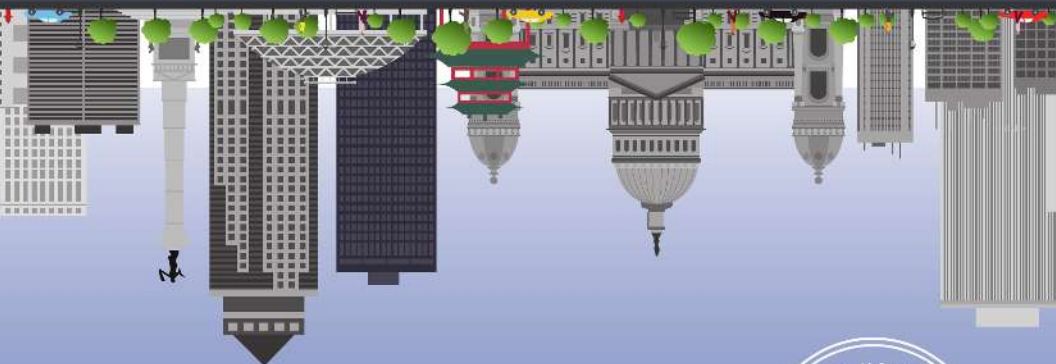




DES MOINES PARENT

GUIDE

PARENTS | OUTDOORS | KIDS | ACTIVITIES



SUMMER 2019

Featuring



LETTER FROM THE EDITOR



Des Moines Parent has become the number one resource for parents and families in central Iowa. Our city is blessed with hundreds of events, activities, and things to do. We work hard to gather all the details and bring them to one platform just for you. Now we have two great ways to receive all this amazing information, through our printed guide and website.



From day one I have always promoted that Des Moines Parent is a community where parents and families can come together to share their experiences, talk about topics, leave feedback and more. Des Moines Parent is just the platform to spread the word. As we continue to grow we want YOU to be a part of it. Whether it is placing an ad within our guide to promote your event or business, an article you would like to write on an important topic near and dear to your heart, or you just need some push to help promote your upcoming event online. Des Moines Parent is here for you!

If you are a parent, business or organization and have something you would like to reach thousands of parents in central Iowa, please reach out. We love working with others to create a special opportunity unique to them.

Em & Huff

***Before heading to an event or activity, please double check times and locations. We try to keep everything accurate, but things do change without notice.

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FOR THE KIDS➔



72 KIDS EAT FREE
IN DES MOINES





CREEK SPLASHING SPOTS

By Erin Huiatt

My kids love playing in water, whether it is at a sprayground, lake, or creek. I have the most fun when we take “creek walks” or go “creek splashing” because it is rarely deep enough to be worrisome and we are almost always the only ones there. Throwing rocks, hunting for crayfish, and digging in the sand keeps them busy for as long as I can stand it! Check out all the good creek splashing spots we have found around Des Moines, Iowa. Also check out the artificial “creek” at McHenry Park.

Please keep in mind before you head out that water levels can change depending on the temperature and rainfall. I’ve had people ask me in the past about water quality/safety concerns, and I know the Iowa DNR tracks bacteria levels in the lakes.

ANKENY

Gay Lea Wilson Trail

Ankeny Trailhead

- Head south from the parking lot, there are probably multiple entry points but the one pictured is maybe 2 minutes from the lot.
- We haven't personally played here, but met two families creek walking there while we walked the trail.
- Paved trail nearby; parking below, it is a very short walk from the lot to the creek.

CLIVE

Clive Greenbelt Park off 100th

- If you drive all the way to the back and park by the playground, it is roughly 1/4 of a mile walk from the parking lot to the spot we went down, there are probably other access points as well. This spot is visible from the paved trail, with an easy walk down.
- You'll pass a pretty waterfall along the path when you walk.

Clive Greenbelt Park off 86th

- A slightly steeper walk down to the creek, access is right behind the playground and almost visible from the parking lot. Paved trail nearby.

DALLAS CENTER

Brenton Arboretum

- We have not jumped in the creek here, but they hold creek walks here!

DES MOINES

Sargent Park

- There are multiple spots for creek access, we went underneath the bridge. Roughly 1/4 mile from the parking lot and with a paved trail nearby.

GRANGER

Jester Park

- There is a small stream attached to the natural playscape, and then a larger stream with multiple access points about .5" from the natural playscape parking lot, right along the Hickory Ridge Trail (marked).
- There is access to a wider/larger portion of the creek further along the trail towards shelter #5.

GRIMES

Beaverbrooke Park

- " Just to the east of the exercise bars, there is a dirt trail down to the concreted area of the creek." – shared by a reader!

MADRID

Ledges State Park

- One of the most well known spots in the area, there are several fords across the road with shallow water, in addition to a winding creek with beautiful views.
- This park is very busy and popular, so don't expect to have it to yourself!

MITCHELLVILLE

Thomas Mitchell Park

- Another popular spot, there are concrete steps down into the water at two separate access points. My favorite is shown below on the maps – it is visible from the campground's parking lot or about a mile's walk along the Devotie Trail from the main parking lot.
- There were relatively deep spots when we visited, but no fast currents.



URBANDALE

Walnut Creek Regional Park

- Walking from the playground, turn right and go past the climbing trees. After roughly 1/4 of a mile, you'll see a bridge and a sign for "Little Walnut Creek", and there is an easy path down to the creek nearby. While you can see the creek closer back behind the playground, proceed with caution because the brush is full of painful pricker-bushes.

WAUKEE

Centennial Park

- Long, shallow rocky creek with multiple access points, visible from the playground and parking lots.
- Close to a pretty busy road.

WEST DES MOINES

Southwoods Park

- Advertised as having a waterfall, but don't blink or you'll miss it!
- Creek access is roughly a mile from the parking lot, along a paved path, down a dirt path with lots of wooden steps, and through brush.



DADS' NIGHT OUT

10 THINGS TO DO IN DES MOINES

By Luke James

Guys night out?!? Why not, right? A night away from the wife and kids, whom you cherish every moment with I know ;), but always good to recharge the batteries with your friends. If you're like me you've racked your brain with the question, "What is there to do in Des Moines besides go to Court Ave or West Glen?" Believe it or not, there's a ton to do in Des Moines. And not just hang out at your buddies place and have a few brews; which I'm not against at all! We're talking fun, off the beaten path, type experiences. Check out my favorite 10 below:

- 1 Ironside Axe Club** – West Des Moines. What is more manly than throwing axes with your bros? Think darts, but with actual wood chopping tools. Grab a couple of cases of your favorite brew (BYOB) and see who is the real Paul Bunin of your crew.
- 2 Smash Park** – West Des Moines. When was the last time that you played pickleball? High school for this guy. Winter or summer it doesn't matter this is a year-round gym/yard games sanctuary. Grab your friends and spend the evening playing, eating and enjoying some beverages.
- 3 Range Grill + Golf** – Urbandale. Missing the links during the winter? Good food, drinks, and non-weather impacted golf! Can it get any better? Oh, and the foods pretty good!
- 4 The Hall** – Valley Junction in West Des Moines. German style beer hall with 54 beers on tap. Great patio. Great games. And food trucks. Come by car or bike. A great destination for a guys night out in West Des Moines.

5 Des Moines Buccaneers Hockey Game – Urbandale. I remember going to a Des Moines Bucs game 10+ years ago, when we moved to Des Moines, for Buc beer night. We watched junior league hockey dudes battle it out, literally gloves off battles, for bragging rights. Many of whom are now in the NHL. Cheap, simple, fun guys night out.

6 Uncle Buck's FishBowl – Bass Pro Shops in Altoona. We all have that friend that bowled a 300 10 years ago. Now make him prove it! Full bar and food, plus a great atmosphere in the manliest building in the Des Moines area. Sounds like a win!

7 Up-Down Arcade Bar – Des Moines. The arcade games you grew up with, plus the alcohol you can now legally consume! I can't think of a better way to spend a night with your friends! Relive the 80s and 90s with over 20 brews on tap, plus more bottles/cans and 80s and 90s inspired cocktails.

8 Brewery Tours – All over the metro. Confluence, FireTrucker, Exile, Peace Tree, Court Ave, Madhouse, Fox Brewing, 515, Twisted Vine, and more. Need I say more? There are a ton of awesome breweries right here in central Iowa. Oh, and by the way, they brew some great beers. Hop on a bus and enjoy the night!

9 Mountain Biking – Des Moines. Mountain biking in Iowa, what?!? Yes! And man what an awesome way to bond with your brothers. Spend an hour riding the trails and then cruise down the street to Pal Joey's or Sully's on Grand and 63rd for a brew. Workout + beer = win for all!

