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DECEMBER 2021

# *Living*

MAGAZINE

# *Christmas*

*then and now*

Residents reflect on changing  
holiday observances

**Meet Emily Phommachack**

EDUCATION

**Poetting family comes home to warm welcome**

WHERE WE LIVE

**Apple oat crumble and citrus caramel topping**

RECIPE

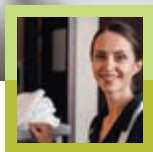
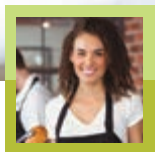
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## ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.



I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

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# *Christmas*

## *then and now*

**Residents reflect on changing holiday observances**

**By Ashley Rullestad**

When reminiscing about the holidays and the accompanying joyful celebrations, the brightest and most vivid memories vary. For some, it's the decorating and ornaments, the tinsel and trees that come to mind first. For others, special moments are centered on baking holiday goodies. Still others recall the fun of surprising family and friends with bits of Christmas cheer. For many, the memories they make today are quite different from those of their childhood. As people start their own families, meld traditions with their spouses', and adapt to the changing times, they find their Christmases "then and now" are quite different.

JoAnn Adamson has fond memories of Christmas in "old Ankeny," when Santa would travel by the Interurban train and stop in town.



## FEATURE

### Old Ankeny holidays

JoAnn Adamson was raised in Ankeny and has lived here her entire life. She grew up the second child in a family of seven kids, and her memories of Christmas in “old Ankeny” are warm ones.

Back then, a huge Christmas tree was placed in the center of town, still known as Uptown, on the corner of Cherry Street and Third Street. The firefighters would string lights and decorations from light pole to light pole. The businesses Uptown continue the tradition of lights with new displays all along Third Street and beyond today.

When Adamson was 5 years old, Santa came to Ankeny on the Interurban train. The Interurban railway ran from Des Moines to Perry in those days, with many stops along the way.

“He got off the train and came to a big hayrack in front of the Legion Hall, and we’d go up and sit on his lap and tell him what we wanted for Christmas. It was such an exciting, fun time. Now, often Mr. and Mrs. Claus come to the Ankeny Historical Museum when we have the cookie walk, so it’s fun to sort of

continue the tradition of Santa in Ankeny.”

In those days, Adamson says everyone knew most everyone since Ankeny was still such a small town. A big highlight of the holiday season was the Christmas program at church and all the kids getting a little candy and an orange when it was over.

“We had the typical Charlie Brown Christmas tree, and it was fun to see the pictures through the years growing up with the tree getting a little better and the family getting bigger.”

The Adamsons celebrated with grandparents in northern Iowa around the holidays. Today, five of the seven siblings are still in Iowa, but Adamson is the only one still in Ankeny. Now, it’s difficult for them all to get together every year, but they try to do so when they can and have tried some new ways of celebrating, too. One year they got together in the summer and celebrated Christmas in July.

Now Adamson celebrates with her son, Michael, his wife, Lael, and three grandkids — Aidan, Ash and Aylin. Worship is still a big part of their holiday, and Lael has incorporated some new traditions with the kids from her



A Hummel figurine hangs on JoAnn Adamson's tree.

childhood.

“We get together with them Christmas Eve and do snacks and then a big meal and work in gifts in between. I wrap each grandkid’s stuff in a different paper so they know whose is whose. We take time for worship and make that happen, too, at some point, because, without Christ, there would be no Christmas.”

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Janet and David Wilwerding carry on some childhood traditions with their own kids, Ryan and Caroline.

## Family fun holiday

Janet Wilwerding grew up on an Iowa farm and celebrated the holidays with her parents and five siblings. The schedule was partly like any other day — farm kids know chores have to be done all the time, even on Christmas Day.

“From what I remember, there was always a lot of snow, and it was always cold on Christmas morning. We would bundle up in our coveralls, hats and gloves and head out to do the chores. At that time, my parents had hogs and cattle. We always had to ensure the animals were fed and they had enough water to drink, and then we could venture back into the warm house.”

But that didn’t mean presents. It meant it was time to help Mom finish preparing the big meal of the day, a lunch of holiday favorites including turkey, stuffing, green-bean casserole, mashed potatoes, Jello, and homemade dinner rolls. The dishes also all had to be done before Christmas festivities.

“I was number two of six, so I was always the one doing dishes as fast as I could so we could open those gifts we got the joy of staring at all morning. We could open gifts after the dishes were put away, but we always had to

go from youngest to oldest and watch what everyone received.”

One year Wilwerding stuck around in the house for a little while when everyone went to do chores.

“I took a knife and carefully cut all the tape on the gift my godfather gave me. I opened it up to see what I got and carefully wrapped it back up. After I saw what it was, I went out to help finish doing the chores. But I felt so guilty doing it that I told my older sister and she, of course, told my mom. Let’s just say that didn’t go over well, and I never did that again.”

Today, some of the traditions Wilwerding enjoyed as a child continue on with her own two kids, Ryan and Caroline, and her husband, David. Though there are no hogs or cattle to feed, the kids do have to wait until after breakfast to open presents. And they are still opened from youngest to oldest. There is no present free for all.

There are new traditions, too. Now, Santa delivers a special gift for the kids while the family is at mass on Christmas Eve. He brings them a new pair of pajamas, which they wear that evening to bed. The kids each purchase a gift for each other, and they can open that after

mass as well.

“We also never travel on Christmas Day. My husband and I want our kids to enjoy their new toys, stay in their pajamas all day and relax as a family. They will call their grandparents to tell them what they received in excitement, but we will never travel on this day.”

## Family Christmas Eve service

When Jennifer Ciha was growing up, her parents started a Christmas Eve tradition with the kids that took place after they arrived home from whatever family gathering or church activity had taken place.

“We would gather around the dining room table, all six kids, and Dad would read the Christmas story aloud from the Book of Luke. Next, we would turn off the lights and there would be candles on the table. The middle candle was red and represented Jesus. Starting with the youngest child, we would each go around the table, light our white candle and share what we were thankful for that year.”

She says there was never a year without tears of gratitude. When each person had finished, Ciha’s dad would lead everyone in prayer and communion. They used sparkling grape juice



## FEATURE

and a homemade loaf of bread made by another family in the community.

"It is my favorite night of the year. The first year we were married, I went home with my new husband to his family's house for Christmas, so I missed the night with my family. I had no idea the impact it had on me until I wasn't there for it. I cried and cried at my in-laws' house, and we never missed a night again."

Both of Ciha's parents are now gone, and the tradition has died out with her own siblings. However, now she and her husband, Tom, carry on the tradition with their own children, twins Emily and Grant, 13, and James, 3.

"It stops the craziness of consuming and gift opening, and it gives a special time to focus on our faith and the blessings we have been given. I don't know why my parents started it; my mother died when my youngest brother was 9 years old. I assume they wanted to do it for the reasons that I enjoy it."

Ciha hopes this tradition will continue on to another generation after her children are grown.



The Cihas' favorite way to celebrate the holidays is their family Christmas Eve service.

