

South of Grand Neighbors

June 2014

VOLUNTEERS-

**Contemplative Garden Creators
Rita & Ernie Perea**



Best Version Media

Cover photo by Ben Easter Photography

Becoming a Sage



In the May issue of *South of Grand Neighbors*, I talked about how the Sages I interviewed for my book *Leading with Wisdom* advocated finding some kind of practice for the mind, body, and spirit that can be sustained as we gain in years of life experience. I used Yoga as an example of exercise that engages the mind and spirit as much as the body.

Another theme that emerged in my research was the concept of mindfulness. When defining mindful, I often say it is the opposite of being mindless. When

we are mindful, we are *paying attention* to what we say and do. We are living in the *present* moment. Eckhart Tolle made this concept popular in his book *The Power of Now*. In his book *A New Earth*, Tolle expands on why it is so difficult to be present in our current culture. Any pathway to get beyond fear to be open and create space for clarity can be considered a mindful practice. Andre' Delbecq, one of the Sages in my study and the McCarthy University Professor at Leavey School of Business, Santa Clara University, explains the value for him of mindfulness meditation:

"People such as me, who practice stillness meditation, seek to 'transcend the ever roaming 'monkey mind' caught in repetitive and sometimes compulsive cycles of consciousness, to step away from the superficial ego's preferences and desires, and to enter into an inner quiet."

I asked Emily Smith, one of my South of Grand neighbors, to contribute to this month's issue. Emily is the owner of Prairie Wellness, a whole health and mindful living center at 3900 Ingersoll Ave. that offers mindfulness-based counseling services, mindfulness meditation instruction, corporate wellness programs including Mindfulness at Work, and Mindfulness-Based Stress Reduction (MBSR) classes. Emily has trained with the author and creator of MBSR, Jon Kabat-Zinn, Ph.D. and has seen first hand how mindfulness can transform the lives of her clients, whether they're trying to lower stress caused by a cancer diagnosis, managing type 2 diabetes, or suffering from the symptoms of social anxiety.

When I asked Emily about the value of mindfulness meditation and it's connection to yoga, this was her response:

"Mindfulness meditation and mindful movement like hatha yoga and Qi Gong are wonderful ways to stay mentally fit. Mindfulness is the practice of paying attention to what is happening in the present moment, on purpose and without judgment. Living life moment to moment alleviates the stress and suffering we cause ourselves when our minds are constantly reliving the past or worrying about the future. Research shows practicing mindfulness meditation daily can enhance working memory, lower stress, and benefit people with conditions complicated by stress like diabetes;

cancer; high blood pressure, atrial fibrillation, and other heart diseases; chronic pain, depression; anxiety; and difficulty sleeping."

Another Des Moines based friend is Kevin Pokorny, owner of Pokorny Consulting. He is also giving more time in his work and life to mindfulness. His business is collaborating with small and mid-size businesses to find creative solutions to their challenges.

One area on which he focuses is mindfulness for leaders, for one's well being and for one's life. He is drawn to mindfulness because he is in his second half of life (60), an ideal time for cultivating his spiritual and inner life. Spiritual and mindfulness practices are a daily focus for him in all aspects of his life.

Kevin emphasized how mindfulness is important in becoming a sage:

"When the memory is not as sharp and we are not able to juggle as many things in life as we used to, mindfulness helps us respond with acceptance and learn to live with the changes—instead of just reacting or getting angry with ourselves. This practice helps us reduce anxiety and our need for control. This is a good practice to learn because aging is not just change, but irreversible change."

Given the consistent bombardment of anti-aging messages through the media (look at the cover of magazines while waiting in line at the grocery store), becoming a sage is not easy or intuitive. We must embrace who we are and live mindfully in the present—not worrying about the future or regretting the past. When we do this, the rest of life can be the best of life.

Dr. Jann would love to answer your questions or address aspects of this topic that interest you. Please send questions to kstrooh@bestversionmedia.com

JIM RUSSELL DESIGN

Specialty Metal Fabricators

316 S.W. 5th St,
suite 220 Downtown
515-244-5808
www.jrdzign.com

SCULPTURE & ARTISTIC METAL DESIGN



JIMBAEHRREALTY.COM

Broker Associate
35 years experience

515.202.6181

jimbaehr@iowarealty.com



JIM BAEHR

IOWARealty
Iowa's Largest



Best Version Media

PUBLICATION TEAM

PUBLISHER Sasha Draganov

CONTENT COORDINATOR Kathie Strooh

DESIGNER Jennifer Heinrich

ADVERTISING

**ADVERTISE IN ANY PUBLICATIONS
IN THE FOLLOWING AREAS:**

South of Grand / Des Moines, Iowa

Contact: Sasha Draganov Phone: 515-537-5904

Email: sdraganov@bestversionmedia.com

HOA SUBMISSION INFORMATION

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized Homeowners Association sections at no cost to the HOA or the residents.

FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 13th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas, and photos to: kstrooh@bestversionmedia.com

IMPORTANT PHONE NUMBERS

Emergency	911
Police Department	283-4811
Fire Department	283-4237
City of Des Moines	283-4500
Public Information Office	283-4795
Central Library	283-4152
Parks and Recreation	237-1386
Des Moines Community School District	242-7911
Greenwood elementary	242-8410
Merrill Middle School	242-8448
Roosevelt High School	242-7277
Central Academy	242-8252
Central Campus	242-7598
Polk County Sheriff	286-3800

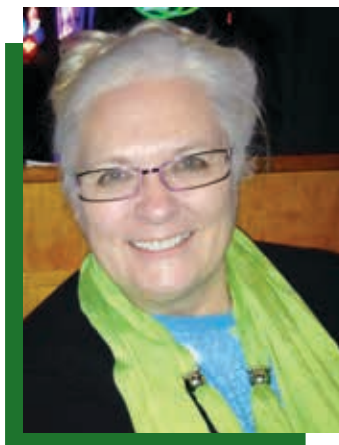
TIMETABLE OF MAGAZINE DEADLINES

DUE DATE FOR CONTENT	MAGAZINE EDITION
December 13	January
January 13	February
February 13	March
March 13	April
April 13	May
May 13	June
June 13	July
July 13	August
August 13	September
September 13	October
October 13	November
November 13	December

Magazines usually hit mailboxes within the first week of the month. Days may vary depending on the post office.

