

ANKENY

OCTOBER 2022

# Living

MAGAZINE

# SPOOKY FUN

Residents share their  
enthusiasm for Halloween

**Chen's skating finesse evolves**

NEIGHBOR

**Jalapeño bacon and salsa biscuit bites**

RECIPE

**Prairie Trail Elementary named Blue Ribbon School**

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WELCOME

## SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year — it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked, except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

Years later, Jolene and I hosted Halloween parties at our home. I relied multiple times on two costumes: Dracula and Michael Jackson. Other than some complicated face painting, the Dracula option was easy. All black clothes. A cape. A fancy medal. Some fangs. The Michael Jackson costume was simple, too, but the hair from the wig kept getting in my face. That took some getting used to, as I haven't had hair that long since 1983.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween— and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

Thanks for reading. ■

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# SPOOKY FUN

Residents share their  
enthusiasm for Halloween

By Ashley Rullestad

October is a time for cooler weather, pumpkin-flavored foods and drinks, haunted houses, costume parties, trick-or-treat nights, candy and more. Lovers of sweets load up on bags of miniature-size candy bars weeks in advance of Halloween, inevitably succumbing to the “It won’t hurt to eat just one” temptation and soon finding themselves needing to restock their supply.

For those who look forward to the scary side of the holiday with enthusiasm, there seems to be no limits to the creativity they show when they plan their spooky fun.

Sara Anderson and Jeremy Marshall enjoy Halloween, so much so, they had to get a storage unit for all their decorations. Photo by Todd Rullestad



## FEATURE

### Spooky family

Michele Puisner isn't sure where to start when it comes to her and her family's love for Halloween. She grew up on the south side of Des Moines with two sisters, and Halloween was one of the highlights of the year.

"My family has always been into decorating, especially for Halloween," she says. "Even as kids, my parents went all out for decorating. Actually, my parents continue to go all out decorating to this day, so I guess not much has changed since we grew up and moved out of the house."

Michele and her sisters have continued Halloween traditions with their own families. They all decorate like crazy, which led to spooky Harry Potter-themed décor in two of Michele's rooms in her house. Her family room has a talking Jack Skellington from "The Nightmare Before Christmas," and her 19-year-old daughter decorates her place, too, just like mom and grandma have always done.

But Puisner's love of Halloween hasn't stopped at décor. She and her sisters and their families have donned costumes and choreographed a special dance every beggars' night for eight years.



Michele Puisner and crew dressed up for a Heiser Halloween dance.

"You can see them on YouTube under Heiser Halloween. We did 'Thriller,' 'Beetlejuice,' 'Nightmare Before Christmas' and 'Jurassic Park.' We were featured in the news several times. We just love it."

The Puisners enjoy all things spooky so

much, they've opened an arcade on the south side of Des Moines called Monsterama that features their personal collection of monster memorabilia. For a \$15 admission fee, you can play all the games you like for as long as you like. Little monsters of all ages are welcome.

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## FEATURE

### Halloween birthday fun

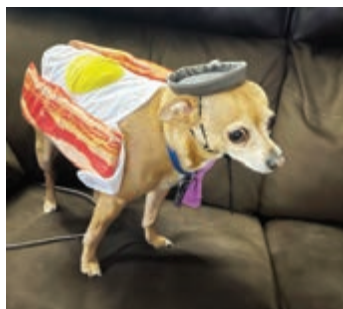
Sara Anderson's birthday is Oct. 30, so the time around Halloween is about celebration and fun.

"As far back as I can remember, I was always ready to go for Halloween. Celebrating as a kid always involved coming home from school, then I got to pick dinner since it was my birthday, and then it was out with Mom to trick or treat and back home for presents, cake and candy."

After she outgrew trick or treating, she still enjoyed handing out the candy and helping her brother hide.

Now, as an adult, she and her partner, Jeremy Marshall, enjoy celebrating Halloween with their kids — Mitch, 15; Sam, 13; Quinn, 12; Kylee, 10; and Connor, 9. They all have their favorite memories of Halloween, too. For Kylee, it's trick-or-treating with cousins, and Quinn liked the year of COVID because of the house with the candy slide. Connor's favorite costume was when he was a Ghostbuster, but Mitch enjoyed when he and Sam were Mario and Luigi. Now Sam enjoys being one of the big kids in charge and taking some of the others out trick-or-treating.

"The kids love getting into the spirit and start planning their costumes



Sara Anderson says even their dog, Rey, gets in on the Halloween fun.



Sara Anderson's and Jeremy Marshall's children start planning their costumes early.

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## FEATURE



Kaylee and Brian Nuzum decorate for Halloween even more now that they have children.

as early as August. So, we usually start planning out the yard the last part of September and prepping to get all the decor out. We ended up having to get a storage unit to store all the decorations.”

### Halloween fanatics

Kaylee and Brian Nuzum are self-proclaimed lovers of all things Halloween. As kids, they attended Halloween parties with friends and family and dressed up on beggars’ night to go

trick-or-treating.

Now, with their own kids, they decorate the house both inside and out, host a neighborhood Halloween party, and spend a few weeks every year deciding what costumes they want to wear

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## FEATURE



Carving pumpkins is an annual tradition for Kaylee and Brian Nuzum and their kids.

for the season.

"Our love for Halloween has changed for the better, in our opinion, since we've had our boys. Once our first son, Levi (now 10), was born, we've been going over the top with our outdoor decorations, and, when he was 3 years old, he started planning out how our yard would be laid out with our decor."

As a family, Kaylee says they want to create life-long traditions for the boys, hoping they'll



The Kaylee and Brian Nuzum family celebrates the fall and all its holidays.

pass those along one day. They enjoy going to the pumpkin patch almost every weekend in the fall, as well as walking around Spirit Halloween multiple times, seeing all the fun new costumes and thinking of new ideas to implement at home. Every year since their second son, Hudson, 7, was born, they've made it a yearly tradition to attend Night Eyes at The Blank Park Zoo. They also make intricate Halloween

jack-o-lantern carvings each year.

"We love putting on spooky and fun Halloween music to play throughout the house, watching movies like 'Ghostbusters' and 'The Nightmare Before Christmas,' and attending as many community Halloween events as we can fit in. Every year, it seems our love for this holiday tends to grow, as does our collection of decor, blow-ups and skeletons." ■



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## RECIPES

# SPOOKY snacks that make Halloween pop

*(Family Features)* From watching scary movies to dressing up as ghouls and goblins, spooky season means it's time to pop up your loved ones' favorite snacks for a ghostly good time. Before heading out to trick-or-treat, gather your minions in the kitchen for some family-friendly fun crafting these haunting yet tasty treats.

Find more Halloween treats at [popcorn.org](http://popcorn.org). ■

## Green Halloween Zombies

Yield: about 7 pieces

- 2 1/2 quarts popped popcorn
- 6 tablespoons butter or margarine
- 3 cups mini marshmallows
- 4 tablespoons lime gelatin powder
- red gum balls
- candy corn
- flat green candy strips or fruit leather
- green sugar sprinkles

### DIRECTIONS

- Place popcorn in large bowl; set aside.
- In medium saucepan over medium heat, melt butter. Stir marshmallows into butter until melted. Stir in gelatin powder until evenly colored.
- Pour melted mixture over popcorn and stir until evenly coated. With buttered hands, shape popcorn into seven ovals.
- Flatten one oval slightly and squeeze one end



to form "skull" shape. Place on parchment-lined baking sheet. Repeat with remaining ovals.

- To decorate: Press two gumballs into each skull to form "eyes." Press candy corn into skull to form "teeth." Use scissors to trim candy strips and press into top for "hair." Sprinkle with sugar sprinkles.
- Allow "zombies" to set about 20 minutes before wrapping individually in plastic wrap or serve immediately.

