

WEST DES MOINES
JORDAN CREEK

AUGUST 2024

Living

MAGAZINE

WHAT'S THE BUZZ?

Residents share their
experiences as beekeepers

Safety Town revamped
EDUCATION

Fратиanni has love for books and giving back
NEIGHBOR SPOTLIGHT

Air-fryer bang bang chicken tenders with rice
RECIPE

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WELCOME

THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■



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WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Jackie Wilson

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.

Jenny Burton inspects a beehive at her West Des Moines home.
Photo by Jackie Wilson

Bee manager

Jenny Burton of West Des Moines has had a fascination with insects since she was 5 years old. She recalls climbing into a cherry tree to watch the insects go from one flower to the next.

She attended college at Saint Ambrose University, home of the Fighting Bees, which further fueled her attraction to bees. She aspired to raise bees, but she didn't live on a farm. When attending the Iowa State Fair and viewing the butter cow, another display booth — a bee observation hive — piqued her interest.

As Burton spoke with the beekeeper and teacher, she learned West Des Moines residents can keep up to two hives in town. Since that discovery, she was hooked on obtaining her own bees.

She attended beekeeping classes, read books and watched documentaries about bees.

"I learned it's better to have two hives than just one. I can take one hive to the next, if necessary," Burton explains. "If you end up with a dead queen, you have to grow or get a new queen and find a new frame of eggs."

Beekeeping is not just about harvesting the honey produced by the bees.

"I'm a steward — or bee manager. I'm a big fan and want to be responsible."

Burton is in tune, figuratively, with how the bees sound with regard to temperament. As a music lover, she noticed the bees' pitch and was curious what the note was.

"I took out a pitch pipe, and, as I'm humming, it's a B-flat," she laughs at the irony. "I've started recognizing if they're happy or agitated by the vibration they create in their hive."

As a bee lover, she takes the wisdom of the bees further into her own life and therapy practice. As a therapist for Hive Mind 515, she tells people that life is like a hive.

"It's got many moving parts and one organism, but we don't act independently. Lots of times, I use bees to empower women. A colony is not a matriarchy, but not a democracy. The queen doesn't make decisions for the hive," Burton says.

The queen bee is protected by the worker bees and lives about three or four years.



Susie Folkerts of West Des Moines likes beekeeping and enjoys observing the insects. Photo submitted.

"Once she mates, she goes back to the hive. Her abdomen grows, and she can't fly. The hive protects her, and she produces pheromones, a chemical substance secreted, which elicits a response by the other bees," she says.

As Burton checks her hives, it's her job to make sure they don't run out of space. If they do, bees will plant a queen cell along the frame.

"It's the beekeeper's job to split the hive and stay ahead of it."

The most difficult aspect of beekeeping is not being stung; rather, it's keeping pests at bay.

"Mites can cause a problem, which creates an injury to the bee's body. If a hive has mites, that makes a hive weaker, and they can't make it through the winter," she explains.

Often, Burton treats the mites or supplements the hives with sugar or syrup to get the bees through the winter time.

"It's a balance we try to achieve on how much honey to take out or keep on," she says.

Beekeepers vary with their treatment of mites and guidelines.

"Ask three beekeepers the same question, and you'll get three different answers. There's a lot of variables and different ways to do it. We strive to keep them alive and healthy," Burton says.

October is fun, as the bees kick out the drones (male bees) with 90% of the females remaining.

"It is interesting as the drones mimic what the other bees are doing."

Burton wants the public to know that bees won't sting if not provoked.

"They are not wasps or hornets," she explains.

The time spent with bees is her happy place.

"I'm in a mindful moment," Burton reflects. "I'll sit down in silence and watch the bees. They have a 'waggle' dance, which is how they communicate with one another."

Beekeeper allergic to bees

When Susie Folkerts became interested in beekeeping about six years ago, she had no idea she was allergic to bees.

After obtaining two hives for her home, she discovered an allergy to bee stings.

“My friends asked, ‘You’re still going to do it?’ ” she recalls. “I haven’t had any problems.”

Folkerts became interested in bees after taking a beekeeping class. Her next-door neighbor had bees, and, after retiring and having more time on her hands, she obtained her hives.

Her hives used to be in her backyard at her home in West Des Moines; however, the hives needed morning sun to remain active.

“They didn’t grow or produce honey,” she explains.

Folkerts then moved the hives onto a friend’s acreage outside of De Soto. Her friend’s flowerbeds and natural Iowa farmland help both the bees and the flowers flourish. She visits the hives every few weeks to inspect the bees and hives.

Last year, over the winter, she thought the bees had died. However, they had survived and now have produced honey.

Although there are two hives, Folkerts says the bees understand which one is theirs.