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any homeowners associations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted by residents, homeowners associations and advertisers. All content submitted is done so at the sole discretion of the submitting party.

Dear South of Grand Neighbors,



Kathie Strooh - Content Coordinator

year. There is so much going on this month. Please check the Events and Community calendars so you won't miss these wonderful cultural events.

I would like to take a moment to remind you of the free garage sale ads you can submit to our classified or Community Events calendars. All submissions need to be to me by the 13th of the month prior to when you ad will run, so June 13th for the July edition. Your young people have a great opportunity to advertise their summer jobs as well. Baby-sitting, yard work, pet walking, piano lessons, tennis lessons, fence painting, whatever they have to offer send us the info and we will put it in the next issue, be sure to include their age and a telephone number for confirmation. These aren't just summer ads and can run year around. Neighborhood associations, you can also advertise your upcoming meetings, for free. Our aim is to be a neighborhood magazine and we can't do that without your input. If you know of an interesting neighbor whom you think would have an inspiring story to tell – let me know! It has been an honor to meet some of your neighbors and I know there are a lot more interesting stories still to be told.

Summer is finally upon us. The much-anticipated spring green and flowering trees have come and gone and the flowers are spectacular right now. Make a plan to visit some of our beautiful parks on foot, on a bike, or on a horse. We are truly blessed with parks that offer something for everyone.

As we remembered our mothers last month so should we honor our fathers and husbands on Father's Day, June 15th. On Flag Day, June 14th, I will have been blessed to have spent 28 years with my husband, Steven, who has been a wonderful husband and an example of a kind, caring moral leader and father to our two children. This month we also remember Shavuot, Pentecost and the beginning of Ramadan. The 18th is International Picnic Day and the 21st is the longest day of the year. I don't know about you, but I really enjoy the extra hours of sunshine we have this time of the

Kathie Strooh

Content Coordinator

Comments, suggestions, corrections – mail to:
kstrooh@bestversionmedia.com

Call us today
for a **FREE, NO
OBLIGATION**
quote!



Remember us for your:
Life, Health, Home, Auto, Boat, Cycle
and Business Insurance

GOODHUE • NOLTE
INSURANCE AGENCY
making insurance easy.

PO BOX 1000 • 100 HWY 5 • CARLISLE, IA • 50047
515-989-3200 • FAX 515-989-5255
www.goodhuenolte.com

Photo Credits: Cover photo- Ben Easter Photography, Feature pictures - Ben Easter Photography, Heather Strooh; Around Des Moines photos – Kathie & Heather Strooh

Volunteers —

Contemplative Garden Creators Rita & Ernie Perea

By Kathie Strooh

Rita and Ernie Perea met in Des Moines as she was completing a post-graduate degree at Drake and he was completing a medical residency at the Mayo Clinic's satellite fellowship program at Mercy. They lived in Ankeny before moving to Des Moines. However, they longed to be part of the south of Grand community and closer to downtown cultural opportunities. They moved to their current house in Linden Heights in 2005 and have enjoyed nine years of remodeling their home landscaping their yard, which includes, creating contemplative outdoor garden rooms. If, like me, you are not sure what a contemplative garden room is, Rita explains, "As a leadership coach, I work with Executives from many different industries who are under a tremendous amount of stress.

Life is so hectic and we sometimes lose focus of the things that matter most. I sensed a need to design garden spaces where people can rest, rejuvenate and reconnect with their inner self and their higher power. I created the International Contemplative Garden Association as a way to teach others about the benefits of mindful gardening and how to create their own contemplative garden spaces." In addition to designing contemplative gardens, Rita is also a local expert on the Hellebore plant. She was smitten with the plant while



growing up in Ohio when she learned that this plant stays green and blooms in the winter. Rita, a master gardener and a member of the Garden Writers of America, has been working and planning to ready her garden as a featured stop for the 2014 Polk County Master Gardener Tour. The Perea's home will be one of only eight on the tour this year.

Rita and Ernie's love of gardening is evident when you walk around the garden rooms and enjoy the fruit of her hard work under a canopy of 150 year old oak and black walnut trees. The gardening bug also bit their son, Scott, who lives in Ankeny and is a certified arborist.

Rita owns Rita Perea Leadership Consulting where she offers strategic services and communications training as an Executive coach, keynote speaker and author for leaders of both for profit and non-profit organizations. Her passion is in helping others reach their leadership potential. She has local and international clients. Rita is also passionate about the pro-bono work that she does in mentoring young professionals. She states, "I take mentoring young professionals very seriously. We are creating the next generation of civic and business leaders. That is an awesome responsibility." In early 2014, Rita created The Founder's Club to foster leadership skills and community involvement amongst young professionals in the Des Moines Metro area.

Ernest, raised in Los Angeles, is a nationally-board certified physician for Mercy Occupational Health in Iowa City. He is a member of the Mayo Medical Alumni Society, pursuing membership into the American Academy of Disability Examining Physicians and is a graduate of the Leadership Iowa program. His daily commute keeps him busy but when he is home, and not gardening, he loves golf. As a gardener, Ernest is most interested in medicinal plants and herbs. He one day hopes to become a Master Gardener as well. Both are active members of Rotary International. Keeping to the Rotary motto of "Service Above Self", Rita believes in being heavily involved in the community. She has served two terms on the Executive Committee for the Leadership Iowa Board of Governors and as a member of the Board of Directors for the Rotary Club of Des Moines. Rita currently serves on the boards of the Des Moines Public Library Foundation and the Friends of the

Neighbors who can help.

