



The Sidewalk

VOL. 16, ISSUE 1

THE OFFICIAL MAGAZINE OF THE BEVERDALE NEIGHBORHOOD ASSOCIATION

WINTER 2021

BEVERDALE 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 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 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

Dear Neighbors,

Looking back on the BNA's accomplishments in 2020 made me realize that even though we were unable to host our usual events, we did have some successes worth noting. First, BNA membership growth was strong after we instituted new emails reaching out to former members who had expired. Additionally on the membership side, we were able to work with local artists to develop a BNA calendar as a thank you gift to our members.

Last August, we were able to collect 1,662 face masks for neighborhood schools as the

pandemic rolled into the new school year. Our website got a small - but long overdue - addition. You can now connect with our business members through the directory at www.beaverdale.org/businesses. We are also looking forward to selling our merchandise through our new online shop (local pick-up only): <https://beaverdale-neighborhood-association.square.site>.

The BNA did host one very successful event in 2020 with Holiday Happenings. While the event did not feature the usual shopping component, we had great participation in the holiday lights contest, recorded videos of our annual Santa reading, and

hosted our amazing tree lighting. We are optimistic that BNA events will return in 2021, so keep an eye out for those events on our Facebook page.

Please continue to stay safe. Remember, you can track Covid positivity rates for zip codes in Polk County at www.polkcountyiowa.gov/health-department/2019-novel-coronavirus-covid-19/polk-county-zip-code-data/.

Marcus Coenen,
BNA President



SATURDAY ~ JUNE 19TH

SAVE THE DATE FOR THE 2021 BEVERDALE GARDEN WALK! FOLLOW US ON FACEBOOK @BEVERDALENEIGHBORHOOD

Mark Your Calendars for the 2021 Beaverdale Garden Walk—Saturday, June 19, 2021! We are excited to report that we are continuing the tradition that we started in 2005 to invite the public to visit our neighborhood and enjoy our unique features including its gardens. You will have a chance to explore several new gardens as well as revisit a garden that was on our Garden Walk years ago, and see how the years have changed it. Be ready to hear how our neighborhood gardeners deal with deer, rabbits, heavy shade, hot sun, losing a tree, building a

pergola, and laying a patio. Watch for our posters and signs to pop up throughout the neighborhood as the date approaches, and collect one of our bookmarks to remind you to "Save the Date." The Beaverdale Garden Walk has its own Facebook page with lots of photos from prior garden walks, as well as a page on the BNA website. We are looking into making tickets available to purchase online as well as at several of our local Beaverdale businesses in June for \$8 each, if purchased in advance, or \$10 each, if purchased on the day

of the event. More information will be available as time gets closer. All profits from this event have funded neighborhood beautification projects, such as, adding planters to our business area and helping fund the mural project. We will also need volunteers for such things as event promotion, setting out signs, and checking in guests at the various gardens on the day of the walk to help make this event a success. If you would like to help, please contact Nancy Dunbar at 255-2671 or email dunbar.nancy@gmail.com.



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Monday-Friday: 7am-7pm
Saturday-Sunday: 8am-2pm

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WWW.BROADLAWNS.ORG**

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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SOLD!

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3769 sqft. Built in 1948

FALL FESTIVAL - IT'S ON!

2021 BEAVERDALE FALL FESTIVAL
CALLING ALL NEIGHBORS AND VOLUNTEERS!

Beaverdale's biggest bash, the Fall Festival, takes a LOT of planning. It takes a bunch of talented folks meeting several times throughout the year to design and execute one of Des Moines best known events. Did you know that you could be a part of it? The Fall Festival board is in need of new folks, as we have BIG plans for the next festival.

Are you savvy in the world of social media? Or do you know how to use Excel? Have you lived in Beaverdale a while, or maybe just moved here and want to meet some of your neighbors? Do you like festivals, parades, or just having fun? Can you carry barricades (That's what I do, mostly). Well, if you answered yes, to ANY of those, we want to talk to you. The commitment can be as much, or as little, as you want it to be. I joined the board a few years ago, just because I loved taking our kids to the parade every year, and wanted to help.

Please reach out to Josh Steuterman, at the following phone/email, if you have any questions, or would like to join us.

515-664-3788

Jjsteuterman@gmail.com



ALL ABOARD!

THE WAVELAND TROLLEY LOOP PROJECT — BY EMILY NAYLOR



WAVELAND TROLLEY LOOP
ART INSTALLATION & HISTORIC INTERPRETIVE EXHIBIT
City of Des Moines | Des Moines Streetcar Friends

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1925 WITMER PARK 2019
PROJECT
PROGRESS UPDATE
GROUNDBREAKING ON PHASE 2 - JUNE/JULY!