“I have one yellow and one green. I think it’s brilliant they know which hive to go to,” she says.

She notices the bees’ temperament and that they don’t like to be bothered if it has rained recently.

“If the queen is irritable, the whole hive is irritable. If the queen is calm, they don’t give you any trouble,” she explains.

One method Folkerts has developed around her bees is not scientifically proven.

“I sing ‘Edelweiss’ to them, and it calms them down. Or maybe it calms me down,” she says.

The best part of having bees is the honey, Folkerts says. Each hive produces about 40-50 pounds of honey.

“I love fresh honey. It’s a sweet present to give to family and friends,” she says.

Besides the honey benefits, she likes observing nature.

“I keep at it because they are so fascinating.



The city of West Des Moines allows people such as Susie Folkerts to have two beehives. Photo by Jackie Wilson

They all have their jobs in the hive. It’s amazing they have the mentality to do their job,” she says.

Keeping bees requires work, yet it’s good for the community and the backyard gardeners.

“I’m a true hobbyist — and I give people hope. It’s not very expensive. I never thought I’d be a person interested in insects,” Folkerts says. “It’s a rewarding hobby, and I feel calmer after I’ve been with the bees.”

Beee educator

If you’re a new beekeeper or interested in bees, you’ve most likely encountered Julia McGuire of West Des Moines.

McGuire is a long-time beekeeping educator and teaches classes at many Des Moines area libraries and schools. She also offers advice at the Iowa State Fair, as well as online beekeeping resources. She’s written several publications, including “A Phenology Planner for Beekeeping.”

McGuire began her beekeeping adventure when her oldest child received a youth beekeeping scholarship at age 14. When her daughter went to college, McGuire took over the hives.

Residents of West Des Moines are only allowed two hives. Since she wanted more bees, she now keeps her hives at a flower farm outside of Winterset.



Julia McGuire is a bee educator and is well known in the Des Moines area for her beekeeping expertise. Photo submitted

The flower farm, with its lavender blooms and other plants, provides better bee conditions.

McGuire is also known for assisting with swarm removal, which is why she wanted to find a place for more bees. A swarm is when the bees have broken away from their hive and are searching for a new home.

“Every May, beekeepers get a call daily about a swarm of bees. We needed a place to put the bees,” she says.

McGuire suggests landowners who come across a swarm should contact a beekeeper instead of trying to spray or kill them. The bees are just protecting their home and won’t sting unless provoked, she says.

She harvests honey once a year. One box, or hive, yields about 60 pounds of honey. She gathers the beeswax and honey and sells them through the flower farm, which takes them to a farmers market.

Harvesting honey is a different type of Iowa crop.

“It’s unlike conventional farming. For example, you can control cattle, whereas bees fly wherever they want,” she says.

McGuire is happy to educate folks about bees. She suggests attending classes and learning about beekeeping through various resources, including her website, juliecache.com. ■

MATHIS honored by Veterinary Dental College

Animal Dentistry Referral Services announces that Dr. Jennifer R. Mathis has been admitted as a diplomate of the American Veterinary Dental College (AVDC). This prestigious achievement marks her as one of around 300 dental specialists in the world (or one of less than 250 in North America) to hold this rigorous specialty degree, demonstrating her exceptional expertise and dedication to veterinary dental care. Veterinary dental care encompasses a wide range of advanced procedures, including periodontal therapies such as guided tissue regeneration, advanced 3D imaging, oral tumor removal, oral fracture repair, root canal therapy, crowns and orthodontics.

In addition, Dr. Mathis has been honored with the 2024 Continuing Educator of the Year Award by the Viticus Group at the Western Veterinary Conference (WVC). This award is a testament to her outstanding

contributions to veterinary education and her unwavering commitment to advancing the field.

“It’s a huge honor to be selected among more than 375 eligible continuing educators,” said Dr. Mathis. “WVC holds a special place in my heart. Receiving this award brings back fond memories of the great times I’ve had educating and presenting to veterinary professionals. It is an honor to be recognized by such a respected organization. I plan to have more fun teaching March 2-5, 2025.”

Looking to the future, Dr. Mathis is excited to announce the upcoming launch of a new teaching center in early 2025. This state-of-the-art facility will accommodate 20 hands-on lab participants or 60 lecture students, providing an exceptional environment for veterinary professionals to enhance their skills and knowledge. ■



Dr. Jennifer R. Mathis

BOOK REVIEWS

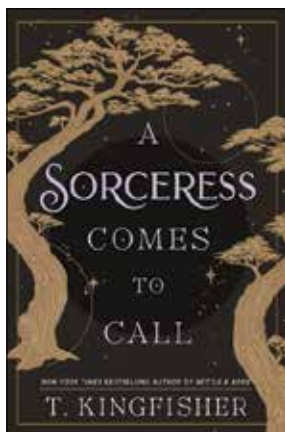
Courtesy of Beaverdale Books

‘A Sorceress Comes to Call’

Fairy tales are supposed to teach us things. Sometimes trite truisms like not telling lies, other times the tales are meant more as a warning, a call to trust your instincts, to know that not everyone is who they say they are.