Knowledgeable.

Professional. Dedicated.

515.244.2121 - www.IlesCares.com

ILES
DUNN'S CHAPEL
Funeral & Cremation Services
Family Owned and Operated Since 1926



Greater Des Moines Botanical Garden. She was also recently appointed, by Governor Terry Branstad, to serve on the Iowa Engineering and Land Surveying Examiners Board and is looking forward to serving the people of the State of Iowa in that capacity.

Rita and Ernie are passionate about living south of Grand. Rita enjoys talking about where they live, "We could live and work anywhere, but we choose to live in Des Moines. It is such a vibrant and culturally thriving community. When we purchased our mid-century modern home in 2005, we were specifically looking for a home in the South of Grand area. We wanted to be close to restaurants, the Civic Center and all of the amenities of downtown. We enjoy attending the Shakespeare Experience and special events at Terrace Hill. I love the gardens at the Salisbury House and attending opening events at the Art Center. We love living in our quiet south of Grand neighborhood. The homes and landscapes are unique and interesting. The neighbors are friendly. When people walk past they wave or stop to chat. Our little neighborhood feels like a small-town within an urban setting. Everyone's lives are so busy. Our immediate neighbors communicate with each other via an email forum. It is a way that we can share important information, upcoming events, refer good contractors to each other and support each other's busy lives".

Rita and Ernie are big foodies. They enjoy their proximity to a wide variety of dining options downtown and in the Ingersoll area and also adore being members of the Embassy Club. Rita shares, "Chef Bailey, Sommelier Stephen Volkmer-Jones and all of the folks at the Embassy Club are just like members of our family. We love to travel and experiencing the patio at the Embassy-West feels like being in Key West - one of our favorite places." Trellis in the Greater Des Moines Botanical Gardens is also a new favorite where they enjoy lunch and stroll through the gardens afterwards. Both Ernie and Rita love to travel both domestically and internationally and were recently a part of a "behind the scenes" wine tour to Santa Barbara through their membership at the Embassy Club this past February. Of course, leaving the cold, ice and snow of Des Moines for ocean, sunshine and 80 degrees was another benefit of the trip.

Rita and Ernie would like to invite all of their south of Grand neighbors to visit their gardens during the 2014 Polk County Master Gardener Tour being held on Saturday, June 21st. (Please look for details of the Garden Tour in the Events Calendar.





HOLIDAY INN DOWNTOWN

Weddings

You say, "I do!" with a view... *We* do the rest!



1050 6th AVENUE
DOWNTOWN DSM
515.283.0151
holidayinn.com/dsm-downtown

A fun Des Moines shopping experience **tandem brick**
gallery
des moines

2722 Ingersoll Avenue • tandembrick.com

handmade starlights
jewelry • cards • gifts
Superb Custom Framing
since 1977

Monday-Friday 10am-6pm • Saturday 10am-5pm

Local South of Grand Real Estate

Address	Price	Style	Bed	Bath	Sq FT	Yr Built	Status
3407 Lincoln Place	\$1,995,000	2 Story	6	8	9,689	1916	ACTIVE
3550 Lincoln Place	\$1,700,000	2 Story	4	6	5,808	1936	ACTIVE
3545 Lincoln Place	\$1,295,000	2 Story	6	6	8,242	1928	ACTIVE
117 SW 51st Street	\$799,900	2 Story	5	5	3,332	1926	ACTIVE
425 - 28th Street	\$695,000	2 Story	3	4	4,682	2005	ACTIVE
1 SW 51st Street	\$650,000	Split Level	5	5	4,100	1963	ACTIVE
334 Tonawanda	\$629,900	2 Story	5	4	4,113	1923	ACTIVE
201 Foster Drive	\$629,000	3 Story	6	5	4,837	1918	ACTIVE
110 - 35th Street	\$619,000	2 Story	4	4	3,420	1988	ACTIVE
345 - 42nd Street	\$615,000	3 Story	4	4	4,042	1885	ACTIVE
701 Foster Drive	\$525,000	2 Story	4	4	3,404	1962	ACTIVE
3728 River Oaks Dr.	\$379,900	Ranch	5	3	2,564	1955	ACTIVE
18 - 52nd Street	\$669,900	2 Story	5	5	5,810	1993	PENDING
11 Foster Drive	\$649,900	2 Story	5	5	3,806	1978	PENDING
410 Allen Drive	\$495,000	2 Story	4	5	6,106	1898	PENDING
2626 Forest Drive	\$384,000	2 Story	4	4	5,728	1932	PENDING
515 Foster Drive	\$942,000	1.5 Story	4	4	5328	1932	SOLD
4100 John Lynde Rd	\$595,000	2 Story	4	4	3,463	1939	SOLD
4222 Wood Lawn Dr.	\$560,000	2 Story	4	3	3,595	1917	SOLD
2841 Gilmore Dr.	\$525,000	Ranch	4	3	2,445	1959	SOLD
320 - 52nd Street	\$432,500	Ranch	3	3	2,679	2003	SOLD

#1 IN TOTAL
SALES VOLUME
FOR 2013

#2 AGENT IN
BUYERS ASSISTED
FOR 2013

STATS PROVIDED BY DMAAR MLS RANKING REPORT

173 BUYERS & SELLERS
HELPED
IN 2013 ALONE!

Keller Williams Realty Welcomes Pennie Carroll

pc
PENNIE CARROLL
& ASSOCIATES

LUXURY
FOR SALE

www.PennieCarroll.com

(515) **490-8025**
CELL

KELLER WILLIAMS
REALTY

Greater Des Moines

Keller Williams, North America's largest Real Estate Company, recently ranked 9th nationally for best workplace and 2nd among small businesses in the state of Iowa.

