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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.

I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than halfway there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to "give your sweetheart a kiss and tell her you love her every day." Another said to remember to "forgive and forget." And yet another very honest man told me, "Hearing loss isn't all that bad."

Malcolm Gladwell wrote in his bestselling book, "Outliers," that "10,000 hours is the magic number of greatness." He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month's feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■

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FROM 0 TO 50

**Couples reflect on their
50 or more years of
marriage**

By Ashley Rullestad

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.

Cheryl and Ron Turner married
19 days after meeting on a plane.
Photo by Todd Rullestad

FEATURE

High school sweethearts

JoAnn and Terry Adamson, Ankeny High School sweethearts, married in 1966.

"Our first date was a Sadie Hawkins dance," says JoAnn. "He was a year ahead of me, and I didn't know he even existed until then. One of my girlfriends was giving him the cold shoulder, so the others decided to hook us up."

The pair had an art class together that year, held at the superintendent's house. At that time, Ankeny classes were about 100 kids. Terry was the last class at Neveln, while JoAnn was in the first at Parkview. Once Terry asked her out, JoAnn says the rest is history.

"You start making eyes at each other, and we thought it wouldn't be so bad to hook up. He asked me to the dance, and I borrowed a dress from a friend, and we went together. We had fun, and he's always been a kiddler. To the dance, he brought these red slippers that looked like a big red foot, and I thought, 'You have to be kidding me.'"

It was a nice pick-me-up for JoAnn to start dating Terry. Her Ankeny girls' basketball team had just lost the district semi-final game in the seventh overtime (a record that still stands).



JoAnn and Terry Adamson enjoy time with their grandchildren.

Their romance quickly bloomed. In fact, Terry asked JoAnn to marry him before she graduated.

"I said, 'I can't have [a ring] before I graduate; we can't do this.' I told him he had to ask my dad's permission, so, on Valentine's Day in 1965, we got engaged."

Terry was working as a diesel mechanic in Des Moines, and JoAnn had started working at Allied Mutual when Terry received his draft notice in December 1965. They were going

to wait two years to get married, but after he completed basic training and spent time in Virginia preparing to get his orders, they decided not to wait. They were married July 30, 1966.

Terry went to Korea, and JoAnn rented an apartment near the new Faith Baptist Bible College. When he returned, they moved to his grandparents' farmhouse in the country before they built the house where they live today. They have one son, Mike, and three grandkids now.

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FEATURE

They've seen a few changes in Ankeny from those days. Terry doesn't care for the growth, but JoAnn doesn't mind it.

"You can't do anything about progress," she says. "It's still a good city today. There are a lot of good people, and we're very involved in the historical society. Church has always been very important. I like to keep people connected, and I make an effort to do that with my classmates from Ankeny."

JoAnn credits their success as a couple to staying positive.

"You can agree to disagree, but you always have to look for the good no matter what and make the best of it. Stick together through thick and thin."

Love at 20,000 feet

Cheryl and Ron Turner met on a plane, and they said they knew it was love. They got married after 19 days. Fifty-five years later, they're still together.

"I was coming back from California, and he was coming back from Vietnam," she says. "In Omaha, we had to switch planes. He was on standby, and so was I, so we took a bus to Des Moines. His parents picked us up, and we were with each other every day from then on."

Cheryl remembers going to Millie's, a drive-in on University Avenue that's now closed, during their courtship. It was about two weeks after they met that Ron proposed.

"He asked me to marry him, and he said, 'I'll do anything for you,' and I thought, 'He's the nicest, good man, and a good person.' He became a state trooper — and was a good trooper and conscientious. I



JoAnn and Terry Adamson were high school sweethearts before their wedding.



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FEATURE

just knew it was meant to be.”

They married in Omaha and, a couple days later, drove to South Carolina, where they spent seven months. They came home to Iowa in a terrible ice storm and lived in Clive, Polk City and Indianola before settling in Ankeny, where Cheryl had graduated from high school. They even lived on Ankeny’s famous Richland Court, also known as Gingerbread Lane, for 30 years.

They had kids, and the kids were their life.

“We did things as a family. We went out on Friday nights, and we took the kids. We went to their games and their activities, always.”

Now, the kids are grown, and they have six grandsons — two in Norwalk, three in Ankeny and one in Leon — who are often visiting. As empty nesters, they still make it a priority to spend most of their time together, but they give each other space, too.

“Every Friday night, we go out to eat together. We do craft shows together, but we make different things, and that keeps us busy working our projects.”

Ron also does little things, like he often buys a single rose and leaves it on Cheryl’s pillow.



Lucienne and Don Buell celebrate their 50th wedding anniversary.

“He hasn’t done it recently, though,” she laughs. “We just blended. We were raised in the same atmosphere with the same values. We are both easygoing people, and you just have to

kind of turn a blind eye sometimes. Everyone has fights and arguments, but you have to fight for your marriage. You can’t say, ‘I’m mad, I’m getting out.’ My gosh, it’s gone so fast.”

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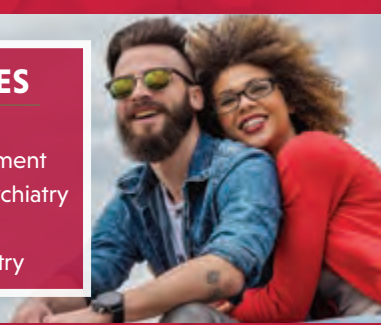
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Let's stay together

Lucienne and Don Buell met through a friend — their pastor's daughter. They wrote to each other while Don was off to college before Lucienne joined him there the next year.

"After our first date, I just really liked him, and I felt he was the one for me," says Lucienne.

Don wasn't planning to attend that college another semester. Instead, he was going to go home and attend Drake. But, plans changed, and the next thing Lucienne knew, he had decided to come back and take more classes. By that fall, they were engaged and married Aug. 23, 1969.

They settled in Ankeny and lived in the house Lucienne's grandfather and dad built until 1985 when they moved to the country. They have four sons and 12 grandkids.

"We were married five years before we had any children, and it was all in God's time," she says. "We were told it wasn't likely we'd have children, but God answered that prayer, too. No. 1 is I believe that God has helped us along the way. We had a priority to make God first and each other second, and

everything revolves around that."

Of course, much has changed since those early days, both in their time as a couple and the world around them.

"Life is busier now and crazier. I thought it was a lot when we were raising our boys, and it's even more so now. Ankeny kind of outgrew us. It's bigger than we like now."

When it comes to advice, Lucienne says the biggest thing is to remember your lifetime commitment, even when things aren't easy. There's no giving up, so you have to work through things and figure out a solution, she says.

They also make it a point to do things together, not separately. They spent a lot of time together as a family when the kids were home, and now they spend a lot of time together on their own.

Don reminds husbands to make their wife a priority.

"Don't be afraid to talk to each other and listen, too," he says. "My opinion is important, but hers is, too. We were just talking to a niece earlier, and she said, 'When I talk to my husband, it's like my opinion doesn't matter,' but it always mattered to me and vice versa." ■



Lucienne and Don Buell were introduced to each other by their pastor's daughter.

NEWS BRIEF

BENNETT named DMACC Foundation Board president

Scott Bennett of Ankeny has been named the new president of the DMACC Foundation Board of Directors. Bennett has served on the DMACC Foundation Board since 2018, most recently as vice president. Bennett replaces Rita Perea as president.