## Popcorn Caramel Apples

Yield: 4 apples

- 1 quart popped popcorn
- 1 package (9 1/2 ounces, 35 total) caramels, unwrapped
- 1/4 cup light cream or half-and-half
- 4 lollipop sticks or wooden candy apple sticks
- 4 apples
- 1/2 cup chocolate chips
- sugar sprinkles
- decorative ribbon (optional)



### DIRECTIONS

- Place popcorn in large bowl; set aside. Place sheet of waxed paper on work surface.
- In small saucepan over medium-low heat, heat caramels and cream. Stir frequently until caramels are melted and cream is blended into caramels.
- Push one stick into apple center and dip into caramel. Spoon caramel over apple to coat. Repeat with remaining apples.
- Place caramel-coated apple in bowl of popcorn and press

popcorn onto caramel to cover. Place apple on waxed paper to set; repeat with remaining apples.

- In small, resealable plastic bag, microwave chocolate chips 10 seconds and press chips to aid melting. Repeat, heating at 10-second intervals, until chips are completely melted. Cut small corner off bag and squeeze chocolate onto each apple, allowing chocolate to drip down sides. Sprinkle with sugar sprinkles.
- Tie bow to each apple stick, if desired. To serve, cut apples into slices.

## Witchy Popcorn Balls

Yield: 8 popcorn balls

- 16 chocolate wafer cookies
- nonstick cooking spray
- 3 quarts popped popcorn
- 4 tablespoons (1/2 stick) butter or margarine
- 3 cups miniature marshmallows
- 3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix
- green food color (optional)
- 3/4 cup chocolate chips
- licorice strings
- 8 chocolate ice cream cones
- orange sugar sprinkles, placed in small dish
- jelly beans
- candy corn

### DIRECTIONS

- Spread sheet of waxed or parchment paper over work surface and place wafer cookies on it.
- Spray large mixing bowl with nonstick cooking spray and place popcorn inside.
- In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin powder until marshmallows are melted and mixture is smooth. Adjust color with 1-2 drops food color, if desired. Pour mixture over popcorn and mix until coated.
- Spray hands with nonstick



cooking spray and press firmly to form into eight balls. Place balls on eight wafer cookies. Press candy decorations into popcorn balls to form "eyes," "nose" and "mouth."

- In small, microwave-safe bowl, heat chocolate chips, covered, 10 seconds. Stir to aid melting. Repeat as needed until chocolate is melted and smooth.
- Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair."
- Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form "witches' hats." Place hats on popcorn balls.
- Allow chocolate to set about 45 minutes before serving.
- Serve or seal individually in plastic wrap.



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## REAL ESTATE

By Bonnie Christensen

# 10 THINGS to do before winter sets in

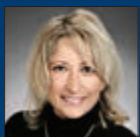
When the last of summer's heat is a faint memory, and you're pulling out your hoodies more than your shorts, it's time to tackle a few simple chores. They'll make winter more pleasant and prevent some nasty surprises next spring. This fall checklist helps:



- 1. Clean and stow your mower.** If you're not familiar with fuel stabilizer, get to know it. In a mower that sits for months with gas in the tank, the gas will slowly deteriorate, which can damage internal engine parts.
- 2. Remove garden hoses from faucets.** Remove garden hoses from outdoor faucets. Turn off any shutoff valves on water supply lines that lead to exterior faucets.
- 3. Drain your sprinkler system.** Even buried irrigation lines can freeze, leading to busted pipes and broken sprinkler heads. If you don't have drain valves, hire an irrigation pro to blow out the system pipes with compressed air. A pro is worth the charge to make sure the job is done right.
- 4. Seal air leaks.** Grab a couple of tubes of exterior caulk and make a trip around your home's exterior, sealing cracks between trim and siding, around window and door frames, and where pipes and wires enter your house.
- 5. Degunk your gutters.** After the leaves have fallen, clean your gutters to remove leaves, twigs, and gunk. Make sure gutters aren't sagging and trapping water; tighten gutter hangers and downspout brackets. Replace any worn or damaged gutters and downspouts.
- 6. Eyeball your roof.** Look for warning signs: shingles that are buckled, cracked or missing, and rust spots on flashing. Replace any loose, damaged or missing shingles immediately.
- 7. Direct your drainage.** Take a close look at the soil around your foundation and make sure it slopes away from your house at least six vertical inches over 10 feet. That way, you'll keep water from soaking the soils around your foundation, which could lead to cracks and leaks.
- 8. Check your furnace.** Schedule an appointment with a heating and cooling pro to get your heating system checked and tuned up for the coming heating season. Change your furnace filters, too.
- 9. Prune plants.** Late fall is the best time to prune plants and trees — when the summer growth cycle is over. Your goal is to keep limbs and branches at least 3 feet from your house so moisture won't drip onto roofing and siding and to prevent damage to your house exterior during high winds.
- 10. Give your fireplace a once-over.** Check the firebox for cracked or missing bricks and mortar. If you spot any damage, order a professional fireplace and chimney inspection. Your fireplace flue should be cleaned of creosote buildup every other year. ■

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



# SKATING evolution

Chen has a deep love of the sport .

At the young age of just 2, Ankeny's Chloe Jones Chen, now 7, took notice of some older kids in her neighborhood roller-blading in her then-home of China. It was intriguing enough to her that she asked her mother for a pair of roller blades.

And the rest is history in the making.

"She started practicing on her own at home and fell many times, but it didn't seem to bother her, and she kept trying," her mother, Yanting Huang, says. "Within a couple weeks, she became the smallest kid roller blading in the neighborhood. She loved it."

Chen's love of the sport has grown in leaps and bounds.

This past February, while the family was watching the Beijing Olympic Games, they began to talk about taking the next step. Her father, Ping Chen, thought it would be a good time to start ice skating, so the family researched and found Iowa Figure Skating Academy, whose owner, Elena Tobiash, is a former champion skater for the Russian national team of the 1990s. Chen has been training with Elena for more than six months now.

Chen had her first competition in July at The State Games of America. Tobiash had seen the young skater's potential and suggested the family sign her up for the competition. And they did. Chen competed at the entry level, called Basic 6, where she took fourth place.

"We were so proud of her since some of the kids she's competing with have been skating for three years and more," her mother says. "In fact, she enjoyed the competition and felt no pressure on the ice."

Chen spends three or four days a week on ice, two hours or more each practice. Sometimes, she will have off-ice strength training, too. And that doesn't include a ballet class she attends once per week.

The balancing act has been difficult at times, admits her mother. But, in the end, it's all worth it.

"It's not easy," Huang says. "This requires parents' support with time commitment and balancing with the little one (Chen has a 22-month-old younger sister). On the other hand, it also gives a sense of pride to us seeing each new move she learns and the progress she makes along the way."

"We will see where she takes us, support her along the way and hope she can learn from experiences that nothing comes easy, and we have to work hard for what we love and hard work does pay off over time." ■



Chloe Jones Chen took fourth in her first-ever skating competition in July.



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#### Tues., Nov. 1 • 6pm

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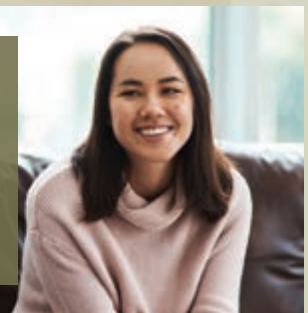
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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

Check for cancellations



### Winter and Spring Classes

Ankeny Art Center, 1520 S.W. Ordinance Road, Ankeny

Register early to reserve your spot in upcoming winter and spring classes offered for both adult and children. Visit [www.ankenyardcenter.org](http://www.ankenyardcenter.org) and select adult or children's classes. For more information, call 515-965-0940.



### Craft Show

Saturday, Nov. 12, 9 a.m. to 3 p.m.  
St. Paul Lutheran Church,  
1100 S.E. Sharon Drive, Ankeny

Dozens of crafters will be selling handmade items along with your favorite vendors. Proceeds benefit local mission projects through St. Paul LWML.

