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JULY 2022

Living

MAGAZINE

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WELCOME

GATHER around

Getting to know your neighbors isn't always an easy task. Some people simply want privacy and don't care to mingle much. That's certainly fine, as not everyone is a social butterfly. Others aggressively seek out new friends, especially those with whom they have things in common, which often deals with children being the same age.

Each time we moved, Jolene would seek out homes with playsets in the backyards and go up to the door and introduce herself and our toddler kids. A plate of chocolate chip cookies usually helped, too. It worked for her, and that bit of reaching out created lifelong friendships for us.

Admittedly, this is easier to do in the summer months. During the cold Midwest winters, most people tend to stay indoors where it's warm. But when the warm months arrive, residents start to come alive, much like a butterfly in a cocoon.

In generations past, homes had front porches where friends and family would gather. As the years passed, homeowners sought more privacy and preferred gathering on decks in their backyards. In recent years, as you may have noticed, the trend seems to be moving back to the front yards — or at least the driveways.

We found that one of the better ways to get to know our neighbors was circling the bag chairs around a fire pit in our driveway with a cold drink in our hands. And the s'mores helped, too. While the kids played hide and seek, we adults solved the world's problems — or at least the ones in our neighborhood. From there, we found reasons to gather for potluck dinners, football games and, more often than not, just impromptu get-togethers. The fire pit may not be legal in your community, but the conversation certainly is, and that's what's most important.

So if are not already doing so, invite the neighbors over to your driveway and host a little get-together. If you need some ideas on how to do this or get involved in other gatherings, check out our feature story this month.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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The Summerfest June cover story for Ankeny Living magazine contained incorrect information from previous years. In response, we sent out a separate mailing explaining the errors. In addition, the online version was corrected and information promoting the festival was included in the thousands of emails we distribute. We apologize for the errors and any inconvenience this may have caused.



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Getting TOGETHER

Residents share how they build community through gatherings

By Ashley Rullestad

The annual block party in The Grove neighborhood features a lot of fun activities for kids. Last year's event drew a crowd of 300.

The recent COVID-19 pandemic has had an interesting effect on our social ties. The word “neighbor” has taken on a new meaning as we recognize the importance of authentic social interaction with those who are closest and most accessible to us. Engaging with those neighbors (from a safe distance) was a way to continue to have interaction with those outside our family during the stressful time of a global pandemic. Driveways became gathering places, with lawn chairs six feet apart; people’s news and conversations became precious when the walls of our homes began to close in. As a result, the resurgence of the front porch, driveway or lawn as a “place to meet and greet” is back in the fabric of American life.

FEATURE

The gang's all here

Jess Kirby lives in the Autumn Ridge neighborhood in the southwestern corner of Ankeny.

"We have a new, smaller neighborhood with four streets. We know all of the neighbors, and tons of us hang out on a regular basis."

Kirby and her friends take turns having driveway drinks at each other's houses. Whoever is hosting has a fire pit, bags boards, and, sometimes, flip cup or beer pong. They always have music playing with sports games or something on the garage TVs. Kids ride bikes and hoverboards, play basketball, or play with a variety of outdoor toys.

"Sometimes we don't even plan the driveway hangout. Someone will be outside doing something, and a neighbor sees and comes over," says Kirby. "Then another rides their bikes down and hangs out, dirt bikes ride up, and lots of golf carts. There's always a whole slew of items in the driveway until there are 30-plus people."

A group of a dozen or so organizes yearly block parties. The crew closes a segment of one of the streets equalling about four house



The women of Autumn Ridge enjoy the annual block party as well as less formal occasions when they gather for "driveway drinks."

lengths. There's a bags tournament in the street with more than 20 teams, a food truck and ice cream truck, a DJ or a band, face painters, chalk the block, limbo and musical squares for the kids to win prizes.

They also set up tables on the other end of the street by the food trucks. As the night goes

on, they play games on the tables and bring out several fire pits. The festivities usually go from about 2 p.m. to 2 a.m. and is the "most fun ever," according to Kirby.

"Almost the entire neighborhood comes and even people from the neighborhood behind us walk, bike or golf cart over to join since

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they don't have block parties anymore. We have a neighbor who is a professional videographer, and he flies a drone around during the party recording it, which is awesome."

The fun doesn't stop in the summer in Autumn Ridge, though. For Beggar's Night, neighbors give out treats to everyone — kids and adults alike. Kirby's husband, Trent, dresses up as Michael Meyers of the "Halloween" movies every year, and the kids enjoy trying to find him in the dark. After trick or treating is done, they meet at someone's house for a party with drinks, games, snacks and, usually, pizza.

The group also gathers for the ISU/Iowa game, a Fourth of July potluck, New Year's Eve and milestone birthdays. They aren't just neighbors anymore, says Kirby. They are friends, talking almost daily in the neighborhood group chat.

"Everyone posts in our Facebook group if they are needing to borrow items or tools, and some neighbor is always there to help. Older retired neighbors ask to take the little kids to vacation Bible school in the summer and become like sets of grandparents. Everyone knows how to have fun and really put a smile on your face. They are all so genuine."

The Kirbys have lived in Iowa, Arizona, Nebraska and now back to Iowa, and Jess Kirby says this is the best neighborhood she's ever lived in or even visited.

"All the neighborhood kids play together so much. At any one time, you can look in our backyard and see a dozen kids all playing. It's so wonderful. I'm so elated with our neighborhood. We've lived here exactly four years and could never imagine moving away from the people."

From neighbors to friends

Mindy Green lives on Reinhart Drive in northwest Ankeny, and she's thrilled to be in a neighborhood where people gather — after having lived in one without much socializing.

"We are all big fans of being outside, our kiddos have become best friends, and we can't imagine not being where we landed."

The Greens have lived on Reinhart for a few years now, and they have many good memories with neighbors. From grill outs to vacations, there is something fun

going on. In the winter, they started family dinner each Sunday, and, during the summer, they have outdoor barbecues a few times a week. They also started up the annual block party for the neighborhood and have it planned again for October of this year. Food trucks visit the neighborhood a few times a month.



The kids on Reinhart Drive have become friends through neighborhood gatherings.

FEATURE



The neighbors in The Grove gather for a photo.

The neighborhood kids are all close, too, says Green. Between the crew, there are kids aged 2, 4, 6, 8, 9 and 12 years old. The kids are welcome at each other's houses and like to play outside. They have a great time celebrating birthday parties together and organizing Sunday Funday adventures, she says.

Along with the Greens, a few other families also run small businesses, and Mindy Green says they are each other's sounding board and biggest cheerleaders.

"We love this neighborhood and can't imagine being anywhere else."

The Grove gatherings

Koral Hull likes living in The Grove, located on the northwest side of Ankeny almost to Saylorville. The neighbors have all sorts of gatherings, but the biggest is the annual block party. Last year's party saw 300 attendees, half of them children. There was face painting, a huge water slide, Kona ice truck, a food truck, a toddler area, live music, a piñata, a field day for the kids, and a cake walk.

"It was an absolute blast," says Hull.

In order to raise money for all the block party activities, organizers did an ice cream

Tesla event to get donations. The Tesla owners bought ice cream and played music from the car as they drove through the neighborhood and sold ice cream to raise money. They did the drives on two consecutive Tuesdays and raised nearly \$500.

Of course, the fun doesn't stop there. Neighbor Susan Metheny organizes progressive happy hours for the adults in the neighborhood. She sends out a form on a social media group and asks who would like to host or participate, then she coordinates where everyone visits.

They typically have six to eight hosts with



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FEATURE

about 50 attendees. Then eight or so people are assigned to an hour at one of the host houses. Typically, in a night, they jump between three houses. Metheny made sure attendees were visiting different homes, and she also verified they were seeing new people at each house.

Last holiday season, Hull coordinated visits from Santa. She asked who wanted to host Santa at their home, and he visited several different houses so kids could take a turn sitting on his lap and telling him their Christmas wishlists.

