JUNE 2022

# DINOSO ANKENY

Fun, food, fireworks and more at SummerFest

# Grimes makes chairs for causes

WHERE WE LIVE

ANKENY

# Makerspace helps get projects done 📈

LIBRARY

Southwest steaks with creamy peppercorn sauce

MAGAZINE

RESIDENTIAL CUSTOMER BIG GREEU UMBRELLA MEDIA 8101 Birchwood Ct. Ste. D 10hnston, Iowa 50131





# ANKENY'S PREMIER | ASSISTED LIVING | MEMORY CARE



455 SW Ankeny Rd, Ankeny | www.edencrestsienahills.com

# **WELCOME**

# **CREATING** memories

Everyone loves a parade, right? But why? Well, you don't have to look far at parades to see 5-year-olds waving for candy or retired folks enjoying shade in their lawn chairs — and every other age in between, too. Parades simply make people of all ages smile. And why not?



But parades are only part of what makes community festivals so great. The phrase "something for everyone" is often overused, but it rings true

with festivals. OK, maybe the fireworks aren't every child's favorite. I remember many a tear from our toddler children when they first saw and heard fireworks in the sky. As I recall, the dog wasn't too fond of them either. But most everyone else seems to enjoy fireworks. I know I do.

Don't forget the food. This is the one time of year when it is OK to devour the foods that you may try to avoid the rest of the time. I mean, who can resist a funnel cake? Or a greasy cheeseburger? Or ice cream?

There is something about carnivals that make me smile, too. Maybe it's the lights and the music. Or maybe it's those seemingly simple games and the big prizes that nobody appears to win. Or maybe it's the carnival workers and their amusing salesmanship that draws me in. As much as things in this world change, the carnivals today seem much like they did when I was a child — and that's just fine with me.

Nowadays, live music has also become a staple in community festivals with a variety of genres and levels of talent. There's nothing like a cold beverage on a hot night with some friends while tapping your toes along to your favorite songs.

Of course, not every community festival has a parade, fireworks, a carnival or live music. Each has its own specialty, but they all create one thing: memories. Make yours this year at Ankeny SummerFest. Look inside for details.

Thanks for reading.

SHANE GOODMAN Publisher 515-953-4822, ext. 305 shane@dmcityview.com



Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



 Tammy Pearson
 Aaron Burns

 Editor
 Advertising A

 515-953-4822 ext. 302
 515-953-4822

 tammy@iowalivingmagazines.com
 aaron@iowalivi







Circulation and readership audited by Circulation Verification Council

The Charter Bank Difference

From our personal banking relationship to our business banking relationship for Climb Iowa — I value what Charter Bank offers! I love the fact that when I go into Charter Bank, the team recognizes me and knows my name! Charter Bank is an asset to our community!

DIANE BRIDGEWATER Co-Owner Climb Iowa & Charter Bank Customer for 14+ Years



Brien Scandridge AVP Lending Johnston



Josh Snyder VP Market Manager Ankeny





The carnival offers rides and fun for kids of all ages. Photo by Todd Rullestad

# **By Ashley Rullestad**

DIN

For more than 50 years, Ankeny SummerFest has brought residents of Ankeny and the surrounding area together for three days of music, carnival rides, great local food and fun. Every year, committee members, staff and volunteers work diligently to bring the festival to life. After its cancellation due to COVID in 2020 and 2021, organizers are thrilled to be back with a full slate of events July 8-10 in a new location — the District at Prairie Trail.

into

With the location change, festival-goers should be mindful of the fact that parking at the District is limited. In order to accommodate attendees, parking is available at the DMACC Ankeny Campus, 2006 S. Ankeny Blvd. A shuttle bus will pick up and drop off guests at the flag poles in the main parking lot. Residents are also encouraged to take advantage of Ankeny's trails and walk or bike to SummerFest. A bike valet will be available, and bikes will be monitored while on site. Fun, food, fireworks and more at SummerFest

# FEATURE

"Moving Ankeny SummerFest to the District at Prairie Trail takes an iconic event and puts it in the middle of a business district where so many of Ankeny's entrepreneurs can benefit from all the people who travel to Ankeny for this event," says Ankeny Area Chamber of Commerce Board Chair Julie Mangels. "It also provides amazing amenities and has handicap/stroller accessibility. The community has been asking for a change for years. The time has finally arrived."

## The fun begins

SummerFest starts Friday, July 8 at 5 p.m. with the carnival, open until midnight. Wristbands are available for riders. Friday also features live music with Elizabeth Mary performing at 5 p.m., Casey Muessigmann at 7 p.m., and Zach Miller rounding out the night at 9:15 p.m.

Be sure to enjoy the entertainment garden (all are welcome; must be 21 to consume alcohol) and 18 food vendors that will have tasty eats available starting at 5 p.m. There will be stations located in the Entertainment Garden and near the north entrance to purchase beer tickets. All drink tickets can



The kiddie parade is a fun time for attendees and participants. Photo by Little Love Photography by Amy

be used for domestic and crafts beers along with non-alcoholic beverages. No cash will be accepted at the beer tents.

Kids will be excited to participate in the Kiddie Parade on Friday, July 8, where they are encouraged to embrace the DinoSoar theme and dress to impress. Decorated bikes and wagons are encouraged. The parade line-up is at 5:30 p.m., judging at 6 p.m., and the start at 6:30 p.m. The route begins and ends in front of the Neveln Center and goes north on S.W. School, west on S.W. Second, south on S.W. Pleasant, east on S.W. Third, and south on S.W. School to return to the starting point.



# STRONG LEADERSHIP. MORE AVAILABILITY.



PAT ROMIG Ankeny Market Preside NMLS #1200065



JEANNE GRUIS



JON OLLENDICK Senior Vice Presider Mortgage Banking NMLS #488066



NICHOLLE THOVSON Mortgage Loan Officer & Sales Administrator NMLS #953544



**SCOTT M. ZURBORG** SVP Risk Management & nformation Security Office



KEVIN BROOKS Recutive Vice President, Director of rowth & Relationship Development NMLS #680154



**SCOTT HENRY** Senior Vice President & keny Senior Loan Office



ANDY SCHNURR etail Banking Office NMLS #552735



KAREN BISHOP Universal Banker I

**ANKENY** 2010 N Ankeny Blvd, Ankeny, Iowa 50023 515.965.9500



### 6 Ankeny Living magazine JUNE | 2022 www.iowalivingmagazines.com

# FEATURE

# Parade highlights on Saturday

Starting bright and early on Saturday morning at 7 a.m. is the Kiwanis PancakeFest with all-you-can-eat pancakes and sausage, along with milk, juice, water and coffee. It's \$5 per person (free for children age 3 and younger) and features a "breakfast to go" option. Take breakfast back to friends along the parade route or eat at the bandshell.

Then it's time for everyone's favorite — the grand parade. This year, there are changes to the parade staging area and parade route. Participants will get ready to go at Ankeny High School before the parade gets rolling from Southview Middle School at 9 a.m. The parade will head north on Cherry, cross First Street and continue north on N.W. Ash before turning east on N.W. 18th and heading back to Northview Middle School, where it ends.

The changes are due to construction projects — both current and future. For those participating in the parade, decorated floats are highly encouraged. Registration deadline is Tuesday, July 9 before 5 p.m., and fees vary from \$10 to \$50.

After the parade, Saturday afternoon is chock full of events — a bean bag tournament, sand volleyball tournament, pie and ice cream social for Habitat for Humanity, watermelon feed, and more carnival fun.

One of the most popular events of SummerFest, the Cardboard Boat Regatta, is Saturday at Prairie Ridge Pond at 2 p.m. This event is celebrating its 23rd anniversary as a SummerFest spectacle, where the challenge is to design and build a person-powered corrugated cardboard boat that is capable of racing — or at least floating.

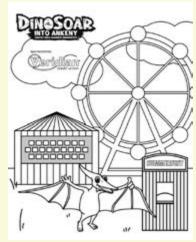
Teams are divided by age, and prizes will be awarded for the winners, most creative boat, and the most notable sinking "Titanic" award. Don't miss this opportunity to watch friends and neighbors test their homemade boats. Costumes, decorations and a cheering section are encouraged. Entry fee is \$10.

