

ANKENY

MARCH 2022

Living

MAGAZINE

COLD turkey

Residents share
their experiences of
quitting smoking.

Meet Teresa Lawler

EDUCATION

Hender hit the ice when he was 4

NEIGHBOR

Prune, mozzarella and basil skewers

RECIPE

PRSR STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131



*You'll feel
right at
home*



ANKENY'S PREMIER | ASSISTED LIVING | MEMORY CARE



EdencrestTM
AT SIENA HILLS

IN-PERSON & VIRTUAL
TOURS AVAILABLE
515-313-3814



Shawn Kinnison
welcomesh@edencrestliving.com

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

WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.

I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

Shane



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
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Aaron Burns
Advertising Account Executive
515-953-4822 x307
aaron@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

LOOKING TO BUILD?

We offer competitive construction loans, with local decision making, to help you build your dream home.



Apply on your phone
for a construction loan
or mortgage at
www.charterbanker.com



Brien Scandridge
AVP Lending
Johnston



Josh Snyder
VP Market Manager
Ankeny

CHARTER  BANK

Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

Member
FDIC

www.CharterBanker.com



FEATURE

Paula Hender found that beating the chemical addiction to cigarettes wasn't enough. She had to change her behavior, too.
Photo by Todd Rullestad

COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Ashley Rullestad

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The

FEATURE

most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Changing behavior

Paula Hender started smoking in 1983 when she was 13.

"Like a lot of kids at the time, it was considered cool to smoke. My mom smoked, and my dad had smoked but had quit before I was born. A cousin of mine had cigarettes, and we snuck away to try them."

After that, she used to sneak cigarettes out of her mom's packages and cartons. She'd even take the butts that hadn't been smoked all the way out of the ashtray and smoke them. She often was caught with them and would get grounded.

"The last time I got caught, my parents were so mad as I was smoking in my room with the window open and would hide my ashtray in my closet. They were afraid I was going to burn the house down, so they said I could start smoking in front of them but only in the kitchen. I was 16."

Hender decided to quit for two reasons: the cost and the fact that she was moving. Hender is from Canada and was moving to the U.S. and wasn't interested in smoking American cigarettes. Also, they were costing her a small fortune. At \$6.50 a pack back then, she was smoking two packs a day, and she knew it was time to kick the habit.

The patch had come out about a year before, so Hender got a prescription for it. Instructions were to wear a patch a day for 24 hours a day for four weeks. Each box was a week of patches, and the nicotine level was gradually decreased. It worked to eliminate the cravings Hender had. Although it removed the chemical addiction, the patch didn't deal with the behavior or habit part of smoking.

"For example, having a smoke was a measure of time. 'I'll stop in and see my mom and have a smoke.' I found I had to change the behavior in order for it to work. I used to read the newspaper every day and have a few smokes.

So, I had to not read the paper for a few weeks. I didn't go visit my mom for about two weeks since that was part of my habit."

Hender has been smoke free for 29.5 years now, and she's never had the urge to pick one up again. Her advice is to try different things and find out what works. But just do it.

"The main thing you need to do is want it. I was mentally and wallet ready when I quit. I had asthma. I knew how bad it was for me, but that's not what got me to quit. You have to want it. Get yourself to that point. Remind yourself of how bad it is for you."

Hender's mom smoked from the time she was in her early 20s until she died at age 62. At age 52, she had breast cancer and survived. Ten years later, she was diagnosed with kidney cancer. What's the leading cause of kidney cancer? Smoking.

"I have two younger sisters who still smoke. One has switched to vaping. But they both need to want to stop. Just keep trying. We can't control when we die, but we certainly can do all we can to delay it."

Hender is thrilled with the shifts in how smoking is viewed by society.

"You couldn't even imagine now smoking in a restaurant or on a plane. And smoking doesn't seem to be something that the cool kids want to do anymore. This is a great thing."

Wake-up call

Brent Grabinski smoked for 34 years starting at age 16. He worked at Burger King as a teenager, and one could still smoke in the dining room.

Before he quit for good, he'd been cutting back due to circulation problems with his legs and was down to two packs a week. He works for Quik Trip, so being able to stand for hours is key to his job. He had previously tried to quit using the patch, gum and trying cold turkey. For eight months, he used an e-cigarette when they first became popular.

"The event that led me to quit was a work accident that had me hospitalized for six weeks. I shattered my knee, and the surgeon said smoking/nicotine is counterproductive for bone healing. Since hospitals are smoke-free campuses these days — and doctors wouldn't allow me nicotine patches — my only alternative was cold turkey."

The only thing that really worked long-term was the lack of opportunity to smoke, combined with behavioral modification to reduce the urge once he was out of the hospital.



Brent Grabinski quit smoking after some health issues popped up.

TIPS FOR QUITTING

From quitassist.com

- Get support and encouragement from others. Research shows those who do are more successful. Tell friends and family you are quitting and enlist their help. Get expert help from a doctor, health professional, or free counseling and advice from 1-800-QUIT-NOW.
- Learn new skills and behaviors. Plan ways to distract yourself when you feel an urge to smoke. Keep your hands busy. Look for activities that don't involve smoking.
- Get medication and use it correctly if needed. For some people, they can greatly help your chances of quitting for good. Talk to your doctor about this option.
- Be prepared for relapse or difficult situations. Find new ways to handle stress. If you do slip up, don't beat yourself up — learn from it. Monitor your triggers and avoid them. Take care of yourself to manage your weight and mood. Keep reminding yourself of all the benefits of quitting. ■

"Don't consider yourself a failure if you backslide and buy a pack or bum off a friend. Just get back on the horse and realize quitting any addiction is a long journey of small, good decisions."

FEATURE

By the grace of God

Sunny Gilmartin started smoking as a teenager. She wanted to quit because she knew it wasn't healthy, it stinks, and it was a bad example to set for her kids. Also, it's expensive. She tried to quit many times before, even trying hypnosis. Ultimately, she didn't want to trade one habit for another. So she made a pact with "the man upstairs."

"When I quit, I gave it to God and asked, 'Please help me do this, and I promise I will never put a cigarette up to my mouth ever again.' Anytime I felt any kind of anxiety, I would put a Nicorette lozenge in my mouth. Sometimes 30 seconds or a couple of minutes, but as soon as that anxious craving went away, I took it out and put it in a little Tupperware keychain container until the next time I had a craving. By the time I hit one year of not smoking, I had only gone through four individual lozenges."

Gilmartin also did some preparation a year or two beforehand. Her biggest trigger

was coffee. The minute she had her morning coffee, she was ready for a cigarette. So, she quit drinking coffee for a while before she quit smoking, so she wouldn't keep connecting the two things.

She also didn't eat to the point where she craved a cigarette.

"Because, the best thing about eating is that after-cigarette relaxation. So, I made a point to not eat to where I wanted a cigarette after I ate, and I actually lost 10 pounds."

She says what helped her most was she didn't tell anybody. If anyone came over and asked her to go out for a smoke, she'd tell them she just had one or she had a headache and didn't feel like it. She didn't want to hear others' stories about not being successful at quitting because any discussion of cigarettes would trigger her to think about smoking.

"If you don't mention it to anybody, it doesn't become a big deal, and you don't think about it. It worked for me." ■



Sunny Gilmartin has been smoke-free for 15 years.

WE'RE AVAILABLE FOR YOU WITH A 24/7 ONLINE MORTGAGE APPLICATION

For a limited time, get **\$500 OFF CLOSING COSTS*** on home purchases and refinances.



JON OLLEENDICK

Senior Vice President
Mortgage Banking

NMLS #488066



NICHOLLE THOVSON

Mortgage Loan Officer &
Sales Administrator

NMLS #953544

STOP IN TO SEE OUR HOME MORTGAGE EXPERT.

Enjoy the convenience of Avila Bank's online home mortgage application at avila.bank/for-home.

ANKENY

2010 N Ankeny Blvd, Ankeny, Iowa 50023 | 515.965.9500

Avila  Bank

BANKING IN IOWA SINCE 1870.

Visit us at avila.bank.

*\$500 OFF CLOSING COSTS

Offer valid on home purchase and refinance loans. Application must be received on or before May 31, 2022, and card must be presented at time of application. The offer excludes Iowa Finance Authority and in-house portfolio loans.