10 Go Karting – Pole Position Raceway – Grimes. Put your racing skills to the ultimate test. Get your adrenaline pumping! We're not talking go-karts like you rode 20 years ago on that family vacation to Branson; fast, quick, competitive karts. Rubbin is racin! Challenge your friends to find out who the real Cole Trickle is.

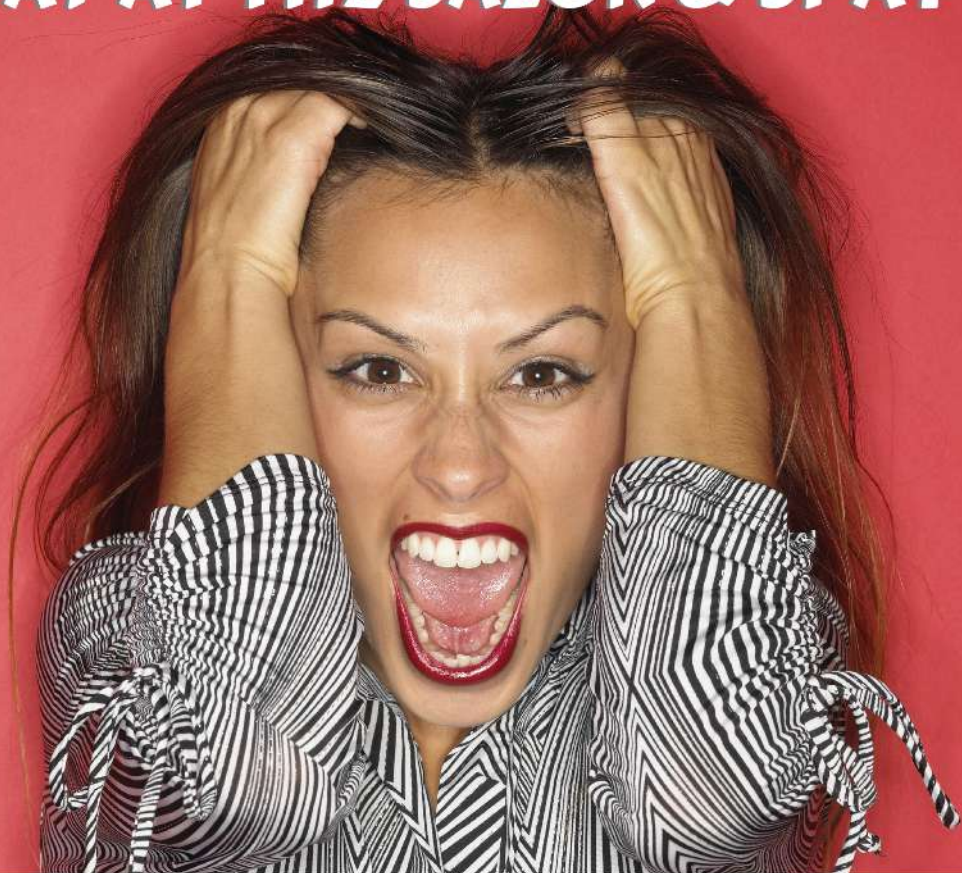


Photo Credit: Up-Down Arcade



Photo Credit: Pole Position Raceway

Does Mama need a
DAY AT THE SALON & SPA?



SUMMER GOT YOUR HAIR IN A KNOT?

By Jacob Zauche, Trixies Salon

We've heard it a lot lately, and we know the struggle! All of the time spent in the pool, at the lake, or basking in the sun means our hair and scalp could use a little TLC. With all the info on the internet and “magical” at home remedies, it can be confusing what can truly help turn those dry ends and flaky scalp into soft and nourished locks. Well, Aveda has made finding the solution easy with our Botanical Therapy deep-conditioning treatment and Pramasana scalp treatment!

Healthy hair starts with a healthy scalp! And with dry shampoo on the rise, there are a lot of reasons to treat our scalps with extra care. Let's walk through the Pramasana treatment at Trixies: we start off with a consultation to assess your scalp concerns and find solutions. Then we massage the scalp with our

exfoliating scalp brush to remove dead skin, help with lymphatic drainage, and invigorate the hair follicle. We continue with massaging the scalp using our purifying scalp cleanser to remove impurities and increase micro-circulation. Followed up with a nourishing scalp masque which nourishes the scalp to promote detoxification and purification. We end with the protective scalp concentrate to balance sebum levels, strengthen the scalp barrier, and protect the scalp from environmental pollutants.

Don't let your scalp and hair health fall to the way side and remember that self care isn't selfish! Stop in to any of our three Trixies locations soon for your Pramasana and Botanical Therapy treatment! Your scalp and hair will thank you!

Trixies Salon

SOUTHSIDE

6209 SE 14th St
Des Moines, IA 50320
(515) 287-4220

UPTOWN

4116 University Ave
Des Moines, IA 50311
(515) 274-9981

ALTOONA

3770 8th Street SW, Suite G
Altoona, IA 50009
(515) 967-0279

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LET THEM STRUGGLE?

"What do you do when your girls are texting you to put money in their account?"

This was the first question asked by a group of parents at a college parent night where I had been invited to speak. The look on this particular dad's face suggested it wasn't a hypothetical situation but something that was happening occasionally.

So I turned the question back on him, "What do you do when your girls are texting you to put money in their account?"

"I usually put some in there for them, but it never lasts as long as it should." He replied.

"And why do you put money in their account?" (I had a good feeling about what the answer was going to be before asking, but had to make sure...)

After thinking about his answer for a long 20 seconds, this dad replied, “*I love my girls and I don’t want them to struggle.*”

At that point I looked around the room at all of the parents and asked four or five of them point blank, “Did YOU struggle when you were 20? Did YOU struggle when you were 20? Did YOU struggle when you were 20?”

All of them, it seemed, had struggled financially while in college. And while I understand the desire to make things better for your children than perhaps the way you experienced life, why have we made struggle and love mutually exclusive for this generation of kids? This particular dad’s answer suggested unless you remove your kids’ struggle you don’t love them, and based on anecdotal research, he’s not alone.

"What do you do when your girls are texting you to put money in their account?"

Consider for a moment this logic – If you love your kids, you should let them struggle.

NO PRESSURE, NO DIAMONDS.

The Millennial generation, Generation Z (those students in high school and college currently), and now The Alpha Generation have been labeled the most entitled generations ever. And as best-selling author Simon Sinek stated in his interview about Millennials in the workforce, it’s for good reason.

These are generations that have grown up with instantaneous access to virtually everything. Want to watch a movie? Netflix. Want to buy something? Amazon. Want a date? Tinder. All of it at the tips of their fingers and without having to wait. (They don’t even have to wait week to week to watch television shows – just binge watch the whole season.)

So what happens when a generation of young people who are used to instantaneous access to most everything, have parents that pay for most everything? (And we wonder why they’re called the Entitlement Generation.)

First of all, stop being the unlimited ATM for your kids. Up until a couple

of years ago, my children seemed to believe that their mother and I had a steady stream of twenty dollar bills that magically appeared whenever they needed them. Whether it was a school basketball game, a show choir concert, a pair of jeans they wanted, a movie with friends, or simply asking to get pizza, doughnuts, ice cream or whatever they were hungry for at the time. It felt as if they believed that MY lifestyle was THEIR lifestyle.

It was, of all things, a game of Monopoly that changed things for our family. I hypothesized during one marathon Monopoly game that my kids would play differently if we played with actual cash on the table instead of slips of paper. So one weekend, I put my money where my mouth was and got \$10,000 in cash for a high stakes game. The end result prompted a TEDx talk on the subject at the London Business School that’s been viewed over 3 million times.

After watching my kids make decisions differently in the game with cash versus “fake” money, I realized that we didn’t empower them to make decisions when it came to purchases. That they never struggled with the idea of lack or limits or consequences. Because they never had to.

Push Financial Decisions Down To The Kids

In my research for the documentary *Broke, Busted & Disgusted* I found that most 18 year olds that we interviewed had never HAD to make a financial decision on their own. Even simple ones were almost always made for them. And now they were facing the largest financial decision of their lives (short of buying a home) with little to no background in how to make it.

The simple fix I’ve found at home is pushing the financial decision making down to the kids’ level. As an example, when it’s time to buy school clothes, many families would head to the mall with a budget in mind and come back spending more than they intended. Instead, consider setting the budget and handing the money over to your teen with the





instruction that, “When this is gone, it’s gone. So you’re going to have to budget your purchases accordingly. If you have any left over at the end, it’s yours to keep.” Without sugar-coating it, it’s rocky at first. But the moment your kid ‘gets’ it, it’s a magical thing.

