

Waveland Park News

Summer 2021



SOCIAL BUTTERFLIES

Waveland Park is positioned in the path of migrating monarch butterflies as they make their annual journeys to Mexico. If you want to be a good host for the winged travelers, plan to serve up a yard full of food for them as they transition through their life cycles.

By Jeanne Ambrose

Your garden is more important than ever: Last year Monarch sightings were down by 26% in their hibernation forests in Mexico. Not only do butterflies thrive on nectar-producing flowers during the journey, but they need host plants to lay their eggs (typically underneath leaves), plus certain plants for those very hungry caterpillars to nibble on.

Most people know that monarch butterflies require milkweed to survive—the adults feed on it, and it's the only thing young caterpillars eat. So adult monarchs only breed in areas where milkweed is grown. But there are other nectar-rich flowers Monarchs and other butterflies—as well as hummingbirds and bees—love. *Liatris*, also known as blazing star, is a native prairie plant perfect for butterflies, says Joel Van Roekel, supervisor for environmental education, city of Des Moines Parks and Recreation.



If you can spot the black dot on each of the monarch's bottom wings—one on each side of its abdomen—you'll know it's a male, like this one. Female monarchs don't have those dots.

Photo by Jeebz K on Unsplash.



Each butterfly species has certain plants their caterpillars eat. Monarchs much on milkweed, shown here. Others love to nibble on dill and fennel, and some snack on snapdragons or young oak leaves.

Photo by Chi Girls on Unsplash.

"Meadow blazing star is like candy for monarch butterflies," Joel says. "They love it. Old-fashioned zinnias also are awesome. Perennial and native Iowa species are the best. These flowers also are great for other pollinators that need pollen and nectar."

To see these flowers in a native prairie landscape, stroll over to Franklin Library (5000 Franklin Ave.). Nikki Hayter, the library's branch manager, says the area attracts quite a few monarchs. The gardens include the wildflower prairie smoke, long-headed coneflower, butterfly weed, midland shooting star, beard tongue, and a few varieties of blazing star (*Liatris*), among other plants.

"It's like a butterfly candy garden out there," she says. "It's a Willy Wonka factory of flowers for butterflies."

Want to learn more?

Franklin Library Landscape Tour: Monday, July 19 at 6 p.m. Tour the library's native landscaping with Joel Van Roekel. He will guide visitors through the area, pointing out the plants and their benefits. The library will have a brochure ready for the tour which will include a plant map. Masks are required.

Start a Butterfly Garden

Joel also recommends people check out the Blank Park Zoo's Plant.Grow.Fly program. The conservation effort focuses on growing and protecting native habitats for pollinators, whether it's planting nectar-rich, brightly colored flowers in your yard or simply planting them in a container, window box, or hanging basket. Pentas, lantanas, and petunias work in smaller spaces. For more information on starting a butterfly garden, check out the zoo's website: blankparkzoo.com/conservation/plantgrowfly

You can even register your butterfly garden on the site—or find a map of your neighbors' butterfly gardens in Waveland Park or other areas of Des Moines.

Monarch Tagging

Joel also conducts monarch tagging programs for Des Moines Parks and Recreation in the fall when monarchs begin migrating to Mexico. Local tagging programs are part of a nationwide citizen science project that helps track the migration. The dates and location of the monarch tagging program have not yet been set, but will be included under "nature programs" in the Parks and Recreation Department on the city's website: dsm.city.

Jeanne Ambrose is a Waveland Park-based writer and editor whose garden is full of zinnias and coneflowers.

TRASH BASH

Two Waveland Park locals doing their part to keep things ship shape.

By Ray Knight

I just finished my sixth volunteer hour as the clean-up guy at Greenwood Park. It's on my walk route, so I called the city in April to ask if they had a net I could use to fish some floating bottles from the park pond. Before I knew it, I had volunteered for the Adopt-A-Park program—a new venture from Des Moines Parks and Recreation.

On a couple of recent walks around the pond, I have been pleasantly surprised to find nothing more than a couple of candy wrappers. But I now know where roamers ditch their liquor bottles, what the beer of choice is for litter bugs, and that Greenwood Park covers a lot of territory!

I've been a Trash Freak for a number of years. I spent lots of time camping last year and cleaned up the campgrounds at both Jester Park and Ledges State Park. Paddle boarding at Big Creek and Blue Heron Lake at Raccoon River in the summer allow me to clean up large areas of shoreline. Picking up as you go makes you feel good, but if you become an official volunteer, you get a city-supplied "Trash Kit," complete with a grabber, gloves, trash bags, and a yellow vest (if you are working near a roadway). Plus, you get your name on a sign!

Parks and trails around the metro are looking for people to adopt them and clean them up at least once a quarter. You can find an area that needs you at bit.ly/DMPRAadoptaParkTrail. To sign up or ask questions, email parksvolunteer@dmgov.org.



Record rustler Ray Knight is the host of Ray's Record RoundUp! on KFMG 98.9 FM.



