

JORDAN CREEK

AUGUST 2022

# Living

MAGAZINE

## GARDEN harvest

Where do all the tomatoes go?

**Meet Megan Hamilton**

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## WELCOME

# ONE TOMATO, two tomato, three tomato, four...

My childhood home had a backyard full of tomato plants. Mom was obsessed with this, especially in canning the tomato juice. Our basement was full of Mason jars of the red stuff, and most everything we seemed to eat had tomato juice in it.

The entire process seemed like a lot of work for something that could be purchased at the grocery store for pennies. Whenever I told Mom this, I was given the task of immediately pulling weeds in the garden. I learned to keep that opinion to myself.

Today, I am convinced that we would all be healthier if we ate more foods that we grew ourselves in the ground and less foods that we unwrapped from plastic. Maybe not a 100-percent diet of things made with tomato juice, but you get the idea.

That sounds like a good plan, but it does take a change of habits — and some patience.

I am often poked at by friends for not eating enough vegetables. I don't understand the criticism. After all, I eat potatoes. But what about green vegetables, I am often asked. Well, I eat pickles, too.

My wife, Jolene, helped broaden my vegetable diet, and our daughter, Abby, pushed it along. For years, we had a "salsa" garden off our deck. It was a humble display but one that kept them both busy with tomatoes, peppers, onions, lettuce, carrots, green beans, cucumbers and kale, among other items. To be honest, some of it tasted like grass, but I kept an open mind.

I would like to tell you that I have shunned all pre-packaged foods and am eating out of the garden now, but that would be a lie — unless there are Snickers candy bar seeds. Meanwhile, stories like the ones we feature this month are a gentle nudge to remind us all about not only the nutritional benefits of gardening but the social ones as well.

Thanks for reading. ■



**SHANE GOODMAN**

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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# GARDEN harvest

Where do all the tomatoes go?

By Jackie Wilson

Tomatoes are ripening on the vines. Ears of sweet corn with their plump kernels are being shucked, grilled and devoured. Cucumber vines are spreading, and, below the ground, carrots and potatoes are approaching that just-right time for being pulled or dug up, washed and added to pot roasts and soups.

For gardeners, the bounty of the harvest delivers fresh ingredients for now and plenty to preserve for the upcoming winter. And, as often happens, they find themselves with an overabundance. Where do all those tomatoes, zucchini, cucumbers, onions and more go?

Mark Marshall created and volunteers at the Faith & Grace Garden located at St. Timothy's Episcopal Church in West Des Moines. Photo by Jackie Wilson



## Faith & Grace Garden

When Mark Marshall starts his seedlings in late winter/early spring, he's hoping for a bumper crop of produce for the upcoming garden season. He'd be content with growing 25,000 pounds of food — then giving it all away.

Marshall is the head gardener, weeder, seed-starter, manure-spreader and produce picker for the Faith & Grace Garden, located at St. Timothy's Episcopal Church in West Des Moines.

Marshall started a small garden 22 years ago in the back of the church — which sits on 5.3 acres of land off Ashworth Road — where he's been a member since 1990. He initially gave away produce to the elderly parishioners.

In 2009, he expanded, digging up more land around the church. As his garden grew, he began taking produce to the Eddie Davis Community Center in West Des Moines, an organization that serves the needy. He expanded to donate to the Trinity Las Americas Methodist Church in Des Moines, which also serves low-income people.

He recalls the first time he brought a truckload of produce to the folks at Trinity.

"Most people have canned food at the church. People were in line for food," he explains. "When people saw me for the first time, pulling up with a truckload of fresh food, they started crying, they were so happy."

Faith & Grace expanded to include the church next door, Covenant Presbyterian Church, which now also has garden space to serve refugees and immigrants.

The garden is diverse this year with 800 caged tomato plants (minus the 100 plants eaten by deer). The garden includes 700 pepper plants, 1,000 cabbage plants, and hundreds of onions, green beans, cucumbers, asparagus, zucchini, watermelon and more. A few fruit trees grow nearby.

With Marshall's green thumb, he has learned numerous growing techniques over the years. He succession plants, which provides a crop all season long. A lawn service delivers truckloads of leaves for mulch, which helps retain moisture around the plants.

"We've got 3-6 inches of leaves. It's efficient, with up to 90% of the moisture retained," he says as he digs up the leaves to show the moist soil underneath a cabbage plant.

To keep the soil fertile, he'll receive 30 tons of horse manure in the fall — some of it coming from Prairie Meadows racing horses.

He planted seeds in containers in the



In 2021, the Faith & Grace Garden grew 20,000 pounds of produce, which was given away to local food pantries and churches. Photo by Jackie Wilson

basement of his West Des Moines home until a greenhouse was built onsite three years ago. This year, it housed 50,000 seedlings. The church, donors and grants helped pay for the greenhouse and a shed containing garden tools and supplies.

Marshall says all the produce is organic, as they don't use any pesticides or chemicals in the garden.

"It's not certified organic, because you have to submit records for that," he explains. "But I have the weeds to prove it."

Marshall became interested in gardening as a child, when his family owned 2.5 acres of land. "My mom had a big garden. Of course, when I was a kid, I hated having to work in it," he says.

As a youngster, he enjoyed being outside in the fresh air. Then, when he served in the Navy, he was in a submarine all day and night.

"I didn't take being outside for granted," he says.

Marshall became a postal carrier, as he enjoys all types of weather — even the heat.

