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JUNE 2022

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public spaces

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WELCOME

TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

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.



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art FOR ALL

**Community art is transforming
public spaces**

By Jackie Wilson

Outdoor art dates back centuries. The Colosseum in Rome and the Parthenon in Athens withstood the elements of time and attract millions of visitors a year. Structures in the United States, such as Mt. Rushmore, the Statue of Liberty and the Vietnam Memorial are popular travel destinations.

On a smaller scale, local public art provides unique elements to communities and helps attract visitors and retain residents. One example is the Pappajohn Sculpture Park in downtown Des Moines. At just 13 years old, the sculpture park has gained recognition and appreciation among art enthusiasts.

Marnie Strate (left) and Allison Ullestad are with the West Des Moines Arts, Culture and Enrichment division. They stand next to the new Progression art display. Photo by Jackie Wilson

FEATURE

Suburbs and towns also want to create memorable experiences with unique art to be discovered. The City of West Des Moines is no exception. To that end, the City formed a Public Art Advisory Commission in 2011. The volunteer committee, appointed by the mayor, includes seven citizens who curate art in public spaces.

The commission guides the direction of the public art program. In addition, the City has two employees dedicated to the West Des Moines arts scene: Arts, Culture and Enrichment Coordinator Marnie Strate and Arts, Culture and Enrichment Supervisor Allison Ullestad.

What exactly is public art? Ullestad says, for a piece to be considered public art by the City, it must meet three criteria. First, the art must be accessible to the public. Anybody who wants to view it can do so free of charge.

Secondly, the art must be created with and for the public. The artwork should represent culture, aesthetics and promote a sense of community.

Finally, the art must be installed or found only on public property. This includes outdoor art but not that found inside public buildings.

When selecting art, the commission's mission is to appeal to the masses, avoid controversial art and allow the artist to have creative rein.

"We might give an artist an idea as to what it might look like. But we don't want to take away from the artist's creativity," says Ullestad.

Public property includes parks, City Campus and other City-owned properties, and



"Folded Flags" is displayed off Veteran's Parkway. Photo submitted

City right-of-ways, all of which are overseen by the advisory commission. The money to purchase art comes from the West Des Moines hotel/motel tax, up to \$120,000 per year.

"It's wonderful to not have to fundraise," Ullestad says. "The city council had the foresight to allow that in their budget. We're thankful the City recognizes the importance of art, and hopefully people see it, too."

One of the City's first commissioned projects was the Art on The Campus exhibit. The 10th annual exhibit is located on the City Campus and around the pond at 4200 Mills Civic Parkway. This year, it includes 12 different outdoor art pieces on display until Nov. 15. It features "Oxbow" by Tim Adams, a stainless steel and Lexan (a type of plastic sheet) piece showcasing how rivers and streams take on a serpentine pattern as they carve their way through the landscape.

Each year, residents vote on their favorite sculpture. The artwork with the top votes stays on display for the following year. Often, the City purchases permanent pieces from the collection to display in other areas.

Progression exhibit

A stunning new exhibit on City Campus next to the Jamie Hurd Amphitheater was installed in spring 2022. Progression is the work of artist Douwe Blumberg from Kentucky. Progression consists of 29 different sized metal spheres. It's West Des Moines' largest art project to date. The Commission gathered public opinion as to what type of artwork people wanted at the amphitheater.

The round objects begin in the prairie grass and appear as rusted or old. It relates to how the City started, explains Ullestad.

"The rusty part mimics how West Des Moines started out as a rough and tumble city. It progresses to shiny, which reflects what our city is today," she says. "The spheres in the pond also reflect how they are 'washed' into the watershed."

Ullestad says the public's reaction to Progression has been positive.

"Many people have stopped to comment on how much they enjoy the artwork, and it's become a favorite selfie spot," she says. "I have seen many prom photos on social media already. I'm thrilled every time I see a Progression photo because that is what the Public Arts Advisory Commission and Amphitheater Public Art Work Group envisioned from the project's conception."

The striking permanent structure is here to stay. Progression will be dedicated on June 21 during Artweek Des Moines.

Traffic signal box art

Sitting at a stoplight waiting for the light to turn green is tedious and boring. Yet, at some stoplights in West Des Moines, you can view artwork of a raccoon, a green frog and other illustrations on the traffic light signal boxes.

Art on electrical boxes? You're not imagining it. With funds from the Metro Waste Authority Environmental Enhancement Grant, the project, created by artist Clint Hansen,



"Limelight," by Tim Adams, is a lighted art display in Valley Junction. Photo submitted

FEATURE



"Oxbow," by artist Tim Adams, is displayed at the West Des Moines City Campus. Photo by Jackie Wilson

strives to create awareness about environmental issues.