"The hosts were nice and spread out, so the surrounding neighbors had a host that was near so they didn't have to walk far in the cold."

Two years ago, she asked neighbors if anyone wanted to do a Halloween house hop where each house has a different adult treat.

"One post was all it took. People really



A friendly tug of war was among the activities at the block party in The Grove.

embraced it. So we've done adult treats the last couple of years."

Their Facebook group is buzzing with people inquiring about the next get-together, usually organized by Hull or Metheny. They try to do something every three months or so, sometimes more if they have time.

"There are a lot of people who get really into it. Even during the pandemic, I really didn't leave my house much during the pandemic, just like a lot of people. So this gave people an opportunity to see people while still kind of staying in their bubble. It's a great community." ■

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GOD'S presence is life

I have memories from childhood about the freedom that came with the daily summer question, "What should I do today?" Should I go on a long bike ride or climb some trees? Should I run down the block and play ball with friends or watch two movies... in a row! As an adult, I try to pause at least once for the summer on a break or a vacation, but I don't get the same sense of wonder about what I should do with my day. I have work, family, continuing education, friends, more work, "chores," and some more work.



Last month, I encouraged you in this FAITH article not to take the summer "off" from your faith. I asked that you consider — in all seasons — making time with God a priority. I'd like to build on that theme this month and suggest the way we understand our schedule gets in the way of our relationship with God.

Think of the way you split your day like slices of a pie. I give a slice to family, a slice to work, to sleep, to friends, to school, to fitness, to eating, to fun, etc. Though I often fail, I really try hard to give the biggest slice to God. But is the "slice of time" way of living actually best for faith?

I've been reading a book for continuing education that speaks about the difference between fitting God into life versus realizing that God IS life. When I fit God into life, I run the risk of prioritizing things at or above where I have placed God. When I remember that God is life, and that I am including slices or things in my life with God, everything I do can become an act of worship and connection. When I remember God isn't a separate slice, it can also stop me from doing things I know I shouldn't do...

Consider for a moment how everything you do would change if you first considered that God has gifted you relationship with God during that time. Hanging out with friends becomes a holy opportunity. Watching a movie with family becomes a time of gratitude. Sharing heartbreak or pain in prayer isn't something you welcome God into, but that you acknowledge God already is involved in and knows about WITH you.

Take a few moments today and think about where you have decided to fit God into your schedule. Now, take a deep breath, and remember that God IS the schedule. Live in the moment where God is waiting for you. Don't try to fit God in; include God in it from the start. ■

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



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REAL ESTATE

By Mindy Selix and Yvonne Silvers

HOW A construction loan can help you build your dream home

In today's low-inventory real estate market, many homebuyers are considering building instead of buying an existing home. Building a house can be a great way to get exactly what you desire for your dream home, especially when the market doesn't include the style or size of home you're looking for. Here's an overview of how construction loans work and how they compare to traditional mortgages.



Mindy Selix

How construction loans work

Construction financing is a loan provided to build a home from the ground up. It's important to know that construction loans are not used for rehabilitation, or "rehab" projects, on existing homes.

A construction loan works as a line of credit. Funds are advanced to your builder as the work is completed, rather than all up-front. Interest only is paid monthly on the principal balance of the construction loan. For reference, the average home takes four to six months to build (a custom home can take longer) so the line of credit — your construction financing — would remain in place throughout the entire building period.



Yvonne Silvers

However, a construction loan is not revolving credit, which is open-ended credit that is available whenever you need it. Unlike revolving credit, construction loans are only available to borrow one time.

How a construction loan compares to a traditional mortgage

Approval for a construction loan is often no more complicated than a traditional mortgage. After the home is built, the construction loan converts from a line of credit — a short-term loan — to your permanent financing, often either a 15-year or 30-year fixed mortgage.

The underwriting process for construction financing is also the same as it would be for a permanent loan. Your lender will look at your income, credit score, debt-to-income ratio and other factors, just as would be the case for any other home financing. In many cases, if you are approved for a mortgage loan, you will be approved for a construction loan as well.

There are some differences between construction loans and mortgage loans you should be aware of. Some of these include:

- Down payments requirements may be higher for construction loans. While mortgage loan options can offer down payments as little as 3-5%, the minimum for a construction loan down payment is often higher, typically at least 10%, due to the investment in building a brand-new home.
- Interest rates are typically lower for construction financing than permanent loan rates.

Building your dream home is an exciting and rewarding process. Work with an experienced loan originator to make it go smoothly. ■

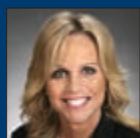
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FACE the financial storm head on

The first half of 2022 has been a financial storm. Inflation hit a 40-year high, interest rates are rising, and the S&P 500 declined 20% through mid-June — the steepest start to any year since 1939. There are things you can do right now to help your retirement savings weather the storm.



Take your 401(k), for example. We often talk to the families and individuals we work with about rebalancing their 401(k). When the market is down, stocks are on sale. Depending on your retirement date and your other retirement savings, this may be the time to put more into the stock market and less in bonds. We are also talking about new contributions to 401(k)s or other employer-sponsored plans. Now may be a time to dedicate those new contributions to equities, allowing you to take more risk with a smaller part of your portfolio. Also, look at how many shares you own, not the value of those shares. If you can ride out this storm, the more shares you buy on sale, the more you can enjoy the sunny days when the market goes up again. Like any retirement decision, these moves must help you achieve your goals, and you must understand and feel comfortable with the risk you are

taking.

You can make other strategic moves that don't have anything to do with the stock market. Developing a long-term tax plan is one of them. Having three buckets of money: taxable, non-taxable and tax-deferred allows you to draw income from these buckets in a way that can decrease your tax burden. A long-term tax plan could also include paying more taxes one year to pay fewer taxes later, as in the case of a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on that money again if it's a qualified withdrawal. Inside the Roth account, you can buy stocks, and if the market is down, you buy them at a lower rate. Then you can ride the market volatility back up and do so in a tax-free account.

Some may say sit back and wait it out when a storm is brewing, but I disagree. Face the storm head-on by developing a plan for your retirement savings so you can take control of your money and your retirement vision.

Source: Krauskopf, Lewis (May 11, 2022) Explainer: Why the U.S. Stock Market is Tumbling in 2022. Reuters.com

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

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NEW exhibits rotating at Ankeny Art Center

Ayala, gallery curator, speaks of what's new.

The Ankeny Art Center will wrap up its most recent exhibit on July 26. Robert Kennon and Momentum, a local nonprofit, were the featured artists. Momentum gives artists with disabilities, mental health troubles, and traumatic brain injuries the supplies, studio space, and various opportunities to showcase their work.

Next, the Art Center will hold the opening for Bob Cooper, a talented woodworker, and Danielle Kelso, who creates mixed media paintings full of color and whimsical shapes.

Gallery Curator Angela Ayala has also begun work on one of the largest exhibits for June and July of 2023 with David Saffris, owner of Visionary in Des Moines.

"Saffris is also very involved in the local art scene and started Art Week DSM in 2015 with Liz Adelman," Ayala explains. "I fell in love with the artist Swoon (Caledonia Curry), during one of David's exhibitions that he hosted at the Des Moines Social Club's Viaduct Gallery. Swoon is now an internationally recognized artist who exhibits all over the world and is known for her immersive and thought-provoking art as activism."

Swoon will introduce the 2023 exhibition season with personally selected pieces. Swoon is widely-recognized for life-sized art, and each piece has a story. This fact makes the showcase a little tricky for Ayala and Saffris to deliver. Attention to detail is imperative in an exhibit this size, so the viewer can truly grasp the message.

"For instance, Swoon has a series of artwork that represents the postindustrial landscape of America after the steel mills in Pennsylvania all closed down, essentially cutting off the city's economic wealth and creating racial inequity issues which are still prevalent today," Ayala explains. "We would love to create a faux brick exterior and hang the art just like if it was wheat-pasted on the outside of a building on the street."