AMES / ANKENY / ARCADIA / CARROLL / COON RAPIDS / COUNCIL BLUFFS / DENISON / FORT DODGE
HOLSTEIN / JEWELL / NEVADA / POCAHONTAS / ROLAND / SIOUX CITY / WEBSTER CITY



Member
FDIC



Remember when...
smoking was
allowed in
restaurants.



www.buckjonesillustrator.com



Acme Chiropractic

Adjusting Your Outlook

Live Healthier
with Whole-body Healing

FEATURED SERVICES

- Knee Pain Relief
- Adjustments
- Neuropathy
- Weight Loss

Words cannot express how much I love and appreciate the chiropractic care I received from here. [Dr.] José is the greatest at understanding your needs. It's hard to explain to medical doctors what's going on with your body, but the healing hands of [Dr.] José can pin point the problem. Very thankful to have found this caring place.

- David W.



¡Se habla español!

Dr. Jose Hernandez, DC &
Dr. Nicole Hernandez, DC

SCAN HERE

To book your
appointment
now!



114 NW 9th St, Suite 101, Ankeny
515-412-1003

Mon - Thur 9am-1pm, 3pm-6pm, Fri - 8am-noon,
Sat & Sun by appointment only



Ankeny First United Methodist Church

OUR METHOD



WORSHIP



CONNECT



RESPOND

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

WORSHIP ONLINE

visit us at

www.ankenfirst.org

FAITH

By Pastor John Wagner

HOW beautiful...

is the message and the messenger

A friend of mine stopped into my office today. He said something to me like this:

"The world is just crazy. There are so many bizarre things happening — some really bad things. I just don't know anymore. I tell you what... I'm looking forward to heaven. The rules for getting to heaven are still the same right? I believe in God, I believe that Jesus died for me, I believe that God wants me to live like I know all that and take care of people... those are still the rules right? I just can't wait for heaven." (Just so you know, my friend was smiling as he shared those final words.)

The passage of scripture that popped into my head as we spoke was Romans 10:9. "Because if you confess with your mouth 'Jesus is Lord' and in your heart you have faith that God raised him from the dead, you will be saved." We talked together about things we are eternally saved from: ourselves, our sin, pain, war, suffering, etc. We laughed together about how he wasn't sure he'd be able to drive his favorite car in heaven and that he might miss that car just a little.

But we affirmed that "the rules" are simple and haven't changed. Receive God's gift of love, believe and trust that the saving love of Jesus is for you, and "you will be saved."

And that's when I was overwhelmed by the reminder that God will one day welcome us into eternal peace, but/and that there must still be a purpose for this life — right now. So, as my friend walked out of my office, I looked up the passage from above and read this verse which shows up next...

"All who call on the Lord's name will be saved. So how can they call on someone they don't have faith in? And how can they have faith in someone they haven't heard of? And how can they hear without a preacher? And how can they preach unless they are sent? As it is written, How beautiful are the feet of those who announce the good news."

Friends — the world is crazy, hard, unfair and often unholy. And, God loves you in the midst of it. There is eternal happiness and joy which begins today for you to experience. Perhaps we are "still here" in the midst of it to learn how to trust God and to become the beautiful messengers who get to tell others about it.

Allow this article to remind you that God is offering you love, joy and peace today. Now go and share that slice of heaven and eternity with someone who needs to hear it. ■



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

THE NISSAN
THRILL OF
THE DRIVE
SALES EVENT



HUMMEL'S NISSAN

4770 Merle Hay Road, Des Moines • 515-253-0719 • 1-888-491-3822 • www.HummelsNissan.com

FOLLOW US ON [facebook](#) [twitter](#) [YouTube](#)

Iowa's #1 Nissan Dealer!†

† Based on 2021 Reg-Trak sales data.

RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



SAVE MORE MONEY

selling your home with us in 2022

LET'S DO THE MATH!

Sell your home for **\$300,000**
traditional agent at 6% = **\$18,000**
FSBOHOMES = **\$3,000**

YOU save \$15,000!

You owe it to yourself & your pocketbook to learn more!!!

We have sold over 2,500 homes with
NO COMMISSION FEE.

Call today to learn about our services (515) 393-4688

FSBOHOMES.COM
OF CENTRAL IOWA

FSBOHOMES **ANKENY**
110 N Ankeny Blvd, Suite 600

FSBOHOMES **URBANDALE**
1111 Plum Drive





TAXES ARE DUE
APRIL 18 File your taxes
before the deadline!

MONDAY

APRIL 18

Let us file your tax return and get peace of mind.

Call to schedule a time to drop off
your tax information.

515-309-6463

AVAILABLE SERVICES

Tax Preparation

Tax Planning Services

Accounting Services

Payroll Services

Consulting Services

Quickbooks Services

Retirement/
Succession Planning

**15%
OFF** for all new clients
for personal/
business tax returns
this year

OR SCAN HERE
TO BOOK NOW



www.chadharrisoncpa.com

7040 NE 14th St, Suite 103, Ankeny, IA 50021

Dedicated to saving you time and money!





Suggest a teacher

for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com



The best way to build a healthy community...



Put your money where your mouth lives!

FOR AN INTERACTIVE EXPERIENCE...



GET ZAPPAR
ZAP THE CODE

Download on the
App Store

GET IT ON
Google play

Your one stop shop for all things home improvement.

- Tools
- Paint
- Plumbing
Supplies
- Electrical
- & more!




ACE

The helpful place.

ANKENY 3020 SW Oralabor Road • 515-809-1104
MON - FRI 9am - 6pm • SAT 9am - 5pm • SUN 12pm - 5pm

JOHNSTON 5800 Merle Hay Road • 515-276-2854
MON - FRI 9am - 6pm • SAT 9am - 5pm • SUN 12pm - 5pm

WWW.ACEHARDWARE.COM

NEIGHBOR

By Darren Tromblay

FOR THE love of the game

Hender took to the ice when he was 4.

For Ankeny's Dylan Hender, the game of hockey has been in his blood for nearly as long as he can remember.

"I learned to skate when I was 4, when my dad would take me and my brother to open skates," he says.

"I Immediately fell in love and wanted to skate without any help," Hender says.

"I remember my first time playing hockey was when I was 6. I was smiling nonstop the entire game. From there, it took off. I've had a love for the game ever since then."

Fast forward to today, and that joy for the game hasn't waned a bit. Hender is a member of the Des Moines Oak Leafs Hockey Club, where his father, Derek Hender, is the goalies coach. The younger Hender hit success from the outset in his 2018-19 season as a high school freshman, receiving the Shawn Edwards Award as Rookie of The Year. This year, he's been elected captain by his coaches and teammates.

The Oak Leafs have been strong this season, winning 23 of their first 27 games.

"I think this is the most tightly knit group out of all of my years of being on the team," Hender says. "We play hard for each other, and we embrace the brotherhood that we have with one another."

Sweeping the series against rival team Des Moines Capitals this season, including the Turkey Cup and the Iowa Hockey Classic, have been the most memorable moments thus far. Hender was injured in the first game of the season, but the second game against the Capitals was one of his first back. It was the seniors' last game at Bucs Arena. The team now plays at The MidAmerican Energy Company RexPlex in West Des Moines.

"It was a back and fourth game, and we had to fight through some adversity as a group to come out with that win," Hender says. "I ended up with two goals and the shootout winning goal."

But it isn't the individual glory Hender craves.

"It's not just the fun and the adrenaline and the excitement of the game," he says. "It's the family that you are with the whole time. Pulling on the same rope towards one goal. The thing that makes it the most special is your teammates. You make friendships forever with those guys. There's nothing else like it."

Hender, a senior at Ankeny High School, encourages everyone to give hockey a chance. Iowa isn't known as a hockey bed. Yet.

"I really think that hockey has grown so much since I've started playing," he says. "Anyone who wants to experience hockey should go to any game nearby, whether it's the Oak Leafs, Des Moines Buccaneers or Iowa Wild. They are all an experience and a show." ■



Dylan Hender is a forward for the Des Moines Oak Leafs Hockey Club.

STOCK market volatility

Choose opportunity over fear

We've already experienced some big stock market swings this year. In early January, the S&P hit a record high. By the end of the month, there was a 10% drop from recent highs and then a sharp turn back up again. The same month, the Dow Jones was down more than 1,000 points in one day. CNN's "Fear and Greed Index" fell solidly into "fear mode." Many predict the volatility will remain, pointing to inflation, the pandemic, interest rates, and geopolitical concerns as part of the cause.