For example, a simple "Plant a Tree, Plant a Home" shows a bird and a squirrel in a tree. An owl suggests ways to "Waste Wise" to recycle, reduce, reuse and refresh.

Art on the Trail

The eyes of bikers, joggers and walkers on the Jordan Creek Trail light up as they travel through the street bypass tunnels. Entrances to five of the underpasses include colorful scenery.

Last year was the first time for the artwork. A variety of artists, including six art teachers from the West Des Moines Community School District, painted the nature-inspired works.

If you're looking for last year's art, it's already been painted over. This year, artists are working on the theme, "Walk and Roll," which depicts how trails are being used in the community. The new art should be completed in June.

Folded flags on Veteran's Parkway

In 2019, the City installed a Folded Flags display along Veteran's Parkway. These flags aren't the traditional flapping-in-the-wind fabric. The 15 blue flags with white stars are sturdy structures that light up at night.

The flags are folded as they are in military ceremonies. A traditional flag is folded 13 times and symbolizes a veteran's service to the country. The flags were created by Shive Hattery.

Even Water, Limelight

Even Water is an art display at Raccoon River Park, near a grassy area close to the Blue Heron Lake and Raccoon River beach. The series of eight sculptures, created by Cliff Garten, is ensconced in metal, bronze and steel. The sculptures depict West Des Moines' water history and raise awareness about water quality.

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FEATURE

Where can you find art in West Des Moines?

Check out this handy guide: www.wdm.iowa.gov/government/parks-recreation/public-art/public-art-collection

it showcases how people can better understand how to keep water clean and safe for future generations.

“Limelight” is a structure in the Valley Junction walkway off Fifth Street. The colorful lighted work is by Tim Adams. More artwork in Valley Junction is coming soon. The City is putting in restrooms near Railroad Park and plans on including public art to reflect the railroad and the rich downtown history.

Ullestad says public art helps develop a sense of community among residents, resulting in a sense of pride in the diversity and culture of where folks choose to live, work or play. Art enriches everyday experiences.



The “Even Water” display at Raccoon River Park tells a story about the history of West Des Moines water. Photo by Jackie Wilson

“What is life without art? Very plain, in my opinion,” says Ullestad. “When a city provides places and spaces that are enhanced by public art, it stimulates introspection as to how everyone is connected in their identity as a member of a community yet valued as an individual with a unique perspective and insights to share. Public art is simply another way to ‘enjoy the everyday’ in West Des Moines.” ■



Lacinda and Michael Hanson stand next to a sculpture by Gail Chavenelle located in Valley Junction. Photo by Jackie Wilson



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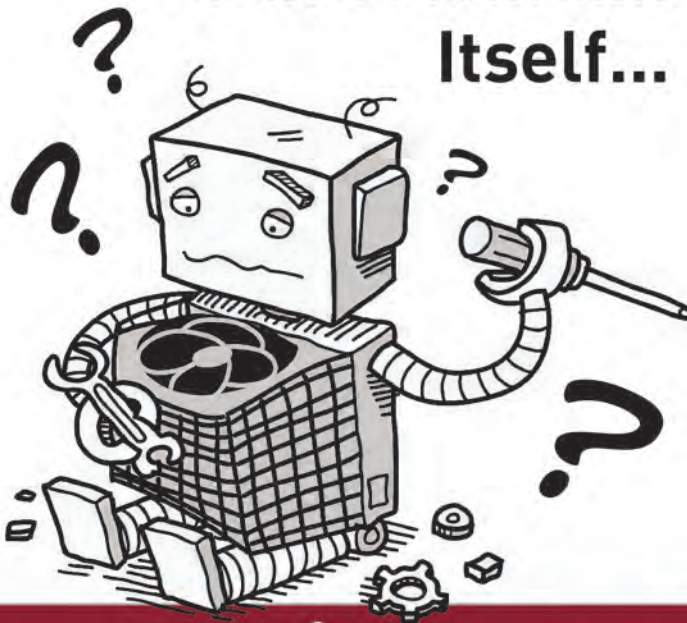


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HVAC

By Sam Yeager

HOW DO you use your HVAC system?

When your HVAC isn't working correctly, you'll know it. It's time to take a detailed look at the way you're using your equipment to determine the strength of its performance.



1. Before summer, how do you prepare your system?

- a. Change the HVAC filter.
- b. Schedule my annual tune-up.
- c. Nothing.

2. Your AC isn't cooling your home before an important event. What do you do?

- a. Tell guests to dress cool and bring water.
- b. Schedule an emergency repair.
- c. Put some fans on and hope for the best.

3. Your HVAC system's performance has been declining. What's your plan when it's time for a replacement?

- a. Let a company choose for me because they are going to give me a "free" furnace, too.
- b. Do my research and choose the best system for my budget and lifestyle. I know a company isn't giving me a "free" furnace.
- c. Buy the best and most expensive system on the market.