"July doesn't bother me. I love being out here," he reflects.

Marshall began volunteering his time at the garden on nights and weekends after he completed his postal route, often putting in 20 hours a week. Since he retired from the post office several years ago, he now puts in 40 to 60 hours a week — a completely unpaid volunteer job.



Faith & Grace Garden continues to grow.

Volunteers from church groups and organizations help out. Several individuals come and pick produce, plant seeds, pull weeds or load produce. Yet the bulk of the work falls on him.

"With COVID, we actually did better with





Ed Bowden of West Des Moines enjoys being outdoors in his garden. He enjoys the fresh produce and admits, "It's a never-ending battle with the weeds." Photos by Jackie Wilson

volunteers because people could do things outside," he says.

He knows it gets hot in the summer when produce is ripe for picking.

"We take people — retirees, anyone. They can come early for a couple hours before it gets too hot. You don't have to commit to a certain time and day — just come once if you want," he suggests.

Last year, the garden produced 20,000 pounds of produce to give to those in need. From July to the first frost, the garden produces about 1,000 pounds of food a week. Recipients include West Des Moines Human Services, DMARC, Trinity and other local food pantries.

Marshall says, when they first began planting, a few neighbors complained.

"One guy said, 'If you're going to have a farm, do it in the country.'"

Yet the garden is expanding. In the back of the church property, land has been cleared to make way for more garden space. The land included scrub trees and bushes, which needed cutting anyway.

"The property is big; it's on 5 acres of land. Before this, they paid \$5,000 a year to mow it. Why not put it to better use? Other businesses can do the same."

He says he feels providing food for others is a calling — a gift he's happy to share and joyfully does.

"I care about people eating right. I don't want people to think that they are forgotten," he says. "It's my way of giving back. I've had a good life."

## Driveway produce

Ed Bowden's abundance of garden produce often ends up on a table near the end of his West Des Moines driveway. The colorful produce is up for grabs for anyone interested.

Bowden is an avid gardener who moved to West Des Moines in 1983. Behind his home was a cornfield, and area residents had gardens up to 10-feet wide. He started his garden to help feed his family.

"We had three sons. We went through a lot of food," he says.

His wife, Jean, cans the food and tends to the flower garden. Her specialty is tomato and pasta sauces, green beans and salsa.

Bowden grew up in Nebraska, where his mom and grandparents had a garden. As a kid, he was expected to help out in the garden. His grandma lived alone on the farm and gardened up until her death.

"My grandma passed away with an apron full of tomatoes," he recalls. "It's in my blood — I love being outdoors."

Bowden grows heirloom tomatoes, in which the seeds are saved from the tomato each year and planted the next year. He starts all of his own tomatoes from seed in his own greenhouse, which he built two years ago. He's experimented with growing techniques and is excited to plant so many tomatoes.

"I ended up with too many tomato seedlings; I even sold a few. I had a whole truck bed full of plants," he says.

He donated his seedlings to the Lutheran Services of Iowa for their community gardens for refugees and immigrants.

"They were appreciative of all the plants. Next year I'll know to grow more for them," he says.

In addition to tomatoes, he grows peas, cabbage, zucchini, carrots, eggplant and all types of peppers. An abundance of eggplant means he willingly gives tips to neighbors on how to best prepare it.

He has always shared his excess produce with his neighbors. When he first moved in, everyone with gardens traded items. Then, a new housing development was built and people stopped gardening. He then took a 5-gallon bucket of cucumbers and handed them out to the new neighbors as a way to meet them.

Over the years, instead of walking around to homes, he put up a stand at the end of his driveway and told his neighbors to help themselves.

"People wanted to pay for it, so I put a tin can out there. I kept telling my neighbors not to put money in it, but they still do it."

If he has excess tomatoes or he cleans up the garden before a frost, he'll take any of the remaining produce to the food pantry or DMARC. He always plants extras.

"Some plants might die or get eaten by deer or raccoons. If I have any extras, I don't want to waste it," he says. "I have some enjoyment knowing that others are enjoying my produce." ■





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**HVAC**

By Scott Bontrager

## WHY is my AC blowing warm air?

Summer is in motion, and we're all enjoying the outdoors while it lasts, but, at the end of the day, we need to recover in a cool and comfortable home. One of the most common AC malfunction questions we receive during the summer is, "Why is my HVAC blowing warm air?" Luckily, this malfunction can sometimes be fixed or prevented by the homeowner.



It may seem obvious, but the first thing you should check is your thermostat. If your system is blowing hot air, your thermostat might have been switched to heat by accident. If this is the case, the fix is as simple as flipping it back to cool.

After checking your thermostat, check if your HVAC system is receiving power. Locate your electrical panel and look for a tripped breaker or blown fuse. Since AC units use a lot of energy, the circuit breaker may automatically shut off as a safety precaution. If your breaker continues to shut off, call an HVAC professional to take a further look at this problem.

Although air filters alone can't cause your AC to blow warm air, debris can build up, leading to frozen evaporator coils. The word "frozen" could make you think of cool air, but, instead, it blocks cold air from flowing throughout your home. To fix this problem, turn your unit off and change the air filter. Wait until your AC has thawed before you turn it back on again. If the coils continue to freeze, this could signal a more serious problem. Turn your system off and call an HVAC professional immediately.