Saturday evening features an adult kickball tournament at Miracle Park, as well as more fun in the Ankeny Area Chamber Entertainment Garden with the sounds of local favorites Dirty Rotten Scoundrels starting at 6 p.m. followed by the Pork Tornadoes at 8 p.m.

# SummerFest Coloring Contest

Kids! Show your wild side of coloring in the annual SummerFest Coloring Contest. Make the SummerFest judges roar by using your creative coloring skills on the DinoSoar into Ankeny coloring sheet.

Children ages 10 and younger can enter the contest. A winner in each age category will be selected. Winners will receive a wristband to the SummerFest carnival and will also be recognized on stage at SummerFest.



The deadline to enter is Friday, June 28. Age categories are 1-3, 4-6 and 7-10 years old. The coloring contest entry form is available at https://ankenysummerfest.com. ■

# FEATURE

## Family Fun Day and fireworks finale

Be ready to rise and shine bright and early, as Sunday morning features the Ankeny SummerFest 5K and 1-mile walk/run and kids run. The race/walk promotes fitness and fun for all.

The afternoon features a fabulous family SummerFest event — Family Fun Day. Head on over to Prairie Ridge Stadium from 3-6 p.m. for events sure to be fun for the whole family. Activities include superheroes, a princess, arts and crafts, petting zoo, water laser tag, giant inflatables, wild water party, and much more.

Happening at the same time on Sunday is Grown Up Game Day. This event used to be for those 21 of age and over, but now anyone can attend. Games will include giant pong, giant Connect 4, cornhole, life-size foosball and more. Also from 3-6 p.m., the Ankeny Area Chamber Entertainment Garden will feature live music with opening band Brother Bailey, followed by The Maytags, and headliner Towncrier.

Stick around for a fireworks display that night that is sure to be spectacular at 9:30 p.m.



Fireworks are a staple of Ankeny SummerFest. Photo by Little Love Photography by Amy



# FEATURE

# SummerFest Carnival

Check out these times and specials and enjoy all the rides.

**Thursday: 5-11 p.m.**, \$20 wristband special featuring unlimited rides until 10 p.m.

Friday: 5 p.m. to midnight, no special pricing

**Saturday: 1 p.m. to midnight**, \$20 wristband special featuring unlimited rides from 1-5 p.m.

Sunday: 1 p.m. to 11 p.m., \$20 wristband special featuring unlimited rides from 1-5 p.m. ■

over Prairie Ridge pond.

Co-chair Sara Volkmann says she is amazed at how much there is to do for people of all ages at SummerFest.

"I thought I knew the event before I stepped up to co-chair, but I have been blown away with all the activities around the community and on grounds for SummerFest. From all the tournaments, kiddie parade, cardboard boat regatta, bands, carnival and free family funday,



What would SummerFest be without live music? Be sure to catch the live entertainment. Photo by Little Love Photography by Amy

everyone can easily find something fun to do. I'm very excited for this upcoming year and feel blessed to be able to be a part of such a great event." For the latest information on all SummerFest has to offer, check out https:// ankenysummerfest.com. Registration information is included for each event.



# **SUMMER** time!

Faith takes a break (?)

FAITH

Summer is finally here. Schools are out, vacations are being planned, picnics spread out across city parks, and summer sporting events fill our stadiums. People are outside walking their dogs, cats and small goats/pigs. There is a spirit of freedom, relaxation and rest abounding across our community.



And, I have great news for you. The God of the universe/cosmos, the same God who exists in and through and outside of all time, recognizes summer in our little state of Iowa as the Universal Summer Season. It might even be the 12th or 13th commandment... Thou shalt take a faith break in the summer. As a pastor in Ankeny, I'm not even sure I'll come to work the next 2.5 months. I've tucked my Bible away on a shelf and pulled out People magazine to read on the porch instead. I mean, of course, I'll pray when I remember... but it's vacation season, baby! (Sigh.)

And that's the temptation in any season isn't it especially in seasons where the sun shines (literally or metaphorically)? When the sun is shining, it is easy for me to forget about God. It becomes easy for me to schedule things overtop of connecting with or serving God when life is handing me beauty and blessings and summertime feelings day after day.

And, yet, when the darkness rolls in, when cooler temps or cooler feelings of fear, doubt, dismay, separation, longing or hopelessness invade, I sense a profound desire to run to God. I want to hold fast to God in the winter, the cold, the dark, the gloom and the rain.

Even "crazier," it turns out we aren't all celebrating the same season all of the time. We all have unique experiences and aren't necessarily sharing summer right now. So, what do we share? We share abundant grace, mercy and love from God. We share the love of a God who desires our attention and relationship no matter the season.

So, let us resist the temptation — in any season — to take a break from God. This summer, stay active in your prayer life. Keep making time to read your Bible. I can nearly guarantee that none of your respective worshipping places or pastor types have any desire to slow down or stop sharing the good news of Jesus with you and our community.

So, sure, take a break. But be careful to include God in the "break" — and in every season. Remember that our faith can continue to grow (right along with our waistlines) at picnics, parks and ballgames.

God really loves you.

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



# **OUR PRAYER**

God - Let Your light shine through me so that others can know You.

For more information about our 3-Site church, or to join us for

www.ankenyfirst.org

# home th summer

Bonnie CRS, GRI, e-PROB CDPE, CNHS CHRISTENSEN

225 NW 18th St, Ste 103, Ankeny 515-971-9973 bonniebrc@msn.com

RE/MAX PLATINUM CLUB: 2011-2021 RE/MAX HALL OF FAME : 2011-2016 FACH OFFICE INDEPENDENTLY OWNED AND OPERATED www.BonnieSellslowa.com

# Your Mortgage Professional

II MLS

//**/**/

BONNIE CHRISTENSEN

RE/MAX

For more than 100 years, buyers have counted on Bankers Trust to help them with all of their financial needs. The Bankers Trust mortgage department has a variety of loan products available to meet your needs today.



**Mindy Selix** NMLS ID#: 571223 (515) 222-2017 MSelix@BankersTrust.com BankersTrust.com/mindy-selix

**Yvonne Silvers** NMLS ID#: 571224 (515) 222-2005 YSilvers@BankersTrust.com BankersTrust.com/yvonne-silvers

# 1925 N. Ankeny Blvd., Ankeny

BANKING | LENDING | WEALTH MANAGEMENT



# **REAL ESTATE** By Bonnie Christensen

# HOW TO prevent (home) buyer's remorse

You can make a successful offer on a home even in a competitive market — with the right information and help.

When you're house hunting, the pressure of competition can move you from "Hmm, I like that, but it's too pricey," to "I have to have that!" You think, so what if paying for this house will put me way over budget? I can cut back somewhere else, right? But that kind of thinking can get you into trouble — trouble that's totally avoidable.



### Who has homebuyer's remorse and why?

A competitive real estate market can set buyers up to purchase a home that's either beyond their budgets or doesn't meet their needs, according to a 2021 survey by Bankrate and YouGov. The survey found that recent homebuyers, including 64% of millennials, had regrets about their home purchase. The top reason? They were unprepared for maintenance and other homeownership-related costs. On top of that, 13% of millennials said they think they paid a higher sales price than they should have.

### How to navigate house hunting in a competitive market

In addition to pressure to exceed their budgets and rising interest rates, buyers are facing hurdles like these five:

1. Requests to waive contingencies: Eliminating these protections can end up costing money for buyers. And the more offers the buyer writes and loses, the more risk they'll tolerate. So, they may waive contingencies and regret it later. Talk to a buyer's agent who will guide you through this and explain the risks of removing protections and unknown variables.

2. Speed showings and decisions: Take notes immediately after viewing a home. If you're able to prepare beforehand, create a list of wants and requirements in priority order. Immediately after seeing each home, rank it based on the list.

3. Focusing on the top of your price range: If \$300,000 is your upper limit, look at houses priced at \$250,000 or \$275,000. Otherwise, you're going to be outbid from the gate every time.

4. The need to compromise: Buyers may have to adjust their wants to their needs. Or maybe adjust the desired location to something "near" that desired location.