4. What do you think you'll find on your next energy bill?

- a. More expensive than usual.
- b. Slightly more expensive but typical with the economy.
- c. Not sure, it changes every month.

5. What do you do when your HVAC starts to make noises?

- a. Attempt to fix it myself; I have lots of tools in my garage.
- b. Call an HVAC professional.
- c. Hope that it stops.

If you picked mostly Bs, great job. Your HVAC habits are right where they should be, and your equipment is probably well cared for. If you picked mostly As and Cs, you could make some changes to help your system run more efficiently. Find a quality maintenance plan to join and act now, before the summer heat hits. ■

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

6 TIPS to help manage arthritis

Joint pain. Stiffness. Swelling. Twinges painful enough to elicit an “ouch.” Most people will experience these symptoms at some point in their lives. The good news is there are simple ways to manage arthritis and ease pain, improve flexibility and make independent living easier and more enjoyable.



Although the types of arthritis are different, many of the most effective ways to ease the pain and stiffness of them are the same.

1. Slim down – Weighing more than you should puts extra pressure on your hips, knees and feet. Dropping a few pounds can make it easier to get around and make you feel less achy. Perhaps most important of all, it will help keep your joints from deteriorating further.

2. Enjoy low-impact exercise – Splashing around at a water aerobics class, taking a daily walk with a friend, or engaging in gentle yoga or tai chi classes can help strengthen your muscles and give your joints more support. It can improve your flexibility and even help you lose weight.

3. Erase pain with pressure – A moderate pressure massage can work wonders, especially if you have an inflammatory kind of arthritis. In pressing large nerves, you link the brain with various parts of the body and soothe discomfort while cutting the production of the body’s stress hormone and boosting serotonin levels which promote feelings of well-being.

4. Run hot and cold – Putting heat and cold treatments on your joints can soothe aches and pains and tamp down inflammation. For heat, try starting the day with a relaxing warm bath or shower. At night, snuggle up with a moist heating pad or electric blanket. You can also try over-the-counter topical warming ointments that contain capsaicin. In hot weather, cool off with a gel ice pack. You can even use a bag of frozen peas or corn wrapped in a towel.

5. Seek support – Things like splints, braces, walkers and canes can make it easier and less painful to get around because they take pressure off your joints. Likewise, replacing hard-to-use manual can openers, keyed door locks, and cross handle sink faucets with more ergonomic options are all easy ways to reduce pain and stress.

6. Stay positive – Although arthritis pain affects the body, it can be eased with the mind. You might try relaxation techniques, meditation, slow breathing exercises or even just pleasurable conversations with close friends to feel less stressed and better able to cope with the challenges of dealing with arthritis.

Following these tips to manage arthritis is just one of the ways you can work to maintain comfort and mobility so you can continue to do all the things you love. ■

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

Check for cancellations

Appreciation event

Thursday, June 23, from 11 a.m. to 1 p.m.
Bankers Trust West Des Moines branch, 620 S. 60th St.

Bankers Trust will be holding one of its Community Difference Makers celebration at the West Des Moines branch. The public is invited to this appreciation event for customers and community members. The event offers free food, while supplies last; games; giveaways and surprise entertainment.



Stitches in Time

Through June 12
Jordan House Museum, 2001 Fuller Road, West Des Moines

The West Des Moines Historical Society and Des Moines Area Quilter's Guild present "Stitches in Time," an exhibit of modern and antique quilts at the Jordan House Museum. Nearly every room in the Jordan House will have examples of these works of color, pattern and creativity displayed for visitors.



Shaun Cassidy

Friday, June 17 at 6:30 p.m.
Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

1980s heartthrob Shaun Cassidy will visit Des Moines for one night only. The singer, actor, writer and producer rose to fame in high school with hits like "Da Doo Ron Ron," "That's Rock n' Roll" and "Do You Believe In Magic?"

Juneteenth Jubilee

Saturday, June 11 from 5-8 p.m.
Jamie Hurd Amphitheater by the City Hall pond, 4100 Mills Civic Parkway

The City of West Des Moines invites the public to its first Juneteenth Jubilee, being held on June 11 so it does not conflict with other Juneteenth events in the metro.

The Jubilee will feature performances by Billy Weathers & Hip-Hope Inc., prizes, free face painting and food truck vendors. A panel discussion about the "State of Black Affairs – 157 Years Later" will be held at 5:45 p.m. Members of the panel include: Joshua V. Barr, Esq., chief strategist, Raising the Barr, LLC; Lonnie Dafney, senior vice president, Diversity, Equity and Inclusion officer, Federal Reserve Financial Services; Anthony Ferguson, Jr., Ed.D., executive director of Equity, Inclusion and Diversity, West Des Moines Community Schools; WDM City Councilwoman Renee Hardman, liaison to the WDM Human Rights Commission; and Nalo Johnson, Ph.D., president and CEO of the Mid-Iowa Health Foundation. The panel moderator will be Al Womble, chair of the Iowa Democratic Black Caucus.