"We're excited to welcome Scott into his new position with the DMACC Foundation, and we're looking forward to his leadership," said Tara Connolly, executive director of the DMACC Foundation.

Connolly said the Bennett name is well thought of at Des Moines Area Community College as Scott's father, Carroll Bennett, was one of the College's first administrators. The elder Bennett was instrumental in launching the DMACC Newton Campus in 1993 and creating an environment for the overall success that DMACC enjoys today.

DMACC is the largest undergraduate institution in Iowa, and one of the primary roles of the DMACC Foundation is to help raise scholarship funds to support the academic success of DMACC students. The Foundation, which awards more than \$2 million in annual scholarship support, works collaboratively with individual donors, local businesses

and support organizations to ensure funding is available for student scholarships as well as for faculty and program enhancements.

"I'm honored to serve in the president's role for such an important institution and to work side-by-side with the entire DMACC Foundation Board and its dedicated professional staff," said Bennett, who will now lead a 29-member volunteer team in support of the DMACC Foundation's goals.

Bennett works as a portfolio manager at Principal Financial Group in Des Moines. He earned a bachelor's degree in business administration and master's degree in business administration in finance from the University of Iowa. He has served on the CFA Society of Iowa Board as president and is a member of the Tippie College of Business Finance Advisory Council at the University of Iowa and the Rotary Club of Des Moines. He currently serves as chair of the Rotary Club of Des Moines' Local Scholarship Committee.

For more information about the DMACC Foundation, visit dmacc.edu/foundation. ■



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BENEFITS of turning to professional senior care

The decision to turn to professional care for your loved one can be stressful.

However, there are many benefits associated with getting professional caregiving help. Here is a look at just a few of the benefits of turning to professional care:



Reduced family stress

Find comfort in knowing that your loved one is cared for, and safe, and all their needs are being met.

- Take the load off your shoulders — no longer feel overburdened with both your own mountain of tasks and all that is

associated with caring for your loved one when professional care is there to help.

- Enjoy more time with your family.

When you aren't worried about the daily tasks, you can better enjoy the time spent with your loved one.

- Hiring professional help takes you out of the caregiver role and frees you up to be the best family member you can be.

Trust in the experts

Professional caregivers understand:

- How to interact with seniors with dignity and respect.
- What it takes to make their homes safe and to keep them secure.
- What is involved in caring for those individuals living with a diagnosis such as dementia, Alzheimer's and Parkinson's.

- Compassionate and individualized care.

Customized care plans

A customized care plan for your loved one. Services include but are not limited to:

- Companion services: companionship, meal preparation, errands, transportation, engaging in activities, etc.
- Personal services: bathing, dressing, toileting, feeding assistance, in addition to companion care.

Whatever the need, there is surely a professional senior care service that can help. ■

Information provided by Al Perez, community relations coordinator, Senior Helpers, 2301 W. First St., Ankeny, 515-964-7297.



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10 DELIGHTFUL ways to make your house brighter

Let more natural light shine with these simple tips.

Here's how to make your house lighter, brighter and cheerier with more natural light indoors.

1. Take the screens off your windows. You'll get 30% more sunlight shining indoors without screens on your windows.

2. Hang outdoor string lights indoors. They don't give off a lot of light, but they're cheerful as heck. Drape them around a window or a mantel, or hang a string of LED glimmer lights in a tall potted plant. They'll add a layer of soft light to your room and remind you of fireflies, flip-flops and patio parties.

3. Steal a little Swedish chic. Scandinavians excel at making a home light and airy because they have places where the sun doesn't rise at all from November to January. To adapt to weeks and weeks of polar night, Swedes keep interiors pale to reflect and amplify light. The fastest way to bring a little Sweden into your room is to paint it. Try creamy white, pale blue or dove gray.

4. Change your bulbs. Replace those incandescent bulbs and their yellowy light with LEDs, which produce a brighter, whiter light. But get your bright right:

- The higher the K rating on the bulb, the cooler and whiter its light.
- For cool, white light, opt for a bulb rated 3,500K to 4,100K.
- For blue-white light that's closest to natural daylight, use a bulb between 5,000K and 6,500K.

5. Hang mirrors. Make the most of that weak winter light by bouncing it around the room with mirrors.

6. Replace heavy curtains with blinds or Roman shades. Fabric curtains, while quite insulating, block light and make a room feel smaller and more cramped, especially if they're a dark color or have a large print.

7. Clean your windows. Dirty windows block a lot of natural light. Admit it. Yours are kind of cruddy because who remembers to block out an afternoon to clean the windows?

8. Swap your solid front door for one with glass inserts. A solid front door can make your house look and feel as dark as a dungeon. Get rid of it and install a half-light or full-light door that lets the natural light stream in. For even more natural light, add glass sidelights and a glass transom.

9. Add a skylight. It's the ultimate way to bring more natural light into your house. A window only catches sun for a couple of hours a day, but a skylight lets in the sun all day.

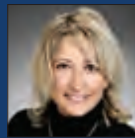
10. Add plants. Putting pots of plants around your room will remind you that spring and green will return. ■



Article by Leanne Potts, HouseLogic. Information provided by Bonnie Christensen, Broker, RE/MAX Precision, 225 N.W. 18th St., Suite 103, Ankeny, 515-971-9973.

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NEWS BRIEF

STUDENTS earn scholarships

11 Iowa seniors have received awards so far.

Iowa high school seniors have a chance to receive much-needed funds for college while learning ways to reduce college loan debt through a program offering \$1,000 scholarships.

Iowa high school seniors may register for the Iowa Financial Know-How Challenge: Senior Scholarship at www.IowaStudentLoan.org/Know-How between now and March 31. Once registered, students receive instructions via email on completing two online modules. Scholarship recipients are determined by monthly random drawings among students who have completed the modules.

The two modules, Student Loan Game Plan and the Return on College Investment tool, are designed to help students and families determine maximum recommended levels of student loan debt and find ways to minimize the debt they need to repay.

Registered participants also receive emailed tips about planning and paying for college, as well as more general financial literacy tips, throughout the registration period. Once registered, students have until 4 p.m. on March 31 to complete the required steps, which should take less than an hour in total, organizers say. Completing the steps earlier allows students to be entered in more monthly drawings.

Awards will be sent directly to the recipients' colleges and universities in fall 2023 to be applied to college expenses.

"All Iowa high school seniors who plan to attend college should consider spending some time to register and qualify for the drawings," said Christine Hensley, board chair for Iowa Student Loan Liquidity Corporation, which sponsors the scholarship and provides education loans under the name ISL Education Lending. "We are pleased to be able to provide scholarships to 50 students, but all students who participate receive valuable information that can help them save more than the \$1,000 award."

"This scholarship program is one of the resources we offer to families as part of our nonprofit purpose," said Steve McCullough, president and CEO. "We are committed to helping families with resources for education after high school."

The two modules used to qualify for the scholarship are always available to the public at www.IowaStudentLoan.org. In addition, families can visit the website for additional resources and to sign up for other services, like the parent email service Student Planning Pointers for Parents.