5. Information overload: Some agents hold an accredited buyer's representative designation but usually work with sellers as well as buyers. An agent with an accredited buyer's representative designation has taken extensive buyer's representation training. They'll provide education to buyers so they're learning as much as they can about the market, including the risks involved with different negotiations. If buyers are going to shorten terms or remove protections, they need to be well informed about the pitfalls. 🔳

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

# THE SOCIAL Security decision: marriage, divorce and death

For many of the individuals and families we work with, Social Security makes up 20-30% of their retirement income. You could have up to 81 options for electing this important benefit if you are married.

When it comes to Social Security benefits for spouses, the determining factors are the length of the marriage, work history, and the age of both spouses. Each spouse needs ten



years of work history to qualify for individual benefits. However, your full retirement age benefit is based on an average of your 35 highest wage-earning years. Each spouse will automatically receive the highest amount for which they are eligible — either the benefit based on their own work record or a derivative (up to 50 percent) of their spouse's benefit. For instance, a wife may qualify for a higher benefit based on her husband's work history over her own. You can qualify for spousal benefits if your spouse is already collecting Social Security, you have been married for at least a year, or you are at least 62 years old.

The rules change in cases of divorce. For a divorced spouse to receive benefits based on the ex's work history, the couple must have been married for 10 years or longer, and both must be age 62 or older. If a former spouse is eligible for a benefit but has not yet applied for it, the ex may still apply for the spousal benefit as long as they have been divorced for at least two years. Claiming benefits on your ex-spouse triggers a spousal benefit, which is worth a maximum of 50% of the retirement benefit. Then you can take retirement benefits based on either your work history or half of your ex-spouse's, whichever is higher. If your ex-spouse remarries, you can still claim benefits. If you began drawing ex-spousal benefits, then remarry, then typically, those payments are terminated.

Widows and widowers are entitled to 100 percent of the higher earner's retirement benefit if the decedent spouse had reached full retirement age before death. A widow(er) may receive 71.5 percent of the decedent spouse's benefit once they reach age 60. A surviving spouse may claim a reduced benefit on one working record and then switch to the other. The higher earner can increase the survivor's benefit by waiting to receive benefits until age 70.

These are just some of the rules for electing Social Security. It's not your job to know all of them; working with a retirement planner who does will help you maximize this vital piece of your retirement income.

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

# GIVE THE GIFT OF LIFE. BLOOD DRIVE

WEDNESDAY, JUNE 29TH MERKLE RETIREMENT PLANNING 1860 Princeton Drive Grimes, IA 50111

Scan the QR Code on the right to sign up for a time and use our sponsor code **MerkleGrimes**.







# **PARTICIPATE IN ONE OR BOTH** SUMMER STIR EVENTS.

JUNE 24, 2022 **COURT AVENUE** 

JULY 22, 2022 **EAST VILLAGE** 





\*\$30 AT THE DOOR

# SPONSORED BY: **DRF**SPORTSBOOK

More information and tickets available at: summerstirs.com

# **EVENTS IN THE AREA**

Check for cancellations

# **Camp Dodge Summer Concert Series**

Various dates, concerts start at 7 p.m. Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

• June 23: 34th Army Band (Stars & Stripes Night)

• June 30: Dick Danger Band (Throwback Thursday & Car Show)

# **Music Under the Stars**

June 19, 26, July 3 and 10, 7-8:30 p.m.

West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit www.musicunderthestars.org.

# **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: June 23, Rhythmatics; June 30, Jimmy the Weasel; July 7, Bittersweet Nation; July 14, Toaster; 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.

# Prostate Cancer Awareness golf outing

Wednesday, July 6 Briarwood Club of Ankeny, 3405 N.E. Trilein Drive, Ankeny

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising golf outing. Funds raised stay in the area to provide support and awareness to men and their family affected by prostate cancer. For more information, including partnership opportunities, visit www.prostatecancerawarenessofcentraliowa.com.



# **EVENTS IN THE AREA**

Check for cancellations



**Ankeny Pride** 

Friday, June 17, 5-9 p.m. Rainbow Run Saturday, June 18, 8:30 a.m. Ankeny Market & Pavilion, 715 W. First St.

Join your friends and neighbors for the first ever Ankeny Pride. Bring a chair or blanket, enjoy free food and entertainment, and peruse the vendors on hand. At 5 p.m. are Celebrity Read Out Louds, yard games, makeup, face and nail painting, crafts, balloon animals and more, followed at 7 p.m. by Magician Mikayla Oz and, at 8 p.m. the Pride of Ankeny Showcase hosted by Miss Central Iowa Youth Pride Vivian von D. Continue the fun at Movies Under the Stars or with discounts at uptown partners Firetrucker Brewery, Trailside Tap and Uptown Garage Brewing.

Return Saturday morning for the Rainbow Run on the High Trestle Trail then discounts at Firetrucker and Uptown Confections & Curiosities. No registration is required, pets are welcome, and you choose your distance. Prizes will be awarded for best dressed.

### **Juneteenth Festival**

Saturday, June 18, 3-10 p.m. The District at Prairie Trail, S.W. District Drive

Ankeny Community Network is holding a Juneteenth Festival. Juneteenth is a federal holiday commemorating the actual end of slavery in the United States. It marks the date — June 19, 1865 — when a Union general arrived in Galveston, one of the last Confederate holdouts, with word of President Abraham Lincoln's 1863 Emancipation Proclamation. Join the celebration which will feature entertainment and food.



### **K-8 Summer Camps** Various dates Ankeny Art Center, 1520 S.W. Ordnance Road

Ankeny Art Center's Summer Camp program for area students grades K-8 continues to grow. These camps give children the opportunity to keep learning throughout the summer and keep those creative juices flowing. 2022 Summer Camp weeks are: Tuesday, June 21 - Friday, June 24; Tuesday, July 12 - Friday, July 15; and Tuesday, July 19 - Friday, July 22. For details and registration, visit ankenyartcenter.com/k8-summer-camp.



# **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:

- June 24: "Sing 2" (PG)
- July 15: "Luca" (PG)
- July 22: "Encanto" (PG)

• July 29: "The Boss Baby: Family Business" (PG)

# Summer workshops for adults

Various dates Ankeny Art Center, 1520 S.W. Ordnance Road



The Ankeny Art Center offers several workshops for adults, such as Fiber Exploration: Learn how to work with fibers such as yarn, thread and wool to make unique pieces of artwork; Art Journaling: As a form of self-expression, use mixed media to discover the joy of making just for the sake of creating; Watercolor Painting: Explore your creative side and learn to paint with watercolors; and Acrylic Painting: Learn the basics of acrylic painting in this workshop and make your own painting after. To learn more and to register, visit https://ankenyartcenter.com/adult.

### Artist shows at the Ankeny Art Center Through June 27

### Ankeny Art Center, 1520 S.W. Ordnance Road

The Ankeny Art Center is dedicated to promoting and supporting Iowa artists. By engaging emerging artists in the area, the Center can change its art exhibitions about every eight weeks. Currently on display are the Robert Kennon exhibit and the Momentum Art Program exhibit. Receptions and exhibits are free and open to the public. Enjoy free food and drink during the receptions and chat with the artist. The Ankeny Art Center's hours are Tuesday through Saturday, 11 a.m. to 4 p.m., and Thursday, 11 a.m. to 7 p.m.



# **EVENTS IN THE AREA**

Check for cancellations



# **Golf Fore Education**

Wednesday, June 29, noon shotgun start Briarwood Golf Club, 3405 N.E. Trilein Drive, Ankeny

The Ankeny School District Foundation Golf Fore Education fundraiser is upcoming. More information on sponsorships and registration can be found online at ankenyschoolfoundation.org/ golf-fore-education.

### **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.

## **Shaun Cassidy**

Friday, June 17 at 6:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

1980s heartthrob Shaun Cassidy will visit Des Moines for one night only. The singer, actor, writer and producer rose to fame in high school with hits like "Da Doo Ron Ron," "That's Rock n' Roll" and "Do You Believe In Magic?"

## Appreciation event

Thursday, July 14, from 11 a.m. to 1 p.m. Bankers Trust, 1925 N. Ankeny Blvd.

Bankers Trust will be holding one of its Community Difference Makers celebration at the Ankeny branch. The public is invited to this appreciation event for customers and community members. The event offers free food, while supplies last, games, giveaways and surprise entertainment.