10200 Hickman Road / Suite 100 / Clive, Iowa 50325

LICENSED IN IOWA



Wellness Corner

Six Healthy Reasons to Love Spring

Offered by the Iowa Family Chiropractic Newsletter and
www.everydayhealth.com



Beyond the fact that the flowers are blooming, the hope of new life, warmer weather, shaking off the down in the dups doldrums, here are some bona fide reasons to like spring.

1. **Extra Daylight.** Springing forward for daylight saving time gives us more time to spend outdoors and serves as a natural mood booster. Studies have shown that an extra hour of daylight may help to reduce traffic accidents and fatalities.
2. **A healthier home.** Open the windows and let the sunshine in during your spring-cleaning days. A streamlined space may help you feel more in control in your day-to-day life. Research shows that, those who live in tidier homes tend to be more physically fit.
3. **A Spring Cleaned Diet.** Spring means healthier produce is available. It's time to add asparagus, kale and radicchio to your diet, (to name just a few of the delicious veggies now available). Just one of many reasons to visit our award winning Farmer's Market every Saturday morning.
4. **Outdoor Exercise.** Spring is the perfect weather to exercise outside. Studies have shown that exercising outside doesn't just improve your physical well-being; it also improves your mental health as well.
5. **No More Winter Skin.** Gone are the temperatures that dry out your skin, however continue to moisturize and use natural skin protection during all seasons.
6. **Spring Break!** Research has confirmed that leisure activities can reduce risks for certain diseases and helps to manage long-term stress, so be sure to make time for a break in your regular routine.

ATTENTION YOUTH: \$ EARN MONEY \$

Youth Classifieds

Hey Kids! Free Advertising!

Be in business for yourself and make a little money - all while helping your neighbors! To submit your classified offering services, email Kstrooh@bestversionmedia.com with your text. Please limit to 40 words and include your age. All submissions will receive confirmation via phone to secure parent/guardian approval to publish.

Youth Classifieds

Piano Lessons by Laura

My name is Lauren, and I am now accepting students for beginning to intermediate piano lessons. I am currently a student at East High School, and have been playing piano for 11 years. I have been in the District 303 music program for 6 years. I have a passion for teaching and music. A half-hour lesson is \$12. Contact me at 555-555-8072.

Sydney's Babysitting

Hi my name is Sydney. I am 13 yrs old and a 7th grader. I am experienced and responsible, having watched my two younger brothers and taking care of our dogs and cat. I love children and pets so if you need a babysitter or pet-sitter please call me at 555-555-7425. Thanks!

Marc Stephens SALON

Full Service Salon

Your Neighbor since 1998

WE'VE MOVED!

14 Forty Locust Street - Downtown • 515-274-4545 • www.marcstephens.com

“Like” us on Facebook

Repeat Boutique Consignment

Your Neighborhood Consignment Shop

88.00
REPEAT BOUTIQUE

515-255-9000 • 3913 Ingersoll Avenue



Douglas Dental

Dwight Rastetter, DDS

www.douglasdentaldemoines.com

Offering a wide variety of Dental Services

Cleanings

Crown & Bridgework

Whitening

Denture & Partials

Fillings

Endodontics

Implant Restoration

Periodontal Therapy

Let our highly trained staff help you achieve and keep a picture perfect smile!

Call today to schedule your appointment!

515.270.6809

6128 Douglas Avenue • Des Moines, IA 50322



At Your Central Library

June 6th: Dan Wardell's Reading Road Trip

Two Shows: 9:30am and at 10:30am in the Meeting Room Wing

June 11th: Grout Museum's World's Largest Chemistry Lesson,

10:30am in the Meeting Room Wing - Come see Jason Dornbush from the Grout Museum

Preschool Story time: Thursday mornings – for preschoolers ages 3 – 6.

New Time: 9:30am – 10:00 am (beginning June 19th and ending July 24th) 10:15 – 10:45am

Toddler Story time: Friday mornings – for toddlers 18 – 36 months

New Time: 9:30 – 10:00am (beginning June 20th and ending July 25th) 10:15 – 10:45am

Family Story time Is Back At Central! (For the whole family)

10 – 10:30am in the Story hour Room on the following Tuesdays:

June 17th, 24th, July 1st, July 8th and July 15th

Join Janée for special science-themed stories, songs and activities for the whole family!

Drop - In Make and Take Programs

Maker Mondays Kids from prek – 5th Grade can come in and make and take a special craft

10:00am – 2:00pm in the Children's Area - No registration required

****Please note – this is an unsupervised activity – so parents and/or caregivers need to be with their children. The activity will be available until supplies run out.**

Monday, June 9: Make a Thaumatrope, an optical illusion toy!

Monday, June 16: Make a Weather Chart!

Monday, June 23: Create a Solar System Mobile!

Monday, June 30: Build your own Sensory Noisemaker!

Registered Programs

June 20th: Kitchen Science: Play With Your Food

2:30 – 3:30pm, Meeting Room 1

Do you like to experiment in the kitchen? Become a food scientist while playing with food, colors, and more at Central! For kids ages 4 – 8. Space is limited to 30 children. Pre-registration required.

June 23rd: Kid's Build It Challenge 1 – 3:00pm in Meeting Room 1

Come demonstrate your building skills as we create towers, buildings and more using LEGOS! Listen to a story while you build! We'll supply the LEGOS, you bring your creativity and imagination! This event is for kids in 2nd – 5th Grades. Space is limited to 30 children. Pre-registration required.

For Tweens ages 9 – 11. Tween Science, 1:30 – 2:30pm all events in Meeting Room 1

Join us to explore science and the arts with these special activities. Pre-registration required.

June 18th: Pasta Towers: Come investigate how structures are built by making your own using spaghetti noodles and gumdrops! After you build your structure, we'll measure and test it to see how strong it is!

June 25th: Volcanic Eruptions: Learn how volcanoes erupt and investigate the chemical reactions when you make your own erupting volcano!