Kids Learn Money By Handling Money

Your kids will ultimately learn money by handling it on a weekly basis and therefore need a small weekly stipend to “live on”. We believe in paying our kids a weekly allowance based on a set schedule of chores that need to be done to help our house run smoothly. With their funds they pay for normal everyday activities that used to come out of Mom and Dad’s pockets — things like entrance into school sporting activities, buying food at

concession stands, going to movies with friends, and even paying for part of birthday gifts when invited to a friend’s party.

The bottom line is if you are the one paying for their wants and needs, the consequence of you overspending on them, is rarely felt by them. They’ll begin to equate your lifestyle with their lifestyle.

Instead, let them struggle under the weight of decisions that are made on not having enough to do everything they want to do immediately. A little bit of struggle now will create a young person that makes far better decisions in college when student loans and credit cards are so easy to obtain.

Remember, letting them struggle shows you love them. When you limit

the amount of money they have to talk has been a featured video on operate on every month, you’re not TED.com and has over 3.7 million doing it to them, but FOR THEM. This views. Adam is the curator and lead article was made possible through a writer for www.MasteryOfMoney.com. partnership with Community Choice. We realize that reaching your financial goals (much like parenting) is a marathon not a sprint and we’re here to help you on your journey. We’re motivated by “people helping people”, not a bottom line. Is this approach unusual? Nah, it’s just UnBanking!

Adam Carroll is a nationally recognized speaker and author on the topic of financial literacy. He is the author of *Mastery of Money For Students* and *Winning The Money Game* and his TEDx

PARENTING IS HARD...

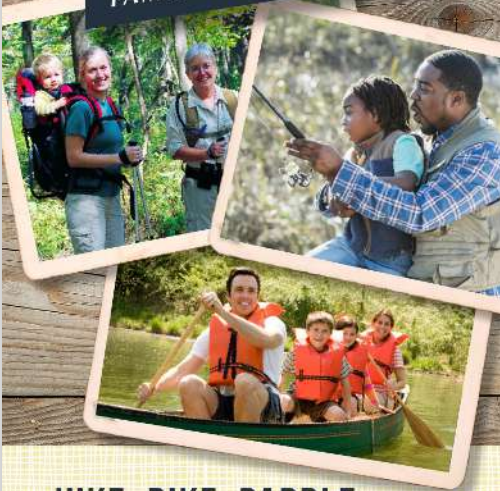
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EASTER LAKE PARK
FORT DES MOINES PARK
JESTER PARK
THOMAS MITCHELL PARK
YELLOW BANKS PARK

TRAILS

CHICHAQUA VALLEY TRAIL
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GREAT WESTERN TRAIL
HIGH TRESTLE TRAIL
MARK C. ACKELSON TRAIL



www.LeadingYouOutdoors.org

GET TO KNOW US: POLK COUNTY CONSERVATION

POSITION: Community Relations Coordinator

HOW LONG HAVE YOU BEEN THERE: 20 years

FAVORITE THINGS TO DO IN THE PARKS: As my children have grown up, our favorite things have changed. Picnics, playgrounds, and the Natural Playscape were old favorites and now we enjoy mushroom hunting, fishing, and golfing.

HOW MANY COUNTY PARKS ARE THERE IN POLK COUNTY? Polk County has 21 parks and trails

DO YOU HAVE CERTAIN PARKS THAT ARE BETTER FOR YOUNGER CHILDREN? The parks that I feel are better for younger children are Jester, Easter, Thomas Mitchell, and Fort Des Moines Parks.

IS THERE A PLACE TO SEE ALL OF THE GREAT BIKE TRAILS IN THE COUNTY? There are a few different options to see the bike trails in Central Iowa. A trails map is printed every year and we make those available to the public at the Jester Park Nature Center. If you prefer an app, Iowa Natural Heritage Foundation offers an app for both Apple and Android mobile devices called IOWA BY TRAIL.

WHAT KIND OF EDUCATIONAL OPPORTUNITIES DO YOU HAVE? We offer on average about 20 public programs per month. All educational in nature, these indoor and outdoor programs appeal to a wide range of ages and interests. Program categories include: Outdoor skill development, health and wellness, trips and tours, hands-on family and youth education, senior adult education, special events, and camps.

ARE THE PARKS PET FRIENDLY?

Yes! However, there are certain facilities that are not pet-friendly (some cabins and the Jester Park Nature Center). Pets must be on leash at all times (6' or less in length) and pets should not be left unattended outside your camping unit.

IF YOU HAD TO PUT TOGETHER A "GOING TO THE PARK" SURVIVAL KIT, WHAT WOULD YOU PUT IN IT?

- Sun screen and bug spray
- Picnic lunch or supper
- Reusable water bottle
- Camera (or cell phone)
- Sunglasses or a hat
- Hiking shoes
- Your favorite piece of recreation equipment: fishing pole, kayak, Frisbee, tent, volleyball, etc.





EASY RECIPES TO MAKE WITH KIDS

APPLE PIZZAS

Ingredients

1 tbsp lemon juice

2 apples

2 tbsp peanut butter

Toppings (bananas, blueberries, coconut, maple syrup, etc.)

Instructions

Fill a mixing bowl halfway with cold water and add the lemon juice.

Core the apples and slice into 1/4" slices, then place into the bowl of lemon water for a few minutes (to stop the apples browning).

Drain the apples, then spread a little peanut butter onto one side of each apple ring.

Let kids add what they like to their 'apple pizzas!', encouraging them to try new tastes, flavors and textures!

OATMEAL COOKIE SMOOTHIE

Ingredients

3/4 cup rolled oats

1/4 cup raisins

1/4 teaspoon pumpkin pie spice

1 cup whole milk, plus more if needed

1/2 cup full-fat vanilla yogurt

1 tablespoon dark brown sugar

Instructions

Add the oats, raisins and pumpkin pie spice to a blender and pour in the milk, adding more to cover the oats if needed. Stir completely and set aside until the oats are soft, 15 minutes.

Blend on high speed until pureed and smooth, about 1 minute. Add the yogurt, brown sugar and 1 1/2 cups ice, and blend on high speed until smooth, about 30 seconds. Pour into 2 pint glasses.

*Children should be supervised at all times while in the kitchen.

REAL

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Ages 6-18

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SUMMER READING PROGRAMS

Summer reading in Des Moines is one of many fun activities to stay busy this summer. Your local library offers great events and activities for children of all ages and challenges to keep your child motivated. The common theme for this summer is 'A Universe of Stories'. Take a look at each library to see what fun celebrations and prizes they will be offering.



ALTOONA

Kick off event Sunday, June 2; 2:30 to 4:30 p.m.

There will be a number of guests set up at booths in our meeting room to share information about events and activities in the summer. Families are invited to stop in, sign up for the reading program, and get information about some of the fun camps, classes, and events happening in the area. This event is free and there is no registration. Guests will have access to early registration for some of our summer programs at the library if they attend the event.

The theme of the reading program is 'A Universe of Stories'. They will have a number of space and science programs, including a Rockin' Rockets program (all ages), and Absolute Science program (all ages), and their monthly STEAM Team (ages 2-12). **All require registration.**

Here are a few more all-ages programs happening this summer:

- Daddy & Me LEGO Challenge
- Blank Park Zoo:
Otherworldly Animal Adaptations
- Worm Races
- Bubble Bonanza
- Absolute Science
- Bounce Back to School

BARNES & NOBLE

When your child reads 8 books this summer, they can receive a free children's book. Visit the Barnes and Noble summer reading program to download and print their reading journal. In order to receive a free book, a parent must sign on the page. There is a set list of books that a child can pick for free, broken down by grades.

CLIVE

All programs begin Monday, May 20 – Saturday, August 3

Rubber Ducky Club: Bond with your little duckling this summer with this early literacy reading program. Start a tradition of summer reading with a focus on the five early literacy practices: Talk, Sing, Read, Write, and Play! Enjoy a rubber ducky prize for completing the first six activities and receive a book prize along with a pass to the summer reading pool party for completing all 12 activities.

Dewey Bear Club: Does your preschooler love to listen to stories? Is your child just starting to read and still need a lot of support? This summer reading program is for you! Record minutes and earn incentives along the way. Prizes include free coupons and passes to local businesses, books, and a family pass to our summer reading pool party. Completion of journals allows the



reader to be eligible for our Bonus Reading Program.

Reading Journals: This is a self-paced summer reading program for independent readers of all levels. Record minutes and earn incentives along the way. Prizes include free coupons and passes to local businesses, books, and passes to our summer reading pool party. Completion of journals allows the reader to be eligible for our Bonus Reading Program.