## **BACooN** Ride

### Saturday, June 18 Waukee Northwest High School, 655 N. 10th St., Waukee

If you like biking and bacon, you'll love the BACooN Ride. The annual 71-mile bike ride takes you along the Raccoon River Valley Trail, with several stops featuring bacon snacks and samples, plus bacon-themed drinks at bacon party stops. Start between 6 and 9 a.m. in Waukee, traveling counter-clockwise towards Dallas Center to finish back in Waukee between 2 and 8 p.m. Find more information at bacoonride.com.





We're by yourside so your loved one can stay at *home*.

# Home Instead. To us, it's personal

### Call (515) 221-0866 or visit HomeInstead.com/117

Join us for a free Family Caregiver Support Group 3rd Tuesday of every month, 6:30-8pm. Call for details.

PERSONAL CARE • MEMORY CARE • MEALS AND NUTRITION AND MEDICATION ADMINISTRATION

ach Home Instead® franchise is independently owned and operated. © 2022 Home instead, Inc.



# **EVENTS IN THE AREA**

Check for cancellations

# Neighbors Day — Juneteenth

Saturday, June 18 Western Gateway Park, 1000 Grand Ave., Des Moines

Celebrate 32 years of Juneteenth in Iowa at the annual Neighbors Day festival. Proclaimed a federal holiday in 2021, Juneteenth celebrates the end of slavery in the United States. It marks the date in 1865 when the last slaves in Texas received word of the Emancipation Proclamation. The event will run from 11 a.m. to 11 p.m. Find more details at www. iowajuneteenth.org.

# **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: July 12, NOLA Jazz Band with food by Weinie Wonderland; 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@iowaarboretum.org or 515-795-3216.

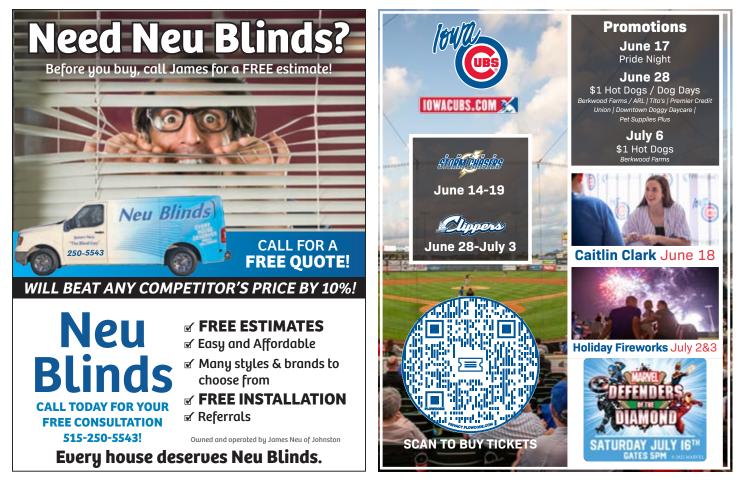


# Levitt Amp Summer Concerts Various dates

Earlham City Park in Earlham

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

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. June concerts are: June 19, Walker County with Dave Thaker Trio; June 26, Radio Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; 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.



# JUNE SPECIALS

\$179 SYNDEO-

HYDRAFACIAL DERMAPLANING LED LIGHT THERAPY

\$150 SAVINGS





**\$99** 

DERMAPLANING

W/MASK & LED

LIGHT TREATMENT

\$75 SAVINGS

SKIN BETTER SCIENCE 10% OFF ONE PRODUCT 15% OFF

TWO PRODUCTS

20% OFF THREE PRODUCTS



HOME HEALTH By Ward Phillips

# **CHOOSING** hospice care is all about living

It may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life — but the key word there is "life." Any stage of life can include purposeful, meaningful moments that make life more than worth living.



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. The type of care you and your loved one select is truly an individual choice. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

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 care, enabling a patient to live life in comfort for the time that remains in his or her life.

Todd of Perry describes his father's hospice experience this way:

"To us, admitting that Dad needed hospice meant he was closer to death than we thought he was, and we weren't ready for that," he says. "We didn't have any idea what it really meant and how it could actually make his life better."

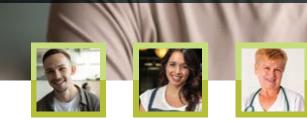
Once Todd's family talked to a family friend who was a nurse and became more comfortable with the idea of hospice, they ended up choosing home hospice, and they actually grew to love the hospice team. Todd's father lived several months longer than his doctor had predicted — a fact that the family credits in large part to the care the hospice team provided him.

If you're considering hospice services for a loved one, do your research; consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of living in the end stages of life. If the answer isn't what you were hoping for, keep looking.

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-beingfocused 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.



# *If it's time for your job to mean <u>more</u>*... It's time for Brio.



# When you join the Brio of Johnston family ...

- You become part of a legacy of WesleyLife's proud service to the Metro and surrounding communities — 75 years of creating experiences designed to help residents, clients, and team members live their best lives.
- You join a welcoming, inclusive culture where team members demonstrate kindness, understanding, and support for one another.
- You don't become "stuck." We offer opportunities to learn, explore, advance, and meet your professional goals.

Jobs are available for **nurses** and **Certified Nursing Assistants**, and other positions are available as well. Call Cindy at (515) 253-2490 to learn more!





# Contact Cindy Severson | (515) 253-2490 | cseverson@wesleylife.org

Independent Living | Assisted Living | Memory Support | Short-Term Rehabilitation | Long-Term Care 6901 Peckham Street | Johnston, Iowa 50131 | wesleylife.org/brio

7

# 

ANKENY AREA CHAMBER SUMMER

AT THE DISTRICT AT PRAIRIE TRAIL PARKING AT DMACC | FREE SHUTTLE NKENYSUMMERFEST.COM

PRESENTED TO YOU BY:

Ankeny

ANKEN

SHARE YOUR FUN THIS WEEKEND WITH **#AnkenySummerFest** 

**FOLLOW US ON SOCIALS!** 

👍 🖸 @AnkenySummerFest 😏 @ank\_summerfest f @AnkenyAreaChamber 🛛 🗿 @AnkenyChamber 😏 @Ankenychamberofcommerce

# FRIDAY, JULY 8

Elizabeth Mary	5pm-6:30pm	
Kiddie Parade Registration	5:30pm	
Kiddie Parade Judging	6pm	
Kiddie Parade	6:30pm	
Located in Uptown   Judging of floats after it's over		
Casev Muessigmann	7pm-8:45pm	

Zach Miller 9:15	ipm-11pm

# SATURDAY, JULY 9

## **GRAND PARADE "DINOSOAR INTO ANKENY"** 9AM

Sponsored by John Deere Des Moines Works See map on the next page or ankenysummerfest.com for route

11am
12pm
2pm-2:45pm
4:30pm-6pm
6:30pm-8pm
8:30pm-12am

# SUNDAY, JULY 10

Knockerball	9:30am
Entertainment Garden Vendors & Carnival Open	1pm
Family Fun Day	2pm-5pm
The Sheet	4:30pm-6pm
Dick Danger Band	6:30pm-9pm
FIREWORKS!	9:30PM

**FIREWORKS!** Sponsored by Karl Chevrolet See ankenysummerfest.com for seating













# WHERE WE LIVE By Lindsey Giardino

# **GRIMES** makes chairs for causes

Hobby benefits others.



Geoffrey Grimes taught himself woodworking and now enjoys having his projects benefit local causes as well as being displayed around the community.

During the early days of the pandemic, Geoffrey Grimes and his wife, Julie, had someone redo the deck at their house. When the laborer finished, Grimes asked if he could keep the old lumber there and get rid of it for him.

One morning soon after, though, he started to consider keeping the extra material.

"I thought maybe I could be silly and try to make a bench, and then I did a picnic table and so on," Grimes says. "Before all this, I never did any woodworking. I didn't even know the names of the tools."

As he was making those first couple items, he found the building process fun. He felt inspired to do more and began to look for free lumber, especially that from old decks.

He thought, "Wouldn't this be funny if I made a double Adirondack chair for my sister," Grimes says. "She said she loved it and said I should post to sell it. I didn't think it would sell, but it took off for me. Then I thought I should give back and help."