If you have checked everything inside and still can't find any problems, it's time to inspect the outdoor unit. Just like your indoor unit, the outdoor evaporator coils need good airflow. Keep at least a 2-foot clearance around the outdoor unit at all times. Getting regular maintenance done will also help to prevent your system from clogging. If your outdoor unit is congested, turn it off and remove anything within 2 feet. Go a step farther by rinsing off the smaller debris with a garden hose.

For future use, clip this article and tape it near your indoor equipment. Stay prepared and have this article handy when problems arise. It's always recommended to have your equipment receive annual maintenance, which is the ultimate way to continue optimal efficiency and hopefully prevent future emergencies. ■

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



## 6 SIGNS your aging parent needs help

As the years go by, the family roles of caregiver tend to reverse, and adult children become the ones increasingly attentive to their parents' needs. Whether living near or far from aging parents, you will want to keep an attentive eye on the changing landscape. Here are six signs that your loved one may be struggling, indicating it may be time to consider an assisted living community.



**1. Housekeeping.** If you notice that the home of your parent looks increasingly cluttered or dirty, see that as a red flag. In addition to posing a tripping or sanitation hazard, it could mean they're not physically able to clean up, eyesight has deteriorated or hoarding has become habitual.

**2. Weight loss or gain.** Loss of appetite can be a sign of a medical problem or perhaps trouble working the stove, driving to the grocery store or forgetting to eat. Weight gain may be precipitated by a medical issue or a way of coping with depression.

**3. Hygiene.** Sometimes a slip in good hygiene indicates trouble getting in and out of the shower. Forgetting to brush teeth. Struggling with nail clippers. Or having difficulty with the washer and dryer. If you're noticing your loved one has body odor, bad breath or persistent sores, they may need someone to help them with daily hygiene and grooming.

**4. Wounds.** If you notice your loved one always seems to have bruises or scrapes, especially on the head, it's cause for concern. Could they be experiencing falls caused by poor balance, missed medications or alcohol use?

**5. Financial irregularities.** If you start finding unpaid bills, notice an unusual number of charitable donations or multiple copies of a favorite magazine in your parent's mail, they might be forgetting to keep up with household management. Worse, they may be falling victim to aggressive salesmen or scammers.

**6. Forgetfulness and mood changes.** A parent occasionally not remembering where she left her glasses is normal. Storing the screwdriver in the freezer points to more serious memory loss. Misplaced objects combined with unusual changes in mood, prolonged silences or unrestrained behavior, could point to a loss in cognition that may require more intensive care.

While respecting your parents' independence, you want to do all you can to make sure they are healthy, safe and enjoying life. It's one of the best ways to return the love they have shown you all those years. ■

Inviting seniors into an active, engaged lifestyle is a healthy proposition. But MorningStar goes further, offering a life characterized by opportunities to give back — the truest definition of wellness. Information provided by Paula Spidell, executive director, MorningStar at Jordan Creek, 525 S. 60th St., West Des Moines, 515-505-7155.

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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Check for cancellations

### The Junction Speaks

Friday, Sept. 2, 5-8 p.m.  
Raccoon River Nature  
Lodge, 2500 Grand Ave.,  
West Des Moines

The Junction Speaks is an evening where history, arts and culture intersect. Come experience the Taste of the Junction Pop Up History Museum. Learn history through original art, storytelling, video and slideshow presentations. Live jazz will be performed by Saxophonist Don Brown. Refreshments will be served. The event is free. For more information, visit [www.tasteofthejunction.org](http://www.tasteofthejunction.org).



### Multicultural Music Festival

Friday and Saturday, Sept. 2-3, 2-10 p.m.  
Friday: Raccoon River Nature Lodge, 2500  
Grand Ave., West Des Moines  
Saturday: Railroad Park, Historic Valley  
Junction, West Des Moines

The outdoor festival includes live music, food trucks, arts, culture, crafts and a kid fun zone. For more information, visit [www.tasteofthejunction.org](http://www.tasteofthejunction.org).



### Farmers Market/Music in the Junction

Thursdays through September,  
4-8:30 p.m.  
Historic Valley Junction, Fifth Street,  
West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m.

### Jordan House Museum tours

Daily  
Jordan House Museum,  
2001 Fuller Road,  
West Des Moines

Walk in the footsteps of history at the historic Jordan House Museum, the home of the Jordan family and the only Underground Railroad stop open to the public weekly. Learn about the history of West Des Moines, beginning with rocks and fossils, through the indigenous peoples, early settlers and the development of railroads and Valley Junction. For more information, visit [www.wdmhs.org/visit](http://www.wdmhs.org/visit).

### Iowa State Fair

Aug. 11-22  
Iowa State Fairgrounds, 3000 E. Grand  
Ave., Des Moines.

If you haven't been to the State Fair — where have you been? More than one million people visit this event every year. Enjoy every type of food you can imagine on a stick, carnival rides and games, the best of agriculture, live music and endless sights to see. For more information, visit [iowastatefair.org](http://iowastatefair.org).



### Sweet Corn Festival

Aug. 12-13  
Downtown Adel

Sweet Corn Festival draws thousands of visitors each year with its free sweet corn — toothpicks provided — and myriad of activities: 5K run, parade, Sweet Corn Princess pageant, vendors, music, car show, bags tournament and street party. For more information, visit [adelpartners.org/sweet-corn-festival](http://adelpartners.org/sweet-corn-festival).