If retirement is 20 or 30 years away, this volatility is just a blip in your retirement savings journey. It can be a good thing if you regularly contribute to

your retirement accounts and enjoy buying in at the low points of those market swings. For those of you who are 5 to 10 years away from retirement, this could make you sweat if you don't have market volatility built into your retirement plan.

Since the fourth quarter of 2021, we've been talking with the individuals and families that we work with about the possibility of market volatility. I view stock market volatility as an opportunity more than anything. A customized retirement plan should have some special "plays" (to steal a sports reference) that you can run when market volatility hits. One example is dollar-cost averaging. This is taking money from safer investments in your portfolio and buying into the market at a lower rate. Another "play" could be the Roth conversion. This involves transferring funds from a traditional IRA

or 401(k) into a Roth account. You will pay income tax on the amount rolled over in the year you make the conversion, but you never pay taxes on the money again, allowing you to ride the market volatility back up and do so in a tax-free account.

You want a retirement plan constructed in a way that you don't have to worry about the market or the headlines. A customized retirement plan will help you avoid making emotional decisions with your retirement savings. The plan will help you understand how much risk you are taking with your money and how your portfolio will be impacted when the market swings. Then you can stay out of "fear mode" and focus more on getting to retirement or enjoying retirement. That's a lot more fun than staying glued to the TV or news websites when market volatility hits.

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

Retiring in today's world can be complex and complicated. Each week, CERTIFIED FINANCIAL PLANNER™ Loren Merkle and co-host Molly Nelson will tackle trending financial topics and apply them to your retirement.

SCAN HERE
TO LISTEN



Available wherever you get your podcasts.

RETIRING TODAY

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

EVENTS IN THE AREA

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

Check for cancellations

K-12 Ankeny Art Show

March 22-April 23
South Reception: Thursday,
March 24, 5-7 p.m.
North Reception: Thursday,
March 31, 5-7 p.m.
Ankeny Art Center

The Ankeny Art Center is showcasing the works of Ankeny K-12 students. Show receptions require masks so no refreshments will be served. Admission to the exhibit and receptions is free.



Team Trivia Fundraiser

Saturday, March 26, 7:30 p.m.
Ankeny Kirkendall Public Library, 1250 S.W. District Drive

Form a group of four or eight and join a night of friendly competition in support of your local library. After a break in 2020 and 2021, the Friends of the Ankeny Library are again hosting their annual team

trivia event. This event has historically been the group's single biggest fundraiser of the year, inviting participation from more than 180 area residents and helping support and promote programs and services at the library. Door prizes, a silent auction and snacks/drinks are planned. Pre-registration is required. The cost is \$25/person (\$100 for a table of four; \$200 for a table of eight). Register online at <https://www.eventbrite.com/e/spring-team-trivia-night-tickets-240223032557>.



Kiwanis Community Easter Egg Hunt

Saturday, April 9, 9:30 a.m.
Hawkeye Park with accessible hunt at Miracle League Field

The Ankeny Kiwanis Club is holding its community Easter egg hunt with children divided into four age groups: 1-2, 3-4, 5-6 and 7-8. The age guidelines are flexible for the accessible hunt at Miracle Field. The Easter Bunny will make a special appearance.



Lions Pancake Breakfast

Saturday, April 9, 7-11 a.m.
Ankeny First United Methodist Church, 206 S.W. Walnut

The Ankeny Lions Club is hosting its Spring Pancake Breakfast April 9. Enjoy the meal and help the club raise funds for its community programs.



'Amongst the Stars'

April 2, 5-7 p.m.
Metro Ice Sport Facility, 5100 N.W. 72nd St., Urbandale

The Iowa Figure Skating Academy presents its spring show, "Amongst the Stars." Enjoy the talents of local ice skaters.

Register for Des Moines Art Center camps

Camps run June 6-Aug. 12
Des Moines Art Center, 5700 Grand Ave., Des Moines

Register now for summer camp at the Art Center. The themed classes are anything but ordinary. From Art Around the World to Under the Sea, there is a creative outlet for all interests. Week-long summer art camps run from June 6 through Aug. 12 and are available for youth ages 5-15. Extended care and supervised lunch can be purchased for an additional fee. Some scholarships are available. For more information and to register, visit www.desmoinesartcenter.org.

'Black Women of Distinction' exhibit

Now through April 30
Artisan Gallery 218, 218 Fifth St., Valley Junction

The images of ten influential women will be part of the Artisan Gallery 218 exhibit "Black Women of Distinction" celebrating Black History Month. "Amanda Gorman" is a new acrylic collage portrait and part of the exhibit. Artist Marybeth Heikes was inspired by the Black Lives Matter movement after the death of George Floyd to create her series. Electing the first black woman, Kamala Harris, as vice president also influenced Marybeth in her endeavor. Her concept was to create a series of portraits from acrylic collage, demonstrating the impact of these women.

EVENTS IN THE AREA

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

Check for cancellations



Concerts at Wells

Fargo Arena

730 Third St. in Des Moines
www.iowaeventscenter.com

- Saturday, March 26: "Elton John's Farewell Yellow Brick Road" at 8 p.m.
- Monday, March 28: "KORN TOUR" with special guests Chevelle and Code Orange at 6:30 p.m.



An Evening with Author Dan Hunter

Monday, March 28, 6:30 p.m.
Artisan Gallery 218, Valley Junction, 218 Fifth St., West Des Moines.

Beaverdale Books and Artisan Gallery co-host Iowa native Dan Hunter, who will share his new book, "Pandemic Panacea." It's a collection of cartoons juxtaposing old magazine photos with crisp new captions and the down-home humor Hunter is known for.

Celebrate Olmsted 200 Week and Meet the Author: Justin Martin

Tuesday, March 29, 7 p.m.
Waveland Golf Course Lodge

Celebrating Parks for All People, presented by Des Moines Founders Garden Club, honors the legacy of Frederick Law Olmsted on the 200th anniversary of his birth. Meet Justin Martin, author of "Genius of Place, The Life of Frederick Law Olmsted." Best remembered for his landscape architecture, from New York's Central Park to Boston's Emerald Necklace to Stanford University's campus, Olmsted was also an influential journalist, early voice for the environment, and abolitionist credited with helping dissuade England from joining the South in the Civil War.

Art Exhibit: 'Immersive'

Through June 5
Des Moines Art Center,
4700 Grand Ave., Des Moines

Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound. www.desmoinesartcenter.org

'Singin' in the Rain'

March 25-April 10
Des Moines Community Playhouse,
831 42nd St., Des Moines

Hollywood, California, 1927. Silent movies are becoming a thing of the past and "talkies" are all the rage. Leading ladies now must have voices as endearing as their physical form, but the vocals of Monumental Studios' biggest star, Lina Lamont, are found lacking, so something must be done. www.dmplayhouse.com

Des Moines Performing Arts performances

Des Moines Civic Center/Cowles Commons/Stoner Theater – 221 Walnut St.

Temple Theater – 1011 Locust St.
www.desmoinesperformingarts.org

- Saturday, March 26: "Doodle POP" at the Temple Theater - Wellmark Family Series.
- Tuesday, March 29: "Madagascar The Musical Live!" at the Des Moines Civic Center.



'Sweat'

March 25-April 3
Stoner Theater, 221 Walnut St., Des Moines

Iowa Stage Theatre Company's production of "Sweat" takes a look at the tensions of factory workers as they struggle with labor strife, race and the frustrations. www.iowastage.org

Iowa Wild hockey

Wells Fargo Arena in downtown Des Moines
www.iowawild.com

Home schedule:

- Friday, March 25 vs. Rockford Icehogs at 7 p.m.
- Sunday, March 27 vs. Chicago Wolves, 3 p.m.
- Wednesday, April 13 vs. Milwaukee Admirals at 7 p.m.
- Tuesday, April 19 vs. Grand Rapids Griffins at 7 p.m.
- Friday, April 22 vs. Texas Stars at 7 p.m.
- Saturday, April 23 vs. Texas Stars at 6 p.m.



Thank You
for your votes

for Heartland
Plastic Surgery and
Dr. Cherny



BEST LOCAL DOCTOR
DR. EUGENE
CHERNY

Runner-up in

Best Local Place for Cosmetic Surgery
Best Local Permanent Makeup Salon
Best Local Place for Non-Surgical Cosmetic Treatment
Best Place for Laser Hair Removal

Did you know
that Dr. Cherny
is the leader in
Regenerative
Medicine?