This is just one part of the job Ayala loves. She gets to help create a storytelling experience through other artists' visions. She's a huge fan of art history, so learning the specifics behind each piece is eye-opening, she says.

"Art movements are directly correlated to political and environmental climates, so knowledge is power when creating exhibitions," she says. "The public can also get involved by supporting us. The Ankeny Art Center is a nonprofit, and we do not have the funding from big investors like some of the other art nonprofits in the area. I believe that, when you create an experience, it stays with you, and I hope to create many experiences for the city of Ankeny." ■



"Braddock Steel"
Ankeny Art Center Gallery Curator Angela Ayala has been working closely with David Saffris to deliver "Swoon" for the 2023 Opening Art Exhibit. Swoon is known for life-size art that tells a compelling story.



"Ice Queen"



"Sambhavna"

RIDE the trails

Lake Country Cyclists invite others to join in weekly rides.

Do you enjoy riding your bike and checking out Iowa's fantastic system of trails? Lake Country Cyclists invites you to join them on weekly rides, most of which begin at the Ankeny Market Pavilion (AMP) located at 715 W. First St.

Lake Country Cyclists is a cycling club dedicated to the safety, recreation and education of road cycling. They provide planned and organized daily and weekly rides and participate in other organized rides in Iowa as well as their own specialty, overnight and distance training rides throughout the year. Members enjoy a spring banquet to kick off the riding season and a fall banquet to enjoy their accomplishments. Social and learning activities keep people busy during the off season.

Angie Duncan became involved with the organization a few years ago after moving to Ankeny.

"Like a lot of people in the group say, I needed to find other people to ride with because I just wasn't doing it that often on my own. It has been a fantastic way to make new friends and to actually get involved in the community as we sort of become a hub of information for cyclists and an advocate for getting the trails connected and such."

The LCC hosts weekly rides May through September, and their Monday rides are perfect for new riders. The no-drop rides are designed for newer cyclists, those new to group riding, and those who want a more leisurely paced ride. The pace is beginner friendly (approximately 10-12 mph) and the ride host will make sure no one is left behind. The route is determined by the ride host each week and will stay mostly on trails with the exception of a few streets when necessary to connect to or access a trail.

For those who want a more social connection, take the day off and do a Wednesday ride which includes lunch with other cyclists. These rides are designed for those who can sustain a pace of 13-16 mph and ride a distance of 25-50 miles. The route is determined by the ride host each week and will be a combination of trails and roads.

More serious about cycling? Try a Thursday medium-fast paced ride. This no-drop ride is designed for those who can sustain a medium to fast pace (approximately 13 mph and faster). The route is determined by the ride host each week and will be a combination of trails and roads. The ride host will make sure no one is left behind. Ride distances will vary, starting shorter at the beginning of the season and increasing in distance as the days grow longer,



Lake Country Cyclists invite the public to join them on weekly rides, most of which begin at the Ankeny Market Pavilion. The rides vary, with some offered for novices and others for the more experienced.



reaching approximately 25 miles round trip by the end of the season.

In addition to weekly rides, check out the destination schedule including rides on some of Iowa's best trails, like the Summerset Trail, Chichaqua Trail, High Trestle Trail, Raccoon River Valley Trail and more. There are even full moon night rides with social stops at Whistlin' Donkey in Woodward and at Flat Tire Lounge upon returning.

If you're interested in getting involved, visit the group's website at lakecountrycyclists.com. You can sign up as an individual or family and enjoy the benefits of exercise, the outdoors, and community all at once this cycling season. ■

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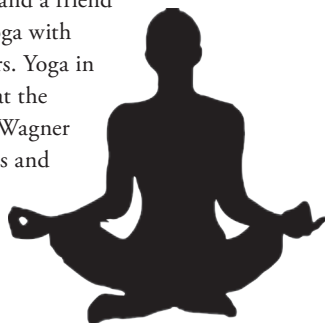
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Every Saturday through Sept. 3, 8-9 a.m.
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Bring a yoga mat and a friend to enjoy an hour of yoga with professional instructors. Yoga in the Park will be held at the Ankeny Bandshell in Wagner Park. Families, all ages and skill levels are welcome at this free community event.



Movies Under the Stars

Various dates
Ankeny Bandshell, 410 W. First St.

Bring a blanket or chair and your favorite snack. Movies are free and begin at dusk. Dates and movies are:

- July 22: "Encanto" (PG)
- July 29: "The Boss Baby: Family Business" (PG)



Family Fun Night

July 24, 4-6 p.m.
Prairie Ridge Aquatic Center,
1220 N.W. Prairie Ridge Drive

Bring the family to Prairie Ridge Aquatic Center. Cost is \$10 for a family of up to four members. Pool passes are accepted. For additional information, call 515-963-3570.



National Balloon Classic

July 29 - Aug. 6
Memorial Balloon Field,
15335 Jewell St., Indianola

Enjoy the spectacular view of 100-plus beautiful hot air balloons as they take to the sky and enjoy live bands, kids' activities, food and fun. For more information, visit www.nationalballoonclassic.com.

Summer Concert Series

Second Tuesday each month through
September, 6-8 p.m.
The Iowa Arboretum & Gardens
1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org or contact Event Specialist Amber Schmidt at amber@iowarboretum.org or 515-795-3216.



Levitt Amp Summer Concerts

Various dates
Earlham City Park in Earlham
The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. July concerts are: July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



Summer Stir

Friday, July 22, 5-9 p.m.
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the East Village's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at summerstirs.com.

Leprechaun Bag Toss Tournament

Sunday, Aug. 7, 2-5 p.m.
Sully's Irish Pub, 860 First St., West Des Moines
Registration starts at 2 p.m., and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament. Visit www.friendlysonsiowa.com for more information.



EVENTS IN THE AREA

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

Check for cancellations

25-Year Celebration

Saturday, Aug. 27
The Brenton Arboretum,
25141 260th St.,
Dallas Center

Celebrate the Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at thebrentonarboretum.org/cheers or by phone, 515-992-4211 ext. 3.



Farmers Market/ Music in the Junction

Thursdays, through September, 4-8:30 p.m.
Historic Valley Junction, Fifth Street,
West Des Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m. Entertainers are: July 23, Sons of Gladys Kravitz; July 28, Jake Simon; Aug. 4, Boomerang; Aug. 11, Avey Grouws Band; Aug. 18, Shock Collar; Aug. 25, Suede; Sept. 1, Cover That; Sept. 8, The Muddy Walters Band; Sept. 15, Gut Feeling; Sept. 22, Gimmick; and Sept. 29, The Matt Woods Band.



Downtown Farmers' Market

Saturdays through October, 7 a.m. to noon (8 a.m. to noon in October)
Des Moines Historic Court District
The Des Moines Downtown streets are filled with live music and the smells of fresh, local food at the Downtown Farmers' Market presented by UnityPoint Health – Des Moines. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.



Shine a Light NF Walk

Aug. 20, 8 a.m. registration,
9 a.m. walk
Raccoon River Park, 2500
Grand Ave., West Des Moines

This walk benefits the Children's Tumor Foundation. One in 3,000 Births has NF, a genetic disorder that causes tumors to grow on nerves. There is no cure. Register at shinealightwalk.org/iowa2022. For information, contact Claudia Becerra at cbecerra@ctf.org.

Events to keep you active

Get your fitness on at these fun runs, rides, games and competitions.