So he did.

Grimes' wife and two little ones helped him paint and make a few chairs for local organizations including Ruth Harbor Ministries, the Can Do Cancer auction and Freedom Blend Coffee, which operates under the mission of empowering young adults with work training and life skills.

"I'm glad to help with that," Grimes says.

He's also sold a few chairs at a discount to neighbors and recently



Geoffrey Grimes' wife, Julie, and their children pitch in to help him with projects.

made his 200th chair.

For Grimes and his family, there's no better place to live than Ankeny. Around 40 of his chairs are currently located at residences/places around town.

"We enjoy the sweet spirit here in Ankeny," Grimes says. "I mean, there is always a bad apple, but the tree is filled with lots more good ones here in town, so that's great. I always joke about how it's 72 and sunny in Ankeny even if it's a blizzard, because I am happy here the most."

HVAC

### **By Sam Yeager**

# HOW DO you use your HVAC system?

When your HVAC isn't working correctly, you'll know it. It's time to take a detailed look at the way you're using your equipment to determine the strength of its performance.

### 1. Before summer, how do you prepare your system?

- a. Change the HVAC filter.
- b. Schedule my annual tune-up.
- c. Nothing.

### 2. Your AC isn't cooling your home before an important event. What do you do?

- a. Tell guests to dress cool and bring water.
- b. Schedule an emergency repair.
- c. Put some fans on and hope for the best.

### 3. Your HVAC system's performance has been declining. What's your plan when it's time for a replacement?

a. Let a company choose for me because they are going to give me a "free" furnace, too.

b. Do my research and choose the best system for my budget and lifestyle. I know a company isn't giving me a "free" furnace.

c. Buy the best and most expensive system on the market.

### 4. What do you think you'll find on your next energy bill?

a. More expensive than usual.

- b. Slightly more expensive but typical with the economy.
- c. Not sure, it changes every month.

### 5. What do you do when your HVAC starts to make noises?

a. Attempt to fix it myself; I have lots of tools in my garage.

b. Call an HVAC professional.

c. Hope that it stops.

If you picked mostly Bs, great job. Your HVAC habits are right where they should be, and your equipment is probably well cared for. If you picked mostly As and Cs, you could make some changes to help your system run more efficiently. Find a quality maintenance plan to join and act now, before the summer heat hits.

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



# HEATING • COOLING • GEOTHERMAL

Your Air Conditioner

**Can't Maintain** 

Itself...





SCAN ME

Schedule Today!

The 72 Degrees difference is how we care for our customers. The commitment to customer comfort is the secret to the continued success of 72 Degrees, "The Comfort Company."

(515) 200-2728







Jakeb Bakken Financial Advisor 917 E. 1st St. Schneider's Square, Suite D Ankeny, IA 50021 515-964-1010



Luke A Boyd **AAMS**<sup>®</sup> Financial Advisor 1200 SW State St. Suite B Ankeny IA 50023 515-964-2089



Financial Advisor 303 SW Walnut St. Ankeny, IA 50023 515-964-2323

David Brunelle



Patrick Domann **Financial Advisor** 1690 SE Delaware Ave Suite 103 Ankeny, IA 50021 515-964-1471



Brian D Herbel CFP°, CLU°, AAMS° **Financial Advisor** 917 F 1st St Schneider's Square, Suite D Ankeny, IA 50021 515-964-1010







Financial Advisor 2005 S. Ankeny Blvd.

515-965-6901



Allison Ver Steegt Financial Advisor 215 NW 18th St. Suite 103 Ankeny, IA 50023 515-964-2122

515-965-7853



# Ankeny, IA 50023 515-446-2193 Kent Patterson



Justin Bjerke

Suite 217 Ankeny, IA 50023

AAMS<sup>®</sup>, CRPC<sup>®</sup>, CRPS<sup>®</sup>

**Financial Advisor** 

2575 N. Ankeny Blvd.

515-965-7582

**Financial Advisor** 

3720 N Ankeny Blvd.

Ankeny, IA 50023

**Financial Advisor** 

1255 N. Ankeny Blvd.

Ankeny, IA 50023

Financial Advisor

2505 SW White Birch Dr.

Ankeny, IA 50023

Brandt R Hockman

**Financial Advisor** 

515-965-2473

AAMS®, CRPC®

1610 SW Main St.

Suite 206

515-964-4404

Mark Ellison

515-964-4949

Rvleah Cross

Curt Brooks

AAMS<sup>®</sup>

Suite 102

**CRPC**<sup>®</sup>

Suite 102

AAMS

Suite I

Ankeny, IA 50023

Member SIPC

# Edward **Jones** MAKING SENSE OF INVESTING

# FINANCE By David Brunelle

# **CRYPTO:** Investment or speculation?

With cryptocurrencies so much in the news, you might be wondering if you should invest in them. But "invest" may not be the right word — because, in many ways, cryptocurrencies, or "crypto" for short, are more speculation than investment.

But what's really the difference between a speculator and an investor? Probably the main factor is the differing views of time. A true investor is in it for the long term, building a portfolio that,



over many years, can eventually provide the financial resources to achieve important goals, such as a comfortable retirement. But speculators want to see results, in the form of big gains, right now - and they're often willing to take big risks to achieve these outcomes.

There's also the difference in knowledge. Investors know that they're buying shares of stock in a company that manufactures products or provides services. But many speculators in cryptocurrency don't fully comprehend what they're buying — because crypto just isn't that easy to understand. Cryptocurrency is a digital asset, and cryptocurrency transactions only exist as digital entries on a blockchain, with the "block" essentially being just a collection of information, or digital ledgers. But even knowing this doesn't necessarily provide a clear picture to many of those entering the crypto world.

In addition to time and understanding, two other elements help define cryptocurrency's speculative nature:

• Volatility — Cryptocurrencies are subject to truly astonishing price swings, with big gains followed by enormous losses - sometimes within a matter of hours. What's behind this type of volatility? Actually, several factors are involved. For one thing, the price of Bitcoin and other cryptocurrencies depends heavily on supply and demand — and the demand can skyrocket when media outlets and crypto "celebrities" tout a particular offering. Furthermore, speculators will bet on crypto prices moving up or down, and these bets can trigger a rush on buying and selling, again leading to the rapid price movements. And many purchasers of crypto, especially young people, want to see big profits quickly, so when they lose large amounts, which is common, they often simply quit the market, contributing to the volatility.

• Lack of regulation — When you invest in the traditional financial markets, your transactions are regulated by the Securities and Exchange Commission (SEC), and the firms with which you invest are typically overseen by the Financial Industry Regulatory Authority (FINRA). Other agencies are also involved in regulating various investments. These regulating bodies work to ensure the basic fairness of the financial markets and to prevent and investigate fraud. But cryptocurrency exchanges are essentially unregulated, and this lack of oversight has contributed to the growth of "scam" exchanges, crypto market manipulation, excessive trading fees and other predatory practices. This "Wild West" scenario should be of concern to anyone putting money in crypto.

The cryptocurrency market is still relatively new, and it's certainly possible that, in the future, crypto can become more of an investment and less of a speculation. In fact, Congress is actively considering ways to regulate the cryptocurrency market. But for now, caveat emptor —"let the buyer beware."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by David Brunelle, 303 S.W. Walnut St., Ankeny, 515-964-2323.

### By Gail Barnett

# **DISABILITY** or retirement?

Clients frequently ask what happens when a disabled person meets retirement age. Simply put, when a disabled person attains full retirement age, disability benefits automatically convert to Retirement

LEGAL



Insurance Benefits. Most disabled beneficiaries will notice no difference when they become retirement beneficiaries.

A more complicated issue is whether to apply for disability or early retirement.

Some people close to, but not at, age 62 do not apply for disability thinking they will just wait until they can apply for early retirement. This results in a reduced monthly benefit.

However, if you are having difficulty maintaining employment because of a severe

medical condition or combination of conditions expected to last at least 12 months, you may want to consider applying for both early retirement and Social Security Disability. You can apply for both at the same time, or, if you already have a disability claim filed, you can apply for early retirement while the disability claim is processed. This can provide for monthly income while you are waiting for a decision on your disability claim. Should you be found disabled, you may receive compensation for the period of time you received the lower amount. This back-pay amount can be significant.