"I am torn. While I want them to carry on this tradition with their own children, I would also love for them to come 'home' every Christmas Eve with their spouses and children

and do it as a large family. Maybe we will find a happy medium. It's an incredibly intimate time as a family and an anchor point for our relationships." ■

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# COMBATING senior loneliness during the holidays

For many, the holiday season is full of happiness and excitement as families and friends gather to celebrate and enjoy each other's company. While it's a time for festivities, the holidays are also a time where many seniors experience increased loneliness and reminisce about loved ones lost.



As a caregiver, family member or friend of someone who may be experiencing increased loneliness this time of year, here are a few tips to ensure your loved ones feel supported during the holiday season.

## Get involved with hobbies

During the holidays, it can be easy to get caught up in your own routines. Spending time with your loved one is a great way to

support them and combat any feelings of isolation or loneliness. When you're making plans with your loved one, consider getting involved in one of their hobbies or doing something together that they love to do.

Activities that you could do together could include:

- Creating a family scrapbook.
- Crafting — like painting, ornament decorating, creative gift wrapping and more.
- Playing cards or board games.

## Include them in your plans

Sometimes the feelings of loneliness or isolation experienced this time of year can be due to feeling left out. Asking your loved one to help with planning for the holidays, even in small ways, can boost confidence and help them feel more connected to friends and family. This is also another great way to spend time with your loved one during the holiday season.

Here are a few ideas to include your loved one in your planning:

- Asking for their favorite holiday recipes or their assistance cooking.
- Decorating with your loved one.
- Working together to write and send holiday cards.

## Give them a call

For those living long distances from their loved ones or with schedules that don't allow for regular visits, don't forget that you can always give your loved one a call. Though it's not the same as being with your loved one, spending 10 or 15 minutes on the phone can help him or her feel loved and supported this holiday season. ■

Information provided by Lisa White, RN. Independence Village of Ankeny, 1275 S.W. State St., Ankeny, IA 50023. To learn more about Independence Village Ankeny, visit [IndependenceVillages.com](http://IndependenceVillages.com) or call 515-461-6341.



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## RECIPE

# DELIGHTFUL dishes to dazzle holiday guests

*(Family Features)* Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at [EnvyApple.com](http://EnvyApple.com). ■

## Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

### Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



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## THE JOY of impact

I have the privilege of working with a particular group: pre-retirees and retirees. They have this amazing perspective on life. They've worked 30 or 40 years, they've raised their kids, and they've persevered through many of life's ups and downs.



They're shifting their identity away from their work and into their retirement. They light up when they talk about the opportunity ahead of them — specifically their desire to leave an impact.

That impact looks different for everyone. Some of the families and individuals we work with want to have an impact on their grandkids. That could be providing childcare, simply spending more time with them, or working on a strategy to help them pay for

college. Others want to have an impact on their community. They talk about doing more volunteer work, helping with projects at church, or giving to their favorite charities.

I love to start the retirement planning process with these conversations. I know this might sound a bit strange coming from someone who spends a lot of his day researching investments and implementing tax strategies, but research studies back up what I've seen firsthand: The happiest retirees have a lifestyle plan. They have an idea about how they want to spend their days to stay engaged and fulfilled in retirement. Aside from benefiting their mental health, the lifestyle plan is the perfect way to springboard into the other elements of a retirement plan.

We start the retirement planning process with a lifestyle plan because it's the lifestyle plan that drives many of the other decisions you have to make about retirement. For example, you wouldn't buy a minivan if you

are looking for an off-road vehicle to use in the mountains of Colorado. The same is true in retirement; you need your tools and resources to align with your goals. Do you desire to spend every dollar on your dream vacations or have a significant amount left over to pass to future generations? These answers will drive your investments and how you set up your legacy plan. There's even a connection between the lifestyle plan and your long-term tax strategy because how you choose to take income in retirement can impact your tax bracket, both now and in the future.

After developing a lifestyle plan, we work through those other aspects of retirement: income, investment, tax, health care and legacy planning. I love seeing the joy on people's faces when the plan shows them how they can pay for all of those things and leave the type of impact they've been dreaming of in retirement. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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# THE SEASON of giving

Ankeny Troop 314 lends a hand.

The Christmas season will be a little brighter for some area residents thanks to the Ankeny Girl Scout Junior Troop 314.

The nine-member troop, led by parents Sara Wollner and Kate Armbruster, decided they wanted to help people and give back to the community. At its December meeting, the Girl Scouts will put together hot cocoa mix ornaments and place them in the Helping Hand pantry boxes around Ankeny.

"This gift could brighten someone's day, especially for those with children," Wollner says. "Holiday time can be a financial strain on some families, so we wanted to provide a bright spot in someone's day by finding that hot cocoa in a festive container."

At the same troop meeting, the girls will also create holiday cards for a nursing home in Ankeny in hopes of brightening the spirits of those who may not have had a lot of visitors over the past 18 months.

All this despite having had a bit of a rough go of it themselves in recent years.

Like millions of others, the troop was forced to move to Zoom meetings instead of in person in the spring of 2020 due to the pandemic. It was difficult for the troop because the meetings were usually highly interactive, Wollner says.

"Some members are more extroverted and others introverted, so trying to hear from each Girl Scout on a Zoom meeting proved difficult," she says. "They also had Zoom fatigue from school. But, we made the most of it and continued to make it fun and earn badges, and held a virtual slumber party with popcorn and games while the girls relaxed in their sleeping bags at home."

The girls also made handmade small blankets to donate to the Animal Rescue League and donated some of their cookie money that year to the Food Bank of Iowa COVID Fund.

"We do trash pickup every year for Earth Day because the girls always enjoy it," Wollner says.

But their true love, she says, is the one that people recognize them most for: selling cookies each February.

"Our troop really loves to sell cookies," she says. "It is their favorite part of Girl Scouts. They love to feel like they are running their own business and earning money. We teach them to set goals, make decisions, manage money, interact with customers, and proper business ethics. By purchasing cookies, you're supporting Girl Scout entrepreneurs and funding future adventures for Girl Scouts. All proceeds stay local."

If anyone is interested in volunteering or joining the Girl Scouts, Wollner encourages them to visit the Girl Scouts of Greater Iowa website at <https://www.girlscoutsiowa.org/en/about-girl-scouts/join.html>. ■



Ankeny Girl Scout Junior Troop 314 has chosen to give back this holiday season.



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# CHRISTMAS is here

I see it in you.

It's beginning to look a lot like Christmas! How did Christmas get here so fast this year? Our neighborhood is decorated with outdoor lights, and my home now boasts a beautiful Christmas tree. I don't know how it happened, but Christmas is here. Well, I think maybe I do know how it happened...

This being a "Faith" column, one might surmise that I would spend the next 300 words expounding upon the story of the first Christmas (the Biblical account that includes a baby, a manger, some shepherds, angels, etc). But, I think most of you have heard that story... and many of you have already decided that the story makes sense, is relevant, doesn't make sense, or doesn't matter. I want to affirm and acknowledge this and let you know I "call you friends" no matter what you may believe...