Bonus Reading Logs: Reading Rocks! Need more incentives to keep reading? Upon completion of the above programs, Dewey Bear readers on up may participate for our bonus reading program. Continue tracking minutes through August for a chance to win some rocking raffle prizes. We will draw for the winners the last week in August. The more reading you do, the more tickets you earn, and the more chances you have to win!

Celebrate all your reading with a **Big Reading Pool Party** and the Clive Aquatic Center on Saturday, August 3 from 10 to 11:15 a.m. Teens will receive an extra pass to bring along a friend.

GRANGER

Granger Public Library's Summer Reading Program will kick off June 5 and run until July 17. Teens and adults can register for free prizes every time they visit the library. The first 25 teens and the first 25 adults will receive a prize. They will also offer some fun storytimes, events, and activities.

GRIMES

This year's Summer Reading Program runs from June 3 through July 26. Sign up at the library or online. Earn points by reading and completing activities. As you earn points, you earn prizes. Stop by the Library to claim your prizes!

There will be fun events, story times and activities scheduled throughout the Summer as well.

INDIANOLA

Join the Indianola Library this summer for fun programs for all ages! Their Summer Reading Challenge begins May 30 and runs through July 27. Complete the Challenge to earn great prizes and an exclusive ticket to our pool party July 29 at the Indianola Aquatic Center. Take a look at their Facebook page to see all the fun activities they will be offering this summer.

JOHNSTON

Join Johnston Public Library's free, 7-week program that encourages children to read and keep their brain active through the summer. They will also offer free children's events at the library. You can sign up between May 28th and July 7th to pick up an activity log.

What are the rules?

- Fill in a picture for every activity completed or for every 30 minutes of reading.
- When 10 pictures are completed, bring your log to the library to collect an activity kit.
- Complete an additional 10 pictures to collect coupons for free ice cream at Dairy Queen and fun activities around the metro.
- Complete the final 10 pictures to choose a free book and receive an entry into the grand prize drawing
- All activity logs must be submitted by Saturday, July 13th.

Prizes include an activity kit, Free Ice cream from Dairy Queen, I-cubs tickets, a pass to Blank Park Zoo, and other fun coupons, a free book, and an entry into the grand prize drawing.



WAUKEE

"Explore the Universe" at the Waukee Public Library this summer!

All ages of children, teens, and adults can read or listen to books and earn prizes. There will be many fun programs and events held throughout June and July; be sure to check the library website for events that require registration. These activities are made possible with generous support from Mi-Fiber.

WEST DES MOINES

Registration begins Monday, May 20 and the Summer reading program is for all ages!

Sign-up by visiting the library or online.

Prizes for the program include galaxy slime, glow-in-the-dark stars, a themed tote bag, Blank Park Zoo passes, I-Cubs tickets, library fine forgiveness coupons, and more!

Summer Reading Club ends on Friday, July 26 (all prizes must be claimed by that date) and the Summer Reading Carnival is on Saturday, July 27 from 10 AM-12 PM at the library.

Don't forget to put
EYE EXAMS
on your summer to-do list!



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Dr. Dennis Haugland
Dr. Melissa Kyler
Dr. John Broek

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SOCIAL MEDIA AND YOUR SCHOOL AGER

For many of us, social media didn't even exist when we were kids. Today, our children are surrounded by it. Whether it comes from their friends or their peers, our children are besieged by social media. From YouTube Challenges to text messages back and forth between friends, our children are exposed to social media on a daily basis.

Here are a few tips to help you navigate social media with your school-ager:

Talk about it. Be transparent and talk to your child about the pros and cons of social media. Be up front about 'challenges' on social media and talk to your child about potential risks associated with engaging in these challenges.

Establish guidelines. Set clear guidelines regarding social media usage. Whether it is limiting the amount of time spent on social

media or establishing content viewing rules, create a plan and stick to it.

Check in frequently. Make time to connect with your child. Commit to putting down your devices and chat with one another. This connection will be invaluable when you need to discuss social media concerns.

Acknowledge peer pressure.

Address peer pressure head-on by openly discussing these challenges and brainstorming ways to deal with it.

Teach your child about their online reputation. What you post online stays online. This is a concept not fully grasped by young children using social media. Help your child understand this concept.

Model responsible online habits.

Make sure your involvement sends the message you intend. If your child requests that you film them,

talk about where and how this video should be shared. Explain the why.

With your involvement and support, your child can successfully navigate social media.

This is an excerpt from the resource section of New Horizon Academics website. They have so many great tools & resources to peruse through that are broken into categories for easy searching. This one is filed under Language Development and Communication.



Early Education and Child Care

New Horizon Academy offers comprehensive educational programs designed to help prepare children for success in elementary school and beyond.

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3001@nhacademy.net

Johnston:

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(515) 348-4028
3003@nhacademy.net

West Des Moines:

9040 University Ave.
(515) 412-9915
3002@nhacademy.net

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THE GREAT OUTDOORS.

Get up- Get out- Get Moving!

By Rachel Smith

Have you ever sat on a boat in the center of Clear Lake and looked around? The sight is surely one to behold; colors bleed from every angle as the beauty cocoons you into peaceful oblivion. Lush trees sway in the gentle breeze. Wooden docks out into the water, lined with jet skis and boats, paddleboats and Lily Pads, all enjoyed on our gorgeous lake. The sand beaches at City and State park are dotted with patrons catching some sun, building a sand castle, or cooling off from the heat with a swim.

The great outdoors are literally all around us. And Clear Lake is one of the best!

What's there to do while you're at the Lake? Well, you definitely don't want to be sitting inside, glued to a television or your phone. No way. The lake is made for fresh air and fun, so here are a few things to look for to get up, get out, and get moving!

For the super-active folks, Clear Lake is a very bike-friendly community. You'll often see bikers pedaling along North Shore before making their way to the bike path along the Grade in Ventura. Continuing on that route, you can swing onto South Shore to complete your trip around the Lake. It's a great way to enjoy the scenic views while getting exercise – WIN!

And those who prefer their outdoor activities on foot, we have a plethora of organized runs just for you! These events are made for everyone to enjoy; whether you're a hard-core runner going for the gold or prefer to walk the course. No judgment here – just encouragement for everyone involved!

Myself, I'm more of a 'life in the slow lane' type of person. There's nothing I enjoy more than a cruise along the shoreline of Clear Lake on my paddleboard. Imagine my excitement when Paddlefest kicked off their inaugural year last season. This event is a great way to explore

the shores of our spectacular lake on a kayak, canoe, or stand up paddle board.

In all honestly, being active and health-conscious doesn't mean you have to be a hard-core competitor. The Parks & Rec department offers a wide variety of laid-back activities for children and adults to enjoy the great outdoors.

Take a walk in one of our many parks, or go for a stroll along the shore. Being outside and being active is so good for your well-being; relieving stress and energizing. Just being outside in the fresh air, enjoying the many opportunities Clear Lake has to offer is enough. Remember... all you need to do is get up, get out and get moving.

All of those are easy to do when you're at the Lake!

DECORATE YOUR FLIP FLOPS!



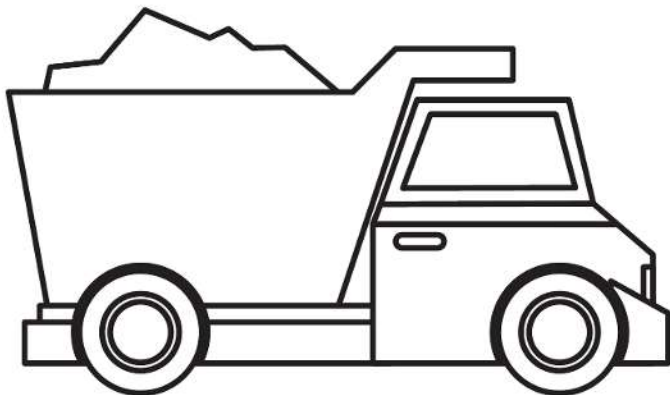
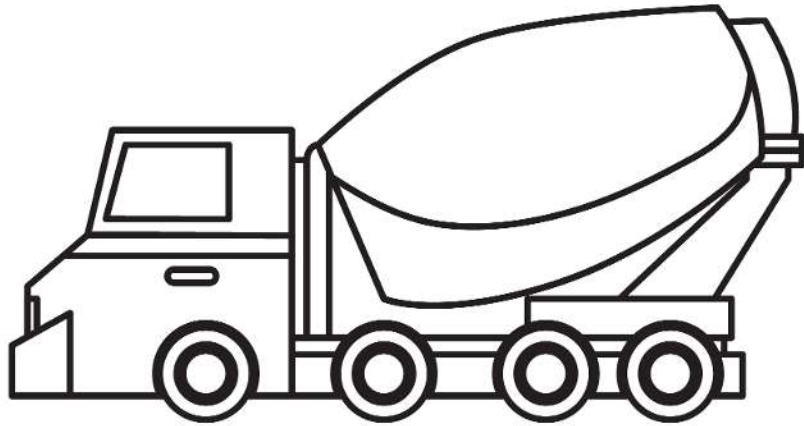
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FAMILY FUN EVENTS