Cordelia knows she isn’t a normal child. Most children are allowed to have friends, allowed to play, allowed to move. Not her. Her mother is a powerful sorceress who strictly controls every move her daughter makes with no explanation. After a suspicious death in their village, Cordelia finds herself in a strange country house, where her mother’s devious plans are laid bare. Only with the help of some newfound friends will Cordelia uncover the truth about herself and the evil around her.

Dark, funny, heartfelt and full of sharp wit. I loved every second of this book. I am a big T. Kingfisher fan, and she’s getting better with each new book. This one is an absolute delight and perfect for a late summer read. ■
— Review by Julie Goodrich



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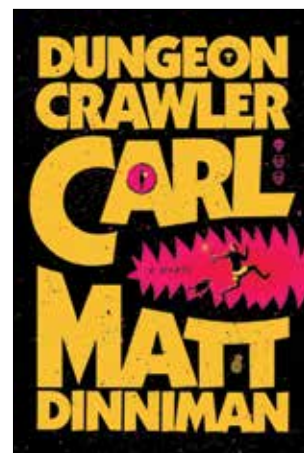
‘Dungeon Crawler Carl’

Let’s get to the point. This is a fantastic book, and you should read it.

The synopsis won’t make any sense. The comparisons I’ve heard — the Hunger Games meets the Roman Colosseum — sound terrible, and the whole concept seems like it should be a children’s book. Forget all that and read it anyway.

It all starts when Carl’s ex-girlfriend’s cat jumps out of a window at 3 a.m. Carl chases her in just his boxers and a leather jacket at the exact moment Earth is changed into a video game. Carl and Princess Donut (the cat) quickly find themselves stuck in a dungeon intent on killing them for nothing more than entertainment. And money, of course. This madcap game is broadcast live to the alien masses, complete with fans, factions and talk shows. Carl and Princess Donut can’t just learn how to survive, they have to do so in style.

I haven’t had this much fun reading in ages. This book is the best of escapist fantasy with the single best talking cat in all of fiction. Yes, I will argue that point until my last breath. Go on, read it. You won’t regret it. ■ — Review by Julie Goodrich



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HELPING aging parents

Adult children of aging parents can face many challenges. A gradual decline in health, a sudden health emergency, or a new diagnosis can thrust you into becoming a caregiver for your parents. If your aging parents need help to remain safe and healthy, you can take steps to manage the situation.



Know their assets

Keep a list of assets, such as real estate, bank accounts and investments. This includes life insurance policies, long-term care insurance, IRAs, 401(k) plans, annuities and money market accounts. This list also needs to account for income from Social Security retirement benefits and other sources, like pensions or the required minimum

distributions from investments.

Know their values

Have a frank and honest conversation with your family. Make sure you understand and acknowledge their wishes. Do your parents want to age in their own home? Are they capable of doing so, both financially and physically? Is it time to downsize? Is there a plan in place for when your parent cannot make decisions? Together, you can make a list of values and goals and then work together to accomplish them.

Execute key documents

Develop a plan for having key legal documents in place. If your parents have never executed these documents (or if they are out of date), it is critical to prepare and revise new ones. Ignoring this issue will only lead to bigger problems.

A Last Will and Testament controls the disposition of assets and nominates an executor

to wrap up final affairs. A revocable living trust can supplement a will by naming a trustee who will distribute certain assets. Unlike a will, a trust doesn't go through court-supervised probate. This can save time and money when settling an estate.

A durable power of attorney for health care nominates an agent to make medical decisions. A living will is the document that tells that agent what decisions to make. A financial power of attorney gives an agent the ability to manage assets. These three separate documents are key to allowing you to better handle your parents' affairs.

Caring for your aging parents and providing for your family at the same time can be emotionally overwhelming. Talk with an experienced elder law attorney to help you navigate these dramatic changes. ■

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

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LOYAL Friends Foundation volunteer

Fratianni has love for books and giving back.



Mary Fratianni moved to West Des Moines 24 years ago.

In the years since, she's developed a real affinity for the community. So much so that, in 2020, she joined the board of the West Des Moines Library Friends Foundation, which helps to guide and support the library in terms of events, fundraising, membership, endowment and technology. The group's mission is to provide support and serve as advocates for the library.

One of the foundation's most visible recent projects was helping fund the Words on Wheels mobile library.

"I love reading, and I love our library, so it was a natural step to join the board," Fratianni says.