Instead, let me share with you a different story I see show up both in scripture and in our city. I see Christmas here. I see light shining — beautiful lights — everywhere. I see Jesus — in you.

One of my favorite "Christmas" scriptures isn't about a manger at all. It tells the story of how Jesus came to be and how He is within all of us. The gospel of John (a book of the Christian Bible) begins by saying something like this...

In the beginning there was Jesus and Jesus was (like) light. It was through this "light" that everything was created. Everything that was, is, and will be was made through this light. Jesus is a light that darkness cannot overwhelm.

...And it's always at Christmas that I see God's light shining even more brightly... in our city and in you. I see it when you work against the darkness. I see it when you work for equity and justice. I see it when you serve your neighbor and when you are more/most kind — just because of the "season." I see it when you take care of strangers or sign up for food/clothing drives. I see the light of Christmas in extra helping hands and extra attempts to make sure everyone is seen and valued.

I believe that, consciously or not, the best of us shines brightly — like the lights that adorn our city — each Christmas. I do believe that the light of creation, the light of Christmas, the light of Jesus shines in you. Perhaps the greatest miracle we might celebrate and share this year is believing or considering that this light — this Jesus, this Christmas — is here and already within us waiting to be discovered and shared.

Christ(mas) is here. I see the Light in all of you. God loves you. Merry Christmas. ■



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Faith Chapel - 7384 NW 16th St - 7pm

(ONLINE options mirror live times and can be restreamed)

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so that others can know You

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or to learn more about our church, please feel free  
to contact us or visit our website

[www.ankenyfirst.org](http://www.ankenyfirst.org) - (515) 964-4249

Information provided by John Wagner, campus pastor,  
Christian Life Center, Ankeny First United Methodist Church.



## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

Check for cancellations

### 2021 Members Show

Show runs through Jan. 19  
Ankeny Art Center

The Ankeny Art Center is hosting the annual Members Show. This year features photography taken by members, with awards given to Best in Show and Best in Category. Exhibits are free and open to the public, Tuesday - Friday, 9 a.m. to 1 p.m.; Thursday, 4-7 p.m.; and Saturday, 9 a.m. to noon. Closed Sunday and Monday. All gallery shows are free and open to the public. Masks are required.

### Live Well Classes: Overcoming Depression or Anxiety

Orientation is Thursday, Jan. 20, 6:30 p.m.  
Resurrection Lutheran Church, 914 N.W. Ash St., Ankeny

The holidays can be stressful for any of us. If you, or anyone you know, has experienced either of these debilitating conditions, consider joining. After completing one of these confidential, supportive, separate eight-week classes, you will be able to establish six healthy lifestyle habits. Classes will complement, not replace, any other mental health treatments. The series kicks off with orientation on Thursday, Jan. 20, then is held weekly on Thursday, 6:30-8 p.m. Jan. 27 – March 4. Cost is \$5 for the notebook. For more information or to reserve your seat, contact facilitator Jim White at 515-313-3701 or [jcjlwhite@live.com](mailto:jcjlwhite@live.com).

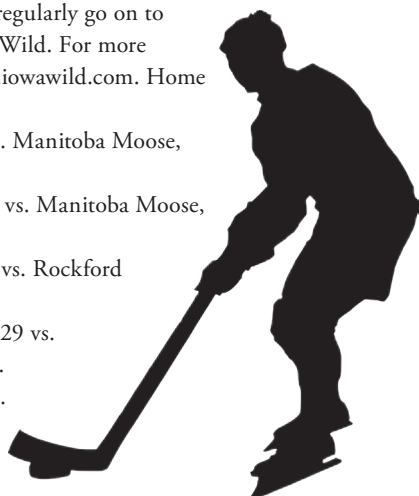


### Iowa Wild Hockey home games

Various December dates  
Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit [www.iowawild.com](http://www.iowawild.com). Home games are:

- Friday, Dec. 17 vs. Manitoba Moose, 7 p.m.
- Saturday, Dec. 18 vs. Manitoba Moose, 6 p.m.
- Monday, Dec. 27 vs. Rockford Icehogs, 6 p.m.
- Wednesday, Dec. 29 vs. Colorado Eagles, 6 p.m.
- Friday, Dec. 31 vs. Colorado Eagles, 2 p.m.



### Des Moines Buccaneers home games

Various December dates  
Buccaneer Arena in Urbandale, 7201 Hickman Road

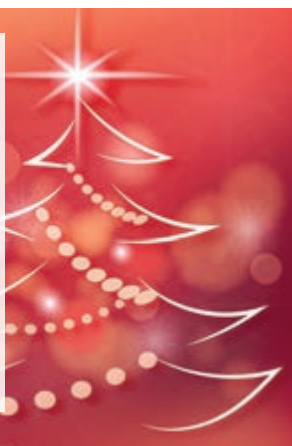
The Buccaneers, a Junior A Amateur Ice Hockey team, entertain local audiences with fast-paced action. For more information, visit [www.bucshockey.com](http://www.bucshockey.com). Home games are:

- Friday, Dec. 17 vs. Omaha Lancers, 7 p.m.
- Wednesday, Dec. 29 vs. Cedar Rapids RoughRiders, 6:30 p.m.

### Holiday Promenade

Friday, Dec. 17  
Historic East Village, Des Moines

Enjoy the final Friday of the annual Holiday Promenade in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities are scheduled.



### 'The Sound of Music'

Through Dec. 19  
The Des Moines Community Playhouse, 831 42nd St., Des Moines

Based on the true story of Maria and the von Trapp family, this "happiest musical in the world" is a family holiday classic. For more information, visit [www.dmplayhouse.com](http://www.dmplayhouse.com).



## EVENTS IN THE AREA

Check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



### **'The Nutcracker' by Ballet Des Moines**

Dec. 17-18  
Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy this classic holiday ballet. For more information, visit [www.balletdesmoines.org](http://www.balletdesmoines.org).



### **Des Moines Symphony New Year's Eve Pops: 'The Music of Elton John'**

Tuesday, Dec. 31 at 8 p.m.  
Des Moines Civic Center, 221 Walnut St., Des Moines

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit [www.dmsymphony.org](http://www.dmsymphony.org).



### **Pop-Up Christmas Bar**

Through Jan. 2  
Exile Brewing Company, 1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit [www.snowglobedsm.com](http://www.snowglobedsm.com).



### **Santa's Rock N Lights**

Through Jan. 2  
Living History Farms

More than 100,000 attendees are expected at this popular drive-through light show. The over-a-mile-long route will feature hundreds of thousands of lights, miles of cords, and tens of thousands of zip ties — all to spread holiday cheer in a responsible, COVID-safe way. New this year will be larger-than-life polar bears and 3D dinosaurs. Limited time slots must be reserved and will minimize wait times. Paid online reservation required. Visit <https://santasrocknlights.com/>.



### **Jolly Holiday Lights**

Through Jan. 2  
Adventureland Resort, 3200 Adventureland Drive

Make-A-Wish Iowa started Jolly Holiday Lights more than 25 years ago to raise money to grant Iowa children's wishes. Since then, Jolly Holiday Lights has become the organization's largest fundraising event, funding more than 1,000 wishes to date.