### Discover Ankeny

Thursday, Nov. 3, 5-8 p.m.  
FFA Enrichment Center,  
1055 S.W. Prairie Trail  
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Enjoy an evening filled with everything Ankeny has to offer. You will discover a new taste for a restaurant or caterer you might not have tried before and experience a new retail option. Tickets are on sale at <https://web.ankenyardcenter.org/events/DiscoverAnkeny-5533/details>.



### Exhibits

Through Nov. 30  
Ankeny Art Center, 1520 S.W. Ordinance Road, Ankeny

The Ankeny Art Center is featuring two artists, Lainey Beck and Josh Sorrell. Lainey Beck is an encaustic and oil painter whose work touches on themes of nature, culture, energy and consciousness. Josh Sorrell's oil paintings are inspired by the life moments that shape our identity. The exhibit will be in place through Nov. 30.



### 'She Loves Me'

Dec. 2-11  
Ankeny Community Theatre,  
1932 S.W. Third St., Ankeny

"She Loves Me" is a charming musical about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at [ankenycommunitytheatre.com](http://ankenycommunitytheatre.com)



### Family halloween

Through Oct. 29  
Living History Farms, 11121  
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Experience historic trick-or-treating, pumpkin bowling, story-telling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 21, 5-8 p.m.; Oct. 22, 5-8 p.m.; Oct. 23, 4-7 p.m.; Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at [lhf.org](http://lhf.org).



### Tallgrass Theatre Co. production

Fridays - Sundays, Nov. 4-21  
Tallgrass Theatre, 2019 Grand Ave. Suite 100, West Des Moines

"Miss Bennett: Christmas at Pemberley," will be performed. Go to [tallgrasstheatre.org](http://tallgrasstheatre.org) for more information or to buy tickets.



### Santa's North Pole Village Craft Show

Saturday, Nov. 5  
Three Ankeny locations

This huge one-day annual event is one of the most popular craft shows in Iowa, featuring hand-crafted items such as jewelry, clothing and holiday decor. It is spread out at three locations: Northview Middle School, 1302 N. Ankeny Boulevard; Parkview Middle School, 105 N.W. Pleasant St.; and Prairie Ridge Middle School, 1010 N.W. Prairie Ridge Drive.



## EVENTS IN THE AREA

Check for cancellations

### ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m.

Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

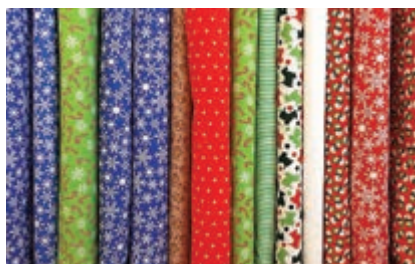
Crossroads of Iowa presents this fundraising concert. Admission is free, but a freewill donation will be used to support programming related to providing safe housing for women. During the Celtic Concert, the sewing group at Trinity Presbyterian Church, Indianola, is providing a display of comforters. Their comforters go all over the country and world for people in need.



### Gardening-related webinars

• **A Spooky Plants Webinar** is offered via Zoom Wednesday, Oct. 26, 7 p.m., by Iowa State University Extension and Outreach. Dr. Cindy Haynes, professor of horticulture, will take participants on a journey through the world of spooky plants such as the Eyeball Plant, Corpse Flower and Venus Flytrap. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.

• **A Prairie Seed Harvest Webinar** is offered via Zoom Wednesday, Nov. 9, 7 p.m., by Iowa State University Extension and Outreach. Bill Johnson, a biologist at the Iowa DNR Prairie Resource Center will talk about harvesting, preparing and storing 100 species of native grasses, sedges and wildflowers annually. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.



### Holiday Market

Nov. 5, 9 a.m. to 3 p.m.

Edgewater, 9225 Cascade Ave., West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.



### Election-related dates

Make sure you are registered to vote at [www.sos.iowa.gov/elections/voterreg/regtovote](http://www.sos.iowa.gov/elections/voterreg/regtovote).

Know these important dates for the upcoming General Election.

- **Monday, Oct. 24** - Pre-registration deadline; deadline to request absentee ballot to be mailed
- **Saturday, Nov. 5** - County auditor's office will be open for absentee voting
- **Monday, Nov. 7** - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.
- **Tuesday, Nov. 8** - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at [www.voterready.iowa.gov](http://www.voterready.iowa.gov).



### Veterans Day program

Friday, Nov. 11, 9 a.m.

McLaren's Resthaven Chapel, 801 19th St., West Des Moines

All members of the community and local VFW organizations are invited to attend this joint service to honor veterans. The opening ceremony, "Remembering Our Veterans," will begin at 9 a.m. The ceremony will include keynote speaker Capt. Daniel J. Gannon, United States Marine Corps; the presentation of colors by American Legion Highland Park Post 374; a firing detail from American Legion Hispanic Post 731, West Des Moines V.F.W. Post 879; invocation and benediction by Chaplain Jason Pool; and music by Jackie Schmillen. Refreshments will be served following the ceremony.

### Haunted attractions

Various dates: check websites

- **Ames Haunted Forest**  
1400 S. Fourth St., Ames  
[ameshauntedforest.com](http://ameshauntedforest.com)
- **Linn's Supermarket**  
3805 Sixth Ave.,  
Des Moines  
[linshauntedhouse.com](http://linshauntedhouse.com)
- **Phantom Fall Fest**  
3200 Adventureland  
Drive, Altoona  
[adventurelandresort.com](http://adventurelandresort.com)
- **Slaughterhouse**  
500 Locust St., Des Moines  
[slaughterhousedm.com](http://slaughterhousedm.com)
- **Sleepy Hollow Haunted Scream Park**  
4051 Dean Ave., Des Moines  
[sleepyhollowscreampark.com](http://sleepyhollowscreampark.com)
- **ScareDSM**  
97 Indiana Ave., Des Moines  
[scaredsm.com](http://scaredsm.com)
- **Tormented Souls Haunt & Scream Park**  
Catch the Terror Bus at Edgewood Park, Madrid  
[tormentedsoulschaunt.com](http://tormentedsoulschaunt.com) ■





## NEWS BRIEFS

### ANKENY cookie bakery holds grand opening

Cookies & Dreams has officially opened its newest location in Ankeny at 1345 S.W. Park Square Drive. Cookies & Dreams is the new kid on the cookie block but is quickly making a name for itself, with handcrafted recipes baked fresh daily, 12 flagship cookies available all the time, and a 26-foot counter filled with freshly baked cookies.

"It's been an honor to be welcomed by the city of Ankeny in such a positive and exciting way. The outpouring of support we have felt from this opening has been amazing. We can't wait to keep sharing our 'best in the Midwest' cookies in Ankeny and beyond," says Cookies & Dreams Founder & CEO Stephanie Sellers.

### YOUTH Leadership Initiative Class of 2023 announced

The Greater Des Moines Leadership Institute announced participants in the Youth Leadership Initiative Class of 2023. The Youth Leadership Initiative provides high school students with hands-on leadership experiences that build self-confidence and encourage engagement in all levels of community life. At the conclusion of the program, students will: value community involvement, demonstrate professional skills and an understanding of career opportunities, demonstrate the five practices of exemplary leadership, and have developed lifelong relationships with peers, mentors and community members.

The group includes 36 students from 20 public and private schools from across Greater Des Moines. Students will meet twice a month to discuss issues and opportunities in our region and fine-tune their leadership skills. Participation in the YLI program is tuition free for all students, thanks to community sponsors.

The 2023 class includes Bennett Hoaglund and Sophia Taylor, students at Ankeny Centennial High School, and Ayanna Murray, Ankeny High School. For more information, visit [gdml.com/yli](http://gdml.com/yli).

