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JANUARY 2023

Living

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WELCOME

MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even if it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

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FEATURE

Edwin Guthrie has his father's military uniform, as well as stories his father told him including one about playing poker with his drill sergeant in World War II.
Photo by Todd Rullestad

Digging Up ROOTS

**Residents share their
family tree discoveries**

By Ashley Rullestad

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Ankeny Living magazine.

FEATURE

Old stories

Edwin Guthrie has been interested in old stories for a long time.

"I have always enjoyed history and hearing all of the wonderful family stories such as my dad playing poker with his drill sergeant in World War II or how my grandfather was named Jesse James, but it was my high school girlfriend who later became my wife who was interested in genealogy and family history. I got the bug from her."

Guthrie has traced several lines of his family back several hundred years. From that research, he's learned that most of his ancestors were hard-working men and women who had many joys and heartaches over the years. Many were pioneers in the communities where they lived, including some here in Iowa. Guthrie has enjoyed seeing how historical events affected his ancestors, which, in turn, shaped his own life.

Of course, along the way, sometimes you'll come across some surprises.

"I found out that my mother had been married twice for very short periods of time before she met my father, to whom she was married for 32 years. I am not sure he even knew about it. I have been amazed at how brave and strong the women in my

lines were."

Guthrie has used lots of online resources including familysearch.org, ancestry.com, cyndislist.com, Find a Grave, My Heritage, LDS family history library, local libraries and Google searches for his research. The Guthries have also spent a lot of time in person visiting libraries and traipsing through graveyards.

When it comes to getting started, Guthrie says the sooner the better. Start with what you know, and, as you learn more, organize the information in a family history program. Family Search is a free and easy-to-use program. Find records such as census records, birth certificates and death certificates in order to document the information you find.

Now, Guthrie shares stories with relatives, his grandchildren and other family members. As the unofficial record keeper of the family, sometimes he gets calls from people asking questions about their shared heritage. It's important to stay connected to those who can fill in the gaps, too.

"Talk to other relatives and get information, pictures and stories they have. Record those stories so future generations can have them. Once Aunt Martha passes, it is too late to ask her about her life. All of the information she remembers is gone."

Interest grows

Janelle Hook's son, Austin, began tracing the family's roots after his parents gave him a subscription to ancestry.com for Christmas last year.

"He had talked about wanting to know more about both sides of our family and where we came from and personalizing the past," she says. "He's incredibly interested in history and anthropology, and the subscription seemed like the perfect gift for him. He traced our family back about 18 generations."

Austin used the subscription along with physical records his grandparents had to do his research. He was happy to learn more about where the family came from. He learned that his family is heavily northern and central European, with his maternal side strongly German with smaller concentrations of Czech and Swedish, while the paternal side is strongly English with smaller concentrations of Danish and



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FEATURE

German.

Most of the immigrants in the family came over in the mid-1800s. He assumes the Danes and Swedes immigrated likely due to droughts and economic instability, and the Germans and Czechs likely because of the political and religious instability during the Revolutions of 1848.

The English heritage of his dad stretches back to the Lord Deputies of Ireland and the Lieutenant Governors of Jersey, along with various other noble families, and came to America to some of the earliest Maryland colonies on the Chesapeake.

Now Austin shares his research with the whole family, like his grandfather, Marcus Haack, who loves sharing old stories with him.

"My entire family was very involved in the process and very invested in the results," Austin says. "My advice is don't be afraid to ask your family questions, especially grandparents or great-grandparents who often have some kind of records collecting dust in a corner somewhere that could be very useful to you."



Austin Hook talks to his grandpa Marcus Haack about his family research.



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FEATURE

Interest in history

Dave Baker has had an interest in history for most of his life, much of which comes from having a large family. He and his relatives have a curiosity about who was who, what they did, and how they were connected to one another.

"I have a maternal grand-aunt Janette Owen who is interested in genealogy, and I used to enjoy reading through her notebooks of family history when I was quite young," Baker says. "My paternal grandfather, Claude Baker, was another influence. He had an old book that traced the Baker/Becker family back into the 1700s, and I remember finding that very intriguing."

Grandpa Claude's great-great-grandfather and great-grandfather helped found the town of Mingo in Jasper County when the railroad came through, so a lot of the family history on that side of his family is closely associated with Iowa history.

Another ancestral line included some of the first settlers in Humeston in Wayne County. Nearly all of his family lines have spent generations in Iowa, so Baker can go into a number of communities — like Oskaloosa,



Dave Baker has been able to find many documents related to his family roots since many of his ancestors helped found various Iowa communities.

Albia, Pella, Newton and Corydon — and find something about his relatives.

Like others, Baker has relied on online sources like ancestry.com to do his research, but

he's used old newspapers, history books, atlases, letters and other online records as well.

"I joined ancestry.com when I was in high school nearly 20 years ago, and it's amazing

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at how the website has evolved over the past two decades. It is just astounding that we can have so much information in such an accessible form. One of my favorite things to look at are the town history books that many communities in Iowa produced for their centennial/sesquicentennial celebrations."

Baker has learned interesting facts about his ancestors. Some were Revolutionary War soldiers, making family members eligible for membership in the Sons of the Revolution. Another surprise came from his maternal grandfather's line. He always said he was born in Germany, but he was likely born in Russia.

His family has been interested in his findings to varying degrees.

"Some people are interested in seeing the information once it is collected. Occasionally, these

folks contribute good questions or insights. Then there are the people like me who enjoy going out and finding the information and piecing it back together. I've sat for hours collecting interviews and transcribing them. Not everyone is willing to do that."

Like others, Baker advises new genealogists to just jump in somewhere. There's no right way to trace your roots, and it can be overwhelming.

"I got serious in college about really wanting to do things 'right,' and I got really flustered because some people in the family hadn't done a good job documenting sources. Do it at your own level. If you're wanting to put together a history of a few generations with some pictures, you don't need to have a thesis-level bibliography. Remember who your audience is, and enjoy the journey." ■

Genealogy Research Sources

National Archives: Resources for Genealogists

www.archives.gov/research/genealogy

Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

Ancestry

www.ancestry.com

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world's largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

Find a Grave

www.findagrave.com

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

23andMe

www.23andme.com

The focus of 23andMe, is "real science, real data and genetic insights that can help make it easier for you to take action on your health." It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■

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If you are ready to retire but unsure if you can, you can break down barriers by seeking answers to your questions. Retirement does not have to be a guessing game. A retirement planner can help you decide if you have enough saved for retirement, how you'll pay for health care, build a recession-resistant plan and more.

