



# The Sidewalk

VOL. 15, ISSUE 4

THE OFFICIAL MAGAZINE OF THE BEAVERDALE NEIGHBORHOOD ASSOCIATION

FALL 2020

## BEAVERDALE NEIGHBORHOOD ASSOCIATION

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### BOARD MEETINGS

Meetings are held at 7 p.m. on the first Thursday of the month at the office of Ibson Law in Beaverdale. Visit [www.beaverdale.org](http://www.beaverdale.org) for more information. Board minutes are published on the website upon Board approval.

### MISSION

The Beaverdale Neighborhood Association is neighbors working together to promote the social welfare of the Beaverdale area by bringing about civic betterment and social improvements for the common good of the community.

### MEMBERSHIP

The BNA is a 501(c)(3) tax-exempt, nonprofit organization. Membership is open to the public, may be tax deductible and could be eligible for a matching gift from your employer. To join or get involved, visit [www.beaverdale.org](http://www.beaverdale.org) or follow us on Facebook @beaverdaleneighborhood.

### THE SIDEWALK

*The Sidewalk* is the Official Magazine of Beaverdale and is published quarterly by the Beaverdale Neighborhood Association P.O. Box 30175, Des Moines, Iowa 50310  
Editor: Kate McGovern 515-577-2084  
Email the BNA: [bna@beaverdale.org](mailto:bna@beaverdale.org)



### Dear Neighbors,

The last few months have been a whirlwind in the Coenen household as we welcomed a new Beaverdalian to our home in July. Having the summer wane into fall has shifted the BNA Boards focus on preparing for our last event of 2020, Holiday Happenings, which we are excited to be holding this year with options for fun and safe activities that also support local businesses.

**Beaverdale History:** While staying home has its challenges, it offered an opportunity to review some historic BNA materials – meeting minutes, financials, public notices, and newsletters – as part of the board's effort to archive the BNA's history. The effort, led by Adam Plagge, has produced a large collection of documents being stored online. One of the recent finds from a 1993 newsletter was the story of the

1911 "Beaverdale Street Car Riot." Unhappy commuters of the Des Moines Traction Company decided to take their frustrations with the condition of the street car service out on the street car while on the 2nd Ave. Bridge. The event was immortalized by Ding Darling in this cartoon.

**Beaverdale Park Master Plan:** The City of Des Moines Parks and Recreation is working with the BNA and neighbors around Beaverdale Park to complete a master plan for the park. The City has asked neighbors to complete a survey that will help the parks planners design a park that enhances Beaverdale Park. If you have not already completed the survey, please check the BNA website for details on how to provide input.

**2021 BNA Member Gift:** In our effort to increase association membership, the Board has identified a new "membership gift"



for members in 2021. Partnering with local artists, the BNA will give new and renewing members a stylish 2021 calendar. Be on the lookout for more information in the near future.

**Marcus Coenen,  
BNA President**

**HOLIDAY HAPPENINGS IS HAPPENING! SAT, DEC. 5TH, 2020**  
FOLLOW US ON FACEBOOK @BEAVERDALENEIGHBORHOOD



We've been working on several elements including the traditional shopping discounts, Santa readings, and membership drive. And because of covid, we have some new things planned! On Dec. 5th we will celebrate in a safe and festive manner!

### Holiday Lights Contest!

This year will be even bigger & better! Sponsored by The Floor Doctors, GreenState Credit Union, MidAmerican Energy, and Jarod & Adam Adventures in Real Estate. There will be FIVE CHANCES to win \$100 - and BNA members can win EVEN MORE!

### Beaverdale Tree Lighting!

Boesen The Florist is donating a large Christmas tree to be installed prior to December 5th in front of the Boesen Mural. We are planning a lighting ceremony on the evening of December 5th. The tree will remain in place and lit until after the holidays. Please bring an unwrapped children's gift to be donated to Toys for Tots in the bin at Franklin Barber Shop.

**Shop Hop!** Stop by the BNA table (time and location TBA) to purchase a ticket that will give you all-day access to discounts and specials at participating retailers and restaurants.

**SANTA!** The BNA has set up a direct link to Santa this year to host our traditional Santa reading virtually! Santa will read some great holiday stories for those younger members of the neighborhood to watch on the BNA Facebook page. We'll keep those videos online through the end of the year.

### Holiday Lights Bicycle Ride!

Beaverdale Bicycles is planning to continue the tradition with the Holiday Lights Ride. Details to be announced at a later date!

Follow us on Facebook for more info @beaverdaleneighborhood.