### COLORING contest winners named at Iowa State Fair

Iowa Secretary of Agriculture Mike Naig presented awards to the winners of the 2022 Choose Iowa Coloring Calendar contest at a ceremony held in the Agriculture Building during the 2022 Iowa State Fair. Over the past year, the Iowa Department of Agriculture and Land Stewardship received submissions from K-12 students across the state and narrowed it down to 15 student artists for the 2022 issue of this annual calendar.

Winners included Quinn Moulton of Ankeny. "Our Choose Iowa marketing program is about connecting Iowa farmers with consumers, and this contest extends that connection to our youngest Iowans in a fun and engaging way," said Secretary Naig. "While researching and creating their entries, students were able to learn more about how their everyday lives are connected to farmers and even consider a career in agriculture down the road. Their creativity and involvement energizes and encourages me about the future of Iowa agriculture." ■



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# MYSTERIOUS noises

Have you been experiencing cold spots, self-closing doors, or weird noises in your home? With Halloween right around the corner, these weird noises can allow our imagination to get the best of us. But fear not, the HVAC Ghostbusters are here.

We have all watched horror films of cold spots indicating that a ghost or spirit is present. Before concluding that you have unwanted company, check the air filter in your HVAC. Built-up dirt and debris in the air filter will result in limited airflow, creating cold spots around your home. If the filter is clean, check to see if any vents in your home are closed. Closing vents around your house can also limit airflow and potentially lead to other problems with your system. Lastly, if your system is not the right size for your home, this can be the source of cold spots. Seek professional advice to determine whether you have the right system for your home.

There is nothing scarier than a door suddenly closing on its own. Before this sends you running out of your house, look for drafts around doors and windows. Drafts around these areas will have no problem slamming doors shut or open without human help. Unwanted drafts can be a sign that your system has a pressure imbalance. No worries, this is a problem that your HVAC technician can solve without difficulty.

Have eerie noises been sending shivers down your spine? You may be experiencing loud banging or wailing noises coming from the direction of your HVAC. A noisy system can be due to a lack of maintenance or a sign that a repair is needed. Routine annual maintenance is the key to keeping the creepy noises away.

While we are on the topic of maintenance, the most frightening systems are the ones that don't receive annual upkeep. Don't allow your system to turn into a monster. If your system is not on a maintenance program, it's not too late to start. Maintenance programs include many benefits, such as catching repairs early, keeping your warranty valid, and ensuring that your system is running at its highest efficiency.

Hopefully, these tips help you solve the Halloween mysteries around your home. Save the scares for fun holiday activities by making it a point to give your heating and cooling system the necessary care and maintenance needed to function efficiently. ■

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





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## HOME HEALTH

By Ward Phillips

## NEED home health care? Choose wisely

When Chris, 78, was preparing for knee-replacement surgery, he couldn't wait for the operation to be over so he could recover and become active again. But he ended up developing a post-surgical infection and remaining hospitalized for several days, then spending two weeks in short-term rehabilitation to help him regain his strength.

Finally, the day came for his return to his house; Connie, his wife, was eager to help care for him in familiar surroundings. But his doctor threw him a curve: "You can go home today, but I'm going to prescribe a few weeks of home health care," she said.

Chris and Connie looked at one another, puzzled. "What will home health care do for me that we can't handle at home?" Chris asked the doctor.

Quite a lot, it turns out.

Home health care is clinical, medical supervision provided in a person's place of residence. This type of care is usually prescribed by a doctor as part of a care plan following a person's hospitalization for illness or injury; it can also benefit older adults who are prone to falls or who have been diagnosed with chronic illnesses, such as cardiac problems or diabetes. It can include: health monitoring; medical testing; administration of prescription medication, shots, or other forms of treatments; physical, occupational, and/or speech therapy; and wound care.

Chris's doctor presented him with home health provider options and asked him to choose; he and Connie researched providers online and ultimately selected one. Weeks later, Chris is ready for his final session and is grateful for the care he received.

If a doctor has told you home health might benefit you, consider using the questions below to find the provider that will best meet your needs.

- Is the provider established? It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be supported.
- Is the provider Medicare- and Medicaid-certified? Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care.
- Can the provider break down the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket? Make sure you thoroughly understand this information before services begin.
- What services does the provider offer? Look for one that specializes in physical, occupational, and speech therapy, among other services, so caregivers can address a range of needs.

- Ask about the qualifications and credentials of the individuals who would be providing your care. For example, if you're promised a nurse, ask and make sure the person who will be caring for you is either a licensed practical nurse or registered nurse.

You can ask many more questions, but those should get you started. Here's hoping you'll choose a provider that will make a positive difference in your well-being for years to come. ■

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





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– Terry L., Des Moines

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## FAITH

By Pastor John Wagner

# KINGDOM building

## A growing community

I moved to Ankeny in 2009. I don't have the history that some of you do in this wonderful area. Still, I observe that our community continues to change — to grow. As financial markets show signs of instability, as job markets fluctuate, and as inflation changes each of our lives in unexpected ways, one thing (at least) seems to continue. Our community is growing.



The community of Ankeny draws people for many different reasons. When I speak with new people in town, I hear that some are moving here for educational opportunities, proximity to Des Moines or Ames, or to be closer to grandkids. There are some who speak of neighborhood safety, home quality, or friends who specifically welcomed them into their neighborhoods.

So much of what I know about Ankeny and so many of the reasons I moved here are the people who dwell here and the way they welcomed me.

As people of faith, we have to remember that we are part of an even larger community; one whose growth is both dependent and somehow also independent upon our participation. The community I speak of is the Kingdom of God. It is a community which spans/stretches well beyond geographical borders, financial means, racial divides, political entanglements and notions of independence. It is a community that literally welcomes and hopes that ALL people would hear of it and accept God's welcome.

It is a community where I can take no credit for "new ideas" or accolades in civic development, but where I am still invited to be a full participant in sharing the abundance provided. It is a community where God offers to make us one — where God "associates" us with one another, not based on zip code, but on the portion of grace which we have been offered. We have each been offered an equal portion of love, mercy, grace and forgiveness, which leads to joy, acceptance and freedom for all who would receive.

So much of what I know about the Kingdom of God and so many of the reasons I moved here are the people who dwell here and the way they welcomed me.

Think about that for a moment. I didn't build God's Kingdom. I didn't author God's love. But when I share it, when I talk about it, when I welcome people into it, others hear the message of unending love, and the Kingdom grows. I'm not the reason this community exists, but I can be a messenger of the community built on God's love... and the Kingdom grows.

It's good to be a part of a growing community. Don't wait to share more about it with someone new. ■

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

# 'BREAKING,' 'Barbarian,' 'Beer Run' and more

And episodes 1-5 of "The Patient" are pure brilliance.

September offered another mixed bag this year, and the new releases slowed for a few weeks but are now picking up speed. What's to come in the next couple of months look really, really good.