July 2nd: Styrofoam Printmaking: Explore your creative side by creating styro-foam prints! Use our materials to draw and print your design!

Teen Programming

For Teens ages 12 – 18. All events will be held in the Story hour Room.

Thursday, June 12th: Teen DIY: Ice Cream Chemistry: 1 – 2:00pm
Come learn how ice cream is made by making your own ice cream!

Monday, June 16th: Teen DIY: Catapults: 2 – 3:00pm
Learn the science of catapults and create your own catapult!

Monday, June 30th: Teen DIY: T-Shirt Bags: 2 – 3:00pm
Create your own t-shirt bag using our t-shirts!

Adult Programs - June 5, at 12:00 Noon - Emerald Ash Borer (EAB) Forum at the Library

Municipal Arborist David Jahn will cover the following topics:

- How do I know if I have an ash tree?
- How will I know if I have emerald ash borer (EAB)
- What are my options (treatment or removal)
- Replacement species

FEEL GREAT
ABOUT YOU

– inside and out



Botox® | Facial Fillers | Obagi® Skin Care | SkinMedica Chemical Peels

Mercy Plastic Surgery is committed to providing each of our patients with individualized care and education to achieve beautiful, natural-looking results. Mercy Plastic Surgery offers patients an extensive range of advanced cosmetic techniques for enhancing the appearance of the face, body and skin.

Schedule a consultation to see how we can help you achieve the look you desire at (515) 643-5455.

Mercy Clinics
PLASTIC SURGERY

SAMUEL MAURICE, M.D.
board certified plastic surgeon
fellowship trained in craniofacial surgery

411 Laurel St., Ste. 2100
Des Moines

(515) 643-5455

SONYA MACK, PA-C

Learn more by visiting:
www.mercyplasticsurgerydesmoines.org

Finding the Right Financial Advisor is as Important as Finding the Right Bond.

At Edward Jones, you'll always have the ability to find quality investments. But the service and respect you'll get go far beyond the numbers. So take a look at the figures below, then call to learn more.

1. Government-sponsored Enterprise Notes 3.25% to 3.80%*

Guarantee applies only to the payment of principal and interest.

2. Federal Income Tax-free Bonds 4.00% to 4.45%*

Interest may be subject to state and local taxes and the alternative minimum tax (AMT). Insurance does not eliminate market risk.

3. Corporate Bonds 4.1% to 5.0%*

*Yield effective 05/15/2014, subject to availability and price change. Yield and market value may fluctuate if sold prior to maturity, and the amount you receive from the sale of these securities may be more than, less than or equal to the amount originally invested. Any bonds called prior to maturity may result in reinvestment risk for the bond owner. Contact your local Edward Jones Financial Advisor for more information about maturity dates and applicable call provisions. Bond investments are subject to interest rate risk such that when interest rates rise, the price of bonds can decrease and the investor can lose principal value.

Call or stop by today.



Mike Timmons, AAMS®
Financial Advisor

3520 Beaver Avenue
Des Moines, IA 50310
515-277-0719

Edward Jones®
MAKING SENSE OF INVESTING

Member SIPC

50 Years of Your Very Own Parade

By Kathie Strooh-using accounts written by Polly Moore

On July 4th a 50 year tradition will be continued on Greenwood Drive. In 1964 Katherine Griffith gave her neighbors 10 minutes to assemble for a 4th of July parade and she requested any participant be in costume. The Moore, Feldmann and Gibson families immediately began searching through Halloween and Dance costumes. Hats were found for the boys and flags and drums magically appeared. The parade was held.

A year later Mrs. Griffith decided more time was needed to organize a bigger and better parade. She organized the neighborhood children into committees and they were even directed to send invitations to their nearby neighbors. Participants were asked to bring a treat to share with the stipulation that the value would not exceed \$.50 per family. The feast would take place in Polly & Dick Moore's yard at 4139 Greenwood Drive. The parade started at the Moore's house, crossed 42nd Street moving up to 43rd and then doubled back the same route to the Moore's house for treats. As the number of participants grew the need for a parade permit and an officer to stop traffic at 42nd street was required. The Fire Department even sent a fire truck for the kids to explore. The Des Moines Register even took front-page photos in 1965 and 1969.

In 1975 the five Moore sisters passed the parade baton to the five Flapan sisters who had moved to 4141 Greenwood drive. The activities to get ready and the parade route remained the same for the next six years with the treat site now at the Flapan house. The parade grew to include floats, horses, goats, tractors and even cars were added. In 1981 the treat site moved to Jeff & Meredith Watters at 4222 Greenwood Drive and Parade Marshalls and both live and boom box music were added. The hand written invitations were replaced with a handmade sign, hung at the corner of 42nd Street and Greenwood Drive, inviting all who passes to come to the parade.

The neighborhood participants came from several streets away and even other parts of the city who heard about the parade. The route was much the same with many of the marchers avoiding 43rd Street and heading straight for the treats.

July 4th, 2000 the waters turned the parade 'treat site' over to Ross and Mindi Dickinson at 4334 Greenwood Drive. Another new neighbor, Cynthia Fodor, invited a cameraman and reporter from KCCI TV to attend and everyone was congratulated for their 35-year tradition.

July 4th, 2001, The Greenwood Drive Parade asked Meredith Watters and her daughter to act as Parade Marshalls honoring them for hosting the treat site for 18 years. The official count of 151 youngsters walking or on some sort of wheel unit, including decorated bicycles, roller blades, skate boards, wagons, strollers and one firecracker float and 14 dogs with ribbons around their necks. Of course, older siblings, parents, grand parents and former neighbors also walked along with the children. KCCI again covered the parade and three of the Moore girls, who were original participants, watched as their children continued the tradition. Another 'original', Megan Gibson, now lives at 4325 Greenwood Drive and participated with her sons Luke and Mark.