### High Trestle Trail Full Moon Ride

Saturday, Aug. 20  
Various start locations

This free party ride starts at 8 p.m. at any of the three destination bars on the trail: Flat Tire Lounge in Madrid, Nite Hawk Bar and Grill in Slater, or The Whistlin' Donkey in Woodward. Each bar features live music.

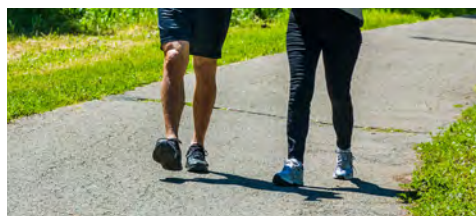
Riders are encouraged to wear a helmet, have proper bike lights and ride safely on the High Trestle Trail as these rides may include up to 600 riders. Details can be found at [bikeiowa.com/events](http://bikeiowa.com/events).



### Levitt Amp Summer Concerts

Sunday, Aug. 14, 6 p.m.  
Earlham City Park in  
Earlham

Enjoy the final installment of the Levitt Amp Summer Concert Series. The concert is free and family friendly. Performing is Kuinka with The Finesse.



### Shine a Light NF Walk

Aug. 20, 8 a.m. registration, 9 a.m. walk  
Raccoon River Park, 2500 Grand Ave.,  
West Des Moines

This walk benefits the Children's Tumor Foundation. One in 3,000 babies born has NF, a genetic disorder that causes tumors to grow on nerves. There is no cure. Register at [shinealightwalk.org/iowa2022](http://shinealightwalk.org/iowa2022). For information, contact Claudia Becerra at [cbecerra@ctf.org](mailto:cbecerra@ctf.org).



## EVENTS IN THE AREA

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Check for cancellations

### 25-Year Celebration

Saturday, Aug. 27  
The Brenton Arboretum,  
25141 260th St.,  
Dallas Center

Celebrate The Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at [thebrentonarboratum.org/cheers](http://thebrentonarboratum.org/cheers) or by phone, 515-992-4211 ext. 3.

### Author reading

Thursday, Sept. 1, 6:30-8 p.m.  
Beaverdale Books, 2629 Beaver Ave.,  
Des Moines

Author Jennifer Ohman-Rodriguez will read from her memoir, "A Time to Mourn & A Time to Dance: A Love Story of Grief, Trauma, Healing & Faith" (Chalice Press, 2022). Interspersed with reading passages from her book, Ohman-Rodriguez will present real-life applications of somatic and spiritual healing practices. More information is available at: <https://beaverdalebooks.com/event/jennifer-ohman-rodriguez>.



### Prostate Cancer Awareness 5K Run/Walk

Sunday, Sept. 11  
Principal Park, 1 Line Drive,  
Des Moines

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising 5K Run/Walk, along with a 1-mile walk and a Junior Blue Believers Run. Funds raised stay in the area to provide support and awareness to men and their families affected by prostate cancer. For more information, including partnership opportunities, visit [www.prostatecancerawarenessofcentraliowa.com](http://www.prostatecancerawarenessofcentraliowa.com).

### White Eagle Multicultural Powwow

Friday, Sept. 2, 5-8 p.m.; Saturday, Sept. 3, 10 a.m. to 9 p.m.; Sunday, Sept. 4, 10 a.m. to 5 p.m.  
Jester Park, 12130 N.W. 28th St., Granger

This is a free, family-friendly outdoors event to celebrate diversity in our community through performances, retail vendors and food vendors.

### Summer Concert Series

Sept. 13, 6-8 p.m.  
The Iowa Arboretum & Gardens, 1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.



The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit [www.iowarboratum.org](http://www.iowarboratum.org) or contact Event Specialist Amber Schmidt at [amber@iowaarboratum.org](mailto:amber@iowaarboratum.org) or 515-795-3216.

### Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon (8 a.m. to noon in October)

Des Moines Historic Court District

The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



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Downtown Doggy Daycare | Paws & Prints |  
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## CELEBRATING 51 years

The Suburban Des Moines Junior Women (SDMJW) basked in the sun on Wednesday, May 11, at their annual Gathering at Hyperion Field Club in celebration of 51 years of friendship and service. Chairwoman Shari Hawk lead the reading of The Collect, and Wanda Snyder offered the prayerful blessing prior to the luncheon. Flowers were arranged by Shari and Dianne Banning with Wendy Tack assisting. Arrangements to meet at picturesque Hyperion were made by Nancy. Members shared their experiences of travel to Ireland, Alabama, cruises, Arizona, South Carolina, Georgia, South Dakota, Illinois, Michigan, Boston and Iowa road trips. Members continue to serve in Women Lead Change, cemetery boards (SAPIC and Highland Memory Gardens), Friendship Force, Iowa Child and Adolescent Brain and Mental Health Wellness and their churches. Eileen shared her joy of taking her Spanish-speaking toddler granddaughter to the Library for Story Hour in English.

The message from Nancy Boettger, Iowa Mother of the Year 2022, who wrote, "Keep on encouraging and empowering each other and looking to the Lord for his wisdom in all stages of Motherhood," was read by Mary. The SDMJW will celebrate in May 2023 with



Members of Suburban Des Moines Junior Women include, front row, from left: Shari Hawk, Wanda Snyder, Margo Lierman and Marcia Flaugh; and, back row: Bobbi Segura, Dianne Banning, Dr. Eileen May, Nancy Lundstrom, Audrey West, Marie Graff, Wendy Tack and Dr. Mary Richards.