The Witmer Park Project has some exciting news to share regarding the ongoing improvements at the park! Groundbreaking on Phase 2 is planned for this June/July, with all aspects of the project expected to be completed no later than October 2022. The finishes for the restroom facility have been selected (they're beautiful!) and construction will commence this summer. Meanwhile, curbing for the playground will be completed in anticipation of an October 2021 volunteer playground build. Keep checking the Sidewalk and BNA social media pages for more information on the build date. In the meantime, the Witmer Park Project still needs your help fundraising for the best possible playground! Visit WitmerParkProject.com to make a contribution and learn more. For corporate, estate, or group donations that may qualify to be listed on the donor plaque, please contact Jay Cox-Kozel at jay.kozel@gmail.com.

With a little side-to-side swaying and a lot of imagination, you might be able to recreate the feeling of riding the old University streetcar when the Waveland Trolley Park project is complete. The project, located at 49th and University Avenue, will commemorate and preserve the former Waveland Streetcar turnaround on University Avenue near the entrance to Waveland Golf Course. This loop, the westernmost turnaround for this trolley line, still have remnants of tracks under the paving. The turnaround was originally built in 1901 to bring golfers to the Waveland Golf Course. As the area grew, the streetcar was used by residents as well. The streetcar ran until 1947 and curbliner buses ran until 1964.

The project includes transforming the loop area into a park-like pedestrian space featuring an artistic streetcar sculpture positioned on curved paver walkway mimicking the path of actual streetcar loop. The space will have benches and educational signage focused on the history of the turnaround and life during those times. The project, currently in the fundraising phase with more than 60% of \$275,000 raised to date, will be constructed in 2021.

The project was initiated by Earl Short, whose father was a streetcar motorman in Des Moines in the early 1900's and who launched the Des Moines Streetcar Friends. Earl has tirelessly worked to ensure a streetcar monument would someday live at this site. The project is sponsored by the Des Moines Streetcar Friends, Waveland Park Neighborhood Association Board, Des Moines Historical Society, City of Des Moines, and an ambitious committee of volunteers.

Please consider donating and sharing information about this exciting project by visiting www.shive-hattery.com/microsite/waveland-trolley-loop.

FRANKLIN FOLLIES — SPLISH SPLASH

- BY BRIAN HOGAN, FRANKLIN BARBERSHOP

There's something about taking baths that I really enjoy. These days, it seems like people are in such a hurry to do everything that they only have time for a shower. Everything is quick. Let me take a quick shower. Let me hop in the shower real quick.

But not baths. Baths are long. Baths take time. And I've always got time for a good bath. Plus, with the state of the world these days I feel like now more than ever we owe it to ourselves. More people should be locking their bathroom doors, unwinding a bit and drawing a nice hot bath.

And why the hell not? Baths are the cure for everything. Hard day at work? Take a bath. Sore from the gym? Take a bath. Want to do some light reading where your kids can't get to you? You get the idea.

One of the greatest things about baths is that you can dress them up as much as you want to. The sky's the limit. The only thing holding you back is your imagination. There's oils, candles, music... And that's not to mention bath bombs. Boy howdy those things are game changers. I must have spent over \$400 last year on bath bombs alone. The scents and color patterns they produce have been life changing for my bath time.

Last week I found myself floating in a beautiful foaming orange and yellow hue that smelled like I had left a window open on a brisk autumn day. I closed my eyes and dreamed that I was an explorer crossing the plains. A sea of uncharted territory laid out in front of me that only I had ever seen. And I would have stayed there forever-exploring if the water had held its temperature. Statistics say that your average shower lasts 2-7 minutes. There's no way you can take a trip across the plains in such a short amount of time. Baths-1, Showers-0.

You wanna know what else you can't do in the shower? Eat. Even now as I'm writing this, I'm sitting in the tub with a piece of leftover birthday cake that my neighbor John brought over this morning. I had to get out of the bath to answer the door and get it, but hey, these things happen.

Ever heard of shower Alfredo? No because it doesn't exist. But believe you me when I tell you that you can eat Alfredo till your heart's content when you're taking a bath. Baths-2, showers-0.

I guess my point is that baths are just far superior to showers. It's science. If you feel the need to challenge any of this, then I invite you to come into the barbershop and state your case. You will be wrong but I'll listen.



LUCKY HORSE

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HOLIDAY TREES & LIGHTS

1ST ANNUAL BEAVERDALE TREE LIGHTING
THANKS TO ALL WHO MADE IT POSSIBLE!