As a member of the public relations/events committee, she helps plan author visits and special events, as well as assist with the foundation's social media efforts.

One of Fratianni's favorite memories from her service thus far is helping plan the grand opening of the library's Teen Center, which the Friends Foundation helped fund. She also met author Tracey Garvis Graves through one of the library's author events.

"I was such a fangirl," she says.

This is just part of the reason why she enjoys being involved with the Friends Foundation.

"I love supporting the library, and I get to meet real-life authors," Fratianni says. "I am also finding that volunteering in this capacity is helping me to learn new skills and challenges me to grow as a person. I also love that I am an example to my two kids for the rewards of community involvement."

Ultimately, Fratianni finds her work with the Friends Foundation to be rewarding.

"I get to contribute to the community and the library, but I, in return, get to learn new information, meet great people and improve my skill set," she says. ■



Ryan Mehalovich, Edward Jones, presents the Neighbor Spotlight certificate to Mary Fratianni for her work with the West Des Moines Library Friends Foundation.

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TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at SuccessRice.com. ■

Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)


DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during




cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.




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SAFETY Town revamped

WDM Kiwanis, sponsors assist in making class new again.



A ribbon cutting was held for the relaunch of Safety Town after members of the Kiwanis Club helped renovate it. Photo by Stacie Ricklefs

When kindergarteners enter school, it's a new world for them to navigate without mom and dad close by. One way for new students to learn how to do that is by attending Safety Town.

Safety Town is an educational program that introduces safety awareness and preventive practices to children the summer before entering kindergarten. Topics covered include safety around strangers, fire, water, buses, traffic and poison.

More than 40 years ago, the Safety Town buildings (movable large square pieces) included a village, with police and fire departments and more. However, these buildings had become worn out. West Des Moines Kiwanis Club members met with officials of West Des Moines Community Education, who suggested refurbishing the buildings.

They rebuilt three of the eight buildings and repainted the others. The Kiwanis members enlisted the help of various local sponsors, including Home Depot, Casey's General Stores, Fareway Stores, West Bank, Scheels, Bob Brown Chevrolet, SpeedPro, Wells Fargo Advisors and West Des Moines Police Benevolent Fund. The sponsors now have their signs on the sides of the buildings. A new mat with printed street markings was purchased by WDM Community Education.

Safety Town also includes transportation. Kids previously drove Big Wheels around town.

However, the Big Wheels were worn out as well, so sponsors purchased new robust trikes to navigate the Safety Town village. Activities include a field trip to the West Des Moines Police and Fire departments, along with a variety of classroom lessons taught by West Des Moines Community School District teachers and West Des Moines police officers.

Safety Town was formerly held at Hillside Elementary School. However, since being refurbished, it's held at Jordan Creek Elementary. It provides an indoor option for all types of weather.

Dale Cremers has been a member of the West Des Moines Kiwanis Club since the 1980s, and his kids attended West Des Moines schools. He says the Kiwanis Club has been active since 1959.

"Our motto is no kids left behind," he explains.

Part of the club's mission is funding items for schools. It provides kindergarteners at Hillside with books, eyeglasses, mittens and more.

In addition, the Kiwanis Club helps fund a pantry at Walnut Creek Alternative High School. It also provides seven scholarships to high school students at Walnut Creek, Valley and Waukee schools.

Cremers manages volunteers who take tickets at Valley football games. He says giving



Kids participate in Safety Town. Photo by Stacie Ricklefs

back to the community is an important aspect of Kiwanis.

"At the end of the day, if we don't provide for kids, what's the next generation going to be like?" he asks. "If we aren't giving back, what's the point? We want to help kids succeed."

For more information on Safety Town, visit <https://wdmcs.ce.eleyo.com/courses/category/85/summer-of-learning/safety-town>.

For more information on the Kiwanis of West Des Moines, contact president Marcia Munger, 515-321-6607, or Dale Cremers, treasurer, 515-249-6942. ■

KEEPING the dream alive

White Eagle Multicultural Pow Wow to be held Sept. 20-22.



The White Eagle Multicultural Pow Wow features not only Native American dance, but dancers from many other cultures as well.

Ralph Moisa III had a dream — one in which all people lived as one, despite differences.

“He wanted to bring races together to understand each other so that we wouldn’t be so fearful of people we didn’t know, and that we have similar goals even though we have different heritage and customs,” says his father, Ralph Moisa.

Tragically, Ralph Moisa III would pass away on Dec. 5, 1995, at the age of 19. But out of this tragedy came the White Eagle Multicultural Pow Wow, which continues to this day.

This year will mark the 25th year of

the pow wow, which will be held Sept. 20-22 at Jester Park near Granger. The event will not only showcase some staples of Native American heritage, but other customs as well. Finding common ground among all people is something we should all strive for, says Moisa.