The Iowa Financial Know-How Challenge: Senior Scholarship is open to legal U.S. residents who are seniors at an Iowa high school during the 2022–2023 academic year and plan to attend college in fall 2023. No purchase is required to enter. Full rules, details and an up-to-date list of award winners so far are available at www.IowaStudentLoan.org/Know-How.

Confirmed award winners to date include Emma Goff and Kyle Melcher of Ankeny. ■

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How SECURE Act 2.0 could impact your retirement

Lawmakers have changed retirement rules again. SECURE Act 2.0 is a giant piece of legislation signed into law just before Christmas. It includes more than 90 retirement provisions. Some of these new laws could immediately impact your retirement plan.

As of Jan. 1, 2023, the Required Minimum Distribution (RMD) age has increased to 73 (from 72). Generally, RMDs apply to traditional IRAs and employer-sponsored retirement plans like 401(k)s. If you turned 72 in 2022 or earlier, you should continue to take RMDs as scheduled. If you're turning 72 this year and you've already scheduled your distribution, you can still take out the money or wait until 73.

We are reaching out to the families we work with in this situation. Some need the distribution as retirement income; others could be pushed into a higher federal tax bracket and may want to wait to take the distribution.

A friendly reminder for my fellow Iowans: Local lawmakers made changes impacting taxes this year. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans such as a 401(k).



Back to Washington, another immediate change decreases the steep penalty for not taking an RMD from 50% of the RMD to 25%. The penalty is reduced to just 10% if the account owner withdraws the amount not previously taken and submits a corrected tax return in a "timely manner" (generally within two years).

This legislation comes three years after the SECURE Act of 2019, which changed the RMD age from 70 ½ to 72 and eliminated the stretch IRA. I was a vocal critic of the 10-year rule replacing the stretch IRA.

Instead of being able to stretch distributions over a lifetime, those inheriting an IRA from someone other than their spouse have to take the money out within ten years.

This can create a significant tax bill for beneficiaries. We reached out to many of the families and individuals we work with to discuss how the law change could impact their legacy plan. Some chose an IRA relocation strategy and the ability to see more of their money go to their loved ones and less go to taxes.

If the financial advisor you are working with isn't reaching out when retirement laws change, you may not be working with a team specializing in retirement planning. Your retirement planner should be watching what's happening in Washington so you can focus on the fun stuff, like living out your retirement vision.

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

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Saturday, March 4, 6-9 p.m.

Toast at Prairie Trail, 1345 S.W. Park Square Drive, Ankeny

The mission of Dress for Success Des Moines is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. Since it opened in 2011, Dress For Success Des Moines has helped more than 3,000 women who are themselves supporting more than 6,200 children. Cocktail attire. Silent and live auction. For more information, visit desmoines.dressforsuccess.org.

'Marjorie Prime'

April 14-23

Ankeny Community Theatre, 1932 S.W. Third St.

This award-winning play is perfect for fans of "The Twilight Zone." 85-year-old Marjorie's new companion is programmed to tell the story of her life back to her. What would we remember about our lives if given the option? What would we forget? Tickets and information can be found at ankenycommunitytheatre.com.



'The Piano Lesson'

Through Feb. 19

Des Moines Playhouse, 831 42nd St., Des Moines

The Des Moines Playhouse and Pyramid Theatre Company present August Wilson's "The Piano Lesson," following siblings Boy Willie and Berniece as they debate the future fate of a family heirloom in the aftermath of the Great Depression. Performances are 7:30 p.m. Wednesdays to Saturdays and 2 p.m. Sundays. The IRIS Sensation Team will provide audio description on Feb. 19. Those who need ASL translations should provide the Playhouse with advance notice. Tickets start at \$29 at dmplayhouse.com, 515-277-6261, or the ticket office.

Free Introductory Instrument Session

March 3 and March 10, 6:30-7:30 p.m.
Passion Studios, 2201 W. First St., Suite 1, Ankeny

"I've always wanted to play that instrument..." Does this sound like you? Students at Passion Studios play 30-50 classical, jazz, blues and accompaniment songs in their first year. Attend this one-hour session to learn more about their approach, what sets Simply Music apart from other traditional learning methods, see a sample lesson in action and get answers for any questions you may have. You'll also learn about Passion Studios, see the studio, meet the instructors and hear their personal stories. Space is limited. Save your free seat at passionstudiosmusic.com.



Legislative Update

Friday, March 10, 11:30 a.m. to 1 p.m.

Ankeny Kirkendall Public Library - City Council Chambers, 1250 S.W. District Drive

Legislative updates are held once a month during the legislative session. Chamber members and the community are invited to join the Iowa State Senator, Iowa House Representatives and Polk County Supervisor in timely updates. In addition to information from each elected official, audience members have the opportunity to ask questions of the elected officials.

'Six'

Through Feb. 19

Des Moines Civic Center, 221 Walnut St., Des Moines

"Divorced, beheaded, died, divorced, beheaded, survived." Follow the untold drama of the six wives of King Henry VIII — in the style of 21st-century girl power.

The award-winning musical by Toby Marlow and Lucy Moss features an all-woman cast and all-woman band. Tickets are \$40-\$150 at dmpa.org or the Civic Center box office.



K-12 Art Exhibits

Ankeny Art Center

The Ankeny Art Center's annual K-12 art exhibits have been part of an extended outreach program for more than two decades. With the goal of introducing students to the gallery setting, the Center aims to bring about individual self-worth within the community, increase community involvement, and promote culture and diversity. Through seeing their art on a gallery wall, organizers hope to bring excitement to the students about becoming an exhibiting artist in the future. Exhibits will be featuring art made by students from:

- North Polk, Feb. 21 - March 15, with a reception Thursday, March 2, 5-7 p.m.
- Ankeny, March 28 - April 25 with a reception for south schools March 30, 5-7 p.m. and north schools Thursday, April 6, 5-7 p.m.



Lions Pancake Breakfast

Saturday, April 22, 7-11 a.m.
Ankeny First UMC, 206 S.W. Walnut St.

Ankeny Lions Club spring pancake breakfast is a freewill donation event. Come one come all to support your Ankeny Lions Club and their community endeavors.

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com.

Check for cancellations



'Singin' In The Rain JR.'

Feb. 17-19, Feb. 24-26, March 3-5. Friday performances at 7 p.m. Saturday and Sunday shows at 2 p.m.

CAP Theatre, 201 First Ave. S., Altoona

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green from their original award-winning screenplay in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online at captheatre.simplenetix.com.



'USS Iowa' premiere screenings

Feb. 19, 2-4 p.m.

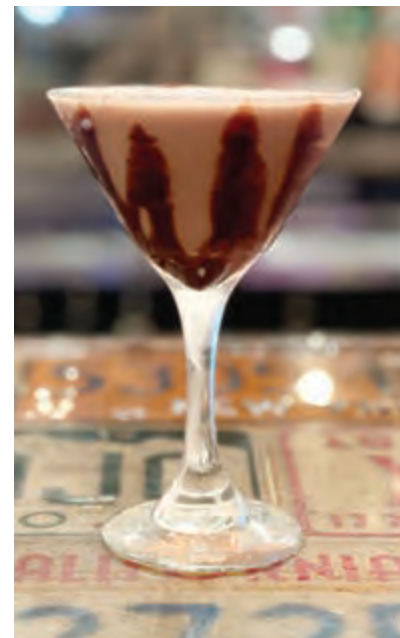
Iowa Gold Star Military Museum, Camp Dodge, 7105 N.W. 70th Ave., Johnston

Join Iowa PBS for two free, in-person premieres of the new documentary, "USS Iowa." This film shines light on the USS Iowa, a legendary battleship built to defend America during World War II. Its presence as a symbol of naval war power and now as a living museum is intertwined with the men and women who served the USS Iowa for more than 80 years through campaigns of triumph and tragedy.

