couple enjoy the live theatre experiences in Des Moines and hope to explore different types of shows. They enjoy Tallgrass and how accommodating it is to everyone. Both want to see expanded theatre opportunities in Des Moines.

“There’s lots of talented people in Des Moines. It’s our goal to add to the live entertainment scene in West Des Moines and central Iowa,” Dan says. ■

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ABOUT Social Security Disability

Social Security Disability is a program managed by the federal government.

It provides income to people who cannot work because of physical or mental conditions.

Proving a disability claim can be a long process,

and it is not unusual for someone to be denied benefits at several different hearing levels. Once a client is found disabled and receives benefits, however, that is not the end. The case can still be reviewed by the government.

The Social Security Administration (SSA) periodically reviews disability cases to determine if the individual is still disabled. This is called a Continuing Disability Review (CDR). Most cases are reviewed every three years, but the length of time between a finding of disability and a CDR depends on such



factors as the type of medical condition and whether improvement is expected. Because the standards for disability are different for children and adults, a review will also be done when a disabled child turns 18.

The Social Security sends forms asking the benefit recipient to describe the medical condition and submit a list of medical providers. SSA will request medical records from those physicians, therapists and counselors. If there aren't enough records to make a decision, the individual might be ordered to attend a consultative examination with a doctor chosen by Social Security.

SSA will look at whether there has been medical improvement of the impairments, if the improvement is related to the ability to work, and if the individual can now engage in substantial gainful work activity. Factors that will be considered include work or school activity and a showing of improvement

documented in the medical records. Negative factors include no history of receiving medical treatment, the failure to follow a doctor's recommendations, or substance abuse.

If Social Security determines that a person is no longer disabled, SSA will send a notice that the benefits will end. The individual will also receive notice of the right to appeal within 60 days. For benefits to continue while appealing the decision, the individual must file an appeal within 15 days from the date of the notice terminating benefits.

An attorney experienced in Social Security Disability law can help navigate the issues and problems presented by a Continuing Disability Review. Your benefits don't have to end. ■

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

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ADDRESSING food insecurity

Volunteering fills Crew's cup.

Since retiring in May 2022, Dan Crew has focused most of his volunteer work on addressing food insecurity in central Iowa.



He serves West

Des Moines Human Services as an advisory board member and is a regular food pantry volunteer and an occasional food rescue fill-in. He also helps with the organization's special events, like its winter coat and school supply drives, as well as the holiday adopt-a-family program.

"I knew I wanted to get involved with West Des Moines Human Services since West Des Moines has been my home for so many years," Crew says. "It's the pantry that serves the neighbors in our 'backyard,' and I've been proud of the work they accomplish and the help they consistently provide."

Crew's volunteer work doesn't end there, though. He has volunteered for the Food Bank of Iowa for the past couple of years, providing more than 100 hours of time each year since 2022. He's also a consistent volunteer at the DMARC-ket Food Pantry and helped with the produce harvest at the Faith & Grace Garden on Ashworth last summer.

"I knew when I retired, I wanted to roll up my sleeves and be more involved in day-to-day operations with these organizations," Crew says. "Selfishly, I wanted to carry some of the structure from my working life into doing more in the community, so having volunteer shifts on my calendar every week creates blocks of time that have a mission and purpose."

Crew has enjoyed experiencing the different organizations and seeing the impact each has on the community.

"But I'd say that I really enjoy the pantry experiences the most as they are a personal interaction where our role is simply to ensure people feel welcomed, and we just help them shop to help meet their family's needs," he says.

One of Crew's favorite memories from his volunteer work thus far was when he had the opportunity to help an immigrant couple newly arrived from Egypt at the West Des Moines Human Services food pantry.

"It was literally their second or third day in Des Moines and the United States, and with the help of an immigrant coordinator from one of the immigrant/refugee service organizations, we helped them shop and get established with their fresh start," Crew explains. "I could sense their excitement for being given the opportunity to come to the U.S. Yes, they were a bit nervous and overwhelmed, but they were smiling the entire time and were so grateful for the assistance the pantry was providing."

For Crew, there is nothing that quite replicates the feeling he gets from volunteering. He encourages others to seek out organizations they



Ryan Mehalovich, Edward Jones, presents the Neighbor Spotlight certificate to Dan Crew for his volunteerism.

align with and find ways to get involved.

"There are so many great non-profit organizations in the metro, many relying heavily on great volunteers to supplement what their paid team members are doing. You just need to reach out and find the right fit for you," he says. "The needs for organizations active in food insecurity have been increasing month-over-month, with many pantries setting new records for the number of individuals and households served. Follow your favorite organizations on social media and look for ways to get involved." ■

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RECIPE

SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■

Shrimp, broccoli and potato skewers

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



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BROOKVIEW students plant mini forest

First of its kind in Iowa



Students at Brookview helped plant Iowa's first mini forest in Brookview Park.

When a sustainability book group read about a mini-forest (a planting method with rapidly-growing trees and shrubs planted close together), all 11 members were intrigued. Passionate about climate issues, members thought it could be done locally.

The book group reached out to various experts in forestry as well as West Des Moines and Des Moines parks and city officials. After a series of meetings and recommendations, the mini-forest was recently planted at Brookview Park in West Des Moines, across from Waukee's Brookview School.

The mini-forest was completed in May 2024. Ginger Akason, third-grade teacher at Brookview, organized volunteers to plant the trees.