### **Iowa Quilt Museum exhibit**

Through Jan. 23  
68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit [www.iowaquiltmuseum.org](http://www.iowaquiltmuseum.org).

## HELP at home after hospitalization

You had surgery and spent a couple of weeks in short-term rehabilitation. Now it's time to return home — but you're nervous. You wonder if you'll be able to remember how to do your strengthening exercises — and what about your medications? There's a lot to keep straight, and you live alone.

These concerns are a great reason for anyone whose doctor prescribes short-term rehabilitation to choose a provider that offers not just rehabilitation, but a network of services. A "network" can be made up of many services offered by the same organization, designed to work in tandem to make life easier for anyone seeking assistance.

Let's use Ted as an example. He's 74 and a widower; he lives alone, and after hospitalization for a cardiac issue, he rehabilitated in a senior living community. Before Ted finished his stay, he learned from a nurse at the community that a number of services would be available to him after he returned home. He learned the community would arrange everything — and there would be no out-of-pocket cost to him for weekly home health care that would help keep him healthy.

Ted appreciated his twice-weekly nurse visits, and two years after his heart procedure, he continues to thrive in his own home with other services from the same organization: cleaning assistance, grocery-shopping help, and meal delivery. Ted continues his exercises on his own, and is actually in better health than he was before his surgery. The nurse who had helped set up his home services had told him that people who receive in-home assistance after rehabilitation are more likely to avoid re-hospitalization, and Ted is grateful that has been his experience.

If your physician has recommended short-term rehabilitation after a hospital stay, do your homework. Ask questions about ongoing care after your time in rehabilitation, and choose an organization that not only will help you get well but will place a priority on keeping you that way with assistance offered in your home. Your ongoing health and wellbeing are worth it. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of home-based services for older adults in addition to 55-and-older community living in Iowa and Illinois. Call or text Ward at 515-669-2205 to learn about home health care, non-medical in-home services, hospice care, meal delivery, and much more!



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## REAL ESTATE

By Bonnie Christensen

# PAINT colors to fix any room's quirks

Paint colors can do a ton to fix a room's flaws for not much money. Every home suffers a few negatives, but not every solution requires pricey structural changes. Paint is a frugal remodeler's go-to solution to perk up a problem room.

### Choosing paint for a room that's too small.

Painting walls white, cream, pastels or cool colors (tinged with blue or green) creates the illusion of more space by reflecting light.

White or light colors on walls lifts the ceiling, bringing your eyes up, which makes you feel like you're in a larger room.

### How to use paint color to make a room seem bigger

- Paint trim similar to walls to ensure a seamless appearance that visually expands space.

- Use a monochromatic scheme to amplify the dimensions of a room. Select furnishings in the same color. Lack of contrast makes a room seem more spacious.

**Choosing paint for a room that's too large.** When a space feels cavernous, draw walls inward and make it cozy with warm colors (red-tinged) because darker hues absorb light.

Similarly, a dark or warm color overhead (in a flat finish) helps make rooms with high or vaulted ceilings seem less voluminous.

**Choosing paint for a room that needs a soothing vibe.** The right paint choice can lend tranquility to a bathroom, master suite, or other quiet, personal space. A palette of soft, understated color or muted tones help you instill a calming atmosphere.

### Choosing paint for a room with special features no one notices.

Call out notable features in a room with paint. Dress crown moldings and other trims in white to make them pop against walls with color.

Make a fireplace or other feature a focal point by painting it a color that contrasts with walls.

Using a higher sheen of paint on woodwork, such as baseboards and door or window casings creates a crisp edge and clear transition from the wall to the trim.

**Choosing paint for a room with something ugly to hide.** Not everything should stand out in a space. Using a low-contrast palette is a good way to hide unappealing elements or flaws.

Conduit, radiators, and other components painted the same color as the wall will seem to disappear.

Selecting low-sheen or flat paint colors also helps hide flaws. Unless walls are smooth, avoid using high-gloss paint because it reflects light and calls attention to an uneven surface.

### How to pick paint colors for any room

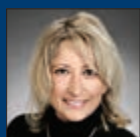
- Sample paint colors on a few walls.
  - Use large swaths of paint so you can get a real feel for the color.
  - Add samples to opposite sides of a room to judge the paint color from different angles.
  - Check the space with the samples in place and watch how the paint color changes at different times of the day.
  - Check the color on cloudy days, sunny days, and at night when you've got artificial lights on. ■

Article by Jan Soultz Walker, HouseLogic. Information provided by Bonnie Christensen, Broker, RE/MAX Precision, 107 E. First St., Ankeny, 515-971-9973.



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## ANKENY Through the Decades, December 2021

### 1950s

#### Toy Villa Grand opening Dec.

**4 and 5:** The Grand Opening of the new Toy Villa at 104 E. Third St. will be held this Friday and Saturday, Dec. 4 and 5. Coffee and donuts will be served during the two days and free prizes will be given away. The drawing will be at 8 o'clock Saturday evening. You will not need to be present to win. Robert Park and B. Nichols, the owners, will be glad for you to come in and get acquainted. — *Ankeny Times*, Dec. 3, 1959



**5-mile section of Interstate, Merle Hay to E. 14th opened:** Gov. Herschel C. Loveless announced today that another 5-mile section of Interstate highway north of Des Moines from Iowa 401 (Merle Hay Road) to U.S. 69 (E. 14th Street) was opened to traffic Saturday, Nov. 28. Included in Saturday's opening was a 13-mile section of Interstate 80 from U.S. 6 southwest of Adair, east to Iowa 25, and a 16-mile section of Interstate 29 in western Iowa from Sloan to the Industrial Interchange 4 miles south of Sioux City.

Motorists may now enter combined Interstate 35 and 80 at U.S. 69 north of Des Moines, and travel 50 miles south to Osceola on a continuous four-lane divided expressway.... Fred Carlson Co., paying contractor on the project, began work on the 5-mile section north of Des Moines on July 13 at the contract cost of \$2,275,665.59. Its completion and opening on Saturday provides a continuous 50-mile section of Interstate from central to southern Iowa.