**"Three Thousand Years of Longing"** (in theaters)



Idris Elba and Tilda Swinton star in a crazy good tale of a woman with a magic lamp and the genie she releases. Unique, original and visually stunning... also unlike any movie you've probably ever seen — in a good way. **Grade: B+**

**"Breaking"** (in theaters)



If you blinked, you missed "Breaking" in the theaters. A good review in The Wall Street Journal gave me the energy to head out looking for it, and it was so worth it. John Boyega, who portrayed Finn in "Star Wars: The Force Awakens," plays a Marine back home and struggling for money. His ex-wife and a young daughter need money, and the Veteran's Administration made some type of a clerical error and won't give him the money he is due. He takes a radical tact to get the money, and the film follows every minute of it. Although "Breaking" is not a great movie, I am sure I will not see a better performance this year than Bodeya gives here. **Grade: B/B+**

**"The Patient"** (on Hulu)



Steve Carell is a psychiatrist who is taken hostage by a patient (Domhnall Gleeson). Episodes 1-5 were pure brilliance, and we kind of mistakenly thought it was only five episodes long. We were left hanging and can't wait to see what is to come. **Grade, episodes 1-5: B+/A-**

**"The Woman King"** (in theaters)



Viola Davis stars in an allegedly true story about a band of female warriors who stepped in to help during slavery. Davis is great, and the action is also spectacular. It is violent and nasty at times, but I still enjoyed it. **Grade: B+/A-**

**"Barbarian"** (in theaters)



My taste in scary movies has changed. I can still do the horror and jump scares, but I have no stomach for the blood and guts (see the "Saw" series). This looked blood and guts to me, but I was assured by a couple of former Little League players that it was OK. They were right. There is some blood and gore, but I handled it by closing my eyes. It is a decent scary movie that I was ultimately glad I saw. **Grade: B**

**"Don't Worry Darling"** (in theaters)



Olivia Wilde directs a film about a megalomaniac (Chris Pine) who employs a team of robot-like men who seem to follow his every command. The wives are expected to also toe that line. That's all well and good until one young couple (Harry Styles and Florence Pugh) challenges the status quo. Very creepy and occasionally bloody but refreshingly original. **Grade: B+**

**"The Greatest Beer Run Ever"** (on Netflix)



A very entertaining movie based on the true story of a guy from the hood who decides he needs to sneak into Vietnam (in the middle of war) to deliver beer to his buddies from the neighborhood. Zac Efron, Bill Murray and Russell Crowe all shine brightly in this charmer. **Grade: B+**

OK, get ready, because the next two months are going to bring great movies and the always-fun holiday season. ■

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



## RECIPE

# POWER your playbook with a savory appetizer

*(Family Features)* Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of “Take This Dish and Twist It” and host of Food Network’s “Ham on the Street” and TLC’s “Ultimate Cake Off.” They’re perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit [FreshCravings.com](http://FreshCravings.com) to find more homegate recipes worthy of the hall of fame. ■

## Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran  
Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray



- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

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# PRAIRIE TRAIL named Blue Ribbon School

Honored for overall academic excellence

The Ankeny Community School District recently announced that Prairie Trail Elementary has been named a 2022 National Blue Ribbon School by the U.S. Department of Education.

The National Blue Ribbon Schools Program recognizes public and private elementary, middle, and high schools based on their overall academic excellence or their progress in closing achievement gaps among student subgroups. Prairie Trail was recognized in the former category.

Every year, the U. S. Department of Education seeks out and celebrates great American schools — schools demonstrating that all students can achieve to high levels. The coveted National Blue Ribbon School award affirms the hard work of students, educators, families and communities in creating safe and welcoming schools where students master challenging and engaging content. The National Blue Ribbon School flag gracing an entry or flying overhead is a widely recognized symbol of exemplary teaching and learning.

“From a school standpoint, being named a Blue Ribbon School acknowledges the hard work and collaboration of our whole community — staff, students and families,” says Prairie Trail Principal Ben Muller. “It takes a lot of moving parts to make that high achievement possible, and our staff does whatever it takes to help our students every day.”

National Blue Ribbon Schools serve as models of effective school practices for state and district educators and other schools throughout the nation. Prairie Trail will be widely recognized for exemplary teaching and learning. According to U.S. Secretary of Education, Miguel Cardona, Blue Ribbon Schools have gone above and beyond to keep students safe, healthy and meeting their academic, social, emotional and mental health needs. These schools make a positive difference in students’ lives.

“We don’t get into teaching to be recognized, but it sure feels great when you’re recognized on that state and national level for the hard work you put in for students,” Muller says. “It also shows that, through that hard work and collaboration and interdependence, we can achieve a lot of really great things. We keep going at it now every day. I tell people that I’m excited to work for No. 2 and keep moving forward.”

Such an honor doesn’t exist in a vacuum, and Muller is quick to thank all those from ACSD who support teaching and learning at Prairie Trail.

“There are a lot of people behind the scenes like our academic services team working on professional development for teachers and our central office and board of education being advocates. It takes more than one person or one entity to achieve this sort of high quality learning. I can’t say enough that our staff is exceptional. Teachers are the No. 1 determining factor of student achievement, and we’re just so proud of them of their impact on our kids.” ■



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## FINANCE

By Jakeb Bakken

# SHOULD you consolidate retirement accounts?

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.



Consolidating them can provide you with several potential benefits, including these:

- **Less confusion and clutter** — If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- **Less likelihood of "lost accounts"** — It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It's possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don't lose track of your hard-earned money.

- **Ability to follow a unified strategy** — With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that's appropriate for your goals and risk tolerance. But once you've consolidated accounts with a single provider, you'll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren't as susceptible to swings in the financial markets.

- **Possible improvement in investment options** — Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- **Greater ease in calculating RMDs** — Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don't take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs. It will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information provided by Jakeb Bakken, 917 E. First St., Suite D, Ankeny, 515-964-1010.

# AN ATTORNEY can help you sell your home

You don't want to spend more money than you have to. This is especially true when you are buying or selling a house. You can save by selling your home with the assistance of an attorney.



When you contemplate selling your home, before you ever put it on the market, you have to know three critical things:

1. The value of your home
2. The legal documents you need
3. How to complete the sale

You must determine how much the house is worth to you. Understand the costs that go into a transaction so that you can calculate a fair price. The seller will have to pay off a mortgage, bring the taxes up to date, and pay for some of

the standard closing costs. The buyer will have fees and costs associated with obtaining a loan.

Once the buyer and seller agree on a price, there are legal documents to sign. The purchase agreement contains the details of the transaction, such as the sales price, the closing date, the financing terms, and any special contingencies. Always have a purchase agreement reviewed before you sign it to avoid vague, illegal or incomplete terms. We help buyers and sellers understand their rights. The purchase agreement is a binding contract, and it is vital that it is drafted correctly.

Iowa law requires that the seller provide a written disclosure statement to a purchaser. The seller's disclosure statement is required even if a property is being sold in "as-is" condition. For homes built prior to 1978, a lead-based paint disclosure statement is required by Federal law. State law requires that a seller inform a

buyer about radon testing. If the home has a septic system, the law requires that the system be inspected prior to sale. The deed and other supporting documents transfer title to the new buyer.

Completing the sale is the final step. The abstract of title must be brought up to date and examined. Title issues for the buyer or seller must be addressed. The legal documents to convey title must be drafted, reviewed and signed. A settlement company must collect and disburse the funds.

You deserve a trusted team of legal experts who can provide information, specialization and protection when you buy or sell a home. ■

Information provided by Gail Barnett, attorney for Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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## HEALTH

By Allison Robbins

### BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [robbins@sstherapyandconsulting.com](mailto:robbins@sstherapyandconsulting.com).



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## HEALTH

By Dr. Katrina Smith, MD FAAD

### STUBBORN acne? Maybe not

Perioral dermatitis (POD) is an acne-like rash that usually occurs in women and children. Typically the rash appears around the mouth and nose. Literally, "peri" means around and "oral" refers to the mouth. This condition is often mistaken for acne, but can also be similar to eczema. POD may itch, burn or have no symptoms. While it is often around the nostrils, smile lines and chin, it may even spread around the eyelids.

The exact cause of POD is unknown. However, common triggers are topical steroids (like hydrocortisone cream) or inhaled steroids (used for asthma or allergies). Other potential triggers are skin care products, toothpaste or masks. While this rash may clear on its own, some people may need help from a dermatologist.

Treatment of POD means stopping all topical steroid creams (and sometimes inhaled steroids). Your dermatologist may need to prescribe a topical antibiotic such as metronidazole cream or an oral antibiotic like tetracycline. You may also need to change your skin care regimen. POD improves gradually over several weeks to months. If you are having difficulty with a facial rash, see a board-certified dermatologist who will correctly diagnose and treat your condition. ■

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



## MEDICARE Annual Enrollment

Why you should revisit your plan each year

Medicare is not “set it and forget it” health insurance. You need to revisit your plan each year. A little work can save you money and prevent surprises when you visit the doctor or pick up a prescription. If your plan doesn’t meet your needs, you can make changes during the Medicare Annual Enrollment period, which runs from Oct. 15 through Dec. 7.