Attendees are encouraged to bring lawn chairs and blankets. In the event of inclement weather, the event will be held at the Valley Junction Activity Center, 217 Fifth St., West Des Moines. For more information about events in the Greater Des Moines area, visit www.iowajuneteenth.org/events.



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.



BACoon Ride

Saturday, June 18
Waukee Northwest High School, 655 N. 10th St, Waukee

If you like biking and bacon, you'll love the BACoon Ride. The annual 71-mile bike ride takes you along the Raccoon River Valley Trail, with several stops featuring bacon snacks and samples, plus bacon-themed drinks at bacon party stops. Start between 6 and 9 a.m. in Waukee, traveling counter-clockwise towards Dallas Center to finish back in Waukee between 2 and 8 p.m. Find more information at baconride.com.

30 Days of Pride

Every day in June
Various locations

Capital City Pride will offer 30 events scheduled more than 30 days in honor of Pride Month this June. Individuals and families can celebrate all month long through educational activities, parades, concerts and other family-oriented events that all can enjoy. The main event of the month, Pride Fest, will take place June 10-12 with headliners Todrick Hall and Matt & Kim, plus the annual Pride Fest parade through the East Village. A full list of events can be found at capitalcitypride.org.

EVENTS IN THE AREA

Neighbors Day — Juneteenth

Saturday, June 18

Western Gateway Park, 1000 Grand Ave., Des Moines

Celebrate 32 years of Juneteenth in Iowa at the annual Neighbors Day festival. Proclaimed a federal holiday in 2021, Juneteenth celebrates the end of slavery in the United States. It marks the date in 1865 when the last slaves in Texas received word of the Emancipation Proclamation. Neighbors Day will run from 11 a.m. to 11 p.m. Find more details at www.iowajuneteenth.org.

Levitt Amp Summer Concerts

Various dates

Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family-friendly. June concerts are: June 12, Blue Hazard and Shamarr Allen; June 19, Walker County with Dave Thaker Trio; June 26, Radio Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



Summer Concert Series

Second Tuesday of each month through September, 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: June 14, Matt Woods Band with food by Comfort Food; July 12, NOLA Jazz Band with food by Weinie Wonderland; Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons Feat, Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds will support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org or contact Event Specialist Amber Schmidt at amber@iowarboretum.org or 515-795-3216.



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Holiday Fireworks July 2&3

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EVENTS IN THE AREA

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Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.

Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)

Music Under the Stars

June 12, 19, 26, July 3 and 10, 7-8:30 p.m.

West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 12, vocalist Jackie Schmiller; June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit www.musicunderthestars.org.



Prostate Cancer Awareness golf outing

Wednesday, July 6

Briarwood Club of Ankeny, 3405 N.E. Trilein Drive, Ankeny

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising golf outing. Funds raised stay in the area to provide support and awareness to men and their family affected by prostate cancer. For more information, including partnership opportunities, visit www.prostatecancerawarenessofcentraliowa.com.

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WDM presented small business award

Bus tour highlights economic development.



Representatives of the Iowa Small Business Administration presented City of West Des Moines officials its 2022 SBA Iowa Small Business of the Year award. Photo submitted by WDM Chamber

The West Des Moines Chamber, along with several local businesses, sponsored a bus tour of West Des Moines on May 17.

The event drew approximately 400 participants. With seven chartered buses, the tour took nearly two hours. As it wove through the streets of West Des Moines, business leaders narrated the route.

They highlighted new developments, such as the Des Moines University campus, along with new retail spots, developments and refurbished areas. Katherine Harrington, president and CEO of the WDM Chamber, says the bus tour was a success.

“The response was overwhelming. People were fascinated with West Des Moines’ growth and how big it is,” she says. “People were surprised as the bus kept traveling west. We still have about 20,000 acres to develop. Some people thought we were landlocked — but that’s not the case.”

A celebration after the tour included refreshments, entertainment and a few other announcements. The Iowa Small Business Administration awarded the City of West Des Moines its 2022

SBA Iowa Small Business of the Year award. The City of West Des Moines was recognized because of the programs and incentives that attract small businesses, which include more than 3,100 businesses. Additionally, the SBA cites initiatives in diversity, equity and inclusion as another reason for the award. In 2021, WDM hired its first diversity, equity and inclusion director to serve and advance needs of the marginalized community.

“We were beautifully surprised and honored to receive the award. This award means a lot on behalf of citizens and businesses,” Harrington says.