The portion of combined Interstate 35 and 80 opening Saturday provides three points of access. Diamond-type interchanges are located

at Merle Hay Road (Iowa 401), the present terminus of Interstate 35; Second Avenue (Iowa 415); and E. 14th Street (U.S. 69). A 910-foot twin bridge over the Des Moines River is an outstanding feature of the new road. It spans what was once dry land. Later engineers diverted the waters to direct the river's main channel under the bridge. — *Ankeny Times*, Dec. 3, 1959 (excerpt)

### 1970s

#### Holiday ham at its best:

Bill Duncan, left, and Leno Carzoli prepare for a holiday feast with loaves of bread hot from the oven and a ham baked in bread dough. Ankeny families have enjoyed this special ham for years. The bread wrapping seals in the ham's juices, making it especially succulent. Leno taught Bill how to make it. — *Ankeny Press Citizen*, Dec. 8, 1977



**Donate proceeds:** Donna Williams, president of Ankeny Firemen's Auxiliary, presented a check for \$250 to Ankeny Fire Chief Marv Frisk. A dance was held Nov. 6 at Victorian Lodge to raise enough money to purchase a blood pressure cuff and meter as well as an oxygen flow meter for the new

Rescue Unit. — *Ankeny Press Citizen*, Dec. 2, 1976



**Madrigal Dinner presentation:** Ankeny High School's Pro Musica Chorale will present their annual Christmas Madrigal dinner this Monday, Tuesday and Wednesday night at 8 p.m. in the Fellowship Hall of Our Ladies Immaculate Catholic Church. Under the direction of Mr. Richard Palmer, the dinner will include many old English Madrigal songs. — *Ankeny Press Citizen*, Dec. 16, 1976





## HISTORY

### One hundred pounds of delicious:

Lily Smith and Edith Bruce, at 6:30 p.m., pose with the last batches of penuche and fudge. The divinity and penuche recipes are from Edith's AHS Home Economics class, the fudge recipe from the Hershey's cocoa box. The candy will be stored and later placed in tin containers for distribution.

The Bruces' living room floor is carpeted in a pattern of candy, the dishes are about done and someone has sent out for pizza. Lily and Edith will get to sit down. They are still laughing and joking. Maybe that's from the joy of giving of their own time and talents in the true spirit of Christmas giving.

This annual activity begins about 9 a.m. and, by noon, two card tables are filled with holiday bounty and the postman on the Bruces' route has been by to approve the 1977 output.

When Edith calls out, "Drop



divinity!" her daughters, Donna Nowels and Corinne Mitchell, move, spoons in hand, to portion out the divine white fluff — plain or with chopped nuts. Edith tops some with pecan halves while Corinne does the dropping. — *Ankeny Press Citizen*, Dec. 22, 1977

### 1990s

**Big new Hy-Vee store planned for Ankeny in '92:** Hy-Vee Food Stores Inc. plans to begin construction on a \$4.5 million store in Ankeny next summer. The 62,000-square-foot store will replace the Chariton-based food chain's store at 801 S. Ankeny Blvd. The new store, more than twice the size of the present store, will be located at N.W. Fifth Street and North Ankeny Boulevard. The expanded facility will include a full-service pharmacy and cosmetics, gift, camera/video, and floral departments. Also, there will be a lunch meat and cheese island, salad bar, seafood and service meat department and fresh pizza department. A bakery and delicatessen will be included. Nearly 100 full-time and part-time positions will be added to the store. Construction will begin next summer with completion slated for mid-1992. A construction firm has not been selected, said Ruth Mitchell, information director for the food chain. — *Des Moines Register*, Dec. 24, 1990 ■

*For more stories about the Ankeny area's past, check out Ankeny Through the Decades on the website [www.ankenyhistorical.org](http://www.ankenyhistorical.org). Enjoy being a member and join in the fun!*

## NEWS BRIEFS

### OAKIE retires from Ankeny Chamber

After 15 years working at the Ankeny Area Chamber of Commerce, Kris Oakie, membership engagement, is retiring to spend more time in Florida.



Kris Oakie

### GIBSON promoted at bank branch

Tracy Gibson has been promoted at Bankers Trust. She is now AVP, Ankeny Branch Assistant Manager. In that role, she helps lead the day-to-day management responsibilities at the branch, in addition to working with customers.



Tracy Gibson

### KIMBERLEY presented HBA award

Bill Kimberley, owner and president of Kimberley Development Corporation, was presented with the Lloyd E Clark Lifetime Achievement Award by the Home Builders Association (HBA) of Greater Des Moines. He was also inducted into the HBA's Class of 2021 Hall of Fame. Under Bill's leadership, Kimberley Development Corporation has created quality custom homes in the Des Moines Metro area for more than four decades. In that time, Kimberley Development has established itself as one of the premiere builders in the Central Iowa area. Kimberley has been voted

Ankeny's Best Builder 11 years and has won a number of awards at the HBA's Home Show Expo, including: Favorite Home Award four times, Best of Show (2007), People's Choice Award (2010), HBA Builder of the Year (1988 and 2010), and HBA Member of the year 1989. Bill's legacy to central Iowa continues as the company has expanded into commercial property development, home renovations and community development in more than 20 communities across the Des Moines metro.



Bill Kimberley

### SHOPKO Optical opens new center in Ankeny

Shopko Optical opened its new center in Ankeny Nov. 29 at 110 N. Ankeny Blvd. The new center provides patients with comprehensive eye care services, including eye exams, contact lens fitting, and detection and management of eye disease.

"We are excited to expand our comprehensive eye care services to Ankeny," said Russ Steinhurst, Shopko Optical CEO. "With our new location, we can better meet the needs of the community and continue to provide the well-known patient-centric care that Shopko Optical is known for."

In addition, Shopko Optical's Kids in Focus program will work with Ankeny's local Lions Club to identify eligible children within the area to receive a comprehensive eye exam and pair of glasses at no charge from Shopko Optical. Those looking to participate can contact their local Lions Club. ■



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## FINANCE By Stacey Koeppen

# FINANCIAL moves for women business owners

If you're a woman who owns a business, you may have some challenges not shared by your male peers — but you also have several opportunities to help improve your financial future. You may already be taking some or all the right steps, but here are some ideas to be sure you're considering and revisiting as your business grows:



• **Refresh your network.** Are you involved in networking with other women business owners? Many of them may have insights into the issues women face in the business world, as well as suggestions about lending programs and business-friendly banks. You may also enjoy passing along your lessons learned to others.

• **Review your business structure.** If you go into business as a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets — such as your house and your investments — from creditors because these assets will be separated from your business assets and debts. You might also consider other, more complex entities, known as C and S corporations. There's no single "correct" business structure, and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, you'll want to consult with your tax and legal advisors.

• **Do an insurance checkup.** To protect yourself and your business, you may want to review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service (i.e., legal, accounting, engineering and so on), you might need professional liability insurance. And no matter what business you own, you might want to add disability insurance to replace some of the income you'd lose if you were injured or became ill.

• **Consider all your retirement options.** If you've got your own business, you're solely responsible for funding your retirement. Fortunately, as a business owner, you've got several attractive options, including an "owner-only" 401(k), a SEP-IRA and a SIMPLE IRA. In deciding which plan is right for you, you'll need to consider several factors, including the number of employees, if any, and the nature of your business. However, all these plans are relatively easy to set up and administer and offer potential tax benefits. And even though you've got plenty to do already, you should make the time to establish or review your own retirement plan — because eventually you'll need all the resources you can accumulate to enjoy life as a former business owner.

You can also find valuable information on programs for women business owners by visiting the Small Business Administration's website at [www.sba.gov](http://www.sba.gov) and searching for "women-owned businesses."

Running your own business can be challenging — but by making some positive financial moves and getting the support you need, you can also find business ownership to be highly rewarding, personally and professionally. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Stacey Koeppen, 1210 N.W. 18th St., Suite 120, Ankeny, 515-965-7853.