Consult us if you have
interest in Cutting
Edge technologies like:

- Platelet Rich Protein
Nano Fat
- And the most up to date
Face Contouring and
Body Contouring
technologies!



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

HOME HEALTH

By Ward Phillips

ADULT day services: caring for the caregiver

Serving those who care for their loved ones is every bit as important as serving the loved ones themselves. After all, studies show that individuals who devote most of their time to caring for a family member who needs round-the-clock support can experience detrimental, even debilitating, effects to their physical, emotional and mental health.



Higher levels of stress, anxiety, depression and other mental-health effects are common among family members who care for an older relative or friend. That's why programs like adult day centers are doubly beneficial, in that they offer respite to the caregiver while also providing an enriching and safe experience for the loved one.

Many participants in adult day centers have been diagnosed with Alzheimer's disease or other dementias, making at-home caregiving doubly challenging for their loved ones. When you have a dementia diagnosis, you have all the challenges of a life-altering physical illness combined with worry over someone who might become disoriented, wander, or pose a safety risk to themselves; plus, you may be having to adjust to a partner or parent who behaves dramatically differently toward you because of their disease.

That kind of unrelenting stress can take a tremendous toll. Mental-health professionals compare it to when someone experiences a major life event like a death, a job loss, or bankruptcy. That's why care for the caregiver is so critical.

It's also not uncommon for caregivers to feel they can "do it all" and be reluctant to ask for help. I was talking with a woman whose husband has dementia to the point that he's disoriented much of the time, and yet she felt as though she should be able to handle the situation and care for him at home. I let her know that I truly understood what she was going through, and she was so surprised to know anyone would relate to her situation that she started to sob, and she kept telling me that, for the first time, she felt validated for the way that she was feeling. She — and all caregivers — absolutely need to be validated. What they do is incredibly challenging.

In an effort to ease some of the strain and assist caregivers with coping strategies, adult day centers also offer services such as support groups and other programming for caregivers and families. It can bring caregivers so much comfort to sit and talk with others who know how hopeless they can feel, as simply knowing you are not alone can be very powerful.

If you're a caregiver who could use some assistance — or know someone in need of help — an adult day center in your area could bring you and your family tremendous relief. Please don't be afraid to ask for help — you need and deserve it. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.

GIRLS on the Run benefits local youth

Organization boosts girls' confidence.

According to Christa VanderLeest, director of Girls on the Run of Central Iowa, the program “envision[s] a world where all girls can know and activate their limitless potential and be free to boldly pursue their dreams.”

The eight-week program runs from March 28 to May 21 and inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates movement. The program culminates in a celebratory 5K run at the Des Moines Capitol Complex that's also open to the public.

Each team of Girls on the Run consists of eight to 20 girls and is led by volunteer coaches.

Girls on the Run is open to third through eighth graders and has two seasons, one in the spring and one in the fall.

At the celebratory 5K, participants are paired with a buddy over the age of 16 to run with.

Ankeny resident Nikki Hunter is one such buddy and has run the race with her elementary-age daughter, Madeline.

“We have tried many different activities for Madeline, but she either didn't like them or felt like she wasn't good enough,” Hunter says. “Girls on the Run gave her the opportunity to be on a team working toward a common goal and develop friendships and relationships outside of school. The coaches are so encouraging and supportive, creating a positive atmosphere among the team.”

Hunter adds that she's a runner herself, and the bond she's been able to develop with her daughter through the program is one of her favorite parts.

“Seeing how she pushes herself and the joy she gets from it is priceless,” Hunter says. “She has started to look forward to runs and asks about finding new races we can do together. I really feel that this program has sparked a passion in her that will continue long after this year.”

Ultimately, VanderLeest says that Girls on the Run is for so much more than running.

“Participants are encouraged to always



Nikki Hunter and her daughter, Madeline, enjoy running together.

move forward and do their best, whether that is by running, jogging, walking, skipping, rolling or dancing,” she explains. “We want them to enjoy movement.”

“The curriculum of Girls on the Run is the heart of the program. Lessons that are covered embrace each girl's unique self and share how to build healthy relationships and how to give back to the community,” adds VanderLeest. “Girls on the Run would not be possible without the hundreds of volunteer coaches who dedicate their time and energy to building girls up in their communities.”

Registration for Girls on the Run is based on a first-come, first-served basis and can be done online at gotrcentraliowa.org/register-now. ■



It takes more than
LUCK
 to sell your home,
IT TAKES SKILL!

Let me list your home
 and help you find
 your pot of gold.

Bonnie C RS, GRI, e-PRO®
 CDPE, CNHS
CHRISTENSEN

107 E 1st Street, Ankeny
 515-971-9973
 bonniebrc@msn.com

RE/MAX PLATINUM CLUB : 2011-2021
 RE/MAX HALL OF FAME : 2011-2016

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED
 www.BonnieSellsIowa.com






REAL ESTATE

By Mindy Selix and Yvonne Silvers

HOW LONG should I live in my house before I consider selling?

If you're considering buying a home but don't know how long you will want to live in the area, or if you have been in a home for a short time and are already considering selling, you may wonder about the minimum amount of time experts recommend you own a home.

Many experts say you should own a home for at least five years so that you build enough equity to cover the cost of selling your current home and obtaining financing for your new home. Here's a look into four factors that help determine how long you should live in your home before selling.



Mindy Selix



Yvonne Silvers

1. Costs of buying. When you buy a home, you need to budget for a down payment, and you may be responsible for several closing costs. Generally, homeowners like to put more down on the new home than they did on their previous home. This could change based on interest rates and monthly payment amounts that best fit your budget.

In some cases, homebuyers receive credits from the seller. Depending on whether you paid closing costs yourself or if you received credits, you may want to factor in this cost when deciding if it makes financial sense to sell your home yet.

2. Building equity. However, how much equity have you built? While your mortgage payments include both principal and interest, the first several payments are mostly interest. It can take years before your payments start applying toward your loan's principal balance in significant amounts and you begin building substantial equity.

If you have a shorter loan term, you will begin making significant payments toward principal much faster than someone who has a longer loan term. Another strategy that can help build equity faster is prepaying your mortgage, which simply means to pay more than your monthly payment.

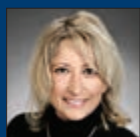
3. Market conditions. When there is an abundance of homes for sale compared to number of buyers, we're in a buyer's market. When there are few homes for sale compared to the number of buyers, we're in a seller's market. Since market conditions can impact the value of your home, it's an important factor to consider when deciding when to sell your home.

4. Costs of selling. An important expense to consider is the cost of selling a home. As the seller, you will likely be responsible for paying Realtor fees, title fees, inspection fees, a home warranty and more. Before you make this commitment, be sure to include these costs in your final calculation of how much you'll be left with after the sale. ■

Visit Education.BankersTrust.com for more information on homeownership, financial calculators and more. Information shared from www.education.bankerstrust.com. Information provided by Mindy Selix, VP Construction Lender, NMLS ID#: 571223, 515.222.2017 Office / 515.491.1050 Mobile, MSelix@BankersTrust.com and Yvonne Silvers, VP Mortgage Loan Officer, NMLS ID#: 571224, 515.222.2005 Office / 515.490.4221 Mobile, YSilvers@BankersTrust.com. Bankers Trust Company, NMLS ID#:440379, 1925 N. Ankeny Blvd., Ankeny IA 50023.

Your Mortgage Professional

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



Bankers Trust
 NMLS ID: 440379



Member FDIC LENDER

STUDENT Shark Tank spurs creativity

Great minds on a mission is a good way to summarize the 2022 Student Shark Tank event held by Ankeny Economic Development Corporation. From local apparel with a mental health message to improving non-profit efficiency across the country, area students pitched their ideas for making a profit and improving the world.

Ankeny Orbis students hosted this year's event on Martin Luther King Day. Audrey Pierick, Faith Lilly and Aaron Martin planned, organized and executed the event. Participants representing three Ankeny schools, two universities and a trade school pitched ideas for their shot at winning funds to further their efforts.

Thomas Brustkern's mission for PLab is to make 3D printing more accessible for Ankeny area students. Brustkern experienced long wait times and limited options for accessing the 3D printing capabilities in Ankeny. With his winnings, he plans to create a club of 3D printer enthusiasts to share knowledge and resources and make this innovative technology more accessible to community members and students.

Christopher Martin is on a mission to combine his passion for improving low-income housing options with his business savvy and computer science skills to build a business that will provide Habitat for Humanity chapters around the country with an affordable application system. Working with industry experts, he is developing a solution that will improve efficiency and reach for these non-profits.