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*Let's meet for coffee!*

Buying or selling a home can sometimes be an intimidating process, but hiring a Realtor shouldn't be. Let's meet for coffee and get to know each other! I've lived in Beaverdale for 45 years. My office is here & I support Beaverdale 100%. Whether you're buying, selling, or need friendly advice, I would be honored to help with your real estate needs.

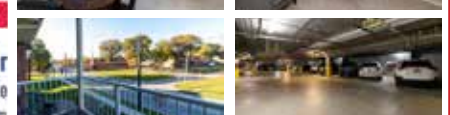
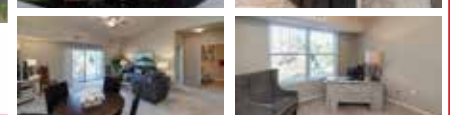


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- One Click Gifting: Browse Occasions, Seasonal and Pretend Holidays to select from the collections of pre-assembled Happy Boxes.
- Build Your Own: Mix and match products to curate your own Happy Box.
- Skip the Box: Browse our marketplace and buy whatever makes you happy.

At checkout, customers will have the option

to swing by the Happy Headquarters to pick up their purchase, or we can ship anywhere in the United States.

When you visit happydsm.com you'll discover we are committed to offering merchandise that is practical, unique and memorable: product sourced locally from our favorite brands, as well as fun finds from across the country. We strive to support vendors who are based in the USA, female owned and (when possible) not found in a big box retail store.

We put a lot of thought into the entire gift giving experience. The Happy Box packaging is an essential part of our brand. All gifts purchased at Happy DSM will be assembled in a natural brown kraft box (made from 100% recycled material),

wrapped in our signature colored yarn and topped with a big purple sticker. It's all designed to make people smile.

We know finding the perfect gift can be a challenge. Maybe you don't have time to shop and pull it all together, or you're fresh out of ideas for a birthday, baby shower or that friend who needs a pick me up! We want Happy DSM to fill that gap for you.

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SIGN UP TODAY TO PARTICIPATE IN THE

## BEAVERDALE Holiday Lights CONTEST



- BEST OVERALL DISPLAY
- BEST HOMEMADE YARD DISPLAY
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- BEST BUSINESS DISPLAY
- PEOPLE'S CHOICE

**Judging will take place  
on December 5th.**

**YOU MUST REGISTER TO BE ELIGIBLE FOR A PRIZE!  
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## FRANKLIN FOLLIES (FUN TO READ!)

– BY BRIAN HOGAN, OWNER, FRANKLIN BARBERSHOP

I recently decided to quit smoking. I've had a whirlwind affair with cigarettes for more than twenty years now, and if there's one thing I know it's that I don't want to end up being one of those guys screaming "You can have my cigarettes when you pry them from my cold dead hands" because in all reality they would. But, I'm not here to talk to you about the dangers of smoking. You're all well aware by now of the potential repercussions of smoking cigarettes, and I don't want to bore you with the facts. No, I'm here to tell you about my relationship—My relationship with Elton John.

Back in 1993, Bill Clinton and his saxophone became president, the Seige at WACO was being broadcast on every news channel, and the musical landscape was being changed dramatically by grunge. But in my room only one thing mattered. Elton John's Goodbye Yellow Brick Road. Maybe it was the whimsy of Elton stepping into the Oz-like mural on the cover. Or the curiosity of what it would have been like to see him record Candle in the Wind at the Château d'Hérouville in France. Possibly it was the angst of Saturday Night's Alright for Fighting.

Either way, the then-20-year-old album had its hook in me. I must have worn out at least three cassettes that year and showed no signs of stopping. That is, until it was announced that Elton was to play at the Hilton Coliseum in Ames. It seemed like fate.

I remember every little detail leading up to the day, like the faces of people in line with me waiting to buy their Ticketmaster tickets at the courtesy counter at Hy-Vee. Or exactly what the ticket looked like and how the freshly painted ink smelled after the heavily mustached man handed it to me. I felt like Charlie winning a golden ticket about to embark on a tour of the chocolate factory. But this was better. This was a ticket to Oz and I was Dorothy.

The day of the concert is just as clear as the weeks leading up to it. There must have been a line of cars three miles long heading into Ames, each car playing Elton louder than the next. One lady in a convertible was wearing an entire handmade sequined bird costume that resembled the one Elton wore during his Ice on Fire tour. I'm not going to lie. I was jealous.

The parade leading to Hilton took over an hour but it was worth every second. I'd never been around so many people all at once and the excitement was palpable. You could feel the energy in Hilton. Almost like a static buzz just waiting for an opportunity to spark the flame.

The woman behind me said this was her tenth time seeing Elton and she was wearing sparkling earrings that she purchased from a previous concert. They had the initials EJ on them. I hadn't seen a merch table on my way in but I was already justifying to myself why it would be okay to spend all the money I had brought with me on t-shirts, posters, earrings, whatever. If this happened to be the only time I ever saw Elton John then I was gonna need something to take home with me.