- **July 23-30: RAGBRAI.** The 2022 Register's Annual Great Bicycle Ride Across Iowa will travel through Sergeant Bluff, Ida Grove, Pocahontas, Emmetsburg, Mason City, Charles City, West Union and Lansing, ragbrai.com
- **Aug. 5-7, 19-21: Des Moines Challenge** takes place at various disc golf courses. desmoineschallenge.com
- **Aug. 6: Disc Tournament** hosted by The Friendly Sons of St. Patrick of Central Iowa. All proceeds will benefit the Iowa Food Bank. friendlysonsiowa.com
- **Sept. 18: ARL Dog Jog** supporting homeless pets at 5452 N.E. 22nd St., Des Moines, iowadogjog.com
- **Sept. 24: NAMI Walks Your Way Iowa 5K** at Terra Lake Park, 6300 Pioneer Parkway, Johnston, namiiowa.org






SCAN TO BUY TICKETS

Promotions

Aug 6
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Aug 7
Demonios
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Outdoors Dan Radio Show | DNR

Aug 12
Cubbie's Birthday
Iowa One Call

Aug 13
Clark the Cub
Outdoors Dan Radio Show | DNR



MYTHS and truths about hospice care

Considering end-of-life care for a family member who is ill can be overwhelming. Assistance from a qualified hospice provider can make the idea less daunting, help you initiate the conversation with other loved ones, and perhaps even reassure you that hospice care can benefit your whole family.

If your loved one's doctor has suggested hospice care and you're hesitating about making the call, the information below, compiled with assistance from the American Hospice Foundation, might help you better understand the benefits of hospice services.



Myth No. 1: Hospice is appropriate only when a person is at death's door.

Truth: The hospice conversation should begin before a person is in his or her last days; ideally, it should take place when individuals are still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a person to live life in comfort for the days, weeks, months, or longer that remain in his or her life. It's not unheard of for an individual's condition to improve and for him or her to "graduate" from hospice care. A philosophy of the hospice model is that life can and should be lived fully, no matter how much time remains.

Myth No. 2: Families are discouraged from involvement in a loved one's hospice care.

Truth: On the contrary, hospice care can benefit family members nearly as much as it can benefit clients. One of the gifts of hospice is its capacity to help families realize how much can be shared at the end of life through personal and spiritual connections. As part of a family-centered concept of care, hospice focuses almost as much on supporting a client's family members as on caring for the client. It's not unusual for family members to look back upon the hospice experience with gratitude.

Myth No. 3: Hospice is a place.

Truth: Some hospice providers care for patients in a dedicated hospice building; others care for clients wherever the need exists, usually in the client's home. You can seek and receive the care that feels right to your loved one and family.

Myth No. 4: Hospice is only for patients with cancer.

Truth: More than half of hospice clients nationwide have diagnoses other than cancer. Hospice commonly serves people who are living with chronic diseases such as emphysema, Alzheimer's disease, or cardiovascular and neuromuscular illnesses.

Myth No. 5: Hospice care is expensive.

Truth: Most hospice clients 65 or older are entitled to the Medicare Hospice Benefit, which covers virtually all hospice services and requires the client to pay little in out-of-pocket costs. This means there are no financial burdens incurred by the family — a situation that can contrast sharply with major expenses that can be incurred to manage a life-limiting illness when hospice is not used. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.

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This procedure is not for everyone. You should not be treated with CoolSculpting® ELITE if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria.

Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies.

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations lessen as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment.

Rare side effects may happen in 1 to 10 out of 10,000 CoolSculpting® ELITE treatments (between 0.01% to 0.1%). One such rare side effect is a visible enlargement in the treated area, which may develop 2 to 5 months after treatment, will not resolve on its own, and may require surgical intervention for correction.

Please see full Important Safety Information for CoolSculpting® ELITE on CoolSculpting.com.

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'Ordinary Monsters'

This one is a beauty of melancholy and the painful parts of humanity. It is atmospheric and seething with tension and grit with just enough heart to claw its way into your brain. I've been thinking about this book daily since I finished it months ago. I think it might've changed something inside me that needed changing.

In an alternate version of Victorian London, there are some special children gathering. Talents, as they are known, have extraordinary, somewhat creepy powers that draw in evil like a moth to a flame. In order to keep the children safe — and under control — a stream of adults with their own murky motivations try to lead the children to safety, but at what cost? Can they ever be truly safe in a world filled with monsters?

Gorgeously written and full of an intricate, shadowy plot, I adored this book so much I find myself longing to pick it up again and again. If you like gothic, labyrinthine, doorstopper-sized novels that will keep you up late, this is for you. ■ — *Review by Julie Goodrich*



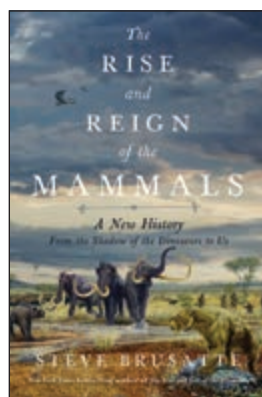
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'The Rise and Reign of the Mammals: A New History, from the Shadow of the Dinosaurs to Us'

Did you know that Thomas Jefferson sought the Louisiana Purchase in order to look for mastodons? It seems crazy to think about, with our limited time perception, but mammals are so young in the grand scheme of the history of the earth. Steve Brusatte does an excellent job of telling the tale of our nearest ancestors in the animal kingdom, while keeping the perspective wide enough to never lose context.

A story of perseverance, luck and astonishing adaptability, the rise of mammals picks up where the dinosaurs leave off — just after the asteroid struck Mexico, wiping out the former kings of the planet, and leaving room for the small, oddly built creatures that are our ancestors to fill in the gaps in surprising and unique ways.

It's not an easy feat to write nonfiction science in such a readable way without losing the plot, but this book hits that perfect mix. Filled with stories of amazing fossils, intriguing science, and drawing it all into a mesmerizing big picture, I can't recommend this one highly enough for all my prehistoric geeks out there. ■ — *Review by Julie Goodrich*



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BASKETBALL, dinosaurs, a toy, Elvis and more

There is nothing better than a cold, dark movie theater to escape the heat and humidity of the summer. Here's your latest look at your theater options in July and a few opportunities to watch from home.



"Hustle" (in theaters and on Netflix)
Adam Sandler plays an NBA assistant coach with dreams of a greater role with the team. When the ownership changes, he finds himself on the outside looking in and grabs an unwanted player to personally train him to make the NBA. I'm not an Adam Sandler fan, but this is a great sports movie with enough heart to keep a non-sports fan entertained. It might end up being one of the best movies I see this year. I didn't see that coming. **Grade: A-**



"Jurassic World: Dominion" (in theaters)
Like a lot of people, I got suckered into thinking that, with the original cast for the most part back in tow, this could be a special movie. That could not have been further from the truth. This is an overly long, overly loud mess. The action scenes are nothing special, although the special effects are impressive. There is barely a sliver of a story that can't hide the fact that the movie is really bad. **Grade: D**

"Lightyear" (in theaters)
According to the movie's early info, this is the movie that inspired the Buzz Lightyear toy in the "Toy Story" series. That is why the complaint that Tim Allen does not do the voice work is a moot point. He voices the toy; Chris Evans voices the actual character.



Complaint No. 1 answered! The story follows an ace pilot who fails at his current mission to circle a planet in his ship. He refuses to give up and keeps trying, for years. The problem is that he stays the same age for each mission, but everyone else on the base ages. It's a movie full of great action, some truly funny moments and wonderful voice work. OK, complaint No. 2... one of the characters in the film, a woman, is seen in a brief scene with her children and what is obviously her wife. She gives her wife a very loving hug and short kiss in one scene. This shot, which might last 10 seconds, has caused great uproar and boycotts from many Middle Eastern countries. It is too bad that many families won't take their families to see this fun movie due to the protests. Their loss. **Grade: B+**



"Cha Cha Real Smooth" (Apple TV+)
A young man trying to find his place in life strikes up an interesting friendship with a woman and her daughter who is on the autism spectrum. The young man, played beautifully by newcomer Cooper Raiff (who also wrote and directed the film) is a real find. Dakota Johnson plays the mother of the girl who also has piqued the interest of this young man. This is a heartwarming comedy full of great laughs, an important message and a standout performance by Raiff. **Grade: B+**



"Obi-Wan Kenobi" (Disney+)
A short catch up of the Disney+ series. One word: WOW! What a great way to show up part of the back story between Obi-Wan and his nemesis Darth Vader. **Grade: A-**



"Elvis" (in theaters)
Writer/director Baz Luhrmann's (The Great Gatsby and Moulin Rouge) biopic on the life of the legendary singer, Elvis Presley. Austin Butler gives the performance of his life as the singer, and he looks amazingly like Elvis. The movie is about 30 minutes too long and is also dragged down by a weird Tom Hanks performance as Elvis' manager Colonel Tom Parker. Priscilla Presley also doesn't add much to the picture. But, that being said, it is an excellent look at the man who became the legend, and the music is fabulous. **Grade: B+ ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.