“Our hope is that, by bringing people together and learning a little bit about their culture and their heritage, foods and other things, we will find that we aren’t that different,” he says. “We all have things in common, and no one is better than anyone else. We all have things to share. We want people from all four races



COMMUNITY

represented at the event, and you'll see the colors of them all around. Everywhere you go there will be red, yellow, black and white. We want everyone to be a part of the circle."

The pow wow, which will feature dance, food, singing, speaking and more, is open to all comers, Moisa says.

"Anyone can attend, and they don't even have to spend any money if they don't want to," he says.

People have traveled from all across the globe to be a part of the event over the years, Moisa says. More than 35 people are directly involved in setting things up and getting the event ready for the more than 1,500 participants who are expected to be a part of the pow wow this year. Moisa says that, during the peak years of the event, there were upwards of 15,000 people in attendance. COVID took a toll, however, and it's been an uphill battle to get numbers back to where they once were. Moisa has hope, however.

"We think that people are getting up and about and around more again, and we think the numbers will begin to grow again," he says.

Around 25 vendors will be at the event, as well as dancers from 15 communities that have committed to share their heritage with others.

For more information and schedule of events, visit www.whiteeaglepowwow.com. ■





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SCULPTRA improves skin quality

Collagen, elastin and regenerative aesthetics have been on the rise and are quickly becoming sought after nationwide.

A product that has been sweeping the nation in this category is called Sculptra — the first and original PLLA collagen stimulator. Collagen plays a key role in the body, structuring our bones, cartilage, teeth, tendons, connective tissue and skin. As we age, we naturally lose collagen, which results in a weakened skin structure and increased wrinkles. Did you know that there are treatments, such as Sculptra, that can help restore your collagen while providing long-lasting skin improvements? Sculptra is a biostimulant, made up of poly-L-lactic acid (PLLA), which is a substance that stimulates the skin's natural collagen production process. As the PLLA particles gradually break down and are absorbed by the body, they encourage the growth of new collagen. This process works to restore the skin's inner structure and increase facial volume that has been lost due to the aging process or other factors, such as weight loss. Sculptra is used for facial rejuvenation; treating deep facial wrinkles, folds, creases and volume loss; and for a more youthful, natural-looking enhancement that can last for up to two years. An added bonus: Due to the ramp-up of collagen production that Sculptra produces, your skin will achieve improvement in skin quality, texture and a healthy, radiant glow. ■



Information provided by Amanda Kramme, BSN, CFMP, Certified Ozone Specialist, 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

UNLOCKING the potential of kratom alkaloids

Kratom, a tropical tree native to Southeast Asia, contains bioactive alkaloids like mitragynine and 7-hydroxymitragynine, which have potential health benefits. Mitragynine, the primary alkaloid, interacts with opioid receptors to provide pain relief comparable to prescription opioids but with a reduced risk of respiratory depression.

7-Hydroxymitragynine, though present in smaller quantities, is even more potent. It enhances pain relief and may contribute to mood elevation and anxiety reduction. Users report improved mental clarity, increased energy and a general sense of wellbeing.

Beyond pain management, kratom's alkaloids may support mental health, helping to alleviate symptoms of depression and anxiety. Some users also find kratom beneficial for managing opioid withdrawal symptoms, aiding in the transition to a drug-free lifestyle.

While these benefits are promising, it's important to use kratom responsibly. Effects can vary depending on dosage, and excessive use may lead to dependency and other health issues. Consulting a healthcare professional is advisable. Stop by your local CBD store to learn more. ■



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: Huestis MA, Brett MA, Bothmer J, Atallah R. Human Mitragynine and 7-Hydroxymitragynine. Pharmacokinetics after Single and Multiple Daily Doses of Oral Encapsulated Dried Kratom Leaf Powder. Molecules. 2024; 29(5):984. <https://doi.org/10.3390/molecules29050984>

JOIN the WDM Library's adult book clubs

Adult Club Read – Meets every second Monday of the month at 7 p.m.

Adult Club Read is West Des Moines Public Library's adult book discussion group. Adult Club Read allows patrons to choose whether they want to join the group in person at the library or through Zoom from home. Register online to see the next book.

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.

YA Not Club Read – Meets every second Thursday of the month at 6:30 p.m.

YA Not Club Read is our non-traditional book club for “grownups” who like to read and talk about Young Adult books. Copies of each month's book will be available at the checkout desk. Please register.

Step Back In Time: Historical Book Club – Meets every third Thursday of the month at 7 p.m.

Step Back in Time discusses titles from a wide variety of time/ places/people. This group meets at The Jordan House (2001 Fuller Road). Books may be picked up at the Adult Services desk. Please register at the Adult Services desk.