The Beaverdale Neighborhood Association held its first holiday tree lighting December 5th at Beaverdale Place. Members of the community masked up, brought unwrapped donations for Toys-for-Tots, listened to Christmas carols from Holy Trinity Cub Scouts Pack 77. Ol' Saint Nick made a stop from up North and passed out treats to our masked up visitors. Thank you to the following businesses and individuals who made this a success. We look forward to making this an annual tradition.

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COMMON CAUSES OF SLEEP DISORDERS

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As we age, we often experience normal changes in our sleeping patterns, but sleep is just as important to your physical and emotional health as it was when you were younger. A good night's sleep helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day and refreshes your immune system. Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness and experience more nighttime falls. Insufficient sleep can also lead to serious health problems.

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. However, how you feel in the morning is more important than a specific number of hours. Frequently waking up not feeling rested or feeling tired during the day are the best indications that you're not getting enough sleep. Common causes of insomnia and sleep problems in older adults include:

- Poor sleep habits and sleep environment. These include irregular sleep hours, consumption of alcohol before bedtime, and falling asleep with the TV on. Make sure your room is comfortable, dark and quiet, and your bedtime rituals conducive to sleep.
- Pain or medical conditions. Health conditions such as a frequent need to urinate, pain, arthritis, asthma, diabetes, osteoporosis, nighttime heartburn, and Alzheimer's disease can interfere with sleep. Talk to your doctor to address any medical issues.
- Medications. Older adults tend to take more medications than younger people and the

combination of drugs, as well as their side-effects, can impair sleep. Your doctor may be able to make changes to your medications to improve sleep.



- Lack of exercise. If you are too sedentary, you may never feel sleepy or feel sleepy all the time. Regular aerobic exercise during the day can promote good sleep.
- Stress. Significant life changes like retirement, the death of a loved one, or moving from a family home can cause stress.
- Lack of social engagement. Social activities, family, and work can keep your activity level up and prepare your body for a good night's sleep.
- Sleep disorders. Restless Legs Syndrome (RLS) and sleep-disordered breathing—such as snoring and sleep apnea—occur more frequently in older adults.
- Lack of sunlight. Bright sunlight helps regulate melatonin and your sleep-wake cycles. Try to get at least two hours of sunlight a day. Keep shades open during the day or use a light therapy box.



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INCOME	\$43,005	%
COMMUNICATIONS	\$10,397	24.18%
DONATIONS/CONTRIBUTIONS	\$2,086	4.85%
GRANTS	\$3,000	6.98%
MEMBERSHIP	\$13,292	30.91%
SALE OF MERCHANDISE	\$873	2.03%
PROJECT FUNDRAISING INCOME	\$12,500	29.07%
SPECIAL EVENTS INCOME	\$850	1.98%
OTHER	\$7	.01%
EXPENSE	\$40,950	%
ADMINISTRATION	\$915	2.23%
BEAUTIFICATION EXPENSE	\$3,972	9.7%
PUBLIC AFFAIRS	\$18	.04%
COMMUNICATIONS	\$17,611	43.00%
COMMUNITY INVOLVEMENT	\$429	1.05%
INSURANCE	\$1,911	4.67%
MEMBERSHIP EXPENSE	\$508	1.24%
COST OF MERCHANDISE	\$431	1.05%
PROJECT FUNDRAISING EXPENSE	\$12,500	30.53%
SPECIAL EVENTS EXPENSE	\$2,656	6.49%
NET INCOME	\$2,055	

PLANT THE SEED

BEAVERDALE FARMERS MARKET

JOIN US FOR THE 2021 SEASON!



Imagine a sunny June afternoon, taking a stroll through the farmers market and picking up some fresh fruits, vegetables, baked goods, honey and prepared foods.

Beaverdale Farmers Market will open at 48th & Franklin Street, Tuesdays from June 1 to September 14th. The market features many returning and new vendors with a variety of produce, crafts, baked goods, honey, jams, prepared food and plants. There's easy parking in the Franklin Junior High parking lot. Market hours will be 4:00-7:00 p.m. for the 2021 season. The market will be observing COVID-19 safety measures.

Beaverdale Farmers Market participates in the Double-Up Food Bucks program and provides complimentary booths for community and non-profit organizations as available. To apply for space, fill out our online or PDF application and rules at www.beaverdalefarmersmarket.org/infoforvendors.

Beaverdale Farmers Market is a 501c3 non-profit, managed by an all-volunteer board of directors. Would you like to join as a volunteer on market days? To learn more, message us on Facebook or email us. We welcome your questions and comments, too. See you June 1st!

Website: www.facebook.com/BeaverdaleFarmFest/
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