The amount of monthly benefits you receive depends on when you are found disabled. Regardless of when you apply, if you are found disabled, and your disability began before the age of 62, you will receive your full retirement benefits. If you are found disabled after the age of 62, your monthly payment will be reduced by the number of months of full retirement benefit, but will still be more than the amount of early retirement. You cannot receive disability and full retirement.

Another factor to consider is Medicare. Individuals are eligible for Medicare at the age of 65. Rather than wait until age 65, disabled persons are eligible for Medicare after they have been entitled to SSDI for 24 months.

If you are close to, or over, the age of 62 and unable to work because of a medical condition, you should consider filing for disability, early retirement or both. Contact an attorney who specializes in Social Security disability claims to find out which options are best for you.

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

# ARE YOU READY?

We can help guide you.

# SUPERIOR SERVICE. LEGAL SOLUTIONS. EXPERIENCED ATTORNEYS SINCE 1987

Wills, Trusts, and Estate Planning 
Probate and Estate Administration Residential Real Estate 
Business Formation and Planning Medicaid and Asset Protection 
Social Security Disability

ATTORNEYS WHO SPECIALIZE IN YOU



# WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider. During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

# Live your best life.

We all want to live our best life. That's why MercyOne offers compassionate, personalized care. We are one team of experts providing easy and convenient access to the care you need to live your life well.

Schedule an appointment at MercyOne.org.



Your best life. Our one purpose.



# HEALTH By Dr. Katrina Smith, MD FAAD

# **TREATING** a sunburn

Finally, summer is here. After a cold, wet spring, we all want to get outside and enjoy the warm sun. Don't forget to wear your broad-spectrum sunscreen and a hat. Too late? You are already sunburned, now what?

Sunburn is redness, pain and sometimes blistering which occurs from too much ultraviolet exposure. This may occur from being out in the sun or using tanning beds. Sunburn is an

inflammatory response indicating damaged skin

cells and DNA, which may lead to skin cancer. While the best treatment is prevention, here are some tips for managing sunburn:

1. Go indoors as soon as you notice a sunburn.

2. Take frequent cool water baths or showers to ease pain.

3. Apply a moisturizer after bathing with aloe vera or soy to soothe the skin and 1% hydrocortisone cream.

- 4. Avoid topical products that contain "-caines" such as benzocaine.
- 5. Take ibuprofen or aspirin to reduce swelling and pain.
- 6. Drink extra water to replenish lost fluids.

7. Don't pop blisters; allow them to heal untouched.

Seek medical attention if you have extensive blistering or develop

chills or fever. If you have questions about sunburn or sun protection, see a board-certified dermatologist.

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

# HEALTH By Shelly Stewart-Sandusky WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When



the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people.

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

# HEALTHY SKIN STARTS HERE

# NOW ACCEPTING **NEW PATIENTS!**





BOARD CERTIFIED. PATIENT FOCUSED.

# **SS** Therapy and Consulting



4725 Merle Hay Rd. Ste 205

2675 N. Ankeny Blvd, Ste 105

# RECIPE

# **MORE** Chef-Worthy Summer Classics

### (Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at OmahaSteaks. com/Summer.

- Recipe courtesy of Omaha Steaks Executive Chef David Rose Prep time: 10 minutes Cook time: 25 minutes
- Servings: 2

## SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt • 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder

### • 1/2 teaspoon cumin

- **PARMESAN-HERB FRIES:**
- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

### **NEW YORK STRIP STEAKS:**

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

# **PEPPERCORN CREAM SAUCE:**

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream • 2 teaspoons peppercorn medley, coarsely
- cracked
- salt and pepper, to taste DIRECTIONS
- To make Southwest steak rub: In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.
- To make Parmesan-herb fries: Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until goldenbrown and crispy.
- In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.
- Remove fries from oven and toss with Parmesan herbs.
- To make New York strip steaks: Season steaks generously with Southwest steak rub on both sides.
- In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

- Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.
- To make peppercorn cream sauce: Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.
- Add beef stock and reduce by 1/3 volume, about 2-3 minutes.
- Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.



# CELEBRATING COMMUNITY **DIFFERENCE MAKERS -THAT'S YOU!**

Bankers Trust is committed to making a difference every day for our customers and communities. We believe our customers are Difference Makers, too! Join us as we celebrate **YOU** this summer.



# Join us at the **Ankeny Branch!**

- **Free Lunch**
- Games and Prizes
- **Surprise** Entertainment

# LIBRARY

### **By Amanda Bellis**

# **MAKERSPACE** helps get projects done

Are you looking to get a jumpstart on some projects? The library's makerspace may be able to help. Located on the second floor, the makerspace is home to several stations which can be reserved



any time the library is open. We recommend making an appointment with library staff the first time you come in so you can learn how to use the equipment. Once you're comfortable with how it works, you can schedule an appointment to come in whenever you like. Appointments are to ensure we do not double book the stations and can be booked using the library market room reservation system at www.ankeny. librarycalendar.com/reserve-room.

If you're looking to preserve your special memories, we have stations to digitize video from VHS and 8mm or Super 8 reel-to-reel, audio from vinyl and cassette tapes, and photos from film negatives, slides or printed snapshots. We can also scan and digitize documents. From there you can save your video, audio, or photo files to a flash drive or burn them to a DVD or CD. This is a great way to preserve all of those old home movies and baby pictures. Both the video and audio conversions are real-time conversions, meaning that the video or audio must play all the way through to complete the process (so a two-hour VHS tape would take two hours to convert). Though the process can take a while, there are stopping points built in so you can complete your project over multiple days.

If your spring projects fall more on the crafty or creative side, you may want to explore the Cricut machine, sewing machine or serger. Bring your own materials to cut your design on the Cricut, which is perfect for scrapbooking, iron-on designs for T-shirts, mugs, water bottles, stickers and more. Want to revamp or restore your closet? Our sewing machine and serger station is a great option. Bring your fabric or clothing items in to hem, patch holes, or create something entirely new.

If you've ever thought about starting a podcast, our sound booth offers the perfect recording setup. Sound paneling on the walls helps to dampen background noise, and the dual microphone and headphones setup is perfect for two people to record.

Our green screen and 3D printer stations offer chances to have fun as well. Whether you create your own design or find one online, we can print your 3D creation for you. The cost is \$0.25 for every 15 minutes of printing, and we have a variety of filament colors available.

We would love for you to stop in and check out all that the makerspace has to offer. Even if you're not sure where to start, we'd be happy to show you around and answer any questions you might have. Contact the library to set up an appointment and come explore all of the ways our makerspace can make your life easier and a bit more fun.

# BEFORE YOU GO By Jan Shawyer

# **DEATH** certificate

Certain information is required by the Board of Health in order to issue a death certificate. This information is provided by the family.

While often commonly known, at the time of death, family members may not be thinking clearly enough to supply the needed information. It is wise to have your vital statistics written down so your family will have access to them when needed.



This information should include: full name,

address and phone number; date of birth; place of birth; father's full name and place of birth; mother's full maiden name and place of birth; whether a U.S. citizen; how long you have lived in the state/city; name and address of your place of employment, your occupation and title; Social Security and Veteran's serial numbers; religious affiliation.

The death of a loved one is extremely difficult for the family - no matter if sudden or following a lengthy illness. Having this information written down and kept with your important papers will be a huge help. What takes a few minutes for you to complete will save your family a great deal of time and energy later.

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.