At the celebration, the Chamber also unveiled its new publication, “515 West.” The publication is a glossy print magazine put out by WDM Economic Development and the WDM chamber. “515 West” aims to demonstrate all the city’s amenities and will be targeted and published in cities such as New York, Minneapolis and Chicago. The goal is to attract more workforce employees and tout living in West Des Moines versus the larger cities.

“It’s a fun way to showcase the city and



Mayor Russ Trimble speaks at the award presentation. Photo submitted by WDM Chamber

all the things we offer,” she says. “Like other communities, we need workers and want to attract good employees. We want other people to know that we have the best place on the planet to live.” ■

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WDM CHAMBER announces 2022 Citizen, Emerging Citizen of the Year

For the 77th consecutive year, the West Des Moines Chamber of Commerce has announced the annual West Des Moines Citizen and Emerging Citizen of the Year, Steven Gaer and the late Kent Gaer and Gianna Pugliese.

Steven Gaer recently completed 14.5 years of service as the mayor of West Des Moines in 2021. Prior to his service as mayor, he served eight years on the WDM City Council. Under his leadership as mayor, the City of West Des Moines experienced significant growth and development as the residential population increased from 46,403 (2000 census) to 68,723 (2020 census) and building permits surpassed \$1 billion in 2021. Additionally, during his tenure, the City of West Des Moines completed community projects including the MidAmerican Energy Company RecPlex and Jamie Hurd Amphitheater and launched the construction of a city-wide fiber-optic conduit network to provide commercial and residential users increased broadband access and speed. He will retire as COO and General Counsel at West Des Moines-based R&R Realty Group on Aug. 31 and then serve as president of Recoop Disaster Insurance, a West Des Moines-based company offering multi-peril disaster insurance products.

Steven Gaer's father, Kent Gaer, was a lifelong educator, initially teaching for Des Moines Public Schools then serving in the West Des Moines Community School District at Valley High School for 34 years as a teacher, boys' basketball coach, assistant football coach, and, finally, as an administrator. Kent was also an active servant to the WDM community, serving on the WDM City Council for 16 years and the West Des Moines Water Works Board of Trustees for 20 years, the last 10 of which he served as chairman. The Gaer family legacy in West Des Moines traces back more than 70 years.



Steven Gaer



Kent Gaer

"It is a great privilege and honor to be recognized along with my late father as WDM's Citizen of the Year."

— STEVEN GAER

"It is a great privilege and honor to be recognized along with my late father as WDM's Citizen of the Year," said Steven Gaer. "I have learned firsthand over my 22 years on City Council and as mayor how our city is so positively impacted by the many citizens who volunteer their time, talents and resources to help ensure an opportunity for a high quality of life for all of our city's residents."

"It's such an honor to be recognized for work that I'm so passionate about."

— GIANNA PUGLIESE

Gianna Pugliese is the Intercultural Outreach Coordinator for the West Des Moines Community School District. An advocate for the refugee and immigrant communities in West Des Moines, Pugliese collaborates with both public and private, non-profit organizations to create a welcoming and positive environment for refugee and immigrant students and families in West Des Moines. She is an active member of the Refugee Alliance of Central Iowa, Iowa Joint Voluntary Agency, Latino Service Providers Coalition, Des Moines World Refugee Day Planning Committee, and the WDM Community Refugee and Immigrant Stakeholders organization where she works to improve their diversity, equity, and inclusion efforts while simultaneously empowering culturally and linguistically diverse individuals to become leaders within their respective communities. Pugliese is a resident of West Des Moines.



Gianna Pugliese

"It's such an honor to be recognized for work that I'm so passionate about," said Pugliese. "I'm grateful to be doing this work alongside so many other committed individuals and organizations. Thank you so much to the community and to the WDM Chamber of Commerce for this incredible award."

Both award recipients were honored at the WDM Chamber's Citizen of the Year Luncheon on June 9 at Valley Community Center in conjunction with an address on the state of the city from WDM Mayor Russ Trimble. ■

THE PROCESS of estate planning

Estate planning is not only about directing the distribution of your assets when you pass away. Effective planning helps you manage each stage of your life, depending on your specific needs.



Young parents need to protect and provide for their minor children. Older couples need to plan for their financial and healthcare quality of life. Following the death of a spouse, the survivor needs to address important legal issues. Retired couples want to protect their assets in the face of long-term care costs.

The process of estate planning raises difficult emotional and personal issues. Your loved ones will be affected by the plans you make now. If you fail to make plans, your spouse or family will be left to handle those

issues without guidance. For many people, the most difficult step in the estate planning process is deciding to do it.

Estate planning comprises three major areas: planning for incapacity, directing your wealth, and preserving your assets.

The first component to estate planning is often overlooked. It is likely that, before you die, something will happen to you that will render you unable to assist in your financial or medical decisions. You should have in place contingent documents — financial power of attorney, health care power of attorney, and living will — that nominate somebody to help you make decisions.