Book Club Social – Meets every fourth Monday of the month at 7 p.m.

Book Club Social - Hybrid Edition started in spring of 2020 to help connect with patrons at home. Now, patrons can choose to join the group in person at the library or through Zoom to talk about the books/movies/shows they've been enjoying throughout the month. Please register.

UPCOMING EVENT HIGHLIGHTS

Brew Your Own Kombucha, Wednesday, Aug. 14, 6:30 - 7:30 p.m. (adults)

Learn how to home-brew your own kombucha. In this workshop, Carissa Thoma of Down to Earth Living will explain the process, ingredients, flavoring, health benefits and safety tips. Please register.

Welcome to Medicare, Monday, Aug. 19, 6-8 p.m. (adults)

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

“Secret Iowa: A Guide to the Weird, Wonderful, and Obscure,” Monday, Aug. 26, 6:30-7:30 p.m. (adults)

Join us for a presentation from author Megan Bannister, who wrote “Secret Iowa: A Guide to the Weird, Wonderful, and Obscure,” which features 84 offbeat places around our wonderful state. No registration required. ■

‘IT’S A guarantee’

Did you know that prepaying funeral arrangements allows you the opportunity to have service selections and merchandise selections prepaid and guaranteed?

So, what does that mean? The services provided by the funeral home that are paid in advance will be provided at no additional expense to the family at the time those services are needed in the future. Merchandise selections that are prepaid are also guaranteed to be provided at no additional expense to the family.

You might be wondering, “What if the casket I want is no longer available when I die?” Given that you are guaranteed the casket you select, or one of comparable value, your family would have a replacement option to consider that is guaranteed to not be inferior to the one that was purchased in advance.

Imagine going to the car dealership and purchasing a brand new car — but delaying delivery for several years — all with the guarantee you will be provided a brand new car when you are ready to accept delivery... at no additional cost at that time. That would be a pretty amazing deal.

That is what you can do by prepaying funeral expenses. Plus, you will be making a future event less stressful by giving thought and consideration to these important decisions now.

Ask your preferred funeral provider if they offer a guaranteed plan. ■



Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679.



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6 Area Locations

UNIQUE new program offers senior living alternative

Stay at home — with peace of mind.

Susan has lived in her Des Moines home since her children were toddlers. She's now 76, and she wonders what the future holds for her health and her living situation.

She has no desire to move into a senior living community, although many of her friends have made that choice and are happy with it. Susan simply wants to stay in her home, but she worries about needing assistance down the road. Her children live out of state, and she has no other family members in the area.

Susan's situation is far from unusual. "Aging in place" — in your home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: "If I



don't want to move into a community but I'm concerned about health issues later on, what can I do?"

The answer: You have more options than ever before. Some organizations that serve older adults have designed Continuing Care at Home (CC@H) membership 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 interested in looking into CC@H programs, the questions below can help you make sure the program's premises, amenities and outcomes will be the best ones for you.

• **Do you understand the program and what it offers?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

• **Is personal support included?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to

succeed with encouragement from a trusted adviser or advocate.

• **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 on. 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.

If you're considering membership in a CC@H program, make sure it feels tailor-made for you. 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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WDM LEADERSHIP Academy class announced



The West Des Moines Leadership Academy (WDMLA), a program of the West Des Moines Chamber of Commerce, has announced its 2024-2025 class. This nine-month program will guide emerging leaders on a path to leadership effectiveness through experiential learning, critical thinking and a community impact project.

"I am excited to welcome another outstanding group of leaders to this year's WDMLA class," said Shannon Hasse, Advisory Council chair. "For 16 years, the leadership academy has provided transformative experiences to leaders throughout West Des Moines. It's powerful to see the impact this program has had on graduates, businesses and the West Des Moines community."

There are a variety of scholarships available each year for applicants involved with the DEI Workplace Excellence Awards, Latino Trade Network, West YP, and limited funds for nonprofit organizations. Congratulations to this year's scholarship recipients: Mel Applebee, Alex Limón, Jaime Leiva, Karly Rehman and Becky Taylor.