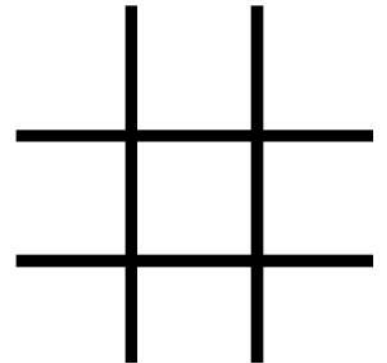
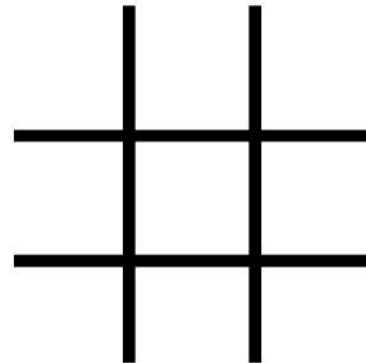
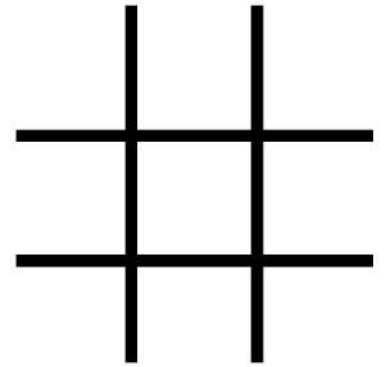
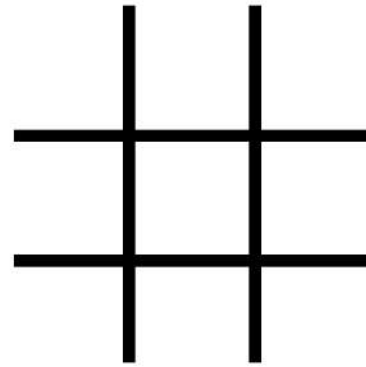
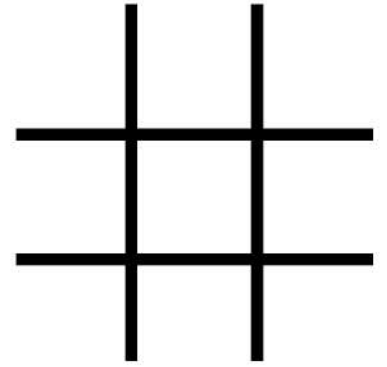
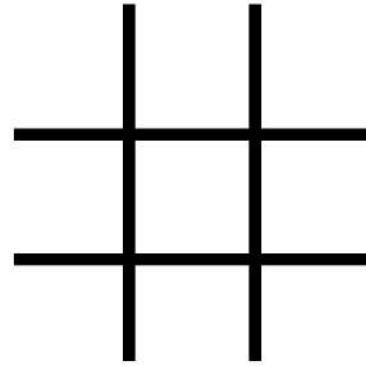
Weekly June 8- Aug 29: Thursdays on Main
June 7-8: Take Me Back Music Festival
June 8: TRI Clear Lake Triathlon
July 3-7: July 4 Celebration-Carnival & Craft Show
July 4: July 4 Celebration-Parade & Fireworks
July 12-14: Bicycle, Blues, & BBQ

July 13: Brews on the Beach Craft Beer Festival
July 20: Antique & Wooden Boat Show
July 26-27: Iowa Storytelling Festival
July 27: Art Sail
July 27: Paddlefest
July 27-28: Lakeside Dixiefest

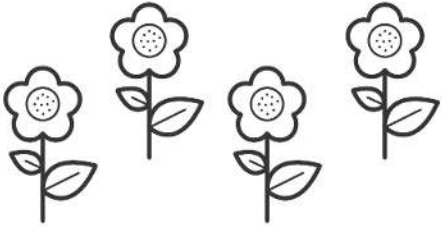
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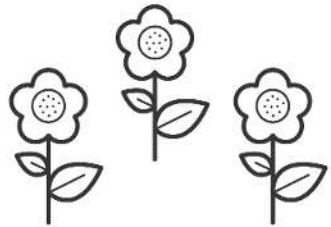
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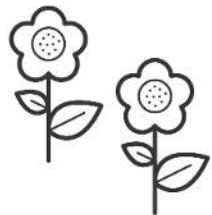


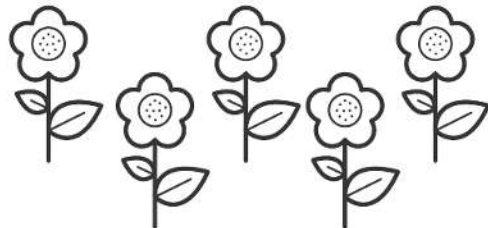
HOW MANY?



4







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10

**QUESTIONS
ANSWERED**

**TAKING A TRIP
TO DISNEY**

We Are the Plan Behind the Magic, your "Mouse" Experts! I'm a vacation planner for all Disney destinations (land and sea) and Universal Orlando that helps families create magical memories without the hassle and stress of planning yourself. Everything from booking resorts, packages, and cruises to building customized itineraries.

By Aubrey Mulrooney

1 **There is so much to do at the Disney Properties, how can you help us plan for our trip to get the most out of it, money and time wise?** I can help by listening to you about what you are looking for during your vacation time and offering up suggestions of locations, restaurants, or activities that you may not have even considered. Planning a Disney trip is like a big puzzle and I help you put all the pieces together to create your family's magical vacation.

2 **Do you have top things to see in Orlando?** My number one would be Magic Kingdom® Theme Park in Walt Disney World® Resort. I truly believe everyone should visit at least once to see Cinderella Castle and enjoy the classic Disney rides. Magic Kingdom® Theme Park has my personal favorite nighttime show: Happily Ever After. I have had the opportunity to see the show more than once and I am blown away each time I see it. It really represents the

Disney "magic."

Another place not to miss is a visit to Universal Orlando Resort™ and theme parks to see the Wizarding World of Harry Potter™. Hogwarts™, Hogsmead™, and Diagon Alley™ are truly immersive and you feel like you have stepped right into the movies! Don't forget to try the Butterbeer™ – I recommend trying the frozen version.

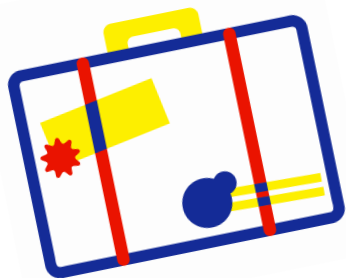
3 **What are some of the biggest mistakes people make when traveling with the family?** Setting your expectations too high! Vacations are busy and you are out of your normal routine. You have to anticipate tantrums and know that maybe everyone (including the adults) may need an unexpected nap. I always recommend to my clients that each family member pick one thing (ride/show/character) that is a "must see" for them. Once each family member experiences his or her "must see" every thing else you do is a bonus.

4 **Is there a best time of year to travel with the family?** I always say to go with what works best for your family's schedule. Any time together is time well spent!

5 **I have never used a travel agent, how does it work?** It can vary by travel agent. With my business I provide complementary planning services when you book your vacation package through Ears of Experience®. We provide the knowledge so you do not have to spend hours researching a

destination yourself. I help you step by step through the planning process from selecting your resort, ticket type, meal plans, transportation and more. I also help with the extras that are specific to each destination such as dining reservations and Disney FASTPASS® selections at Walt Disney World® Resort. You never have to wonder who is going to answer the phone when you call with a question because I am your "go-to" guide. I get to know you and your family, and build a relationship, instead of you speaking with whomever is working the customer service center that day.





Oftentimes people ask me, "How do you get paid if your planning services are complementary?" The destinations we make our reservation with pays our agency a small percentage of the package price from your vacation. I get paid that percentage after you return from your vacation. If you book directly with a destination, they simply keep that percentage. The cost is already built in, no matter if you use a travel agent or not.

6 **How far in advance should we book our trip?** Ideally, for Walt Disney World® Resort, seven to eight months in advance is best. Dining reservations open 180-days prior to your travel date. If having a meal with a specific character is important to you or your child it is best to be able to

make those reservations the day they open.