The second step in estate planning is to direct your wealth. Your will or trust will designate your beneficiaries. Most people naturally think of planning for spouses, children and relatives first. But you also have to take into account the possibility

that your spouse may be in poor mental or physical health or that your children may be minors. Effective planning will consider these contingencies.

The third part of estate planning works to minimize taxes and preserve assets. Careful estate planning minimizes inheritance tax and preserves the recipient's basis for calculating capital gains taxes. Long term care costs can be devastating to a couples' savings. Both spouses should establish estate plans that will maximize asset transfers to your heirs and minimize estate taxation.

You are never too young to think about estate planning. It is vital for every person to be responsible enough to create a plan for themselves and their family. ■

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

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HEALTH

By Dr. Tara Federly

FOOD allergies 101

More than 5 million children in the U.S. have food allergies, and that number is increasing. That means a typical classroom has two students with food allergies, and 40% are allergic to more than one food. So, what are food allergies, can they be prevented, and what can be done for a food allergy?

Food allergy is the immune system overreacting to a harmless food. The most common food triggers are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish. Food allergies can be serious, sudden and can cause death.

In the past, parents were told to delay introduction of high allergy foods, but research now shows that early and regular exposure, specifically to peanut, can prevent food allergy. Infants with severe eczema or a known food allergy are at higher risk and should be introduced to peanut products at 4-6 months under the guidance of a physician. These infants should have allergy testing and may require supervised feedings in the allergy clinic. If not at higher risk, peanut products can be introduced at home around 6-12 months. Parents should talk with their pediatrician or allergist about infant-safe forms and symptoms of food allergy.

Children with a food allergy must avoid the food, but many families want to be proactive. Oral immunotherapy (OIT) is a treatment program that retrains the immune system to tolerate the food. Starting with a very small amount, the food is slowly reintroduced over months. Call your local allergist to learn more. ■

Information provided by Dr. Tara Federly, Cornerstone Pediatrics & Family Allergy, 6800 Lake Drive, Suite 260, West Des Moines, www.cornerstonepfa.com.




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HEALTH

By Ashley Powell

CBD and PTSD relief

Various levels of stress impact our daily lives, and we all have different methods of handling it. Sometimes we experience extremely traumatic events, and facing them head on can seem impossible. These experiences haunt us and may prevent us from living healthy and productive lives. Fortunately, many studies report that CBD and other cannabinoids have a high success rate in reducing PTSD-related stress and help to eliminate painful memories. Those with PTSD often have a limited supply of our bodies' internal cannabinoid, anandamide, also known as the "bliss molecule," which helps regulate our emotions and gives us boosts of positivity. Taking external cannabinoids will activate the same receptors anandamide applies itself to and thus provides us the same benefits. Besides providing the effects typically supplied by anandamide, CBD also helps with serotonin and dopamine production. No severe side effects of taking CBD have been noted, although some may experience drowsiness and perhaps upset stomach depending on the method of ingestion and dosage. It's always best to start with a low dose and increase as needed to help the body find its balance, as the same amount doesn't work for every person. CBD for PTSD has been popularized mainly by the military community, but survivors of abuse and even children have experienced positive results. Cannabis is versatile as it provides us many methods of use. Edibles, capsules and drink mixes are abundant, and if a new user is reluctant to ingest, a simple topical cream can provide relief. ■

Information provided by Ashley Powell, CBD American Shaman of Greater Des Moines, 800 S. 50th St., Suite 106, West Des Moines, 515-380-5251. References: Journal of Alternative and Complementary Medicine, www.ncbi.nlm.nih.gov/pmc/articles/PMC6482919/; Forbes, www.forbes.com/sites/emilyearlenbaugh/2020/09/17/new-research-reveals-why-cannabis-helps-ptsd-sufferers/?sh=2d65593179a4.



MEET Daniel Chapman

Volunteering leads to teaching ESL.

Daniel Chapman admits, when he attended college, he didn't have a "burning desire" to become a teacher. However, that changed after he spent a semester volunteering with children for a college class requirement.

Chapman is currently an ESL (English as a Second Language) teacher for Waukee Brookview Elementary school. He recently completed five years of teaching for the district, a career he says he is happy he pursued.

When Chapman attended college, his majors were political science and Spanish. After completing a volunteer requirement, he continued to volunteer, joining the AmeriCorps, an organization that connects individuals with volunteer opportunities.

He went to Spain and taught English for two years. After working in a school in Spain, he returned and attended Drake University for a master's degree in teaching.

"It was an unconventional path," he says. "The volunteer opportunity put me on a path to become a teacher for ESL."

In his ESL class, he supports all types of languages. At Brookview, there are 24 languages spoken by students from 19 birth countries.