All 1,100 seedlings were planted by more than 600 students and adult volunteers. Older students were teamed up with younger "buddy" students to assist in the planting. Various teachers incorporated Earth Day activities and discussed how important habitats are.

"The kids were so excited. I don't think they knew what to expect," Akason says. "It's a big deal. I think we're the first in Iowa, and we hope other schools will replicate what we did."

Book member Katherine Lyons of West Des Moines cites the book as a hopeful way to impact climate change. The book "Mini-Forest Revolution: Using the Miyawaki Method to Rapidly Rewild the World" is written by Hannah Lewis.

The book group attended a discussion by the author, who also met with the group for assistance. They wanted to partner with schools to promote environmental education and community involvement.

The club raised more than \$10,000 and recruited volunteers. Students from Waukee APEX helped with logo and sign design and production. The First Unitarian Church of Des Moines supported the project both financially and with volunteer support. Faculty from the Iowa State forestry program was consulted on native species selection.

The book group established "Iowa Mini-Forest Project," to help mitigate the effects of the climate crisis and rebuild tree canopy.

"When we read Hannah's book, we felt hopeful. This was something we thought we could do, instead of just talking about the hard stuff," Lyons says.

The book club hopes to promote environmental awareness among young people and provide opportunities for people to work cooperatively on positive projects.

Akason says her students were enthusiastic about the planting.

"It will grow fast. The neat part is, they can witness it growing right before their eyes year after year," she says.

For information about mini forests, visit iowamini-forest.org. ■

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LEADERSHIP class graduates

The West Des Moines Chamber of Commerce announced the graduates of the Leadership Class for 2023-2024. They are: Elizabeth Alexander, Amanda Arnold, Amy Augspurger, Emma Bireline, Mark Broderick, Andrew Broesder, Shane Christensen, Jenn Christianson, Anthony Danti, Ryan Downing, Matt Durant, Rachel Eslick, Reed Festing-Smith, Kiley Fleming, Taylor Funke, Erin Good, Aaron Hellenga, Kingsley Jewett, Bryce Johnson, Maggie Klocke, Cole Kramer, Benton Maas, Katelynn McCollough, Garret Munch, Jacob Olson, Dalton Parrott, Seth Ramaeker, Dan Schmitz, Matt Springer, Josie Stegman, Anna Stork, Adrienne Towe, Muhamed Tursunovic, Liz Ulrichson, Jason Vang and Jade Wadding. ■



NEWS BRIEFS

HIGH SCHOOL CTE expansion unveiled

The West Des Moines Community Schools (WDMCS) welcomed the district community to its \$28 million career and technical education (CTE) renovation and expansion project at Valley Southwoods Freshman High School May 21. WDMCS and the West Des Moines Chamber of Commerce held a ribbon cutting for the project.

Mayor Russ Trimble of West Des Moines, school and chamber representatives joined in the ceremony. Following the ribbon cutting, attendees toured classrooms, labs and workshops designed and equipped to help Valley Southwoods, Valley High School and Walnut Creek Campus students delve into career pathways like culinary arts, architecture and construction, manufacturing, engineering technology and more.

The newly revamped Southwoods facilities open up hands-on learning experiences that will best prepare students for internships and apprenticeships in the community, cultivating the future workforce of West Des Moines and the broader community. Learn more at discover.wdmcs.org/bldg-futures.

LEGO store opens in Jordan Creek Town Center

The LEGO Group announced the opening of its latest store in the Jordan Creek Town Center in West Des Moines at the end of May. It is the first LEGO store in Iowa.

The new 2,142 square-foot LEGO store will be home to immersive experiences and expert guidance from “brick specialists.”

The new LEGO Store takes the total number of stores in the United States up to 118, including flagship locations in Chicago, Illinois and New York City and demonstrates the LEGO Group’s commitment to physical retail and providing exciting experiences for their guests.

LEAD DSM announces YLI graduates

Lead DSM announces the graduation of the Youth Leadership Initiative (YLI) Class of 2024, which includes 33 student leaders from 18 central Iowa high schools, including Joscelyn Baker, Dowling Catholic High School; Delaney Platt, Dowling Catholic High School; Andrew Pontius, Valley High School; Matthew Saegh, Dowling Catholic High School; and Catherine Wilwerding, Dowling Catholic High School.

The Youth Leadership Initiative provides high school students with leadership experiences and community connections that enhance confidence and encourage involvement in all levels of community life.

Students met once per month from September 2023 through April 2024 to explore topics on leadership, while learning about regional opportunities and issues. “We challenge YLI students to use their enhanced leadership skills to find new ways to impact the community, putting into practice our vision of a thriving community for all,” said Kelly Royal, program manager for YLI. ■



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Information provided by Lynsi Smiley, RN, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive. Livin-Vivid.com. 515-415-1550.

HEALTH

By Ashley Powell

THC infused beverages

CBD and THC, two compounds derived from the cannabis plant, have been enjoying a meteoric rise in popularity in recent years — and for good reason. As societal attitudes toward cannabis shift and scientific research progresses, more people are turning to these substances for their health benefits and therapeutic effects.

One of the primary reasons people love CBD and THC is their ability to provide relaxation and stress relief without the negative side effects often associated with alcohol consumption. Unlike alcohol, which can lead to hangovers and numerous health issues, CBD and THC offer a gentle, more natural way to relax and unwind.