# Highland Memory Gardens Cemetery

One NE 60<sup>th</sup> Avenue, Des Moines, IA, 50313 Located on 2nd Avenue, 1 mile north of I-35/80 515-289-2230 | www.highlandmemorygardens.com

# **Care for the Entire Family NEW PATIENTS ALWAYS WELCOME**

- Neck & Back Pain
- Sprain / Strain Injuries
- Headaches / Migraines
- Sports & Auto Injuries
- Food Sensitivity Testing FOOD SAFE

# Is Back or Neck Pain **Impacting Your Life?**

# NON-SURGICAL, DRUG-FREE procedure for

- Degenerative Discs Herniated Discs
- Sciatica Bulging Discs
- Radiculopathy
- Facet Joint Syndrome

# SAFE AND PAIN-FREE

SpineMED<sup>®</sup> spinal disc decompression is a safe and pain-free procedure designed for back and neck pain.

unloading due to non-surgical distraction and positioning. The only SpineMed table in **Central Iowa!** 

\* Spinal Decompression, that is,



CHRISTOPHER M. RENZE DC. DIBCN Palmer Graduate **Board-Certified Chiropractic Neurologist** 



# WELLNESS By Christopher M. Renze, D.C.

# **FACET** joint syndrome

You awaken with a "catch" in your neck. It hurts to move your neck in any direction, and you can not alleviate the discomfort. You don't recall doing anything earlier that night or in the previous days that would cause such discomfort. What could possibly be wrong? You are likely suffering from a facet joint syndrome.

To understand the cause of a facet joint syndrome, we first must understand the anatomy involved. The neck consists of seven movable vertebrae, each with a disc-shaped shock absorber between them. Each vertebra is linked to the vertebra above and below with bony structures called facet joints. The facet joints are like drawer guides that keep the vertebrae in alignment, functioning together as a tracking mechanism. The facet joints keep the vertebrae moving smoothly without dislocation.

Typically, there is no significant trauma that causes facetjoint irritation. More often than not, it is simply caused by sleeping in a compromised position such as lying on your side on a couch with your head propped up against the armrest, sleeping while seated upright on a plane, or sleeping with an unfamiliar pillow.

A facet joint syndrome evolves in stages. It begins with a facet joint being immobile, which causes swelling. If caught early enough, the condition is easily treated with spinal manipulation. If the facet joint is left untreated and stays immobile and swollen, the neck muscles will reflexively respond by contracting on the opposite side, thereby pulling your head away from the swollen facet joint. This is sometimes referred to as torticollis. Once the muscles are involved and spasms are evident, a vicious cycle begins. Normal facet-joint motion needs to be restored in order for the joint to heal. However, muscle spasms are preventing the natural movement. This leads to further facet-joint irritation, with further muscle contractions and spasms to follow. This condition self-perpetuates and can become chronic, leading to facet-joint arthritis if left untreated.

As previously mentioned, the cause of the condition is the immobile and swollen facet joint that causes the muscle to contract. The contracted muscle is not the cause of the condition. If the immobile facet joint regains natural movement through specific spinal manipulation, the muscle contraction will typically resolve without further intervention. Treatment needs to be directed at the cause, not at the secondary symptoms. Many times, patients have previously received care that inadequately addressed the true mechanical component of the problem. A chemical problem needs a chemical solution, and a mechanical problem needs a mechanical solution. Chiropractic spinal manipulation provides a safe and effective mechanical solution for facet joint syndromes.

If you or someone you know may be suffering from a facet joint syndrome, contact your chiropractor. They 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.

# EDUCATION By Ashley Rullestad

# **MEET** Erica Maeder

Enjoying the eagerness and wonder within kindergarten students

Erica Maeder has been teaching kindergarten for three years at Crocker Elementary. Beginning her teaching career the year when COVID resulted in school shut-downs was a challenge, and it's been a crazy ride ever since.

"Teaching kindergarten is a joy because every day is new. I believe there is a joy and an opportunity that students have in their first year of elementary school that they don't get in any other grade, and I get to witness that. There is so much excitement, eagerness and wonder within kindergarteners."



Erica Maeder finds many rewards, as well as challenges, in teaching.

For Maeder, the rewards far outweigh the challenges of teaching. That being said, there are challenges that come with the job.

"It is difficult for me to leave school at school. Every night I come home, I bring work to get done in order to be prepared for the days and weeks ahead, I think about what I could have done better or different that day. Challenging student family situations and their individual struggles and difficulties are what keep me awake at night, and some days are physically, mentally and emotionally draining."

That doesn't compare to the joy she feels seeing students master a skill they have been learning, seeing the look on their faces when they hear exciting news, receiving endless hugs and artwork she's gifted, and teaching students skills they will be able to apply throughout their lives.

She likes knowing she is able to give students an opportunity to learn independence and helping them develop socially, emotionally and academically along with building a strong foundation in each of these areas. Building relationships with families and lasting relationships with students is also rewarding.

And, when it comes to funny moments, Maeder says there are too many to mention.

"Kindergarteners really are hilarious and say the funniest things. I always love the end of the year because it is so bittersweet. It is usually the time students show their emotions and share how much they loved our class family. This always fills my heart with joy and hope that they will continue to lean on me even when I am not their teacher."

When she's not at Crocker, Maeder spends as much time as she can with her husband, Hunter. They enjoy home DIY projects, going on walks together, talking about their days, staying connected and involved within their church, spending time with friends and families, and especially planning for the arrival of their first baby girl this fall.

"I feel like, as long as my students know each day they are loved, celebrated, cherished and feel their worth in this world, I feel that my job has been done."

# $\star$ $\star$ $\star$ $\star$

# **Five-star Medicare Advantage plans**

### **Five-star quality and service**

You deserve quality and service from your medical coverage. And you'll get just that when you choose a UnitedHealthcare® Medicare Advantage plan. The Centers for Medicare & Medicaid Services (CMS) has awarded these plans 5-out-of-5 stars for 2022. That's the highest possible rating.

The best part? You can enroll in a 5-star health plan today, throughout the year.

Attend a meeting to learn more:

### July 12, 2022 • 10AM

Ankeny Diner Banquet Room 133 SE Delaware Ave, Ankeny

July 19, 2022 • 10AM

Ankeny Diner Banquet Room 133 SE Delaware Ave, Ankeny





515-210-7224, TTY 711 bob@bthompsoninsurance.com MyUHCAgent.com/Bob.Thompson





# **GUARANTEED RESULTS IN 8-WEEKS**







Eat The Frog Fitness is the only personalized group training program that combines athletic-inspired training and the science of your body to achieve incredible results.

# 2785 N Ankeny Blvd, Suite 15 [515] 505.7130 EATTHEFROGFITNESS.COM 🕑 🞯



# GARAGE By Darren Tromblay

# THE NEED for speed

Dunham transitions from asphalt to dirt.

Despite the race car in his Ankeny garage, Zachary Dunham is not an adrenaline junkie.

Between racing his miniature modified (also referred to as a "mini mod") and doing his full-time job of fighting fires for the Des Moines Fire Department, one would think Dunham must have a penchant for the dangerous. But that's not the case.



This is Zachary Dunham's first year of racing on dirt with his miniature modified.

"They both have their moments, but I

wouldn't call myself an adrenaline junkie," he says. "I just like racing."

So when he has the chance, Durham heads for Stuart, Boone, Mason City or Marshalltown on weekends to see just how good he can be. And with this being his first year of racing on dirt after years of racing on asphalt, getting good is still a ways away.

The transition from asphalt to dirt has been an interesting one. There's been a learning curve for sure, he admits.

"Racing on dirt is harder than on asphalt because the track changes," he says. "With asphalt, all you really have to worry about is the weather. No matter what happens, it'll always be an asphalt track. With dirt, if you race right after another class, you're going to have a much worse track. You're always fighting it, and it's a completely different feeling."

The smaller tires of the miniature modified are more efficient, fast, and, perhaps most importantly, economical. Through six races this season, Dunham has had to replace just two tires. With inflation bumping up the cost of tires by about \$40 each, it still isn't exactly cheap. But it could be worse.

"You go to a regular modified race, and those guys are going through like 36 tires a year," he says.

The first time out on a dirt track a few weeks ago brought out a deerin-the-headlights reaction, Dunham admits. It was nerve-wracking. He ran a testing session before the race, which consisted of getting two laps under his belt before his car broke down.

"So my first race was only the third lap I'd ever done on a dirt track in my life," he says. "I was very nervous. And slow. We struggled feeling out where the line is between spinning out and not."

Durham's pit crew consists of a couple of friends he works with at the Des Moines Fire Department. It's nothing serious. Pay consists of Durham covering the cost of admission, maybe some food or drink. That's all the further it likely will go, too.

As a full-time firefighter, Durham has no intention of trying to make a living racing. For him, it's all for fun. If some wins roll in, too, all the better.