Before a student takes his class, students are surveyed about their home language at the beginning of school. They complete an assessment and, based on the results, take an ESL class.

If qualified for ESL, students in kindergarten through fifth grade work with Chapman in small groups. He'll use simple language, books and pictures, allowing kids opportunities to practice their English skills. Better English skills mean students can more easily do assignments and participate in their other classes.

Chapman says the toughest part of his job is not what happens in school, but what happens outside the classroom.

"We have refugees who come to the country with trauma in their background. There are things outside of school that are out of my control. I wish I could do more for them," he reflects.

He says one misconception about elementary teachers is the amount of work and planning that goes into each day.

"Some underestimate the amount of work and think all we do is sing the ABCs. We have kids at all different levels and needs, and we need to be intentional to support all of our kids," he says.

The best part of his job is meeting families and kids, he says.

"I get to know the students, families, cultures and languages," he says. "It's meaningful work and gives me a sense of satisfaction. My job brings out a lot of good qualities in me." ■



Volunteering led Daniel Chapman to change career paths to teach ESL students.

WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, [MercyOne.org](https://www.mercyone.org)

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RECIPE

MORE Chef-Worthy Summer Classics

(Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at OmahaSteaks.com/Summer. ■

Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

DIRECTIONS

• **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

• **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

• In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

• Remove fries from oven and toss with Parmesan herbs.

• **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.

• In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

• Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

• **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

• Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

• Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.

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LIBRARY

WEST Des Moines Public Library news

The WDM Library is back to summer hours, which are from Memorial Day to Labor Day. Hours are: Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 4 p.m. and Sunday closed.

Summer Escape at the WDM Library

Our Summer Reading Club is in full swing until July 30. You can still sign up to participate and receive your registration prizes (an exclusive WDM Library Summer Reading tote bag or journal, a coupon for a free item from our Book Sale, and a fine forgiveness coupon) by visiting www.wdmlibrary.org/summer.

Upcoming events

• **Play and Sing Along with Heath Alan**, Saturday, June 18, 1-2 p.m. We are happy to welcome musician Heath Alan for an all-ages, family-friendly musical blues performance. Heath Alan (Pattschull) is a singer, songwriter and multi-instrumentalist from Des Moines. Heath was inducted into the Iowa Rock and Roll Hall of Fame for his decade-long run with Bob Dorr and The Blue Band. He has also led his own band for the past 10 years and is an active sideman and studio musician.

• **Magician Mikayla Oz**, Monday, June 20, 1-1:45 p.m., for ages 3-12. Mikayla Oz got her start in magic when she was 4 years old after seeing a magic show at the local library. This magic show sparked a hobby that she turned into a career, and now Mikayla performs at a numerous libraries all over the United States. Mikayla's show is highly interactive and features Bubbles the Bird, a professional magic bird that appears, vanishes, and even gives high fives. Registration is required.

• **Tom Buckmiller Presents: The History of The Blues**, Saturday, June 25, 1-2 p.m. Do you think all Blues music sounds the same? Think again. Local Blues artist and Drake University professor Tom Buckmiller will be presenting a History of the Blues program at the Library. Not only will you hear some fantastic music, but you'll also learn about some of the origins of Blues music, in addition to different styles from St. Louis to Chicago and much more.

• **Life Around the Pond**, Monday, June 27, 1:30-2:15 p.m. or 2:30-3:15 p.m. Join Melanie Perry, West Des Moines naturalist, as we discover all the mysteries of the library pond. Please be sure to wear sunscreen and be ready to go outside. For ages 5-12. Registration is required.

• **Summer Survivor**, Tuesday, July 5, 10-11 a.m. or 1:30-2:30 p.m. Ages 7-12. Join us outside for some amazing summer challenges. We'll see if you and your team have what it takes to survive. Registration is required.

• **Learn to Hoop with Sparkle Hoop Dance**, Wednesday, July 6, 1:30-2:30 p.m. or 3-4 p.m. Ages 7-12. Join us for a fun afternoon of learning to hula hoop with Mary Boyvey of Sparkle Hoop Dance. Each participant will receive a hoop to take home, courtesy of the Friends of the Library Foundation. If the weather cooperates, this program will take place outdoors. Registration is required. ■

SCHOOL district breaks ground on \$22 million CTE addition

The West Des Moines Community Schools (WDMCS) held a groundbreaking for a planned Career and Technical Education (CTE) addition at its Valley Southwoods Freshman High School campus on Monday, May 23. The golden shovel ceremony included representatives from the City of West Des Moines, WDMCS Board of Education, and district leadership.

As part of the Valley Southwoods 10-Year Facilities Master Plan, the 39,000-square-foot addition will provide space for students to study a variety of vocational and technical fields, including culinary arts, metals and robotics. The space will also serve as an ICC-500 rated structure to protect the entire building population in the event of a weather-related emergency.