Each year, you need to check on the three P’s: providers, prescriptions and pharmacies to ensure your plan still covers your preferences. Why? Because insurance carriers frequently renegotiate provider contracts, which can change the terms of your supplement plan.

Start with your providers — these are your doctors and specialists. If they are no longer in-network, it might be time to switch to a different plan or provider.

As for prescriptions, I’ve heard horror stories about people going

to the pharmacy to pick up medication and finding out that it’s no longer covered or coverage has changed. The out-of-pocket costs can skyrocket.

Make sure your preferred pharmacy is still part of your network, too. I’ve run the numbers for the individuals and families we work with on this. In one scenario, we found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at an in-network pharmacy and \$1,117.80 at one that is not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine.

Supplement plan changes can also impact your premiums, copays and deductibles, plus other benefits, like X-rays, prosthetic devices and physical therapy. Extra things like gym memberships, chiropractic visits, and meal deliveries are worth checking. These things often get added to — and dropped — from plans. During annual enrollment, you can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G). You can also move from one Advantage Plan to another or from one prescription drug plan to another.

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Medicare.gov.

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## WELLNESS

By Christopher M. Renze, D.C.

## WHAT IS a cervical radiculopathy?

“Pinched” nerves in the neck cause pain.

Some people have neck pain that may radiate into the shoulder, arm or hand that can sometimes be misdiagnosed as carpal tunnel syndrome or cubital tunnel syndrome. This type of pain is often caused by an injury near the root of a spinal nerve. The medical term for a “pinched” nerve in the neck is a cervical radiculopathy.

### Cause

As spinal discs age, they lose height and begin to bulge. They also lose water content and become stiffer. As the discs lose height, the vertebrae begin to move closer together and degenerate. The body recognizes the thinning of the disc as a possible weak area and responds by splinting the joint with more bone, often called “spurs,” around the disc to strengthen it. The bone spurs that grow also contribute to the stiffening of the spine. Bone spurs may narrow the tiny holes where the nerves exit the spine and pinch the nerve root.

The disc changes that occur with age are often referred to as degenerative disc disease. It is important to keep in mind that all of these changes are oftentimes “normal” and that they occur in nearly everyone. In fact, if MRI scans were performed on people greater than 50 years of age, nearly half of the scans would show degenerative discs and pinched nerves that do not cause painful symptoms. It is not completely understood why some patients have symptoms and others do not.

### Symptoms

Cervical radiculopathy is pain that travels down the arm in the area of the involved nerve. This pain is usually described as sharp. There may also be a “pins and needles” sensation or even complete numbness. In addition, there may be a feeling of weakness with certain activities.

Symptoms can be worsened with certain movements, like extending the neck backwards or turning the head from side to side. These symptoms are often made better by placing the hand on top of the head to relieve the nerve tension.

### Treatment

It is important to note that the vast majority of patients with cervical radiculopathy get better with chiropractic care and never require surgery. Some patients will have the pain go away quickly, over days to weeks, while others will have it take longer. It is also not uncommon for cervical radiculopathy to come back at some point, but again, this problem usually gets better with conservative treatments.

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 your chiropractor. ■

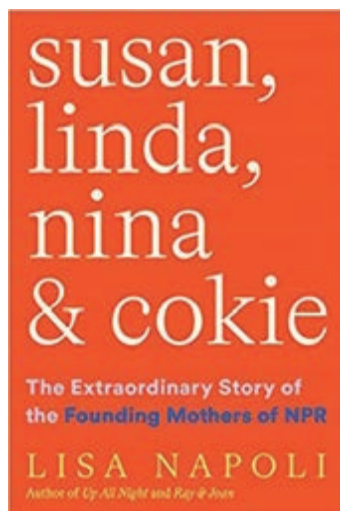
Information provided by Christopher M. Renze, D.C., D.I.B.C.N., of Renze Chiropractic Clinic, P.C. For more information, visit [www.renzechiro.com](http://www.renzechiro.com) or call the office at 515-965-3844.

## THANKFUL for November author presentations

Each month, we are excited to bring author talks from New York Times best selling and award-winning authors and thought leaders. Each talk is available virtually and features the opportunity to participate in author Q&A or to pre-submit questions during registration! These talks are brought to you by the Ankeny Friends of the Library in partnership with Library Speakers Consortium. If you are unable to attend the live presentation, feel free to register and watch a recording of the presentation at a later time. Registration is available on our digital library webpage or at <https://libraryc.org/ankenylibrary>.

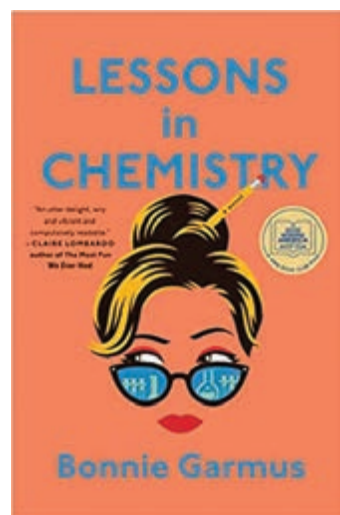
### Nov. 2, 4 p.m.

You're invited to an enlightening hour with highly acclaimed writer, journalist, broadcaster and speaker Lisa Napoli as she discusses her group biography of the four women whose voices defined NPR, "Susan, Linda, Nina, and Cokie: The Extraordinary Story of the Founding Mothers of NPR."



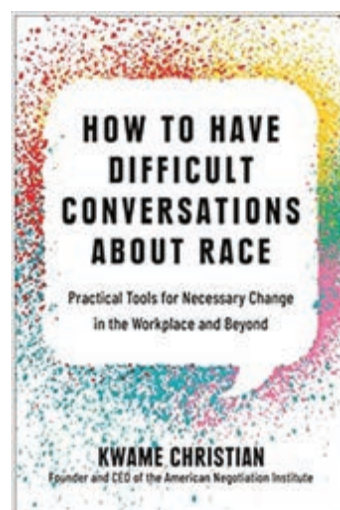
### Nov. 10, 2 p.m.

Join us for a dazzlingly entertaining virtual chat with author Bonnie Garmus as she discusses her debut New York Times bestselling novel "Lessons in Chemistry." Lessons in Chemistry is set in 1960s California and features the singular voice of Chemist Elizabeth Zott, a scientist whose career takes an unexpected detour.



### Nov. 15, noon

Join bestselling author Kwame Christian as he chats about his new book "How to Have Difficult Conversations About Race: Practical Tools for Necessary Change in the Workplace and Beyond." Christian's book helps readers gain the confidence to not only talk about race, but actually make a difference when you do. ■



## CARE for end-of-life needs while able

This year, we have been considering what will be required of your family within 48 hours of your passing. We have encouraged you to plan ahead and care for these important things now.

Today, people are living longer than ever before. Whereas our grandparents may have died in their 60s or 70s, our parents (and we) often live into their 90s or 100s. Unfortunately, with advancing age comes the greater chance of the loss of mental faculties. The Alzheimer's Association reports on their website that more than 6 million Americans have Alzheimer's or some form of dementia today, and the number is expected to double by 2050.

It is extremely difficult when loved ones cannot communicate clearly what steps they have taken, whether end-of-life planning, life insurance, financial planning, etc., no matter how organized and/or forward thinking they may have been. This may cause caregivers to spend countless hours trying to discover what has been done and what yet needs to be done.

I encourage you — while you are young and of sound mind — to care for your end-of-life needs and, more importantly, share those decisions with your loved ones who will lovingly care for you in your twilight years.