7 **What are the advantages of planning the trip with you versus doing it ourselves?** I can help you narrow down the wide selection of resorts based on your families needs, budget, and wishes. I will be the one getting up at 5am and 6am to secure dining reservation and FASTPASSes so you do not have to. I price watch for promotions and automatically apply them to applicable packages. Best of all I create personalized itineraries and offer touring plan suggestions to help you navigate the theme parks so you wait in fewer lines. My goal is to help you create a magical memory-filled vacation without the hassle and stress of planning it yourself.

8 **Do you have a favorite Disney hotel?** Tough questions because there are so many great ones for different reasons. I do love Disney's Grand Floridian

Resort & Spa for its location on the monorail loop and its classic beauty.

9 **If you were a Disney Princess, which one would you be?** I would be Belle from Beauty and the Beast.

10 **What ages are best for a trip to Disney?** Any age, it is the best place to visit where you never have to grow up! Key ages to remember: Two years old and under are free when at

Walt Disney World® Resort. Ten years old and older are considered "adults" at Disney for pricing of tickets and dining.



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"We Are the Plan Behind the Magic!"



GET YOUR KIDS ACTIVE

Are your kids glued to their screens? Today, about one in five school-aged children has obesity and the average 19-year-old is just as sedentary as a 60-year-old adult. The World Health Organization recommends that children ages five to 17 perform at least 60 minutes of moderate-to-vigorous physical activity per day. It is important to instill the belief that being active is fun while your child is young.

As your kids get older, increasing demands on their time can make getting that hour of exercise a challenge. When kids get caught up watching TV, playing video games and surfing the internet, they start to forget the joys of outdoor play. On top of that, kids often come to a fork in the road with sports – those who are athletic might end up increasing their time and commitment to sports which is great for their physical fitness, however, more casual athletes may lose interest and decide to quit their teams and leagues.

Regardless of your kids athletic ability, physical activity is an essential component of a healthy lifestyle. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

Here are four ways to instill habits of physical activity to create healthy, happy kids and a lifetime of memories:

1 Organize Activities.

Plan games or activities that kids can work up a sweat with their friends, or that get the whole family moving! There are active indoor games such as Simon Says or Twister, and dozens of games to play outside — hopscotch, jump rope, basketball, Frisbee golf, badminton and volleyball. Depending on the season, plan trips to a local bowling alley, swimming pool or skating rink. Look into options provided by your local park district or school for other organized activities.

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2 Make Fitness Part of Your Child's Day.

If your children can walk or bike to and from school, they will get all the physical and mental benefits of being active, while you save on trips to the gas station. Walk or bike with your kids when you can, and organize a neighborhood walking, or bicycle-pool for days when you are not able to go with them. Encourage your children to participate in active outdoor chores such as raking leaves, pulling weeds,

watering plants, sweeping the walks or cleaning the garage. Make the chores feel fun with upbeat music and be sure to join in to get them done as a family.

3 Make Screen Time an Active Time.

When going to play outside isn't an option, your children can play interactive video games that require physical activity like tennis, bowling or baseball. You also can use dance DVDs and active video games for some physically-active television time.

4 Be an Active Role Model.

Present physical activity as an important time to take care of your body and health, rather than a chore. Find activities you enjoy and be active for at least an hour minutes five days a week. When your children see that you are enjoying your time being active, they will be more likely to model your behavior.

Looking for more ways to get your kids active in 2019? Stop by Rainbow of the Heartland to see all of our outdoor play equipment, including Rainbow Play Systems, basketball hoops, trampolines and athletic courts



LIBRARIES IN DES MOINES

Have you been to your local library lately? Central Iowa libraries are one of the best free resources available to parents. You can borrow books, DVDs, CDs, audio books, magazines and E-books at no cost! That's right for free. If you are a parent who is constantly renting movies for the kiddos or buying new books at the bookstore this could save you some major cash. Plus you can pick up some great things for yourself as well.

Also check your local library for classes and story time for your kids. Here is a list of local libraries:

ADEL LIBRARY

**303 S 10TH STREET ADEL, IA 50003;
515-993-3512**

Monday 10 a.m. - 5 p.m.; Tues - Thurs 10 a.m. - 7 p.m.; Friday 10 a.m. - 5 p.m.; Saturday 10 a.m. - 1:30 p.m.; Sunday: CLOSED

Website: <http://adelpl.org/>

ALTOONA LIBRARY

**700 8TH STREET SW ALTOONA, IA
50009; 515-967-3881**

Mon - Thurs 9 a.m. - 9 p.m.; Fri & Sat 9 a.m. - 5:30 p.m.; Sunday 2 p.m. - 5:30 p.m.

Website:
<https://www.altoona.lib.ia.us/>

KIRKENDALL LIBRARY

**1210 NW PRAIRIE RIDGE DR.
ANKENY, IA 50023; 515-965-6460**

Mon - Thurs: 9 a.m. - 9 p.m. | Fri - Sat: 9 a.m. - 5:30 p.m. | Sunday: 2 p.m. - 5 p.m.

Website:
<https://www.ankenyiowa.gov/>

CLIVE LIBRARY

**1900 NW 114TH STREET CLIVE, IA
50325; 515-453-2221**

Monday - Thursday 9 a.m. - 8 p.m. | Fri - day 9 a.m. - 6 p.m. | Saturday 9 a.m. - 5 p.m. | Sunday 1 p.m. - 5 p.m.

Website:
<https://www.cityofclive.com/government/library>

CENTRAL LIBRARY

**1000 GRAND AVENUE, 50309;
515-283-4152**

Mon-Wed: 9 a.m. - 8 p.m. | Thu - Fri: 9 a.m. - 6 p.m. | Sat: CLOSED | Sun: 1 - 5 p.m. [September - May] Pick-Up Window Hours: Mon - Fri: 4 - 6 p.m. | Sat: CLOSED

Website: <https://dmpl.org/locations-hours/central-library>

EAST SIDE LIBRARY

**2559 HUBBELL AVENUE, 50317;
515-283-4152**

Mon-Tue: 10 a.m. - 8 p.m. | Wed: CLOSED | Thu- Fri: 10 a.m. - 6 p.m. | Sat: 10 a.m. - 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/east-side-library>

FOREST AVENUE LIBRARY

**1326 FOREST AVENUE, 50314;
515-283-4152**

Mon: 10 a.m. - 8 p.m. | Tue-Wed: 10 a.m. - 6 p.m. | Thu: 10 a.m. - 8 p.m. | Fri: CLOSED | Sat: 10 a.m. - 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/forest-avenue-library>



FRANKLIN AVENUE LIBRARY

**5000 FRANKLIN AVENUE, 50310;
515-283-4152**

Mon-Tue: 10 a.m. - 8 p.m. | Wed: 10 a.m. - 6 p.m. | Thu: CLOSED | Fri: 10 a.m. - 6 p.m. | Sat: 10 a.m. - 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/franklin-avenue-library>

NORTH SIDE LIBRARY

**3516 FIFTH AVENUE, 50313;
515-283-4152**

Mon: CLOSED | Tue-Wed: 10 a.m. - 8 p.m. | Thu-Fri: 10 a.m. - 6 p.m. | Sat: 10 a.m. - 5 p.m. | Sun: CLOSED

Website: <https://dmpl.org/locations-hours/north-side-library>



SOUTH SIDE LIBRARY

**1111 PORTER AVENUE, 50315;
515-283-4152** Mon: 10 a.m. – 8 p.m. |
Tue: CLOSED | Wed: 10 a.m. – 8 p.m. |
Thu-Fri: 10 a.m. – 6 p.m. | Sat: 10 a.m. –
5 p.m. | Sun: CLOSED **Website:**
[https://dmpl.org/loca-
tions-hours/south-side-library](https://dmpl.org/locations-hours/south-side-library)

GRIMES LIBRARY

**200 NORTH JAMES STREET
GRIMES, IA 50111; 515-986-3551**
Mon - Thurs 9 a.m. - 8 p.m.; Friday 9
a.m. - 6 p.m.; Saturday 9 a.m. - 5 p.m.;
Sunday 1 to 5 p.m.
Website:
<https://www.grimes.lib.ia.us/>

INDIANOLA LIBRARY

**207 N. B STREET INDIANOLA, IA
50125; 515-961-9418**
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10 a.m. - 6 p.m.; Fri & Sat 10 a.m. - 5
p.m.; Sunday: CLOSED
Website: [http://www.indianolaiowa.
gov/227/Library](http://www.indianolaiowa.gov/227/Library)