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capitalchirodsm.com | 900 42nd St.

5 REASONS I PICK UP TRASH IN THE NEIGHBORHOOD

By Missy Keenan

On my daily walks through the neighborhood, I usually bring a couple of grocery bags and pick up trash as I go. My 15-year-old son has threatened to get me a t-shirt proclaiming me the "Garbage Lady," and I wear that moniker proudly. Here are a few reasons I enjoy being the Waveland Neighborhood Garbage Lady:

- 1. I like to walk.** It's my primary exercise, stress release, and time to enjoy my favorite audiobook or podcast.
- 2. It helps keep the neighborhood beautiful.** My neighbors and I spend a lot of time and money improving the curb appeal of our historic homes. Trash is an eyesore that detracts from our neighborhood's beauty, and I don't like looking at it!
- 3. It feels meaningful.** Picking up trash while I walk is easy, and the immediate impact gives me a great sense of satisfaction.
- 4. It connects me to my neighborhood.** I live on 44th Street between University and Forest Avenues, and I've unofficially adopted several blocks around my house. Picking up trash on "my" route makes me feel a sense of responsibility to keep it clean. I meet neighbors and dogs on my walks, and people come up to thank me. I enjoy watching things change — neighbors painting their trim or planting a garden, new businesses going in, the first daffodils blooming in spring, and the leaves changing color through the season.

5. It protects neighborhood health and the environment.

Trash laying around the neighborhood can be picked up by a child, a pet, or a wild bird who may mistake it as food or a plaything. Trash—especially plastic, which doesn't biodegrade—can make it to our waterways, polluting our rivers and lakes, harming animals who ingest it, and polluting our drinking water.



The next time you head out for a neighborhood walk, try picking up trash as you go. Just bring a pair of gloves or a second bag to use as a glove. And if you see me out and about this summer, come say hi!

Missy Keenan is a freelance writer and editor (missykeenan.com). She's been happily living and picking up trash in the Waveland area with her husband Glen and son Jack for 5 years.

Join the Glendale Cemetery Cleanup Crew

The Waveland Park Neighborhood Association has volunteered to clean up a block at Glendale Cemetery. Want to get your hands a little dirty? Contact Katy Condon: katykiick@gmail.com

WAVELAND PARK SUMMER CALENDAR

June

June 14

Waveland Park Neighbors Monthly Meeting

6:30 p.m.

Join us in person! We'll talk about what's happening in Waveland Park and share details for some upcoming events. Meet in the back yard of Board Historian Mark Johnson at 1089 44th St. BYO drinks and lawn chair. In the event of rain, see our Facebook page for alternate plans.

June 18

Waveland Park Twilight Family Walk/Run

8:00 p.m. Check-In / 8:15 p.m. Start Run, walk, or stroll 9 holes (1.5 miles) or 18 holes (about a 5k) around the oldest and one of the most beautiful public golf courses west of the Mississippi—right in our own backyard! Circle back to the historical clubhouse for pizza and a beer or soft drink. PS. You might want to bring a flashlight!

\$10 for adults/ \$5 for kids (includes a slice of pizza and drink)



The Twilight Walk/Run takes place entirely on the course's paved cart paths.

July

July 2, 4, 5

Des Moines Symphony's 27th Annual Yankee Doodle Pops

Virtual performance aired on Iowa PBS and Iowa Public Radio

dmsymphony.org

July 12

Waveland Park Neighbors Monthly Meeting

6:30 p.m.

We'll meet on Zoom with special guest Ganesh Ganpat, Parks and Recreation Supervisor. He'll provide a virtual tour of our very own historic Glendale Cemetery.

Zoom.com Room: 86437014122
Passcode: waveland

July 15

Free Flicks! Trolls World Tour (PG)

Time: Sundown; Greenwood Park at the Clare and Mile Mills Rose Garden, 800 Grand Ave

July 19

Franklin Library Natural Landscape Tour

6 p.m.

Horticulturist Joel Van Roekel will guide visitors through the native landscape, pointing out the plants and their benefits to our butterfly, bee, and hummingbird friends.

Franklin Library, 5000 Franklin Ave.

August

August 3

National Night Out

Follow us on Facebook for details on our neighborhood event. National Night Out is an annual campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.

August 9

Waveland Park Neighbors Monthly Meeting

6:30 p.m.

Join us on Zoom for a discussion with Historian John Zeller on the historic architecture around Waveland Park.

Zoom.com Room: 86437014122
Passcode: waveland

SAVE THE DATE!

Saturday, September 18: Walking Tour of historic Waveland Park. Details to come.

Sunday, October 24: Waveland Park Annual meeting at the Waveland Golf Course. 12-4 p.m.

Waveland Trolley Park Project: Stay tuned for a date announcing the official opening of the project, commemorating and preserving the former Waveland Streetcar turnaround on University Avenue near the entrance to Waveland Golf Course. Construction will begin this summer.

To do list:

Going on vacation?