We do this by helping families and individuals develop a plan that breaks down the barriers, answers their questions and addresses their uncertainties. The plan addresses the six components of retirement: lifestyle, income, investment, tax, health care and legacy.

We start with a conversation about how you want to spend your time in retirement. Do you want to travel, spend the winter



in Florida, or be near grandkids? Once you know how you want to spend your time, we can work on developing a plan to fund your retirement vision. Then we can take inventory of retirement income sources — don't forget about Social Security and pensions — to create a retirement income plan. It's not just the sum of these sources that can help answer your questions; it's developing a plan to spend them and do it in a way that lowers your tax bill.

The cost of health care can feel like a big barrier to retirement, but it can't be ignored. The process includes helping you elect Medicare, make sense of the supplement choices, and develop a plan to pay for long-term care if you need it. Then there is your legacy. If your will, trust or beneficiary designations are not up to date, this can be a barrier to leaving your wealth to loved ones or charities.

When we write this all out for people, we can show them how and why they have enough money to retire, taking the uncertainty out of the next 20 or 30 years of their life. Sometimes they learn that they need to make some changes before they can retire; it's hard to hear, but better to know now than 10 years into retirement.

This could be the year to crush those retirement barriers and start 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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REAL ESTATE

By Mindy Selix and Yvonne Silvers

IMPORTANCE of loan originators and Realtors

There are so many benefits to having online home-buying resources — such as websites that list all homes for sale and online calculators that determine the loan amount you're likely to get approved for — to aid our home-buying process. However, being able to work with real, trusted experts in this process is more important than ever.



Mindy Selix

Benefits of working with a trusted bank and loan originator

Working with a bank and mortgage loan originator you trust comes with a number of benefits:

- **Relationships.** Working with your bank's mortgage team gives you the ability to meet and discuss questions and concerns about your financial situation and how that will impact your home-buying process. The relationship you build here will also give you someone to reach out to down the road for a refinance or other relevant home equity products when you're ready for them.
- **Mortgage products and resources.** Mortgages aren't a one-size-fits-all product, so when we work with homebuyers, we like to show them at least three loan options. We can discuss which one best fits their situation and provide information and access to local grants and down-payment assistance programs.
- **Accuracy.** Your bank is the best source for finding accurate rates and fees involved with the mortgage you choose. Your loan originator will help you understand what information you'll need to gather in order to receive an accurate approval for your mortgage.
- **Expertise.** The mortgage team at your bank will help you understand the steps in the mortgage process and the dos and don'ts once you've applied for a mortgage, ensure a timely closing and guide you through a smooth transaction.



Yvonne Silvers

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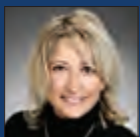
Speaking of working with professionals, I always recommend homebuyers work with a Realtor. There are many ways a professional Realtor, who is licensed by the National Association of Realtors, will enhance your search for the perfect new home. Some include:

- **Representation.** Realtors represent you throughout the home-buying process and put your best interests first.
- **Credibility.** Realtors commit to a code of ethics, have passed the necessary exams and have the resources to help you where needed.
- **Expertise.** Realtors live and breathe buying and selling homes, so they know how to best present your offer, negotiate prices, navigate the inspection process and successfully close on your new home.
- **Community.** When you work with a Realtor based in the area you're looking for a home, the Realtor will be familiar with the local community and can share information about zoning, school districts, neighborhoods, builders and more. ■

Visit Education.BankersTrust.com for more information on homeownership, financial calculators and more. Information shared from www.education.bankerstrust.com. Information provided by Mindy Selix, VP Construction Lender, NMLS ID#: 571223, 515-222-2017 (office), 515-491-1050 (mobile), MSelix@BankersTrust.com; and Yvonne Silvers, VP Mortgage Loan Officer, NMLS ID#: 571224, 515-222-2005 (office), 515-490-4221 (mobile), YSilvers@BankersTrust.com. Bankers Trust Company, NMLS ID#:440379, 1925 N. Ankeny Blvd., Ankeny IA 50023.

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HOCKEY'S pace and intensity draw Roland

Enjoying his time playing for Des Moines Oak Leafs



Tyler Roland plays center on the Des Moines Oak Leafs hockey team.

Tyler Roland's love for hockey began many years ago when he strapped on his first pair of ice skates.

"I've lived in Ankeny my whole life, and going into second grade I went to a Learn to Skate Clinic and loved skating," he says. "Later that year, I signed up for hockey, and I've played ever since."

Roland is now into his fourth year playing center with the Des Moines Oak Leafs, an area hockey club established in 1998 as a member of the Iowa High School Hockey League. The team competes as a member of the 13-team Midwest High School Hockey League (MHSHL).

Roland, who is the first member of his family to play the sport, says the pacing of the sport is hard, if not impossible, to match.

"Everyone seems so interested in the physical aspect of the game, but I mostly just talk about the fast pace of it," he says. "I love the fast pace and the intensity of the game. There's so much energy every time I step on the ice. Growing up, I played baseball but gave it up junior year to focus on hockey."

Roland doesn't have any hockey aspirations beyond playing for the Oak Leafs, he says. He plans to attend Iowa State University next year and major in finance.

"I don't think I'll pursue hockey at the next level, but you never know," he adds.

Even if he doesn't, the memories he's made playing one of the fastest sports in the world are enough to last a lifetime. Take the Turkey Cup, the league's equivalent of the Stanley Cup. The team competed for it recently, and it was an experience Roland will never forget.

"The stands were packed, and it was great to beat our cross-town rival," he says. "Also, during my sophomore year, we won the JV state championship. No one thought we were going to win, but we pulled through, and it was awesome." ■



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Kiwanis Club Gala

Saturday, Feb. 4, 6-10 p.m.
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The 10th Annual "A Night for Miracles Gala" is coming up. This year's theme, "Elevate Your Game," speaks to how the Ankeny Kiwanis Club helps provide a way for the kids in the community to feel empowered to make their place in the world. Everyone who supports Kiwanis, whether as a club member, volunteer or donor, is a part of this placemaking.