Other enhancements planned as part of this project include transitioning the existing media center into a presentation hall, remodeling the current food service kitchen spaces, and renovating the main entrance to create a secure entry.

Designed by Shive-Hattery, the \$22 million expansion and remodel is planned to be complete in August 2023.



Representatives from the City of West Des Moines, WDMCS Board of Education, and district leadership broke ground for the Career and Technical Education (CTE) addition at Valley Southwoods Freshman High School.

“This addition will bring the educational programming at Valley Southwoods to current-day standards and allow us to be future-ready for whatever the job market demands in our community,” said Mitch Kuhnert, principal at Valley Southwoods.

Superintendent Lisa Remy added, “The addition of Career Technical Education space at Valley Southwoods will allow students to explore interest areas at an earlier age and connect their learning to opportunities in the community.” ■

CONSTRUCTION update

By Fire Marshal Mike Whitsell

Fire Marshal Mike Whitsell routinely reviews the list of construction projects in West Des Moines. The most recent groundbreakings and site plan/building permit applications have included:

- Dave & Buster’s (stand-alone restaurant and entertainment facility at Jordan Creek Town Center)
- Jordan Creek Point (four multi-tenant retail/restaurant buildings each totaling more than 17,000 square feet located at 68th and EP True Parkway near Jordan Creek Town Center)
- Microsoft DSM 14 (184,000-square-foot data center near Highway 5 and Veterans Parkway)
- Fareway Meat & Grocery (stand-alone grocery store at 91st and Mills Civic Parkway)
- Hy-Vee Fast & Fresh (stand-alone convenience store with Smokey Row coffee shop at 91st and University)

- Hy-Vee Fast & Fresh (stand-alone convenience store with Smokey Row coffee shop in the 300 block of Grand)
- Kum & Go (stand-alone convenience store at 330 Jordan Creek Parkway)
- Starbucks and Krispy Kreme (both located at 210 S. Jordan Creek Parkway)
- Jersey Mike’s Subs (5901 Mills Civic Parkway)

Numerous large single family and townhome residential subdivisions are breaking ground or currently going through the city planning process. These projects will eventually bring hundreds of new houses and townhomes to the following areas of West Des Moines:

- South of the Raccoon River and west of Interstate 35 near Grand Prairie Parkway
- South of the Raccoon River and east of Interstate 35 near Veterans Parkway

- Booneville Road and Grand Prairie Parkway
- S. 88th and Stagecoach Drive
- 98th and Ashworth Road
- S. 35th and Grand Avenue
- 98th and Ashworth Road
- West of 88th Street near EP True Parkway

In addition, conceptual designs continue to take shape on hundreds of acres north of the new Des Moines University Campus that could eventually bring hundreds (possibly thousands) of living units to this area of the city.

The West Des Moines Fire Prevention Bureau works with City staff and developers on all the projects that invest in the community to ensure they are as safe as possible for citizens, visitors, business owners, employees, and emergency responders. ■

RIBBON Cutting

A ribbon cutting was held May 11 for the new mural at G-Migs and a time capsule at the 75th Anniversary celebration of the Veterans of Foreign Wars.



A ribbon cutting was held May 11 for the new mural at G-Migs and a time capsule at the 75th anniversary celebration of the Veterans of Foreign Wars.



Kevin Trevillyan



Tony A. Powers and Jim Freese



Larry Van Ginkel, Eric Moorman and Jody Hayes



Ralph Lane and Bud Beveridge



A time capsule ceremony was held at the 75th Anniversary celebration of the Veterans of Foreign Wars.



Michael Young, Ron Leber and Jim Kerner



Linda Hurley and Randy Steig



Gregory Allen



Carl "Mud" Moll and Mike Berry

OUT & ABOUT



A ribbon cutting was held for Stiletto Brows & Lashes, 9350 S.E. University Ave., No. 122, on May 5.



Ruth Ebke and Anna Doud at the ribbon cutting for Stiletto Brows & Lashes on May 5.



Amy Tran and Teresa Tran at the ribbon cutting for Stiletto Brows & Lashes on May 5.



Allison Petersen and Joseph Beedon at the ribbon cutting for Stiletto Brows & Lashes on May 5.



Mya Tran, Anna Le and Amy Tran at the ribbon cutting for Stiletto Brows & Lashes on May 5.



Elizabeth Presutti, Alec Wilcox and Chad Haskell on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.



Pat Pithan and Jolene Goodman on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.



Jean and Dick Gates on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.



Logan Galloway and Morgan Svare on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.



Aisha R. Syea and Saloo Sadiq on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.



Mellisa Merrifield and Katie Woodward on the West Des Moines Chamber's annual Economic Development Bus Tour on May 17.

CLASSIFIEDS

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