Shari serving as chair assisted by Wendy. Contact Mary Richards at [mrichards@netins.net](mailto:mrichards@netins.net) for information about SDMJW including the Ankeny, Johnston, West Des Moines, Indianola, Des Moines, Polk City and Saylorville communities. ■



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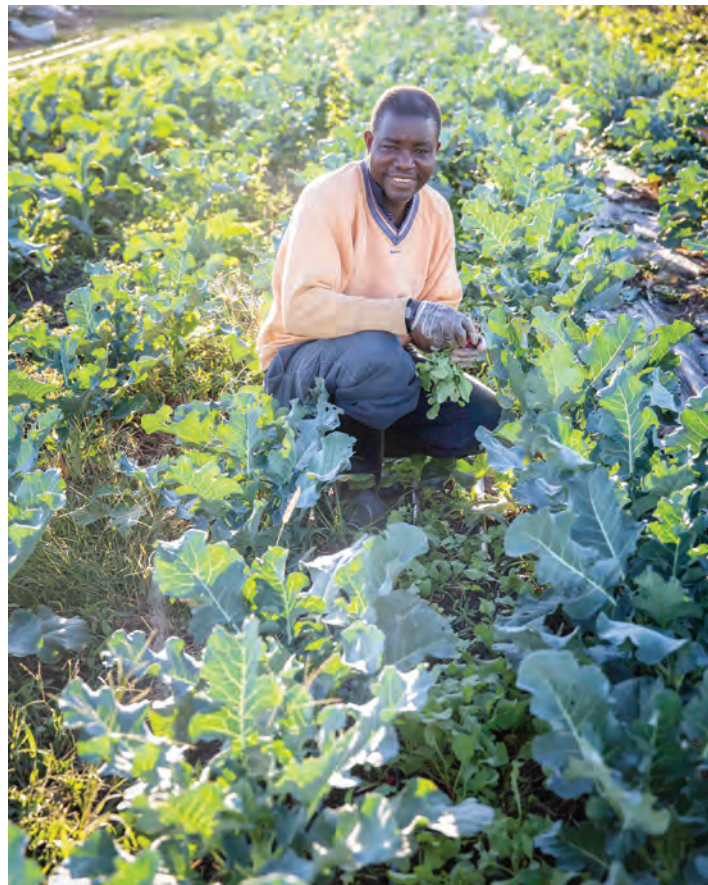
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# CONNECTING refugees with gardens

Global Greens helps refugee farmers achieve their dreams.



Lutheran Services of Iowa's urban agriculture program helps connect immigrants with community gardens. They can raise what they want on their plots and use the food for their families or to sell.

When immigrants and refugees arrive in the United States from their home countries, many struggle to find housing, food, jobs and a sense of community.

Lutheran Services of Iowa (LSI) has provided decades of support for these individuals. When LSI directors drove to a meeting in Washington, D.C. in 2011, they witnessed all the farmland with abundant fields of corn and soybeans. Why couldn't their clients grow their own food?

When they returned, LSI began an urban agriculture program so refugees could grow their own food to feed their families. Called the Global Greens program, it connected immigrants with community gardens.

In 2013, the program took another step and offered an incubator farm at Valley Community Center, located by the Valley Church in West Des Moines.

The plot is on 8.5 acres, and refugees and immigrants can grow their own food on the

property and sell it to the public.

About 20 different farmers, including folks from Burundi and Bhutan, rent out a one-eighth acre of land. The farmers pay their expenses, purchasing their own seeds and supplies. They grow typical Iowa produce, such as tomatoes, onions, peppers, green beans and more. Gardeners also grow unique vegetables which are popular in their home country, such as amaranth greens.

Ten of the farmers at the incubation farm have "graduated" and moved from the site to renting out small plots of land in Iowa.

LSI also assists 200 people in community gardens across the Des Moines metro area, in which produce is grown for their families' consumption.

Daniel Bowser, LSI markets supervisor, says they initially helped farmers adjust to the Iowa climate and growing season.

"The farmers have decades of experience farming in their home country. They bring

an incredible amount of experience to the community," he says.

Bowser assists with farmers selling their produce at farmers markets, Iowa Food Cooperatives, small restaurants and more. A Community Supported Agriculture (CSA) program allows people to buy a veggie subscription box.

Bowser encourages people to support the local farmers by purchasing their produce.

"These farmers are skilled in their occupation," he says. "We're helping them achieve their dreams."

The Global Greens farmers market is held on Saturdays from 9 a.m. to noon at the LSI office at 3200 University Ave. in Des Moines. An open house for Global Greens will be held at Valley Community Center on Aug. 20. For more information, visit <https://lsiowa.org/ircs/global-greens>. ■





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## BOOK REVIEWS

Courtesy of Beaverdale Books

### 'Babel, or The Necessity of Violence: An Arcane History of the Oxford Translators' Revolution'

R. F. Kuang's Poppy War Trilogy lives rent-free in my head years after I read it, so I picked up her newest book with buckets of anticipation and high expectations. Lucky for me, "Babel" more than met every bar I set.

Set in the world of a subtly fantastical academia, this is an alternate history with deep ties to the real world. For all, it's a magic-filled fantasy. While this book has a wildly different setting and tone, it is soaked with a familiar thread of dread and realism that echoes her first books.