The primary beneficiary of the gala will be the new local delegation to Iowa Special Olympics, Ankeny Angels. Led by parents Matt Law, Ankeny Kiwanis Club president, and Tom Foley, the Ankeny Angels delegation assists local kids and adults in attending organized practices and participate together as a supportive team in Special Olympics programs. Already, more than 40 people have been participating in Special Olympics bowling, and, as the delegation develops, more and more participants are expected to join in the fun. Gala proceeds will assist the Ankeny Angels in purchasing uniforms, obtaining needed practice equipment, and covering practice rental and program registration costs. Ankeny Angels include many who participate in Ankeny Miracle League and the various Ankeny Kiwanis Club Miracle Kids programs/activities that provide additional organized recreation and sports activities. Supporting Ankeny Angels is another way Ankeny Kiwanis Club "Elevates its Game" and helps Miracle Kids elevate theirs. Besides attending the gala, those wishing to support the program can become a sponsor or donate to the silent or live auction to be held that evening.

2023 Legislative Update

Friday, Feb. 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 Representative 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.



'Exit Laughing'

Jan. 20-29

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

When the biggest highlight of your life is a weekly bridge night with the girls, what do you do when one of your foursome inconveniently dies? Here's one idea: "borrow" your friend's ashes from the funeral home for one last wild night! "Exit Laughing" is recommended for mature audiences, 16 and older. Tickets and information can be found at ankenycommunitytheatre.com.

'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." Eighty-five-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.



Ankeny Art Center Events

• **Silent Auction Fundraiser, Feb. 10, 5-9 p.m.** at Firetrucker Brewery, 716 S.W. Third St., Ankeny. The Ankeny Art Center announces its Valentine's Silent Auction, hosted this year by Firetrucker Brewery. This fundraiser will help with revenue support for the Ankeny Art Center's Summer Camp Program. There will be auction items to bid on and local craft beer for purchase.

• **K-12 Art Exhibitions start in January.** 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 Bondurant-Farrar, Jan. 24 - Feb. 15, with a reception on Thursday, Jan. 26, 5-7 p.m.; North Polk, Feb. 21 - March 15, with a reception Thursday, March 2, 5-7 p.m.; and 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.

• **Winter Class Sessions.** Adult classes include: drawing, fibers and weaving, watercolor and pottery. K-8 classes include art exploration, pottery sculpture and pottery wheel. Register online, www.ankenyardcenter.org.

GriefShare support group

Starts Thursday, Feb. 2, 6:30-8:30 p.m.

St. Paul Lutheran Church, 1100 S.E. Sharon Drive, Ankeny

GriefShare, a non-denominational grief support group, will meet in person on Thursday evenings starting Feb. 2. Registration is online at GriefShare Website, www.griefshare.org. Cost is \$20 for the workbook. Call Kathy at 515-964-1250 for more information.

Des Moines Buccaneers

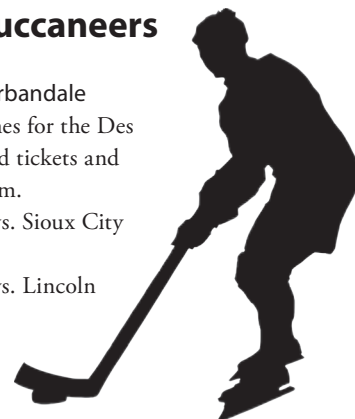
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This month's home games for the Des Moines Buccaneers. Find tickets and details at bucshockey.com.

• Jan. 27 at 7 p.m. vs. Sioux City Musketeers

• Jan. 28 at 6 p.m. vs. Lincoln Stars



EVENTS IN THE AREA

Check for cancellations



Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team. More information at iowawild.com.

- Jan. 20 at 7 p.m. vs. Milwaukee Admirals
- Jan. 21 at noon vs. Milwaukee Admirals
- Jan. 24 at 7 p.m. vs. Rockford IceHogs
- Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds
- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds

Za-Ga-Zig Shrine Circus

Friday - Sunday, Jan. 27-29

Jacobson Exhibition Center, 3000 E. Grand Ave., Des Moines

The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to zagazigshrine.org. For event information and tickets, visit iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus.



More area events

- **Jan. 27-28:** Indulge - A Wine, Cheese and Chocolate Affair, 6-9 p.m. at West End Architectural Salvage; facebook.com/IndulgeDSM
- **Jan. 31:** "Secret Life of Bears" at 7:30 p.m. Des Moines Civic Center; dmpa.org
- **Jan. 31 - Feb. 2:** Iowa Ag Expo at Iowa Events Center; iowaagexpo.com
- **Jan. 31 - Feb. 5:** "Forbidden Broadway: The Next Generation" at Temple Theater; dmpa.org
- **Feb. 1-28:** Explore Visual Black History at Forest Avenue Library; dmpl.org/events
- **Feb. 3-4:** I'll Make Me a World in Iowa, an African American Festival. Details TBA at worldiniowa.org
- **Feb. 9:** Drew Lynch stand-up comedy at 7:30 p.m. at Hoyt Sherman Place; hoytsherman.org
- **Feb. 10:** Mixology: Paleontology Party for adults 21 and older. 6-9 p.m. at the Science Center of Iowa; sciowa.org
- **Feb. 10-11:** Winter Blues Fest at Des Moines Marriott Downtown; cibs.org

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



Fire & Ice

Saturday, Jan. 21 from 1-4 p.m.

Historic Valley Junction, West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at fire-and-ice.dmcityview.com or \$30 at the door.

'An Evening With Dionne Warwick'

Saturday, Jan. 21 at 8 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Spend your Saturday evening with the legendary Dionne Warwick, six-time Grammy award-winner known for hits such as "Don't Make Me Over," "Walk on By" and "Say a Little Prayer." Jan. 21 also marks the 100th anniversary celebration of Hoyt Sherman Place. Reserved seating is \$75, \$99, \$125, \$140 or \$250. Highest-tiered tickets include champagne and chocolate service. Learn more at hoytsherman.org.