CBD in particular has gained recognition for its health benefits, ranging from pain relief to anxiety reduction. Many users experience a sense of calm and wellbeing after consuming CBD products, making them an appealing alternative to pharmaceuticals.

CBD and THC are also becoming increasingly accessible. Local hemp stores carry a wide assortment of CBD and THC-infused drinks, ranging from zero THC to 10 milligrams of THC.

In Iowa, as cannabis laws tighten, THC beverages will remain legal, distinguishing them from many other hemp-derived products that will become illegal starting July 1. This guarantees continued access to the benefits of CBD and THC without legal concerns for consumers. ■



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.

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LIBRARY

WDM Public Library adds Nelson Pioneer Farm to Adventure Pass



Library staff is happy to announce that we have added the Nelson Pioneer Farm & Museum in Oskaloosa to the offerings of locations through the Adventure Pass program. Adventure Pass allows WDM Library card holders that are West Des Moines (or Cumming) residents to check out a family pass to six local venues: Blank Park Zoo, Des Moines Children's Museum, Greater Des Moines Botanical Garden, Reiman Gardens, the Science Center of Iowa, and now Nelson Pioneer Farm & Museum. Patrons can reserve passes to each venue once every 365 days. Learn more at wdmlibrary.org/advpass.

West Des Moines Public Library

www.wdmlibrary.org
515-222-3400
4000 Mills Civic Parkway,
West Des Moines
Mon.-Thu. 9 a.m. to 9 p.m.
Fri. 9 a.m. to 6 p.m.
Sat. 10 a.m. to 4 p.m.

SUMMER HOURS

Reminder: The library is now on summer hours
Monday through Thursday, 9 a.m. to 9 p.m.
Friday, 9 a.m. to 6 p.m.
Saturday, 10 a.m. to 4 p.m.
Sunday, closed

EVENT HIGHLIGHTS

Register at wdmlibrary.org/events.

• **Ticket to Ride Competition, Saturday, June 15, 1-3:30 p.m., all ages**
Join fellow Ticket to Ride fans for an afternoon of friendly gaming. Come solo or as a group and play with others who enjoy Ticket to Ride. The highest scoring player of all games will win a coupon for an item of their choice from our book sale. Register each player.

• **Life Around the Pond, Tuesday, June 18, 1:30-2:15 p.m. or 2:30-3:15 p.m., ages 5-12.** Join Jess Lancial, WDM naturalist, as we discover the mysteries of the library pond. Be sure to wear sunscreen and be ready to go outside. Registration required.

• **Sarah J. Maas Trivia: Throne of Glass, Thursday, June 27, 6-8 p.m., for adults.** Test your knowledge of the Throne of Glass series against other "victims of Maas destruction" in the first of our three-part Sarah J. Maas trivia series. Join us in the Community Room and compete as individuals or teams for the title of Throne of Glass Champion. Register all players. ■

PLAN AHEAD

By Buffy Peters

GRIEF 101 with Buffy: Get physical

Grief is the natural and normal reaction we have after someone has died. One fact that some people are not aware of is that we experience grief within our bodies, so finding ways to physically release it is a great way to express some of our most intense emotions.

What physical activities do you enjoy?

Do you prefer being in nature? Go for a walk or run on a trail. Gardening is also a great way to be active outside.

Do you enjoy dancing? Take a class (online or in-person), or else put on some tunes and dance in your home.

Do you want to take it easy on your joints? Try swimming, water aerobics, chair yoga, or stretch classes.

Do you feel limited with time or other resources? Cleaning, cooking, and other household chores keep us moving.

Do you feel worried about where to start? No worries. Many fitness organizations have variety of classes dedicated to specific age groups and levels.

There are so many different ways we can move in the world. Think about what you enjoy or pick a new activity to try. Movement helps us burn energy, release feelings, and increase our sense of control in the world. Make a list of some activities you would like to try and then start getting physical. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



Plan Ahead for

PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

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DON'T WANT senior living?

The results of a recent study tell us a full 93% of people want to remain at home as they age. No senior living communities for them. They fully intend to grow older in the comfort of the places they love and in which they can continue to live independently.



It's likely that, as you read that, you ask yourself: Why wouldn't that be what someone would want? Why wouldn't that be what I would want? The saying "Home is where the heart is" is widely known for a reason.

The reality, though, is that living at home indefinitely isn't always within the grasp of every person with that desire. Although an enhanced societal focus on wellbeing is assisting many people in aging more healthfully than previous generations have, chronic challenges such as diabetes and heart disease can make living independently ill-advised, and full-time care at home can be prohibitively expensive.

So, if you aren't able to live at home, and you

don't want to move into a community for people 55 and older, what can you do? Great news: Some organizations that serve older adults have come up with some new options — Continuing Care at Home (CC@H) programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're evaluating a CC@H program, consider asking these starter questions to make sure its premises, amenities and outcomes will be the best ones for you.

• **Do you fully understand the program and what it offers you at the current time?** The primary advantages of a good CC@H program are twofold: Not only will it offer services and amenities to enhance your wellbeing so you can remain independent longer, but it will also help fund future long-term care needs.

• **Does it provide personal support?** Studies tell us people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be exponentially more successful with encouragement from a trusted adviser or advocate (think personal trainer, life coach, etc.). A program that provides you with

a written guide but no personal interaction may not be setting you up for success.


• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

The ability to consider a variety of options is great — but if you're thinking about becoming part of a CC@H program, make sure it fits your current and future needs. Your health, your wellbeing, and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.

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MOTOR VEHICLE

515-286-3030

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POLK COUNTY
Board of Supervisors



Polk County North/West Highlights

The Polk County Board of Supervisors are responsible for approving funding for numerous projects throughout the county. Funding of projects comes from gaming revenues generated by our partnership with Prairie Meadows Racetrack and Casino. The funds support Polk County Community Betterment Grants and Community Development Grants to enhance the quality of life throughout Polk County



Polk County Assists with Funding for GrimesPlex

Polk County provided a community development grant for the construction of GrimesPlex. The new 50-acre synthetic turf complex will be one of the largest facilities of this kind in the Midwest. This multi-sports facility will include baseball, softball, soccer and football fields located within the 200-acre Hope District. The one million square feet of field area is flexible to hold numerous sporting events and recreational activities. The new facility is projected to have an economic impact of \$16 million per year for the Greater Des Moines Area.



Cultivation Complex at Living History Farms Brought to you, in part, by Polk County

As Living History Farms in Clive transforms from a seasonal cultural attraction to a year-round destination, Polk County stepped in to help fund the new Cultivation Complex. The Cultivation Complex will provide year-round programming and address much needed space demands to meet Living History Farms programming needs. With a year-round facility, Living History Farms will bring enhanced value to the tri-membership program offered in conjunction with the Science Center of Iowa and Blank Park Zoo.



Youth Justice Initiative of West Des Moines Receives Upgrades from Polk County

The Youth Justice Initiative (YJI) is an organization dedicated to provide a restorative process for youth in the community to promote healing, increase accountability and support for repeat juvenile offenders. Polk County is providing a community betterment grant to help offset the costs for food, technology, and supplies for YJI's bi-weekly study table. The funds will also help expand fitness activities so youth can socialize, exercise, and be more focused to learn.



Polk County Central Iowa Source Water Research Study Underway

Our two rivers, the Raccoon and Des Moines, are one of our communities greatest assets with more than 240 miles of shoreline. These rivers play a significant role in central Iowa's local economy, culture, recreation community and overall identity. The rivers are the primary source of drinking water for over one-half million people. Right now, a two year study called the Central Iowa Source Water Research Assessment (C.I.S.W.R.A.) is underway to give us a better picture of what is in our water. A team of nationally renowned scientists are working to give us a comprehensive look at the cleanliness of our rivers and streams. Once complete in 2025, CISWRA will provide a road map for community leaders to create policies and best practices to cleaning our waterways and protecting this vital resource for future generations.



HOW-TO

GUIDE

HOW TO CHOOSE A VETERINARIAN

QUALIFICATIONS AND EXPERIENCE

First and foremost, ensure that the veterinarian is properly qualified. Look for credentials such as membership in professional organizations like the American Veterinary Medical Association (AVMA) and Iowa Veterinary Medical Organization (IVMA). Experience is also helpful; a veterinarian with several years in practice is likely to have encountered a wide range of health issues and developed expertise in various areas.

SPECIALIZATIONS

Some pets may require specialized care. If your pet has specific health needs, such as a chronic condition or a breed-specific issue, finding a veterinarian with specialized training or experience in that area can be beneficial. Many vets pursue additional certifications in areas such as surgery, dermatology, dentistry, or exotic animal care, which can be valuable depending on your pet's needs. Many hospital teams have training in fear-free practice and cat-friendly handling.

SERVICES OFFERED

Consider the range of services provided by the veterinary clinic. Comprehensive services, including preventive care, diagnostics, surgery and advanced imaging, are advantageous. Some clinics also offer boarding and nutritional counseling. Choosing a veterinarian who can address all aspects of your pet's health under one roof is helpful.

LOCATION AND ACCESSIBILITY

The clinic's location is an important factor for convenience and emergency situations. Ideally, the clinic should be within a reasonable distance from your home. Check the clinic's hours of operation to ensure they align with your schedule. Some clinics offer extended hours or urgent care services, which can be crucial for unforeseen health issues.

PERSONAL COMFORT AND COMMUNICATION

Your comfort level with the veterinary office is essential. During the initial visit, observe how the veterinarian and the team interact with

your pet and address your concerns. A good veterinarian should be patient, approachable, and willing to explain diagnoses and treatment options clearly.

FACILITY CLEANLINESS AND STAFF PROFESSIONALISM

The condition of the veterinary clinic can reflect the quality of care. A clean, well-organized facility is a positive sign. Additionally, the professionalism and friendliness of the staff are important as they can be liaisons and helpful resources in your pet's care.

COST AND PAYMENT OPTIONS

While many wish to compare the costs of veterinary care, apples-to-apples comparisons are rare. Instead of understanding the clinic's pricing structure, ensure cost estimates are provided before treatment is initiated. Inquire if the clinic offers payment plans, pet insurance acceptance, or preventative care packages that can make veterinary care more affordable. ■



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HOW TO CHOOSE A NEW CAR DEALER

Choosing a new car dealer is almost as important as choosing the car itself. You've probably invested some time into the make and model of car you want, but maybe not so much time, if any, thinking about the dealer.

There's usually no shortage of dealers who carry many of the popular models, so one may seem just as good as the other. Not true.