URBANDALE LIBRARY

**3520 86TH STREET URBANDALE,
IA 50322; 515-273-3945**
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a.m. - 6 p.m.; Sunday 1 to 5 p.m.
Website: [http://www.urbandale
library.org/](http://www.urbandalelibrary.org/)

WEST DES MOINES LIBRARY

**4000 MILLS CIVIC PARKWAY
WEST DES MOINES, IA 50265;
515-222-3400** Mon - Thurs 9 a.m. - 9
p.m.; Friday 9 a.m. 6 p.m.; Saturday 9
a.m. - 5 p.m.; Sunday 2 to 5 p.m.
Summer Hours (Memorial Day -
Labor Day): Mon - Thurs 9 a.m. - 9
p.m.; Friday 9 a.m. - 6 p.m.; Saturday
10 a.m. - 4 p.m.; Sunday: CLOSED
Website:
<http://www.wdmlibrary.org/>

WAUKEE LIBRARY

**950 WARRIOR LANE, WAUKEE IA
50265; 515-978-7944**
Monday – Thursday 9 a.m. – 8 p.m. |
Fri- day 9 am – 5:30 pm | Saturday 9
a.m. – 4 p.m. | Sunday 1 to 4 p.m.
Website: [https://waukeepublic
library.org/](https://waukeepubliclibrary.org/)



IOWA STATE FAIR

By Erin Huiatt

August is fast approaching and that means the legendary, “*Nothing Compares*” *Iowa State Fair* will be in full swing. Families plan their vacations, jobs, and lives around this 11-day event. From August 8 through August 18, children and families will be taking the day to explore the Iowa State Fair, not once, but several times. It can become overwhelming and expensive, but don’t worry! I am here to help guide you through what you should think about before attending the fair. Take a look at this giant list of Iowa State Fair 2019: For the Kids.

THINGS TO DO

There are a lot of things to do but here is a list of specific activities you may want to check out with the kids.

IOWA STATE PARADE

The Wednesday evening before the gates open for the fair is the Iowa State Parade. This year it is Wednesday, August 7 and will begin at 6:15 p.m. in downtown Des Moines. You can see 200 floats, animals, vehicles and more. Parade entrants will then travel west on Grand Avenue to 13th Street.

THRILL PARKS

The Iowa State Fair unveiled the Thrill Parks two years ago and it was a hit. Thrill Parks consists of Thrill Ville, Thrill Town and Thrill Zone. If you think you will be riding a lot of rides, several times then purchasing a wristband is going to be the best for your wallet.



Photo Credit: Iowa State Fair

LIVESTOCK

One of my favorite things to see at the fair.

- Paul R. Knapp Animal Learning Center
- Milking Parlor/Milking Experience
- Boulevard of Dairy Breeds
- I Milked a Cow
- Cattle Corner
- Avenue of Breeds
- Pig Place
- Horse Haven
- Sheep Stop
- Hedrick's Petting Zoo

KIDS ZONE

The perfect place for your little ones.

LITTLE HANDS ON THE FARM

Hands on exhibit.

BLUE RIBBON KIDS CLUB TENT

For children ages 10 and under.

PETTING ZOO

See and pet camels, zebras, alpacas and more.

CHILDREN'S HILL

Shows, activities, and playground with the train.

ART ATTACK

Located in the Cultural building activities such as pottery, beads, painting and much more.

PRICES & HOURS

GROUND

7 a.m. to 1 a.m.

BUILDINGS

9 a.m. to 9 p.m.

MIDWAY

10 a.m. to Midnight

REGULAR GATE ADMISSION

Visa, MasterCard and Discover accepted at the gate.

Adults (Ages 12+): \$12

Children (Ages 6-11): \$6

Children (Ages 5 & Under): Free



Photo Credit: Iowa State Fair

Fair Favorites!

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LIVING HISTORY FARMS

A HISTORY MUSEUM OUTDOORS

By Erin Huiatt

Living History Farms is truly a unique and educational experience and I always seem to forget all the fun to be had when you visit. We spent a good three to four hours exploring and still did not see everything.

We started with the tractor ride. The tractor drops you off at the first farm, the 1700 Ioway Farm where you will see teepees, can touch animal skin, and other tools that were used during that time period.



Photo Credit: Living History Farms

After exploring the 1700 Ioway Farm, you can then head on the trail to the 1850 Pioneer Farm. This is where you will see some animals including pigs and cows. It was fun to ask questions and chat with the in-character workers about that time period.

We then headed to the 1900 Farm.

The 1900 Farm was probably the favorite of them all. There were chickens, cows, pigs, and horses to see. It was very interesting to see the difference only 50 years made from the 1850 Pioneer Farm to the 1900 Farm.

After exploring all three farms, you can walk a little way to the Wallace

Exhibit Center where there are bathrooms and drinking fountains. There is also a little playground for the kids to climb on while you wait for the tractor to pick you back up and take you back to town.

When going back to town I recommend getting dropped off at the top of the hill so you can explore the town going down the hill, instead of up the hill. We got dropped off and headed to the Schoolhouse where a teacher was asking questions and explaining how school was taught years ago.

As we walked down the hill we grabbed some ice cream at Flynn Mansion, visited the Vet Clinic,

Blacksmith, Broom Maker, Drug Store, General Store and more. In some of the buildings, the kids were able to do some hands-on activities and ask questions.



Photo Credit: Des Moines Parent

TOUCH. SEE. HEAR. 300 Years of History at Living History Farms



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Travel back in time to visit each of our three working farms: the 1700 Ioway Farm, 1850 Pioneer Farm, and 1900 Horse-Powered Farm. Then explore the homes, shops, and businesses of our 1875 Town of Walnut Hill, including a Blacksmith, General Store, Print Shop, and the Flynn Mansion and Barn.

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TIPS:

- Pack snacks and lunch. The Flynn Mansion offers a small gift shop with a small variety of snack items.
- Bring water! There is a lot of walking. There were a lot of water stations around with cups and water also.
- Take the tractor first to the farms, then walk down the hill to explore the town.
- Wear sunscreen and bring bug spray.



FRIDAY FUNDAY

AT THE DES MOINES PLAYHOUSE

By Alissa Swarts

Did you know that once a month the Des Moines Playhouse offers an interactive theater for children ages 4-6 called, "Friday Funday"? The production is great for preschools, child care centers, kindergarten classes, and families. If given the opportunity, my daughters would join the Clubhouse at the Playhouse every month as they dramatize a favorite story using their imaginations, the costume pieces and props they find in their Magic Trunk. Children learn the Clubhouse pledge, secret handshake, and listen for the "word of the day".

The Friday Funday productions invite children to “interact” throughout the performance. Talk about an awesome way to both enrich young people’s creative minds and get out any extra wiggles. I always try to remember to bring my car keys as they will “unlock the story” together using the jingle of keys or patting of hands on their laps. My daughter looks forward to giving those keys an enthusiastic shake to help open that book! The production usually lasts approximately 30 minutes, another upside for young audience members. At the end of every show, a sticker is passed out to each child,

as well as; a paper including, the words to the Playhouse pledge and handshake, some review questions you can explore with your child(ren), and a creative opportunity that allows the story to be reenacted at home.



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ASSEMBLE YOUR VILLAGE

You are going to be a new parent. “YAY” and “OMG where do I start” are both common feelings. We all focus on what we think are the important things when babies come into our lives, the things that ensure they are breathing, have a full tummy and an empty diaper.

Those first months and years of a new parents life are onslaught with so many 1st and sometimes those 1st are things that other people tell us we need to tend to or things that we just come across in an article that we are reading with one eye shut trying to catch some form of sleep.

Parents need to assemble their pediatric care team. When they say it takes a village, it truly does take a village! And every village has a dentist.

When selecting a dentist for your child how do you know where to go? Do you try out the new pediatric dentist down the street or take them to the dentist you have been going to for years with the 1980’s dental light and “mint” toothpaste.

When making that decision keep in mind that pediatric dentist offices are designed with kids in mind. This alone can make an anxious child feel more at ease. Also, when your child has special needs including autism, down syndrome, cleft palate or any other medical conditions a pediatric office can make all the difference!