Robin Swift immigrated to London in 1828 after losing his parents in his native China. Taken under the wing of a shadowy professor, he's soon enraptured with the world of Oxford — high academics and mysterious magic that make the British Empire incredibly wealthy. The extent of their colonial efforts is seemingly endless as a result. Soon, though, an unjustified war against Robin's homeland calls everything he's been working on into question and upends his life in profound ways.

If you've never read a R.F. Kuang novel, prepare yourself to confront the dark side of humanity in ways both profound and intense, all while being highly entertained. ■ — *Review by Julie Goodrich*



By R.F. Kuang  
8/23/22  
560 pages  
\$27.99  
Harper Voyager

### 'The Book Eaters'

Do you remember the first time you discovered "real" fairy tales? The dark and deliciously brutal versions of "Cinderella," "Snow White" and "Hansel and Gretel" were nothing like the sweet, fluffy stories we were told as children. It seemed like a secret, exciting new world. That's what this book feels like: a decadent, gothic horror fable filled with monsters and magic and a moral that has less to do with obedience and more with how humanity can be both beautiful and, frankly, appalling.

Devon is raised in an isolated family that places no value on women. The family are book eaters — magical folk who can physically eat a book and retain the information therein. Devon, however, is limited to boring, moralistic meals — for her future is set. She will be sold off as a wife to create more book eaters — no matter what she wants.

When her son is born with a rare family curse, everything suddenly changes and Devon is forced to flee to protect him. Now left to her own strength, she will discover the true meaning of family and what it means to be a monster.

Full of gorgeously haunted prose and stark characters, this is a lovely, sad tale that will stick in your mind — however you consume it. ■

— *Review by Julie Goodrich*



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# IT'S PARTY time — and pests are not invited

As your outdoor spaces are looking beautiful and ready for guests with those perennials that are no longer hiding and the annuals blooming bright, some of your unwanted party guests are also starting to show up in your yard. There are some plants that can help keep some of those flying pests away from your outdoor events year after year. Take time to consider adding some of the plants provided in this article to your yard so you can enjoy your outdoor time with your friends and family.

First to consider is Allium which is a member of the onion family and produces a colorful bloom and a fragrance that is not loved by aphids and slugs. Second, basil, thyme and mint fragrances are known to keep flying insects away. A note worth mentioning, many varieties of mint are invasive, and control is advised by putting them in a pot or beds with distinct borders. Third, Lavender and its beautiful color emits a strong fragrance that can repel mosquitoes, flies and fleas while adding beauty to your landscape. Some English varieties of lavender such as Munstead or Hidcote Superior are hardy here in Iowa to the range of -30 degrees F to -20 degrees F. To help Lavender survive the winter, use a layer of straw or mulch over the top for some added protection.

Fourth, the bright orange and yellow colors of the Marigold's varieties can add a great splash of color to the border of your deck or patio. Marigolds also come with insect repelling qualities as mosquitoes do not care for them. Fifth, chrysanthemum is a great plant that bugs do not like — especially the crawly ones such as ants, beetles, roaches, bed bugs and ticks — and is used in some bug repellants. Lastly, the most widely used ingredient in many mosquito repellents these days is Citronella, which is derived from Citronella Grass. A downfall of Citronella Grass is that it does not like Iowa's winter climate. However, plant it in a pot, and you can then bring it inside for the winter.

Surround your outdoor living spaces with a few of these suggested plants, and you will insure that only the guests that you have invited come for a visit. Not only will your guests have the visual beauty of your garden, they also will have abundant fragrances to enjoy. ■

*Information provided by Dusty Rauschenberg,  
Master Gardener, Master Conservationist,  
#thegoodpimgardener, dustyrauschenberg@gmail.com.*



Allium



Marigolds



# NO WILL? Statute dictates how assets divided

Occasionally, clients believe they don't need a Last Will and Testament. Reasons for this vary, including the assumption that the person's family knows how assets are to be distributed or the belief that verbal instructions or written lists are sufficient. Without a formal will, however, assets must pass according to statute.

If you die without a will, the probate court appoints an administrator for your estate. The court's choice may not match your choice. The court-appointed administrator will distribute your property according to the state intestacy laws. These laws may differ from your desires.

In Iowa, if you die without a will (intestate) and if you have no children or children only



from your current marriage, your entire estate passes to your surviving spouse. However, if you have children from another marriage, your surviving spouse will receive either one-half of your estate or the first \$50,000, whichever is greater. All of your children will share equally in the remaining portion of your estate. Iowa law gives your surviving spouse the right to select which property will comprise this share, and the share usually includes the principal residence (homestead).

If you have no surviving spouse, your estate will be divided equally among all of your surviving children. While this includes children adopted by you, it does not include step-children. If you have no surviving spouse and no children, the rules of inheritance follow a strict pattern to your parents, then to your siblings (the children of your parents), then to your grandparents and the children of your

grandparents. In the absence of surviving family members, your entire estate could revert to the State of Iowa.

These rules assume that you want all of your immediate relatives to share equally in your estate. You may not want certain relatives to receive shares of your estate. These rules do not account for gifts you may want to make to friends or charities. In a legally-executed and properly drafted written document — your Last Will and Testament — you can nominate the representative of your estate and set out a plan for dividing your assets. The major benefit of a will is that it allows you to direct the distribution of your estate according to your wishes, rather than according to statute. ■

Information provided by Ross Barnett, attorney for Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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## HEALTH

By Dr. Tara Federly

### ALLERGY shots 101

Ragweed season is just around the corner. For some Iowans, constant congestion, sneezing, itching and fatigue are putting a damper on their day-to-day lives. Many have tried over-the-counter allergy medicines with no long-term success. Fortunately, one of the most effective treatments is available from your local allergist: allergy shots.