# END of the year is a time to take stock

2021 has been a challenging year for all of us. The uncertainty and anxiety will continue into 2022. Still, the end of the year is a good time to take stock of your personal situation.

## Update your estate plan

Putting your legal affairs in order is important. It reduces the burdens on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a Last Will and Testament, a Durable Financial Power of Attorney, and a Living Will / Health Care Power of Attorney.

A will directs the distribution of your assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak

for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

## Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each advisor listed.

## Review the title to your home

You should review how you hold title to your home. When you purchased your house, the seller executed a deed. The deed contained

important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet effective steps that can save time and expense in the future. Contact an experienced attorney to help you. ■

Information provided by Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

# HAPPY HOLIDAYS

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# POETTING family comes home to warm welcome

Family receives “coming home ceremony” after newborn’s hospital stay.



Masse and David Poetting say neighbors lended a hand in many ways over the months that baby Noah was in intensive care and hospitalized after being born premature. The family was apart much of the time as they also had two children, Blakely and Harper, at home. The neighborhood was decorated when they were able to bring Noah home.

After Masse Poetting’s water broke at 17 weeks, her family was given little hope their third child would live.

“Our baby would have to make it to 22 weeks to be considered viable,” Masse says. “She hung on, and I was taken to Iowa City to stay until the baby arrived. Noah is considered micropremie. She had a tracheotomy and gastrostomy in April and continues to practice speech and physical therapies. She has challenges and obstacles, but we hope to have her off the ventilator by the time she’s three.”

Baby girl Noah Isabella was born Nov. 25, 2020, at 25 weeks gestation, weighing one pound, eight ounces. Masse said she stayed in Iowa City for eight months while her husband, David, stayed with their two girls, Blakely, 6, and Harper, 4, in Ankeny. The family has lived in the Somersby “horseshoe” for eight years.

“While I was in Iowa City, our neighbors pulled our trash in, picked up

packages, watched our two older girls, cooked meals — so many meals — donated money, and sent us lots of care packages.”

Masse and Noah stayed in the neonatal intensive care unit (NICU) for 209 days and then moved to Johnston’s ChildServe for eight weeks. At 9 months old, Noah finally came home.

“Our neighbors planned this amazing coming home ceremony for us,” Masse says. “There were balloons on every mailbox, the house was decorated, and there were signs in all the yards. We feel so blessed. Our neighbors are wonderful.”

Noah has 55,000 followers on the app TikTok.

“We hope to spread the word about preterm premature rupture of the membranes (PPROM) to help out families in similar situations and about education and acceptance for kids of different abilities,” Masse says. ■





## TIPS for a safe and comfortable holiday

Christmas is right around the corner, which means family gatherings and holiday celebrations are on their way. During this busy time of year, don't forget to check your HVAC system. After all, it does keep your home at the right temperature so that you can enjoy the holidays comfortably. Let's start preparing your system for the upcoming season.



Do you have closed air vents? Closing off your vents can result in poor air circulation and build up unnecessary pressure that can make your system work harder than necessary. Put your safety first by keeping decorations clear of your air vents. Covering your air vents with a tree, tree skirt, or gifts can cause your furnace to overheat. It's inevitable for an ornament to break, especially if you have excited pets and kids. If an ornament breaks, check to make sure that pieces didn't fall into the vents.

Dirty air filter? Replacing the air filter in your HVAC will go a long way to keeping your system running smoothly during the holidays. Build-up can cause your system to work harder than it needs to, resulting in airflow issues. Changing out your filter will help prevent complications and even comes with perks that you can enjoy. Not only will it improve your air quality, but it will save you money because your system is running more efficiently.

While you're outside hanging up lights and holiday decorations, take a minute to clean your outdoor unit. Your furnace will thank you for it. The obstructions can compromise the performance and result in costly problems in the future. Look for leaves, trash and twigs that can be easily removed, and keep all holiday decorations away from your equipment.

If you're planning on leaving town to visit friends and family, don't forget to set your thermostat. Wi-fi thermostats are an easy upgrade if you don't have one already. If you do have one, use the settings to keep the temperature cooler while you're away but nice and warm when you arrive back home. This will help avoid wearing a jacket while you unpack from your trip.

Schedule a maintenance appointment which can easily be overlooked during the busy holiday season. An annual maintenance visit will help keep the problems away — not only during the holidays, but all year long.

Have a safe and Merry Christmas! ■

Information provided by Sam Yeager, Assistant Service Manager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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## HEALTH

By Dr. Katrina Smith

### CARING for dry hands

The holidays are coming, which means cold weather, baking, entertaining and sitting by a fire. This also means dry air and frequent hand washing. All of these factors may contribute to dry, chapped hands.

Hand rashes can be frustrating as the cause is not always apparent. Frequently, these rashes are caused by eczema, chemicals, soap irritants and even psoriasis. Hand eczema typically appears as dry, red, itchy skin. In severe cases, hand eczema may blister, crack or bleed. Moisturizers may help. You should choose a moisturizing ointment or cream, as these work better than lotions. Some of the best moisturizing ingredients are dimethicone, hyaluronic acid, petrolatum, and glycerin.



#### Tips for dry hands:

1. Wash hands with a mild cleanser (avoid harsh soaps).
2. Apply a thick moisturizer immediately after hand washing.
3. Wear waterproof gloves when doing dishes or wet work.
4. Wear gloves while handling harsh chemicals or detergents.
5. Avoid picking, scratching or peeling skin on your hands.

See a board-certified dermatologist if you have extremely dry, itchy or painful hands, and moisturizers are ineffective. You may have eczema or even a contact allergy. A dermatologist will provide a treatment plan to alleviate your symptoms. ■

Information provided by Dr. Katrina Smith, MD FAAD, Co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.

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## HEALTH

By Sheryl Frye

### REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing, you can create a sense of peace. ■



Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, [frye@sstherapyandconsulting.com](mailto:frye@sstherapyandconsulting.com), [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com).



## LIBRARY news: fiscal year statistics

Each fall, the library submits a report to the State Library of Iowa. In fact, every public library in the state is required to complete it. This report is a compilation of many statistics such as: operating expenditures, collection size (physical and digital), circulation, door count, number of programs, program attendees, database, computer and room usage.

The library continued to be impacted by COVID-19 with limited occupancy and no in-person programming for the first half of the year. Even with these challenges, access to the collection, computers and virtual programs carried on. Here are several interesting statistics:

- 514,425 physical and digital items circulated
- 201,589 people visited
- 28,397 reference questions
- 52 individuals/groups reserved the meeting rooms
- 3,901 individuals used the study and conference rooms
- 95 individuals/groups reserved the council chambers
- 22,550 individuals accessed the computers and wi-fi
- 43,312 uses of databases
- 168 virtual and in-person programs for all age groups were held
- 19,598 individuals attended programs for all age groups

Some highlights and improvements include a new print management system, online library calendar and room reservation system, hotspots (funded by a grant from Karl Chevrolet), Books Plus (funded by a grant from John Deere), play nook updates, curbside service, and to-go kits.