Bradley Van Heeswyk invented and patented a unique solution for turkey hunters to easily preserve and commemorate their birds without the time and expense of a taxidermist.

Judges ranked participants on the merit of the idea, return on investment, execution plan and presentation. The judging panel included Melissa Johnson, president of Midwest Insurance Corporation; Deshara Bohanna, owner of Design Fetish; Aaron Johnson, vice president of marketing at Accumold; and Kerry Walter-Ashby, Ankeny City Council member.

Winners in the for-profit division were: first place, Christopher Martin; second, Bradley Van Heeswyk; third, Michael Chongo/



Michael Chongo, Deshara Bohanna and Davin Nalley participated in the Student Shark Tank.



Aaron Johnson, Audrey Pierick, Faith Lilly, Aaron Martin and Joey Beech participated in the Student Shark Tank.

Devin Nalley; and fourth, London Schuchart.

Winners in the non-profit division were: first, Thomas Brustkern, and second, Nick Jensenius. ■

PLAYFUL by the pond

Duke family finds quiet, family-friendly neighborhood.

The Duke family found their perfect home in the Watercrest neighborhood two-and-a-half years ago.

Jon, Amanda, Ally, 13, and Jackson, 9, moved just a couple of miles down the road from their former house.

“We had a large fixer-upper on more than an acre of land,” Amanda says. “While we loved the extra space, it was a lot to take care of, and there weren’t many kids in the neighborhood for our kids to play with. We wanted a neighborhood with kids and sidewalks so our kids could make friends and ride their bikes.”

They chose their current neighborhood because of its quiet street and family-friendly community. Off Highway 415 and First Street in the Watercrest development, they can enjoy Saylorville Lake nearby with easy access to local amenities.

The Dukes enjoy the pond they back up to and plenty of walking trails. They’re close to parks and like biking and walking there together. They can play basketball on the court at the park, enjoy the swings and slides, and get some shade under the shelter. The park also has a big field for soccer and football and a walking path around it.

Back inside their home, the Dukes have an open floor plan of their ranch-style, with plenty of natural light streaming in, including from the sunroom that overlooks the pond. The finished basement with daylight windows, a stone fireplace, and a wet bar make it a great space for entertaining guests.

“Since we moved in, the kids ride their bikes, play outside, and enjoy playing with the other kids on the street,” Amanda says. “There are always kids outside playing when the weather is nice, and we parents like to sit outside and socialize. We also love to fish in the summer and ice fish on our pond in the winter.”

In addition to having fun and socializing, Amanda says the neighbors help each other out.

“In 2020, our trampoline was blown into the pond behind our house during the derecho,” she says. “A lot of the neighbors came together to help us get it out. Everyone is very friendly and looks out for each other.” ■



Jon and Amanda Duke and their children, Ally, 13, and Jackson, 9, take advantage of the amenities close to their home, including a pond out back and nearby parks.



PREPARE your AC for spring

Spring is almost here, and warmer weather is on the way. But, before we can celebrate, follow our HVAC spring checklist below to ensure your system operates safely and efficiently all season long.

Throughout the fall and winter, leaves, sticks, dirt and other debris inevitably build up around your HVAC unit. Make sure to clean any build-up around your system, leaving 1-2 feet of clearance. Cleaning around your AC unit will maximize airflow and ensure that your system performs at its best.

While the spring weather has you in deep cleaning mode, don't forget about your air vents. Be sure that each vent is open so air can circulate evenly throughout your home. You should also make sure that furniture, rugs and curtains aren't blocking your vents. To clean your vents, remove the grills and soak them in warm water and soap. While the grills are off, vacuum any particles, dust or pet hair accumulated during the winter. To finish, dry off the grills, replace them, and — ta-da! Your vents are as good as new.

If you have a programmable thermostat, it's a great idea to set up a new schedule as the weather changes. Programmable thermostats provide optimal comfort and save energy and money, so, if you don't have one, don't delay installation any longer.

It's time to change your filters. It's recommended to change your filters every 30-90 days, depending on use or the kind of filter you have. Replacing your filters is the easiest way to prevent damaged equipment and maintain energy efficiency. Make a note to check, clean, or replace your filters at the beginning of each season.

Your AC has been sitting dormant for months; you need to make sure it's ready to take on the warmer weather ahead. If it's warm enough to test your system, it is always a good idea to make sure that it works before you really need it every day. You can test your AC system by turning it on and running it for a few minutes to make sure cool air circulates throughout your home.

If you notice anything unusual about your HVAC system or feel like your AC is not working as well as last year, contact a professional. Hopefully, this spring cleaning checklist prepares you for the warm weather ahead. ■

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



COMFORT ALL YEAR LONG

72 Degrees Comfort Company provides the comfort your family deserves, all year long!

**HEATING • COOLING
GEOTHERMAL • WATER HEATERS
BOILERS • HEAT PUMPS**

Scan now to schedule your appointment!

SCAN ME

72°

COMFORT COMPANY
72degrees.com

Right Where You Want To Be!

(515) 200-2728

Feeling like you paid too much in taxes this year?

Contact your financial advisor today to learn about investing strategies that could benefit you.



Jakeb Bakken
Financial Advisor
2575 N. Ankeny Blvd.
Suite 217
Ankeny, IA 50023
515-965-7582



Justin Bjerke
AAMS®, CRPC®, CRPS®
Financial Advisor
2575 N. Ankeny Blvd.
Suite 217
Ankeny, IA 50023
515-965-7582



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



Curt Brooks
AAMS®
Financial Advisor
3720 N Ankeny Blvd.
Suite 102
Ankeny, IA 50023
515-964-4949



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



Ryleah Cross
CRPC®
Financial Advisor
1255 N. Ankeny Blvd.
Suite 102
Ankeny, IA 50023
515-964-4404



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



Mark Ellison
AAMS®
Financial Advisor
2505 SW White Birch Dr.
Suite I
Ankeny, IA 50023
515-965-2473



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



Brandt R Hockman
CRPC®
Financial Advisor
1610 SW Main St.
Suite 206
Ankeny, IA 50023
515-446-2193



Stacey S. Koeppen
CFP®
Financial Advisor
1210 NW 18th St.
Suite 120
Ankeny, IA 50023
515-965-7853



Kent Patterson
AAMS®
Financial Advisor
2005 S. Ankeny Blvd.
Suite 500
Ankeny, IA 50023
515-965-6901



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

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

FINANCE

By Kent Patterson

HOW CAN you cope with market volatility?

How can you cope with market volatility?

These are unsettling times for investors. Even before the geopolitical crisis involving Russia and Ukraine, the financial markets were facing headwinds due to higher inflation, the anticipation of rising interest rates and the continuing effects of the pandemic. As an individual investor, should you take some type of action?



It's helpful to put today's headlines in perspective. While the Federal Reserve probably will raise interest rates, they are doing so from a point where these rates were at or near historic lows, so the new, higher rates may not drastically deter businesses from borrowing to expand their operations. Also, higher interest rates can be good for savers, who can earn more on their savings. As for inflation, many economists expect it to cool down in the second half of 2022 as supply chain bottlenecks start to clear. And the pandemic's effects, both on our health and on our daily lives, may be fading, though, of course, we all should be cautious when it comes to making predictions about COVID-19.

The Ukraine situation is one more unpredictable event — and one thing that financial markets dislike is uncertainty. Russia is one of the world's largest oil producers, so a conflict that could affect oil prices can have a ripple effect on many market sectors. Until the state of affairs in Ukraine calms down, market volatility may continue.

Even in this context of uncertainty, though, investors shouldn't lose sight of other factors that can affect the investment climate. The U.S. economy has been growing at a fast clip, and corporate earnings — usually a key driver of stock prices — have also been strong.

Instead of reacting to external events — negative or positive — you'll help yourself by pursuing an investment strategy based on goals and risk tolerance. Sticking to that strategy will be easier if you follow these steps:

- **Take a break from checking your statements.** When the market goes through a rough patch, you may find yourself constantly checking on how your portfolio is doing. But this can cause stress and lead you to make unwise decisions. Take a break from looking at your investment statements.
- **Give yourself time to make investment moves.** See if you can wait a certain amount of time — a day, a night or a weekend — before making a significant investment move. This delay can give you time to consider whether your decision is in your best interest.