CONCERTS

DES MOINES SYMPHONY

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

- Jan. 27-28: "Harry Potter and the Goblet of Fire"™ in Concert

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines • hoytsherman.org

- Jan. 21: Dionne Warwick
- Feb. 13: Bruce Cockburn

TEMPLE THEATRE

1011 Locust St., Des Moines • dmpa.org

- Feb. 26: Larry McCray

WELLS FARGO ARENA

223 Center St., Des Moines • iowaeventscenter.com

- Feb. 10: Winter Jam 2023 headlined by We the Kingdom and Jeremy Camp

XBK LIVE

1159 24th St., Des Moines • xbklive.com

- Jan. 21: King Pari
- Jan. 25: DSM Soundcheck
- Jan. 28: King Bartlett & The Royal Band





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FAITH

By Pastor John Wagner

NEW YEAR'S confessions

Resolutions are so 2022...

The word “resolution” is popular this time of year. I’m typically cautious about making New Year’s resolutions because I know there is a difference between saying I want to do something and actually accomplishing the task on my own. To put it another way, it’s easy to resolve to stop eating junk food but much harder to keep my hand out of the potato chip bag by mid-January.

For these and many other reasons, instead of resolutions this year, I think I’ll make “New Year’s Confessions.” I might suggest you consider doing the same.

Instead of saying that I resolve to be, do, or become “XYZ,” I’ll confess.

I confess that I’m not perfect. No matter how hard I try, I won’t ever get everything right. I confess that I deeply desire to do the right thing, but sometimes I struggle to live sacrificially and not think of myself first. I confess that I don’t have all of the answers, even though sometimes I feel like I should. I confess that I am often trying to be more than I am, all while wondering if it’s ever going to be enough.

I confess that sometimes FAITH is... hard. I confess that trust and spiritual growth take time — and often I’m impatient. I confess that I don’t pray as often as I could, and sometimes when I pray I forget to listen as often as I speak. I confess that I need God. I confess that I don’t deserve God’s love and that God is the consistent and faithful one in our relationship — reaching out to me and welcoming me back to God’s self.

Why have I spent this entire article “confessing”? When I make resolutions, so often it’s about how much more I CAN DO. To put it another way, I confess that, when I make resolutions, I end up with an inflated sense of my own worth and an exaggerated pride in my ability to accomplish things on my own. When I confess, I admit I probably need help getting to where I really want to be — and that seems essential to a deep relationship with God. I need God to get to where I really want to be... closer to God.

You know what? God probably delights when we aspire — even resolve — to be better. I’m sure God delights when you set goals to grow spiritually or even resolutions to grow into Christ-likeness or a deeper faith. But/and, God promises to meet us when we confess that we can’t do it alone. When we are willing to confess that we’re better people, better friends and better to one another with God’s help, God provides the help we need.

Happy New Year! May God bless your New Year’s confessions AND resolutions. ■



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

THE YEAR for savings

Looking for new ways to save this new year? Saving money is usually on most people's resolution list, but sometimes this is a tough goal to achieve. Start simple and make some changes at home by looking at how your HVAC system is affecting your energy bills.

Your HVAC system is the highest energy consumption appliance in your entire home, and because your energy bill is a huge portion of your monthly bills, it's important to know how to save as much as possible.

Know the efficiency of your equipment — air conditioner, furnace, heat pump, etc. The higher the efficiency, the less energy is needed to run the equipment. Older HVAC systems have poor efficiency ratings which is why you should compare that to a newer, more efficient system. New systems can have an AFUE of 95%. The long-term savings can be shocking.

What is out of sight is out of mind, but don't assume that your HVAC system is running at peak performance. As it ages, it naturally becomes less efficient. Ensure that your HVAC system is performing as it should, otherwise, this, too, can affect the amount of energy that is needed and increase your bills. Poor performing equipment can result in continuous on and off cycling and a system that is struggling to maintain your home's temperature. Regular annual maintenance is a must on your car just as much as it is for your HVAC system. Routine maintenance helps ensure that your equipment is running at peak performance and can possibly save you from costly repairs and breakdowns in the future.

Another place to check is your ductwork, doors and windows. All are notorious for leaks and can make it impossible to maintain that desired comfortable temperature in your home. Simple DIY strategies such as caulking and weather strips can fix some leaks, while others require a professional. You can go a step further and have an energy audit performed. The specialized equipment that is used in these tests will be able to pinpoint the leaks in your home.

Gradual increases on your energy bill are to be expected, but big increases are not and are an indication that something is wrong. Go into this new year with savings in mind. Implementing just one of these energy savings tips on your New Year's resolution list will promote monthly savings. ■

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

HOSPICE services help ensure quality of life

When his wife's doctor suggested it was time for her to receive hospice services, Paul C. of West Des Moines found himself feeling angry.

"I thought it meant she was at death's door," he recalls. "But her doctor encouraged me to do my homework, and, after learning more, I became more open to the concept of home hospice care. My wife was discharged from the hospital and came home, and the nurses came a couple times a week."



The decision ended up being the best one for the family, Paul says. "She was more comfortable and more relaxed, and her pain was controlled. She had some really good days — active ones, even — and we were able to make some memories that are very comforting to me now."

If you're considering hospice services for a family member, it may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life. But even during hospice care, a person is living — and it's important to understand that hospice services can actually help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models, and the type of care you and your loved one select is truly an individual choice.

But no matter the type of services you're considering, you should always ask any provider on your list: "How can you help me or my loved one continue to live through this stage of life?"

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice services, enabling an individual to live life in comfort for the days, weeks, months or longer that remain in his or her life. And the earlier hospice services are started, the more they can benefit the person who is ill as well as the whole family.

"We didn't know, for example, that once my wife went on hospice, we would get a hospital bed brought to the house and that she would receive music therapy and pet therapy and all kinds of things she really enjoyed and that really relaxed her," Paul says. "Before that, we were having a hard time managing the pain from her cancer, and she was really agitated. The pain control was a really big deal."

So, as we all wind down from the holidays, give some thought to what the coming months look like for you and your family. If you decide it might be time for some help, know that making that first call to a hospice provider can be difficult — but once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

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.