Your community library will persevere through these present-day challenges, and, if the first quarter of the current fiscal year's stats are any indication, it looks like the above statistics will see a significant increase.

## FRIENDS of the Ankeny Library news

By Frank Alampi, President

This year, the Ankeny Kirkendall Public Library celebrated its 60th anniversary. Due to the generous gift left by the Kirkendall brothers in the 1950s, our public library opened its doors in 1961. Over the last 60 years, our public library has grown and excelled. Today, the Friends of the Ankeny Library continue to enhance the library through fundraising and advocacy. With the incredible generosity from the Ankeny community, the Friends of the Ankeny Library has continued to help purchase needed books and library materials, sponsor community events throughout the year, and fund many programs and services to benefit Ankeny children and patrons of all ages. Stop in and visit our used bookstore, Novel Findings.

Friends of the Ankeny Library would not exist without the relentless dedication and hard work from our volunteers and the amazing financial support from our Ankeny community. Want to be Friends? Join us! Or make a greatly appreciated tax-deductible donation today. [www.ankenylibraryfriends.org/donate](http://www.ankenylibraryfriends.org/donate). ■

## ENJOYING Christmas after the loss of a loved one

Christmas traditions are joyous times families look forward to each year.

My family would always give gifts to every member of the family — no drawing of names in our clan. As our immediate family grew to 13, we began having a “progressive Christmas,” going from one family member’s house to another.

For some, the thought of participating in holiday traditions is more than they can bear, as a precious member of the family will be missing the celebration.

As the holidays approach, do not isolate yourself from family and friends. Many of them are grieving your loss as well. Perhaps this year you should begin some new traditions: create a scrapbook of photos and memories of your loved one; volunteer at a homeless shelter — the possibilities are endless.

Most of all, don’t be afraid of tears. You are hurting, and others are, too. Someone you loved is no longer with you. ■

Information provided by Jan Shawver, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.




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## WELLNESS

By Christopher M. Renze, D.C.

## SHOULD I use ice or heat?

At our office, we often get the question, "Should I use ice or heat?" The answer really depends on the ailment. A brief overview of these two therapies is outlined below:

### Ice

Ice should be used on an acute or recent injury. Ice packs are usually used for the first 24 to 48 hours after the injury. The cooling effect of ice raises the pain threshold and prevents further swelling. There are four stages one will experience when using an ice pack:

1. It will feel cold.
2. It will burn.
3. It will ache.
4. It will become numb.

Always wrap the ice pack in a towel prior to use to prevent a burn. Treatment time is approximately 20 minutes, two to four times a day. Ice can be reapplied as necessary, as long as there is at least one hour between applications to allow the temperature of the damaged tissue to return to normal.

### Heat

Heat increases blood flow to and from the treated area, and it initially increases metabolism within the treated parts. This increase in metabolism speeds the tissue's healing time. However, using heat too long may lead to local congestion, edema and reduced metabolism. Heat promotes sweating, which helps remove toxic waste. In addition, heat increases the skin's pain threshold, which may, in turn, trigger enkephalin production (a natural pain reliever).

Heat should not be applied to a body part until 48 to 72 hours after an injury, perhaps longer if recurrent bleeding or swelling is a danger. Treatment time and intensity are determined by the doctor after examination of and consultation with the patient. At home, applications should last no longer than 20 minutes with at least one hour between applications. Heat should not be used until after the pain has subsided.

### Pearls of wisdom

Always use ice for the first 48 to 72 hours after an injury, no matter what the condition. Sharp pain is usually the result of a sprain of a ligament or damage to an intervertebral disc. Both respond well to ice.

Never use heat unless the condition is chronic or unless you have been specifically told by a knowledgeable healthcare provider to do so. Dull pain is usually the result of a muscle strain. Strained muscles respond well to heat after the initial 48-72 hours of ice.

If you or someone you know is suffering from pain and have not found the relief for which you are looking, check with your chiropractor. ■

Information provided by Christopher M. Renze, D.C., D.I.B.C.N., of Renze Chiropractic Clinic, P.C. For more information, visit [www.renzechiro.com](http://www.renzechiro.com) or call the office at 515-965-3844.



## BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines).

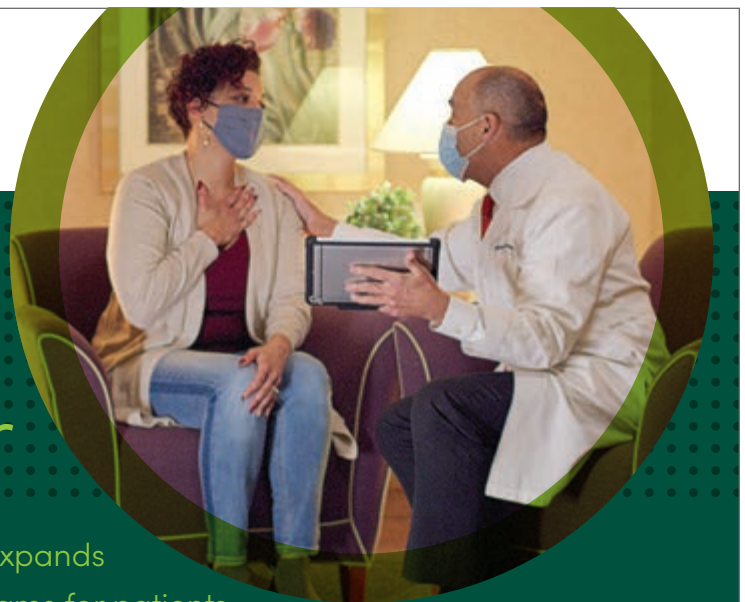
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## SETTING goals the SMART way

It's already December, 2021 is coming to an end, and many are setting goals for the new year. No matter how big or small your goals are, they require planning. An effective way of setting goals is the SMART method, which stands for goals that are Specific, Measurable, Attainable, Relevant and Time bound.



**Specific.** Your goal should be clear and easy to understand. Break it down so it is easier to accomplish.

**Measurable.** Make your goal measurable by adding a number to it so you can track your progress.

**Attainable.** The goal should be realistically attainable. Find the limit that isn't too high that it becomes extreme or too easy that it's not motivating.

**Relevant.** Don't set a goal because someone else wants you to. Your goals must be relevant to your interest, needs and abilities, so it motivates you.

**Time-bound.** Be sure to include an end point. Knowing that you have a deadline will help you stay on track.

A poor example of goal setting: "I want to lose weight by running a lot." SMART goal: "I want to lose 6 pounds in one month by going on a 2-mile run/walk four times per week, and I will bring my lunch to work instead of eating out four days this week."

Now that you know how to make a SMART goal, go out there and achieve them. ■

Information provided by Dana Rounds, ACE Certified Personal Trainer, Eat the Frog Fitness, 2785 N Ankeny Blvd., Suite 15, Ankeny, 515-505-7130.