From the back of Hilton, quiet at first but growing in intensity and volume, I could hear the chant "ELTON ELTON ELTON". Soon after, it was accompanied by claps and stomping feet. The lady with the earrings was yelling through a magazine that she had rolled up into a makeshift megaphone, and I was almost convinced the roof might collapse.

All of a sudden the lights went out and I heard a loud voice from the front stage speakers. "Ladies and Gentlemen." This was it. After months of waiting I was finally going to see the man himself. The announcement continued "all the way from the United Kingdom, Sir Elton John!"

The crowd cheered, Hilton shook, and then a single spotlight lit up a small circle on the center of the stage. But in the light I saw no large sunglasses. No extravagant costume. And most notably, no Elton. The only thing there was the cartoon WB frog. You know the one with the

top hat and cane that sings and dances. Yep that one.

That's because none of what you just read actually happened. That's right. Not a single thing. And that's because the side effects while taking Chantix, the stop-smoking drug, are new or worsening mental health problems, changes in behavior or thinking, and lucid dreams. And the Elton John dream is only one of many I'm sure to have by the time this Chantix stop smoking campaign is over. One out of five stars, would not recommend.



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## DOES EXERCISE HELP MITIGATE CHRONIC PAIN?

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According to Successful Aging by Daniel Levitin, at any given time, 30 percent of the population is experiencing chronic pain. For older adults, this number is closer to 40-50%. "Interestingly enough, more people are in chronic pain at this very moment than then number of people who have cancer, heart disease or diabetes, combined"

While we tend to think of the experience of pain as originating in the injured area (say the toe if you kick a door frame), the sensation of pain is actually produced in the brain. This is why we can temporarily relieve pain by shutting down the brain through sleep, loss of consciousness or certain drugs. Or why you can block the transmission of the neural firings between the injured area and the brain and find relief. Unfortunately, the most effective form of pain blocking is found in Opioids. As our recent opioid epidemic has revealed, pharmaceutical opioids are highly addictive and thus of little real use in the ongoing treatment of chronic pain.

Because the sensation of pain is produced in the brain, there are real methods of coping with chronic pain that do not involve pharmaceuticals. There is evidence that yoga can bring about lasting pain relief. This is because yoga enlarges the insula (the part of the brain that is responsible for our perception of the present moment), which in turn gives practitioners increased ability to tolerate pain. Mild exercise is also known to reduce pain. As Dr. Jeffrey Mogil (McGill University, E.P. Taylor Professor of Pain Studies, the Canada Research Chair in the Genetics of Pain, and the Director of the Alan Edwards Centre for Research on Pain) states, "Exercise is the best analgesic we know of by a wide margin."

Older adults who live in enriched environments (lots of activities, social and physical stimulation) experience less

pain that those who live in more sterile environments. This is because the stimulation distracts pain signals to the insula and the primary sensory cortex of the brain. Effective distraction for pain includes exercise, practicing yoga, meditation, social activity, listening to music and immersing oneself in nature. Studies have found that even when the distracting activities are "forced" upon individuals experiencing pain, they have the effect of a reduction in pain and an increase in the body's own production of organic opioid analgesics.

The more interesting experiences we can have in the external world, the less time we focus on the internal world, which is where pain resides. Separate from distraction, if we are in a good mood, pain is less likely to get us down. And of course we know that keeping physically and mentally active helps produce positive mood hormones in the body and brain as well.

### EXERCISE CAN BE SAID TO HAVE A 3-FOLD EFFECT ON PAIN REDUCTION:

1. Making our bodies less susceptible to injury due to increased physical function of the body, increased muscle mass and increased bone density.
2. Enlarging the part of the brain (insula) that is responsible for our present moment-perception, thereby increasing our ability to tolerate pain.
3. The stimulation of exercise serves to distract pain signals to the brain.



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# MEET YOUR NEIGHBORS

## JEFFREY AND KIRK KINDERDIETZ, 45TH STREET

**Tell your neighbors a bit about yourselves and how you wound up in Beaverdale?**

We moved here from Dallas, Texas four years ago when Jeffrey was recruited to serve at the VA treating Veterans with mental health concerns and the experience of chronic pain. Since Jeffrey had never driven in snow and with an abundance of concern for others on the road, we settled in Beaverdale near the VA. It's also the best neighborhood in Iowa and perhaps the country. We are blessed to live in Beaverdale amongst the best of neighbors and cannot imagine living anywhere else.