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RETALLICK uses his talents at home

Interior designer decorates townhome with a flair.

As a young homeowner, Alex Retallick knew he wanted to find a place to live that was both affordable and full of potential.

Thankfully, he found just the place a little more than six months ago in an Ankeny townhome community.

"I loved the features and offerings of my HOA organization, and the location was ideal," Retallick says. "Close to work, walking distance to shops and quick interstate access."

Since purchasing the townhome, Retallick has done some fun, cost-effective updates to his spaces, including creating a cozy patio area, complete with a love seat, outdoor rug and table, as well as adding wallpaper to a nook in his living room where he's set up a bar space. He tends to decorate in neutrals with a splash of color — usually of green hue — here and there, resulting in a relaxed, inviting atmosphere.

"It's the perfect size for me and my puppy and allows my creativity to shine without needing to make major updates," he says.

When choosing to settle in Ankeny, Retallick was also drawn to the fast-growing District development and how the area in general offers lots of opportunities for a blossoming interior designer like himself.

"I love my location," he says. "I love being on Delaware Avenue with quick access to Magazine straight to The District."

It helps that Retallick can also hop on the interstate and head north to Story City for a quick trip to his hometown and where his family lives.

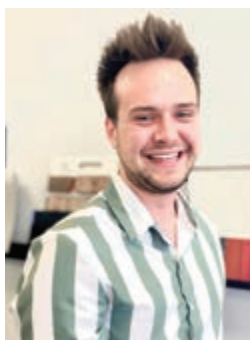
Additionally, Retallick enjoys that his neighborhood includes lots of dogs and friendly faces.

"Oftentimes my dog and I will walk to PetSmart or Brown Dog Bakery, or even Home Depot," he says. "The area is extremely safe and very quiet for a townhome community."

When it comes to the people of Ankeny in general, what stands out to Retallick the most is the ambition.

"I work with new business owners for my job, and this community provides great support for small businesses, which means a lot to me," he says. "I grew up with my mom owning a business, and supporting locals is huge for me. This community really gives back and supports entrepreneurs."

As he continues to settle into his new town and home, Retallick hopes to find ways to get involved in both the community and within his industry. He's grateful that he's found a place that will enable him to do just that. ■



Alex Retallick, an interior designer, enjoyed updating his townhome and especially enjoys its location near work, shops and the interstate.



AIR conditioning: myth versus fact

There are a lot of myths when it comes to your air conditioner, and knowing the truth can help save you money and keep it running at its best. Have you fallen for one of these common costly air conditioning myths?



MYTH: Your home will cool faster by turning the thermostat down.

FACT: Cooling your home will always be a matter of time. Even if you set the thermostat at the lowest setting, your AC unit will continue to run at the same pace.

MYTH: Bigger AC units work better.

FACT: An AC unit whose capacity is too big for the space will force its compressor to turn itself on and off in quick intervals, which wears it out, shortens its life, and uses a lot of electricity.

MYTH: Turning off the AC when you're not home will save energy.

FACT: This is only true for extended periods and mild weather. If you turn off the AC before going to work on a hot summer day and turn it back on when you get home, it has to work harder to cool your home.

MYTH: It's best to let your AC unit "kick the bucket" before replacing.

FACT: Buying a new AC unit can cost you money in the beginning, but its higher efficiency will save you more money than operating an old one.

MYTH: Thermostat location doesn't affect air quality or temperature.

FACT: A thermostat should always be placed away from heating or cooling sources, and in a central location where it can get an average reading of the temperature levels in your home.

MYTH: Fans keep a room cooler.

FACT: Fans move air in a room but do not affect the air temperature. However, it creates a wind-chill effect, so it may make you feel cooler.

MYTH: Close vents in unused rooms to save energy.

FACT: Closing vents in rooms you do not use throws off the air distribution throughout your home. It causes pressure to build up in your ducts, making your AC unit work harder.

MYTH: AC maintenance is a waste of time and money if you have a newer unit.

FACT: If you have a high-efficiency, modern air conditioner, don't you want to keep it performing that way for as long as possible?

These are just a few of the myths out there. If you find yourself questioning how to achieve comfort in your home, call your local HVAC professional. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.

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WHAT should you know about IRA rollovers?



If you've been contributing to an IRA, you've chosen a great way to save and invest for retirement. All IRAs have potential tax benefits and a range of investment possibilities, but not all IRA providers offer the same features. So, if you decide that your current IRA provider is charging higher fees than you'd like, or perhaps doesn't offer as many investment choices as you want, then you might choose to move your IRA assets to another provider. How should you go about making this switch?

Here are some options to consider:

• **Trustee-to-trustee transfer or direct rollover** — You can ask the financial institution holding your IRA to move the money directly to another IRA. No taxes will be withheld from the amount transferred at the time of the transfer. This method is generally hassle-free, but some IRA sponsors will still only mail the check to your address of record, so you'd have to forward it to your new IRA.

• **Indirect rollover** — If you take an indirect rollover, also known as a 60-day rollover, the assets from your existing IRA will be liquidated and the custodian or plan sponsor will send you a check or deposit the funds directly into your bank or brokerage account. This payment may be subject to withholding for federal taxes, and possibly state taxes, unless you opt out of withholding. You have 60 calendar days from the time the funds were withdrawn to deposit the money, including any amount withheld, into a new IRA. If you miss this 60-day deadline, the withdrawal may be taxable at your personal income tax rate, and it could also be subject to an early withdrawal penalty if you're younger than 59 ½.

Given the immediate withholding and the possibility of further taxes if you don't move the money into a new IRA before the 60 days are up, you've got much to consider before initiating an indirect rollover. Consequently, you should consult with a financial advisor and tax professional before you make this type of move.

In addition to a rollover from an existing IRA, you may someday want to move the money from your 401(k) or similar employer-sponsored retirement plan to an IRA. This can occur when you retire or change jobs, although, if you do take on another job, you might have the options of leaving your 401(k) with your former employer or rolling it over into your new employer's plan. However, if you do want to move your 401(k) funds into an IRA, you can make what's known as a direct rollover, in which the administrator of your old retirement plan will send you a check made payable to the custodian of your IRA. No taxes will be withheld, but you need to get the funds transferred within 60 days to avoid any potential tax issues.

You spend years contributing to your IRA and 401(k) — and for good reason. So, when it's time to move that money, be careful and consider getting help from your financial and tax professionals. These funds can play a big role in your retirement income, so manage them wisely. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Curt Brooks, 3720 N. Ankeny Blvd., Suite 102, Ankeny, 515-964-4949.

TAXING inheritances

Are you worried about your family paying extra taxes when you die? There is some good news that can affect your estate planning.



Every estate is liable for a few different kinds of taxes. Whether it is federal estate taxes, income taxes, inheritance tax, or capital gains tax, your heirs may be writing checks to the government. Iowa is one of six states that still implements inheritance tax. But that is changing as Iowa phases out its inheritance tax law.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the state of Iowa. Inheritance tax is owed on all assets

passing to an individual. Some beneficiaries are exempt: a spouse, children, stepchildren, grandchildren, and parents all have a 100% exemption from inheritance tax.