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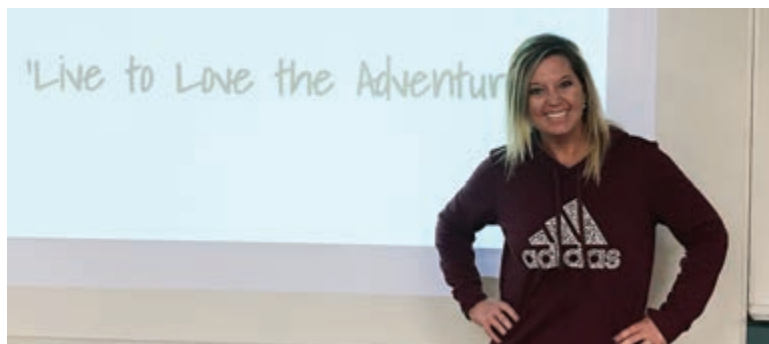
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## MEET Emily Phommachack

Developing healthy lifestyles



Emily Phommachack enjoys teaching P.E. and health and likes that they have real-world applications.

Emily Phommachack began her teaching career in Ottumwa, returning to her hometown of Ankeny when the district split into north and south feeders. She's in her ninth year of teaching health and physical education at Northview Middle School.

"When I tell people about my job, most people react in shock, as to how I enjoy it — teaching adolescents. I laugh and tell them, it keeps me young. Although middle school is a tough age, I do enjoy the challenge. I enjoy building the relationships and connecting with the students."

Between eighth and ninth grade, students are starting to figure out where they belong, their paths and how to juggle everyday life and be successful. Phommachack likes being a part of their journey and educating them on the importance of a healthy lifestyle as they grow and mature.

Every day is different. Some days it is difficult to motivate students to work hard and "buy into" what she's teaching, even though it is essential learning. As a physical education teacher, specifically, Phommachack has to be flexible. Although the challenges can be stress inducing, it forces her to think outside the box and come up with some great learning opportunities for the students.

"The difference is also what I love about my job. Although the lesson is roughly the same eight times throughout the course of two days, the students' engagement and conversations are all very different."

Phommachack says she enjoys teaching health because it is real-world. The best part about her job is watching students connect their personal story with the content — the understanding of the "why" and the importance behind the learning.

"I smile just thinking about it."

Her wish is to instill this in her students: Life is full of choices.

"My hope is you will make the right choices; however, sometimes you will make the wrong ones. But it is important to learn from those wrong choices, those mistakes and those experiences and then do better. Life is too short, so do the things you love, continue to build upon the strong relationships and live life to your fullest, however that may be."

Outside of the classroom, Phommachack and her husband, Twan, are busy with their kids, Jett, 7; Holland, 4; and Lenny, 3. When they are not bussing the children around to activities and weekend events, you'll find them planning their next trip, as they like to travel. Phommachack also enjoys working out, which she says "keeps her sane and healthy," and shopping — especially around the holidays. ■



# CALCULATING the return

It's the final installment of my "return series" and time to determine the value of my chamber ROI. An ROI is calculated by subtracting the investment's initial value from the final value, dividing the number by the investment's cost and multiplying by 100.

I came into this experience as a long-time chamber volunteer who had served on the board for several years. I had worked in membership as a career for 20 years. I was confident and ready! Value: 100

Today, I'm several months into being an entrepreneur, working alongside my husband, Brad, on two businesses. The hours are long. The stress is amplified. The financial implications are heavy on our shoulders. I feel stronger, yet knocked back a bit as I continue to learn. Value: 70

The costs. Time and balancing change all around. There is anxiety with change and my consensus-seeking, people-pleasing nature learned that leadership is hard. Value: 50

Calculator time: I think I'm at 60.

A bit less than I started. But... I consider the return from other "I" items. I'm surrounded by the amazing leaders and business owners who have imparted to me their influence, information, interactions, insight and ideas. I've been inspired to try new things and stuck fast to being intentional in what I say and do.

The bottom line: chamber engagement and leadership value is priceless. It's made me a better leader in all facets of my life. And I have an arsenal of mentors and lifelong friends who support and challenge me.

I am thankful for the chamber board. Please visit [ankeny.org](http://ankeny.org) and get to know these servant leaders. I've learned from every single one of them and will continue to do so.

Thank you to Julie Todtz and the chamber staff. Julie, you're an important part of Ankeny's history and future. Your board applauds and appreciates you. The road has had bumps, twists and turns, but you've maintained the direction with a steady hand on the wheel. Your Ankeny Area Chamber of Commerce membership will never expire.

Thank you to our membership and community. It hasn't been easy to postpone beloved events. And, it hasn't been easy to balance the economic challenges of the last year. I can assure you, the chamber staff and leadership think about you and the ROI you need every day. I'm excited to continue volunteering and supporting this organization with my membership, time and passion.

This chamber didn't need to fight to return... because it never left. Ahead of us is a year full of possibility, profitability and purpose. Make an investment of your time and talents because the return is amazing. ■

Information provided by Heather Lillienthal, Chairwoman, Ankeny Area Chamber of Commerce.



The December issue of ANKENY BUSINESS  
is online now at [ankeny.org](http://ankeny.org)





## OUT & ABOUT



A ribbon cutting was held for CJ's Window Cleaning Services LLC at the Ankeny Area Chamber of Commerce office on Nov. 23.



Ronda DeMoss, Kim Sander and Emma Steinick at the ribbon cutting for RenuYou Aesthetics & MedSpa on Nov. 29.



A ribbon cutting was held for Nikki Worthington with eXp Realty at the Ankeny Area Chamber of Commerce office on Nov. 23.



Keegan Wilkening and Brenda Parker at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



A ribbon cutting was held for Hunziker & Associates at their new location at 1520 N.W. Irvinedale Drive, Suite 102, on Nov. 22.



Lelia Ammar and owner Mindy Bergstrom at the ribbon cutting for Nook & Nest on Nov. 12.



Dana Bastian, Maria Wagoner, Karissa Smedley and Marissa Buck at the ribbon cutting for Nook & Nest on Nov. 12.



Ila Gilbert, Colleen Just, Sue Nelson and Katie Turner at the ribbon cutting for Nook & Nest on Nov. 12.



## OUT & ABOUT



Kristin Sjulín, Carly Kesterson and Cindy Kiel at the ribbon cutting for RenuYou Aesthetics & MedSpa on Nov. 29.



A ribbon cutting was held for RenuYou Aesthetics & MedSpa at their location at 1705 N. Ankeny Blvd., Suite B, on Nov. 29.



Abby Bogaards and Emerson Adams at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Joseph Herst, Laura Major and William Navarro at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Amanda Petersen and Max Chedester at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Dr. Allison Fair, Ember Bechtel and Ramah Husidic at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Lance Arrasmith and Kay Williams at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Monica Cullen and Naomi Whalen at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Josh Klyn and Brandon Converse at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Tiffany Latshaw, Melissa Muschick and Baley Burchett at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



Matt Brown and Andy Pollock at Lattes and Leads at Bob Brown Buick GMC on Nov. 23.



# CLASSIFIEDS

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