**What's your favorite neighborhood hangout?**

Beaverdale is our favorite place to hangout. We enjoy The Dam Pub, have our bikes repaired at Beaverdale Bikes, enjoy shopping at Back Country and Ace Hardware with a stop for coffee, hot chocolate and quiches at Grounds for Celebration. Cooney's Tavern has the best Bloody Marys, Oh Sushi is amazing, Beaverdale's dinner staple Christopher's, Snookie's for a tasty treat and Janelle's Medicap Pharmacy for a cure for what ails you.

**You have a wonderful constant rotating display of holiday decorations on your house and yard. Where does your immense love for decorations come from?**

Jeffrey grew up decorating for various holidays with his Mom and Kirk's experience was similar with his Mom, so it was natural for us to share the joy of celebration together. We started small with a few lights around our first home in Phoenix, Arizona expanding as we moved to Shreveport and Dallas. It was here in Beaverdale where we found the ideal canvas to really be creative, especially with such greatly appreciative neighbors. Everyday when we pull into our driveway we smile when we see the decorations. We also smile if it brings our neighbors joy.

**Are you participating in beggars night this year and if so, what is in your candy dish?**

Beggar's Night also happens to be Kirk's birthday and his favorite birthday presents



are beggars night jokes. Given this we are absolutely participating this year. We are going to be as safe as we possibly can distributing a variety of Halloween candy in sealed bags and wearing masks and nitrile gloves.

**Best beggars night joke?**

All of them.

**How many storage units of decorations do you currently own?**

Just like Santa's ability to fit down a Beaverdale brick chimney, the storage location for the decorations is a magical holiday secret. :-)

**Any words of advice for those not in the holiday spirit?**

A bit of celebration, some decorating, a lot of smiling and laughter could help 2020 feel better.

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## BEAVERDALE FARMERS MARKET WRAPS UP ANOTHER GREAT SEASON!

Beaverdale Farmers Market thanks all the vendors and shoppers for another successful season. Due to COVID-19 restrictions this year, the market was held in the Franklin Jr. High parking lot with safe shopping measures in place. Thanks to Rachel, our social media intern, for capturing the look and feel of the market this summer.



The Beaverdale Farmers Market is a 501c3 non-profit, managed by an all-volunteer board. If you'd like to volunteer reach out to us at [info@beaverdalefarmersmarket.org](mailto:info@beaverdalefarmersmarket.org), or by phone, 515-650-1652.

## 2020 BEAVERDALE FALL UN-FEST GIVES BACK A MESSAGE FROM THE FALL FESTIVAL BOARD

Although the Beaverdale Fall Festival did not happen in the traditional sense this year, the Fall Festival board took the opportunity to give back to the community in creative ways. We hosted a virtual Beaverdale Fall Un-Fest with a social media walk down memory lane featuring photos of festivals past, inspiring the sentiments of normalcy for the festival weekend in September that we love so much. We also highlighted our 2019 Platinum and Gold Festival sponsors by promoting business specials and September happenings. Finally, we hosted and promoted a socially responsible food drive for the Food Bank of Iowa which collected 442 pounds of food and over \$300 dollars (and counting).

The Beaverdale Fall Festival is going in an exciting direction. Mark your calendars for September 17-18, 2021 and watch for lots of new things along the way!

## PLANNING FOR GARDEN WALK 2021 CALLING ALL GARDENERS & GARDENS!



The BNA Beautification Committee has been busy recruiting for the 2021 Beaverdale Garden Walk and are excited to report that we have commitments from 4 gardeners so far. We would like to have a total of seven gardens, so we are looking to add just a few more. They can be small, expansive, shady or sunny, include vegetables or not, even chickens! The Walk is held on a Saturday in mid June, from 9 AM to 3 PM. It's a great opportunity to connect with other people interested in gardening and promoting our beautiful neighborhood. We have been holding this event every other year since 2005 and have showcased over 45 different gardens throughout our neighborhood. Contact Nancy Dunbar at 255-2671 or [dunbar.nancy@gmail.com](mailto:dunbar.nancy@gmail.com) if you are interested in hosting your garden or know of a garden that would be a good candidate. We will be recruiting volunteers to help plan and put on the event as well. Hope we can count on YOU!

## zoom BNA QUARTERLY MEETING TUES., NOV. 10TH, 7:00 PM

The BNA is hosting its Quarterly Meeting on Tuesday, Nov. 10th at 7pm via Zoom. To attend virtually, visit [www.zoom.us](http://www.zoom.us) and log in or sign up for a free account. Once you have signed in, click or tap Join a Meeting. Enter the 9-digit webinar ID below, and click Join or tap Join Meeting. If prompted, enter your name and email address, then click Join Webinar or tap Join.

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