Allergy shots work by regularly exposing your body to small amounts of allergens to develop immunity over time. Adults and children ages 5 and up can receive allergy shots for both indoor and outdoor allergies. For treatment to be most effective, a board-certified allergist will formulate a specific plan that involves receiving multiple allergy shots in a medical clinic over a period of time. Many will notice benefit within the first year of starting allergy shots and long-term benefit can be achieved by continuing allergy shots for three to five years. Studies show that 85% of people who suffer from allergies have improvement with allergy shots. Allergy shots can decrease nasal and eye symptoms, decrease dependence on allergy medicines and, for some, improve allergic asthma, eczema and mental health.

If you suffer from allergies, make an appointment with an allergist to learn more about this life-changing treatment option. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, [www.cornerstonepfa.com](http://www.cornerstonepfa.com).



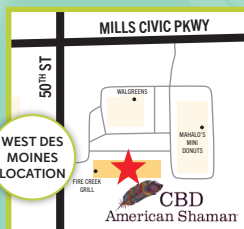
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## HEALTH

By Ashley Powell

### THE BENEFITS of CBD

Hemp-derived cannabidiol (CBD) is not marijuana. It will not get you high, and you don't need a prescription. CBD is non-habit forming and is not addictive as it does not release chemicals in the brain that cause physical dependence and, therefore, does not cause withdrawal symptoms.

CBD stimulates your body's natural cannabinoid receptors CB1 and CB2, thus helping your body find balance. Research has shown that CBD can help to:

- Positively impact depression by stimulating anandamide.
- Reduce inflammation, providing pain relief, alleviating intestinal inflammation disorders, reducing migraines and protecting against type 1 diabetes.
- Control or decrease anxiety and PTSD behaviors and symptoms.
- Block the spread of certain types of cancer.
- Decrease spasticity in movement disorders.
- Reduce inflammatory skin diseases and scarring, including acne.
- Reduce nausea and vomiting associated with chemotherapy.
- Improve a number of sleep disorders including insomnia. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th, #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: <https://www.medicalnewstoday.com/articles/317221#benefits>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043845/>; <https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>.





## MEET Megan Hamilton

Teaching summer school and junior high science

While some teachers take the summers off, Megan Hamilton remained in the classroom for a four-week session.

This summer, she taught sixth-grade remedial reading.

"The incoming junior high graders need some extra support for reading, writing and language. This session really works well to track growth and expand their skills," she says. Megan begins her fourth year this fall

as an eighth-grade science teacher at Indian Hills Junior High School. Initially, she resisted the teaching field, as her family was in the profession.

"When I went to college, I ran away from teaching and into pre-pharmacy. I wanted to do something different than my family," she says.

In high school and college, she tutored kids. She realized she wanted to be in the teaching profession after all.

"I knew in the back of my mind I'd always be a teacher."

Her mom was a preschool teacher, her grandma taught English and her grandpa was a marine biologist.

"When I was little, I always enjoyed science, and my grandpa used to teach me about rocks. I love teaching real world science and the applications for it," she says.

Teaching science to junior high kids includes a variety of science-related topics, such as water quality, human impact, weather, climate change and more. The school partnered with the City of Clive and Metro Waste Authority for a big clean-up project.

"This helped bring science outside the classroom with hands-on learning. We get them excited and outside as much as possible," Megan says.

She enjoys forming relationships with students.

"I like how I can help push them forward in terms of learning. We laugh. We're like one big family, even though we have to learn and get down to business," she says.

The pandemic demonstrated a few things. First, she learned how resilient kids are. Yet, negativity from the public is disconcerting.

"Every teacher I know, we just want what's best for every one of our students. People might think we have a hidden agenda. We don't. We follow state-mandated guidelines," she explains.

The challenging part of her career is that her job doesn't stop at the end of the day.

"I'm bummed. There's so many kids we want to try and fix. I'm constantly worrying and working about how I can make tomorrow better than today," she reflects. "I want kids to know that someone is their corner, rooting for them. I love what I do." ■



Megan Hamilton comes from a family of educators. For awhile, she thought she didn't want to follow in their footsteps. However, being a tutor changed her mind.

## END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.

Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■



Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [way@sstherapyandconsulting.com](mailto:way@sstherapyandconsulting.com).

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## PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.

Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a



person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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## WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

*Find more breakfast and brunch recipes at [Culinary.net](http://Culinary.net). ■*

### Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

## SATISFY cake cravings with a brunch-worthy dessert

Whether your brunch feast consists of bacon and eggs, pancakes and waffles or a combination of favorites, you can cap it off with a sweet treat for the perfect ending. After all, no celebration is complete without dessert.

Once the table is cleared of the main courses, dish out decadent bites of this brown sugar pound cake baked with high-quality ingredients like C&H Sugars to end the meal on a sweet note. Top with whipped cream and your crowd's favorite fruits like strawberries and blueberries or serve the toppings separately for a customizable treat.