- **Take steps to protect your long-term investments.** If you don't really need the money right away, you shouldn't have to worry excessively over the short-term movements of the financial markets. To avoid tapping into your long-term investments, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a low-risk, easily accessible account.

- **Get some help.** When you're facing the ups and downs in the markets, you can benefit from some assistance. A financial advisor can discuss your concerns and illustrate some scenarios that can result if you make certain moves — thereby helping you make better informed decisions.

We're living in challenging days. But instead of agonizing over things you can't control, concentrate on those that you can — such as making investment choices appropriate for your needs and capable of helping you meet your goals. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Kent Patterson, 2005 S. Ankeny Blvd., Suite 500, Ankeny, 515-965-6901.

LEGALITIES of buying a home on contract

If you're ready to be a homeowner but face barriers preventing you from obtaining a traditional mortgage, you may have considered buying a home on contract. Or, perhaps you're already renting a home you love, and your landlord wants to sell it to you. As a contract buyer, you take on different risks and gain different benefits from a buyer who borrows money from a bank. Before signing a contract, you should speak to an experienced attorney who can make sure your rights are protected now and in the future.

A real estate installment contract sale is seller-financed. Rather than paying a bank or mortgage company each month, you will pay the



seller. As a contract buyer, you share ownership with the seller. You are both listed on title. Only when you pay off the contract in full will the seller deed the property to you.

Because you share ownership, any judgments, lawsuits, or tax debts that either of you owe can attach as a lien against the property and must be paid off before selling the home again. Before you agree to purchase a house on contract, you should know about any debts of the seller. If the seller has a mortgage, you want to be sure you know how it will be paid.

Before buying, you should carefully review the real estate contract to understand your obligations. The contract must clearly state the amount of down payment, the monthly installment payments, and how many payments before you can satisfy the contract and own the house outright. Another essential term is what

happens if either you or your seller violate any terms and the contract is forfeited.

Make sure you know what happens if you can't make the contract payments. Unlike renting, moving out isn't enough to terminate the contract. The seller can forfeit the contract or could sue you to make you pay the balance. You may lose your down payment and monthly payments you made while living at the home.

Buying your home on contract can be a great opportunity. But you need a solid written contract in order to protect your interests and the rights to your home. Call an attorney before signing any real estate contract, no matter how great the deal looks. ■

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

BUYING OR SELLING YOUR HOME?

IT TAKES MORE THAN BOXES TO BE PREPARED...



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



ABENDROTH RUSSELL BARNETT LAW FIRM

ESTABLISHED IN 1987

2560 73rd ST. • URBANDALE • 515.278.0623

WWW.ARPCLAW.COM

CALL TODAY! 515-278-0623

WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

MERCYONESM

A new way
to treat cancer



MercyOne Richard Deming Cancer Center expands our circle of care to include additional programs for patients to live their best life, including those living with cancer, survivors and their families.

The center also features an expanded research office for increased number of clinical trials, to be on the cutting edge of lifesaving medical breakthroughs.

You'll find **compassionate, comprehensive, and personalized care**, where patients can meet with all the members of their care team under the same roof in one convenient location.

COLOR-THEMED approach makes attractive arrangements

Growing dahlias is a must for anyone who loves cutting and arranging flowers. But there are hundreds of beautiful dahlia varieties to choose from, and that can be overwhelming. To make the selection process easier, choose compatible colors that will look good together in the garden and in arrangements.

The combination of peach and burgundy is both striking and sophisticated. Peach-colored flowers add a fresh and soothing feel to the garden. Dahlia American Dawn is a blend of peach, mango and papaya with plum-purple highlights. Good partners include other varieties in the same warm, sunset tones, such as dinnerplate dahlia Belle of Barmera, decorative dahlia Great Silence and ball dahlia Maarn.

Planting dahlias in a perennial garden ensures non-stop color from July into October. The fluttering, melon-colored blooms of HS Date work particularly well, due to this variety's maroon foliage and open growth habit. Complete your peach and burgundy theme with the dark-hued flowers of Rip City. These large, velvety flowers are almost black in the center and soften to wine-red toward the petal edges. Add ball dahlia Jowey Mirella for blooms that are smaller in size yet equally striking.

For another eye-catching color combination, narrow your selection to dahlias with purple and hot-pink flowers. Historically, purple was associated with royalty, spirituality and knowledge. While pastel purple evokes a sense of calm and serenity, deeper tones add drama and excitement. Dinnerplate dahlia Lilac Time is an heirloom variety with fluffy, lavender blooms that can measure eight to ten inches across. Be sure to also include flowers in juicy grape and violet hues such as dahlias Thomas Edison, Cartouche and Purple Taiheijo.

Complement these moody purples with vivid pink dahlias. Burlesca is a cute little pompon dahlia with tightly rolled petals that reveal hints of peach, burgundy and violet. Fascination's rose-pink, semi-double flowers contrast beautifully with the plant's dark foliage, and the blossoms are irresistible to bees and butterflies. Ball dahlia Rocco is an all-star variety that is long lasting in both garden and vase.

If you prefer pastels to brights, choose dahlias in shades of pale yellow, soft pink and cream. The enormous flowers of dinnerplate dahlia Café au Lait are a must. Complement them with ball dahlias such as peachy Linda's Baby or buttery Boom Boom yellow. Decorative dahlia Fluffles have taffy-pink petals that fade to white, while Milena Fleurs are a mélange of pink, peach and pale butterscotch.

When you start with flowers in compatible colors, designing floral arrangements becomes so much easier. You'll have all you need to quickly create a centerpiece for any gathering, an impressive bouquet for your own home, or an informal handful of blooms to share with friends.

For more tips about cut flowers, read the Longfield Gardens article "How to Design a Cutting Garden" (www.longfield-gardens.com). ■



Melinda Myers is the author of more than 20 gardening books, including "Small Space Gardening." She hosts The Great Courses "How to Grow Anything" DVD series and the "Melinda's Garden Moment" TV and radio program. Myers is a columnist and contributing editor for "Birds & Blooms" magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her web site is www.MelindaMyers.com.

SS Therapy and Consulting



Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

STEPS
Parenting
Group
Th 4-6

Therapy
for All Ages
Most insurances
accepted.

STEPS
Group
Th 4-6/6-8
Neurofeedback

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

HEALTH

By Paul Guerdet

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

HEALTHY SKIN STARTS HERE

**NOW ACCEPTING
NEW PATIENTS!**



Katrina Smith
MD, FAAD



Laura Myers
MD, FAAD



Iowa Dermatology Consultants
The Art and Science of Skin Care

2675 N Ankeny Boulevard, #101

515-348-4097

iowadermatologyconsultants.com



Fellow
American Academy of Dermatology
"Excellence in Dermatology"

Medicare & most major
insurance accepted

BOARD CERTIFIED. PATIENT FOCUSED.

HEALTH

By Dr. Laura Myers, MD FAAD

PREVENT rosacea flare ups

Everyone likes a rosy glow. But what do you do when those pink cheeks become too much? You may be experiencing rosacea.

Rosacea is a skin disorder characterized by facial redness, visible blood vessels, flushing, blushing and acne-like papules and pustules. It can affect anyone, but it's most common among women aged 30-50. Skin that sunburns easily, smoking, and a family history of rosacea are also risk factors.



People who struggle with rosacea tend to have more sensitive skin. Common things such as heat, sunlight, emotions, spicy foods or alcohol can trigger a rosacea flare.

Some simple lifestyle changes can be helpful in calming rosacea and keeping the skin more comfortable.

- Pay attention to things that trigger your rosacea flare-ups, and try to avoid them.
- Treat your skin gently by choosing gentle cleansers, washing twice daily with your fingertips, and applying a non-fragranced moisturizer.
- Use a broad spectrum sunscreen of SPF 30 or higher. Physical sun blocker such as zinc or titanium are best for sensitive skin.

If these steps aren't enough, there are several effective treatment options for rosacea. Visit a board certified dermatologist to find a plan that works for you. ■

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

ZOOM in on Culture presentation and exhibit

Students from Prairie Ridge Middle School, the Ankeny Community Engagement Advisory Council, and CultureALL, a provider of cultural

education in Central Iowa, along with Ankeny Kirkendall Public Library, invite the public to attend the Zoom in on Culture presentation and exhibit on Monday, March 21, from 5:30-7 p.m. The event will begin with some time to view the exhibit and speak with students about what they learned. The formal presentation begins at 6 p.m. and is about what the students experienced as well as what they learned from participating. Afterward, the exhibit will remain in the library's lobby for one week for community members to view.