Other beneficiaries have no exemption. Siblings, sons- or daughters-in-law, nieces and nephews, and friends all owe inheritance tax. The tax rate can be as much as 15%. For this reason, some clients avoid leaving money to a family member because of the tax implications.

New legislation changes this by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate is reduced by 20%. The rate will continue to be reduced by 20% each subsequent year until Jan. 1, 2025 when the exclusion will be 100%. No inheritance tax will be owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

This change to the law presents an estate-planning opportunity for many clients. Clients

can include a sibling or beloved son-in-law or daughter-in-law in their will or trust without worrying that the State of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a Last Will and Testament or a Revocable Trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

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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4 WAYS men can protect their heart

Heart disease impacts men differently than women, with males more likely to develop heart disease earlier, leading to a greater risk of heart attacks earlier in life.

Heart disease is the leading cause of death for men in the United States, causing about one in four male deaths. Here are four ways for men to protect and heal their hearts.

1. Know your risk factors

While there are certain things we can't control about our health, like the genetics we are born with, understanding our risk factors is the key to preventing heart disease. In general, men live not only shorter, but sicker, lives than women. They're more likely to have high blood pressure and diabetes, two conditions that are directly linked to cardiovascular disease and increase your risk for a heart attack or stroke.

Men also do not have the natural estrogen



levels that help protect women in younger years. Other risk factors include: age, family history, smoking, cholesterol, obesity, diabetes and sedentary lifestyle.

2. Make sustainable lifestyle changes

One of the main risk factors for heart disease is smoking. Smoking contributes to plaque formation in the arteries, which may lead to a heart attack or stroke. Men are far more likely than women to be smokers, and this impacts their likelihood for developing heart disease. Small lifestyle changes that can be made today include:

- Cutting down on red and processed meat
- Drinking less alcohol
- Engaging in aerobic/cardio exercises
- Scheduling your annual checkup

3. Reduce and manage stress

Stress sends your body, specifically your autonomic nervous system, into a state of "fight or flight." It is one of the most underrated heart risk factors. Continuous stress releases an excess

of hormones like adrenaline and cortisol, which can damage the body over time and, in extreme cases, cause sudden cardiac death. Set aside small periods of time throughout the day and week for rest and relaxation.

Reducing and managing stress also improves your mental health and sleep.

4. Don't ignore ED

Erectile dysfunction (ED) is a symptom of an underlying disorder and can be a warning sign of current or future heart problems. Inform your health care provider if you have symptoms of erectile dysfunction so you can be screened for the presence of heart disease.

The bottom line: Ignoring ED is dangerous and can put your health and well-being at risk. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com

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HEALTH

Dr. Laura Myers, MD FAAD,

SKIN cancer 101

Skin cancers are abnormal growths of skin cells, most often caused by the sun's harmful rays. When caught early, they are highly treatable.

The type of skin cancer is determined by where the cancer begins. Non-melanoma skin cancers originate in the epidermis.

Basal cell carcinomas are the most common. They often look like a new pearly bump or a non-healing pink scaled patch of skin.

Squamous cell carcinomas are the second most common. They are often a hard red scaled bump or a sore that won't heal.

Both of these cancers can invade deeply, destroying underlying structures and causing disfigurement. Basal cell cancer rarely metastasizes, but, if neglected, squamous cell cancers can spread to other areas of the body.

Malignant melanoma is the deadliest form of skin cancer. It develops from melanocytes, the cells that give our skin color. Melanoma can arise in a pre-existing mole or appear as a new dark spot. These cancers have a tendency to metastasize; therefore, early diagnosis and treatment are crucial. Use the ABCDE warning signs: Asymmetry, Border irregularity, Color variation, Diameter over 6mm, Evolving.

If you are concerned you may have skin cancer, see 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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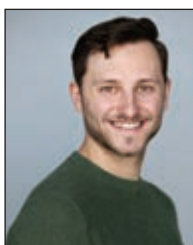
HEALTH

By Elijah Evans

PROVIDING support

Many people struggle with how to best provide support for their loved ones dealing with negative emotions. There are two major kinds of interpersonal support: instrumental support and emotional support. Instrumental support is helping people by doing something tangible for them, such as providing information or completing tasks on their behalf. Emotional support, on the other hand, is validating the emotions the person is going through — letting them know their reactions make sense to you given the circumstances — without trying to change the way they feel. It is very common for people to offer instrumental support as soon as they learn the people they care about are unhappy, especially since it feels like they are doing something concrete to be of assistance. This approach often backfires because trying to solve the problems causing negative emotions tends to imply the message that a person's negative emotions are unwelcome. If you find loved ones get upset with you when you're only trying to help, I suggest starting with providing emotional support and proceeding to instrumental support only if it is specifically requested. My guess is you'll find that, most of the time, people just want to feel heard and understood rather than have their problems solved. ■

Information provided by Elijah Evans, T-LMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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WELLNESS

By Christopher M. Renze, D.C.

SPONDYLO...What?

What is a spondylolisthesis?

The word “spondylolisthesis” derives from “spondylo,” meaning spine, and “listhesis,” meaning slippage. A spondylolisthesis is a forward slippage of one vertebra (one of the 33 spinal-column bones) relative to another. A spondylolisthesis usually occurs towards the base of the lumbar spine. Spondylolisthesis can be described according to the extent of slippage. Commonly, the slippage grading system identifies Grade 1 as the least advanced and Grade 5 as the most advanced. The spondylolisthesis is graded by measuring how much of a vertebral body has slipped forward over the body beneath it.

Types of spondylolisthesis.

There are several types of spondylolisthesis, commonly categorized as developmental or acquired. “Developmental” indicates that the condition may have existed at birth or may have developed during early childhood. “Acquired” means that the condition is due to trauma (like falling off a horse or ladder) or due to degeneration from the joints wearing out due to repetitive forces.

What symptoms might I notice?

Many people with a spondylolisthesis have no symptoms and will only become aware of it when revealed on an X-ray for a different problem. However, there are several symptoms that often accompany spondylolisthesis:

- Pain in the low back, especially after exercise.
- Increased lordosis (i.e., swayback).
- Pain and/or weakness in one or both thighs or legs.
- Reduced ability to control bowel and bladder functions.
- Tight hamstring musculature and hip pain.

In advanced spondylolisthesis cases, changes may occur in the way people stand and walk; for example, development of a waddling style of walking. This causes the abdomen to protrude further, due to the low back curving forward more. The torso (chest, etc.) may seem shorter; muscle spasms in the low back may occur.

How is a spondylolisthesis treated?

The slippage grade and the symptoms will help determine a suitable spondylolisthesis treatment. Treatment focuses on decreasing symptoms, healing damaged tissues, and restoring the stabilizing musculature for long-term relief. The further the vertebra has slipped, the more difficult it is to find a treatment that will offer relief. There is no perfect fix for the spondylolisthesis. Treatment is focused on symptoms management rather than finding a cure, much like diabetes care. When a spondylolisthesis fails to respond to conservative care, surgery may be necessary or beneficial.

Chiropractic care can manage many grades of spondylolisthesis without the use of drugs or surgery. If you or someone you know is suffering from back pain and have not found the relief for which you are looking, contact your chiropractor. He or she may be able to help you. ■

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.

THE HISTORY of Blues in America with Joey Leone

Blues music is American music. It's one of the few genres that has its origins within our borders. It rose to prominence around the 1860s with its roots in folk songs, spirituals, work songs and balladry from the

Deep South. However, despite beginning in the South, the blues and the derivative forms it inspired quickly permeated the rest of the country and, eventually, the world.

Without blues, we would not have rock and roll, bluegrass, country, jazz or ragtime music. Another subgenre that owes its existence to blues is skiffle, which gained prominence in the UK in the 1950s when young people rediscovered it and started a revival. The revival was perfectly timed with a few lads from England who started a skiffle band and christened themselves as The Quarrymen. Later, they would change their name to The Beatles.