WHAT IS a revocable trust?

A revocable trust is a flexible estate-planning tool with many benefits.

A trust is a legal entity created by a written legal document. It functions similarly to a Last Will and Testament. It names someone to manage your affairs, provides rules for that asset-management and sets out how to divide money when you die.

But a trust can do much more than that. Because it is established during your lifetime, you have flexibility and control. Trusts are often used as a means to give money or property to others over time or for limiting disbursements to beneficiaries.

Trusts aren't for everybody, but they have many advantages:



- **Choose who is in charge:** You will likely name yourself as trustee of your trust. You should also name a successor trustee to carry on this role. Upon your death or disability, the successor trustee steps in to fulfill responsibilities as outlined in the trust document. The trust allows you to choose who you want to manage your financial affairs.

- **Continuity in asset management:** A trust is a good way to ensure that your assets will be managed the way you want them to be, even if you aren't able to participate in the decisions. If you become incapacitated, the trust provides a blueprint for paying income and assets to you and your family. The assets in a trust, with clear guidelines on their use by the trustee, guarantees that your loved ones will still have those benefits.

- **Assets are not subject to probate:** A properly-drafted trust will keep the assets in the

trust out of probate. That means they are not administered with court oversight. Staying out of probate court can save a lot of money in costs and fees. This is a huge advantage for many people and often one of the main reasons for creating a revocable trust.

- **Privacy:** If your estate has to be administered through the probate court, your assets will be public record. This can be problematic for people who value their privacy. When your assets are in a trust, then only you, your beneficiaries and the trustee have access to them.

When you are considering which estate planning tools are right for you, contact an attorney who specializes in estate planning — an attorney you can trust. ■

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

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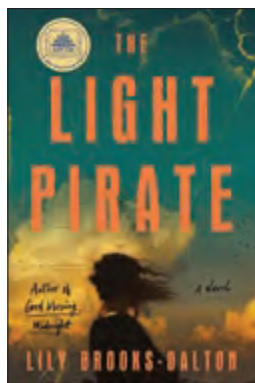
'The Light Pirate'

Change is an incredible, inevitable, potent beast, and I don't think I've ever read a piece of fiction that more aptly illustrates that point. This is an incredibly sad story that somehow manages to feel timeless and almost fairy-tale-like in its melancholy.

Wanda is named in the midst of a monstrous tragedy, and a fitting name it is — the hurricane that changed everything for her family and the entire state of Florida. Bombarded by storms and an apocalyptic change in landscape, Florida is now nearly empty and almost unlivable. Still, Wanda stays, using her lifelong skills to survive along with a rich and unique community of people determined to find life in a time of extreme chaos.

Filled with unforgettable characters, terrifying nature and a startlingly prescient message, "The Light Pirate" is a phenomenal book for anyone looking for a deep story of resilience and humanity at the extremes. ■

— Review by Julie Goodrich



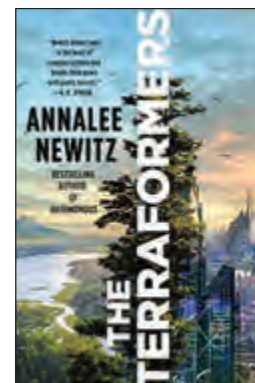
By Lily Brooks-Dalton
12/6/22
336 pages
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Grand Central Publishing

'The Terraformers'

I love sprawling epics and interconnected stories. I love character-driven sci-fi even more. To top it off, I adore everything Annalee Newitz writes. Lo and behold, I absolutely loved their newest effort, "The Terraformers," a sci-fi epic presented as three interwoven novellas that managed to feel both huge and impactful while still clearly being an intimate character study across generations.

Meet the Rangers, a group that works to protect the environment of a planet set for development by corporations that want to sell that planet as a vacation property for only the wealthiest people. It's a dirty job, literally, and creates a number of scenarios and situations that offer an eerie parallel to our current times, despite being far in the future. The ramifications of the Rangers' actions over time form the plot of the story, but there are enough wild, silly and hilarious situations and characters to carry the heavy plot with a lot of joy. By the end, I had fallen in love with Newitz's inventive, poignant writing all over again. ■

— Review by Julie Goodrich



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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
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3. Favorite Ankeny/N. Polk Co. Dad/Child Date Spot
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www.iowalivingmagazines.com/residentpoll

RECIPE

ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

15-minute weeknight pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest
- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

DIRECTIONS

- Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.
- In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.
- Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.
- Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired. ■



MEET Sydney Reis

Making an intimidating year a positive one

St. Luke the Evangelist Catholic School kindergarten teacher Sydney Reis joined the school last year after teaching kindergarten in the Quad Cities area at Lourdes Catholic School and pre-kindergarten at St. Joseph Catholic School in Des Moines.

"I absolutely love it at St. Luke's," she says. "I have always taught at faith-based schools because, for me, I enjoy being able to talk to students about our shared beliefs."

Reis knew from a young age she wanted to become a teacher. Her mom taught, and she remembers going into her classroom on weekends to help her work and listening to the way she talked about teaching with such passion.

"She would tell us that teaching is an important job because she was helping kids learn new things every day and making sure they were safe and loved. Her dedication to her students and the high regard she held for the profession solidified my decision to teach to follow in her same career path."

It wasn't until college that she knew she wanted to teach kindergarten specifically. After student teaching in a kindergarten classroom, her cooperating teacher helped her to see students that age were the learners for her. Much importance is placed on that first year of school, and it can be intimidating for the kids. She made that difficult time (away from parents and in a new place) into a positive time.

Reis still tells the parents of her students each year that the most important thing is making sure school is a place kids want to be. If they want to come to school each day, their learning comes naturally.

When it comes to her students, Reis likes getting to know them and finds it hard to say goodbye at the end of the year. What makes it sweet though is seeing the growth they make and knowing they are prepared to move on in school.

"Since they are so little when they come into kindergarten, there is so much change students make from Day One that, on our last day, you can see when they are ready for first grade. What makes the end of each year immensely easier is knowing the teachers I send them to. That is why I like working at St. Luke's specifically. We are so fortunate that all the staff members here are dedicated to their students and are talented educators."