During this special event in Johnston, attendees will have the chance to view historical artifacts and exhibits at the Iowa Gold Star Military Museum. Light refreshments will be served.

"The USS Iowa battleship was the lead ship of the last and most devastating class of battleship," said Iowa PBS Producer and Director Patrick Boberg. "Known as the 'Battleship of Presidents,' her story ranges from wartime victories to a tragic peacetime catastrophe, and she may not have been saved and turned into a museum without the State of Iowa's financial and political support."

For more information and to register for these free event premieres, visit iowapbs.org/events. "USS Iowa" will air on statewide Iowa PBS Wednesday, March 1 at 6:30 p.m.



Chocolate Walk

Friday, Feb. 24 from 5-9 p.m.
West Glen Town Center

Join CITYVIEW for its annual Chocolate Walk in West Glen Town Center, featuring cocktails and chocolate dessert samples at local businesses. You'll receive 10 sample drink tickets and four chocolate treat tickets for \$20 in advance at chocolatetalk.dmcityview.com or \$30 at the door.

Celebrate! Innovation Live at DMACC Speaker Series

Thursday, March 9 • DMACC West Campus, 5959 Grand Ave., West Des Moines

DMACC announced an inspiring line-up of presenters for this year's Celebrate! Innovation Live (ciLive!) at DMACC Speaker Series, which is marking its 14th anniversary this spring. ciLive! 14 will be held March 9 in-person at the DMACC West Campus in West Des Moines, and, thanks to the generous support of sponsors, all ciLive! 14 speaker presentations will be free and open to the public. Free livestreaming of all speaker presentations will also be available via e360tv.

Each year, ciLive! at DMACC gives students and the public an opportunity to hear from and interact with a variety of accomplished people — some famous, all inspired — who have dreamed, created and achieved.

This theme of ciLive! 14 is "Be Your Own Superhero" and will feature the following speakers: John Ratzenberger, an actor and director who is best known for playing Cliff on the beloved TV sitcom "Cheers" throughout the show's entire 11-year run. Molly Bloom, the best-selling author of "Molly's Game," a memoir that chronicles her journey from a college student and Los Angeles waitress to founder and operator of the largest and most notorious private poker game in the world. Mitch Matthews, the host of the top-ranked "DREAM THINK DO" podcast. Alex Weber, an author, international keynote speaker on leadership and peak performance, and the only person to both host and compete on NBC's Emmy-nominated series "American Ninja Warrior." Dr. Shawna Pandya, a physician, aquanaut, scientist-astronaut, martial artist and advanced underwater diver. With backgrounds in neuroscience, space, entrepreneurship and medicine, Dr. Pandya has led a life devoted to technology, innovation, social development and adventure. Kenny & Friends, Grammy Award-winning drummer Kenny Aronoff, who was named one of the "100 Greatest Drummers of All Time" by Rolling Stone magazine. Aronoff has recorded and toured with some of the biggest stars in every genre of music, including John Mellencamp, John Fogerty, Bob Seger, Ringo Starr, Willie Nelson, Johnny Cash, Melissa Etheridge, Gregg Allman, Alanis Morissette, Goo Goo Dolls, Joe Cocker, Sting and many others. He will be joined at ciLive! 14 by bass guitarist James LoMenzo, who's played with White Lion, Ozzy Osbourne, Slash, Ace Frehley, David Lee Roth, Megadeth and John Fogerty, and by guitarist Brent Woods, a student of the legendary Randy Rhoads who has played with Vince Neil, Kristin Chenoweth, John Waite and Sebastian Bach.

For more information about ciLive! 14, visit ci.live. A detailed event schedule will be released in early March.



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FAITH

By Pastor John Wagner

LOVE draws us together

Provoking and encouraging love

The month of February brings reminders of love in a holiday known as “Valentine’s Day.” Rather than using this article to discuss the origin of the holiday or whether or not you should send someone flowers and chocolates, I’ll share an excerpt out of the Protestant Bible — Hebrews 10:24-25.

“And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Though Valentine’s Day has already passed, I encourage you to express how much you love someone by doing whatever it takes to encourage them to be the best they can be. This is a faithful response to God’s love. In our time/community, faith is often relegated to the “personal and private.” We say or think things like “I don’t like to share my faith out of respect for others,” or “Please keep your faith to yourself and allow me to believe what I would like to believe.”

As I read scriptures, one narrative that I think gets lost is how sharing faith together is intended to be an encouragement. If you are reading this column as one who would describe yourself as a person of “faith,” were your interactions with people today ones that would “provoke” them to love and good deeds? Words like “provoke” often make us think the opposite of Valentine’s love. One might paraphrase this scripture as, “Let’s be thinking about how our actions compel — yes, even provoke — others toward love and forgiveness.”

Did you share your faith today — not just a statement of belief, but a way of living — in such a way that others would feel loved and encouraged? Did your everyday conversations and meetings end with a common desire to seek God’s love? This is one reason we gather together — especially as people of faith. Though we meet for many purposes, every time we come together should encourage us to encourage one another even more. Let’s be clear. Not every conversation is simple or easy. But I think too often we provoke one another in order to prove someone wrong rather than provoke or compel one another toward learning more about what we have in common — God’s desire for God’s love to be known.

This excerpt of scripture says we shouldn’t stop meeting for this important purpose. God’s love is drawing us together. So, I suppose Valentine’s candy can hang around the office a little longer if it reminds us that one of the greatest gifts we can offer someone is encouraging them to grow in God’s love. ■



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

WATER heater problems

Having hot water is a luxury that most of us are not willing to give up and that makes our water heaters an important piece of equipment in our homes. As important as they are, out of sight can lead to out of mind — until a problem arises.

Pilot lights: If the pilot goes out, it's an annoying but a fairly easy problem to solve. Newer models have an electric or hot surface ignition, but there are plenty that still have a standing pilot system. If you are unsuccessful in relighting the pilot, there is likely a more serious problem.

Smelly water: Have you ever turned on the water and it's followed by a foul rotten egg smell? This is usually due to the hot water sitting in the tank for too long. To check this, turn on the cold water. If you don't smell anything, it could be an indication that the water heater is to blame. Contact a professional to clean and disinfect it; it could have a build-up of bacteria inside. Bacteria love a warm, moist environment like your water heater, especially if you keep the temperature below 120 degrees.

Leaking water: Finding a pool of water at the base of the water heater usually equates to replacement. There are a few times that the leak is due to a loose or damaged valve, so this is worth investigating prior to purchasing a new water heater.

Discolored or rusty water: Yellow, discolored and rusty water is a sign that failure is soon to come. An anode rod is a major component of your water heater that runs down the center of the tank and helps prevent corrosion. The purpose of the rod is to wear itself down, releasing electrons into the water to help slow/prevent corrosion of the tank. This is the reason the anode rod usually fails before the water heater and then leads to the demise of the tank entirely. Checking the anode rod regularly can help prevent any surprises.