The selected leaders for the West Des Moines Leadership Academy Class of 2024-2025 include:

- Jaden Adams, Breathe. Physical Therapy & Wellness
- Mel Applebee, Knockout Nails
- Elyse Austin, Universal Pediatrics
- John Baumhover, Shive-Hattery
- Mike Bird, Carrier Access, Inc.
- Lindsey Bosworth, Wright Service Corp
- Carlos Castillo, Farm Bureau Financial Services
- Zac Christensen, Perficut
- Michelle Cole, Merchants Bonding Company
- Ed Croushore, Wellabe
- Laura Garcia, IMT Insurance Company
- Leigh Goldie, West Des Moines Community Schools
- Casey Guess, Merkle Retirement Planning
- Lorenz Hasan, American Equity
- Tabitha Hockel, Indigo Living
- Todd Holup, Foth Infrastructure & Environment
- Greg Hudson, City of West Des Moines
- Madison Kruger, MCHS
- Alex Limón, Proteus
- Jaime Leiva, Legado Insurance Professionals
- Matthew McCarty, West Des Moines Police Department
- Abby McConnaughay, Iowa State Bank
- Alyssa McNab, Homesteaders Life Company
- Ryan Nelson, Estes Construction

- Alexa Olson, R&R Realty Group
- Wes Pieper, Eide Bailly
- Karly Rehman, Girl Scouts of Greater Iowa
- Brianna Ricklefs, UHY
- Tammy Rodriguez, Aureon
- Anchit Sharma, Athene
- Ashlen Sheaffer, Des Moines Children's Museum
- Shelbie Simmons, NCMIC
- Makayla Smith, Trilix Marketing Group
- Becky Tayler, Iowa Safe Schools
- Rick Tucker, Opus Group
- Betsy West, Sammons Financial Group

The WDMLA is supported by presenting sponsor NCMIC and is led by an alumni advisory committee. To learn more about the program or the alumni volunteers, visit WDMchamber.org/WDMLA.

Interested in participating in the West Des Moines Leadership Academy? Watch the Chamber's events calendar for an informational session later this fall. ■

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ART on the trail

Underpasses feature colorful murals.



Public art can be found at the underpasses along the Jordan Creek Trail. Each year, proposals are accepted from artists. Photos by Jackie Wilson

The Jordan Creek Trail delights runners, bicyclists and walkers with its colorful artwork on the trail's underpasses — nine different murals in total. The theme this year is “stories.”

The trail underpass mural project began four years ago as a response to graffiti art along the trail off E.P. True Parkway. Allison Ullestad, arts, culture and enrichment supervisor for the city of West Des Moines, says it was a citizen's idea.

“A citizen saw the graffiti, and the city painted over it. They said it was too bad, because it was great art. Then the person suggested, why not have ‘legal’ artwork on the trail?” Ullestad says.

The Public Arts Advisory Commission agreed. This year, the art projects were open to Iowa artists. The commission considered 34 proposals by 24 artists. It sent its selections to the WDM mayor and city council for approval.

Each year, the underpasses are painted over, except for the mural that is voted best of show. Some folks question why they are painted over.

“We want it to be temporary. Down the road, we may encounter maintenance,” Ullestad says.

Artists receive \$2,500, and funding comes from the WDM hotel/motel tax revenue.

The artists usually have the month of May to complete the murals. Artists say trail users are complimentary.

“The response has been great,” Ullestad says. “People love the pops



2024 Exhibit Locations



- 1 Harmony of the Heartland
- 2 Own Your Dream
- 3 Starry Night Over West Des Moines
- 4 TBD
- 5 Venture On

- 6 The Beauty in Our Backyard
- 7 Wherever the Trail Takes You...Enjoy!
- 8 community! for you and me!
- 9 C'mon Let's Go
- 10 Sewn Together



of color. The artists have commented how people stop on the trail and interact with the artist. It's fun for both the community and the artist."

The community desires more public art, and the city continues exploring ways to offer it, she says.

"It's all about funding and finding the right underpass," she says.

Public art in West Des Moines is evolving and expanding with its Art on the Campus and sculptures in Valley Junction.

"Art is a unifying factor," explains Ullestad. "People can express emotions and feelings with art. It gives you pride in your community, and it's something everyone can appreciate. It's unifying, as art can tell stories that are hard to convey."

Ullestad oversees the Public Arts Advisory Commission, which is comprised of seven WDM residents.

"We are always looking for ways to incorporate public art. Underpass art is a cost-effective way to get art in unexpected places. It's really cool when people come upon it on the trail," she says.

The public can vote on their favorite mural or view a map of where the art is located by visiting www.wdm.iowa.gov/government/parks-recreation/public-art/wdmurals-exhibit or scan the QR code. ■



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West Metro Golf Par Tee

Thursday, Aug. 22

Beaver Creek Golf course, Grimes

The West Des Moines, Urbandale and Clive chambers are holding their annual golf event. Golfers will have the option to pick between a morning and afternoon shotgun time when they register. It is a four-person best ball format. This year's theme is tailgating. Golfers are welcome to wear their favorite tailgate attire and represent their favorite teams. Sponsoring businesses from all three chambers provide lively interaction at each hole. Get ready to PAR TEE! Teams are limited to help with pace of play. Register online at members.wdmchamber.org/events.

Scrap appliance, metal drop off

Sept. 7, 8 a.m. to noon

West Des Moines Public

Services East, 560 S. 16th St.