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



Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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## WHERE WE LIVE

By Lindsey Giardino

## RETURN to the Midwest

McClendons enjoy convenience of renting and closeness to family.

After decades of home ownership and living on the Mississippi Gulf Coast for 14 years, Renee McClendon and her husband, Bill, moved to Ankeny in June 2020.

Both had retired and wanted to be closer to their children and grandchildren, now numbering nine, ages 6 months to 8 years, who live in Ankeny and Urbandale, she explains.

The McClendons like living in the Lake Shore Apartments on First Street. They chose to rent because they were ready to leave behind the responsibilities of owning a home, and the apartment complex offered them a great location with proximity to amenities they use often. Medical services, schools, shopping and churches are within a few blocks of their home.

The McClendons also enjoy the pool, having a handyman who fixes things on the same day of request, and having access to the lake at their complex.

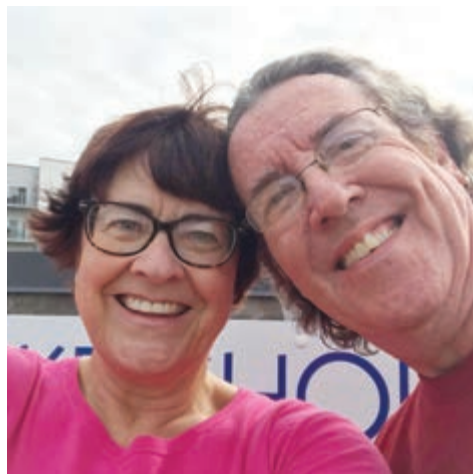
"The wide, carpeted hallways make it feel like living on a cruise ship," McClendon adds. "Our neighbors are friendly but not intrusive. The apartment management enforces the rules."

Additionally, the couple's grandchildren are involved in youth soccer and baseball, and McClendon is especially impressed with the sports complex in town. She's also received top-notch medical care and appreciates that, especially as she and Bill continue to age.

Elsewhere in the community, McClendon has served as piano accompanist for the choirs at Northview Middle School and Southview Middle School. The couple attends Ankeny Presbyterian Church, where she sings in the choir and sometimes plays the piano as well. Bill enjoys golfing every day, too.

And, after living in the South for 14 years, McClendon says she is happy to be "home."

"It was nice to return to the Midwest culture, where I grew up and which formed my value system," she says. ■



Renee McClendon and husband, Bill, are glad to be back in the Midwest. Photo submitted

### NEW STORE, Wrapped, brings thoughtfully made gifts to Ankeny

A new local gift store, Wrapped, 2732 S.E. Delaware Ave. No. 150, Ankeny, is bringing a unique gifting experience to Ankeny. Wrapped works with dozens of small businesses around the country to curate a selection of well-made goods. The vast majority of their products are produced within the United States, and Midwest-made goods are always available. You'll find many Central Iowa brands such as Oak Lane Candle Co., Red Dragon Herbs and Teas, Bannor Toys, Concrete Days and Paper Baristas. They also offer a gift-wrapping service using cloth wrapping, called furoshiki. This alternative to paper wrapping is both sustainable and beautiful.

Wrapped is owned by Ankeny residents Chandler and Rachael Faldet. This project has been in the works for a couple of years, and they are excited to finally bring this concept to fruition at their new retail store. They pledge to give back 5% of their profits to local organizations that are working to create change in the community.

"I always felt like it was tough to find locally or ethically made gifts and found myself going from store to store to put something together for a family member or a friend," said Rachael Faldet. "I love the ability to have so many wonderful gift-worthy goods under one roof for our customers, and it's so fulfilling helping others to find the perfect gift."

### DMACC Criminal Justice Training Center opens

The DMACC Foundation hosted an open house and ribbon cutting on Friday, Sept. 9, to celebrate the new DMACC Criminal Justice Training Center on the College's Ankeny Campus. The 1,500-square-foot training center provides a realistic setting, complete with traditional home furnishings and top-notch equipment, that allows for enhanced learning and training opportunities for DMACC Criminal Justice students, as well as criminal justice professionals from throughout Iowa and beyond. A total of 82 donors contributed more than \$300,000 to help fund construction of the new Center.

DMACC President Rob Denson says the College's new Criminal Justice Training Center "is truly a DMACC facility." It was designed by the DMACC Architectural Technologies Program with the assistance of Program Chair and Professor Mike Gatzke, and constructed by students in the DMACC Building Trades Program under the direction of Program Chair and Professor Ned Rasmussen. Students in the DMACC Horticulture program also helped landscape the exterior.

The Center has already seen significant use by students and criminal justice agencies for training purposes. There is no other facility like it in Central Iowa, and very few comparable facilities exist on college campuses across the nation.

To learn more about the DMACC Criminal Justice Program and the new DMACC Criminal Justice Training Center, visit <https://criminaljustice.dmac.edu>. ■

### THE BRIDGES receives award for quality care

The Bridges at Ankeny, a member of the Iowa Health Care Association (IHCA), has received the Governor's Award for Quality Care in Health Care Facilities for 2022. This award recognizes Iowa health care facilities that offer unique or innovative activities to enhance the quality of care or quality of life for their residents. Facilities are nominated for the award by residents and family members.

"Iowa's long-term care providers are committed to providing quality care for our state's elderly and most vulnerable residents. This award provides an important opportunity to recognize that commitment and to celebrate those who have dedicated their careers to helping others. Receiving this award at this time is a remarkable achievement, especially in light of all that health care providers have faced in the past 2.5 years. The Bridges at Ankeny has been a long-standing leader of long-term care in our state, and very much deserving of this honor," said Brent Willett, president and CEO of the IHCA.

All health care facilities licensed under Iowa Code Chapter 135C, which include nursing facilities, residential care facilities and intermediate care facilities, including those facilities specializing in the care of persons with mental illness or intellectual disabilities, are eligible to be nominated for this award. Residents and family members may nominate an Iowa-licensed long-term care facility for the award to the Iowa Department of Inspections and Appeals.



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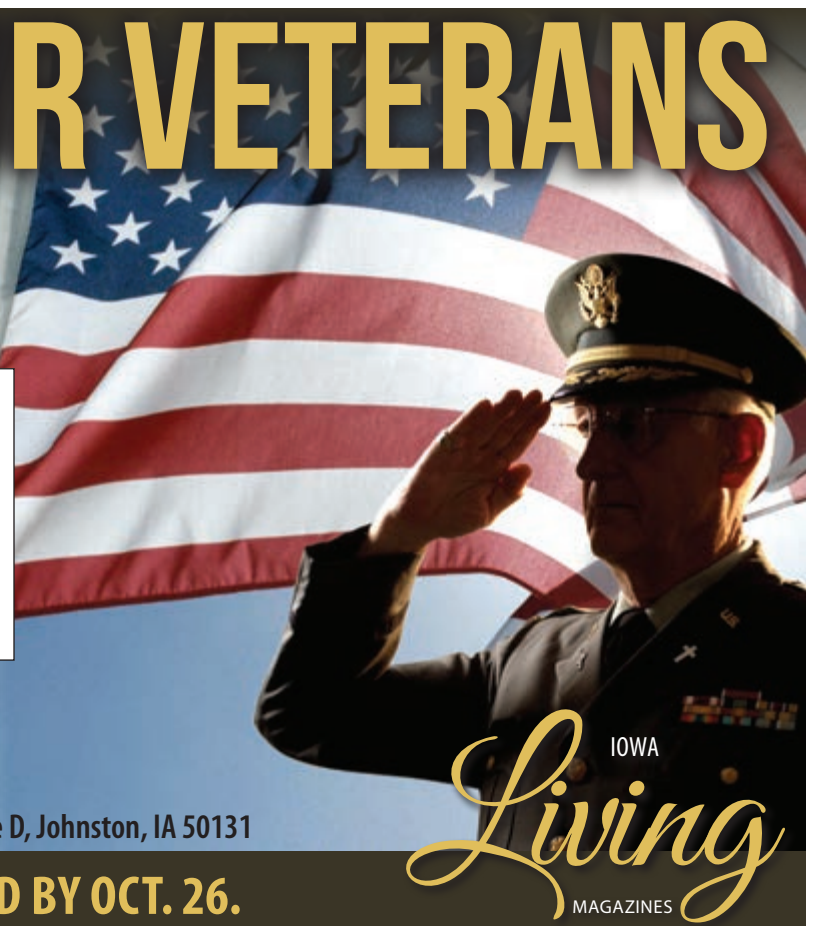
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**SUBMISSIONS MUST BE RECEIVED BY OCT. 26.**