A few of these problems can be fixed on your own, but leave any complications or replacements to the professionals. Water heaters typically last anywhere from eight to 12 years, but if yours is starting to show signs of age at any point, don't wait until it completely breaks down, leaving you with cold water or a flooded basement. ■

Information provided by Kendel Richlen, owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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HOME HEALTH

By Ward Phillips

HOME-CARE 'network' can make the difference

Angela, 80, was committed to remaining in her home as she grew older. Fiercely independent, she rebuffed suggestions from her son, Paul, that she would benefit from some assistance to remain independent at home.

One day, though, she fell while getting the mail. From her hospital bed, she reluctantly agreed with Paul that it was time to find some help. Paul assumed that task would be fairly straightforward — but unfortunately, he learned it was everything but.

“Mom needed the nurse to come in to make sure she was getting better and the therapist to make sure she did her exercises,” he recalls. “Then, we ended up with one person who grocery-shopped for her and someone else who delivered lunch to her every day.

“I live three hours away, so we also needed someone to help her keep her medicines straight. I was dealing with five different companies. People wouldn’t show up, and Mom couldn’t always keep them straight, so I didn’t know who to call. I thought I was going to need to move her in with us — and that’s not what she wanted.”

Fortunately, a friend told Paul his father was receiving care from an organization that served older adults with multiple home-based services under one roof, from healthcare to meal delivery to help around the house. Paul wondered if his friend’s description was too good to be true — but one phone call proved he was correct.

“It was like a dream: In a half hour, we had the next few weeks mapped out for Mom, and all the help was going to come from the same place,” Paul says. “I hung up and started dancing around my office.”

Two years later, Angela is thriving with the help of the professionals she calls her “second family.” She knits blankets for their babies, asks how their kids are doing in school, and even, Paul recounts with a laugh, offers relationship advice.

“These people, they are so patient with her and just laugh when she sticks her nose in where it doesn’t belong,” Paul says. “But I love that she is so close to them and they care so much about her.”

If you’re looking for assistance for a family member who is committed to remaining in their home, you’ll find many options. But if it’s important to you to keep logistics as streamlined as possible, take a page from Paul’s playbook and consider an organization that offers a network of services.

A network is made up of assorted services that assist people in varying stages of life and are provided by teams from a single company. Examples include healthcare plus assistance with shopping and cleaning to meal delivery to specialized services, such as end-of-life care. Advantages include ease of arranging or changing services, encouraging connections to form between client and caregivers, and remitting payments to only one organization.

So, if you’re searching, do yourself and your loved one a favor and ask if the organization has a network of varied services designed to make life easier for older adults. If the answer is “yes,” prepare to enjoy your newfound peace of mind. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.





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“My husband’s doctor told us he wasn’t going to get better and it was time for hospice. I thought that meant he would die the next day! Actually, he ended up living longer than any of us thought he would, and I credit WesleyLife Hospice for that. He loved the nurses, and they helped get us all to a place of acceptance and make some good memories.”

”

– Lonna H., Des Moines

WesleyLife Hospice helps people spend their days the way they want to, continuing to make memories with those closest to them in the environment that they find most comfortable. We offer care anywhere, and virtually anyone with a life-limiting illness can qualify. What’s more, as everyone processes end-of-life issues differently, **we offer support for the whole family.**



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If you’d like to know more about hospice services for someone you love, visit wesleylife.org/hospice or call **(515) 978-2777**. We’d be honored to help your family.

RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
 - 1 cup shredded collard greens, packed
 - 1/4 cup frozen corn
 - 1 cup canned black beans, drained and rinsed
 - 2/3 cup canned pumpkin puree
 - 1 1/2 tablespoons taco seasoning
 - 8 flour tortillas (6 inches each)
 - 1 cup Monterey Jack cheese, shredded
 - 2 tablespoons olive oil
 - sour cream, for dipping
 - salsa, for dipping
 - guacamole, for dipping
 - fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
 - Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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MEET Michelle Robertson

Enjoys the district where she grew up

Michelle Robertson is in her 12th year of teaching and her 11th year with the Ankeny Community School District. She spent a couple of years teaching second grade at Terrace before making the move to East where she now teaches third grade. Robertson serves as a member of East's Instructional Leadership Team and Leader in Me Lighthouse Team as well as the district's Elementary Math Curriculum Advisory Team and Leadership Team.



Michelle Robertson has many roles besides teaching third grade.

"I love being back in the district where I grew up," she says. "I love to share my passion for learning with students. In return, there is nothing better than seeing students eager to learn."

That said, a teacher's job is never really done, she says. One of the biggest challenges Robertson faces is constantly thinking about her students and what she can do to help them, whether that means academically, behaviorally or socially.

However, she says there are also many rewards when it comes to being a teacher. First, no day is ever the same. Every day is a new day to work with young minds and teach and learn new things with students.

"Students, of course, experience challenges, especially when learning new concepts. I love being able to support students as they develop understanding. It's rewarding to see students succeed and have their own sense of accomplishment."

Robertson says she is proud of the East family and the great group of wonderful students, families and staff members she gets to work with.

"I work with an amazing team of dedicated and hardworking people. Every single staff member at East loves kids, and they do everything they can to help them experience success."

When she's not teaching, you will find Robertson spending time with her family. She and her husband stay busy with their two boys, Brooks, 3, and Hayes, 16 months. She likes to read and is challenging herself to read one book a month this year and exercise. She's participating in her first Women's Barbell Classic this spring and is running a half marathon in June.

Ultimately, Robertson is really glad to be right where she is.

"I'm incredibly grateful to be a part of such an excellent district, school and team." ■

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MAKING SENSE OF INVESTING

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By Stacey Koeppen

FINANCIAL moves for the recently divorced



Divorce is common in our society, but that doesn't make it any easier to navigate. If you've recently finalized a divorce, you've likely been coping with uncertainty and tension, but you can still avoid turning an already difficult situation into one that's even more challenging. How? By making the right financial and investment moves, including the following:

• **Establish your separate financial presence.**

Even when you were married, you and your spouse might have maintained some separate accounts. But, if you only had joint accounts, now is the time to open your own checking, savings and credit accounts.

• **Update your budget.** It's likely your budget needs updating. Your household income may be lower or may need to be adjusted for alimony or child support (paid or received). Additionally, your living expenses may have shifted, either higher because you're no longer splitting expenses such as housing or utilities, or possibly lower because you're no longer supporting your ex's spending habits. Understanding your new budget will help you feel better informed about your financial options and more in control of your new situation.

• **Prioritize emergency savings.** Divorce is expensive and may have depleted your savings. To get back on your feet, you may want to build an easily accessible source of funds for unexpected drops in income and/or spikes in expenses. If you're not retired, you may want to keep three to six months' worth of expenses in emergency savings, although even much smaller amounts can boost your feelings of financial security.

• **Evaluate your retirement plan contributions.** When you were married, you may have been counting on sharing resources and expenses with your spouse in retirement. But now, you may be solely responsible for your retirement, so, if you can afford it, you may want to ramp up your retirement plan contributions. You may want to consult a financial professional about setting and achieving new goals.