With his vast array of knowledge and exceptional guitar work, Joey Leone is an ideal music historian. Join us on Wednesday, Aug. 10 from 6:30 to 7:30 p.m., as Joey presents a one-hour program covering the history, influence and social impact of American blues music through songs, stories and historical facts. Joey will highlight the influence of blues on virtually all styles of contemporary music over the past seven decades, playing a variety of songs on multiple guitars from his personal collection.

A music genre that spans more than 150 years and spawning a multitude of other genres and artists, its history can be overwhelming and confusing. Even the most music-obsessed person would have difficulty tracing its entire lineage. However, musician Joey Leone has done the homework. Having played music since the mid-60s, Joey is well-versed in the music world. He has produced local and national commercials for Clairol, USA Today, Nickelodeon and Pontiac; played with Wilson Pickett, Lonnie Youngblood, Chaka Khan, and the Platters; co-produced a song with Chubby Checker; collaborated with Joe Perry of Aerosmith; and even released his own custom guitar with Eastwood Guitars. It's also possible to be the character Joey Leone in the game Grand Theft Auto 3 that is based on him.

If you have any interest in modern music, the blues has definitely touched your life in some way. Joey has given his presentation, "History of Blues in America" in libraries, churches, cultural centers and colleges in more than 20 states. With his decades-long involvement in music in various roles, he has a depth of knowledge and insight into one of the most influential genres of music. Join Joey at the library for some entertainment and information. A presentation and music performance are all wrapped up in one amazing program. ■



PLAN ahead, pay ahead

A phrase I often hear is, "It is expensive to die!" Unfortunately, I must agree.

Some of the expenses the family must face at the time of death include: funeral home services; burial plot, mausoleum or niche; vault; casket; opening/closing of burial space; transportation of body; house of worship and clergy; flowers; and memorial/headstone.



Most funeral homes and cemeteries offer pre-planning programs which will allow you to pay for your funeral/burial needs in advance, often locking in current prices for future needs. Specially trained advanced planning specialists will guide you through the process.

It is never fun or easy to think about death; however, it is much more difficult for the family when forced to make these difficult decisions — both emotional and financial — in the midst of grief. It is so much easier to discuss these topics in advance and make sure your wishes are carried out.

People are often skeptical, if not fearful, as they enter my office to make their pre-arrangements, but most leave saying, "That wasn't so bad" or "You made this easy!" Please consider completing your arrangements before they are needed — your family will appreciate it.

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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RECIPE

MEDITERRANEAN-inspired dinner parties made easy

(Family Features) Over the past two years, home chefs have had time to explore new recipes, ingredients and cooking techniques, which is why it is no surprise dinner parties are, at long last, a way to celebrate together in 2022. Now is the perfect time to share your newfound skills with family and friends.

It can be easy to get caught up in hosting duties, but few hosts want to spend all their time in the kitchen when they could be enjoying a great meal. Gail Simmons, food expert and TV personality, has tips and tricks you can bookmark to help turn your dinner party from good to great.

When entertaining, always use the best ingredients you can find that don't require a lot of fuss, but still feel special. Made with premium cuts of hand-filletted, wild caught yellowfin and albacore tuna, a time-saving ingredient like Genova Premium Tuna is high in protein, a great source of omega-3s and has a uniquely rich and savory flavor that offers a taste of the Mediterranean in every bite.

To host a fun and fresh Mediterranean-themed party this summer, decorate your table with blue and white patterned plates, delicate olive oil and vinegar bottles, cutting boards and fresh ingredients such as lemons and greenery instead of traditional centerpieces. When paired with a flavorful seafood recipe, like this tuna romesco salad board, your guests will feel like they're enjoying the Mediterranean all summer long.

For more dinner party inspiration, visit GenovaSeafood.com. ■



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Tuna romesco salad board

Recipe courtesy of Gail Simmons on behalf of Genova Tuna
Servings: 4-6

ROMESCO:

- 3 large Roma tomatoes
- 1 roasted red pepper, skin removed and seeded (or from jar), coarsely chopped
- 1/3 cup roasted salted almonds
- 1 garlic clove, chopped
- 2 tablespoons sherry vinegar
- 1/4 teaspoon sweet smoked paprika
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

TUNA BOARD:

- 2 cans Genova Yellowfin Tuna in Olive Oil
- 1 tablespoon extra-virgin olive oil, divided
- 1 bunch scallions
- kosher salt, divided

- freshly ground black pepper, divided
- 1 zucchini, sliced 1/2-inch thick on bias
- 1 red bell pepper, sliced lengthwise into 1-inch pieces
- 1/2 cup roasted salted almonds
- 1/2 cup marinated artichokes, drained, patted dry and halved
- 1 bunch radishes, halved
- 1/2 cup green olives
- 1/2 cup black olives
- 4 ounces manchego cheese, sliced into triangles
- 2 tablespoons flat leaf parsley, chopped

• To make romesco: Preheat broiler. Cover sheet pan with parchment paper or foil. Place tomatoes on sheet pan and broil until well charred on both sides, 2-4 minutes per side. Transfer tomatoes to bowl; cool slightly then remove skin, core, seed and coarsely chop.

• In blender, combine tomatoes; roasted red pepper; almonds; garlic; vinegar; paprika; red pepper flakes, if using; salt; and pepper until chunky paste

forms. With blender on high speed, slowly drizzle in oil, scraping down sides of blender as needed until mixture creates rustic texture. Transfer romesco to bowl and taste for seasoning. Let romesco sit covered at room temperature 1 hour.

• To prepare board: In bowl, drain tuna; set aside. Set grill on medium-high heat and brush grates with 1 teaspoon olive oil. Grill scallions until charred and tender, about 4 minutes per side. Remove to large plate and season with salt and pepper. Toss zucchini and red pepper in olive oil then season with salt and pepper. Grill until charred and tender, about 3 minutes per side. Remove to same plate to cool slightly.

• To assemble: With large spoon, scoop generous amount of romesco into center of board. Using back of spoon, spread romesco into circle with well in center. Gently pile tuna into well. Arrange zucchini, pepper, roasted almonds, artichokes, radishes, olives and cheese around romesco and tuna. Sprinkle tuna with chopped parsley before serving.

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NEWS BRIEFS

CELEBRATING 51 years



Members of Suburban Des Moines Junior Women include, front row, from left: Shari Hawk, Wanda Snyder, Margo Lierman and Marcia Flaugh; and, back row: Bobbi Segura, Dianne Banning, Dr. Eileen May, Nancy Lundstrom, Audrey West, Marie Graff, Wendy Tack and Dr. Mary Richards.

The Suburban Des Moines Junior Women (SDMJW) basked in the sun on Wednesday, May 11, at their annual Gathering at Hyperion Field Club in celebration of 51 years of friendship and service. Chairwoman Shari Hawk lead the reading of The Collect, and Wanda Snyder offered the prayerful blessing prior to the luncheon. Flowers were arranged by Shari and Dianne Banning with Wendy Tack assisting. Arrangements to meet at picturesque Hyperion were made by Nancy. Members shared their experiences of travel to Ireland, Alabama, cruises, Arizona, South Carolina, Georgia, South Dakota, Illinois, Michigan, Boston and Iowa road trips. Members continue to serve in Women Lead Change, cemetery boards (SAPIC and Highland Memory Gardens), Friendship Force, Iowa Child and Adolescent Brain and Mental Health Wellness and their churches. Eileen shared her joy of taking her Spanish-speaking toddler granddaughter to the Library for Story Hour in English.