Thanks to Polly Moore for keeping an account of the parade. If you have updates of events and people involved or changes that have been made. Look for me at the parade or send your additions to this account to me at kstrooh@bestversionmedia.com. I hope to hear from you with your wonderful stories.



STACK SALAD

Since none of you have submitted your favorite recipes, here is one I love for lunches or on the go meals.

First, measure out your dressing and place that on the bottom of your container.

Slice Tomatoes, cucumber, various colors of peppers, thinly sliced onions and add them to your container. (Try to keep the most 'wet' items near the bottom.)

Next, layer in various lettuce varieties.

You can add a sliced egg, cubed ham or chicken, feta (or your favorite) cheese for your topping. Obviously you can add many other salad veggies you like. We have tried bean sprouts, alfalfa sprouts, cauliflower, broccoli, zucchini, sliced apple, etc. With all the fresh fruits and veggies available at the various Farmer's Markets you can be creative and give your palate taste surprise.

When you stack this with the wet items and dressing on the bottom you can keep the stacked salad in the fridge for several days. I found a tall plastic container to use, while salad stackers use a quart mason jar.

You can dump the mix into a bowl or shake it bottom to top to mix the dressing into the salad and eat it right from the container. Enjoy!



to cook?

Submit your favorite recipes or cooking tips to kstrooh@bestversionmedia.com with your text and you will receive email confirmation.

MORDINI
-DESIGN BUILD-
BUILDING-REMODELING-DESIGN-REPAIR

515-284-5348

Come taste what all the **FASS** is about!

Savor Europe's Finest Flavors!

Free Tastings Daily of our exclusive, flavorful extra virgin olive oils, balsamic vinegars, single-malt whiskies and unique liqueurs

Or sign up for one of our classes.
Learn more at VomFassDSM.com

Look · Taste · Enjoy
OILS · VINEGARS · SPIRITS · WINE

VOM FASS Des Moines • The Shops at Roosevelt
833 42nd Street • 515-244-5020 • VOMFASSDSM.COM
Mon-Sat 10 am -7 pm • Sun 12 pm -5 pm

Follow us on at [Facebook.com/VomFassDSM](https://www.facebook.com/VomFassDSM)

BodyTec
Pain Management Center
&
Sports Therapy

Call Today - Feel Better!

SERIOUS MASSAGE FOR SERIOUS CONDITIONS

- low back pain
- tennis elbow
- plantar fasciitis
- neck pain
- carpal tunnel
- ... and much more

515.222.1577 • www.bodytechdm.com
8421 University Blvd., Suite A, Clive, IA 50325

Matt Vola, LMT

Make Dad a "Dress Shirt" for Father's Day

NEEDED:

2 colored pieces of paper

2 very small buttons

Scissors

Glue

Crayons/Markers

Take an 8½" X 11" paper and cut it in half vertically.

Take one half and fold it in half from top and bottom.

From the top where the fold is, about a ½" down cut in from the side making 1½" slits.

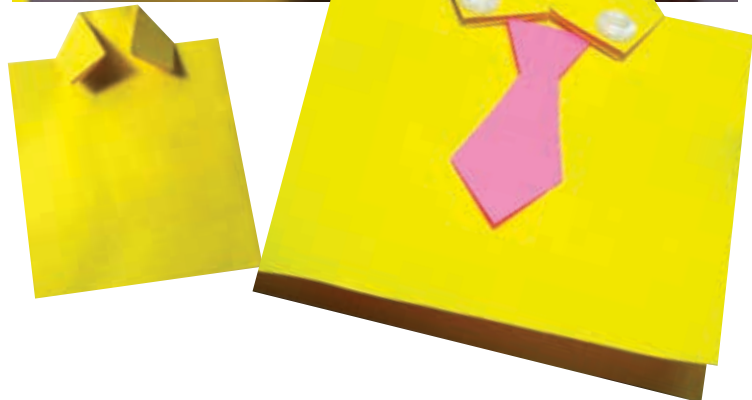
Fold the cut pieces down to form a collar.

Glue two small real buttons at the corners of the collar.

Cut a tie out of a different color and glue it on under the collar.

Color/decorate the shirt and tie just how dad would like it.

Write dad (grandpa, uncle, Godfather...) a Father's Day message inside.



**Dr. Jeffery Stickel, D.C. and Dr.
Christian Abrams, D.C**

2925 Ingersoll Ave. 2nd Floor
Des Moines, IA
515-255-3021

www.adiochiropracticclinic.com

**adio
chiropractic**



• **Child Chiropractic Services**

• **Headaches**

• **Car Accident Treatments**

School and Extracurricular Activities

Des Moines Community School Events to Mark on Your Calendar

DSM School Board and General Calendar of Events

June 12

Last day of school – Edmunds Elementary School

June 17

School Board Meeting

June 19

Last day of school – Downtown School

MERRILL MIDDLE SCHOOL

Summer Career Camps for 6th and 7th Graders

Camp 1: Arts and Sports, June
10- June 26

Camp 2: Science and Technology,
July 1 – July 17

For more information, please contact Gayle Canada or Emily Matsumura, Merrill AmeriCorps Volunteers. They may be reached at 242-8448 or at the following email addresses: gayle.canada@dmschools.org or nobuko.matsumura@dmschools.org.

Both Camps:

*Meet on Tuesdays, Wednesdays,
and Thursdays.

*Offer both classroom and field
trip experiences.

*Run from 8:45-12:00 on class/
speaker days and from 8:45 – 2:00
or 3:00 on field trip days.

Love Your Shower!



marbleworks
Creating Affordable, Quality Kitchen and Bath Surfaces



Call to Schedule an Appointment:

515-989-9115

www.MarbleWorkslowa.com

Showroom: 260 S. 1st Street • Carlisle, IA 50047



GREMLER FINANCIAL GROUP

MORE THAN FINANCIAL PLANNING
A GRAND TRADITION OF SERVICE

At Gremler Financial Group we believe many executives, professionals, business owners and retirees lack professional guidance in an ever-growing complex financial landscape.