Of course, working with small children can result in some amusing anecdotes. Recently a student asked Reis if she was a mom, and she explained that she wasn't.

"He thought for a little bit but then he responded by telling me I am kind of like a mom at school because I take care of them and help to teach them. I laughed and told him he was right, and then he said that I was kind of like a teacher-mom at school and asked if he could call me that."

When she's not at school, Reis enjoys spending time with family and friends. She and her husband have family nearby that they get to see often.

"I also like to run a few times a week. I really enjoy it because it helps me to relax and get some time for myself after a long day. It is important to me to make sure I have a healthy balance of my personal and professional life. Taking time to do things for myself makes me a better teacher for my students each day." ■



Sydney Reis enjoys teaching kindergarten and seeing the progress her students make.



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MAKING SENSE OF INVESTING

INVESTMENT

By Mark Ellison

TIME for New Year's financial resolutions

It's that time of year when many of us promise ourselves we'll go to the gym more, or learn a new language, or take up a musical instrument, or any number of other worthy goals. But this year, when making New Year's resolutions, why not also consider some financial ones?

Here are a few to consider:

• Don't let inflation derail your investment

strategy. As you know, inflation was the big financial story of 2022, hitting a 40-year high. And while it may moderate somewhat this year, it will likely still be higher than what we experienced the past decade or so. Even so, it's a good idea to try not to let today's inflation harm your investment strategy for the future. That happened last year: More than half of American workers either reduced their contributions to their 401(k)s and other retirement plans or stopped contributing completely during the third quarter of 2022, according to a survey by Allianz Life Insurance of North America. Of course, focusing on your cash flow needs today is certainly understandable, but are there other ways you can free up some money, such as possibly lowering your spending, so you can continue contributing to your retirement accounts? It's worth the effort because you could spend two or three decades as a retiree.

• **Control your debts.** Inflation can also be a factor in debt management. For example, your credit card debt could rise due to rising prices and variable credit card interest rate increases. By paying your bill each month, you can avoid the effects of rising interest rates. If you do carry a balance, you might be able to transfer it to a lower-rate card, depending on your credit score. And, if you're carrying multiple credit cards, you might benefit by getting a fixed-rate debt consolidation loan. In any case, the lower your debt payments, the more you can invest for your long-term goals.

• **Review your investment portfolio.** At least once a year, you should review your investment portfolio to determine if it's still appropriate for your goals, risk tolerance and time horizon. But be careful not to make changes just because you feel your recent performance is not what it should have been. When the financial markets are down, as was the case for most of 2022, even quality investments, such as stocks of companies with solid business fundamentals and strong prospects, can see declines in value. But, if these investments are still suitable for your portfolio, you may want to keep them.

• **Prepare for the unexpected.** If you encountered a large unexpected expense, such as the need for a major home repair, how would you pay for it? If you didn't have the money readily available, you might be forced to dip into your long-term investments or retirement accounts. To prevent this, you should build an emergency fund containing three to six months' worth of living expenses — or a year's worth, if you're retired — with the money kept in a low-risk, liquid account.

These resolutions can be useful — so try to put them to work in 2023. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Mark Ellison, 2505 S.W. White Birch Drive, Suite I, Ankeny, 515-965-2473.



4 REASONS to enlist senior care services early

The decision to invest in senior care services is incredibly important, and it's crucial that you don't wait any longer than necessary. Too many family members think they can manage their loved one's condition on their own or simply don't recognize the severity of the issue. By waiting, you risk the senior's health deteriorating unnecessarily and increasing your own stress levels to an unmanageable degree. Luckily, there are certain signs you can look for that will indicate when it is time to seek specialized senior care services.

Chronic health conditions

If your senior loved one has a chronic health condition, especially one as serious as Alzheimer's or dementia, they could benefit from in-home senior care as soon as



possible. For seniors with Alzheimer's or other memory-related issues, remembering to take medications, do laundry, or pay bills can be difficult. A trained caregiver can help with these daily tasks.

Your own stress

One of the easiest ways to tell if it's time for senior care services is by monitoring your own level of stress. If you are feeling overwhelmed by your caregiving responsibilities, it's likely time to hire a professional. When your focus is regularly on your loved one, you are probably neglecting your own needs. If you're feeling drained and overwhelmed, let the senior home care professionals take some of the weight off your shoulders.

Difficulty maintaining their home

If your loved one usually keeps a relatively neat and organized home, but you've noticed an accumulation of dust, unopened mail or other

clutter, it could be a sign that they're unable to take care of themselves. Forgetfulness, or a lack of energy to perform basic tasks, is not only a symptom of normal aging but can also indicate more serious conditions.

Withdrawing from activities

If your loved one has become more isolated than usual, rarely going out or speaking with friends, a caregiver can help tremendously. Social interaction is important for a healthy, stimulated mind, and having a regular caregiver can give your loved one the companionship they need.

Enlisting extra help from a trained caregiver will allow your loved one to experience the greatest quality of life and allow you to be family again instead of their caregiver. ■

Information provided by Al Perez, Community Relations Coordinator, Senior Helpers, 2301 W. First St., Ankeny, 515-964-7297.



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HEALTH

By Dr. Jesse Kahnk, OD

RELIEF for dry eyes

I asked the Facebook subscribers of our office what topic they wanted to see my next article on, and “dry eyes” was the winner. This makes sense since we are in the middle of the cold and dry winter here. If you are feeling seasonal dryness in your skin, mouth and nose, then you also have dry eyes.

Dry eyes are more than just a mild complaint. It can cause blurred vision, increased glare, watery eyes, and even chronic eye pain and damage.

Your tears are made of three layers: the inner mucous layer, the middle and largest called the aqueous layer, and the outer lipid layer. This outer lipid layer is made by glands in the eyelids called meibomian glands. Our current understanding is that the primary reason for dryness is due to deficiencies in this outer layer, causing evaporation. Basically, moisture goes to where it's driest, and that's the environment right now.

So most of our treatments involve replacing the moisture we are losing (over-the-counter artificial tears, prescription eye drops) or stimulating meibomian gland production (warm compresses, in-office therapy). I usually take a stair-step approach to treatment, beginning with the simplest treatment first and then working up the ladder from there. ■

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



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HEALTH

By Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■

Information provided by Monica Meier, PhD, MS, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, meier@sstherapyandconsulting.com.