*Visit [chsugar.com](http://chsugar.com) for more brunch recipe ideas. ■*

### Brown Sugar Pound Cake

Prep time: 20 minutes

Cook time: 1 hour

Servings: 8

- 1 3/4 cups all-purpose flour, plus additional for coating pan, divided
- 1 cup packed C&H Light Brown Sugar
- 1 cup (2 sticks) butter, softened
- 4 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- sweetened whipped cream, for topping (optional)
- fresh fruit, such as strawberries and blueberries, for topping (optional)

- Preheat oven to 350 F.
- Grease and flour 9-by-5-by-3-inch loaf pan. In large bowl, beat sugar and butter until fluffy. Beat in eggs one at a time. Add vanilla. In separate bowl, combine 1 3/4 cups flour, baking powder and salt. Gradually add to sugar mixture. Pour batter



into pan.

- Bake 1 hour, or until toothpick inserted in center comes out clean. Remove from pan and turn out on rack to cool completely.
- Top with sweetened whipped cream and fresh fruit, if desired.



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## LIBRARY

By Maggie Martin  
Library Information Coordinator

# WEST Des Moines Public Library news



Seventh graders at Stilwell Junior High School completed an extensive project-based learning course that resulted in the creation of 26 children's books highlighting the stories of local refugees. The books can be read on the second floor of the West Des Moines Public Library in the New Residents Corner.



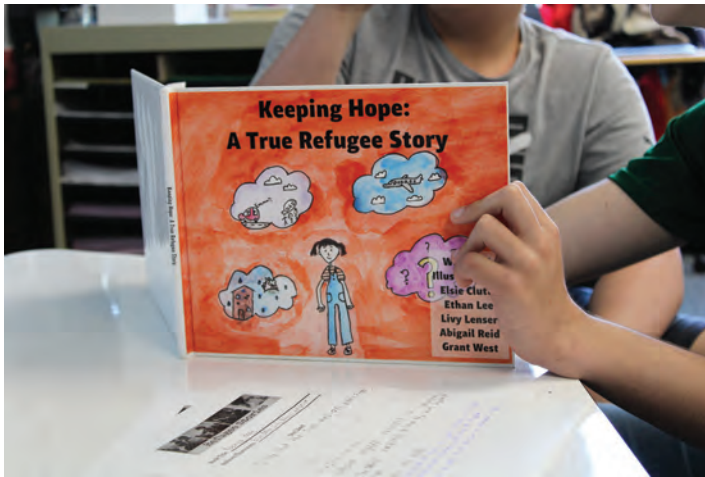
This past school year, the 2021-2022 class of seventh graders at Stilwell Junior High School completed an extensive project-based learning course that resulted in the creation of 26 children's books highlighting the stories of local refugees.

The students interviewed each of the refugees, worked on a storyboard, wrote, and then illustrated the children's books based on their lives. Each book can be read on the second floor of the West Des Moines Public Library in our New Residents Corner.

"It's crazy to me that people will be able to read these stories in the library," said Sully Flynn, one of the students who worked on this project. "It was a great opportunity to work on something at school that other people are actually going to see, and it's not just a grade."

The Refugee Voices project, which has been in progress for three years but delayed by COVID-19, has been a work of passion and dedication.





Before the students even began interacting with the refugee on their project, they watched the documentary “Human Flow,” participated in a refugee simulation, learned from local author Ricky Dragoni and local illustrator Nathan Wright, and went through an interview workshop to learn how to ask questions about sensitive topics.

The refugees that the students spoke to came from all over the world: Afghanistan, Bosnia, Croatia, Congo, Kenya, Kosovo, Laos, Myanmar, Nigeria, Vietnam, South Sudan and others.

“The most rewarding part for me is to see the empathy that this project has helped (the students) develop,” said Peter Bissinger, one of the Stilwell seventh-grade teachers who oversaw the project. “And I don’t think that we’ll necessarily see the payoff for that right away... but this will be one of the events in their lives that helped them develop into empathetic, fully caring and more globally thinking kids and adults.”

We spoke with the teachers and students about the importance of this project in our latest podcast episode. Our podcast, “In This Day and Page,” can be accessed on Spotify, Apple Podcasts, Google Podcasts, or directly on the web by visiting [www.anchor.fm/wdmlibrary](http://www.anchor.fm/wdmlibrary). ■

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Jan, Daughter of a Holland Farms resident



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OUT & ABOUT

# RIBBON Cutting

The West Des Moines Chamber of Commerce held a ribbon cutting for First National Bank on July 18.



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Scott Bauer, Jason Kelgley and Dean Whitaker



Curtis Pike, Cheryl TanCreti and Tom Pohlman



Callen Johnson and Melanie Mackey



Pat Mullenbach and Dawn Livingston



Pat Onken, Connie Blodgett and Jay Mathes



Dave Melling and Nick Asjes



Jarret Mulholland and David Nelson



Chloe Bratvold and Felicia Coe



Heather Raver, Jen Water and Lisa Behrends



# OUT & ABOUT

## RIBBON Cutting

The West Des Moines Chamber of Commerce held a ribbon cutting for Hop-A-Lot on July 22.



The West Des Moines Chamber of Commerce held a ribbon cutting for Hop-A-Lot on July 22.



Connie Blodgett and Lisa Behrends



Chad Lambert and Jennifer Dunham



Anna Doud and Melanie Mackey



Pat Onken and Mo Sane



Jazz Turner and Jill Crosser



Logan, Tom and Myles Benson



Connor, Aubrey and Liam Secrest and Ashley and Liam Lossner



Megan Ferin and Catlin Johnson



Lillian and Toby Johns



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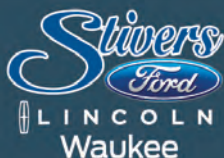
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