Pick the wrong dealer and you could get stuck with a lemon or unfair financing terms. A good dealer, however, will make the car buying process a transparent breeze and offer excellent after-purchase support.

Here are some things to think about if you're in the market for a new car.

CHOOSE THE RIGHT CAR

The first thing you need to figure out is what type of automobile you're looking to buy. This will help you narrow down brands and pick your best option. Large families may

need an SUV or van to fit everyone into the vehicle. But college students buying their first car would probably be happy with a compact car. The savings on gas will help ease your finances while you are in school.

Along with the car model, there are numerous options to consider. You might get a car with a navigation system, moon roof, GPS and satellite radio, just to name a few. Many of these amenities are now standard, but some involve extra costs.

If you have to commute long distances, think about purchasing a smaller car with a good MPG (miles per gallon) rating. Hybrid cars can help you save money on gas. Anyone in a cold climate might look at various vehicles with either all-wheel or front-wheel drive.

CHOOSE THE DEALER

Once you have settled on a car model, check into area car dealers. Finding several dealers who sell the brand of car you want

is usually best. The competition for your business will help you negotiate the total cost of your car.

Make sure to look for current discounts on the car you want. During specific times of the year, you might be able to get a great deal on a new car. It is particularly true during year-end sales.

Of course, you should test drive a car before purchasing it.

When you begin your negotiations, remember that price isn't everything. Service should play a role as well. You are building a long-term relationship with this dealer and manufacturer. It is not worth getting a less-than-satisfactory experience just to save a few dollars.

Make sure you feel comfortable with the dealership. Buying a car is an expensive, long-term commitment. It is always better to find a car salesperson who is informative and friendly. It will make your transaction as simple and comfortable as possible. ■

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HOW TO CHOOSE A TREE SERVICE

Trimming or removing trees from your property is difficult work, not something you'd want to attempt yourself. Making sure your trees are healthy while avoiding property damage requires employing a professional tree service. Follow these tips to find a qualified, professional tree service in your area:

- **Ask friends, family and neighbors.**

You may know someone who has used a tree service in the past. They can tell you who does the best work.

- **Contact at least three tree services.**

Inform them of the situation and request a site inspection. It gives you the opportunity to ask about issues and get a feel for the experience and expertise of each company. Take notes so you can compare your results afterward.

- **Find out how long each company has been in business, their experiences, references and whether they are licensed and insured.** Check with the Better Business Bureau for outstanding

complaints. Even reliable companies may have a few problems. It is how they resolve the issue that counts.

- **Request estimates.** These figures can vary widely. Some companies are better equipped for certain jobs, so they can offer more competitive pricing. Other companies are slow or may be trying to "fill-in" appointment slots with smaller jobs just to keep their crews busy. Don't choose a company strictly by cost. Tree work is dangerous. Proper equipment, well-trained employees and insurance create high operating costs. It is worth paying more for peace of mind and excellent service.

- **Look at a copy of their insurance policy.** Coverage should include personal liability, property damage coverage, workers' compensation and damaged vehicles or home coverage.

- **Inspect their previous work by looking at their portfolio.** Each tree service company has a work style. Verify that it suits your needs. Photos of past work

might also be on their website.

- **Get a detailed written estimate of any work to be performed before signing a contract.** Responsible companies will provide detailed descriptions, along with the time and cost for your records. This estimate should also offer information about cleanup expectations. Are logs to be cut up or left for firewood? Will the company haul everything away or leave it for you to manage? Will leaves and twigs be raked up or run through a chipper? If they are removing an entire tree, what will happen to the stump?

- **Verify the workers wear proper safety gear.** They should be wearing helmets at all times. In addition, they should use face shields or protective glasses and steeltoe boots. The person who climbs the tree should have arborist climbing ropes, specialized safety and climbing gear, the proper saddle, helmet and safety glasses. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside.

If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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HOW TO CHOOSE AN ORAL SURGEON

Choosing the right oral surgeon, particularly for wisdom teeth removal, is a critical decision that can significantly impact your overall dental health and recovery experience. Here are essential factors to consider when selecting an oral surgeon:

1. CREDENTIALS AND EXPERIENCE.

First and foremost, verify the oral surgeon's credentials. They should be board-certified by a recognized authority, such as the American Board of Oral and Maxillofacial Surgery. This certification ensures they have completed rigorous training and passed comprehensive exams. Additionally, consider their experience, particularly in performing wisdom teeth extractions. An experienced surgeon is more likely to handle complications effectively.

2. REFERRALS AND REVIEWS. Start by asking your dentist for a referral, as they can recommend a trusted oral surgeon based on your specific needs. Additionally, seek recommendations from friends, family or colleagues who have undergone similar procedures. Online reviews and ratings on platforms like Healthgrades, Yelp or Google

can also provide valuable insights.

3. CONSULTATION AND COMMUNICATION.

Schedule a consultation to meet the surgeon in person. This visit is an opportunity to assess their communication skills and approachability. A good surgeon should listen to your concerns, explain the procedure in detail, and discuss the risks and benefits. They should also answer any questions you have about the surgery, anesthesia options and recovery process. Clear communication is essential for building trust and ensuring you are comfortable with the upcoming procedure.

4. FACILITY ACCREDITATION. Ensure the surgery will be performed in a facility accredited by a recognized organization, such as the American Association of Oral and Maxillofacial Surgery or the Iowa Dental Board. Accredited facilities adhere to stringent safety and quality standards, reducing the risk of complications during and after surgery.