• **Think about Social Security.** Your divorce could play a role in the benefits you can receive. Once you are eligible for benefits, if you were married at least 10 years and you haven't remarried, you might be able to receive up to 50% of your ex-spouse's benefits, offset by your own benefit. If your ex passes away and you haven't remarried (or you remarry only after age 60), you could receive 100% of their benefit in place of your own. This could be beneficial if your ex-spouse had a higher income or spent longer in the labor force. Since rules can be complicated, contact your local Social Security office to better understand your situation, and keep a record of your ex's Social Security number.

• **Review your beneficiary designations and legal documents.** You'll likely need to revise the beneficiary designations on your retirement accounts and life insurance policies. These designations carry a lot of weight and can even supersede the instructions in your will. And, speaking of your will, you'll likely need to revise it, too, along with other legal documents, such as a living trust. Consult with your legal professional to make these revisions.

It can feel like a long road to stability after a divorce, but, by following the above suggestions, you may be able to make the trip a little less bumpy — and hopefully shorter — as well. ■

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.

BENEFITS of guardianships

If you are a parent of a child with a disability, and your child is about to turn 18, this can be a scary time. You may be aware that once a child turns 18, they are a legal adult and are presumed to be capable of making decisions and exercising rights on their own. This means that you, as the parent, will no longer be able to make decisions for your child regarding their finances, healthcare or education.



In order to remain an active advocate for your child and to be included in conversations regarding their finances, healthcare and education, you should file for a guardianship over your child. A guardianship is a legal proceeding where a person, typically a family

member, asks the court to find that the adult child is unable to effectively manage their affairs due to their disability.

To obtain a guardianship, you must petition the court. The petition must include all basic facts, including the petitioner's relationship to the person who will be under the guardianship as well as a brief description of the ward's disability. The description should include how the disability affects the person's ability to make decisions. Following the petition, there will be a hearing before a judge. At this hearing, you must present sufficient evidence of the need for a guardianship.

A guardianship doesn't completely eliminate your child's ability to make decisions for themselves; rather, it provides you the opportunity to continue to support their self-sufficiency.

Having a guardianship over your adult

child allows you to continue to support them and assist them in their everyday lives. You will, with a guardianship, be able to assist them in maximizing their independence. Without a guardianship over your 18-year-old, you lose the ability to speak with their doctors and care providers, communicate with insurance companies on their behalf, coordinate benefits, and assist in managing their finances and assets.

In order to ensure that your petition is done correctly and that you are maximizing your chances of continuing to be an advocate for your child, you should speak to a reputable attorney with experience in guardianships. Your attorney will be able to assist you in the petition and in any court hearings that follow. ■

Information provided by Gail Barnett, attorney for Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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HEALTH

By Dr. Katrina Smith, MD FAAD

WHAT IS photorejuvenation?

Photorejuvenation is a term used to describe light-based treatments that deliver energy into the skin to improve color, texture and signs of aging. There are different technologies that can provide this type of rejuvenation. Broadband Light (BBL™) is one such technology that uses multiple wavelengths of light filtered to target specific pigments in the skin. It can be safely used on the face and body.



BBL is a gentle treatment of bright flashes of light and feels like a slight warmth on the skin. Treatments last around 20-30 minutes. Patients are able to resume their routine and experience very little downtime. BBL is effective for treating sun spots, freckles, redness, broken blood vessels, sun damage and acne. It also removes unwanted hair.

Many people with lighter skin types may have BBL treatments. People with darker skin types or those who have a tan should not have BBL as the treatment targets pigment and can leave discoloration. For this reason, BBL is best done in the winter months before you have a tan.

Although rare, some complications may occur such as burns, discoloration or scarring. For this reason, entrust your photorejuvenation to certified medical professionals. ■

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 Dr. Jesse Kahnk, OD

VITREOUS floaters

"What are those things I see floating in my eyes?" We've all seen those gray flecks in our vision and wondered that question. What you are seeing are shadows of the cells and strands of the vitreous, a gel-like substance that fills up the middle of the eye. We normally experience floaters when looking at a bright, uniformly colored background like a bright, blue sky or a white wall.



These vitreous floaters are oftentimes normal, albeit a little annoying. However, in some cases, floaters can be more concerning. A sudden increase in floaters could be a sign of a break in the retina. If you notice this, seek care right away.

There's also a condition that occurs as we get older called a vitreous detachment. This sounds bad but is a normal consequence of accumulating enough birthdays. The vitreous jelly begins to contract inside the eye over time and causes a large floater to appear. This floater can be bothersome due to its size and location but is often simply monitored with time.

For bothersome floaters, we usually just monitor because the treatment options are often surgical and more invasive than the symptoms require. However, there is a new vitamin supplement in early studies that has been shown to reduce the size of vitreous floaters and may be an option for some patients. ■

Information provided by Dr. Jesse Kahnk, OD, Prairie View Eyecare, 1345 S.W. Park Square Drive, Suite 106, Ankeny. 515-305-2922.

WELLNESS

By Alex Townsend, BSN, RN

INCORPORATE self-care

With the new year transition into the season of love, it is important to show appreciation for not only those you love, but also show love to yourself and your body. Self-care includes eating a healthy meal, engaging in exercise, drinking plenty of water and practicing good sleep hygiene.

Remembering to practice self-love or self-care can be difficult to work into your busy routine. However, these needs can be tended to in different ways, such as through IV therapy.

IV nutrient therapy is a self-care routine all its own, supplementing pieces of our lives we may otherwise be unable to tend to with busy schedules. IV therapy shouldn't be viewed as a one-time bandaid or only utilized when sick. It is something that can greatly benefit any individual at any time to keep themselves feeling great on both the inside and the outside.

If you haven't been able to drink enough water lately, this can be supplemented with added nutrients and vitamins to help your body feel rejuvenated and help bring some life back to those cells. Supplementing those amino acids can help you recover to get back in the gym and make it easier to reach your goals. Replacing that lack of sunlight can be achieved with vitamin D injections. Taking care of what your body needs, little by little, can help keep your body feeling nurtured and loved in all the right ways. ■

Information provided by Alex Townsend, BSN, RN, assistant clinic director, IV Nutrition, 2405 S.W. White Birch Drive, Suite 105, Ankeny, 515-686-8400. www.ivnutrition.com




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HEALTH

By Ashley Brockman

RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.



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WELLNESS

By Christopher M. Renze, D.C.

FLEXION-DISTRACTION: Relief for low back pain

Traction, in a variety of forms, has been used for centuries to relieve radiculopathy, sciatica and pain. One form of traction, originally called McManis Technique by the osteopathic profession, was later renamed and implemented by the chiropractic profession as Flexion-Distraction.

Research studies have proven that Flexion-Distraction of the lumbar spine decreases intradiscal pressure to -192 mmHg and can widen the spinal canal area where the nerves exit by up to 28%. Decreased intradiscal pressure is thought to improve tissue flow gradients, alter nociception (pain transmission), and allow retraction (recovery/repair) of prolapsed/herniated disc material. Widening the lateral canal (intervertebral foramen) where the nerves exit can alleviate nerve compression and irritation.