## AWARDS and events approach

It's officially fall. The leaves are turning, and the cooler temps are here. We are starting to unpack our sweaters and looking for those pumpkin spice drinks. The Ankeny Area Chamber is finishing off an amazing year and has started planning for 2023. Not only will you see some changes in our seasoned events, but you will also see some new events in our lineup as well. It has been great to see many new businesses join the Chamber. Just this past month, we had 11 new members with more anticipated before the end of the year.



We are looking forward to Discover Ankeny, sponsored by B&G Foods, on Nov. 3 from 5-8 p.m. at the FFA Enrichment Center. Join more than 50 local businesses as they feature their food, beverages, products and services all in one place. Advanced tickets are on sale for \$15 per person by visiting our website, [www.ankeny.org](http://www.ankeny.org). Children 5 and under are free. Family Packs are now available for a family of four for \$50 (\$10 savings). Tickets will also be available at the door for \$20 per person. This family-friendly event is open to all community members, so invite your family and friends and experience what Ankeny has to offer.

We are currently doing a call out for nominations for Ankeny's Outstanding Citizen of the Year. This prestigious award is for someone who fosters the community with the highest ethics, standards, passion and integrity and is a servant leader. This person is making a positive impact on the community by selflessly giving of their time and talents. They are contributing to the welfare and betterment of this community by going above and beyond to help others. To qualify for this award, this person must be a resident of Ankeny or reside in the Ankeny Community School District. If you know someone who might be a great candidate and you would like to nominate them, please send a resume and supporting documents showing civic involvement, volunteerism, contribution to the community, risks taken, and leadership roles to Melisa Cox at [mcox@ankeny.org](mailto:mcox@ankeny.org).

We will announce the winners of all three of our annual awards — Outstanding Citizen of the Year, Small Businessperson of the Year, and our new award for Employee of the Year — at our Annual Dinner on Feb. 16. If you have a candidate selection for any of our awards, please contact Melisa Cox at [mcox@ankeny.org](mailto:mcox@ankeny.org).

Community committees are currently being assembled for Ankeny SummerFest, and planning is already underway. We were overwhelmed by the large amount of interest from community members to participate in various planning committees for Ankeny SummerFest, and we are excited to have so many new faces and areas of expertise to assist in the planning process. If you are interested in being part of an Ankeny SummerFest committee — including the band, entertainment garden, volunteer, theme selection, parade(s) and family events committees — contact Allison Bollinger at [abollinger@ankeny.org](mailto:abollinger@ankeny.org). We also require many volunteers to make Ankeny SummerFest a success, so please contact us if you have an interest in volunteering. ■

Information provided by Melisa Cox, president/CEO, Ankeny Area Chamber of Commerce.

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# discover ankeny

ANKENY area chamber of commerce

**Thursday, Nov. 3rd, 2022**  
**5:00 - 8:00PM**  
**FFA Enrichment Center**

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## OUTSTANDING CITIZEN OF THE YEAR 2022

THIS AWARD IS TO RECOGNIZE AN  
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AND PASSION TO THE COMMUNITY OUTSIDE  
THEIR CHOSEN PROFESSION.

>> QUALIFICATIONS <<

- > CITY OF ANKENY RESIDENT OR OF THE ANKENY COMMUNITY SCHOOL DISTRICT
- > HAS DEMONSTRATED A NOTEWORTHY CONTRIBUTION TO THE LOCAL COMMUNITY, GOING ABOVE AND BEYOND TO HELP OTHERS
- > GIVES SELFLESSLY OF THEIR TIME AND TALENT
- > CONTRIBUTIONS/VOLUNTEERS TO THE WELFARE AND BETTERMENT OF THE COMMUNITY
- > MAKES A POSITIVE DIFFERENCE FOR FELLOW CITIZENS
- > AN INDIVIDUAL WHO FOSTERS THE COMMUNITY THROUGH HIGHEST ETHICS, STANDARDS, PASSION, INTEGRITY, SERVANT LEADER ETC...
- > CHAMBER MEMBERSHIP NOT A REQUIREMENT
- > PLEASE ATTACH A RESUME OR SUPPORTING DOCUMENTS SHOWING CIVIC INVOLVEMENT, VOLUNTEERISM, CONTRIBUTION TO THE COMMUNITY, RISKS TAKEN, LEADERSHIP ROLES, ETC.

EMAIL NOMINATIONS TO: [MCOX@ANKENY.ORG](mailto:MCOX@ANKENY.ORG)

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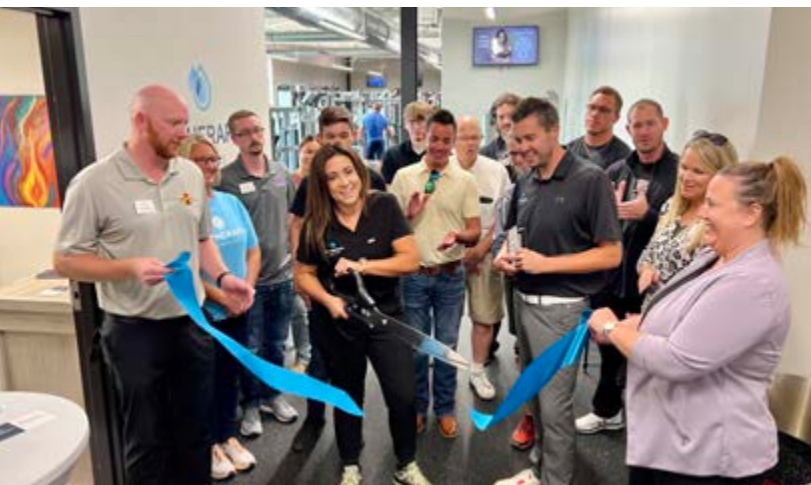





[ankeny.org](http://ankeny.org)



## OUT & ABOUT



A ribbon cutting was held for IV Therapy Services at 2305 N. Ankeny Blvd. (inside Fitness World) on Sept. 6.



A ribbon cutting was held for everydaydreamwear at the Ankeny Area Chamber of Commerce office on Sept. 12.



A proclamation was signed dedicating Sept. 30 as Support Local: Ankeny Coffee Day at Blue Bean on Sept. 16.



A ribbon cutting was held for Anytime Fitness Prairie Trail at 2505 S.W. White Birch Drive, Suite F, on Sept. 23.



A ribbon cutting was held for Wrapped at 2732 S.E. Delaware Ave., No. 150 on Sept. 27.



A ribbon cutting was held for First Student at 2017 S.E. Oak Drive on Sept. 29.



# CORKS & Caps

Corks & Caps was held at the Ankeny Market & Pavilion on Sept. 18.



Javier, Javier and Cynthia Santana



Amanda Sweerin and Rachel Walton



Judy and Gabe Johnson



Amy Nemmers and Teri Havens



Matt and Christine Falk



Travis and Sara Wilson



Abbey and Austin Cameron



Craig and Reyna Immerfall



Madison and Robert Lange



Christy Rade and Lacy Abraham



Matthew and Kayla Chatman



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