Summer Sundaze

Sunday evenings through 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.



Moonlit Movies

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

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

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

Farmers Market | Music in the Junction

Through September, Thursdays, 4-8:30 p.m.

100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market features more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. The Farmers Market is from 4-8 p.m. Music in the Junction is 5-8:30 p.m. at Railroad Park. The beverage garden opens at 5 p.m. with live music starting at 6 p.m. Concerts are:

Aug. 15: Three on the Tree

Aug. 22: Echos V

Aug. 29: Recoil

Sept. 5: Sons of Gladys Kravitz

Sept. 12: Get Off My Lawn

Sept. 19: Jana West and Retrospect

Sept. 26: The Punching Pandas

Yoga in the Park

Aug. 10, 9-10 a.m.

Railroad Park stage by the old train depot, Valley Junction

Yoga in the Park offers a unique

blend of tranquility

and community, set

against the backdrop

of Historic Valley

Junction. Led by

local Yoga + Co

instructor Lindsay

Bordwell, each session

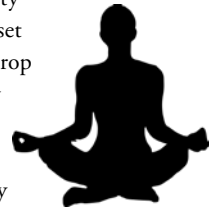
is designed to harmonize your energy

and enhance your practice, whether

you're a beginner or a seasoned yogi.

Bring your mat. This event is free and

all ages are welcome.



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:

- Thursday, Aug. 20: Scrub-A-Dub-Dub

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Iowa State Fair

Aug. 8-18

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines

www.iowastatefairgrounds.org

World-renowned artists performing at the grandstand, prized farm animals showing their stuff, a giant slide and 82 new mouth-watering foods at every turn. Spanning 10 days and bringing in visitors from all over the state and country, Iowa's state fair is one of the best in the nation.

Check for cancellations

World Food and Music Festival

Aug. 23-25

Western Gateway Park, 1205 Locust St., Des Moines
www.dsmpartnership.com/worldfoodandmusicfestival

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.



Ingersoll Live

Aug. 24, 3-10 p.m.

2300 Ingersoll Ave.
www.theavenuesdsm.com

Ingersoll's annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.



Adel Sweet Corn Festival

Aug. 10 • Downtown Adel

www.adelpartners.org

Corn is one of the many things Iowa is known for. What better way to celebrate it than the all-day Adel Sweet Corn Festival featuring entertainment for the whole family from 7:30 a.m. to midnight.

Wine and Cider Festival

Aug. 24

Jasper Winery, 2400 George Flagg Parkway, Des Moines

www.jasperwinery.com

Jasper Winery, located just outside of downtown Des Moines, brings back its Wine and Cider Festival where aficionados can get a taste of Iowa's grape and apple harvests from more than 20 Iowa wineries and cideries.



Iowa Reptile Show

Aug. 25

205 S. 64th St., Des Moines
www.coldbloodedexpos.com

This is a great opportunity to speak with the reptile breeders in the greater Des Moines area. There will be thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available for attendees to see.



Moulin Rouge

Aug. 20 - Sept. 1

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

www.desmoinesperformingarts.org

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory. A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment.

Together Through Sound Music Festival

Sept. 8, 1-10 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com or email info@togetherthroughsound.com

Square Dance Lessons

Sundays starting Sept. 8, 6:30 p.m.

Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.



Wells Fargo Arena

223 Center St., Des Moines
iowaeventscenter.com

Aug. 19: Five Finger Death Punch at 6:30 p.m.

Aug. 24: Luke Bryan at 7 p.m.

Sept. 13: Cage The Elephant at 6:30 p.m.

Hoyt Sherman Place

1501 Woodland Ave., Des Moines
hoytsherman.org

Aug. 13: Graham Nash: More Evenings Of Songs And Stories at 7:30 p.m.

Sept. 25: Intocable: 30th Aniversario Tour 2024 at 8 p.m. ■

FARMERS Market

The Valley Junction Farmers Market
on July 25



John Lacey



Linda Brown



Megan Wiedmann



Marcia and Virgil Goodall, Amber Dismite and Tara Ely



Shelene Codner



Cindy McAtee and Carmen Harris



Tiffany and Justin Simmons



Erin Rasmussen



Michaelyn Mankel and Karen Caligiuri



Brett Norris



Larry and Janice Fife

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Collin and Gina Christy



Tami Smith



Heidi Blanchard and Kat McAtee



Jim and Christie Burch



Brenda Headman, Ashley Goodrich and Paige Schatzke



Jorge and July Naranio



Jennifer Caito



Jason Grantz, Ember Bowler, Bree Huss-Steils and Mark Steils



Conrad Castro



Lizzy Cameron and Jayden



Tamara White

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