Flexion-Distraction is a hands-on technique that uses a specific type of hydraulic table. This technique allows the chiropractor to feel changes in muscle tension and vertebral movement. It takes many years of training to develop a feel for how much pressure to apply. Too little pressure, and the tissue will not stretch enough to reabsorb the disc and open the spinal canal. Too much pressure, and the patient could be sore.

Flexion-Distraction has been effective in treating disc bulge, disc herniation, degenerative disc disease, facet joint syndrome, sciatica, grade I and II spondylolisthesis, and some mild to moderate cases of central and lateral canal stenosis. For patients with an acute disc herniation, traditional manipulation might be much too aggressive at first, so Flexion-Distraction is oftentimes one of the only techniques that the patient may be able to tolerate.

I have been using Flexion-Distraction technique for the past 20 years. It is a skill I learned as a student intern at Palmer College of Chiropractic. I have found Flexion-Distraction technique to be invaluable in treating my patients suffering from pain. Using this conservative technique by itself or along with other therapies, I have found that my patients recover much faster than those who receive traditional chiropractic adjustments. We follow the 50% rule with our treatments. We want to see at least a 50% reduction in pain by the 12th treatment to justify continuing care with this technique. Fortunately, we often see 50% reduction of pain within the first six treatments.

If you or someone you know is suffering from back pain and have not found the relief for which you are looking, ask your chiropractor if they provide Flexion-Distraction. ■

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 or call the office at 515-965-3844.

TRIVIA NIGHT and spring program highlights



Believe it or not, spring is coming, and there are many programs to look forward to in the next few months. Starting off strong with spring break, we have more than enough to keep you busy with Flicks & Sips, a Polk County Conservation presentation on spiders, a family Super Brothers Escape Room, and Family Bingo for Books.

Our Family Spring Break To-Go Kit will be available Monday, March 13, at 9 a.m., while supplies last. The kit will have activities and supplies to keep kids entertained and learning during break. A special thank you to the Ankeny Prairie Trail Hy-Vee for their donations.

Spring fun doesn't end with spring break. The Friends of the Ankeny Library would like to see you at their upcoming annual team trivia fundraising competition on Saturday, March 25, at the Ankeny Kirkendall Public Library. Trivia nights have historically been the most popular and successful events for the Friends. Last year, the group raised nearly \$7,000 to support the library, and trivia was attended by 200 members of the community. This year, the goal is to raise \$10,000.

As an independent, philanthropic organization, the Friends of the Ankeny Library is dedicated to enhancing the library through both fundraising and advocacy. The money they raise through team trivia and generous donors like you supports library programs, events and special projects. Some of their flagship efforts include funding the summer library program, Adventure Pass and Hoopla digital streaming service.

Even if you can't make it to this year's team trivia, you can still support the library through donations directly to the Friends at friendsoftheankenylibrary.org. The Friends are also looking for volunteers to help with marketing, fundraising and events.

With National Mario Day on March 10 and the new Mario movie hitting theaters April 7, we couldn't think of a better way to get ready than by throwing a Mario Party. Join us at the library on Thursday, April 6, from 6-7:30 p.m. for Mario-themed crafts, activities and more. Costumes are always encouraged.

To finish off our spring programs, the Iowa National Guard will be visiting for story time on May 20. They'll bring a Humvee for everyone to tour afterwards, so don't miss out. For more information on all of these programs and more, check out Ankeny.LibraryCalendar.com. We can't wait to see you at the library this spring. ■

HOW DO I love thee?

Elizabeth Barrett Browning's famous poem "How Do I Love Thee?" begins with the line "How do I love thee? Let me count the ways." She goes on to describe a multitude of ways in which you may show love. The final line of her poem states, "I shall love thee better after death."

What better way to show love, both now and after death, than to have cared for all of your funeral/burial needs — taking away the painful burden of making decisions during a devastating time of loss?

The loss of a loved one is never easy; however, you may make it easier for your loved ones by making arrangements for your future funeral/burial needs. Remember, talking about death does not mean it is going to happen soon. I recently finalized arrangements with a family whose loved one made their pre-arrangements in the 1960s. No matter what your age, please consider this loving gift for your family.

Where do you begin? Contact the funeral home and/or cemetery of your choice. We would be happy to sit down with you and explain your many options.

Give your family a gift of love and care for your future end-of-life needs now. ■



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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FEBRUARY Senior Services of Polk County

Albaugh Family Senior Community Center, 150 N.W. Ash Drive. Menus subject to change. Ages 60-plus only. Call 515-963-0527 to reserve a meal or for more information.

Friday, Feb. 17

- Menu: Cali burger with bun, lettuce, tomato and onion; baked beans, orange, chocolate milk
- Flex: Spinach salad with chicken, orange, roll, chocolate milk. Sign up by Feb. 9.
- Activities: 8 a.m. Foot Clinic by appointment only; 9:30 a.m., Silver Threads; noon, Bingo; 1 p.m., Open Mahjong and 500 Cards

Monday, Feb. 20: Closed for the holiday

Tuesday, Feb. 21

- Menu: Chicken Alfredo, peas, orange,

bread stick, skim milk

- Activities: 12:30 p.m., Euchre; 1 p.m., Open Mahjong

Wednesday, Feb. 22

- Menu: Seafood salad with lettuce, diced potatoes, banana, wheat bread, skim milk
- Activities: 9:30 a.m., Mahjong; 12:30 p.m., Open Cards; 1:30 p.m., Live 2B Healthy

Thursday, Feb. 23

- Menu: Salisbury steak, mashed potatoes, Valley salad, craisins, roll, skim milk, Boston cream pie
- Activities: 8 a.m. Foot Clinic by appointment only; 12:30 p.m., Open Cards; 1 p.m., Duplicate Bridge

Friday, Feb. 24

- Menu: Tuna and noodles, mixed veggies,

apple, roll, oatmeal raisin cookie, chocolate milk

- Flex: Veggie wrap, mixed veggies, apple, oatmeal raisin cookie, chocolate milk. Sign up by Feb. 16.
- Activities: noon, Bingo; 1 p.m., Open Mahjong; 1:30 p.m., Live 2B Healthy

Monday, Feb. 27

- Menu: Italian chicken, potatoes O'Brien, carrots, pineapple, bread stick, skim milk
- Activities: 9:30 a.m., Mahjong; 12:30 p.m., Hand and Foot; 1:30 p.m., Live 2B Healthy

Tuesday, Feb. 28

- Menu: Beef stew, Germany veggie blend, orange, wheat bread, sugar cookie, skim milk
- Activities: 10 a.m., 500 Cards; 12:30 p.m. Euchre; 1 p.m., Open Mahjong ■

OUT & ABOUT

BEST OF Des Moines Party

The Best Of Des Moines winners and runners up were announced at a celebration Jan. 31 at the FFA Enrichment Center.



Tim and Rachel Scheib, Scheib Real Estate Team



Bailey Wilson, Adrianna Slaughter and Kristi Petersen, MetroWaxx



Alex Gross, Rob Boggs and Angel Chiquito, Mean Machine Cycles



Alex Price, Sean Cahill, Melanie Jacobs and Josh Gilliam, Honest Wrenches Automotive Repair



Ryan Kolder, Camryn Croy, Dakota Powell, Bailey Zepeda and Chance Johnson, Skeffington's Formal Wear

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PROMOTING diversity

February is Black History Month, and what a perfect time to talk about what the chamber is doing to increase awareness in diversity, equity and inclusion. Late in the summer of 2022, we gathered a group of people who had shown an interest in starting a task force to begin discussions on what the chamber should be doing to promote diversity in all aspects of our programming. Our first goal was to create a vision for our task force, and it reads: "We will expand, empower, and retain Ankeny's diverse and multicultural business community."

