Benjamin Eric Goodner of Colo, Iowa, passed away peacefully at Mercy One Hospital in Des Moines following a severe stroke. He was 42 years old.

Ben was born September 24, 1978 in Sigourney, Iowa, to Glee and Jean Goodner. He spent his early years in Barnes City, Iowa, and attended North Mahaska Schools until the family moved to Cresco, Iowa, in 1986. He graduated from Crestwood High School in Cresco in 1997 where he was active in football, wrestling, and band. Ben attended NIACC, DMAC, and Iowa State University. He worked a variety of jobs while attending school and was working for Wells Fargo as an Implementation Associate at the time of his death where he did national and international training.

He was the father of two children, Nyla, age 9, and Henry, age 8, sharing custody and parenting responsibilities with their mother, Michele Case. Ben's children were his life. He enjoyed traveling and camping with them and was looking forward to canoeing the Boundary Waters Canoe Area when they were older as he spent the best summers of his life as a Boy Scout guide at the High Adventure Canoe Camp in Ely, MN. As a Boy Scout Ben had attained the rank of Eagle Scout. He was awarded the Vigil Honor, the highest honor that the Order of the Arrow can bestow on its members for service to the lodge, council, and scouting. His honorary Indian name given at his Vigil ceremony was Wuleiendam Machque, which translates to Joyful Bear. In addition to his activities with his kids, Ben enjoyed cheering on Iowa State football, a yearly fishing trip to Canada, gardening, bar-b-queing, and making his special HOT chili.

Ben is survived by his children Nyla and Henry; his parents Glee and Jean Goodner, his brother and sister-in-law Andy and Cindy Goodner and his niece and nephew Natalie and Maxwell of Decorah; his best friend Jerry Dietch and family of Anamosa; and many aunts, uncles, cousins, and close friends.

Ben was preceded in death by his grandparents Dorothy and Donald Volkens and Agnes and Max Goodner, and his aunt, Lynn Volkens.

Ben was an easy-going friendly guy whose tall tales and hugs will be greatly missed.

Online condolences can be sent to the family at www.rasmussonfh.com

A memorial account has been established for the future financial and educational needs of Ben's children, Nyla and Henry. Memorial donations can be sent to the Benjamin Goodner Memorial Fund at Wells Fargo Bank, 424 Main Street, Ames, IA 50010.

The service will be livestreamed on the Rasmusson-Ryan Funeral Home Facebook page at 11 a.m. on Thursday, October 1.