"Hopefully I can do it for another 10 years, enjoy it the whole time, and get more competitive along the way," he says.  $\blacksquare$ 

# CHAMBER By Jeff Reed

# **BUILDING** community with SummerFest

Take a second to close your eyes, clear your mind, and take a deep breath. The sound of live music fills the air as notes dance across your ear drums, your nose floods with the unmistakable smell of all your favorite carnival foods, and you open your eyes to see yourself surrounded by people who care about Ankeny and making this community great. SummerFest is an event that captures the essence of everything we have to offer in our town and what makes Ankeny the place we call home.



This year, I have had the privilege of helping to lead SummerFest after many years of volunteering with others. This event has always been about so much more than just music and fun activities to me. It's one that has created friendships and fostered new relationships with people in our community, many of whom I would have never met without committing to be part of this. It requires tenacity as you work through all kinds of problems along the way, resilience when things seem impossible or too difficult at times (which is why planning takes such an immense effort), and, most importantly, for me personally, it is having a deeper appreciation of my community, as my experience became even richer thanks to those who have helped along the way.

It would be my hope that you are able to join us on July 8-10 in the District, to not only celebrate our community, but also your fellow residents of Ankeny who have poured hours of time and care into making it special. Starting on Friday, July 8, there is the Kiddie Parade in Uptown, music, and the Carnival until 11 p.m. The Grand Parade starts at 9 a.m. to kick off your Saturday, followed by hours of music and rides. Finally, there is a Knockerball tournament, Family Fun Day, music, and fireworks to cap off the event on Sunday.

At the end of the day, SummerFest is going to continue to be a staple of our community, provide opportunities for connection, and create an experience unlike what you find in other communities. If we happen to run into each other over the three days, take a second to say hello, share your story, and I am sure you will gain a new friend in the process. Cheers to you, Ankeny.

Information provided by Jeff Reed, co-founder of BIZLAB, SummerFest Chair, Ankeny Area Chamber of Commerce Board of Directors.

JULY 8TH, 9TH & 10TH THE DISTRICT AT PRAIRIE TRAIL

# FRIDAY

Entertainment Garden/Carnival/Vendors Open @5PM Kiddie Parade @5:30PM - Uptown Ankeny

### Live Music!

Elizabeth Mary @5PM Casey Muessigmann @7PM Zach Miller @9:15PM

# SATURDAY

Grand Parade @9AM hment Garden/Carnival/Vendors Open @12PM Enterta Live Music! Plumero @3PM

Final Mix Show Band @4:30PM Bonnie Finken @6:30PM Pork Tornadoes @8:30PM

# SUNDAY

Knockerball Tournament @9AM Entertainment Garden/Vendors Open @11AM Carnival Opens @1PM Family Fun Day Opens @2PM

Live Music!

The Sheet @4:30PM Dick Danger Band @6:30PM Fireworks @9:30PM



# **OUT & ABOUT**



The Ankeny Area Chamber of Commerce held a ribbon cutting for Coachlight Clinic & Spa at 225 N.W. 18th St., Suite 109, on May 26.



The Ankeny Area Chamber of Commerce held a ribbon cutting for The College Moving Crew at 6864 N.E. 14th St., Suite 5, on May 17.



Chris Amys, Emily Goodyk, Josh Loeffler and Braedi Kinman at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



Aaron Parker, Eric Mangels, Gary Steenblock and Jamie Werkmeister at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



The Ankeny Area Chamber of Commerce held a ribbon cutting for HOTWORX at 115 N. Ankeny Blvd. on May 11.



Troy Albertson, Josh Becker, Tom Friedman and Arcadio Nunez at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



Katie Jackson and John Ahlers, with Eat the Frog Fitness, at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



Britney Lee and Morgan Flack, with Luana Savings Bank, at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



Kyle Meadows and Alyssa Doolittle, with Signarama, at the Spring Fling Golf Open at Briarwood Golf Club on June 1.



Peter Gildea, Sara Zajicek, Tonya Spencer, Kurt Moore, Amy Wright and Ann Tiernan, with Lincoln Savings Bank, at the Spring Fling Golf Open at Briarwood Golf Club on June 1.

# **OUT & ABOUT**



Melanie Bellville and Alyssa Henry at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



Jean Bird and Elizabeth Farmer at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



Becky Robinson, Blake Robinson, Missy Knop and Nicole Schick at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



Carrie James, Sherri Wells and Tiffany Weaver at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



David Patterson and Dave Walter at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



Karl Chamber, Denny Presnall and Shelly Northway at Ankeny Celebrates Education held at the FFA Enrichment Center on May 17.



A groundbreaking ceremony was held at On With Life, 715 S.W. Ankeny Road, on May 5.



Sara Wilson, Mark Dearden and Ronnie Wells at the groundbreaking for On With Life on May 5.



Corliss McDonald and Ryan Jansa at the groundbreaking for On With Life on May 5.



Kim Hegedus, Julie Dixon and Linda Lehman at the groundbreaking for On With Life on May 5.



Steve Givens, Art Filean and Jeb Lee at the groundbreaking for On With Life on May 5.

# **CLASSIFIEDS**

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

### WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

### AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-258-6720. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

### CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirecTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-866-296-1409 (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

### **EMPLOYMENT/HELP WANTED**

Dakotaland Transportation Inc. is in search of cabinet haulers that are willing to travel the great USA and be home weekly. – Must have a Class A CDL. We have great benefits: health, dental, vision, life, supplementary, simple iras. Come join this great big happy family. dlt@dtisf.com. www.dakotalandtransportation.com. Call 800-822-2703 (mcn)

### FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981(mcn)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

DO YOU HAVE A PENDING LAWSUIT? Cash Advances On Your Personal Injury Claim. We Provide Immediate DollarsWhile Awaiting Settlement. No job, no credit check! Call Today: (800-311-4478). Or visit www.uslitigationfund.com text:(202)826-3406 (mcn)

### **HEALTH & MEDICAL**

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https:// www.dental50plus.com/midwest #6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

### MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-877-580-3710 today! (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debrisblocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

### WANT TO BUY

PAYING TOP CA\$H FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CA\$H PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

### **HEALTH & FITNESS**

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

### MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debrisblocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-844-428-0445 today! (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/ unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint Smart security. Professionally installed. 1 connected system for total peace of mind. Free professional installation! 4 free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

Safe Step. North America's #1 Walkin tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

# **Refreshing comfort and power.**

THE 2022 LINCOLN NAUTILUS

# Iowa's #1 Lincoln Dealer\* Since 1980

Lincoln Nautilus Reserve model shown with optional equip

### AUTO AIR REFRESH

A breath of fresh air. Available Auto Air Refresh is an impressive air filtration and active air monitoring system. Auto Air Refresh uses a cabin particulate and odor filter as well as a sensor to monitor and display airborne particulate matter levels in the interior.



### HEAD-UP DISPLAY

Create a driving experience to your liking with the available head-up display." You can select the information that you'd like to see, including standard driving information, available intelligent Adaptive Cruise Control settings and more.

"Don't drive while distracted. See Owner's Manual for details and system limitations.

# New Lincolns on the ground, and arriving daily.



Lincoln makes moving through life seamless with our Lincoln Pickup & Delivery<sup>2</sup> ownership experience. We'll pick up your vehicle when it's time for service and drop it off when the work is complete. We'll also lend you a complimentary Lincoln in between – so your time remains distinctly yours.



Stivers Ford Lincoln 1450 E HICKMAN | WAUKEE IA 50263 515.987.3697 | www.stiverslincolniowa.com



\*Sales ranking based on 2021 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

# PEDIATRIC HEALTH CARE

Expert medical care for infants to teens with friendly staff and doctors who listen!

# Excellent care, for every patient, every time.

Dr. Robert Fornoff • Dr. Debra Borcherding • Dr. Jagadish Bilgi Sally Twedt, CPNP • Amanda Ostergaard, CPNP • Sarah Barnhart, CPNP • Laura Delaney, PA-C • Lauren Ropp, CPNP

**Des Moines Pediatric and Adolescent Clinic** 





Trusted Child Health Care Since 1958

2785 N. Ankeny Blvd., Ankeny o 515-964-2159 o dsmpeds.com