OPENING JUNE 10TH

SEEING KIDS OF ALL AGES

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dentistry**
of Greater Des Moines



LOVE AT FIRST TOOTH

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TO THINK ABOUT ORAL
HEALTH AND WELLNESS

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CENTRAL IOWA TREK THE PARKS CHALLENGE



Photo Credit: Des Moines Outdoor Fun

PARKS

- ☐ Terra Park: Johnston
- ☐ Ironwood Park: Altoona
- ☐ Brenton Arboretum: Dallas Center
- ☐ Jester Park: Granger
- ☐ Big Creek State Park: Polk City
- ☐ Walker Johnston Park: Urbandale
- ☐ Campbell Recreational Area: Clive
- ☐ Colby Park: Windsor Heights
- ☐ Easter Lake: Des Moines
- ☐ Winterset City Park: Winterset
- ☐ Fort Des Moines Park: Des Moines
- ☐ Aurora Park: Newton
- ☐ Ashby Park: Beaverdale
- ☐ Valley Church Inclusive Park: West Des Moines
- ☐ Miracle Park: Ankeny
- ☐ Greenwood/Ashworth Park: Des Moines
- ☐ Ashley Okland Star Playground-Ewing Park: Des Moines
- ☐ Yellow Banks Park: Pleasant Hill
- ☐ Swede Point Park: Madrid
- ☐ Forest Park Museum: Perry
- ☐ The Enabling Garden: Altoona
- ☐ Thomas Mitchell Park: Mitchellville
- ☐ Brown's Woods: West Des Moines
- ☐ Annett Nature Center: Warren County
- ☐ Union Park: Des Moines
- ☐ Grant Park: Warren County
- ☐ Kennybrook South: Grimes
- ☐ Wilson Park: Valley Junction
- ☐ Pete Crivaro Park: Des Moines
- ☐ Warrior Park: Norwalk



**VISIT PARKS
POST PHOTOS
WIN PRIZES**

RULES

- Visit a park on the Central Iowa Trek the Parks list and post a photo of you at the park using hashtag #DSMOFTrektheParks19 on Facebook or Instagram.
- If you visit and post on Facebook or Instagram using the hashtag of all 30 parks you will be entered in to win the grand prize.
- If you visit and post on Facebook or Instagram using the hashtag of at least 10 parks you will be entered in to win a prize.
- All winners will be randomly chosen and finalized by August 25, 2019. We will post the winning list above and how to claim your prize at that time.
- Winner will be responsible for filling out this form. This will make it easier for me to contact winners and keep track of who is participating. Winners will also be posted on THIS page!
- NOTE: Please make sure all social media platforms are set as public, not private, so we are able to see your photos and hashtags.

PRIZES

Grand Prize

Mud Kitchen designed and built by Helps Homestead.

****Must visit all 30 parks and name will be picked randomly.**

Other Prizes

- One year membership to The Brenton Arboretum
- Gift package from Tinkergarten
- \$75 gift card to Bass Pro Shops
- Gift package from Goddess Garden Organics
- Gift package from Back Country

**Thank you to all of our sponsors including our Platinum Sponsors:
Polk County Conservation, Art Terrarium, and Travel Iowa.**



Photo Credit: Des Moines Outdoor Fun

KIDS EAT FREE IN DES MOINES

MONDAY

Fighting Burrito: Kids 10 and under eat free with purchase of an adult entree! Located in Des Moines.

IHOP: One child eats free with purchase of an adult entree. 4 to 9pm. Ankeny location.

Jethro's: One free kid's meal with one adult entree. All day long. Several locations.

Los Charros: Receive one free kids meal with every adult meal purchased and soft drink. Located in Ankeny.

Spaghetti Works: Kids 11 and under eat free all day Monday! Downtown Des Moines.

McAlister's Deli: All kids meals are \$1.99 when you dine-in. Beverages are not included.

Maxies: Kids 12 and under eat for \$1. 4:30 to 9 p.m. Beverages not included. One kids meal per each paying adult meal.

Village Inn: Kids can eat free with the purchase of an adult meal! Located in Altoona, Ames, Ankeny, Des Moines, Johnston, and W. Des Moines.

TUESDAY

Bennigans: Kids eat free with the purchase of an adult entree. 4 to 10 p.m. Located in Urbandale.

Chick-Fil-A: Grab a free breakfast item of the week 7 to 10 a.m. Located in Ankeny, Des Moines and W. Des Moines.

Chili's: Children can receive a free entree off the kids menu per adult. Located in Ankeny.

Chuck's Restaurant: Kids 10 and under eat free with an adult entree. Located in Des Moines.

Denny's: Buy one adult meal and TWO kids can eat free! Located in Clive.

Famous Dave's: Children can receive a FREE Lil' Wilbur Kids meal with an adult entree. Located in Des Moines & W. Des Moines.

Fazoli's: Purchase one adult meal and receive TWO kids meals for 99 cents each from 5 pm to 8 pm. Located in Ames, Ankeny and Des Moines.

Fuddruckers: Kids eat free with one adult meal. Located in W. Des Moines.

Gateway Market: One of my favorites! Kids eat free after 4 pm. Buy one adult meal and receive TWO free kids meals!

IHOP: One child eats free with purchase of an adult entree. 4 to 9pm. Ankeny location.

McAlister's Deli: All kids meals are \$1.99 when you dine-in. Beverages are not included.

Perkins: Kids can eat free ALL DAY, with the purchase of an adult meal.

Pizza Ranch: Children 10 years and under eat free with the purchase of an Adult Buffet at regular price. Located in Altoona, Ankeny, Indianola, Urbandale and Waukee.

Ruby Tuesday: Kids eat free 5 p.m. to close with the purchase of an adult entree. Located in Urbandale.

Sports Page Grill: Kids eat free with the purchase of an adult meal. Located in Ankeny.

Village Inn: Kids can eat free with the purchase of an adult meal!

Wobbly Boots: Kids eat free all day on Tuesday. Located in Clive.

WEDNESDAY

Applebee's: Kids meals are half-price all day.

Bakers Square: Free pie Wednesday! Enjoy a FREE slice of pie with every meal purchased. Located in Clive.

Buffalo Wild Wings: Kids meals are half off

with the purchase of an adult meal.

Cozy Cafe: More FREE pie! Free slice of pie with the purchase of a meal. Located in Des Moines, Johnston, Urbandale, Waukee and W. Des Moines.

Dairy Queen: Waukee only, children can receive a free kids meal with the purchase of an adult meal. 6 p.m. to 8 p.m.

IHOP: One child eats free with purchase of an adult entree. 4 to 9pm. Ankeny location.

McAlister's Deli: All kids meals are \$1.99 when you dine-in. Beverages are not included.

Pepperjax Grill: Kids Meals are 99 cents all day. Limited to two with the purchase of an adult entree. Kids 12 and under. Located in Ankeny and Clive.

R Taco: One free kids item per adult item purchased (limit one per kid).

Taco Hangover: Kids 12 years and under eat free. Maximum of two free kids meals per adult entree purchased. Ankeny

Location.

Wig and Pen: Kids 12 and under can eat free. Beverages are not included. Multiple kids may eat free with a single adult entree. Located in Ankeny

THURSDAY

Cozy Cafe: Receive a free kids meal for lunch or dinner with an adult meal. Located in Des Moines, Johnston, Urbandale, Waukee and W. Des Moines.

IHOP: One child eats free with purchase of an adult entree. 4 to 9pm. Ankeny location.

Mama Lacona's: After 5 pm kids eat free with an adult meal. Located in Urbandale.

Mixed: Children can receive a free kid's meal with every adult meal purchased. Located in W. Des Moines.

SATURDAY

Gusto Pizza: Children can enjoy a free kids 7" single topping pizza and a fountain drink with the purchase of a 10" or 14"

pizza.

IHOP: One child eats free with purchase of an adult entree. 4 to 9pm. Ankeny location.

McAlister's Deli: All kids meals are \$1.99 when you dine-in. Beverages are not included.

Z'Mariks: You can receive one free kids bowl when you purchase an adult bowl! Located in Ankeny and Clive.

SUNDAY

The Chicken Coop: Kids eat free with the purchase of an adult meal. Dine in only. Located in W. Des Moines.

Fireside Grille: Kids eat free with one adult meal. Located in Altoona.

Guadalajara's: Kids eat free with an adult meal. Located in Ankeny.

Gusto Pizza: Children can enjoy a free kids 7" single topping pizza and a fountain drink with the purchase of a 10" or 14" pizza. Located in Johnston and W. Des Moines.

IHOP: One child eats free

with purchase of an adult entree. 4 to 9pm. Ankeny location.

Longest Yard: Kids eat free with an adult meal. Located in Valley Junction.

McAlister's Deli: All kids meals are \$1.99 when you dine-in. Beverages are not included.

Mickey's Irish Pub: Free kids meal with an adult meal. Located in Waukee.

Sam & Louie's Pizza: Free kids meal 12 years and under with every \$12 spent. Located in Urbandale.

EVERYDAY

Cici's Pizza: Kids 3 and under eat FREE every day of the week! Located in Des Moines.

Sonic: Enjoy 1/2 price slushes and soft drinks from 2 to 4 p.m. daily. Located in Ankeny and Johnston.



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and So Much More!



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