We also believe these same people are more time strapped than ever and they desire simplicity.

Does this sound like you?

If so, let us show you a better way. At Gremler Financial Group our approach differs from others who focus on products or only on certain aspects of your finances. Instead, we take a holistic approach by serving as the “concierge” for your financial needs. Our purpose is to bring financial order to your life...

And keep it that way!

FINANCIAL PLANNING, INVESTMENT MANAGEMENT, TAX & ESTATE PLANNING STRATEGIES

Call us for a free review or second opinion at 515-453-2222.

www.gremlerfinancial.com

SECURITIES AND INVESTMENT ADVISORY SERVICES OFFERED THROUGH ING FINANCIAL PARTNERS, MEMBER SIPC.
GREMLER FINANCIAL GROUP IS NOT A SUBSIDIARY OF OR CONTROLLED BY ING FINANCIAL PARTNERS.

COMMUNITY CORNER

June 5, 2014 to Sept. 4, 2014 (Thursday nights)

Free Flicks – Outdoor Movies

Venue: Various Neighborhood Associations and the DSM Art Center

Times: Approx. 9:00pm

Cost: Free

June 12, 2014

Shakespeare Garden Party

Venue: Salisbury House & Garden, Tonawanda Dr., Des Moines, IA 50312

Times: 5:00 - 7:30pm

Cost: \$100.00 (this includes a ticket to the Merchant of Venice)

June 12-15, 2014

Merchant of Venice

Venue: Salisbury House & Garden, 4025 Tonawanda Dr., Des Moines, IA 50312

Times: 7:30pm daily

Cost: \$25.00 Adults; Members \$22.50; Ages 9-18 \$15.00; 8 and under Free

June 12, 2014

Music in the Junction: Abby Normal

Venue: Historic Valley Junction, 217 5th Street, WDM, IA 50265

Times: 5:30 - 8:30pm

Cost: Free

June 13 – 14, 2014

Campout at the Zoo

Venue: 7401 SW 9th St., Des Moines, IA 50315

Times: 6:00pm Friday to 9:00am Saturday

Cost: see website

June 13, 2014

Living History Farms at Dawn

Venue: Living History Farms, 11121 Hickman Road, Urbandale, IA 50322

Times: 5:00am

Cost: \$27.00

June 13, 2014

Moon Float

Venue: Gray's Lake, 2100 Fleur Dr., Des Moines, IA 50321

Times: 8:30 – 11:00pm

Cost: Free, if you have your own non gas powered boat; \$5.00 for half an hour rental if you don't. All boats must use flashlights and some other light.

June 6, 13, 20, 27, 2014

Berlin Quartet Summer Concert Series

Venue: Des Moines Public Library, 1000 Grand Ave., Des Moines, IA 50309

Times: 12:15 – 1:15pm (Every Friday)

Cost: Free

June 14, 2014

Spring Wagon Ride

Venue: Living History Farms, 11121 Hickman Rd, Urbandale, IA 50322

Times: 6:30pm

Cost: \$15.00/person; \$13.50 for LHF members

June 14 to Dec. 13, 2014

Upcycle Steward Program

Venue: Greenwood Park, 4500 Grand Ave. DSM, IA 50312

Times: 9:00am to Noon

Cost: Free (help remove invasive plants and help feed the giraffes and rhinos)

June 20, 2014

Exhibition Opens: Dancers (Works by Winslow Homer, Robert Mapplethorpe, Henri Matisse and other artists) & Single-Channel 5: Nick Cave

Venue: Des Moines Art Center, 4700 Grand Ave. DSM, IA 50312

Times: 11:00am

Cost: Free

TO ADD YOUR EVENT TO THE COMMUNITY CORNER
Contact Kathie Strooh at: kstrooh@bestversionmedia.com

CLASSIFIEDS

Neighborhood Classifieds

To submit your free classified, please email kstrooh@bestversionmedia.com with your text. Please limit to 40 words and include your telephone number; must be non-business related. You will receive email confirmation.

Beautiful home for sale. 1 SW 51st. Des Moines, IA 50309 - Very private setting complete with a tennis court. This beautiful split level, 4100 sq. ft. home with 5 bedrooms, and 4 ½ baths sets on 1.8 acres and backs up to the woods of Ashworth Park - built in 1963. Asking \$650,000 - Call - 515-779-5011.



Locally Owned/Operated • Fully Insured
Full Service Lawn Care • Full Service Landscaping/Design



Headaches • Neck & Back Pain
Disc Issues • Pediatric Chiropractic Care
Car Accident/Personal Injury
Specific, Gonstead Analysis
and Adjustments

NEW PATIENT SPECIALS!

*Schedule a consultation with Dr. Blum
to learn how you can feel your best!*

BLUM FAMILY CHIROPRACTIC
DES MOINES, IOWA

ACCEPTING NEW PATIENTS

2903 Ingersoll Avenue • Des Moines
www.blumfamilychiropractic.com
277-2300

Dr. David Blum
Palmer Graduate

June 2014 Calendar of Events

June 6 – 22, 2014

Avenue Q

Venue: Des Moines Civic Center, 221 Walnut, DSM 50309
Times: Wednesday – Saturday 7:30pm; Sunday 3:00pm
Cost: \$38.50

June 7-8, 2014

Greek Food Fair

Venue: Greek Orthodox Church of St. George, 35th & Cottage Grove, Des Moines
Times: Sat. 11:00am – 8:00pm; Sun. 11:00am – 5:00pm
Cost: Free, Food - priced per item.