Zoom in on Culture is a program and curriculum that teaches participants how to use a material cultural artifact (in this case, a photograph) to share elements of their own culture with others. The photographs are combined with micro essays to contextualize the images. For instance, imagine taking a Jell-O salad to a potluck in San Francisco and explaining why you know how to make it. The artifacts and essays are then shared as a traveling exhibit with an artists' reception featuring the participants. In the recent past, Des Moines East, North, Hoover and Roosevelt high schools successfully implemented the program with high school students.

In surveys and interviews, a consistent theme across Ankeny is the need for a sense of belonging and a disconnect between what Ankeny is perceived to be and the lived experience of many of our residents. Middle school-aged students are most at risk for disconnecting from school and struggling to make connections. Our goal with Zoom in on Culture is to help the participating students develop language to describe their cultures, to build broader awareness of, and engagement with, the emerging cultures in Ankeny, and to connect more readily with the wider community.

Another goal of this project is to expand Zoom in on Culture into more schools in Ankeny in future years with the help of additional corporate and community partners, such as the partnership with Ankeny Kirkendall Public Library. We look forward to sharing the experience of the traveling exhibit with many community members.

Ankeny Kirkendall Public Library staff strongly believes in making connections between the community and the library. If you have suggestions or ideas of how to make this your library, don't hesitate to contact us at library@ankenyiowa.gov. We look forward to seeing many community members at the Zoom in on Culture event on Monday, March 21. ■



PEOPLE to notify when someone dies

When a death occurs, there is a myriad of people who should be notified. Most people think first of notifying family and close friends — as well you should. But others who should be notified immediately include doctor(s), insurance agents (life, health, etc.); attorneys, financial advisors, clergy or other religious advisors; employers of family members who will be missing work, etc.



You can make this task easier by making a list of people who should be notified. Include names, phone numbers and relationship to the deceased. For example:

Dr. Joe Smith	555-555-5555	family physician
Rev. Craig Jones	555-123-4567	pastor
Sue Daniels	555-321-6549	insurance agent

When a death occurs, you may pull out the list and delegate someone to make some of the calls for you. You, as the spouse, POA or close family member, may have to make calls to insurance companies or other businesses which have security policies in place.

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.

**Pre-Arrange
your future
Funeral/Burial
Needs**

Taking advantage
of today's rates for
tomorrow's needs



Call today for an appointment.

Highland Memory Gardens Cemetery

One NE 60th 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



Is Back or Neck Pain Impacting Your Life?

NON-SURGICAL, DRUG-FREE procedure for

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

SAFE AND PAIN-FREE

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

* Spinal Decompression, that is, unloading due to non-surgical distraction and positioning.

**The only
SpineMed
table in
Central Iowa!**



**CHRISTOPHER M. RENZE DC, DIBC
Palmer Graduate**

Board-Certified Chiropractic Neurologist



Renze
chiropractic clinic, p.c.

www.RenzeChiro.com

Contact us today 965-3844

MOST INSURANCES ACCEPTED

925 E. 1st Street, Suite L, Ankeny

WELLNESS

By Christopher M. Renze, D.C.

DO YOU 'believe' in chiropractic?

When taking a history on a new patient, I often hear the comment that my husband, wife, friend, doctor, etc., doesn't "believe" in chiropractic. Just as it is unnecessary to believe in exercise, tooth-brushing, eye glasses, antibiotics, eating a healthy diet, etc., for them to be effective, the same is true for chiropractic. Chiropractic is a time-honored profession, and manipulation of the spine is an effective treatment.

The goal of chiropractic spinal manipulation is to restore proper vertebral movement. Keeping your spine flexible and fully functional prevents degeneration of and around the vertebrae and allows the nervous system to function properly. The nervous system uses the spine as its protective conduit to get information from your brain to every tissue in your body. If your spine isn't functioning properly, the rest of your body is not functioning optimally.

A biological process known as immobilization degeneration begins to occur within the first week of a joint being immobile. There are hundreds of peer-reviewed research articles supporting this process. This is not up for debate. It is proven. In a nutshell, here's what happens: Normal joint movement is reduced, leading to altered movement patterns. This stresses the spine and other joints such as the knees, hips and ankles, as well as all the tissues within and around them. This stress creates inflammation, followed by the degeneration of the joint and its associated connective tissue.

Degeneration of the spine is like a dental cavity. It's a process that takes time to develop and is typically not painful until the final stages. Chiropractors are specifically trained to identify the early signs of structural stress and degeneration. The sooner normal movement is restored, the more complete the healing. When restoration of normal movement is delayed, the degeneration becomes more extensive and permanent. Therefore, the next time you are tempted to just take a pain killer for joint pain, please consider seeking our restorative treatment. ■

If you or someone you know is suffering from back or neck pain and have not found the relief you are looking for, please contact our office. We 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.

SEED starting — just the basics

As March begins here in central Iowa, it is time to start seeds indoors for transplanting into your yard or vegetable garden later in the spring. This month, I have some seed starting tips for the benefits of allowing you to get a jump start on the growing season.



Starting seeds on your own allows you to have some variety in your garden as you can order seeds not found at your local retailer. As you begin the seed-starting process, you will find the actual seed package is a valuable tool. The seed package provides you key information such as how many days it takes for the seed to germinate after planting. Germination is the time it takes the seed to come out of dormancy, which is in essence about how many days before you see the seedling emerge from the soil. The seed packet also provides the recommended time frame to start seeds indoors, which is usually listed as weeks before last frost. In our area, that

is usually around May 1. Refer to the seed packet for other important info such as planting depth as well.

Once you have your seeds and are ready to start planting, I recommend a good seed starting soil mixture that contains peat moss or coco coir, part perlite and vermiculite. Good seed-starting mixtures can be found at most local garden supply retailers. Containers in which to start seeds can range from as elaborate as purchased tray systems with plastic lids to as economical as any plastic containers covered with plastic wrap. Remember, once a seed has germinated, a covering is no longer needed. A seed warming pad is also a good investment as it really helps keep the soil warm during the germination stage, which speeds up the germination process. An indoor thermometer set near your seed starts is necessary as well so that you can maintain a constant temperature, which is important when it comes to germination.

Once seeds germinate and start to emerge from the soil, lighting becomes important. The most economical form of lighting is a brightly

lit room near a window; however, this is not the most effective form of lighting. An effective way to manage lighting for your seedlings is by using adjustable artificial grow lights. There are many great choices online that are reasonably priced, lightweight and easy to store when not in use. Some artificial lighting kits are LED, which lowers operational cost. Being able to control light is important to ensure you have strong and healthy plants. A good watering device or refillable spray bottle makes it easy to water when seedlings are small. As you plant your seeds, make sure you label your seed starts noting the date the seeds are planted. This will be handy to reference when you get ready to transfer your seedlings.

Lastly, a good tool to have is patience. Gardening is somewhat of a science experiment, but, most of the time a successful and enjoyable experiment. Happy gardening! ■

Information provided by David "Dusty" D. Rauschenberg, Master Gardener, Master Conservationist, #thegoodpimgardener, dustyrauschenberg@gmail.com



5 ACRE RETAIL NURSERY

Complete selection of trees, shrubs, perennials, edging, block, pavers and bulk materials including different types of rock, mulch and soil.

Stop in to visit our experienced designers and our helpful nursery staff.

TNT

LANDSCAPING

ANKENY, IA 965-1206

(515) 965-1206 • 1313 SW Ordance Road, Ankeny

www.tntlandscaping.com

DELIVERY AVAILABLE
ON ALL PRODUCTS

FREE ESTIMATES





GRILLS SMOKERS FIREPITS

Plus accessories,
spices, rubs, sauces
and more!



www.hawgeyesbbq.com
1313 SW Ordance Rd, Ankeny

HELP! I've lost my motivation to exercise

January has passed, and maybe your desire to keep exercising has, too.

There are two types of motivation: extrinsic and intrinsic. Extrinsic motivation, such as rewards and recognition, have shown to drive short-term compliancy, whereas intrinsic motivation, sense of accomplishment or self-gratification, drives long-term compliancy. Often, many of us find ourselves struggling to maintain a consistent level of motivation long-term.

Intrinsic motivation is the key to success when it comes to reaching long-term goals. So, how do we transition towards intrinsic motivation?