NEW YEAR, new you

Many of us come out of the holiday season a few pounds heavier. While we certainly had a jolly time, we sometimes still experience an unpleasant post-holiday blah. This holiday blah is brought to you by all the sugar in its many forms. This unfortunate equation of extra sugar intake plus family and holiday travel stress equals fat accumulation and muffin tops. This new unwanted “gift” is then followed by post-holiday fatigue and general lack of motivation. Excess weight can be attributed to many different factors. It can be frustrating for some who, despite eating well and exercising, continue to have difficulty losing weight. We offer services to boost and aid your body’s natural mechanisms. Intramuscular injections are available and will help the body to target fat stores and utilize energy in your cells as well as support fat metabolism. These injections contain L-carnitine L-methionine, inositol and choline. Along with these nutrients, vitamin B-12 is also present in the injection. All, put together with a healthy lifestyle, will help speed up the weight-loss process. Additional supplements and IV drips can help with your weight loss and wellness goals, as well. ■



Information provided by Carissa Caldwell, BSN, RN, IV Nutrition, 2405 S.W. White Birch Drive, Suite 105, Ankeny, 515-686-8400. www.ivnutrition.com



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ITCH. Scratch. Repeat.

If the cold blustery winter weather has you suffering from itchy, scratchy skin, here are some tips to remedy that winter itch.

- Keep the bathroom door shut when you’re showering. Building steam reduces dry air in the room and adds moisture to your skin.
- Limit showers and baths to under 10 minutes.
- Use warm rather than hot water.
- Wash with a gentle, fragrance-free cleanser.
- Apply enough cleanser to remove dirt but not so much that you see a thick lather.
- After bathing, gently pat your skin dry and seal in the hydration by slathering on a generous amount of moisturizer while skin is still damp.
- Apply a moisturizing cream to the hands after every hand washing.
- Choose non-irritating clothes. If you must wear wool or other scratchy fabric, wear cotton or silk underneath.
- Use laundry detergent labeled “hypoallergenic.” These soaps contain fewer fragrances and harsh ingredients that can irritate skin.
- Use a humidifier while sleeping. It will add moisture to the air, which can soothe and hydrate dry skin and lips.

If these DIY tips don’t provide relief, you may have a medical condition like eczema or psoriasis that require care from a board-certified dermatologist. ■



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

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WELLNESS By Christopher M. Renze, D.C.

AUTO accidents and whiplash injury

Early treatment prevents long-term damage.

The term “whiplash” was created in 1928 to define a neck injury caused by the sudden movement of the head backward, forward or sideways, resulting in damage to the muscles, joints, ligaments and other connective tissues in the neck and upper back. Whiplash injuries can manifest in a wide variety of ways, including neck pain, headaches, fatigue, upper back and shoulder pain, cognitive changes and low-back pain.

If you have been involved in a car accident, whiplash injuries need to be taken very seriously. Because symptoms of a whiplash injury can take weeks or months to manifest, it is easy to be fooled into thinking that you are not as injured as you really are. Too often, people don't seek treatment following a car accident because they don't feel hurt. In fact, research shows that the severity of injuries sustained in a car accident is not directly proportional to the speed of impact. In other words, people can sustain serious injuries even in low-speed collisions.

Numerous factors contribute to the overall whiplash trauma, such as the direction of the impact and the speed of the vehicles, as well as the gender, age and physical condition of the person involved. It is impossible to predict the pattern of symptoms each individual will suffer. Unfortunately, by the time more serious complications develop, some of the damage from the injury may have become permanent. Numerous studies have shown that years after whiplash victims settle their insurance claims, roughly half of them state they still suffer with injury-related symptoms.

Chiropractic care aids in recovery from whiplash

Whiplash is a unique condition that requires the expertise of a skilled health professional, specially trained to treat this type of injury. With proper care, many mild whiplash injuries heal within six to nine months. The single most effective treatment for minimizing the long-term impact of whiplash injuries is a combination of chiropractic care, rehabilitation of the soft tissues and stretching at home. Chiropractic care utilizes manual manipulation of the spine to restore the normal movement and function of the spinal joints.

In some severe cases of whiplash, it may be necessary to have some medical care as part of the overall treatment plan. The most common medical treatments include anti-inflammatory medications, muscle relaxants, trigger-point injections and, in some cases, epidural spinal injections. These therapies should only be used when necessary for short-term pain relief and should not be the treatment focus. After all, a drug cannot restore normal joint movement and stimulate healthy muscle repair.

If you or someone you know is suffering from a whiplash injury and have not found the relief for which you are looking, call a 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 or call the office at 515-965-3844.

LIBRARY tween and teen event highlights



It may be cold outside, but there's plenty to do inside the library. As the Teen Services librarian, I'm excited to tell you about some upcoming events for tweens (grades 4-7) and teens (grades 6-12) that will be rounding out our winter season at the Ankeny Kirkendall Public Library.

First up, we have a couple of recurring programs that are always welcoming new faces. Our **Teen Advisory Group** meets on the first Monday of every month at 5 p.m. This is a great way to earn volunteer hours and get involved with the library. TAG members help to select new books for the young adult collection and give key input on teen programs at the library.

Teen Writing Club meets on the second and fourth Wednesday of each month at 4:15 p.m. This is a chance to connect with fellow writers, chat about your writing successes and struggles, share your writing (if you want), and get inspired through writing prompts.

I'm particularly eager to share our **Tween Time** program, which is new this winter. This program meets on the first and third Wednesday of each month at 4:15 p.m. in our Makerspace, and registration is recommended. On Feb. 1, we'll be mixing up batches of **homemade snow** to play with, and, on Feb. 15, we'll get creative with **3D printer pens**. And don't miss our **monthly book club** for tweens. The next meeting will be Feb. 28 at 6 p.m. when we'll talk about "The Detective's Assistant" by Kate Hannigan. Copies of the book are available at the circulation desk.