Let our DMPD liaison Officer Trudy Paulsen know. She'll schedule extra patrols by your house to check on it while you're away. To get on Officer Trudy's list, email her: TLPaulson@dmgov.org or call the DMPD non-emergency number: (515) 283-4811.

Planning a block party?

Be sure to apply for a street-closure permit at least 30 days in advance. Visit DSM.city/streetuse to download the form and get additional details. Or call (515) 283-4037.

Get your COVID-19 Vaccine!

Check immunizepolk.com for vaccine clinic dates and information. From our District 2 Supervisor, Angela Connelly:

Benefits of Being Fully Vaccinated

- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- If you are exposed to someone with COVID-19, you do not have to quarantine unless you show symptoms.

Importance of Getting a Second Dose

- While one dose of the Pfizer and Moderna provides about 80% protection against COVID-19, these vaccines were designed to be a two dose series. Some individuals believe that the protection provided from one dose is sufficient and will not return for a second dose; however, studies have shown that immunity appears to be greater after the second dose. This means that the protection may last longer with two doses instead of a single dose.
- The Pfizer vaccine provides 95% protection against COVID-19 after two doses.
- The Moderna vaccine provides 94.1% protection against COVID-19 after two doses.

Don't forget your big kids! The Pfizer vaccine has been approved for kids 12-15



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ABOUT THE WPNA

The WPNA is a non-partisan nonprofit organization in which all meetings, programs, and events are free and open to the public. It is the purpose of the WPNA to enhance and maintain the quality of life in Waveland Park. For questions, comments, or to become a member contact: Waveland Park Neighborhood Association, P.O. Box 30112, Des Moines, IA 50310
 Email: info@wavelandpark.org
 Web: wavelandpark.org
 Facebook: /WPNAfb

WPNA NEWSLETTER

The WPNA newsletter is the official publication of the Waveland Park Neighborhood Association. This newsletter is published quarterly (Spring, Summer, Fall, Winter) by Waveland Park Neighborhood Association and delivered to more than 1,200 homes and businesses in Waveland Park.

Materials for the Fall issue are due August 1. The issue will arrive just after Labor Day. Contact Katy Kiick Condon (katykiick@gmail.com) with story ideas or to advertise. Rates start at \$50.

INSIDER'S TOUR

Meet Waveland Parkers Kathy and Andy Roat, Co-Owners of Fleet Feet Des Moines in the East Village.



Q: Standing order at The Juice Company?
Peanut butter chocolate smoothie

Q: Where do you spend your wooden nickel at Campbells?
TRHS

Q: How do you take your eggs at Waveland Café?
Omelet with chocolate milk

Q: Tennis or pickleball at the McCullum courts?
Tennis

Q: Circle one, Louie's for:
Sunday Jazz on the patio or

Friday night at a corner table?

Q: Friederichs Coffee order?

Andy: *Ice cream/Fro-yo blended half de-caf mocha*

Kathy: *Single shot, almond, iced grande decaf mocha*

What's the better run, down Kingman or Polk?

Tie! Andy dreamed as a Drake student of living on Kingman and Polk, and we have lived for 22 years within 1-3 blocks of both! It is so fun as Fleet Feet Des Moines store owners to see the runners from our training groups and social runs in the Drake Road Races enjoying Kingman and Polk, and being able to walk up to cheer them on.

What's the last thing you saw at the Des Moines Playhouse?

A drive-up outdoor play last summer about a dad coaching baseball.

What's the best thing you learned from Macabee's Deli?

Food is available on Sunday while honoring both the Jewish and Christian Sab-bath! They have an amazing potato latke, a deli, and a frozen section of meats.

What's your go-to at the Franklin Library?

Check out a books-on-tape (or CD) for my Theta book club.

JOIN WPNA NOW!

NAME(S) _____
 ADDRESS _____
 CITY _____ ZIP _____
 PHONE _____
 E-MAIL _____
 COMPANY NAME _____
 (For Business Membership)

MEMBERSHIP LEVELS

Note: Waveland Park Neighborhood Association is a nonprofit organization. Your membership may be tax deductible and could be eligible for a matching gift from your employer.

- Renewal
- New Membership
- _____
- \$15.00 Individual/Family Membership
- \$50.00 Business Membership

You may also purchase the Special Waveland Park Neighborhood sign for only \$35. The eight-inch round sign is weather-resistant and perfect to hang outdoors—or indoors, too.

Window Clings: \$6 each or 3 for \$15

PAYMENT INFORMATION

Please make checks payable to WPNA and mail to:

WPNA P.O. Box 30112
 Des Moines, IA 50310

Payment via PayPal also is available online at www.wavelandpark.org under the MEMBERSHIP tab. Please include your name, address, and email as a NOTE attached to your PayPal payment.

MEETINGS

Join us the second Monday of every month, 6:30 p.m. To get the link to the Zoom meeting, check wavelandpark.org, WPNAfb on Facebook, or scan this code with your smartphone camera:



SCAN ME