June 8, 2014

Summer Antique Jamboree

Venue: Historic Valley Junction, 217 5th Street, WDM, IA 50265
Times: 10:00am – 4:00pm Saturday
Cost: Free
June 9, 2014
Cher in Concert
Venue: Wells Fargo Arena, 730 3rd Street, Des Moines, IA 50309
Times: 7:30pm
Cost: \$27.50 – \$107.50

June 10, 2014

Nitefall on the River: Needto-breathe And Foy Vance

Venue: Simon Estes Riverfront Amphitheater, E First Street between Locust and Walnut Streets, Des Moines, IA 50309
Times: Doors open 6:00pm, Show starts 7:00pm
Cost: \$26.00 - \$31.00

June 10 - 15, 2014

We Will Rock You

Venue: Des Moines Civic Center, 221 Walnut St., Des Moines, IA 50309
Times: Tuesday – Friday 7:30pm; Saturday 2:00pm & 7:30pm; Sunday 1:00pm & 6:30pm
Cost: TBA – Check with the Civic Center of Des Moines for current prices.

June 14 – 15, 2014

Flea Market

Venue: Iowa State Fairgrounds, E 30th Str. & E. University Ave, DSM, IA 50317
Times: 9:00am to 4:00pm (both days)
Cost: Free

June 14th, 2014

Greater Des Moines Heart Walk

Venue: Iowa State Capitol, E Grand & E 12th Street, DSM, IA 50319
Times: 9:00am opening ceremony; 9:30am walk begins
Cost: Free T-Shirt with minimum \$100.00 donation.

June 21, 2014

Annual Polk County Master Gardeners' Garden Tour

Venue: Various Gardens in the Greater Des Moines area
Times: 9:00am to 4:00pm
Cost: \$15/person in aid of the Polk County Master Gardeners program. Purchase a ticket to receive the addresses of the gardens to review.

June 27 - 29, 2014

Des Moines, Arts Festival 2014

Venue: Des Moines Arts Festival, 15th I Locust Streets, DSM, IA 50309
Times: Friday & Saturday 11:00am – 10:00pm; Sunday 11:00am – 5:00pm
Cost: Free

June 28-29, 2014

Art Fest Midwest 'The Other Art Show'

Venue: Iowa State Fair Grounds, E 30th & E University Ave, DSM, IA 50317
Times: Saturday - 10:00am to 6:00pm; Sunday 10:00am to 5:00pm
Cost: Free

June 28, 2014

Color Vibe 5K

Venue: Principal Park (Iowa Cubs) 1Line Dr. Des Moines, IA 50309
Times: 9:00am
Cost: see website

JULY 2014

July 3, 2014

Des Moines Symphony's Parranderos Latin Combo and Yankee Doodle Pops

Venue: On the lawn at the Iowa State Capitol, 1007 East Grand Ave, DSM, IA 50309
Times: 6:30 – 8:00pm followed by fireworks
Cost: Free

July 4 - 5, 2014

80/35 Music Festival

Venue: Western Gateway Park, 12th & Locust Streets, DSM, IA 50309
Times: 5:00 - midnight
Cost: 2 day pass \$49; single day pass \$29

carhartt

Levi's

Dickies

Wrangler
RUGGED WEAR

G & L CLOTHING

Your Size, Your Style... We've Got It All!

515/243-7431

USA Toll-Free: 800/222-7027

Fax: 515/243-4527

E-Mail: info@gandlclclothing.com

1801 Ingersoll Avenue • Des Moines, IA 50309

HOURS: M, W & Th 8-8; Tu & Fri 8-5:30; Sat 8-5

Browse our online catalog • www.gandlclclothing.com

Timberland PRO SERIES

KEEN

CAROLINA
Built For Work.

LACROSSE

Vicky Daniel

Serving your Real Estate
Needs with Competence,
Care, & Enthusiasm
since 1978

Vicky Daniel

CRS, CNE, GRI, CSP



515-778-7772

RE/MAX



6600 University Ave, Des Moines, IA 50324
515-778-7772 • vldaniel@dsmhomes.com

Every good deed deserves a mortgage.

Mortgage Loans for:

Purchase and Refinance loans for owner-occupied, investment property
and second homes.



Linda A. Turner

NMLS# 22878

INDEPENDENT
MORTGAGE

10430 New York Ave, Urbandale, IA

Linda: 515-988-8100

IndependentMortgage@gmail.com

www.independentmortgageiowa.com

NMLS# 22716



Around Des Moines



MAINTENANCE TASKS...ongoing
REPAIRS...occasional
REMODELING...to enjoy!

PHI-Iowa will handle it
all – reliably, honestly
and at fair prices.

Protect your home
investment!

Ask us about our Home
Asset Management Plan
(HAMP).

Let us carry the stress!
(Assessment is free.)



515-254-0913
www.phi-ia.com



You seek out professionals for guidance in your other major investments. Your home – one of the largest investments in your lifetime – requires the same care, honesty and oversight. We work with you to plan well and carry out small tasks as well as big dreams.

– Chuck Utter, Owner, PHI

WE TREAT PEOPLE,
NOT SYMPTOMS

DES MOINES  UNIVERSITY CLINIC



3200 GRAND AVENUE | DES MOINES, IOWA

271-1710 | WWW.DMUCLINIC.ORG

South of Grand Neighbors



Bella Salon & Spa

Now in the Shops at Roosevelt
849 42nd St
Des Moines, IA 50312
515.279.1002

Valley West	Johnston
1551 Valley West Dr #250	8655 North Park Ct
West Des Moines, IA 50265	Johnston, IA 50131
515.223.5335	515.254.9074

"Squeegee Squad did a Terrific Job!"
They were well priced, on time, very professional & left the windows and skylights sparkling.
I will definitely use them again"! - E. Smith, Des Moines 50312



515-864-9222
SqueegeeSquad.com



25% Off
All Window Cleaning
Exterior & Interior

Not Valid With Any Other Offer
With ValpaA® Coupon Only
Expires 6/30/14

More Savings On Reverse!