5. INSURANCE AND COST. Check whether the oral surgeon accepts your insurance plan to minimize out-of-pocket expenses. If you do

not have insurance, inquire about the cost of the procedure and available payment plans. Transparency about fees and payment options is crucial to avoid unexpected financial burdens.

WISDOM TEETH REMOVAL SPECIFICS

When choosing an oral surgeon for wisdom teeth removal, it is particularly important to understand their approach to this common procedure. Wisdom teeth extractions can be straightforward or complex, depending on factors like impaction and the number of teeth being removed. Discuss pain management options, such as local anesthesia, sedation or general anesthesia, and ensure you understand the post-operative care instructions to facilitate a smooth recovery. An experienced oral surgeon will provide detailed pre- and post-operative guidelines and follow-up care to monitor your healing progress.

By carefully considering these factors, you can select an oral surgeon who will provide safe, effective, and compassionate care for your oral surgical needs. ■

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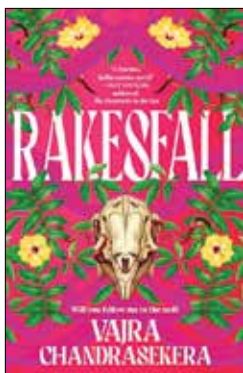
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'Rakesfall'

There's a school of thought that there are only a handful of stories in the world, and everything else is just a retelling or mishmash of those few tales. I'm not philosophical enough to argue the concept, but something about this dark and glorious novel makes me think this couldn't possibly be true. Something this unique must be brand new.

This is the fragmented tale of two friends, Annelid and Leveret, who become soul-bound in the midst of war. Together, they live through endless lifetimes — growing, changing, learning- and holding on to each other. This is a grand celebration of fantasy, science fiction and the strange. The story is nonlinear and doesn't always follow a clear path, but it is worth the effort. The lyrical, astounding prose and glorious imagery give way to a stunning piece of literature that changed me for the better.

I like finding beauty in the shadows. There's something grand and universally human in the urge to find a light in the darkest of times. For me, that light often comes in the form of stories — and this book blazes. ■ — *Review by Julie Goodrich*



By Vajra Chandrasekera
6/18/24
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'The Tainted Cup'

If you've read my reviews before, you know I have a penchant for the weird. So, I was both thrilled and cautious to receive a book declaring itself a mix of Sherlock Holmes and Godzilla. When I finished it the next day after a marathon of compulsive reading, I was a thoroughly delighted, sleepless zombie.

The gruesome body of a high-ranking military official with a tree growing out of it is a problem for the Empire. So, reluctantly, they assign their greatest, and most irritating, detective, Ana Dolabra, and her brand new (terrified) assistant, Din, to the case.

As the pair search for a murder in a city under siege from otherworldly beasts intent on destruction, it soon becomes clear there is a conspiracy set to undermine everything they believe in and put thousands of lives at risk.

Full of wild twists, brilliant world-building and moments of suspense so taut I actually held my breath, this book absolutely enthralled me. I love the characters, the ominous setting and the complicated but familiar politics. Try this one if you've been bored with other books lately. ■ — *Review by Julie Goodrich*



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2/6/24
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JUNE 21, 2024 • 5-9 P.M.

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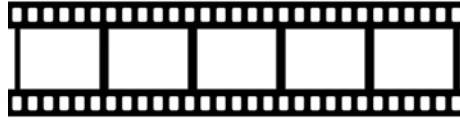


Mustache Bike Ride

Sunday, June 23

Valley View Park, northeast parking lot, 225 S. 88th St., West Des Moines

The West Des Moines Police Benevolent Association is hosting this leisurely 17.2 mile ride that stays mostly on beautiful West Des Moines trails. Registration is at 10 a.m. and the ride kicks off at 11 a.m. To register, visit Eventbrite and search for Mustache Bike Ride. Proceeds go to your local West Des Moines Police Benevolent Association (WDMPBA). WDMPBA provides support and financial assistance to lighten the burden during hard times for police officers and their families. The group also donates and participates in many community events such as the Fight for Air Climb, Special Olympics Plane Pull, Polar Plunge and more. Registration is \$30. Door prizes are to be given away before the ride. Mustache apparel and accessories are encouraged.



Moonlit Movies

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

Friday, June 21, 8:45 p.m., "Barbie"

Friday, July 19, 8:45 p.m., "Mrs. Doubtfire"

Friday, Aug. 16, 8:30 p.m., "Finding Nemo"

Friday, Sept. 20, 8:30 p.m., "Ferris Bueller's Day Off"



Summer Sundaze

Sunday evenings, June 23-Sept. 8, 6-8 p.m.

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

Enjoy free live music and food trucks. Visit wdm.iowa.gov/JHA for more information.

Great American Campout

June 29-30

West Des Moines City Campus, 4200 Mills Civic Parkway

Enjoy fishing, fun games, s'mores and an outdoor movie. Register at www.wdmia.gov/parkrecreg.



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. with a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org.

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, 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

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: June 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.
- June 18-19, Nature Explorer Camp, 9-11:30 p.m.
- July 18, 8-10 p.m., Sunset and Fireflies.
- July 26, Plant, Grow, Fly with Blank Park Zoo, 1-2 p.m.
- Wednesdays in July, 10-11 a.m., Nature's Healing.