We also have several programs for teens in the coming weeks. All of these programs will be on Monday nights at 5 p.m. On Jan. 23, we'll be making **DIY pillows** (no sewing required). On Jan. 30, we'll be blind taste-testing several unique **Oreo flavors** and ranking our favorites. Feb. 13 will be a chance to show off some artistic skills with **cookie decorating**, and we'll finish up the season with **button making** on Feb. 27. Due to space and supply limitations, registration is strongly recommended for these programs. Check out Ankeny.LibraryCalendar.com for more information and to sign up yourself and your friends. ■

RESOLVE to care for future burial needs

"It made it so much easier for us..."

"Our loved one was so organized..."

"I am so glad they had everything taken care of..."

These are some of the comments we hear as we meet with families who have the difficult responsibility of burying a loved one. This daunting task is much easier on the family if that loved one has cared for their final arrangements long before they are needed.

How about you?

Will your family be able to make such comments when faced with making your final arrangements?

Do you want a casket burial or cremation? Public viewing and funeral service, a private graveside service, or no service at all? Military honors? Pastor/priest to officiate or an informal sharing of memories?

By pre-arranging, the choice is yours and takes the emotional and financial burden from your family.

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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SHARING their home with others

Parkers enjoy entertaining and opening home for holiday tour.



When it came time for Doug and Kendra Parker to look for places to settle down after they married, they decided on Ankeny, where Doug grew up, because of all that was being built and the amenities that would be available.

They chose the Prairie Trail area of town specifically because of its focus on outdoor living and accessibility, which lends itself to one of the Parkers' favorite things to do.

"We love to entertain, so we were looking to create a great outdoor entertainment area," Kendra says.

Today, their home features an expansive patio, where they host many neighborhood get-togethers throughout the year.

Recently, Doug and Kendra took part in the Holiday Ho Ho Home Tour in town.

They decorated their home to the nines for the holidays and opened their doors for others to come in and check it out.

Kendra says it was a neat experience, especially because the home tour raises funds for the Wiedenman Family Foundation, which benefits projects that enhance the town of Ankeny. As part of it, the Parkers were partnered with small businesses in town, including Ankeny Real Deals, Canoyer Garden Center, Sorriso Grille and Whiskey River.

"It was fun to work with those other businesses," Kendra says.



The Parkers enjoy sharing time with others at their home. A spacious patio and the downstairs poker room are popular spots for entertaining. They also participated in the holiday tour of homes and extensively decorated for the event.

She adds she enjoys the holidays and decorating, so sharing those passions with others and experiencing her own home through other people's eyes was great. She says she has a new appreciation for the spaces she and Doug have created, like the speakeasy/poker room they added to their basement a few years ago. That area especially received a lot of

compliments and questions during the home tour.

Like being part of that experience, Kendra shares what she appreciates most about Ankeny are the many ways in which people can feel connected and its small-town feel.

"There are lots of opportunities to get involved," she says. ■

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TOTAL Resource Campaign



Have you heard of TRC? This is our Total Resource Campaign, and this is how we fund all the programming we do each year. The campaign runs from January through March, and we have 26 volunteers working with our members to find the right partnerships for their companies. We have three team leaders this year: Aaron Rickelman with Designed 2 Move Spine and Sport, Ann Tiernan with Lincoln Savings Bank and Michael Hidder with Ankeny Real Estate Group, and they have signed up for a three-year commitment of leadership for the chamber. This year is a little different than others in that, if the team meets the goal, the team gets rewarded. Rewards vary from gift cards to our Ankeny Area Chamber members to the ultimate incentive of going on an all-inclusive trip in November. This group of volunteers will be working along with staff to raise more than \$400,000. There are more than 400 opportunities available to members on a first-come, first-served basis. Events for 2023 include Ankeny Chamber SummerFest, Discover Ankeny, Chamber Golf Outings, Lattes and Leads, Governmental Relations and more. Sponsorships range from \$100 to \$30,000.

TRC is not only about selling sponsorships but is our annual membership campaign. We are an association of members, and we need to continue to recruit and retain area businesses to remain the strongest chamber in the metro. Our volunteers tell the story the best about why a business should be a member of the Ankeny Area Chamber. Our volunteers not only support our community and grow their business, but they also find lifelong friends and mentors while being a part of the chamber. We used to say, "The more you put in, the more you get out." While that still has value, the chamber is also working to grow the business community and develop workforce strategies so our community can continue to grow and thrive. Everything we do is dedicated to our mission of the promotion and development of our members within the community.

We want to thank each one of the volunteers for being a part of our 2023 TRC campaign. Volunteers spend countless hours working individually with members to find the right partnership to fit with their company's marketing needs. Without our volunteers, the chamber wouldn't be able to provide programming for our education professionals, members and the community. Over the last five years, our volunteers have raised more than \$1.5 million for the chamber, which allows us to fulfill our mission. Thank you, volunteers. ■

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.

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OUT & ABOUT



A ribbon cutting was held for Illie & Co. Boutique at 1915 S.W. Plaza Parkway on Dec. 1.



A ribbon cutting was held for Felsburg Holt & Ullevig at the Ankeny Area Chamber of Commerce office on Dec. 13.



Bryan Moore and Lea Fagervik at Lattes & Leads at Purple Poppy Boutique on Dec. 20.



Michele Cheek and Ann Wright at Lattes & Leads at Purple Poppy Boutique on Dec. 20.



Jessica Moeller and Dena Butler at Lattes & Leads at Purple Poppy Boutique on Dec. 20.



Mike Garman and Colin Newell at Lattes & Leads at Purple Poppy Boutique on Dec. 20.



Mollie Frideres-Smith, Danielle Fuglsang and Donovan Hill at Lattes & Leads at Purple Poppy Boutique on Dec. 20.

OUT & ABOUT

LATTES & Leads

Lattes & Leads was held at Purple Poppy Boutique on Dec. 20.



Josh Klyn and Jamie Anderson



Andy Schnurr and Ilyssa Conlon



Michael Annarelli and Melissa Muschick



Kristi Kenyon and Rachel Bell



Diane Weber and Allison Bollinger



Jared Harrison and Matt Davis



Jenn Oliver and Tony Mills



Joe Bethel and Brent Lindquist



Paula Bierle and Grant Jacobson



Kimberley Jackman and Ashley Thayer



Kevin Vaughan-Carber and Allyson Senter

CLASSIFIEDS

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