1. Remind yourself why you started. Share a daily thought/reminder with yourself about the importance of your long-term change.
2. Stay hooked on the feeling. Reflect and remind yourself of the positive feelings and successes you've had with regularly exercising.
3. Consider the pros and cons. Compare the many benefits associated with a regular exercise program to the costs of living a non-active lifestyle.
4. Keep in mind that change takes time. Recognize that, in order to obtain results, both time and continued effort are required.
5. Be a cheerleader for yourself. Give yourself some internal feedback, praise yourself, and, most importantly, keep a positive mindset. ■

Information provided by Mary Hall, Head Coach, ACSM Certified Personal Trainer, Eat the Frog Fitness, 2785 N. Ankeny Blvd., Suite 15, Ankeny, 515-505-7130.



NOW OPEN

FREE 1-HOUR WORKOUT

GUARANTEED RESULTS IN 8-WEEKS

PERSONALIZED GROUP TRAINING

FOR EVERY FITNESS LEVEL

PROVEN TO GET RESULTS

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

MEET Teresa Lawler

The joy and challenges of teaching students

Teresa Lawler has been teaching for 36 years, the last nine at Ankeny Centennial High School as a language arts teacher. She teaches AP language and composition, creative writing, and fundamentals of oral communication, as well as serving as the school's speech coach. Though this is her last year teaching full time, she will continue to work with the Iowa High School Speech Association.

"Joining the speech team when I was in high school was one of the smartest things I have ever done," she says.

IHSSA provides a wide range of categories in which students can shine. There is a category for every kind of personality and skill level. Individual events include student-written (original oratory, expository, review), current events (spontaneous speaking), memorized (acting, public address, storytelling), interpretive (prose, poetry, literary program), and outside the box (improvisational acting).

"Participating on the speech team is not only fun, but it also provides life-long skills," says Lawler. "The motto for many speech teams is, 'We do for fun what others would rather die than do.' My speech babies are the best kids in the school."

Lawler says she enjoys teaching high schoolers because they're funny and challenge her to be direct and honest. Their talents and successes amaze her, and their challenges make her cry, she says, adding that it is not easy to be a teenager with the extreme demands being placed upon kids these days.

When she asked her students for their input on why they think she teaches high school, they offered the following: "More things to write in your journal." "Stuff to talk to your therapist about." "Don't throw up as much as elementary school kids." "Get to hear new ideas and new opinions." "Get to see teenagers grow as people."

There are challenges, too. Trying to figure out how to best reach the needs of 25 to 30 different kids in each class period can be difficult. Trying to provide feedback that is supportive and skills-building can be tricky. And, countering glossophobia, the fear of public speaking, can be daunting, but she she says she works to break down the barriers.

Some of her favorite teaching moments include when one of her students was the first in her family to graduate high school and receiving the Golden Apple award.

"Also, my fifth period class decorating my classroom for my 60th birthday party. One of their student-created cards stated: 'Sixty isn't old if you're a tortoise.' See... kids are funny."

In her retirement, Lawler plans to go to Adventureland with her grandchildren Brody and Brynn; travel with her husband, Ted Ely; and hang out with their daughters.

"I've learned so much about the art of teaching after being in the Ankeny district for 15 years. Even though I still don't have teaching figured out, I have grown because of the high standards in our district." ■



Teresa Lawler is retiring at the end of the school year after a 36-year career as an educator.

Want relevant local news delivered to your email inbox WEEKLY?



**Events. Garage Sales. Classifieds.
Community Photos. Recipes.
Sports Schedules. Movie Reviews.
City and School News. All for FREE!**

IOWA
Living Weekly

**Subscribe to digital editions by scanning the
QR code or at IowaLivingMagazines.com**

OUT & ABOUT



Matt Forland and Brent Roske at Lattes & Leads at Luana Savings Bank on Feb. 22.



Heather Barber, Danielle Fugslang and Jamie Dobson at Lattes & Leads at Luana Savings Bank on Feb. 22.



Randy Pelham, Denise Johnson and Shanon Hounshell at Lattes & Leads at Luana Savings Bank on Feb. 22.



Langdon Devine, Josh Klyn and Nikki Worthington at Lattes & Leads at Luana Savings Bank on Feb. 22.



Kristin Christensen and Brandon Converse at Lattes & Leads at Luana Savings Bank on Feb. 22.



Tom and Dena Butler at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.



Kelly and Kelly Millard at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.



Carmine and Steve Boal at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.



Janet and Randy Freel at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.



Abbi Rickelman, Samantha Aukes and Kari Minter at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.



Jen Walters, Shanon Hounshell and Naphtali Crouse at the Ankeny Area Chamber of Commerce Annual Dinner at the FFA Enrichment Center on Feb. 24.

OUT & ABOUT

ANNUAL Dinner

The Ankeny Area Chamber of Commerce Annual Dinner was held at the FFA Enrichment Center on Feb. 24.



Jen Walter and Sue Sutton-Ludwig



Scott and Sherrae Hanson



Heather Matson, Jeff Perry and Sylwia Perry



Sara Wilson, Abby Bogaards and Tom Friedman



Peggy Munson and Amanda Petersen



Troy Boelman and Stacey Koeppen



Jon Ollendick, Dan Corron and Andy Schnurr



Kim Schaaf, Scott Schaaf and Melisa Cox



Chris Carotta, James Smith and Ryan Mudge

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.

FOR SALE

2022 MANUFACTURED HOMES, (14x60) 2Br, \$39,999. (14x70) (3Br- 2Ba.) \$47,999. (16x80) (3Br- 2Ba.) \$53,999. NEW (28 x 64) (4Br - 2Ba) \$73,999. Delivered Factory-Direct, E. Of I-35, & North Of I-80, 319-239-1920. (MCN)

WANT TO BUY

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

ADOPTION

PRIVATE ADOPTION: Kind, nerdy, loving couple hope to adopt a baby. Certified to adopt. Legal expenses paid. Paul and Val call/text: 1-347-480-9505. www.paulandvaladopt.com (MCN)

AUTOMOBILES

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)

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)

CABLE/INTERNET

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)

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)

DirectTV 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)

EDUCATION

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-844-843-2771 (MCN)

TRAIN ONLINE TO DO MEDICAL BILLING!

Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 833-751-0776. (M-F 8am-6pm ET) (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. 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)

HEALTH & MEDICAL

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)

50 Blue Pills for only \$99.00! Plus S&H. Discreet, Save \$500.00 Now! Call Today. 1-855-917-5790 (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.dental-50plus.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)

Hero takes the stress out of managing medications. Hero sorts and dispenses meds, sends alerts at dose times and handles prescription refill and delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-FREE trial! Call 1-855-484-6339. (MCN)

INCOME OPPORTUNITIES

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-888-981-5761 (MCN)

MISCELLANEOUS

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking 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)

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-877-228-5789 (MCN)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in

timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (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)

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)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (MCN)

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

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 866-970-3073. Ask about our specials! (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)

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)

For those of us who were players to the very end, why not have your urn placed on Las Vegas Blvd? Bunker's Eden Vale Cemetery. 1216 Las Vegas Blvd. 702-388-7007 (MCN)

WANT TO BUY

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

TOP CASH 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)

EDUCATION

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8-6 ET) (ACP)

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! 1-888-623-3036 www.dental50plus.com/58 #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

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. 1-855-270-3785 (ACP)

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Request a free quote today! Call for terms & conditions. 1-844-334-8353 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490 (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. 1-888-796-8850 (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 1-833-386-1995 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 833-719-3029 or visit dorranceinfo.com/acp (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! 1-833-530-1955 (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. 1-855-521-5138 (ACP)

Hero takes stress out of managing medications. Hero sorts & dispenses meds, sends alerts at dose times & handles prescription refill & delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-free trial! 1-888-684-0280 (ACP)

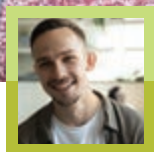
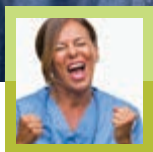
DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation. Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-833-872-2545 (ACP)

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201 (ACP)



If it's time for your job to mean more ...
It's time for Brio.



When you join the Brio of Johnston family ...




- You become part of a welcoming, inclusive culture where team members demonstrate kindness, understanding, and support.
- You're encouraged to have a life outside of work. We offer truly flexible scheduling for many of our positions.
- 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

This institution is an equal opportunity provider and employer.   

021522

A+ 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 Borcharding • 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

DSM Pediatrics

Trusted Child Health Care Since 1958



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