The message from Nancy Boettger, Iowa Mother of the Year 2022, who wrote "...Keep on encouraging and empowering each other and looking to the Lord for his wisdom in all stages of Motherhood," was read by Mary. The SDMJW will celebrate in May 2023 with Shari serving as chair assisted by Wendy. Contact Mary Richards at mrichards@netins.net for information about SDMJW including the Ankeny, Johnston, West Des Moines, Indianola, Des Moines, Polk City and Saylorville communities. ■



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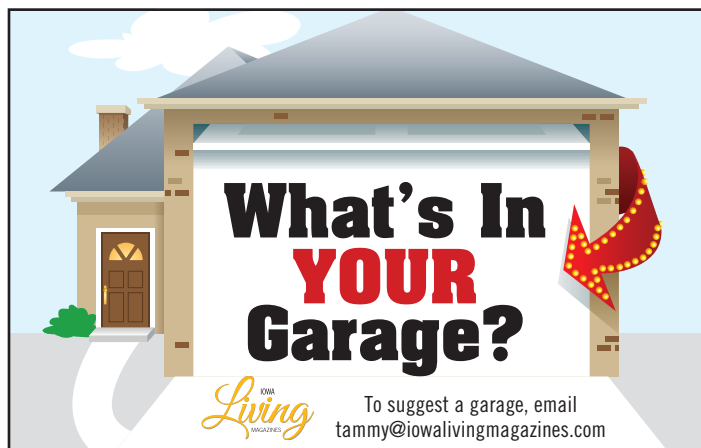
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LOOKING back on SummerFest

Earlier this month, our community “Dino-soared” into Ankeny SummerFest for the first time in three years. The past few years have presented challenges with COVID-19, inclement weather, and other obstacles our business community navigated during these times of uncertainty.

As the presenting sponsor of Ankeny SummerFest, Karl Chevrolet worked closely with the Ankeny Chamber of Commerce to ensure we were able to enjoy the annual fireworks, even if Ankeny SummerFest was unable to happen the past couple of years.

Carl and Penny Moyer have always focused on giving back to the community of Ankeny, and that is why Ankeny SummerFest is so important to them and our Karl Chevrolet family. This is an annual opportunity for our company to support all things Ankeny and give our residents the ability to enjoy a weekend of fun activities with their family and friends as a thank-you for all of the support the community gives us.

The Ankeny Area Chamber of Commerce promotes economic development, strengthens our business climate, and enhances the quality of life in the Ankeny area — and SummerFest is one of the great avenues in which our Chamber does this. A portion of SummerFest proceeds are given back to those local volunteer groups who help make the event happen each year.

Moving to a new location at The District at Prairie Trail was not taken lightly. The hope was to provide more exposure for our local business community while looking to the future of Ankeny SummerFest, with the opportunity to expand and grow offerings in coming years. The infrastructure at the old site was not set for growth, and as our community grows both in residents and businesses, we felt it important to find a location that could accommodate future ideas, exposure and changes to this already wonderful event.

As the presenting sponsor, we are thankful for the opportunity to welcome our community back together and celebrate the wonderful city of Ankeny in the new SummerFest location for years to come.

I hope our community understands the amount of effort and countless hours our volunteers, Chamber staff, City staff, fire, EMT, police, public works, District staff and others committed to make this a great event in 2022. If you have some ideas to share, the SummerFest Committee and the Ankeny Chamber always need additional volunteers to pull off this great event. We would love to have your passion on our team. There is no better way to continue the celebration of our great community than with great ideas from those who live and work here.

Karl Chevrolet proudly supports the Ankeny community, the Chamber and all of our customers who allow us the opportunity to sponsor many great events like Ankeny SummerFest each year. We can't wait to celebrate with you all again next year for Ankeny SummerFest: July 7-9, 2023 in The District at Prairie Trail. ■

Information provided by Tony Mills, Chief Marketing Officer of Karl Chevrolet, Ankeny Area Chamber of Commerce Executive Board.



Ankeny Chamber
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OUT & ABOUT



A ribbon cutting was held for RE/MAX Precision, 225 N.W. 18th St., on June 23.



A ribbon cutting was held for Shopko Optical, 110 N. Ankeny Blvd., on June 6.



Katey Koppes, Mollie Frideres-Smith, Chris Ryan and Dena Butler at Lattes & Leads at Mainstream Boutique on June 28.



Marquel Stuedemann, Corrie Davis, Jeanie McCann and Michelle Scheid at Lattes & Leads at Mainstream Boutique on June 28.



Leslie Mayo and Chase Netusil at Lattes & Leads at Mainstream Boutique on June 28.



Kristian Shatto and Julie Mangels at Lattes & Leads at Mainstream Boutique on June 28.



Corey Morrison and Lindsay Gustafson at Lattes & Leads at Mainstream Boutique on June 28.



Anthony Garcia, Brent Lindquist and Cameron Rozendaal at Lattes & Leads at Mainstream Boutique on June 28.



Christine Tumea, Faith Wallace and Marie Keding at Lattes & Leads at Mainstream Boutique on June 28.



Mary Draayer, Shawna Koffler and Jessica Moeller at Lattes & Leads at Mainstream Boutique on June 28.

OUT & ABOUT



Edna Jablonski with Jaelyn at Pizza Fest at the District at Prairie Trail on June 4.



Jordan Schafer at Pizza Fest at the District at Prairie Trail on June 4.



Jodi Baker, Scott Baker, Heather Dougherty and Mia Mulholland at Pizza Fest at the District at Prairie Trail on June 4.



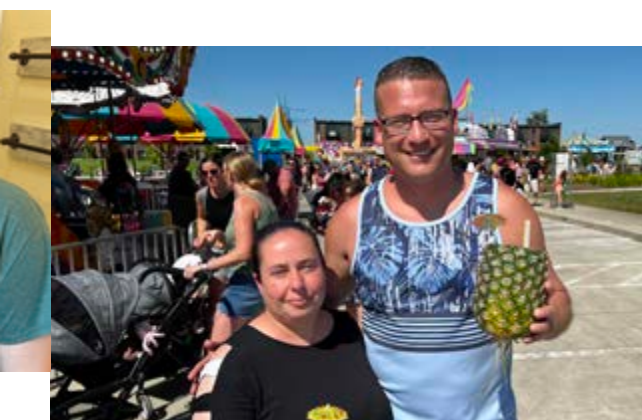
Kelsie Gordon, Kadyn Steinborn, Paul Paintner and Thomas Steinborn at Pizza Fest at the District at Prairie Trail on June 4.



Naveah, Shannon and Peter Martinson at Pizza Fest at the District at Prairie Trail on June 4.



Eva and Jeff George at Pizza Fest at the District at Prairie Trail on June 4.



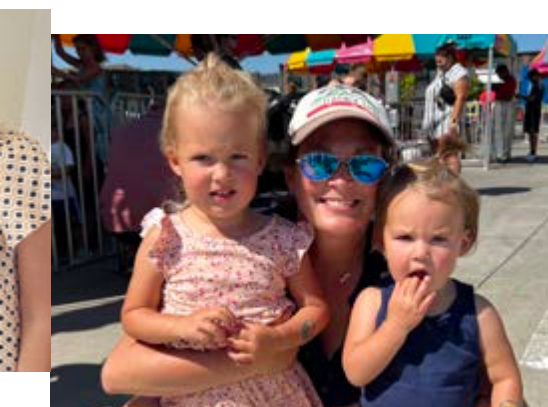
Theresa and Victor Martinez at Ankeny Summerfest at the District at Prairie Trail on July 10.



Ulrich and Amber Klingenberg at Pizza Fest at the District at Prairie Trail on June 4.



Ethan, Tyler, and Ella at Pizza Fest at the District at Prairie Trail on June 4.



Kristi Strode with Kelsie and Hailey at Ankeny Summerfest at the District at Prairie Trail on July 10.



Lily, Stacy and Mike Frelund at Ankeny Summerfest at the District at Prairie Trail on July 10.



Tom, Diesel and Shelby Allgood at Ankeny Summerfest at the District at Prairie Trail on July 10.

CLASSIFIEDS

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