Jasper Winery Summer Concert Series

Various dates

2400 George Flagg Parkway, Des Moines
www.jasperwinery.com

When the warm weather rolls in, Jasper Winery welcomes all for its Summer Concert Series, occurring Thursdays from 6-9 p.m., May through August. Bring your lawn chair, listening ears, appetites and thirst.

June 20: The Nadas

June 27: Damon Dotson Band

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Check for cancellations

REO Speedwagon with Night Ranger

June 21, 6:30 p.m.

Lauridsen Amphitheater, Des Moines Water Works Park, 2251 George Flagg Parkway
dsmwaterworkspark.com

'STOMP'

June 20-23

Des Moines Civic Center, 221 Walnut St., Des Moines
www.dmpa.org

"STOMP" returns to the Des Moines Civic Center. The percussive performance has been entertaining audiences with its unique rhythmic style since 1991 and has been performed more than 20,000 times.

CAJUN FEST

June 22

Cowles Commons, 221 Walnut St., Des Moines
www.cajunfestiowa.com

The self-proclaimed Mardi Gras of the Midwest is an all-day celebration of Cajun culture, from food to music and back to food again.



CITYVIEW's Summer Stir - Downtown

Friday, June 21, 5-9 p.m.

Court Avenue District, Des Moines

CITYVIEW's traveling cocktail party is back in downtown Des Moines. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit <https://summerstirs.dmcityview.com>. ■

MORE EVENTS

• **JUNE 13-15: Johnston Green Days 2024.** Johnston's annual community celebration complete with parade, carnival, games and more. Terra Park, 6400 Pioneer Parkway, Johnston. www.johnstongreendays.org

• **JUNE 15: Neighbor's Day Celebration.** Hosted by the Iowa Juneteenth Organization. From noon to 7 p.m. at Western Gateway Park, 1000 Grand Ave., Des Moines. www.iowajuneteenth.org

• **JUNE 22: Ankeny Pride Parade.** This will be the third installment of this parade with food, fun and festivities throughout the evening. From 4-9 p.m. at Ankeny Market and Pavilion, 715 W. First St. www.ankenypride.org

• **JUNE 23: Iowa Reptile Show.** Speak directly with some of the top reptile breeders with access to thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available to the public. Starting at 10 a.m. Hilton Garden Inn, 205 S. 64th St., West Des Moines. www.coldbloodedexpos.com.



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WORDS on Wheels

WDM Library unveils new mobile library truck.

A colorful new mobile library truck is making its way to various sites in the community.

The Words on Wheels Library is part of the West Des Moines Public Library. With only one location, the library wanted to reach out to serve more people.

Jenna Ehler, head of youth services at the WDM Public Library, says plans for a new mobile unit began eight years ago. Formerly, librarians drove a van or their personal vehicles to Legion Park, passing out lunch, snacks and books to kids. Ehler explains why they chose that site.

"It's hard for some folks in that area to get books. We needed a site with more visibility," she says.

A library van is currently designated for homebound and seniors; however, the library wanted to serve more kids. In 2019, Ehler researched mobile libraries, from van size to full-sized buses, and thought a mid-size truck would be ideal. The library began fundraising.

"The size is more like an ice-cream truck, but filled with books instead," she explains.

The WDM Library Friends Foundation serves as a fundraising arm of the library to improve library services and programs. They embarked on several events to raise money for



Jenna Ehler, West Des Moines Public Library's youth services librarian, introduces the public to Words on Wheels, the library's new mobile library.

the truck.

"We couldn't have done it without them," Ehler says.

The truck was completed and delivered in January of this year. It's a Ford F-150 truck reconfigured with a box. The sides open up to library shelves and video screens. The outside

colorful truck wrap was designed by WDM Youth Librarian Nate Huber.

Shelves are stocked with popular youth books. Librarians welcome feedback on book suggestions. Or, if a patron requests a certain book, they'll try to have it available at the next visit.

Scheduled visits include WDM's Legion Park, as well as spots in Cumming. WDM Library now services Cumming, as the town doesn't have a library branch.

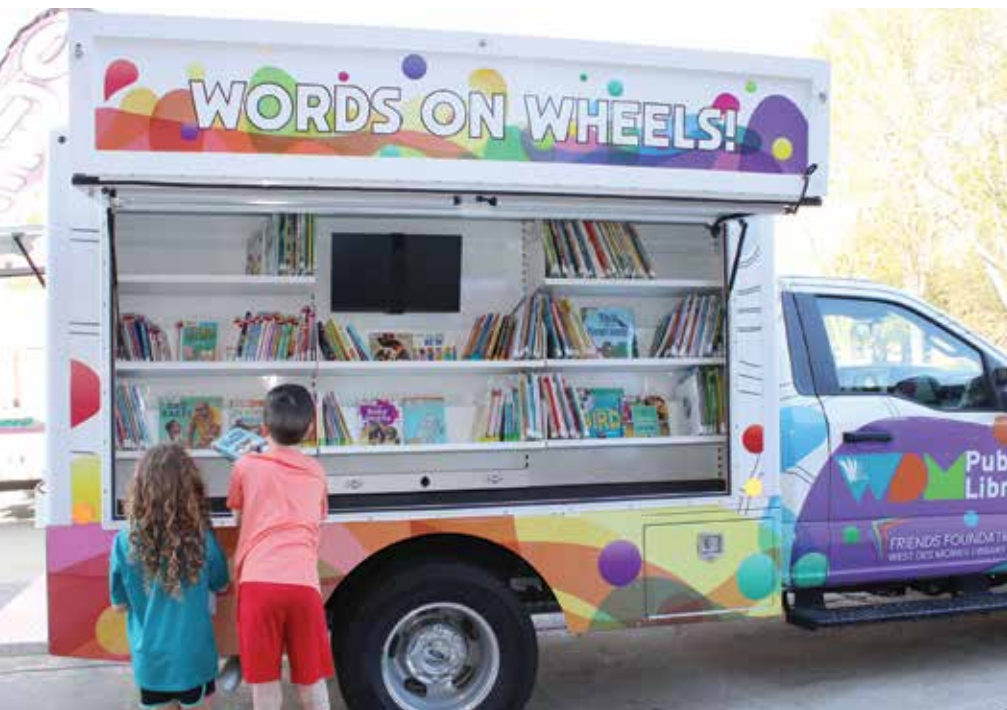
This summer, the mobile library will visit other parks and plans are to have outdoor games, such as bubbles, sidewalk chalk and more, along with books.