Our 2023 goals are to have our first event and provide an opportunity for not only chamber members but for the community of Ankeny to come together to move the needle on diversity within our community. I am excited to announce that we are doing both of these things this year. "What Lies Between Us" is a five-week group study created to guide one through a foundational race education. We will go on a journey with videos, discussions and self-reflection on racial injustice. Everyone is invited to participate in this class. It will be led by a certified instructor, and registration will open March 1. This is open to chamber members, the community of Ankeny, and the surrounding areas. We want to get an idea of how many people are interested so we can find a space to host everyone. The cost is \$20/person to pay for your handbook. Session dates are July 19, 26, Aug. 2, 9 and 16. We will hold them from 6-7:30 p.m. and the location is to be determined based on registrations. We will be hosting the sixth session as an opportunity to network, celebrate and find "What's Next?" If you are interested in participating in the class, please reach out to the chamber at info@ankeny.org, and we will send you the registration link on March 1.

The second event we will be hosting this year is our Minority Owned Business Summit, and this will be held at the Courtyard by Marriott in Ankeny on Tuesday, Aug. 29, from 7:30 a.m. to noon. We will offer break-out sessions with topics varying from marketing, finance, DEI/allyship, pursuing your passion, entrepreneurship, leadership/motivation/empowerment and tools to kickstart your business. We will also have a dynamic keynote speaker who will be announced at a later date. All participants will have the opportunity to network, attend three breakout sessions, and create connections with others in the community and the surrounding area.

If you are interested in getting involved with our multicultural task force, we meet the fourth Thursday of each month at 10:30 a.m. at the chamber offices. Please feel free to reach out to me at mcox@ankeny.org for more information on the task force or any of the events we are holding. ■

If you would like to work with one of the volunteers to find that perfect marketing opportunity for your business or see the list of sponsorship opportunities, go to: www.ankeny.org/TRC or call the Ankeny Area Chamber of Commerce at 515-964-0685. Information provided by Melisa Cox, president/CEO, Ankeny Area Chamber of Commerce.



Congratulations!

The Business Record has named **Steve Boal**, Chief Financial Officer at Accumold in Ankeny, as this year's Deloitte CFO of the year.



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We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Ankeny/Northern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Ankeny and North Polk editions. You can vote in one or every category, or anywhere in between. **Mail in this paper ballot or vote online at the link below by March 3, 2023.**

One vote per resident, please.

See rules and vote online at www.iowalivingmagazines.com/residentpoll.

SCAN HERE TO VOTE



1. Favorite Ankeny/N. Polk Co. Thrift Store
2. Favorite Ankeny/N. Polk Co. Law Firm
3. Favorite Ankeny/N. Polk Co. Dad/Child Date Spot
4. Favorite Ankeny/N. Polk Co. Mom/Child Date Spot
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11. Favorite Ankeny/N. Polk Co. Dentist (person)
12. Favorite Ankeny/N. Polk Co. Chiropractor (person)
13. Favorite Ankeny/N. Polk Co. Eye Doctor (person)
14. Favorite Ankeny/N. Polk Co. Pastor (person)
15. Favorite Ankeny/N. Polk Co. Health Club or Gym
16. Favorite Ankeny/N. Polk Co. Boutique
17. Favorite Ankeny/N. Polk Co. School

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18. Favorite Ankeny/N. Polk Co. Park
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34. Favorite Ankeny/N. Polk Co. Preschool
35. Favorite Ankeny/N. Polk Co. Cleaning Company
36. Favorite Ankeny/N. Polk Co. Library
37. Favorite Ankeny/N. Polk Co. Chamber of Commerce
38. Favorite Ankeny/N. Polk Co. Camping Spot
39. Favorite Ankeny/N. Polk Co. Children's Birthday Party Spot
40. Favorite Ankeny/N. Polk Co. Photographer
41. Favorite Ankeny/N. Polk Co. Dance Studio
42. Favorite Ankeny/N. Polk Co. Place to Take Your Mom and Dad
43. Favorite Ankeny/N. Polk Co. Place to Take Your Kids or Grandkids
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www.iowalivingmagazines.com/residentpoll

OUT & ABOUT



A ribbon cutting was held for Holistic Services With Purpose, 722 S. Ankeny Blvd., on Jan. 16.



A ribbon cutting was held for Capital Orthopaedics & Sports Medicine, PC at 1345 S.W. Park Square Drive, Suite 200, Ankeny, on Feb. 1.



Michele and Chris Puisner, Lucky Gal Tattoo, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Tracy Smith, Tracy Marie Photography, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Sierra Johnson and Jacob McClarnon, Lotus Skincare Studio, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Meagan and Andrew Cowden, Keystone Home Inspections, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Amy and Lydia Kinney, Let's Slumber It, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Teresa Ingold, Marcelo Erazo and Michelle Erazo, DMACC, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Kirsten Devore, Leah Moravec, Lilly Jacobsen and Caty Berndes, PURE Salon, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.



Leo Ziebol, Tyler Arnett, Janessa McKissack and Cody Anderson, Mint Piercing, at the Best Of Des Moines celebration at the FFA Enrichment Center on Jan. 31.

OUT & ABOUT

LATTES & Leads

Lattes & Leads was held at Faith Baptist Bible College on Jan. 24.



Daniel Canales, Tyler Augustus, Conrad Lobb, Dayton Perkins and Melissa Muschick



Reyna Immerfall, Randy Pelham and Mark Felderman



Ilyssa Conlon, Bettina Hewitt and Brady Dougherty



Alexa Middleton and Andrew Gogerty



Emma Owens and Sadie Long



Danielle Fuglsang and Brent Lindquist



Jeremy Rogers and Grant Greenman



Jim Tillotson and Michaela Blackstone



Derek Phillips and Josh Craighead

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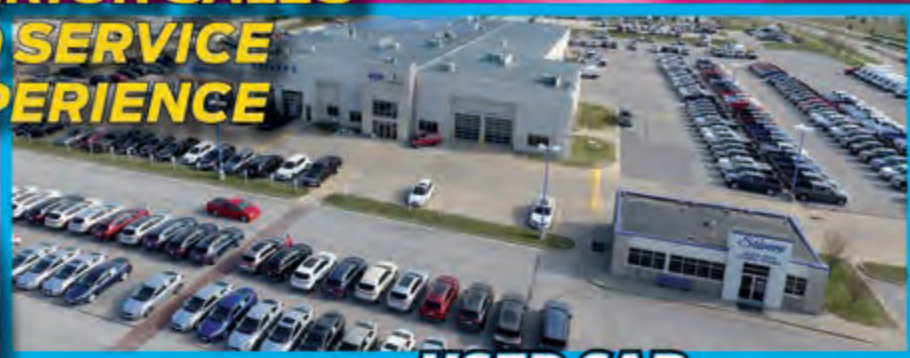
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