"We have a summer reading program and want to take the summer fun to the community for those who can't get to us," Ehler says.

Patrons can sign up for library cards and check out books at the mobile library. Additionally, organizations in West Des Moines can request a visit if the schedule allows.

Ehler says the library provides the community with library resources and access to as many residents as possible.

"We want to bring the library to where the kids are. We want to spread the love of reading and literacy, which is so important for kids," she says. "People are really excited to see the new library on wheels." ■





West Des Moines Chamber of Commerce hosted a ribbon cutting for Chase on May 7.



Edin Ganic and Alexa Nelson at the West Des Moines Chamber of Commerce ribbon cutting for Chase on May 7.



Katherine Harrington and Laura Minnihan at the West Des Moines Chamber of Commerce ribbon cutting for Chase on May 7.



Marcia Treichel and Amy Luong at the West Des Moines Chamber of Commerce ribbon cutting for Chase on May 7.



Alen Vodenicarevic and Javi Sanchez at the West Des Moines Chamber of Commerce ribbon cutting for Chase on May 7.



West Des Moines Chamber of Commerce hosted a ribbon cutting for Rock Valley Physical Therapy on May 9.



Kylie Williams and Stephanie Kelsick at the West Des Moines Chamber of Commerce ribbon cutting for Rock Valley Physical Therapy on May 9.



Joseph Tschirren and Melissa Clarke-Wharff at the West Des Moines Chamber of Commerce ribbon cutting for Rock Valley Physical Therapy on May 9.



Joe Jones and Connie Blodgett at the West Des Moines Chamber of Commerce ribbon cutting for Rock Valley Physical Therapy on May 9.



Erich Ottevanger at the West Des Moines Chamber of Commerce ribbon cutting for Rock Valley Physical Therapy on May 9.

OUT & ABOUT



A ribbon cutting was held at Core Physical Therapy on May 8.



Mary Beth Wims, DPT, and Connor Blythe, PT, DPT, at the ribbon cutting for Core Physical Therapy on May 8.



Jordan Wachter, PT, DPT; Robin Mulvey, PT, DPT, CCVT; and Alex Spencer, PT, DPT, at the ribbon cutting for Core Physical Therapy on May 8.



Pam Steinich and Jodi Hook at the ribbon cutting for Core Physical Therapy on May 8.



Rebecca Nath, Ruth Ebke and Amy Ganoe at the ribbon cutting for Core Physical Therapy on May 8.



Daniel Betts, Amber Betts, Jeni Betts and Hassan Atarmal at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Rob Reinard, Ruth Ebke and Tara Knight-Ortiz at the ribbon cutting for Core Physical Therapy on May 8.



Chase Hanson and Mark Hanson at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Martha Munro and Kelsey White at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Jolene Goodman and Julia Borchardt at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.

ANNUAL Dinner

The West Des Moines Chamber of Commerce Annual Dinner was held May 16 at the Val Air Ballroom with a Roaring 20s theme.



A ribbon cutting was held during the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Lexi Jemison and Karissa Schreurs at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Stephanie Gott and Nicky Wallace at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Brandon Bennett and Brian Aust at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Cathy Bechtel, Mike Bechtel and Christine Moffitt at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Melanie Lane, Brad Munford and Lisa Behrends at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Tiffany Piper and Kara Matheson at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Meredith Murphy and Anna Eichinger at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.



Crystal Edwards and Cristen Rich at the West Des Moines Chamber of Commerce Annual Dinner May 16 at the Val Air Ballroom.

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HYBRID POWERTRAIN

The Lincoln Nautilus offers an available hybrid powertrain — on all models. The 2.0-liter turbocharged engine, paired with a continuously variable automatic transmission with a 100 kW electric motor, can achieve a total combined horsepower of 310* and an EPA-estimated 30 mpg in the city and 31 mpg on the highway.**

*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 Split Electric transmission/AWD drivetrain. Actual mileage will vary.



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STIVERS 2024 LINCOLN AVIATOR

15 AVAILABLE



STIVERS 2024 LINCOLN NAVIGATOR

20 AVAILABLE



Scott Pollock, President
Stivers Ford Lincoln of Iowa



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*Sales ranking based on 2023 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

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